1933

Winter Clothes for 4-H Girls: Extension Circular 4-11-2

Allegra Wilkens

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WINTER CLOTHES
FOR 4-H GIRLS

The University of Nebraska Agricultural College Extension Service
and United States Department of Agriculture Cooperating
W.H. Brokaw, Director Lincoln
Winter Clothes for the 4-H Girl

By ALLEGRA WILKENS

Planning and making the winter wardrobe from the standpoint of health, beauty, and economy is an accomplishment which every 4-H clothing club girl wishes to master.

The winter wardrobe presents a definite and interesting problem to the girl who desires to be well dressed. 4-H girls learn that to be well dressed means to be becomingly, comfortably, healthfully, and economically dressed. For winter wear, the well dressed girl chooses clothing which is not only becoming to her and appropriate to the occasion on which it is worn, but her garments are also warm and clean; they fit well and are of a style that expresses her personality, the season and the prevailing mode. “Winter Clothes for the 4-H Girl” is planned to help 4-H girls with their winter clothes problems.

REQUIREMENTS

To be eligible to the Winter Clothes for the 4-H Girl Project, the member should have completed the Summer Clothes project. The things she should know before starting this project are,

1. The tools necessary for good sewing.
2. How to thread, run, and adjust a sewing machine.
3. How to use and wear a thimble correctly.
4. How to cut straight and clean following a pattern outline.
5. How to make the simple hand sewing stitches.
6. How to plan a simple dress that is becoming in design and color.
7. How to read and use a commercial pattern.
8. How to alter a pattern to fit.
9. How to care for clothing.
10. To have successfully made at least two cotton garments.

To complete the Winter Clothes for the 4-H Girl project, members are required to:

1. Make a study of their wardrobe.
2. Make an underwear outfit.
3. Make one wool or one silk dress.
4. Remake a garment.
5. Assemble a complete outfit for winter wear.
6. Make a child’s dress. (Optional for Group I).

Since the ability and experience and ages of the members of a club may differ, it is suggested that girls near the same age and experience work together and plan what they need and can make. The following groupings may be helpful in planning. These groups may also furnish a suggested plan for girls desiring to continue several years in the Winter Clothes for the 4-H Girl project.

Group I—Girls with little experience may make:

A simple one or two-piece house dress or simple school, street, or sports dress of material suitable for winter wear.
A simple remade or remodeled dress of silk or wool.
A simple underwear outfit.
A simple dress for a child (Optional).
Group II—Girls with more experience may make:

A more difficult dress of wool or wool combination for school, or street with at least one tailored finish, or a simple afternoon dress suitable for winter wear.
A simple remade dress of silk or wool.
An underwear outfit.
A little boy's suit or a little girl's dress.

Group III—Girls with much experience may make:

A tailored wool ensemble, a semi-tailored silk dress, or a dress suitable for informal or afternoon wear, made of silk or wool suitable for winter wear.
A remake of a dress of silk or wool suitable for school, street, sport, or afternoon wear.
An underwear outfit.
A brother-sister suit.

First Meeting

THINGS EVERY GIRL IN THE WINTER CLOTHES FOR THE 4-H GIRL PROJECT WILL WISH TO KNOW

Check in the first column things you can do well. Check in the second column things you desire to know more about. Have your leader check in the last column when you can satisfactorily do each item. Spaces are left to add other items about which you would like to know.

1. How to keep herself well groomed
2. How to make winter dresses for herself
3. How to assemble an underwear outfit
4. How to plan a suitable outfit for winter wear
5. How to remake a garment
6. How to choose suitable color and design
7. How to care for clothing
8. How to choose accessories
9. How to make children's clothes
10. 

YOUR PERSONAL APPEARANCE

(Health—Posture—Grooming)

A pretty face is not essential to a good looking girl. A thoughtful girl knows that unless her body is clean and healthful and her posture good, she cannot expect to be charming and attractive, no matter how pretty her features or expensive her clothing. To follow simple health rules carefully until they become a habit will do much toward improving the general appearance of any girl.

WINTER CLOTHES

MY HEALTH HABITS

1. Am I the correct weight for my height?
2. Do I brush my teeth morning and night?
3. Do I have some outdoor exercise every day?
4. Do I sleep with open windows?
5. Do I get 8 to 10 hours sleep?
6. Do I take a full bath daily?
7. Do I wash my hands before each meal and after going to toilet?
8. Do I eat three wholesome meals daily?
9. Do I chew my food thoroughly?
10. Do I wear healthful shoes?
11. Do I walk, stand, and sit with good posture?
12. Do I have a cheerful spirit and try to do some kind act each day?

These health rules help a girl with her clothing problems, for an understanding of your height-weight relations are not only a means of checking your health but are helpful in choosing the type of design, material, and color scheme for the costume. A girl who weighs too much for her height and age must be careful to avoid lines, designs, colors, and textures which tend to increase her size.

You can check up on your height and weight by weighing and measuring yourself frequently. A record may be kept of any improvements made. The Height-Weight Tables on page 6 will help you to know what your weight should be and what you should gain each year.

Habits No. 6 and 7 urge frequent baths and washing of hands. One cannot look attractive in a garment soiled with oil from the skin or stained with perspiration. Bathing often helps to prevent this condition. If the clothing is to be fresh looking and free from disagreeable odors, choose garments that can be easily and thoroughly cleaned.

Good grooming requires soft, glossy hair, neatly and becomingly dressed; clean fingernails, well shaped, smooth and free from hang nails; and clean healthful teeth.

Health habit No. 10—Clothing and posture are so closely related that in some clothing it is impossible to have good posture. For example, shoes with high spike heels and narrow pointed toes throw the body so far out of balance that good standing and walking posture is impossible.

Health habit No. 11 urges girls to stand, sit and walk correctly. The way you carry your body when standing, sitting, walking and lying affects the way you feel and the way you look in your clothing. Good posture gives a girl charm and poise. It simplifies many of your clothing problems such as fitting of garments and selection of suitable designs and materials.
A 15-year-old girl of the average type; 63 inches tall. She is of normal weight if she weighs 116 pounds; she would be considered underweight if she weighed under 104 pounds; and overweight if she weighed over 139 pounds.

## HEIGHT WEIGHT CHART

Weight in relation to age, height, and type

(Based upon the tables of Bird T. Baldwin, Ph.D.)

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<th>Height in Inches</th>
<th>Tall Slender Type</th>
<th>Average Type</th>
<th>Short Stocky Type</th>
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### WINTER CLOTHES

**Which Group are you in?**

**In the A Group**—The head is held straight above the chest, well balanced above the shoulders, hips and ankles. Breast bone well forward. Abdomen in and flat. Back curves only slightly.

**In the B Group**—Head is slightly forward. Chest lowered, abdomen in but not flat, back curves increased.

**In the C Group**—Head forward, chest flat, abdomen relaxed and forward, back curves prominent.

**In the D Group**—Head markedly forward, chest sunken, abdomen protuberant, back extremely exaggerated, shoulders drooping and rounded and presenting the "tired, slouchy" appearance.

### Second Meeting

**Planning Your Wardrobe**

A girl's wardrobe is made up of hats, wraps, dresses, undergarments, shoes, stockings, and accessories. To be satisfactory, a wardrobe should be planned around the individual needs of the girl for whom it is intended. There is no one "best" wardrobe plan which will fit the needs of every one; each girl must work out a plan for herself.
color combinations and homely designs? Do you encourage others to be slovenly in dress because your clothing is soiled, torn, or carelessly put on? Do you offend others with disagreeable odors of soiled clothing, dirty hair, and an unclean body? Do you lower your resistance to disease by poor choice or inadequate clothing, thus setting a bad example or actually spreading disease? These questions will help to show how directly our clothing problems affect others.

A 4-H club girl should know something about the cost of her clothing and how to spend money wisely for clothes. In the Summer Clothing project you kept an account of the cost of your clothing for a year including clothing gifts. Study the account to see whether the money was spent in the best possible way. Could you improve on any of your choices another time? If you do not have your clothing account book ask mother to help you estimate it. Compare this with the amount of money spent by the entire family for clothing during the past year. Have mother help you here also. Did your clothing cost more than a fair share at a girl of your age? What do you think about the amount of money a girl should spend on her clothes in comparison with what the other members of the family spend? Does it not seem selfish if a girl spends more than a fair share of the family money for her own clothes?

TAKING AN INVENTORY

It is a great help to any girl to work out a clothing budget for herself. The best way to make a good start at a clothing budget for yourself is by first taking an inventory of all the clothing you have at present. This will help you to know how many are in good condition and can still be worn. Perhaps you will discover things that have been laid aside which could be used again if they were mended or made over. If you are a good manager you will see that you are making the best use of the clothes you have before thinking about new ones.

Fill in the schedule on page 10 for your clothing inventory. Only garments and accessories which can be used in the coming year should be listed in the inventory. When completed, your inventory gives a picture of your whole wardrobe.
## MY CLOTHING INVENTORY

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* Estimated present value. Often 4-H girls make over garments which take the place of new ones. What is the garment worth, or what would it cost if you had to buy a new one? In case the garment is ready made or home made, enter actual cost.

### Fall and Winter

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Total $.............

Grand Total $.............
they have. As a consequence they may not have enough clothes for certain occasions, while for others they have several garments that could be worn, or they may spend so much for outer clothes that show that there is not enough left for a sufficient supply of appropriate underwear. For the ideal budget the dollar should be divided as follows: for outer garments, approximately 70c; for underwear, 20c; for accessories, 5c; for care and repair, 5c.

SUGGESTIONS FOR BUYING

1. Plan your wardrobe and buy only what is really needed.
2. Buy clothing and materials that look well with what you have. For instance, buying shoes and hats that look well with all of one's clothes, and for all occasions, is an economy. Even though the new hat or shoes can be saved for best the first year, they will not be an economy if they are so fancy that they will not be suitable for everyday wear the following year. Watch colors in particular and no matter how much you want a hat or coat of a certain color, do not buy it if it does not look well with all of the clothes with which it must be worn. Choosing your best color and then sticking to it is an economy.
3. Buy as good material and garments as you can afford for clothes which you expect to give hard wear. Fast dyed cotton goods, well made shoes of good leather, firmly woven wool dresses, sweaters, and coats, pay in the end if one has the money to purchase them.
4. Choose simple conservative styles so that you will feel comfortable in the garment until it is worn out.
5. Buy shoes, underwear, coats, and sweaters that are amply large.
6. Study yourself and buy only what is becoming and suitable for you.

A GOOD SHOPPER IS COURTEOUS

A good shopper is tactful and always courteous when buying. The salesman can give you good advice. Their friendship is worthwhile. If something unpleasant comes up while you are shopping be thoughtful and considerate of them as you would like them to be of you.

SELF-ANALYSIS

By studying yourself and filling in the blanks you will have a complete description of yourself which will be helpful to you in planning your wardrobe. Ask your mother or the club leader to help you decide these points.

1. Is my hair light, dark, auburn, intermediate?
2. Is my skin rosy, clear, sallow, pale, fair?
3. Are my eyes dark, light, medium, gray, blue, or brown?
4. My best colors are
   Why?
5. The colors I should avoid are
6. Is my figure average, stout, slender, short, tall?

CAN YOU DO ANYTHING TO IMPROVE THESE “BAD POINTS”? Ask your leader or your mother to help you to improve them. Ask your leader to check them for you when improvement has been made.

The girl who has her fair proportion of the family income for her clothing must use it wisely if she is to be well dressed. She must know her clothing needs and make her budget fill those needs if she is to be appropriately dressed for all occasions. Sometimes her needs must be distinguished sharply from her clothing desires. If there is insufficient money for all her needs then her most pressing ones must be determined and these filled first. The clever girl will learn that her time and labor will save her dollars. She will learn that it takes a great deal of experience and discrimination to be able to buy economically at sales. But with experience and discrimination one can save money by buying wisely at the end of the season, or at seasonal sales.

4-H club girls will choose conservative styles which can be worn from year to year and still be in good style. Fads and fancies are expensive. By carefully choosing one color scheme and sticking to it, a better and more economical wardrobe can be obtained than by indulging in many colors. The clothing budget should help the club girl to plan wisely; her clothing account, if kept and studied year after year, should teach her whether or not she is spending wisely.

With your mother's help, decide upon an approximate amount that you can spend for your clothes and make a budget or spending plan for a year's wardrobe using the form given below.

CHOOSING WINTER OUTER GARMENTS

“Winter” makes us think of something warm, so we naturally think of wool or heavy silks, or a combination of these two. If warmth is provided by means of heavy coats, sweaters, and undergarments, all winter dresses need not be made of these heavier materials for cottons, rayons, or light weight silks may be found to be satisfactory. If the winter wardrobe is carefully selected it may contain both a wool dress and year round dresses as cotton tweeds, or rayon mixtures or silks.
MY CLOTHING BUDGET

Clothing allowance from the family: $...
Clothing allowance from money I earned: $...
Total amount of money for clothes: $...
Total amount spent for clothes: $...
Amount saved: $...

A List of Garments That Will be Needed This Year

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Total $
The winter dresses need to be of a style suited to give protection, so designs with sleeves and a moderately high neckline are good choices. The exact style will depend upon many things. Each girl will need to study herself and decide upon her type, her general proportions, and her colorings. Look over your wardrobe with your personal needs in mind to determine the kind of dresses needed and familiarize yourself with the prevailing fashion tendencies, discard the fads, then you are ready to select the color, material, and style of pattern for the winter dresses that you require.

COLORS FOR WINTER DRESSES

Colors for winter clothing are usually deep, rich or bright in tone. Choose one that brings out your best features; one that is appropriate for the occasion for which the garment is to be worn, and one that harmonizes with the colors of the other garments in your wardrobe.

In considering the coloring of an individual the color of her skin, hair, and eyes must be taken into account. If the hair and skin coloring is good but the eyes are the best feature, choose a color which will emphasize the eyes. If the hair or the skin is the most important and the other features are good, choose colors that will emphasize the best feature. If any one feature is poor, do not choose a color that will make it worse in trying to emphasize the good feature. If the skin is coarse and sallow and the eyes are a deep blue, a bright blue dress might emphasize the blueness of the eyes but it would also increase the sallowness of the skin. The skin is the skin that gives the effect of health and beauty. By your choice you can increase the rosy, healthy appearance of your skin or you can emphasize its pale sallowness. Occasionally a girl has too much color in her skin. She should then choose colors that subdue her skin coloring.

To discover your best colors, study yourself in a mirror in bright daylight, by holding different colored pieces of material up to your face and note the effect of the colors on your skin, hair and eyes.

Fair skins combine well with delicate or dark colors. Girls with fair skin and dark hair may wear brighter colors than those with light hair and fair hair is more contrast in their own coloring and their coloring is not so easily destroyed. Black, white, and gray are becoming to fair skins with rosy tints.

Creamy, sallow, or olive skinned girls may wear grayed or darkened colors. Brighter colors may be worn by dark skins which are clear. Light, delicate colors make the dark person look darker; rich deep shades are usually more becoming. Creamy, transparent white is a better choice for this type than pure white of a heavy texture.

Only small amounts of pure bright color should be used. Bright, light colors used in large amounts have the power to increase the apparent size of the wearer; grayed, dark colors have the power to decrease the apparent size.

It is necessary to choose color becoming to the individual but one must also know what colors and tones are most suitable for the various parts of the wardrobe and what colors and color tones to combine when several are to be used together. See Color Harmonies, “Summer Clothes for the 4-H Girl”.

When several colors are to be combined on the same garment, it is easier to obtain a pleasing harmony if the number of colors used is limited. Beginners do well to combine two or three colors or tones into a beautiful harmony.

When selecting patterned material containing several colors, whether printed on or woven in, study the colors combined and choose a combination that is really harmonious. Use the rules for forming color harmony to determine this. When choosing a trimming color for such a color scheme, select one of the colors used in the material and emphasize it rather than adding another one to it.

Dulled or inconspicuous colors are best for school and business wear as one does not easily tire of wearing them. Bright, pure colors and deep, rich ones may be used for sports wear.

Best dresses, such as informal afternoon or church dresses, may be lighter and daintier in their coloring.

CHOOSING MATERIALS FOR WINTER WEAR

Materials for a winter dress should be selected for the purpose it is to serve, that is, whether it is to be worn as a house dress, for school, business, sport, or best wear. House dresses for winter may be made of strong, firm, cotton material. They should be color fast both to sun and to washing.

School, business, and sports dresses may be of cotton, rayon, silk, wool, or combinations of these fibers. It is well to select a material which can be easily and satisfactorily laundered or cleaned.

Cotton, rayon, silk, and wool, or combinations of these fibers in finer qualities are best for winter. Again it is well to select materials that will wash or clean readily, but it is not quite as important as in selecting the school or business dress, as the “best” dress is worn only occasionally. The additional expense involved in dry cleaning or your ability to do your own dry cleaning will determine whether or not you should select a material that cannot be washed.

Care in selecting materials which handle easily is also helpful. This is especially true of rayons which fray easily.

DESIGN FOR WINTER DRESS

Principles of design are the same for winter as for summer dresses. Consider the proportions of your figure and the lines most becoming to your proportions. The height-weight chart, page 6, will be quite helpful in determining whether you are average, tall, slender, or short stout. Compare several figures of different proportions to determine what a figure of normal, tall, slender, or short stout proportions looks like. A comparison and grouping of the girls in your club according to type would be helpful.

The normal figure has lines that are quite beautiful and well proportioned. Clothing which distorts or changes these lines in any way tends to spoil their natural beauty. If a girl is to have becoming clothes the lines of her clothing must be in harmony to the lines of her figure. A girl with a normal figure should observe the following rules in selecting becoming styles.

1. The outline of the garments follow the outline of the body, neither squeezing it in nor bulging it out of its natural shape.
2. The lines within the garment must keep the same proportions as the figure. (An extremely puffed sleeve would apparently throw the shoulders out of proportion with the other lines of the figure by making them look too broad).

The Short Stout figure is too wide for its height. Girls with such figures should keep in mind that fact by observing the following:
1. The outline of the garments should follow the outline of the figure, never adding more width.
2. The lines within the garment should emphasize the up and down movement never stressing the stoutness of the figure.

The Tall Slender figure is too thin for its height. Girls with this type of figure need to observe the following rules:
1. The outline of her garments may add width to the outline of her figure provided the proportions are not distorted.
2. The lines within her garments should emphasize a cross-wise movement.

Variations in the length and width of the face, neck, shoulders, waist, hips, and the size and location of the bust present other problems in the selection of becoming line.

THE WINTER HOUSE DRESS

The winter house dress is the one worn for work both indoors and out of doors. The kind of dress you select will depend upon what your home duties are. If you spend all of your time at home, you will need different home clothing and more of these garments than if you only spend a few hours a day at home. Are the home duties indoor or out of door work? The house or work dress should be neat in appearance, comfortable and roomy to permit freedom of action for reaching, stretching, climbing, and stepping. It should be made of a material and style that will launder easily.

The material need not be expensive, but firm, durable, color fast qualities are good choice. Ginghams, chambray, percale, calico and prints may be chosen.

Design—A house dress should be interesting and attractive. Because of its use the design will need to be simple and plain with a minimum of trimming especially of the loose, hanging type. Pockets and short sleeves make the house dresses convenient. If long sleeves are desired for warmth, they should be so planned that they can be rolled back. A one-piece style of kimono or simple set sleeve type is a good pattern choice.

Trimmings may be of the same material as the dress; one of the colors may be accented by repeating it in a plain color or as a trimming. Bias folds and commercial braid such as rickrack may be used.

Suggestions for making. Shrink material before making. Make hem wide enough to lengthen dress if necessary. Double stitch pocket in place, or at least reinforce both sides of top with double stitching to prevent tearing easily. All seams should appear to be made alike when seen from the right side. French seams or plain seams finished with selvage, over casting, or machine stitching may be used.

WINTER SCHOOL OR STREET DRESS

The winter school and street dress should be made of simple, durable material that can be easily cleaned or washed. The design should be simple, neat and becoming.

Materials — Flannel, jersey, serge, wool crepe, cotton or wool tweed, challis, or novelty wool or wool combinations.

Trimmings—Materials same as dress or contrasting color; self trimming contrasting material; simple decorative stitches; tailored finishes.

Suggestions for making:—Use plain seams. For light weight wool material, turn raw edge once and stitch on machine or open flat and bind with taffeta seam binding. For heavier materials use plain seam overcast or bind with taffeta seam binding. For firm material notch or pink seam edges. One or more seam finishes may be used, but all should appear alike from the right side. Press each seam, pocket, or individual part of dress as it is made. Seams are usually pressed open. See Pressing Wool, page 40.

WINTER SPORTS DRESS

The sport dress is planned either for taking part in active sports or as spectator sports for observing outdoor sports. It is a service dress and if carefully chosen may be used for school and street wear as well. See School or Street Dress.

Fig. 3.—Winter school or street dresses
will enhance the girl's appearance. This dress should be individual, simple in line, yet beautiful and becoming.

Materials—Printed silk, rayon or cotton mixture, silk, rayon, silk or wool crepe or georgette.

Suggestions for making—A design with softer lines may be chosen. Cut and fit carefully. The very best workmanship should be used on these fine materials. Do not try to cover faulty workmanship with trimming. Keep dress simple, avoid over doing and fussy effects. Be sure there is a place and definite need for every bit of decoration added. French or double bindings, rolled hems, scallops, decorative stitches or tailored finishes may be used. Plain or other seam finishes, suited to the material and to the design may be used.

A. For younger girl
B. For older girl

FIG. 4.—Winter afternoon dresses

FIG. 5.—Tailored “best” dress worn by style show girl

WINTER UNDERWEAR FOR THE 4-H GIRL

Dainty underwear is dear to every girl’s heart. To have it so will depend much on the selection of the material, trimmings, design and upon the workmanship. The amount of money spent is not a determining factor, but rather it is a girl’s good judgment that counts.

Winter undergarments may not differ greatly from those worn in summer. In the winter the body needs protection from the cold. If this protection and warmth is supplied by the outer garments, undergarments suited for year around use may be selected. Pretty, serviceable, comfortable undergarment need not involve great expense nor much time in making. Warm garments need not be homely nor bulky.

CHOOSING UNDERGARMENTS

The choice of an undergarment depends upon the other garments with which it is to be worn. Any undergarment should not be fuller than the outer garment worn over it. Underclothing that is too long or too short, too full or too scanty for the dress with which it is worn spoils the effect of the entire costume no matter how beautiful the dress is. Dainty undergarments should be worn with dainty dresses, and serviceable ones with work, school, sports, street, and house dresses. A serviceable undergarment need not be unattractive.

The stout girl needs to choose garments that will confine her figure without injuring or distorting it. She needs to avoid bulk by choosing plain designs with scanty or flat fullness in the form of tucks, plaits, or flat trimmings. The thin girl will choose undergarments of a design which will help build up a good foundation carefully selected designs. She can stand some fullness eased into bands or bindings or even a few gathers.

Not only bulk in style of undergarments but also bulk in numbers must be avoided. No exact number can be set, but enough and of such designs of undergarment should be chosen that they form an adequate foundation for the dress.

DESIGN FOR UNDERGARMENTS

Undergarments are the foundation of good dressing. They need to be serviceable and plain, suited to the type of dress, and contribute to health. Modesty is the most charming characteristic of girls of club age and no true 4-H girl will wear clothes which attract attention to herself. Since all girls wear dresses of medium length there is no place in her wardrobe for any type of bloomer or pantie that does not not have a close fitting band or knee.
When planning undergarments the following points should be kept in mind:
1. They should be comfortable.
2. Suited for the purpose and occasion.
3. Harmonious with outer garments in style and material.
4. Attractive.
5. Modest.
6. Healthful—tight bands or elastic around the bust, waist, or knees restrict the circulation of the blood, retard normal development, and are often injurious.

**UNDERWEAR OUTFITS**

In planning an underwear outfit the first step is to decide on the type, number and kind of undergarments that will fit your needs—as a vest, bloomers, and brassiere; a vest, corselet, bloomers, and slip; a combination and slip; brassiere, bloomers, and slip; a combination and petticoat and garter belt, or whatever combination meets your needs. A study of the following garments will help you to decide which combination of garments best suits your needs.

**COMBINATIONS**

One piece combinations of brassiere and bloomers; vest and bloomers, or brassiere and slip make a satisfactory type of garment. Materials—muslin, soft cambric, nainsook, gingham, chambray, pongee, rayon, or silk. Colors—white, cream, flesh, or other delicate colors.

Flat felled seams may be used on the heavier materials and will give a tailored appearance. French seams may be used on the daintier materials. The necklines may follow the same shapes as for slips. Many suitable designs are available for the younger as well as older girls.

**WINTER CLOTHES**

A proper use of the brassiere is to support and not to bind the bust. Select a tailored type pattern which is cut to fit or is fitted by means of darts. Shrink material before making. Pin straps in place when garment is on. Shoulder straps should coincide with straps on other garments to be worn.

Flat felled or French seams may be used. Bloomers with a fitted top, fitted or with bands at the knee make good foundations for the closely fitted modes of today. One or two plackets may be used. Remember, bloomers have right and left sides. Do not cut two pieces for same leg. Avoid seaming up both halves for same leg. Distinguish between leg and crotch seams before basting together.

Flat felled seams are used for heavy materials or when a tailored effect is desired; French seams for thin materials. Materials suitable for bloomers and brassiere are muslin, soft cambric, crepe, nainsook, gingham, chambray, rayon, pongee, or silk. Color should be white, cream, flesh, or delicate colors.
SLIP AND PETTICOAT

A slip is a one piece garment which hangs from the shoulders. It is more comfortable than a garment with bands at the waistline. Fitted or princess designs or designs with brassiere top make good smooth fitting foundations.

Built up necklines in round, semi-round, V-shaped, or modified V are attractive and of good design. Hems may be plain, shaped, or shadow proof, or may be narrow if circular.

Continuous or faced plackets are a convenience in pulling on and off and add to the life of the garment. French or flat felled seams may be used.

CORSELET AND GIRDLES AND GARTER BELTS

Many girls like to wear some sort of a foundation such as a corset or girdle. It is usually more practical to buy these garments ready made than to make them at home. Garments that are intended to help mold the figure or give it support should be fitted carefully so they will not cause injury.

Corselets should hang from the shoulder and support the weight of other garments. Girdles or garter belts should be made as light in weight as possible and still give the desired effect. If a girl finds it necessary to make a corset, girdle, or garter belt, she may find the following suggestions helpful.

Select tailored type pattern which is cut to fit or is fitted by means of darts or elastic inserts. Patterns may be cut from a satisfactory ready-made garment.

Materials—Firm cotton material such as muslin, Indian head, coutil (ku'til), mercerized cotton, or wide band elastic in white, cream, or flesh colors are suitable.

Flat felled seams may be used. Edges may be finished with narrow flat bindings, facings, or hems.

FINISHES AND TRIMMINGS

Necklines and armholes should be finished to correspond. Special care needs to be taken in handling the curves around the neck and arm holes, so they do not become stretched while working on them.
ing of a thread in a line of machine stitching or a running stitch makes an effective and simple decoration. (C).

The cross stitch is one of the easily made and effective stitches. It is made by the crossing of one thread over the other following a special design, or the threads of the material. To have a smooth, even surface the stitches must be crossed in the same way and worked in the same direction. Start work from right to left, bring needle up through the material from the wrong side of the lower right-hand corner of the design and first square, cross diagonally on the right side to upper left-hand corner of same square, cross diagonally on right side to upper left-hand corner of same square and bring needle through to wrong side. Repeat by bringing needle up through material at lower right-hand corner of next square. To complete the square, or "cross", work from left to right and bring needle through material at lower left-hand corner and across to the upper right-hand corner. Repeat until crosses and design are finished.

Cross stitching or feather stitching may be used to fasten down the inner edge of the facing instead of machine stitching or hand hemming.

PLACKETS

A placket is an inconspicuous opening for convenience in putting on and removing a garment. Plackets are made to open from right to left on women's garments. Slips, bloomers, and combinations usually require plackets. The continuous placket and the faced or bound placket are both suitable for undergarments.

The Continuous placket is very satisfactory and one of the easiest to make.

1. Cut a lengthwise piece of material twice the length of the opening desired and twice the width it is to be when finished, plus ⅛ inch. This ⅛ inch will allow for ¼ inch seams.
2. Place right side of facing against wrong side of garment. Baste a ¼ inch seam continuously around the two sides of the opening. Stitch.
3. Make ¼ inch turn around wrong side on other edge of piece. Pin folded edge so it just covers the row of stitching made in (2). Baste and stitch on the edge. Press.

Faced Bound Placket—Cut the placket strips the desired length plus 1 inch more in length than the placket opening. The binding to be used on the left and underlap is cut twice the width of the placket, plus ⅛ inch for seams. The facing to be used on the right side is cut the desired width of the placket plus ¼ inch for seams. Apply the wide piece as for binding, the narrow one as for a facing and join the pieces together at the bottom with a buttonhole stitch. The binding and facing may be held in place with tiny hand hemming stitches.

FASTENINGS

Hooks and eyes or snap fasteners may be used on closings. For sewing on hooks and eyes—use single thread without knot:
1. Place hook one-sixteenth of an inch from edge of cloth on wrong side of garment.
2. Hold hook firmly with left hand.
3. Tack thread under hook.
4. Sew with plain or buttonhole stitch over each loop.
5. Slip the needle between hook and material to end of hook. Take three to five stitches across end. Tack thread and cut.

Fourth Meeting

TEXTILE STUDY—SILK AND WOOL

Silk is produced from the silkworm. It is considered an animal fiber. The main countries in the culture of silk are Japan, China, Italy, and France.

The silk fiber is one of the finest of all fibers and is spun by the silkworm as it makes the cocoon. It takes approximately 3000 silkworms to make a dress. Silk is in great demand because of its soft drapy qualities. Because it is such an expensive fiber it is often adulterated in order to sell it at a moderate price. This is called "weighting".

Characteristics of silk:
1. Very soft.
2. Thread very fine.
3. Thread very strong.
4. Elastic.
5. Clean fiber.
7. Poor heat conductor.
8. Dyes easily.
10. Evaporates quickly.

Tests for silk:
Breaking. The end of the broken thread is straight and lustrous.
Burning. Unweighted silk burns rapidly with little odor and leaves a crisp black ball. Weighted silk retains its original form after burning. The real silk burns out and leaves a mineral matter.
Feel. Silk is smooth, soft, and gives easily.
Lye test. Boil silk and one tablespoon of lye and 1 pint of water for ten minutes. Silk will be destroyed.
Microscopic. The cultivated fiber looks smooth, lustrous, and even.
Tearing. Tears easily with a shrill sound. Frays at torn edges. If thread is held taut it makes a resonant sound.

Wool is obtained from the fleece of sheep. The quality of the fiber depends upon the kind of sheep and upon the place they live. The wool fiber is curly and scaly in structure; though only fairly strong its elastic nature makes it very durable.

Virgin or pure wool is as it comes from the sheep and there are many grades. Before weaving the wool is sorted according to the length of fiber. That which is used for textiles is creamy white.

Worsted is made from long, straight, fine, even fibers which have been combed parallel and then twisted into threads. Worsted is difficult to adulterate because the weave of the fabric is firm and the weave is distinct. Their beauty depends upon the length of fiber. That which is used for textiles is creamy white.

Woolens are made from short, large, uneven fibers thickly covered with scales that have been carded and spun into yarn with the thread lying in all directions. It is easy to adulterate woolens because the weaves are indistinct and the material is soft and elastic. Cotton and remanufactured wool are often substituted for wool. Remanufactured wool is made from wool scraps or old wool garments and may be superior to some kinds or new or virgin wool. Wool is easier to adulterate than any other fiber. It also shrinks more than any other fiber.

Characteristics of wool:
1. Wool shrinks easily when exposed to heat and moisture.
2. Wool has a natural oil called yolk.
4. Wool is soft and elastic.
5. Wool absorbs water and takes dye readily.
6. Wool is a poor conductor of heat.

Tests for wool:
Breaking. The thread parts rather than breaks and the ends are kinky and stiff.

Burning. Wool burns slowly with a kind of dull flame and bubbles as it burns. It has a odor like burning hair or feathers and leaves a crisp, bead-like brownish black ash.

Feeling. Wool feels warm when rubbed together and is elastic. It does not crease easily.

Lye test. Boil wool in one teaspoonful lye and one pint water ten minutes in a granite kettle. Wool will be destroyed.

Tearing. The broken threads are uneven and kinked and the fabric tears with a dull sound.

**REMAKING A GARMENT**

**SELECTING THE GARMENT TO BE MADE**

The garment that you remake may be for yourself or for someone else. Did your inventory show some garments on hand that could be remade or recreated? If not, perhaps mother may have on hand some garments which may be remade to provide for one of the garments for which your budget calls. Since you have planned your wardrobe, you may have discovered you do not need a garment of this sort so it may be made for a child if you wish, for frequently an adult’s garment can be made over for a younger brother or sister when there would not be enough material for you.

**WINTER CLOTHES**

Remaking a garment frequently takes more time and more skill than to make a garment out of new material. However, it may pay because it saves the price of new material and makes it unnecessary to store old material. Made-over garments may be as attractive or even more so than new ones. To have the remodeling economical the old materials must be good enough to pay for the time and energy put upon them. The remodeled garment may be made of wool, silk, or other winter wear material in good condition. Two old garments may be combined. To have the final result attractive careful planning is necessary.

There are two types of remodeling; (1) changing a garment completely, or (2) changing some part of it; such as, shortening the skirt, adding a new collar and belt, or changing the sleeves, etc.

**SUGGESTIONS FOR REMAKING**

**Old Garment**

**After Alteration**

Woman's long coat... Short coat, child's coat, skirt, one-piece dress.
Woman's suit... Suit for a girl or boy, one-piece dress, dress for girl.
Man's suit... Boy's suit.
Man's trousers... Boy's trousers.
Man's light-weight suit... Girl's dress or suit.
Man's coat (long)... Child's suit or coat.
Woman's dress Remodeled by combining with other materials.
Woman's dress... Jumper dress with blouse. Little girl's dress.
Man's shirt... Rompers or child's dress.
Wool skirt... Child's coat or dress.

**STEPS IN MAKING OVER A GARMENT**

1. Dusting and ripping.
2. Inspecting.
3. Mending.
4. Cleaning and pressing.
5. Dyeing.

Dusting and ripping. Look the garment over carefully. Shake it well and then brush it thoroughly especially along the seams. Do not use pieces that are worn shiny if they can be avoided. Study its possibilities and plan to use the material to its best advantage. It would be interesting to take your garment to a club meeting and there have a discussion on plans for using it. In a club, one often finds girls who are quite clever in seeing the possibilities in making over garments.

Remove all the trimmings, such as braid and buttons, rip out the hem and rip the seams. Do not spend time ripping small pieces unless you think you will need to use them. If there is sufficient material the seams may be cut off instead of ripping them. Use your time to advantage. In ripping, pull the threads where possible. Where this cannot be done, cut the threads carefully, for it is easier to be careful than to mend later. Sharp scissors or a small razor blade may be used. Pick out all the threads before steaming as this will help the needle holes to disappear more quickly.

Inspecting. Inspect each piece for spots. If any are found it will save time to have them marked by running a thread around them before the piece is cleaned. Then they can be given special care in the cleaning. If there are no spots, the woolen material may be freshened by pressing with a piece of damp heavy cloth over the material.
Fig. 24.—A blue ribbon garment made from a man's coat and two pairs of trousers. Tailored finishes made this made-over school dress attractive.

**Mending.** Find all the weak places by holding the pieces up to the light and pulling the material carefully. If there is mending or darning to be done, the material will need to be carefully pressed after it is darned, before the pattern is laid on it.

**Cleaning and Pressing.** Cleaning may be done by various methods such as using gasoline or a commercial cleaner, or by washing in soap and water. If the garment is to be washed, use soft water and a good white soap. It is better not to rub the soap on the goods for this felts the wool and makes it harsh. Instead of rubbing the soap on the goods, make a good lather of lukewarm water and rinse it in water of the same temperature. Some good laundries leave a little soap in the last water to make the wool feel more natural. It is better to dip the cloth up and down and squeeze than to rub it between the hands as one would a cotton garment. When the pieces are pressed one needs to be careful not to stretch them out of shape. **Always press with the grain of the material.**

Gasoline, benzine or alcohol may be used to remove grease spots. **Use these cleaners only out-of-doors away from heat or flame,** and rub the spot gently until the fabric is entirely dry. This will prevent leaving a ring in the material. If a commercial cleaner is used, follow the directions exactly as they are given.

**Dyeing.** If the garment needs to be dyed, you may have a dyer do it, or you may do it yourself. A different type of dye is used for cotton and linen than for wool and silk. Therefore, judgment should be used in selecting the dye. The process is simple but the work must be done with great care and according to directions on the package for satisfactory results. Have the goods wet when added to the dye bath and keep material in constant motion while dyeing and entirely covered by the dye bath.

**Selecting the Pattern.** It is necessary to take into consideration the amount of material you have and the size of the pieces when selecting a pattern. Patterns which combine two materials may be a good choice.

**Cutting, Fitting, and Making.** Before any cutting of material is done it is always well to lay out the entire pattern on the goods. It may be necessary to have seams in conspicuous places, but with careful planning they need not be objectionable. Often seams may be concealed with tucks, trimming, bands, buttons, pockets, or fagoting, if carefully planned in the beginning. (See Fig. 25).

Remade garments require great care in fitting and skill in making, but when carefully planned, fitted and made, are often as satisfactory as new ones.

**Pressing** is an important factor in making a remade garment look tailored. To do this one needs a good iron and well padded ironing board. Some of the best dressmaking shops as well as the best sewing teachers have the girls press seams, plackets, etc., soon after they
are made. They press each step as it is completed, and then at the end give the garment a good final pressing. Good pressing is one of the secrets for making a garment look as though a tailor made it instead of an amateur. See Pressing, page 39.

TAILORED FINISHES

Tailored finishes such as pockets, bound buttonholes, etc., will help to give remade garments a tailored look. Review Tailored Finishes, "Summer Clothes for the 4-H Girl".

BRINGING CLOTHES UP-TO-DATE

A few changes may often bring a last year's garment up-to-date. Often the changing of the neckline, sleeves, length of skirts, or adjustment in fitting will improve the appearance of an old dress and make it look new.

Often one dress may be made from two by the use of a pattern that calls for contrasting materials, or a small amount of new material may be purchased for the yoke and sleeves.

Skirts may be lengthened by adding tunics or yokes. Wide collars, if becoming, may be added to cover worn or mended places.

Fifth Meeting

THE COMPLETE OUTFIT FOR WINTER WEAR

Planning and assembling a complete outfit for winter wear so that it includes health, beauty in color and design, suitability to occasion and to the wearer, and economy is an accomplishment of which any girl in the Winter Clothes for the 4-H Girl can be proud.

THE WELL DRESSED GIRL PLANS CAREFULLY

In planning your winter costume you will need to think carefully about everything you will wear at one time; dress, shoes, hose, hat, underwear, and accessories. A well dressed girl wears clothing that is simple and conservative; that is appropriate to the time, place, the occasion, and to her individual type. Clothing must be becoming in line and color; it should bring out the good points of the face and figure and call attention away from the less desirable points. The well dressed 4-H girl is dainty and well groomed. She never forgets that no matter how beautiful or becoming a dress may be, unless she has good posture and carriage the charm of the dress is lost. Her clothes are always modest and comfortable.

Remembering these points will help you to appear at your best.

Fig. 27.—Style show champion in her complete outfit for winter wear

WINTER CLOTHES

FOUNDATION GARMENTS

The correct underwear is important in planning your winter outfit. A complete underwear outfit or all the undergarments required as a foundation for your dress are to be made or selected by each club girl in this project. Review Underwear and Underwear Outfits.

ACCESSORIES

Hats, berets, shoes, hose, gloves, costume jewelry, belts, ties, scarfs, collars, and cuffs are included in accessories. See Accessories, page 50.

HARMONY OF MATERIALS AND DESIGN

In selecting the various articles for your complete outfit it is well to consider carefully whether they belong together. If it is a service outfit as a school, sport, or business dress, the hat, dress, foundation garments, shoes, hose and accessories should all be of a service type. Each should be simple, attractive and durable and of a type suited to the service expected of them.

An afternoon or party outfit is worn only occasionally so all articles may be of a daintier type as not so much service is required of them. Softer lines, daintier fabrics and colors may be chosen in harmonizing each part of the outfit.

DIVISION OF COSTS

Usually attention to the relative cost of the various articles that make up an outfit is helpful in assembling an outfit. Our budget study suggested a division of the dollar for outer garments, undergarments, and accessories. This division may not be followed exactly but may serve as a guide.

Often the wisest selections of accessories and undergarments are those that can be worn with several outfits. Study the following cost statement which was submitted by a style show girl. Do you feel her division of costs could be improved?

"I made this costume for early fall school wear. My eyes are deep blue, my hair light brown with a natural wave. I have a clear fair complexion, and am of brown-haired in-between type and of a slender build. I am 16 years old, 64 inches tall and weigh 115 pounds."
### Cost Statement

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jumper, jacket, blouse and beret</td>
<td>$7.44</td>
</tr>
<tr>
<td>Wool Boucle</td>
<td>@ $1.63</td>
</tr>
<tr>
<td>Silk Canton</td>
<td>@ $.89</td>
</tr>
<tr>
<td>Cotton Poplin</td>
<td>@ $.50</td>
</tr>
<tr>
<td>Underwear</td>
<td>1.55</td>
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<tr>
<td>Shoes (on sale—one-half price)</td>
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</tr>
<tr>
<td>Gloves</td>
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</tr>
<tr>
<td>Hose</td>
<td>.59</td>
</tr>
<tr>
<td>Handkerchief (bought without applique)</td>
<td>.50</td>
</tr>
<tr>
<td>Garter belt</td>
<td>.50</td>
</tr>
<tr>
<td>Scarf</td>
<td>.02</td>
</tr>
<tr>
<td><strong>Total Cost</strong></td>
<td><strong>$15.35</strong></td>
</tr>
</tbody>
</table>

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### Sixth Meeting

#### Fitting

There are two reasons why we fit garments. First, to fit the form of the individual. Second, to keep the threads of the fabric horizontal and vertical. A well fitted garment will allow freedom of movement without being too large. The style and use of a garment determines how it should fit. The garment should be easy fitting over bust, hips and across shoulders. Fitting involves the establishment of various body lines such as neckline, shoulder line, armseye line, underarm line, waist line, hip line, hem line. See Fitting, Summer Clothes for the 4-H Girl.

#### Helps for Testing the Fit of a Garment

1. The garment should be comfortable without excess fullness.
2. The woof threads run straight around the figure at chest, bust, hips, and parallel to the floor. (Except on bias cut garments.)
3. The warp threads run parallel to the center front and center back and perpendicular to the floor.
4. The underarm seam falls directly from the center of the arm pit and perpendicularly to the floor.
5. All structural lines of the garment should be related to the lines of the figure.

#### Test for a Well Fitted Sleeve

1. Neither the body of the blouse nor the sleeve should feel tight or draw at any point when the arm is bent forward or the hand lifted to the head.
2. The woof threads run parallel to the floor at the largest part of the upper arm.
3. The warp threads drop perpendicularly to the floor, from the highest point of shoulder to elbow.
4. The center of fullness at the elbow comes at the point of elbow when bent.
5. The dart or opening (if any) from waist to elbow is in line with the little finger when the palm of the hand is turned toward the floor.
6. The inner seam is in line with the base of the thumb when the palm of the hand is turned toward the floor.
7. There is no fullness in the lower half of the sleeve at armseye except for a very fleshy upper arm.

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### Winter Clothes

#### Procedure in Fitting

Have the smallest possible amount of bulk to handle at one time. A dress is usually considered in three main parts: Blouse, skirt, and sleeves. Have details of working plan in mind. Make each part as completely as possible for first fitting, such as:

- Preparing blouse for first fitting.
- Baste any darts or tucks.
- Gather any full areas which need to be gathered.
- Baste any seams which join yokes or decorative seams using kind of seam best suited to situation.
- Baste shoulder seam.
- Protect neckline from stretching. If there is any danger of neckline stretching place a row of basting or stitching along it or baste a narrow selvage around it taking care not to stretch it when thus protecting it.
- Pin underarm seams.

#### Preparing sleeve for first fitting.

Mark the grain of the material at the top of the sleeve and the point at which it touches the shoulder seam (colored thread may be used).

- Make any decorative seams, tucks, puffs, etc.
- Baste in elbow or other darts.
- Baste seam.
- Put running stitch around top half and draw up so it will cup.

This will help to properly ease in the fullness.

#### Preparing skirt for first fitting.

- Baste any decorative seam.
- Baste in tucks, plaits or darts.
- Make and finish inside belting or lining if skirt is to be hung from a lining or if it is to have an inside belt. It is very necessary to do this as a skirt cannot be satisfactorily fitted unless it is fitted to the same belting or lining to which it is to be permanently attached.
- Baste sections together.
- Put dress on right side out. Settle it correctly on shoulders. See that person being fitted stands in good posture. If there is a belt, pin in position, then note the following: (1) direction of grain of material, (2) check carefully lines at neck, shoulder, underarm, armseye, waist and hip line and darts. Make changes necessary, keeping in mind the horizontal and vertical lines in relation to the lines of the body. See "Helps for Testing Fit of a Garment".

After the first fitting remove garment carefully from the figure so as not to lose any pins. Lay it on the work table. Mark the new armseye line. In the same way mark the alterations on the underarm, shoulder, hip, and sleeve seams. Pin and baste all parts of the garment together on the corrected lines for second fitting. Put garment on figure and note carefully all points of correction. Make any minor changes. If the alterations have been carefully made there should be no changes necessary and permanent stitchings may be made.

#### Helps in Fitting

Easing in fullness, shirring, and the use of darts often helps in keeping the lengthwise and crosswise grain of the material in their correct positions when fitting a garment.
applying heat, steam and pressing. So it is necessary to learn (1) how should have a firm smooth which surface; a pressing cloth, well padded ness to a garment. Nothing will affect the appearance of your dress, much heat to use for cotton, linen, wool, silk and the synthetic fibers, pressed. It blends the seams together and gives to the whole a trim finish. Often clothes look "homemade" only because they are not correctly matching thread and loose stitches. Should be neatly and securely fastened. The edges may be overcast along the entire length and as near the B' and PS open' overcast inch point as possible, then press the seam open taper gradually. Slash the dart open angle at the end of a dart. To do this, taper pouch at the end. Always avoid a sharp shrinking excess fullness from darts and sleeves and curved seams. The underarm dart is so placed that it will point diagonally toward the point of the breast, and should not be placed closer than one inch below the armpitve. The width of the dart will depend upon the fullness required. If much fullness is required two or more darts placed in groups may be used instead of one large one. The secret of perfection in making darts is to stitch a straight seam and to end the dart perfectly so that it does not poutch at the end. ALTure, a sharp angle at the end of a dart. To do this, taper the seam to a point, stitching for half an inch beyond the end. This allows the dart to taper gradually. Slash the dart open along the entire length and as near the point as possible, then press the seam open and flat, pressing toward tapering end of dart. Thread ends need to be neatly and securely fastened. The edges may be overcast with matching thread and loose stitches.

Seventh Meeting

CARE OF CLOTHING

Pressing—Careful pressing is as necessary a process in the successful making and care of a garment as careful cutting and careful stitching. It blends the seams together and gives to the whole a trim finish. Often clothes look "homemade" only because they are not correctly pressed.

Fabrics may be stretched and shrunk, they may be given flat or curved forms and their appearance may be noticeably changed by applying heat, steam and pressing. So it is necessary to learn (1) how much heat to use for cotton, linen, wool, silk and the synthetic fibers, (2) which fabrics take the direct application of a hot iron and which require steaming, (3) how much steam is required and how to get it.

Pressing removes wrinkles, sets creases, and gives life and freshness to a garment. Nothing will affect the appearance of your dress, suit, or coat more than a good pressing correctly done.

TOOLS FOR PRESSING

The tools required for good pressing are an ironing board, which should have a firm smooth well padded surface; a pressing cloth, which should be of some firm heavy material as a medium grade of unbleached muslin; and a smooth clean iron. A sleeveboard and a tailor's cushion are also great helps in pressing. A sleeve board is about two feet long and tapers in width from five inches at the upper end to three inches at the lower end. It is padded and covered securely as is the ironing board. If a sleeve board is not available, a Turkish towel folded to about three inches in width and placed inside the sleeve will make a fair substitute. Father or brother might make you a sleeve board and you could pad and cover it. A tailor's cushion is used in pressing and shrinking excess fullness from darts and sleeves and curved seams. The cushion may be made from two pieces of heavy firm material such as drill or duck eighteen inches by fourteen inches and shaped like an egg. The two pieces are sewed together and firmly stuffed with cotton rags, wadding or sawdust. This can easily be made at home. Seams should be pressed over the tailor's cushion so the seam edges will not be marked on the garment.

Only a moderately hot iron should be used in pressing, which is the process of lifting the iron gently over the fabric and then pressing. Press, do not iron. Work slowly, pressing always with the grain of the material. Press lightly at first until the material changes to the end. Then increase the pressure. Keep the iron moving to avoid the imprint of the iron and to avoid scorching.

SUGGESTIONS ON PRESSING

Materials not made up are pressed on the wrong side. Finished garments may be pressed on the right or wrong side, depending on the material and part to be pressed. A damp pressing cloth is used for wool. Long seams are always pressed on the ironing board. The seam around the armpitve is always pressed toward the sleeve, using the point of the iron. Shoulder and underarm seams are pressed from the wide to the narrow part. Cottons may be pressed on the right or wrong side. Most cottons look better if pressed while damp. Press in the direction of the warp threads—not across them. If a dull appearance is desired, press on the wrong side; if a lustre is more desirable, press on the right side.

Linens should always be pressed on the wrong side. Table linens are an exception to the rule. Linens should be pressed when very damp. A good plan is to dip in warm water and wring through a
winter clothes

1. Prepare warm (not hot) suds with a mild, pure soap—flakes, beads, or cake and soft water.
2. Squeeze or knead the suds through the garment from 3 to 5 minutes.
3. Rinse two or three times in lukewarm water.
4. Squeeze the water from the garment.
5. Roll tightly for a few minutes in a bath towel.
6. If colors are doubtful, shake in a current of air until dry.
7. Iron on the wrong side with a moderate iron before the garment has become entirely dry.
8. Handle garment without lifting and pulling as this pulls it out of shape.

STORING

After each season, clothing should be stored in good condition ready for the next year. When the winter is over and winter clothes are to be stored during the spring and summer, some care is necessary to see that even though they are packed away, their freshness is kept. Woolen garments should be brushed well in the seams and under folds, cuffs, and hems where dust has gathered even in spite of care. It is well to air them thoroughly in the sunshine as this is a preventive against moths. Fold carefully and pack. Moth preventives may be used, but if the garments are clean, put in sealed packages, well protected, no other preventive is necessary in packing. When putting away summer clothes they should be clean and also carefully folded. If the packing is done in large cardboard boxes, wrap the boxes and mark with labels so the contents can be easily found when needed. When garments are packed in cedar chests or the like it is well to have a list of the garments on top of the garments in the chest.

STAINS AND SPOTS

A stain or spot should be removed from a garment as soon as possible. Some stains, after remaining on a garment a long time are practically impossible to remove. The sooner you work on a stain the easier it is to remove. Before attempting to remove any stain you should know the kind of fabric with which you are to work. (Review "Tests for Cotton, Rayon, Linen", Summer Clothes for the 4-H Girls, and "Silk and Wool", page 29.)

NATURE OF STAIN OR SPOT

Determine nature of stain if possible.
1. Is it greasy? Grease is soluble in gasoline, ether and benzine.
2. Is it sticky? It may be sugar. Sugar is soluble in water.
3. Is it flour paste? Flour is soluble in water. Material may be rubbed together and brushed to remove flour or sugar spot.
4. Is it fruit or chemical stain? A bleach is generally necessary.

AGENTS FOR REMOVING STAINS

The agents for removing stains are absorbents, solvents, and bleaches.

Absorbents. Among the good absorbents are chalk, corn meal, flour,
and fuller's earth. If the stain is fresh and you are afraid to try water, spread garment on table and cover both sides with one of the above absorbents. This will absorb the surplus stain but will not remove it.

Stain Solvents. There are a number of commercial stain solvents on the market. The foundation of these solvents is generally carbon tetrachloride, ether, chloroform, gasoline, or naphtha. Since these materials are inflammable, they should be handled very carefully. These solvents must be used out-of-doors, and away from flame of any sort.

Place spot on soft pad or on white blotting paper. Place this on ironing board. Brush thoroughly. Work from wrong side. Use only small quantity of solvent at a time. Spread powder or flour around spot to prevent its leaving a circle. Work from outside to center. Shake material and rub until completely dry. Change pad or blotting paper often.

Bleaches. All bleaching agents are somewhat harmful to fibers and should be used with care, and never in concentrated forms or for long periods of time. The common bleaches are hydrogen peroxide, javelle water, salt, lemon juice, "salts of lemon", oxalic acid, hydrochloric acid, potassium permanganate, and sodium hydrosulphite. Bleaches remove stain by bleaching out the stain and should be used only on fast colors or white as almost all bleaches will remove color as well as stain.

Stretch garment over small bowl that is half full of water. With medicine dropper apply bleach. After bleach has been dropped on material, lower fabric into water. Repeat until stain is removed.

Potassium permanganate is used in removing stains from cotton or linen. Apply solution with medicine dropper. Dissolve 1 teaspoonful of crystals in 1 pint of water. Apply with medicine dropper or cork. Remove any pink or brown stain by applying hydrogen peroxide or oxalic acid.

Javelle Water. This is a bleach for cotton and linen. Purchase can of chloride of lime. Follow directions on can for making javelle water. Use method for chemical bleaching when javelle water is employed for removing stains.

Home Bleaches. Some of the best bleaches are dew, sunshine and freezing. These can be aided by using lemon juice, vinegar or tomato juice, and salt. Keep vinegar and salt on spot in sunshine until it is removed.

Whenever lemon juice or oxalic acid is required, buttermilk is generally a good substitute. Soak washable garments overnight in buttermilk, place garment in sun, and rub salt on the spot.

<table>
<thead>
<tr>
<th>STAIN</th>
<th>AGENT</th>
<th>METHOD</th>
</tr>
</thead>
<tbody>
<tr>
<td>Blood</td>
<td>Hydrogen peroxide</td>
<td>Sponge with hydrogen peroxide and warm water</td>
</tr>
<tr>
<td></td>
<td>Warm water and raw starch</td>
<td>If heavy or new goods, make a paste of raw starch and warm water. Spread on stain; as fast as starch is discolored, make another application.</td>
</tr>
<tr>
<td>Coffee</td>
<td>Boiling water</td>
<td>Spread stain over a bowl, pour boiling water on it from height so as to strike the stain with force</td>
</tr>
<tr>
<td>and Tea</td>
<td></td>
<td>Wash in cold water, then in warm water and soap</td>
</tr>
<tr>
<td>Cream</td>
<td>Cold water</td>
<td>Wash in cold water, then in warm water and soap</td>
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<tr>
<td></td>
<td>Ether, alcohol, gasoline</td>
<td>Sponge gently with solvent. When removed rub between fingers to remove circle</td>
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<tr>
<td>Grass</td>
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<td>Lemon juice, salt, and sunshine</td>
<td>Dampen spot, apply lemon juice and salt. Place in sunshine and repeat the application of lemon juice and salt several times</td>
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<td>Javelle water</td>
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</tr>
<tr>
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<td>Oxalic acid</td>
<td>Soap and water</td>
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<td></td>
<td>Sour or buttermilk</td>
<td>Rinse</td>
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<tr>
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<td>Sponge with alcohol</td>
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<td></td>
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<td>Sponge with ammonias, then with wood alcohol</td>
</tr>
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<tr>
<td></td>
<td>Ammonia</td>
<td>Sponge with alcoholic, then with wood alcohol</td>
</tr>
<tr>
<td>Pencil</td>
<td>Alcohol</td>
<td>Sponge with alcohol, then with soap and water</td>
</tr>
<tr>
<td>Mark</td>
<td>Lemon juice, salt, and sunshine</td>
<td>Follow directions for removing fruit stains Dissolve crystals. Follow directions for chemical bleaches</td>
</tr>
<tr>
<td>Rust</td>
<td>Oxalic acid</td>
<td>Sponge with alcohol</td>
</tr>
<tr>
<td>Perspiration</td>
<td>Soap and water</td>
<td>Sponge with soap and water. Rinse Follow chemical bleach directions</td>
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<tr>
<td>Tion</td>
<td>Hydrogen peroxide</td>
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<td></td>
<td>Ether, chloroform</td>
<td>Sponge with chemicals</td>
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<tr>
<td>Mildew</td>
<td>Sour milk</td>
<td>Rub spot to prevent circles</td>
</tr>
<tr>
<td></td>
<td>Chloride of lime</td>
<td>Soak overnight in sour milk</td>
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<tr>
<td>Mud</td>
<td>Soap and water</td>
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<tr>
<td></td>
<td>Raw potato</td>
<td>Follow directions on the can</td>
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</tbody>
</table>

Winter Clothes

Some Stains and How to Remove Them

<table>
<thead>
<tr>
<th>STAIN</th>
<th>AGENT</th>
<th>METHOD</th>
</tr>
</thead>
<tbody>
<tr>
<td>Blood</td>
<td>Hydrogen peroxide</td>
<td>Sponge with hydrogen peroxide and warm water</td>
</tr>
<tr>
<td></td>
<td>Warm water and raw starch</td>
<td>If heavy or new goods, make a paste of raw starch and warm water. Spread on stain; as fast as starch is discolored, make another application.</td>
</tr>
<tr>
<td>Coffee</td>
<td>Boiling water</td>
<td>Spread stain over a bowl, pour boiling water on it from height so as to strike the stain with force</td>
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<tr>
<td>and Tea</td>
<td></td>
<td>Wash in cold water, then in warm water and soap</td>
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Eighth Meeting
FINISHES FOR SILK AND WOOL

Seam Finishes. As dresses fit snugly nowadays a good choice of seam finish is one that will be flat. For this reason the plain seam is chosen unless the material is very sheer, when a dainty carefully made French seam may be a good choice. Plain seams carefully overcast or stitched make excellent finishes and give the smooth flat effect so much desired. Review "Plain Seams". Examine well made dresses suitable for winter wear and see what seam finishes are most satisfactory.

OTHER FINISHES
A Fitted or Shaped Facing. This is used on edges with definite curves or angles such as square or V shaped neckline, on circular skirts, or as a self-trim for edges such as jackets or collars or other trimming. Using the edge to be faced as a pattern, cut the facing edge which is to be stitched to the garment exactly the same shape. The other edge may be plain or shaped. Apply the facing on the right or wrong side in the same manner as for straight facing. If there are square corners or scallops clip carefully to the stitching line in the corner. If pointed scallops, clip to the point as this gives a smooth flat finish when completed. Accurate stitching is necessary to make the angles, points or scallops even and regular.

WINTER CLOTHES

PIPING AND CORDING
Piping of the same or of contrasting material or colors are folds of material, usually bias, used on edges or seams for decorative purposes. They appear as narrow folds extending beyond the edge on the right side with or without the stitching showing. Piping may be placed between the edges on a garment such as in the front facing of a dress or the collar and held in place with the seam. No stitching shows on the right side. It may be placed under a hand or folded edge and held in place with a machine stitching along the edge of band on the right side.

Cording is made in the same way as piping except that a yarn or cord is placed in the folded edge and stitched in place by hand or machine before applying to the edge of garment.

BINDING
Bindings, either bias or straight, are used to finish raw edges and often serve as decoration. They usually show the same amount on the right and wrong sides. Bias bindings may be single or double and straight binding may be lengthwise strips of material.

Double Bias or French Binding is used when material is soft shear or light weight. It is made by cutting a true bias strip four times the desired finished width, plus two seam allowances. Fold the strip lengthwise and place to the right side of the material with raw edge of binding even with edge of material. Baste and stitch in place. Turn bias to wrong side and slip stitch or blind hem by hand to first line of stitching.

If machine stitching is desired, bring the folded edge just beyond the first line of stitching and baste carefully in place. Stitch from right side close to edge of binding but not on it.

French binding makes a good edge finish for sheer materials or for fine silks.

HELPs IN APPLYING BIAs BINDING OR FACING
1. Bias stretches easily, so hold the bias strip with a slight tension when basting in place. This is especially necessary when binding a straight edge.
2. When applying bias or facing on a shaped edge or a curve, ease the bias on the outward angles and stretch it on the inward angles.
3. When applying bias on a square corner make the turn so that a triangle of bias stands up from the surface to make sure of a smooth flat finish on the outer edge.
GATHERING AND SHIRRING

Both gathering and shirring are used to hold fullness in place. Shirring also serves as a decoration.

Shirring may consist merely of several rows of gathers or of gathered tucks or the material may be shirred on a cord. Gathering and shirring may be done either by hand or by machine with or without the use of the gathering attachment.

Hand Gathering. Make one or two rows of running stitches using a strong thread. It is usually advisable to put in two rows as the gathers fall into place more easily than when only one row is used. When the gathering threads have been put in, pull them up the desired length and fasten ends securely. Adjust the gathers by stroking with the needle to fit them into place.

Shirring is a series of grouping of gatherings which may be placed any distance apart but the lines of gathering must be parallel. Variations of shirrings are tucked or corded shirring.

Fagoting. Simple fagoting is done by crossing from side to side between the folds of the material taking a small stitch in each edge. The needle in crossing each time passes under the thread of the preceding stitch. This gives the thread a slight twist at the edge of the material.

Loop Buttonholes

Loop buttonholes make an effective trimming and may finish the neck or sleeve opening as a fastening.

Loop buttonholes are made by cutting a bias strip long enough to make several loops and from ½ to 1 inch wide, according to the size of loop desired. Fold it through the center (right side of material inside) and slip a narrow tape or cord inside. Stitch the sides and one end, being careful not to catch the tape across the other end. After the stitching is done, the tape is used to turn the strip right side out and the end to which the tape has been stitched is cut off. The loop is desired, leave the cord in. The strip then can be cut into lengths the size of loops desired. These are folded with the seam edge inside and the ends sewed together to form a loop. The loops are then basted in position along the edge of the opening. When the facing is applied the loops are stitched in with the seam so that they are held securely and yet the joining to the garment is entirely concealed.

HEMS AND THEIR FINISHES

Putting in the hem of a dress is a very important step in the construction of your dress. A straight well made hem will add much to the entire appearance of the completed dress. Hems are made either by hand or by machine. The width and type of hem depend upon the material used and the design of the garment. Narrow hems and bindings are used on curved edges, ruffles and flares, while straight wider ones may be used on straight or nearly straight skirts, underwear and other garments. For any type of hem, first straighten or trim the edges and fold it to the wrong side ¼ to ½ inch. Crease or baste this fold firmly. Turn a second time to the wrong side the desired or suitable width. Baste in place ready for hand or machine stitching.

Circular Hem Finishes should be neat and smooth and require careful handling. Any garment with circular flares should be allowed to hang over night before the hem is finished as flares have a tendency to sag. There are several methods of finishing circular hems.

A. For the simplest finish, turn the raw edge back and stitch it, making as small a turn as possible and stitching directly on the edge. Then turn back this stitched edge, and whip it down, using fine thread in matching color. Make tiny, even stitches so that they will not be noticeable on the right side

B. For voiles, organdies, and crisp fabrics that will bear two rows of machine stitching, simply turn the edge and stitch it; then make a second turn, and stitch from the right side directly on the edge. Small stitches and fine thread give a very attractive effect.

C. For such materials as firm georgette, where the edges might be too stiff if stitched by machine, turn the edge and baste it back, taking the stitches exactly on the edge. Then whip the hem down, remove the bastings, and press. A soft, limp hem will result.

D. For firm materials such as medium-weight wool, linen, and silk and cotton suitings, three rows of stitching are frequently used at the bottom of flares. Turn the edge back from one-fourth to one-half inch, bast, pressing carefully; then add three rows of stitching. Trim the raw edge up close to the last row of stitching.
1. First turn may be basted in place or stitched directly on edge then make a very small second turn to the wrong side and fasten in place with small inconspicuous slip stitches using fine thread which matches the material. This type is suitable for light weight materials.

2. Rolled Hems are used to finish dainty dresses of sheer light weight material. Working from right to left, roll edge of cloth between the forefinger and thumb of the left hand, rolling about an inch or two at a time. Pass the needle around the roll with a tiny tight stitch. The hem may be used on either circular or straight edges.

3. Faced Hems are used when there is not enough material to turn a hem, where the material is too heavy, or on circular skirts.

   a. Such facings may be a fitted piece of material turned either to the right or wrong side. The fitted facing should be so cut that the grain is the same as that of the material. By using the material left at the bottom of the skirt then taking out the extra width at the seam, a true facing may be secured. The top edge may be turned under and stitched, then slip-stitched to the skirt or it may be basted in place and machine stitched to the garment.

   b. A true bias strip of material may be used to face a straight or circular skirt and finished either by hand or by machine. See "Tailored Finishes", Summer Clothes for the 4-H Girl.

PLAITS

Plaits serve for decoration and fullness and give a tailored effect to a garment. They should be made of fabrics that will hold a pressed crease well. Knife plaits, box plaits, and inverted plaits are those most commonly used.

Knife plaits turn all one way, the edge of the plait looks like the side of a knife. The plaits are not stitched.

To make, place the material on an ironing board with finish toward you. Fold one end of material so that the two wrong sides are together, and mark the distance where the first crease is to come in the first plait. Press. With a measuring gauge take one and one-half times width of folded plait; mark and press in the second crease. Continue until all creases are pressed for the plaits. Place the material so wrong side is next to ironing board. Match the first crease to the second and baste the creases firmly together. Match third and fourth creases and baste. Continue until plaits are basted in place. Press with a damp cloth and hot iron. A strip of paper may be laid so the imprint of laying plaits will not show.

Box plaits are made as knife plaits, matching creases 2 and 3, 4 and 3, 5 and 6, 7 and 6, basting as you proceed and continuing until all plaits are matched.

Inverted Plaits. Proceed as for knife plaits except that material is folded with two right sides together instead of the two wrong sides. Match creases 1 and 2, 3 and 2, 4 and 5, and 6 and 5. Baste each plait as creases are matched and press.

GODETS AND FLARES

Godets (godsy) and flares are insets used to add fullness to garments. They are usually inserted in seams or in slashes made for this purpose. They are usually of a triangular shape with a tapering point or very narrow width at the top and a wide circular bottom. The sides may be straight or curved in toward the center. Godets are inserted below the hipline, while flares extend from the hip or waistline.

If a tailored finish is desired, stitch on the right side. If an inconspicuous finish is desired, stitch the seam on the wrong side. The seams may be finished according to the material and style of the garment. Since the bottoms of godets and flares are curved, a hem finish such as narrow or rolled hems, facing or bias binding are suitable.

FRENCH TACKS

French tacks are used to hold loosely but securely parts such as belts and cuffs to dresses. Make foundation stitches by taking two small stitches in the material of sufficient lengths between the parts to be held. Repeat stitches in these places until enough strands are placed to make a good foundation. Blanket stitch over these threads until the foundation threads are filled with stitches. Catch a little of the material in the first and last blanket stitches made over the foundation threads. This will prevent the tack from twisting.

Slides for holding belts in place may be made in the same way.
Ninth Meeting

ACCESSORIES

Accessories complete the costume. A good rule in choosing accessories is to omit anything which is not necessary to complete the costume. See Accessories, Summer Clothes for the 4-H Girl.

SHOES AND HOSE FOR WINTER WEAR

The choice and style of shoes for your wardrobe will depend upon how many pairs of shoes you can own at one time. A simple well made shoe of neutral color with good health lines will harmonize with many costumes. This shoe is a general purpose shoe and since it answers most of our every day needs only one pair is necessary. Most 4-H girls find that by careful selection of color, line and quality, one pair of service shoes and a daintier pair of dress shoes for best wear answer their wardrobe needs. They should be of a color to harmonize with the costume and need to be given the best of care and kept in good repair. This means they are kept clean by frequent brushing, well polished, and shoe trees placed in them as soon as they are removed at night. In damp weather they should be protected by rubbers or galoshes. Heels should be kept straightened and rips and tears mended.

CHOOSING STOCKINGS

For winter wear stockings of cotton, lisle, wool, rayon, or silk may be worn. Lisle or mercerized cotton are comfortable, serviceable, economical, and good looking for school, business or sports wear. Rayon and silk hose give more wear and much greater satisfaction than the thin chiffon.

FIG. 53.—Demonstration team selecting shoes for winter costumes

POINTS THAT WILL HELP TO REDUCE YOUR STOCKING BILLS

It is a good economy in selecting stockings (1) to decide on one or two shades that go well with your shoes and the dresses and coats you wear and buy all hose in those colors; (2) to mend thin places before holes appear; (3) wash stockings every time they are worn; (4) wash new stockings before wearing; (5) keep inside of shoes and supporter fastenings smooth; (6) reinforce heels of new stockings on the wrong side before wearing.

BERETS AND PURSES

Many girls find they can add to the attractiveness of their outfit and decrease the cost by making berets and purses. Often these may be made from scraps of material left from the dress. Many attractive patterns for berets and purses are available.

SCARFS

Scarfs may be worn as a part of the costume to harmonize with the dress or coat. Square, triangular, or oblong scarfs each have a place. The long narrow scarf is becoming to the figure needing lengthening lines, while the square and triangular scarf has a broadening effect.

GLOVES

Gloves for winter wear may be cotton, wool, kid or leather. Wool or leather such as pig skin, capeskin or the coarser leathers are more suited to give service and are warm for school, business or sports wear. Lisle, silk and French kid are worn with silk or best dresses. It is economical to select gloves of the washable kind and to choose a color that will match your coat, if the coat is black, tan, brown, or gray. For colored coats match the hose and shoes or select the tone most harmonious to the color of your coat. Bright colors in gloves are as poor taste as bright color in shoes. Simple, plain gloves of a good quality are a wise choice.

COLLAR AND CUFF SETS

Collar and cuff sets, ties and belts are so closely related to the dress that they have already been discussed as a part of it. Dainty collar and cuff sets for the best dress, more serviceable ones for school or sports wear, may be easily made. Several different sets of neckwear and belts might be planned for the same dress, all equally attractive, appropriate, and becoming.

HELPS IN CHOOSING BEADS, NECKLACES, BRACELETS, OR OTHER COSTUME JEWELRY

Costume jewelry is worn to emphasize lines or to add color. Costume jewelry includes beads, rings, ear rings, bracelets, pins, and buckles. Such jewelry is selected either to complete the costume or to give a pleasing accent to the costume. Principles of art as applied to clothing or other objects also apply to choice in jewelry. Jewelry should be selected to harmonize in texture and color and line to type of outfit with which it is to be worn.

Beads and necklaces may be worn to introduce lines which affect the apparent shape of the face. Choker necklaces increase the width and roundness of the face, and shelfiness to the neck. The style of necklace fitting close around the throat is becoming to the thin face and neck as it adds width and roundness.
Oval shaped necklaces, especially if in graduated sizes, help to emphasize the oval lines of the face. Many short strands add width to the face; one or two longer strands give length.

Tenth Meeting
CHILDREN’S CLOTHES

Making play or every day clothes for a little girl or a little boy will give you an experience in sewing for someone besides yourself. Children’s clothes offer many interesting problems.

If you do not have young brothers or sisters, perhaps you have a cousin or perhaps there is a neighbor child for whom you would like to sew. Sometimes girls have worked out this problem and then sold the garment at a bazaar. This may be a means of adding to the allowance in your clothing budget. You may choose either (a) a little girl’s play dress with bloomers; (b) a little boy’s suit; or (c) a brother-sister suit. The child should be from 2 to 6 years of age.

PLANNING CHILDREN’S CLOTHES

Some of the things that would be included in planning a suit or dress for a child from two to six years of age are listed below. A slogan for children’s clothes might be — “Easy to Make — Easy to Launder — Easy to Wear” Keep these points in mind when considering patterns and when choosing materials and trimmings.

Garments for children should be planned so they are:
1. Comfortable — to leave the mind and body free for whole-hearted play.
2. Non-restricting — to circulation or play activities.
3. Adaptable to self-help — to satisfy the growing sense of independence.
4. Healthful.
5. Appropriate for play.
6. Durable.
7. Inexpensive.
8. Individual.
9. Simple in design.

Special features for little girl’s dresses:
Collars — Simulated (flat, sewed on) collars are comfortable, easy to make, easy to launder, not quickly soiled by rubbing against the neck. Yokes and shirrings replace the collar, prevent uncomfortable fullness from bunching up around the face, and give a comfortable fit that holds the dress in place around the shoulders.

Low cut neck — prevents pulling against the throat.

Front opening — encourages self-help.

Sleeves — Raglan sleeves allow free arm movement, are easy to make, not quickly outgrown, and do away with tight armholes.

Sleeveless (for summer) are non-restricting, cool, simple to make, simple to launder and less expensive.

Roomy long sleeves (for winter) prevent binding at bend of elbows.

Generous adjustable cuffs allow room for growth and are easy to wear.

Body — Fullness across back and chest allows unrestricted activity and room for growth.

Wide hem allows adjustments for growth and adds to appearance by giving body to the dress.

Bloomers — Matching the dress are attractive and modest.

Knee bands allow free circulation.


Sunsuit type easy to wear, hang from shoulders, are healthful and convenient.

Back longer than front to be comfortable in sitting.

Materials — Appropriate fabrics are — fast to color, easy to launder, soft in texture, requires no starch, durable, dainty and appropriate (small) in design, not easily wrinkled. Inexpensive cottons are ideal.

Trimmings — Suitable trim launders as easily as the dress itself, leads attention to the face of the child, harmonizes with design and colors of the dress, never interferes with the usefulness of the garment, emphasizes and enhances lines of construction.

Best dresses differ from play dresses only in fabric and color.

Special Features of Boys Suits:
Collars — Low cut neck to prevent pull against the throat.

Simulated (flat, sewed down) collars are comfortable to wear, easy to launder and are becoming.
MATERIALS

As simplicity is the keynote in children's clothing, the materials chosen will need to be soft, simple and unassuming. Can you imagine a little girl in satin? Why would it be a bad choice? Cotton is one of the best materials for little children's clothes. There are cotton poplin, cotton broadcloths, Indian head, suiting and piques for the sturdier frocks. These come in many suitable colors or interesting patterns. Printed satins are also attractive and durable. For best dresses for little girls, there are voiles, crepes, dimity, dotted swiss; and for the older child, pongee and crepe-de-chine for summer, and wool jersey or wool crepe, challies, and wool batiste for winter.

COLORS

Every child desires bright colors in his clothes and gay colorful tones belong to shining eyes and dancing feet. But bright color does not mean crude color. Here will be an excellent opportunity to put into practice what you have learned about color. Review the color work. Imagine lemon yellow, emerald green, purplish blues and heavy rose tones for a little child! Compare them with softer tones of the same hue as honey, apple or moss green, turquoise, delft blue, coral, or rosewood.

SELECTING THE PATTERN

After you have selected the child and have the mother's consent, then decide upon the pattern. You will want to make a garment that is simple, and easy to launder. If a dress is much trouble to iron then one is tempted to let the child wear it after it becomes soiled. Why not plan a garment that may be laid out quite flat on the ironing board when it is to be ironed. This follows our slogan, "Easy to make—easy to launder." You may buy a pattern or use one mother has used.

Comfort is another important item in making clothing for a child. A child's bones and muscles are easily bent and deformed. The organs of circulation and digestion also need to be unrestricted so that they can do their work well. Clothes that are ill-fitting or that irritate have a bad effect upon the nervous system and also upon one's disposition.

Even children have their own individuality so when planning the dress try to have it suited to the child who is to wear it. This will be a splendid place for you to use your own originality in the design and in the trimming of the garment.

Raglan sleeves on a child's dress are more comfortable than either the set-in or the kimono sleeve. They are more easily made than set-in sleeves, they require no fitting, and they allow room for growth without making the dress look too broad across the shoulders. Kimono sleeves are comfortable to wear if they are short and if they are wide enough so that they do not bind under the arm. This type of sleeve, however, is likely to tear out unless a narrow strip of straight cloth is stitched in the underarm seam. Kimono sleeves are perhaps the easiest to make and to iron, and require the least material. Dresses of certain styles require one set-in type of sleeves. It is the most difficult sleeve to make and requires the most material and if sufficient shoulder width is allowed for growth, the arm-
hole line gives a broad effect. Both the dress and the bloomers should be cut long enough to allow for wide tucks and hems to be let down when the material shrinks and the child grows. A tuck in the bloomers on a level with the lower end of the plackets will not show, nor will a wide tuck in the underwaist of a two-piece dress.

Leg bands and waist bands of cloth are much more desirable than elastic, which is always likely to retard circulation. Cloth bands or bias bindings are almost as easily made as the casings for elastic, they give a more tailored finish, especially if the bloomers match the dress; they are easier to iron, and there is no bother and cost of replacing worn out elastic. Cloth bands or bias bindings are almost as easily made as the casings for elastic, they give a more tailored finish, especially if the bloomers match the dress; they are easier to iron, and there is no bother and cost of replacing worn out elastic. The finished leg band measure should be taken five inches above the kneecap, and the bloomers should be short enough for the band to escape the kneecap, when the knee bends.

If pockets on the dress spoil the design or if they can not be used because of plaits or some other feature, make one in the bloomers or panties. Every child's costume should have at least one pocket. Fastenings and openings should be simple and so located that a little child can undress and dress without help. Collars give a soft becoming line, but they may add to the time required in making and ironing dresses. There are many charming collarless or flat sewn on styles. Hems should be made wide when the dress is new and are most attractive and most easily let down if they are put in by hand. If the bloomers match the dress, not more than two inches of the bloomers should show when the child stands straight.

**BROTHER-SISTER SUITS**

Often the same design and material may be used for little boy's suits and little girl's dresses. These are called brother-sister designs. You will find many suggestions for brother-sister designs in the fashion magazines.

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**Fig. 59.—Girls demonstrating the selecting and making of little girls' clothes**

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**WINTER CLOTHES**

**THREAD AND NEEDLE SIZES GUIDE CHART**

Your sewing will be easier and the results more satisfactory when you use threads and needles that are right in size both for the purpose and for the fabric. This guide will aid you in your selection of the correct size of thread and needle to use.

<table>
<thead>
<tr>
<th>Black and White Thread Sizes</th>
<th>Hand Needles</th>
<th>Machine Needles</th>
<th>Machine Stitches per inch</th>
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**FABRIC AND PURPOSE**

- Heavy weaves of coating, suiting, ticking, sackings, tarpaulin, duck, drilling, canvas. Wash uniforms and bedding supplies for hospitals and hotels. Drapery fastenings.
- Bed ticking, denim, awning materials, porch furniture covers, duck suits. Sewing on buttons and making buttonholes on children's underclothing and men's wash clothing.
- Heavy cretonne, khaki, madras, muslin. Sewing on buttons and making buttonholes on medium weight fabrics.
- Percale, cambric, gingham, cotton prints, fabric furnishings and general household use. Lightweight woollens and firm dress silks. For colored fabrics use mercerized sewing, or silk thread.
- Voiles, lawns, dimities and all lightweight summertime fabrics. For colored fabrics use sheer fabric or silk.
- Organdie, batiste, chiffon, georgette and other sheer fabrics. Suitable for making lingerie and infants' clothes. For colored fabrics use sheer fabric or silk thread.
- Fine lace, net and other delicate fabrics. Use for exquisitely fine handwork. For colored fabrics use sheer fabric thread.
THE COUNTRY GIRL'S CREED

By JESSIE FIELD SHAMBAUGH

I am glad that I live in the country. I love its beauty and its spirit. I rejoice in the things I can do as a country girl for my home and my neighborhood.

I believe I can share in the beauty around me; in the fragrance of the orchards in spring, in the weight of the ripe wheat at harvest, in the morning song of birds, and in the glow of the sunset on the far horizon. I want to express this beauty in my own life as naturally and happily as the wild rose blooms by the roadside.

I believe I can have a part in the courageous spirit of the country. This spirit has entered into the brook in our pasture. The stones placed in its way call forth its strength and add to its strength a song. It dwells in the tender plants as they burst and seed cases that imprison them and push through the dark earth to light. It sounds in the nestling notes of the meadow lark. With this courageous spirit I, too, can face the hard things of life with gladness.

I believe there is much I can do in my country home. Through studying the best way to do my everyday work I can find joy in common tasks done well. Through loving comradeship I can help bring into my home the happiness and peace that are always so near us in God's out-of-door world. Through such a home I can help make real to all who pass that way, their highest ideal of country life.

I believe that my love and loyalty for my country home should reach out in service to that larger home that we call our neighborhood. I would whole-heartedly give my best to further all that is being done for a better community. Through love and understanding, through being true to my neighbors wherever I happen to be, I believe I can help to make our world an even better place in which to live.

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