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Work and Play Clothes : Extension Circular 4-17-2

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Polly, Molly and Sue are back again. "It's such fun to be 4-H Club girls," said Polly. "Now that we have learned how to sew, let's make some real clothes." "I'd like to make a play suit," replied Molly. "I'd like to make a work outfit or a sport outfit or some camp clothes," piped up Sue, who was always practical.

Polly and her 4-H pals know what they want, and they don't give up until they find it. They ask mother for suggestions. Mother says, "Let's shop together."

In this clothing project, the 4-H pals will make a two or three-piece work or play outfit, with accessories to go with it. What fun the girls will have keeping themselves and their clothes spick-and-span! People are always watching 4-H girls, especially when they are purple ribbon winners like Polly and her 4-H pals.

What a 4-H Girl Can Do in This Project.

A. Make a becoming two, three, or four-piece work or play outfit. This may be:
   1. A play outfit
      a. A slack suit
      b. Slacks with blouse, shirt or jacket
      c. Shorts with blouse or shirt
      d. Culottes
      e. Pedal pushers with shirt, blouse or halter
      f. Sundress
2. A work outfit
   a. Pinafore and blouse
   b. Jumper and blouse
   c. Simple house dress and slip
   d. 4-H uniform (See Cir. 4-16-2)
   e. Overalls and shirt
   f. Coveralls

B. Make one or more accessories to complete your outfit.

C. As a part of this project, complete the following check sheets in your Record Book:
   1. Plan a Becoming Garment (page 4).
   2. Selecting Fabrics for Work or Play Clothes (page 6).
   4. Make at Least Three Finishes and Mount Them (page 9).
   5. Learn to Darn by Hand and by Machine, Mount Samples (page 10).
   6. Judge Your Outfit, and Yourself (pages 12 and 13).
   7. Care for Your Clothes and Those of Others (page 14).
   8. Make a Summary of Your 4-H Activities (page 15).

D. Keep Score.

   1. Judge
   2. Demonstrate
   3. Keep Records
   4. Exhibit

THE 4-H PALS PLAN AN OUTFIT

What Kind of an Outfit do you Want? "It is always important to be appropriately dressed, whether it be for work or play or for school or street," Polly said. "There are so many types from which to choose. Our leader told us that our choice will be influenced by the use we wish to make of our outfit," said Molly. "Yes, and the type we prefer, and how we look in it," said Sue. "And how much we intend to wear it is important," piped up Polly. "I'll read what my 4-H book says about work and play clothes."

Polly read: "For play you may choose a slack suit, shorts with a blouse or shirt, a two or three-piece play suit with either shorts or slacks, or pedal pushers, or you may like culottes or a sundress.

For work you may make a pinafore and blouse; a jumper and blouse; or a simple dress of the overall type and shirt; a 4-H uniform; or a simple house dress."

"Such a nice lot of outfits to choose from, I want to make more than one," said Polly.

"We will need to plan our outfit with our mothers," said Polly. "Yes, our leader says it should fit into the family clothing budget," remarked Sue, whose curls bobbed up and down whenever she said something very important.
"What kind of a play suit would be best for me?" asked Polly. "Would slacks be good for me?" chimed in Sue. "Let’s read our club book and see what it says." So Molly read the following:

Work and Play Clothes. Clothes which are appropriate for sports, play or work are simple in design and rather tailored looking in appearance. Play or work is much more fun when you can take part, knowing that you are dressed right for it. Then you can forget your clothes and enter into the spirit of the game or job, without being afraid of spoiling your clothes.

Work or play clothes in which you feel most comfortable, will have "action features", that is, pleats or gathers that give plenty of fullness where needed. Gathers below a shallow yoke and near sleeves, in both the front and the back, will allow plenty of reaching room. Gathers or pleats in skirts, and pleats in shorts and slacks will give that extra fullness needed for running, jumping.

Loose, short sleeves are also more comfortable for

Decide upon the kind of outfit you think will be of most use to you. Try to select one which you will enjoy wearing, rather than one which is most popular this season. Think about the possibilities of wearing this outfit, or parts of it, for other occasions. For instance, the jacket of your slack suit might combine very well with a skirt for a street or school dress. Wearing a skirt with your one or two-piece play suit will form a dress suitable for shopping or for school wear. Shorts and slacks or pedal pushers are intended for play or sports wear, and look very much out of place on the street. The blouse or shirt worn with shorts or slacks may look well with a skirt, a suit or a jumper.

A pinafore or a jumper has many possibilities, depending on its style. It can be worn with or without a blouse. If you intend wearing it as a sundress, without a blouse, select a design which is built up under the arms so the top will be neat fitting and will look attractive without a blouse. If you select your design carefully, you may also wear it with a blouse or short jacket at other times. Select a style that is easy to get on and off.

Culottes are divided skirts, which look like dresses but give the freedom of shorts. Pleats on a slight flare hide the division of the skirt.

Two or three-piece play suits are very popular with most girls. The shorts and shirt or blouse can be made into a one or two-piece suit with a matching or contrasting skirt. A matching or contrasting skirt combined with a slack suit makes another outfit.
A simply designed dress, and one which allows for freedom of movement, is a good choice for a play or sport dress. Plan to have "action features" in the waist and skirt so the dress will be comfortable.

There are many suitable styles of Coveralls and Overalls for camping and for helping with the chores around the home or farm. Remember to choose a style that is simple, quick to get into, comfortable, washable, and cut full for freedom and action. The back of coveralls or overalls needs to be comfortably long for stooping, yet cut so the seat is neat in appearance. Coveralls need to fit loosely so warm garments may be worn underneath in the winter. Long, loose sleeves in the shirt or blouse will give protection against the sun, wind, and scratches when you are working or hiking.

Safety features. Pockets are best when placed in relation to the girl's height and the type of work to be done. Before placing pockets, check such things as the height of door knobs and pump handles. Also check length and fullness of trouser legs. If trousers are too long they may cause tripping, if too wide they may catch on things. For outdoor work, or for work on machinery, it is good to plan some way of fitting the trouser at the ankle. This provides safety and protection to the leg and ankle.

Consider your figure before deciding on your work or play clothes. A girl who looks attractive in a dress may look unattractive in shorts because of the proportions of her figure. The longer shorts are always more attractive. Short ones look skimpy and give the impression that you are all legs. It may help you to try out different lengths to find the one just right for you. Even well fitted slacks are not becoming to all figures. So be sure your figure is smooth and well proportioned before you decide upon slacks. For outdoor work, or for work on machinery, it is good to plan some way of fitting the trouser at the ankle. This provides safety and protection to the leg and ankle.

CHOOSING COLORS, LINES AND DESIGNS FOR YOUR OUTFIT

Before you select your pattern you will need to think about the colors, lines and designs that do the most for you and that will be appropriate for work or play clothes. This outfit is one that may be gay and colorful, but be sure that the color is becoming to you.

Your own coloring is a good guide when selecting becoming colors. Stand before a mirror in a bright light and study the coloring of your skin, hair and eyes. Your skin is the most important. Decide whether you are of warm or cool coloring.

Girls who have golden, olive or brown skin colorings, and brown, black or hazel eyes, are said to have warm color. Those with fair or pink and white skin, and blue, gray or green-hazel eyes, are considered cool in coloring. In
general, persons with warm coloring look best in warm colors and those with cool coloring look best in cool colors. Warm colors are the reds and yellows, cool colors are the blues and greens. Other warm colors are red-orange, yellow-orange, rose, pink, pinkish yellow, violet, lavender and creamy white. Some cool colors are blue-green, blue-violet, bluish red, and bluish white. Each season there are new color names, but they can all fit into one of the family color groups.

But the difficulty is that most girls are in an "in-between" group, having some warm and some cool features. Sometimes complexion difficulties cause trouble in deciding your coloring, but proper food and health habits, which are given in the 4-H health problem, soon clear up such troubles.

The best way to decide your becoming colors is by trying them. Drape the material around the neck and see what the color does to your skin, hair and eyes. There is some tint or shade of almost every color which is becoming to you. Keep trying them.

A few general rules for using color are:

1. Bright colors are best worn by girls with clear skins and by those who are small or medium in size.

2. Exciting colors, such as red, are usually best worn by lively, cheerful girls who have much energy.

3. Bright and intense colors are best when used for sport or evening wear.

4. Repeating a color makes it seem brighter. The right shade of blue makes blue eyes seem bluer. Red makes red skin look redder. Yellow-greens accent the yellow in a sallow skin.

5. Bright colors make any figure appear larger.

6. Bright colors next to the face may cause one's natural coloring to look faded.

7. Bright and unusual colors become tiresome faster than do dark ones.

Becoming Lines for You. "Know Yourself" is usually good advice. In selecting your clothes or patterns it is smart to know yourself and do what you can to follow the 4-H slogan, "Make the best better".

If you are tall, stand tall and be proud that you have the height of a fashion model or movie queen. Find your own grouping on the following page, and try these tricks to make you look your best.
<table>
<thead>
<tr>
<th>Tall and Thin</th>
<th>Tall and Heavy</th>
<th>Short and Thin</th>
<th>Short and Stout</th>
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</thead>
<tbody>
<tr>
<td>Try to appear shorter and hea-</td>
<td>Try to appear shorter and more</td>
<td>Try to appear taller and</td>
<td>Try to appear taller and</td>
</tr>
<tr>
<td>ver by wearing:</td>
<td>slender by wearing:</td>
<td>thicker by wearing:</td>
<td>thinner by wearing:</td>
</tr>
<tr>
<td>a. Wide belts.</td>
<td>a. Simple lines</td>
<td>a. Lines that go up and down</td>
<td>a. Narrow belts of the same</td>
</tr>
<tr>
<td>b. Two-piece</td>
<td>b. Diagonal lines</td>
<td>b. Soft fabrics</td>
<td>color or material as dress</td>
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<tr>
<td>dresses or jacket suits.</td>
<td>c. Softly tailored clothes</td>
<td>Avoid</td>
<td>Avoid</td>
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<td>c. Clothes with gathers or</td>
<td></td>
<td>Close fitting clothes</td>
<td>Round yokes, round collars, and</td>
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<td>fullness.</td>
<td></td>
<td></td>
<td>contrasting jackets</td>
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<tr>
<td>Avoid V necklines</td>
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<td>Close fitting clothes</td>
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**CHOOSING FABRICS FOR WORK AND PLAY CLOTHES**

"I'd like a slack suit like the one Jane wore to the picnic," said Sue. "Let's see what the club book says about the kind of cloth to use". This is what Sue read.

Fabrics suitable for work or play clothes should stand hard wear. A durable, closely woven fabric which is not stiff or heavy is a wise choice. Hold the material to the light to see the firmness of the weave.

The fabric should be closely woven so that you cannot see through it. Hold the material to the light to determine the firmness of the weave. Materials for slacks and shorts need to be firm and heavy so that the outline of under garments will not show.

Select a material for slacks and shorts that will require little pressing and will be neat looking at all times. Sturdy washable cottons, such as denim, gabardine, poplin, shantung and feed sack materials are all good.

Chambrays and gingham are cool materials for blouses. The heavier chambrays and seersuckers or cottons of similar weight are good choices for dresses, two or three-piece play suits, jackets and skirts. Often seersucker is so firmly woven that a slip is not required.

Printed materials are also good choices as usually they do not show wrinkles or soil as easily as do plain colors.

The fabric you choose must not only stand hard wear, but must also look new and fresh after repeated washings and ironings. Cottons are very popular for work or play clothes because they are so easy to care for; washable rayons can be used, but they require more care and do not usually stand hard wear. So your choice of cotton or rayon will depend upon the wear and care you expect to give them.

**TESTS THAT WILL HELP YOU**

A few tests may also help you in your selection of fabric for your outfit.

"Oh, let's make some tests," said Polly. "I'd like to make tests," chimed in Molly and Sue. "Let's read what it says about testing cloth and then we will try it, said Molly. So Sue continued reading from her 4-H book."
Slippage Test. Hold a sample of the fabric between the forefingers and thumbs of both hands and pull slightly. If the yarns slip easily the fabric is not firmly woven. Such material would likely pull out at the seams and places of strain and would ravel easily.

The Finish Test. Poor quality fabric sometimes has a finish that makes it look like material of better quality. It may be coated with starch or filler which washes out, leaving the fabric limp and thin. Rub a sample between the forefingers and thumbs of both hands. If it contains starch or filler, this will loosen it so you can judge the quality.

The Wrinkle Test. Hold the fabric to the light to see the weave. Some fabrics are treated so they will not wrinkle easily. Such fabrics may cost a little more, but will keep their "new" look after many washings. Grasp a handful of the fabric, squeeze it lightly, then release it to see if it wrinkles easily.

The Fading Test. Often fabrics are guaranteed against fading in the sun, or in washing. When they are not guaranteed you can test them yourself. Put a sample in the strong sunlight, covering a part of it. After a few days, examine the sample to see if the exposed part is faded. For the washing test; cut a piece of fabric in two equal parts. Wash one several times. Then compare it with the other half to determine its color fastness. Did the washed sample shrink? These tests will help you to make a wiser choice of fabric. It is not the highest priced fabric, but the wisest choice, that results in the smartest looking outfit, and the one that gives you the greatest satisfaction.

Study the Labels. Labels will help you to know that the color is fast to washing, sunlight and perspiration as well as many other worthwhile facts. Gather at least three labels and mount them in your Record Book. One storekeeper said, "4-H girls could keep my clerks busy all day, just answering questions. They won't buy a thing until they are satisfied that the cotton is made of combed yarns, or that the rayon is acetate or viscose. They want the material to be sunfast and pre-shrunk, and they want to know what the mixture is and dozens of other things about which grownups never bother to ask." 4-H girls learn these things when they study labels.

Shrinkage. In case the fabric is not guaranteed against shrinkage, be sure to shrink it before you cut it.

An easy way to shrink cotton cloth is to soak the folded cloth in warm water for one-half hour. Then run cold water on it and hang it over the clothesline to drip, taking care that it is straight. Do not wring it. Let it hang until it is dry enough to iron. Be sure to keep selvages together and to iron the material with the warp yarns.
Caution if you have done little sewing, avoid buying fabrics with a decided up-and-down design, such as checks, plaids and stripes which need to be carefully matched. If you are experienced, it will be fun using some of these designs if they are becoming to you. Be sure to buy enough material for matching, as a little more fabric is necessary for such designs.

Matching Plaids and Stripes. If you have selected a plaid or striped fabric, there are several methods you can use to make matching easy and to help you do a good job.

An easy way is to place all the pattern pieces on the fabric according to the lay-out instructions in the guide sheet. Watch the grain closely. Move the pattern pieces that are to be joined, up and down the fabric until the corresponding notches are in exactly the same position on the plaid or stripe. If the design repeats irregularly, the top edges of all the pieces of the pattern must be in the same direction. Be sure plaids or stripes match at the stitching line.

Another good way is to draw the stripes or plaid on the pattern edges in the position you want the design to match at the seam.

Mount in your Record Book samples of fabrics which you consider good choices for work or play clothes. Give the reasons for choosing them. Also give the results of the tests you tried on these samples. See Record Book, pages 6 and 7.

THE 4-H PALS MAKE A WORK OR PLAY OUTFIT

When Polly, Molly and Sue had decided on the type of outfit which would best fit their needs, and also upon the color and line most becoming to each of them, they were then ready to buy a pattern. This is what Polly's 4-H book said about commercial patterns. "Buy your pattern in the size that corresponds to your bust, waist and hip measurements. As work or play clothes need to be loose and roomy, be sure to take measurements over the garments you will wear under them."

Learning to Take Measurements. Do not try to take your own measurements. You will need two tape measures. Use one tape measure as a belt around the waist. Stand back of the person whose measurements you are taking. An easy plan for taking measurements is to divide into groups of three. Ask your leader to help you. While one girl in your group takes your measurements, have the other member record them in your Record Book, page 7. Then change, until each member has her measurements. Follow the exact directions for taking each measurement.

Position for Taking Measurements. The person having measurements taken should stand squarely on both feet, and in a natural position. All measurements are taken smoothly and the tape is drawn easily over the part being measured.
Bust. Stand behind the person while taking the measurement; draw the tape around the fullest part of the bust, one inch below the armhole and straight across the back and parallel to the floor. The measurement should be an "easy" one.

Waist. Same position as above; draw tape line around the natural waist line. Take a comfortable measurement, not tight. Use a tape measure, or pin a piece of cotton tape around the waistline and leave it for taking other measurements.

Hip. Same position, behind the figure; draw the tape measure around the fullest part of the hips about seven inches below the waistline. This measurement should be parallel to the floor.

Neck. The neck measurement is taken at the base of the neck above the hollow in the front and over the bone in the back. This measurement should be rather snug.

Shoulder. Place the end of the tape line at the base of the neck in a direct line with, and just back of the ear. Carry the line across the shoulder to the end of the shoulder bone, slanting the line one-fourth to one-half inch to the back.

Width of Back. This measurement is taken across the back between the armholes and about seven inches below the neckline.

Width of Front. Measure across the chest about six inches below the hollow of the neck, from the center of one armseye to the other.

Length of Back. From collar bone at back of the neck to the waistline.

Length of Front. From hollow of neck straight down to the waistline.

Arm. Around the fullest part of the arm, near the top. Take an "easy" measurement.

Wrist. Around the wrist, a comfortable measurement.

Arm Length, Outside. From top of armhole at the shoulder to elbow point, then to wrist, with arm bent.

Arm Length, Inside. From the muscle which joins the arm to the body to the base of the thumb.

Skirt Length. Measure from the tape at the waistline to floor, deducting the number of inches it is desired to have it from the floor. Measure center front, center back and sides.

KNOWING YOUR PATTERN

"Mother uses tissue-paper patterns," said Sue. "I'd like to know how to work them," replied Polly. So Molly read from her 4-H book.

"In sewing, a pattern is your guide just as a recipe is in cooking. It tells us how much material we need. It has a direction sheet that tells just how to use the pattern. Follow the directions carefully for good results."

Perhaps your club will have a meeting on learning to use patterns. Here are some pointers for you and for the club meeting.
You have already taken your measurements. They help you to know the size of pattern to get. Get a pattern that is nearest to your measurements. Patterns for girls are sold by age, but your measurements may tell you if you need a larger or smaller pattern. The age and measurements are always given on the pattern. This way:

<table>
<thead>
<tr>
<th>Size</th>
<th>Bust</th>
<th>Waist</th>
<th>Hip</th>
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<tr>
<td>10</td>
<td>28</td>
<td>24</td>
<td>31</td>
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<td>12</td>
<td>30</td>
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Learn the Pattern Markings. Take the direction sheet from the envelope. Learn what the different pieces are, and what the markings mean. How much has been allowed for seams? Find the chart that shows how to place your size of pattern on the material that is the width of your material. Draw a circle around this chart. Write the name of each piece on the pattern. On markings such as those on edges that should be laid on a fold, write "fold". Write "straight of goods" on marks for "straight of goods."

Often two or three large holes in the center of the pattern piece are used to show "straight of goods". On printed patterns a line with arrow heads at each end is used. It may be easier for you to follow the marks for "straight of goods" if you lay a yardstick on your pattern connecting these holes. Then with a pencil draw a line the entire length of the pattern. It may be helpful to write the meanings on other markings too.

The Notches. The notches along the edges tell how to put the pattern together. Put numbers on the notches, using the same number on those that are to be joined. This may help you to understand the pattern.

Test Your Pattern. Test the pattern pieces to see if they fit. Check your measurements with each of the pattern pieces to see if they are long enough or wide enough. Remember to allow 1 1/2 to 2 inches for ease, plus seam allowance.

Altering Your Pattern. If the pattern is too long, shorten it by taking a tuck in the center of the pattern. If it is too short, cut it in the center and spread the pieces evenly apart the correct amount. Place another paper underneath and pin securely.

Follow the same plan if the pattern is too narrow or too wide. Make all necessary alterations in your pattern when you test and check the pattern.

If it is necessary to shorten or lengthen a pattern for shorts, slacks or coveralls, make the alterations at the hip line, above the knee and at the hem. Be sure that your blouse or shirt pattern is long enough so the tail will stay inside, or that it is the right length to look well if worn outside of your slacks, shorts, skirt or overalls. A few rows of shirring along the waistline, in the back, will help keep the blouse from pulling out if you desire it worn inside.
Buy Carefully. At the same time you buy your material and your pattern, buy your matching thread. Matching thread is very important. Hold the thread on a piece of your fabric. Does it match? When stitching is done, thread appears a shade lighter, so select thread slightly darker rather than lighter than the fabric on which you use it. Buy fastenings that will be easy to fasten and unfasten and easily washed. For work and play wear, choose fastenings that will hold, even under much strain.

Take Plenty of Time. In buying your fabric, thread, fastenings and pattern, as well as in studying your pattern, plan to take enough time to do the job well. The time you spend in selecting and preparing your materials will help to make your garment satisfactory when it is completed.

THE PALS CHECK SUPPLIES AND SEWING TOOLS

Now that you have your materials and your pattern, you are ready to make your garment. Keep your club book and your pattern instruction chart handy for reference. Collect the supplies you will need from your sewing basket or box. Test your machine stitching on a double thickness of your fabric, using the matching thread.

Length of Stitch. Regulate the length of stitch. For material of the weight you will use for work or play clothes about 10 to 12 stitches per inch is correct. Refer to Thread and Needle Guide for Good Sewing, page 19 of this circular, to help you match needles and thread to your fabric.

Watch the Tension. Compare your stitching with the examples shown here. In case you need to make adjustments, refer to the book that came with your machine or ask your mother or your leader to help you.

Does your example look like A, B, or C? If your example looks like B, what do you need to do to make it look like A? If it looks like C, what needs to be done for correct tension? "Tension" is very important in machine stitching. If the tension is too tight the seams will break easily. If too loose, the thread may catch and tear. Straight stitching with well adjusted length will give a good appearance to your garment.

The Feed Dog. Does your machine feed material through evenly, or do you have to pull it through, especially when you come to a seam? The "feed dog" controls the feeding of the machine. If your machine does not feed well, ask your mother or father to help you adjust it. Follow the directions given in your machine book. In your Record Book, mount samples of your stitching before and after making adjustments.
Stitching Guide. Adjust the stitching guide, and practice stitching until you can make a straight line of stitching.

"Hurrah, we're ready to cut the material!" shouted all the pals at once. "I thought we would never get to that," said Molly. "I'll read just how to do it first," said Sue.

Cutting the Material. Assemble all the things you will need for the cutting process - pins, tailor's chalk, basting thread, needles, yardstick or long ruler, weights to hold the pattern in place while pinning, tape measure, shears, and a box in which to keep the pieces as they are cut.

Cut on the Grain. Spread your fabric out smoothly on a large table, being sure that the ends of the material are exactly even.

Study the pattern layout very carefully and lay the pattern pieces on the cloth correctly, checking the grain of the material. The fit of your finished garment depends upon whether or not you have cut on the grain.

Lay all pattern pieces on the material without pinning, using weights to keep them in place until you have all pieces of the pattern correctly placed. Then place pins at right angles to the edges. Placing pins at right angles to the edges makes (1) the cutting line stand out better (2) the cutting more accurate, and (3) the pins more easily removed.

Test Your Work. Before cutting, measure with your ruler from the "straight of goods" marking to the selvage. This should be the same distance at all points, if you have placed the patterns correctly on the grain of your fabric. Cut with long even strokes, using the left hand to hold the pattern close to the cutting edge.

If notches are to be marked by cutting, cut away from the seam instead of into it. Mark all perforations with tailor's tacks. Time spent in marking the pieces before removing the pattern will save much of your time later. Use of tailor's tacks is the most accurate way of marking. You will find directions for making tailor's tacks later on in this circular.
Mark center front and center back with a long basting thread, using a contrasting color. Leave the pattern pinned on each piece of the garment until you are ready to use that piece. As you remove the pattern from the pieces, pin seams together so that they are ready for basting.

Recipe for Professional Look. If you want a neat, well-fitted garment, you must be careful about the following points:

1. Pinning  
2. Basting  
3. Fitting  
4. Altering  
5. Stitching  
6. Pressing

Your suit can have that "professional" appearance we so much want, if you use care in every part of the job. Press as you work. Be sure to press each seam before you join it to another seam.

Fitting your Garment. After the garment has been cut out and carefully marked, baste the pieces together. It is now ready for fitting.

These are the points the 4-H pals used to help them in fitting:

1. The basting thread with which you marked the center front and center back should be perpendicular to the floor.
2. The filling threads or cross grain threads should run straight around the chest, bust, hips (except in a circular skirt), and full part of the upper arm.
3. The shoulder seam should be exactly on the top of the shoulder.
4. The fit across the bust is easy. You should be able to pinch a one inch tuck at both side seams.
5. The under arm seams should be straight down the body from the center of the armpit.
6. The fit across the hips is easy. Can you pinch a 1 to 1 1/2 inch tuck across the hips at each side?
7. The garment should lie smoothly around the neck.
8. The armhole should be just a seam larger than the natural joining of the arm to the body.

Special Fitting Points for Work and Play Clothes. In checking the fit of shorts, slacks or overalls, fit them smoothly from the waist to the hip bone, allowing the fullness to fall around the hip and across the back of the hips. Check the crotch seam to see that it is long enough, but not too long. Sit and move around to check comfort of fit. Remember that too tight a fit is as unbecoming as too "sloppy" a fit in slacks, shorts and overalls. Be sure to fit them over the undergarments you will be wearing with this outfit, and with the blouse or shirt you plan to wear.
Try seams and seam finishes as well as other details of construction on a piece of your fabric to be sure it is the best method and choice for your fabric. Remember that you will need sturdy construction for your work and play clothes.

Do Your Best. Make every detail of your outfit as well as you can possibly make it. The more you press seams and finishes while your garment is in the making, the better your finished outfit will look. Press each seam as you make it.

Care While Making Garment. Care of your garment while you are making it is also important. Keep the pieces and all your supplies together in a box. As soon as the parts of the garment are complete, hang them on a hanger to prevent mussing.

Plan of Work. From time to time, check your plan of work in your Record Book, pages 8 and 9.

FINISHES FOR YOUR OUTFIT

As most of your work and play clothes are sturdy, you will need finishes that will stand strain. Below are given the finishes you will need in making a work or play outfit. Directions are given on your pattern for any special construction. Follow them carefully for good results.

1. Tailor’s Tacks. These are used to mark perforations of the pattern on the material. Make tacks before removing the pattern. Use double thread of contrasting color. Baste through both layers of material, forming large loops. Clip each loop through the center carefully. Remove pattern. This marks both pieces.

2. Overcast Seam. Press seam open, then overcast. When seams are not pressed open overcast both edges together.

3. Pinked Seam. Suitable for firmly woven materials. Pink edges by notching with scissors or by using a pinking machine or shears. Press seam open.

4. Turned Stitched Seam. Press seam open; then turn under edges about 1/8", machine stitch or stitch with small running stitches placed close to the edge. Suitable for light weight cottons or silks.

5. Bound Seam. Crease seam binding near center and place over seam edge with the wider part of binding on the inside. Stitch. Suitable for heavy materials, for a seam finish on unlined garments such as a sports jacket.

6. Flat Fell. Join seam wrong sides together. Stitch. Trim one edge close to stitching; turn in other edge about 1/8", and lap over trimmed side. Top stitch close to turned edge. Used where a flat finish is desired as in underwear, shirts, pajamas.
7. **Hand Hemmed Fell.** Make as flat fell seam and hem by hand flat to garment. Used where a softer or less tailored finish is desired.

8. **Lapped Seam.** Turn under the seam allowance on one side and press. Match the seam edges on the wrong side and pin, then baste and stitch on right side near the edge. Clip edges if seam is curved. Edges may be overcast. This seam is used for joining the blouse to skirt; for yokes; for seams where stitching is desired as a decorative finish.

9. **Tucked Seam.** Turn under one edge to form a tuck and baste. Lap to the other edge, raw edges meeting as in lapped seam. Stitch far enough from edge to form a tuck of the desired width. Used where a tailored finish rather than an invisible seam is desired.

10. **Slot Seam.** Cut a straight strip of fabric and mark center with basting. Press back seam allowance on garment and bring the turned edges to meet at the basting line on strip. Baste, then top stitch about 1/2 inch from edge on each side. This seam is used as a decorative finish on tailored garments.

11. **Slashed Curved Edges.** If seams are curved they must be clipped to allow them to be flat. After clipping, overcast edges together or press open and overcast each edge.

12. **Clipped Corners.** Clip corners of collars, lapel points, belt ends and trim away seam allowance for smooth, sharp corners and a tailored look.

13. **Plain Hem.** Turn in seam allowance and stitch close to folded edge, turn up hem the desired depth and slip stitch or blind stitch into place.

14. **Hem with Binding.** Stitch one edge of binding to the lower edge of skirt on the right side. Allow binding to extend beyond the raw edge. Turn up hem the desired width and blind stitch into place. For circular edge, first turn up hem and gather or pleat the edge so the hem will lie flat, then sew on binding.

15. **Slip Stitching.** Slip stitching is invisible on both sides of the work. It is usually used for hems in dresses. The thread should exactly match the fabric. Catch upon the needle one or two threads and slip the needle along in the fold of the hem. Stitches should be about 1/2 inch long. Do not draw stitches up tightly.

16. **Catch-Stitched Hem.** Working from left to right, catch one thread first in the hem, then in the garment with a tiny stitch.
CARE OF CLOTHING AND SELF

Darning. "A stitch in time saves nine." One important job around home that you can help with is darning. Learn how to make the different kinds of darns and then you can keep your clothes and the family clothes mended. Keep a record of the clothes you darn in your Record Book, page 10.

Darning is used to repair worn or torn parts of materials by weaving in new threads. Sometimes warp threads are raveled from the material for darning. This is especially for darns in silk or wool. If sewing threads are used try to match the fabric in color, texture and size. Then too, in this machine age, you will want to learn how to make a machine darn. It is a quick, easy darn. For everyday clothes or linens try darning on the machine. You will soon learn to darn quickly.

Straight Tear, Called Plain or Cloth Darn. A straight tear is one going with either the warp or the filling threads. Work is usually done on the wrong side. Running stitches are made going back and forth at right angles to the tear, leaving a small loop each time a turn is made so that the darn will lie flat. The distance that the stitches go beyond the tear depends upon the strength needed. To weave the torn edges down, have the needle go over the edge from one side going one way and over it from the other side on coming back. Do careful work. Avoid drawing thread too tightly, for this causes puckers. Do not form a ridge at the edge of the hole. Have the part that is darned the same weight as the garment. Sometimes when the hole is large, small running stitches may be placed around it to prevent stretching. Another method is to begin the threads at the center. Press the darn well on the wrong side.

Diagonal Tear. This is a diagonal hole. Work on the wrong side. Warp and filling threads are both to be replaced. Warp threads are put in first as far beyond the slit as they are needed. Then the filling threads are added.

Triangular or Corner Tear. Warp and filling threads are both torn, making a three-cornered hole. Work is usually done on the wrong side. With fine running stitches, darn back the warp threads, going across the depth that is needed. When the corner is reached, go beyond the tear the depth that the darning has been done; then change direction and put in the filling threads. This makes the corner strong because it is double.

Darned-in Patch. Work on the right side. This darn is used in a thin place or one in which both warp and filling threads are gone. Place a piece of the same material underneath so that the threads match perfectly. Catch stitch the piece into place, or use small stitches and have them show very little on the right side. The edge of the piece may be turned under or it may be fastened down with running stitches and the edges finished with overcasting stitch. The right side of the material is to be darned down on the patch. Do not darn across the hole, but keep darning threads going either with the warp or filling threads and be sure that the edges of the hole are carefully caught down.
Sewing Machine Darn. For everyday clothes or linens the sewing machine darn is quick and easy. You can follow directions for using the special darning attachment, or you can follow these directions:

Loosen the pressure-control screw on the top of your sewing machine head until the presser bar lifter will not hold up. Leave the tension and length of stitch the same as you do for regular sewing. Use thread that matches the material on both the bobbin and the upper part of the machine. Stretch the material tightly over an embroidery hoop, right side down, so that when you turn the frame side up, you can make your darn on the right side of the material. Move your work back and forth under the needle by guiding the hoop until the hole is filled with stitches in both directions, just as you did for the hand darn. Let the stitching extend a short distance beyond the hole all the way around so the weak places are made stronger. If the upper thread breaks, loosen the tension slightly. Always turn the hoop while the needle is down to keep stitches even.

Your Personal Grooming. Each girl is asked to check at least twice the Grooming sheet in the Work and Play Clothes Record Book, page 12.
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 help you in selecting the correct size of thread and needle to use.

<table>
<thead>
<tr>
<th>Fabric and Purposes</th>
<th>Machine Needles</th>
<th>Stitches per inch</th>
<th>Thread Sizes</th>
<th>Hand Needles</th>
</tr>
</thead>
<tbody>
<tr>
<td>Heavy weaves of coating, suiting, ticking, sacking, tarpaulin, duck, drilling, canvas.</td>
<td>Coarsest</td>
<td>8</td>
<td>8</td>
<td>3</td>
</tr>
<tr>
<td>Bed ticking, denim, awning materials, duck suits. Sewing on buttons and making buttonholes on children's underclothing, and men's wash clothing.</td>
<td>Coarse</td>
<td>10</td>
<td>16</td>
<td>4</td>
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<tr>
<td></td>
<td></td>
<td>12</td>
<td>20</td>
<td>4</td>
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<td></td>
<td></td>
<td>24</td>
<td>5</td>
</tr>
<tr>
<td>Heavy cretonne, khaki, madras, muslin. Sewing on buttons and making buttonholes on medium weight fabrics.</td>
<td>Medium</td>
<td>12</td>
<td>30</td>
<td>5</td>
</tr>
<tr>
<td></td>
<td>Coarse</td>
<td>12</td>
<td>35</td>
<td>6</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>40</td>
<td>6</td>
</tr>
<tr>
<td>Percale, cambric, gingham, cotton prints, light weight wools and firm dress silks. For colored fabrics use mercerized sewing, or silk thread.</td>
<td>Medium</td>
<td>14</td>
<td>50</td>
<td>6</td>
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<tr>
<td></td>
<td></td>
<td></td>
<td>60</td>
<td>7</td>
</tr>
<tr>
<td>Voiles, lawns, dimities and all light weight summertime fabrics. For colored fabrics use sheer fabric, or silk.</td>
<td>Medium</td>
<td>16</td>
<td>80</td>
<td>2</td>
</tr>
<tr>
<td></td>
<td>Fine</td>
<td>18</td>
<td>90</td>
<td>2</td>
</tr>
<tr>
<td>Organdie, batiste, chiffon, georgette, and other sheer fabrics. Suitable for making lingerie and infants' clothes. For colored fabrics use sheer fabric or silk thread.</td>
<td>Fine</td>
<td>20</td>
<td>100</td>
<td>9</td>
</tr>
<tr>
<td></td>
<td></td>
<td>22</td>
<td>120</td>
<td>9</td>
</tr>
<tr>
<td>Fine lace, net and other delicate fabrics. Use for exquisitely fine handwork. For colored fabrics use sheer fabric thread.</td>
<td>Finest</td>
<td>25</td>
<td>150</td>
<td>10</td>
</tr>
<tr>
<td></td>
<td></td>
<td>200</td>
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