1981

Clothing Magic : Extension Circular 4-52-81

Linda Biles

Follow this and additional works at: http://digitalcommons.unl.edu/a4hhistory

Part of the Service Learning Commons


This Article is brought to you for free and open access by the 4-H Youth Development at DigitalCommons@University of Nebraska - Lincoln. It has been accepted for inclusion in Nebraska 4-H Clubs: Historical Materials and Publications by an authorized administrator of DigitalCommons@University of Nebraska - Lincoln.
Clothing Magic

Issued in furtherance of Cooperative Extension work, Acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture. Leo E. Lucas, Director of Cooperative Extension Service, University of Nebraska, Institute of Agriculture and Natural Resources.
# CLOTHING MAGIC

**Beginning Unit 4-H Clothing Project**  
**By Linda K. Biles***  
**Extension Clothing Specialist**

## Table of Contents

<table>
<thead>
<tr>
<th>Activity</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Welcome</td>
<td>3</td>
</tr>
<tr>
<td>Project Requirements/Exhibits</td>
<td>3</td>
</tr>
<tr>
<td>Activity A Looking Your Best</td>
<td>4</td>
</tr>
<tr>
<td>Activity B The Total You</td>
<td>6</td>
</tr>
<tr>
<td>Activity C From Fiber to Fabric</td>
<td>9</td>
</tr>
<tr>
<td>Activity D Keep 'em Clean</td>
<td>11</td>
</tr>
<tr>
<td>Activity E A Stitch in Time</td>
<td>14</td>
</tr>
<tr>
<td>Activity F Be a Smart Consumer</td>
<td>17</td>
</tr>
<tr>
<td>Activity G Pattern Magic</td>
<td>19</td>
</tr>
<tr>
<td>Activity H It's Sew Time!</td>
<td>23</td>
</tr>
<tr>
<td>Evaluation</td>
<td>29</td>
</tr>
</tbody>
</table>

*Adapted from:  
Dear 4-H'er and Parent:

Welcome to “Clothing Magic!” As a beginning 4-H'er, you are learning many things about the world of clothing and there’s a lot yet to learn! “Clothing Magic” will give you an opportunity to know more about a variety of topics.

You’ve had a taste of fibers and fabrics, grooming, and sewing. Now, you can explore these and other topics in more detail. To benefit the most from this project, you should have previously enrolled in Creative Clothing for two or more years.

Now, look through the manual to see what experiences lie ahead of you. You’ll find a number of activities. Look at them with your leader to decide what you’d like to explore. You’ll find activities on:

- selecting clothing to enhance your personal appearance
- grooming and modeling
- fibers and fabrics
- laundering your clothes
- repairing your clothing
- how to be a smart consumer
- reading a pattern
- sewing

Your leader can help you decide which activities to work on this year. Don’t try to do everything at once. Save a few learning experiences for another year. There are so many activities, you’ll want to enroll in this project for two or three years.

So, get ready — there’s a lot to learn in “Clothing Magic.”

Sincerely,

Linda K. Biles
Extension Clothing Specialist

PROJECT REQUIREMENTS/EXHIBITS

The primary requirement for completion of this project is that you learn something new. One way of showing what you’ve learned is to develop an exhibit. Your leader has ideas for exhibits in each of the project activities. Exhibits can be developed for county fair, display in a local store window, or could be a demonstration you present in a county contest.

In the back of this manual, you will find the scorecard used for judging “Clothing Magic” entries at state fair.
As you buy or sew clothes, many things contribute to making the garment look good on you. These include the color and texture of the fabric and the line and design of the fabric and/or garment.

COLOR
The first thing you often notice about a person’s clothes is the color.

In the previous clothing project, you learned about primary and secondary colors. Do you remember what the primary colors are? What are the secondary colors? How are they made?

Colors can be divided into two main color groups. They are:
- The warm color group including red, yellow, orange and hot pink. These colors are often called sun and fire colors.
- The cool color group including blue, blue-green and green. These colors are often referred to as water and leaf colors.

Colors in the warm color group are bright and call attention to themselves. Colors in the cool group tend to be less noticeable. Usually, warm, light colors make you look larger. Cool, dark colors make you look smaller.

Activity:
Keeping these things in mind, look at the clothes in your wardrobe. Are they in the warm color group or the cool color group? Which colors make you look larger or smaller?

Look at the outfits above. Which figure appears taller and slimmer? Which figure appears shorter and wider? You’re right if you said that the one color outfit makes a figure appear taller and slimmer than a 2-color outfit.

Activity:
Try a few tricks with a mirror using different colors. Hold some pieces of fabric next to your face and look at the effect in the mirror. Can you see the difference in the way some colors make you look?

Which ones do you like best? Ask your friend, leader or parent for their opinion. This is one way to learn what colors look best on you.

TEXTURE
The look and feel of fabric is called its texture. Look at a variety of fabrics. Notice that they have many different textures. Some are rough, some are smooth, some shiny and some dull. Some are stiff and others cling.

The texture of a fabric can make a big difference in how it looks on you. When choosing fabrics, keep the following points in mind:
- Rough, nubby or shiny fabrics can help make a figure look larger.
- Smooth fabrics which are dull in color usually help make a figure look smaller.
- Stiff fabrics stand away from the body and conceal the figure; they generally make the figure appear longer.
- Clingy fabrics outline a figure and usually make it look larger.

Look at the fabric you have on. What is its texture?
Does it have the effect on your figure that you want it to have?

**LINE AND DESIGN**

Purchased garments, patterns, and fabrics have lines which form designs that can be made to work for you. Notice the lines on the garments hanging on the clothesline below. Some are vertical, some are horizontal, some diagonal and some are curved.

Each line helps create the design of a garment and has its own effect on your figure. Be aware of the following effects. Think about how they can be made to work for you.

- Vertical lines can slim and lengthen a figure.
- Horizontal lines can add width and shorten a figure.
- Diagonal lines can slim and lengthen a figure.
- Curved lines give a softening effect and are usually flattering to a slender figure.

The lines on striped fabric give the same effect as the lines on the garments above. When buying striped fabric or a garment made of striped fabric, think about your figure. Decide which lines do the most for you.

When you purchase your next garment or pattern and fabric, remember to consider color, texture and line.

Check the following points when shopping:

**COLOR**
- Warm or Cool
- Light or Dark
- Good Selection For You

**TEXTURE**
- Rough, Nubby, Shiny
- Smooth
- Stiff
- Clingy
- Good selection for you and for the pattern design

**LINE AND DESIGN**
- Horizontal Lines
- Vertical Lines
- Diagonal Lines
- Curved Lines
- Lines of garment and fabric design will flatten your figure.
When you first see someone, what do you notice? Their clothes? Their skin and hair? Their posture? How they walk? Or do you notice all of these things? The answer is probably all of these things. All of them do add up to the “total look.” Let’s take a few minutes to check on ways you can improve yourself. You’ll be surprised how easy and fun it can be.

GOOD GROOMING

Good grooming simply means making yourself as neat and clean as can be. It only takes a few minutes each day. So why not try it? You’ll find it’s well worth the time.

Here are seven steps you can follow to keep yourself neat and clean.

STEP 1. TAKE A SHOWER OR BATH EVERY DAY
You need a shower, bath or scrubdown every day to remove perspiration, oil, or dirt.
• Don’t count on just a quick once over with water. Use plenty of soap and scrub. Then rinse well with clear water and dry thoroughly.

STEP 2. USE A DEODORANT
Don’t take chances with perspiration odor. Use a deodorant or antiperspirant under the arms every day.
• A deodorant eliminates odor; it doesn’t stop perspiration.

STEP 3. KEEP HAIR CLEAN, GROOMED, TRIMMED
Wash hair at least once a week - more often if it is oily or if you’ve been exercising a lot. If you have dandruff or oily hair, use a shampoo especially made for these conditions. If your hair is dry, don’t wash it every time you take a shower.
• Brush hair often and have it trimmed as needed.
• A dirty brush and comb will make clean hair dirty, so make sure yours are clean.

STEP 4. TAKE CARE OF YOUR TEETH
Brush your teeth after every meal and before going to bed. Frequent brushing whitens teeth, helps prevent cavities and bad breath. Using dental floss daily also helps to prevent cavities.
See your dentist regularly.

STEP 5. CHECK UP ON HANDS
Wash hands often during the day. Scrub fingernails, gently push back cuticles and file nails to oval shapes.
• Use a hand cream before doing dirty jobs. It keeps dirt from getting ground into the skin.

STEP 6. REMEMBER YOUR FEET
Trim toenails weekly. To prevent ingrown toenails, cut nails straight across.
• Wear clean socks every day. If possible, have two pairs of well-fitting shoes and alternate wearing them.

STEP 7. KEEP CLOTHES NEAT AND CLEAN
To be well groomed, your clothes must be mended, washed and pressed.
• Set up a schedule, and make clothing care a part of your weekly routine.
Activity:
For the next two weeks, keep a record of your grooming habits on the following chart. At the end of that time, look to see if there are any habits you need to improve.

**DAILY GROOMING RECORD**

Each time you complete an activity mark an "x" under the appropriate day.

<table>
<thead>
<tr>
<th>DAY</th>
<th>S</th>
<th>M</th>
<th>T</th>
<th>W</th>
<th>T</th>
<th>F</th>
<th>S</th>
<th>S</th>
<th>M</th>
<th>T</th>
<th>W</th>
<th>T</th>
<th>F</th>
<th>S</th>
</tr>
</thead>
<tbody>
<tr>
<td>Take a bath or shower</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Use a deodorant</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Wash hair</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Brush hair</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Brush teeth</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Scrub fingernails</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Use an emery board or nail file</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Trim toe nails</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**POSTURE**

Good posture makes you look and feel better in every way. Good posture doesn't come with a stiff "standing-at-attention" position but with a body carried easily in perfect balance. Try standing with your body, head, chest and hip sections balanced one over the other. This will help your muscles fall in line and work smoothly and gracefully.

Now, stand with your best posture and ask a friend to rate you according to the following points:

**HOW IS YOUR POSTURE?**

- **Head High**
  - Good
  - Needs Improving
- **Shoulder Blades**
  - Flat
- **Chest Up**
  - Stomach In

Practice good posture every day. Your clothes will look better on you and you'll feel better, too.

**MODELING YOUR GARMENT**

Part of the fun of sewing or selecting a garment is "showing it off." If you have good posture, poise and confidence, you'll do a better job of showing your friends and others your finished clothing projects. Read the following suggestions, then learn to relax and enjoy every minute of "showing off."

**Your Walk**

The way you walk can tell others a great deal about you. Walk in front of a mirror and see what you look like to others. Then, ask yourself the following questions.

- Do my feet point straight ahead?
- Do I have good posture?
- Do my arms swing naturally?
- Do I have a slight, rhythmic step?

If you can't answer "yes" to the above questions, practice improving your walk until you can. Make walking gracefully a daily practice. Then, when you're modeling, you won't have to give the way you walk a second thought. It will be part of you.

**Turning or Pivoting**

As you model, the audience will want to see the back of your garment. Both boys and girls should learn how to make a graceful turn or "pivot" by following these directions:

- Walk forward on stage or down to a spot at which you'd like to pivot. Pause with your feet in a "T" position as shown; right foot forward, weight on left foot. In modeling, this is called a basic right stance.
• To make a pivot, step forward with your right foot, make a half turn to the right by bringing your left foot around. Your back will be to the audience.
• Then, step forward again with right foot, bringing your left foot around. You will now be facing the audience and you will have completed a full turn.

Now, step forward again on your right foot and continue down the stage.
A pivot can also be made by starting in a "T" position but with your left foot forward as shown—left foot forward, weight on right foot. This is called a basic left stance. When starting with a basic left stance, follow the above steps, but step forward with your left foot and turn in the opposite direction.

**TIP:** REMEMBER TO START OR "LEAD OFF" WITH YOUR FRONT FOOT. PRACTICE PIVOTTING TO THE RIGHT AND TO THE LEFT. THEN YOUR TURNS WILL BE NATURAL, AND YOU'LL FEEL MORE COMFORTABLE.

**Before the Show**
When taking part in a fashion show, avoid last minute hassles. Allow plenty of time to get ready. Make sure your garment is clean and well pressed. Be sure you have selected undergarments that will not detract from the appearance of the garment you are modeling.

**TIP:** WHEN YOU'RE ALL SET TO GO, DON'T EAT OR DRINK. REMEMBER THAT A FASHION SHOW IS NO PLACE TO CHEW GUM!

**On Stage**
Be ready to go on stage. Listen for your cue and then walk on proudly. Be sure to smile and look at the audience. Listen to but don't look at the commentator. If you are to stand on stage while another garment is being modeled, place your feet in a basic stance position as shown and keep your body slightly turned to the audience.
When you model, walk briskly and keep moving. Keep your arms relaxed at your sides. With your arms in a natural position the palms of your hands will face the body. As you walk across the stage, make a complete pivot at least once. If the commentator has a lot to say about your garment, you may want to pivot more than once. If the stage is long, pivot on each side of the stage, so everyone can see your garment.

Listen for the cue to leave the stage. Don't rush off. Walk to the exit and pause. Then, turn and smile at the audience. Remember not to hurry the last few steps. You'll want to leave a good impression with the audience.

Now, take a few minutes to check up on yourself. Think about ways you can improve your "total look." Then, take action! Whether you're off or on stage, make good grooming a habit. Practice good posture. You'll soon find that it's fun to put it all together and to look your very best.
If you’ve been in a clothing or fabric store recently, you know there are many different fabrics available. Before you go on a shopping trip to actually buy a garment or fabric, it would be good to know what fabrics are made of and how they are made.

Fabrics are made from fibers. Fibers are fine hair-like strands that are twisted together to make yarns. Yarns are then woven, knitted, or formed into fabric.

There are many different types of fibers. Let’s find out more about them and how they are made into fabrics.

**TYPES OF FIBERS**

There are two different groups or classifications of fibers. They are natural and manmade (or synthetic). The natural fibers come from nature—plants and animals. These natural fibers are cotton, linen, wool and silk. Because natural fibers absorb moisture they are usually more comfortable to wear than man-made fibers.

Man-made or synthetic fibers are those which chemists have developed in test tubes. There are 19 groups of man-made fibers, each with a “generic” name. Generic-name man-made fibers you may be familiar with include polyester, nylon, rayon, and acrylic. Since most manmade fibers are wrinkle resistant and quick drying, they are easier to care for than natural fibers.

**FIBER CONTENT**

“Fiber Content” tells the name of the fiber used when making a fabric. Fabrics can be made from only one fiber or they can be made by combining or blending two or more fibers. As an example, if a fabric is made of all cotton, its fiber content would be 100% cotton. If a fabric is made of half cotton and half polyester, its fiber content would be 50% cotton and 50% polyester.

All garments and bolts of fabric are required by law to contain a label that identifies the fiber content.

Find the fiber content on the end of the fabric bolt or hang tag when shopping for fabrics or buying a garment. If the fabric bolt is not labeled or you can’t find a hang tag, ask a sales clerk to help you.

Did you find words other than cotton, linen, wool, silk, polyester, rayon, nylon or acrylic? If so, these were probably trade names. Trade names are names established by fiber manufacturers to specifically identify the synthetic fibers they produce. For example, Fortrel, Dacron, Blue C are all trade names for the fiber polyester.

**TYPES OF FABRIC**

Fabrics are made or constructed in several different ways. Most fabrics are either woven or knit. A few fabrics are formed (such as non-woven interfacing).

**WOVEN**

Woven fabrics are made on a loom. When woven, lengthwise (warp) yarns are interlaced with crosswise (weft) yarns at right angles. There are many ways to weave fabric. The most common is the plain weave. In this weave, crosswise yarns are woven...
over and under one lengthwise yarn. When woven tightly and made with a strong fiber, the plain weave is very durable.

![Plain Weave Diagram](image)

When shopping, you might recognize the twill weave. In the twill weave, crosswise yarns are woven over one and under two lengthwise yarns. This makes a diagonal pattern that you can see in the fabric. An example of twill weave is denim, the fabric used in blue jeans.

The twill weave is sometimes considered to be the most durable weave. That is why it is used when making work and play clothes. When woven tightly and made with a strong fiber, it is also very durable.

![Twill Weave Diagram](image)

Tightly woven fabrics generally are easier to sew than loosely woven fabrics. They do not stretch out of shape very easily and cut edges ravel less than on loosely woven fabrics.

**TIP:** IF YOU CAN PULL A SINGLE THREAD STRAIGHT ACROSS THE CUT EDGE (CROSSWISE) OF FABRIC, LEAVING A FRINGE, YOU HAVE A WOVEN FABRIC KNIT.

Knit fabrics are knitted with varying amount of stretch. Knits that are stable or have little stretch are easier to sew than those with a lot of stretch. When purchasing fabric to sew, it is essential that a knit fabric has the same amount of stretch that the pattern is designed for. Buy the type of knit fabric recommended for each particular pattern.

**FORMED**

Formed fabrics are often used for special purposes. Heat, pressure, or an adhesive is used to "form" fabric and hold the fibers together. Felt and non-woven interfacings are formed fabrics.
Keeping your clothes and accessories looking new as long as possible requires you to develop some good habits. Here are some things you should do each time you change clothes:

- Put soiled clothes in a laundry hamper or clothes chute.
- Hang your other clothes on hangers when you take them off.
- Air and brush your coat.
- Remove spots and stains.
- Make any needed repairs to clothing. (See Activity E)
- Check shoes and accessories as you take them off. Put them in their proper place or give them the treatment they need.

SPOTS AND STAINS

To keep your clothes looking new, all spots and stains should be treated before they are laundered. It's best to treat the spot as soon as you get it on your clothes, or as soon as you take the garment off. If you can't treat the spot, show it to the person who normally does laundry, so it can be treated. If you know what caused the spot, it will be easier to remove. When treating spots, work from the wrong side and avoid excessive rubbing.

Usually stains on washable garments can be removed by pretreating with a detergent. To pretreat a stain with a detergent, mix a small amount of powdered detergent and water together and rub this into the stain. Or, pour a small amount of detergent on the stain and rub well. Then, let the garment stand a few minutes before washing.

Commercial spot removers will sometimes remove stubborn stains. When in doubt about removing a stain, ask a parent or leader for help.

Here are some ways to remove fresh spots you may find on your clothes. Remember to treat the spot promptly for best results.

- Blood - Soak in cold water for 30 minutes. The longer a blood stain sits, the harder it is to remove.
- Chocolate or Cocoa - Treat with a pre-wash spot remover.
- Chewing Gum - Remove excess gum. Treat with a prewash spot and stain remover.
- Ice Cream - Treat with a prewash spot and stain remover.

Garments will always need to be laundered after they have been treated to remove a stain.

LAUNDERING YOUR CLOTHES

Since boys and girls like to wear clean clothes, it's important for them to prepare clothes for, and help do, the laundry.

It doesn't take long for a laundry basket or hamper to fill up with soiled clothes. When it does, it's probably filled with clothes of different colors. Some could be stained, and some could be dirtier than others. Unless you have a little "know how" when washing clothes, you could have problems. To gain a little "know how" and to avoid problems, read on.

GETTING CLOTHES READY

Take a few minutes to check your clothes before washing them. Shake out loose dirt and make repairs (See Activity E). Then empty pockets and close zippers, hooks and buttons. Next, check garments for stains. Remember, spots and stains should have been treated as soon as the garment was removed. If they weren't they may have set and may be very difficult to remove.

SORTING CLOTHES

Clothes need to be sorted according to color, fabric and texture, and amount of soil. Use the following guidelines when sorting clothes:

- Color - Separate white fabrics from colored fabrics
and separate light-colored fabrics from bright or dark-colored fabrics.

Fabric and Texture - Separate sturdy fabrics (such as jeans) from fragile or loosely woven fabrics (such as soft sweaters).
Separate lint givers (such as towels) from lint receivers (such as corduroy and socks).
Amount of Soil - Separate heavily soiled work and sport clothes from lightly soiled clothes.

**WATER TEMPERATURE GUIDE**

<table>
<thead>
<tr>
<th>WATER TEMPERATURE</th>
<th>USE IT FOR</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hot (140°F [60 °C] or above)</td>
<td>Heavily soiled sturdy garments</td>
</tr>
<tr>
<td>Warm (100 °F-130 °F [37.7 °C-54.4 °C])</td>
<td>Lightly soiled garments, Permanent press, Non-colorfast colors, Nylons, polyesters, acrylics, Colorfast pastels, Extra sensitive colors (bright colors), Very lightly soiled fabrics, Rinsing garments</td>
</tr>
<tr>
<td>Cold (90 °F [32 °C] or cooler)</td>
<td></td>
</tr>
</tbody>
</table>

**WASHING CLOTHES**

After getting your clothes ready, removing stains and sorting them, you're ready for the clothes to be washed. Ask a parent or leader about the kind of detergent that will work best in your water. For amount of detergent to use, follow directions on the container. Measure detergent carefully. Using too much detergent is wasteful and using too little can mean poor cleaning results.

Since each washing machine is different, you will need to read machine directions. The directions will tell you how long to wash each load and probably answer other questions you might have.

**TIP: DON'T PACK CLOTHES TIGHTLY IN THE WASHER. THE WATER AND DETERGENT NEED ROOM TO WORK.**

**DRYING CLOTHES**

Clothes can be dried in an automatic dryer or on a clothesline or drying rack. Before using a dryer read the directions that came with it. Notice the length of time suggested to dry different types of clothes. With practice you’ll soon find out how long it takes to dry the garments in your wash.

Here are a few tips to use when drying clothes in a dryer:
- Read care labels on garments for drying information.
- Clothes wrinkle less if they are taken out and hung on a hanger before they are “bone dry” and if the dryer is not too full.
- Dry items which give off lint (like towels) separately.
- It’s best to dry lightweight and heavy things separately.
Clothes hung in fresh air and sunshine will smell fresh and white clothes will look whiter. Here are some tips to follow when drying clothes on a clothesline or drying rack.

- Use a smooth cord or wire that will not rust.
- Wipe off the line or rack before hanging clothes.
- Shake clothes and pull them into shape.
- Hang clothes by a strong part - like a seam or waistband.
- Dark and bright colors should be turned inside out and hung in the shade to prevent fading.
- If clothes are going to be ironed, take them off the line while damp. This makes ironing easier.
- Fold or hang up no-iron clothes as soon as you take them off the line. This prevents creases and wrinkles.

**TEST YOURSELF**

Before you wash your own clothes or your family’s for the first time, try sorting the following garments into as many wash loads as you need. List the garments according to wash loads.

- 2 white cotton/polyester twin size sheets
- 1 pair light blue permanent press pajamas
- 4 green wash clothes
- 3 pair blue denim jeans, heavily soiled
- 1 pair blue canvas shoes, heavily soiled
- 1 pair light blue permanent press slacks
- 1 navy terrycloth robe
- 5 green towels
- 2 white cotton/polyester pillow cases
- 4 pair blue denim jeans, lightly soiled
- 3 blue towels
- 2 light green cotton/polyester T-shirts
- 1 light green permanent press shirt
- 1 multi-colored beach towel dark colors
- 2 green printed permanent press shirts
- 4 pair dark blue socks, heavily soiled
- 4 pair dark green socks, lightly soiled

Now, at the side of each washload group, write the water temperature (hot, warm, cold) you would need to use. If you’ve forgotten, refer to the water temperature guide for help.

(Suggested wash loads and water temperatures are given on page 28 of this manual.)

**SHOE CARE:**

Take care of your shoes by:

- Cleaning them with a brush to remove loose dirt and wiping them with a cloth.
- Allowing them to dry thoroughly (but not near heat or in the sun) between usings. Filling toes with tissue paper helps absorb moisture and retain shape of shoes.
- Polishing them, when they are dry, with the kind of polish best suited to the leather.
Taking good care of your clothes will make them look better and last longer. Besides, learning how to repair and care for clothing really isn’t hard. In fact, it can be fun.

**REPAIRING YOUR CLOTHES**

If you get into the habit of making small clothing repairs, they’ll always be ready to wear. Mend any tears or holes so they don’t grow, sew in missing buttons, repair buttonholes and hems.

---

**REPAIRING HEMS**

Repairing a hem only takes a few minutes. The quicker a hem is repaired, the easier it will be. Repair a hem put in by hand by following these directions.

- Carefully take out hemming stitches to the closest seam on both sides of the area that needs repairing. If possible, keep the thread. Do not cut thread ends.
- Trim hem allowance to 5/8” (1.5 cm).
- Pin hem in place.
• Turn under raw edge 1/4” (6 mm) and press.

• From right side, topstitch close to hem edge and again 1/4” (6 mm) from edge.

Right side

This is only one method of doing a machine hem. Check sewing books and the manual that came with your machine for other ways.

Do you have clothes with torn off buttons?

REPLACING BUTTONS
Replacing a button takes only a few minutes. If the button is loose and ready to fall off, it’s best to reattach the button before it actually comes off and maybe gets lost. Reattach or replace a lost button by following these directions.
• If the button is still attached, cut it loose, being careful not to cut the garment fabric. Carefully remove all loose threads from the fabric and button.
• If the button is lost, find a similar button to replace it.
• Mark the location for the button.

• Thread the needle with matching thread. Use a double thread.
• Fasten the first stitch by:
  a. Knotting the thread and pulling the needle up through the marked spot to fasten your thread.
  or
  b. Make several small stitches on the marked spot to fasten your thread.

• To sew on a flat button you will need to make a thread shank. Place a pin or toothpick across the top of the button as you sew the button in place. Take at least 4 stitches over the pin. Remove the pin and wrap the thread tightly around the stitches under the button. Bring the needle through the fabric to the inside of the garment.

• To sew on a shank button, sew through the shank several times to hold the button to the fabric.

• To fasten the thread, make a thread knot.
• The stitches in a button should go in the same direction as the buttonhole. If the buttonhole goes crosswise, the stitches should go crosswise.

Has your pocket torn loose?

FIXING A LOOSE POCKET
Fixing a loose pocket usually involves only restitching a pocket.
• Select thread that matches the color previously used.
• Pin the pocket in place, keeping both the garment and pocket smooth; baste the pocket in place with hand stitches.
made to look decorative as well as covering the tear or hole. Iron-on patches are made of several types of fabric for use on knits, permanent press and other fabrics. When buying iron-on patches, read all of the information on the label. Be sure to buy patches according to the garment fabric that needs mending.

For best results, follow directions on the package very carefully.

- Set the sewing machine so the stitches are the same length as the ones that are already holding the pocket on.
- Start so you sew over several of the stitches already there. Sew from the original stitches to the top of the pocket. When you get to the top of the pocket, stitch a triangle. To do so, stitch to the top of the pocket, then turn and stitch 2 or 3 stitches across. Turn again and stitch over to pocket stitching.

This will strengthen the corner and help it from tearing loose again.

Do you have clothes with tears and/or holes?

**MENDING TEARS AND HOLES**

There are several ways tears and holes can be mended. They can be mended by using machine stitches, hand stitches, or an iron-on patch.

A quick way to mend a tear or a hole in clothing, is by using an iron-on patch. The patch can be pressed on the inside of the garment so it doesn’t show, or it can be placed on the outside of the garment and be
Being a consumer means making many choices. As a good consumer of clothes you will have to decide what to buy, and how much to spend. It sounds fairly easy, doesn’t it? It can be easy and it can be fun. But, if you’re going to get the most for your money, it will take time and it will mean making good clothing choices.

### YOUR WARDROBE

Before adding another clothing item to your wardrobe, take a good look at what you already have. It might be helpful to make a list. Be sure to list every wearable clothing item in your closet. In the blank in front of each item, indicate how many you have. You may want to separate those clothes suitable for school or church from those suitable for play.

If you have items that you do not wear, ask a parent to help you decide what to do with them.

<table>
<thead>
<tr>
<th>Sports/Casual Clothes</th>
<th>CLOTHING ITEMS I ALREADY OWN</th>
<th>Accessories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Blue Jeans</td>
<td>Raincoat</td>
<td>Scarves, hats and caps</td>
</tr>
<tr>
<td>Shirts</td>
<td>Winter Coat</td>
<td>Gloves</td>
</tr>
<tr>
<td>Blouses</td>
<td>Jacket</td>
<td>Socks</td>
</tr>
<tr>
<td>Skirts</td>
<td>Spring Coat</td>
<td>Underwear</td>
</tr>
<tr>
<td>T-Shirts</td>
<td></td>
<td>Robe</td>
</tr>
<tr>
<td>Sweaters</td>
<td>Dress Shoes</td>
<td>Nightwear</td>
</tr>
<tr>
<td>Casual Slacks</td>
<td>Casual Shoes</td>
<td>Slippers</td>
</tr>
<tr>
<td>Swimwear</td>
<td>Boots</td>
<td></td>
</tr>
<tr>
<td>Other Sports Clothes</td>
<td>Canvas Shoes/Sneakers</td>
<td></td>
</tr>
<tr>
<td></td>
<td>(Athletic Shoes)</td>
<td></td>
</tr>
<tr>
<td>Special-Occasion Clothes</td>
<td>Sandals/Summer Footwear</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Other Items</td>
<td></td>
</tr>
</tbody>
</table>

You may not need all of the clothing items included in the list. Since people like to do different things, their clothing needs vary. Think about your activities and what you like to do. Make a list of the activities you enjoy and the type of clothes they require.

<table>
<thead>
<tr>
<th>ACTIVITY</th>
<th>TYPE OF CLOTHES</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td></td>
</tr>
<tr>
<td>2.</td>
<td></td>
</tr>
<tr>
<td>3.</td>
<td></td>
</tr>
<tr>
<td>4.</td>
<td></td>
</tr>
<tr>
<td>5.</td>
<td></td>
</tr>
<tr>
<td>6.</td>
<td></td>
</tr>
</tbody>
</table>

Consider the clothes that you already have and what you will wear with each item. Remember, if you are growing, you may need clothes that will fit you later in the year. Then, make a list of clothing items you think you need.

Look over your list very carefully and discuss each item with a parent. You may find that there are some things that you would like that you don’t really need. Ask yourself if you can get along without it. Keep in mind that clothing is only one part of the family budget.

### MAKE OR BUY

After you’ve decided on exactly what your clothing needs are, you’ll want to decide what you can afford. Will you buy the garment or make it yourself? If you have sewn several garments, you might consider making the item or items of clothing you need. Home sewn garments can be less expensive than ready-made garments. They also can be better constructed, and fit better.
When deciding whether to make a clothing item or whether to buy one think about:

- Your sewing skills
- Your time
- Difficulty of the pattern
- Your budget

Then, choose one garment that you need in your wardrobe and go comparison shopping. Begin by finding a pattern, fabric and all notions needed to make the garment. Keep track of the cost of each item. To determine the total cost of the garment, add them all together.

Next, find a ready-made garment that is similar in fabric and style to the one you chose to make. Check the quality of the fabric, stitching, seam allowances, buttons, buttonholes, hem, trims and care information. Try to choose a garment that would be about the same quality as the one you would make. Note the cost of the garment and compare it with the cost of making one.

Then, ask yourself the following questions:

- How much will I save by sewing?
- Do I have the time to sew?
- Will I enjoy wearing a garment that I’ve made more than a ready made garment?

LEARN TO READ LABELS

Have you noticed small labels sewn in the neck seam or side seam of ready made garments? There should be two in each garment. One label gives the following information:

- The name of the fiber or fibers.
- The percentage of each fiber present.
- The name of the manufacturer.
- If the garment is imported, the name of the country where it was made.

The other label tells how to care for the garment. It is called a care label. This is an important label, because different fibers require different care. You’ll probably want to buy everyday garments that can be machine washed and dried. They are much easier to care for and it costs less than dry cleaning.

Other information you will want to notice is that given on the end of a bolt of fabric. You’ll find the fiber content and also care instructions, sometimes identified by a number code. Sales clerks are required to give care labels with each piece of fabric purchased. If a care label is not included with your purchase, be sure to ask for one.

The law requires labeling. It is important information. It helps us become better consumers.

Being a good consumer of clothing takes practice. It also takes time and patience. You’ll soon find that a few extra minutes are well worth the money saved.

Now, before you make your next clothing purchase ask yourself these questions. Check your answers. Then, decide if you’re being a good consumer.

1. Do I really need this garment? YES NO
2. Does it fit into my wardrobe? YES NO
3. Will it be comfortable to wear? YES NO
4. Will it be easy to care for? YES NO
5. Am I getting the most for my money? YES NO
Patterns really can perform magic. They can help you make many different types of clothes for yourself, for friends, for other family members, or for gifts.

In this section you will begin making plans to make a garment. First, you will need to learn how to take accurate body measurements. You also will need to learn how to determine your own figure type and size. Then you will be able to buy the pattern size most suitable for you.

PARTS OF A COMMERCIAL PATTERN
A commercial pattern has three main parts:
• the envelope
• the direction or guide sheet
• the tissue pattern pieces

THE PATTERN ENVELOPE
The front of a pattern envelope shows sketches or photographs of completed items made from the pattern. Brand name, pattern number, and size are identifying information included on the pattern.

The back of the pattern envelope includes the following types of information:
• Description of the patterns enclosed.
• Purchasing hints for special fabrics.
• Yardage required for the various pattern views and fabric widths.
• Notions which will be needed to complete the item.
• Suggested fabrics that are suitable for the pattern design.
• Standard body measurement charts - to assist in selecting the proper size.
• Back views.
• Number of pattern pieces included.
• Miniature illustrations of pattern pieces.
• Finished garment measurements (especially width at lower edge).

Activity:
Now, with a pattern envelope in front of you, find the following information:
- Brand Name
- Pattern number
- Size of the pattern
- Sketches

Now look at the back of the envelope and find the following:
- Description of pattern enclosed.
- Purchasing hints for buying special fabrics.
- View number and name of each item.
- Yardage required for various pattern views and fabric widths.
- Notions (like thread, zippers and buttons).
- Suggested fabrics.

Be sure to read the guide sheet carefully before starting to sew a project as it really can keep you from getting lost.
Guide sheets give some or all of the following information:

- Instructions for preparing the fabric.
- Number of pattern pieces needed for cutting each view.
- Cutting layout for the different views, fabric widths, and sizes.
- Directions for marking the fabric.
- Pictures and directions showing step-by-step procedures for completing the item.

Tissue Pattern Pieces

The tissue pattern is your guide for cutting out sections of the garment to be sewn together. For the finished garment to look and hang properly, the tissue pattern must be properly pinned to the fabric and cut carefully.

On the tissue pattern you will see many important terms, while others are new to you:

**GRAIN**: Lengthwise and crosswise threads of a woven fabric.

- **Lengthwise Grain**: Threads that run up and down the fabric parallel to the selvages.
- **Crosswise Grain**: Threads that run across the fabric between the selvages.

**GRAINLINE**: A heavy straight line or arrow that has two ends is used to mark the straight grain. You will find this marking on almost every piece of a pattern.

Place this marking along the lengthwise grain of the fabric unless the arrow is labeled crosswise grain or bias.

**SELVAGE**: Firm, lengthwise edges of woven fabric.

**FABRIC FOLD**: Fabric is folded along the lengthwise grain for most pattern layouts. However, sometimes a crosswise fold is used.

**PLACE ON FOLD**: Often a heavy curved line labeled “Place on Fold of Fabric” will point to the center line of a pattern piece. When you see this marking, place the marked edge of the pattern piece on the fabric fold.

**FOLD OR CREASE LINE**: Do not cut along pattern lines marked with these words. You will fold the fabric on these lines at some step in the construction of the pattern.

**CUTTING LINE**: A heavy solid line that forms the outer edges of a pattern piece. Follow this line when you cut out a pattern piece.

**STITCHING OR SEAM LINE**: The broken or fine line that is usually placed 5/8 inch (1.5 cm) inside the cutting line. This is the line you will stitch on when you sew the pattern pieces together.

**SEAM ALLOWANCE**: The fabric between the cutting and stitching line. Usually patterns allow a 5/8” (1.5 cm) seam allowance.

**MARGIN**: Extra tissue paper outside the cutting lines of the pattern pieces.

**NOTCHES**: Numbered diamond-shaped markings that show which seams of the pattern pieces are to be sewn together.

**LARGE AND SMALL DOTS**: Used to match sections of garment to be sewn together.
RIGHT SIDE: The side of the fabric that you want on the outside of your finished product.
INSIDE: May be used to refer to the wrong side of the fabric.

Activity:
Now look at a guide sheet from a pattern. Pretend you are making View 1 of that particular garment from fabric that is 45" (1.15 m) wide. Pick out the cutting layout that is most suitable and circle it. Why didn't you use the cutting layout for fabric 54" (1.38 m) wide?

Open up one of the tissue pattern pieces from a pattern. Find the words grainline, selvage, seam allowance and cutting line.

Now that you've reviewed some of the information given on a commercial pattern, it's time to find out more about how patterns perform magic.

**TAKING ACCURATE BODY MEASUREMENTS**

Patterns perform magic when they are used to make a garment for you to wear. The magic is complete when that garment fits you properly. That can happen only if you select the correct pattern size.

To start, you should “size yourself up” by having accurate body measurements taken. Before you begin, read the following tips on measuring:

- Tie a string around your waist, bend to both sides. Where the string settles is your natural waistline.
- Keep the measuring tape snug, but not tight.
- When measuring, wear the undergarments you usually wear. Take measurements over the undergarments, not over the clothes you wear.
- Stand normally when being measured.

Now ask a friend, your parent or leader to take the following measurements and record them on the following chart.

**FINDING YOUR FIGURE TYPE**

When looking through pattern books, you may have noticed that there are many different sections. Some are for specific types of garments (such as dresses, sportswear, separates, tops, etc.) Others such as men and boys are for particular figure types.

Now look at the following measurement chart. Name the many different figure types that are described. Compare the differences. Are they all the same size? Are some shorter than others? Do some have smaller bustlines or waistlines than others? If you made one pattern size for a junior/teen figure would it fit all the different figure types?

The answer to the last question is “no.” So before you do anything else look at the measurement chart. Read the description of each figure type. Compare the figure types with your own. Also, compare the heights and back waist measurements of each figure type with your own. Which one is the most like yours? Write it in the space provided below the chart. It is very important that you select a pattern for your figure type so it will have proportions correct for your figure.

<table>
<thead>
<tr>
<th>GIRL: The young figure, about 4'2&quot; to 5'1&quot; (1.27 to 1.55 m) tall, without bust development.</th>
</tr>
</thead>
<tbody>
<tr>
<td>YOUNG JUNIOR/TEEN: The developing teen and pre-teen figure, about 5'1&quot; to 5'3&quot; (1.55 to 1.60 m) tall, with very small, high bust and waistline larger in proportion to bust.</td>
</tr>
</tbody>
</table>

©1978 Simplicity Pattern Company, Inc.
200 Madison Avenue
New York, New York 10016
**JUNIOR PETITE:**  
The short, well-developed figure about 5' to 5'1" (1.53 to 1.55 m) tall, with small body build and a shorter waist length than other types.

**MISS PETITE:**  
A well-proportioned and well-developed figure, shorter than the Miss, about 5'2" to 5'4" (1.57 to 1.63 m) tall, with waist length shorter than the Miss but longer than the Junior Petite and a slightly larger waist than the Miss.

**JUNIOR:**  
A well-developed figure, slightly shorter than a Miss, about 5'4" to 5'5" (1.63 to 1.65 m) tall, with shorter waist length than the Miss.

**MISS AREAS:**  
A figure that is well-proportioned and well-developed in all body areas. It is the tallest type, about 5'5" to 5'6" (1.65 to 1.68 m) tall, and could be considered the "average" figure.

**MISSES':**  
A well-developed figure, slightly shorter than a Miss, about 5'2" to 5'4" (1.57 to 1.63 m) tall, with shorter waist length than the Miss.

**TEEN-BOYS:**  
The young man figure that falls between Boys' and Men's sizes, about 5'1" to 5'8" (1.55 to 1.73 m) tall.

**FINDING YOUR PATTERN SIZE**

Now that you know your figure type, it will be easy to find your size. All you have to do is to look at the measurements within your particular figure type.

Before you do, read the following tips. Then use the information to find your own pattern size.

- For shirts, blouses, tops, and dresses select the size closest to your chest or bust measurement within your figure type.
- For skirts, shorts, and slacks, select your size by hip measurement.
- For between size measurements, if you prefer a closer fit, are using knits or are small-boned, select the smaller size.

Now look at the measurements listed within your figure type. Which size is the closest to your measurements? Write it in the space provided below the chart.
Sewing your own clothes means that you can make each garment the way you want it. You can choose your own fabric and pattern and you can make it fit just right. Before beginning to sew, set up a sewing area with sewing machine, table and chair, your sewing tools, iron and ironing board. Be sure your area has a good light and a wastebasket or bag for scraps.

**CHOOSING A PATTERN**

Before choosing a pattern for your garment, look over your wardrobe. What types of garments do you need? Now, think about what you want to learn. Remember, each year you are enrolled in a clothing project, you should learn something new. When you sew, there are many things you can learn:

- Simple seam finishes (stitch and pink, clean finish, zigzag or machine overcast).
- Collars/Understitching
- Neckline or Armhole Facings/Understitching
- Zipper
- Buttons and Buttonholes
- Interfacing
- Waistband
- Sleeves (set-in, kimono, or raglan)
- Crotch Construction
- Use darts to control fullness or use gathering/easing to join uneven lengths.
- Hand stitched hem.
- Machine stitched hem.
- Patch pocket or in-seam pocket.
- Belts.

Each year you enroll in this project, you should learn three new things from this list.

It will be easiest to learn these new sewing techniques if you use a firmly woven or firmly knit fabric. Very loose weave, wool, and stretchy knit fabrics require special sewing and handling techniques that are more suitable for the middle unit 4-H clothing project. Avoid plaid and other fabrics that need to be matched until you have had a lot of experience handling fabric.

Following are some types of garments that might be suitable. Remember, some patterns are easier or more difficult than others:

- Simple shirt or top and slacks, shorts, skirt, or jumper.
- Simple dress, nightgown, or robe.
- Pajamas
- Simple unlined jogging jacket and pants.

Choose a pattern that is simple, but has something new to learn. To help make your decision, discuss your choice with a parent and/or your leader. Now, get ready to start sewing!

**CHECK PATTERN MEASUREMENTS**

The easy to sew patterns suggested for a first garment probably won’t need any changes. They may only require lengthening or shortening. To be on the safe side, take a few minutes to double check pattern measurements with your own.

To do so, find the pattern pieces needed for the view or style of garment you are making. The pattern guide indicates the pattern pieces needed for each view. Press any creases from the pieces with a slightly warm, dry iron.

Then, measure the paper pattern pieces in the same position as your body measurements were taken. Measure just to the seam lines and do not include the width of darts. Remember that most pattern pieces represent one-half of the garment and will be cut twice or on the fold. So, double the measurement unless the pattern piece is marked “cut one”.

Record your measurements from Activity G on the chart on page 28. Then, record measurements from the pattern pieces. The other columns on the chart are explained below.

Patterns always include ease, or more fabric than your body measurements. There are two types of ease: comfort and design. Comfort ease is the amount of room needed in a garment for comfort. For example, ease in slacks allows room for comfortable sitting and walking. The amount of comfort ease varies with pattern companies. Measurements taken on the pattern should equal your own, plus the ease given on the Chart A. Add your measurement and the ease allowance, then record in the appropriate column. Compare your “measurement plus ease” with the pattern measurement. Mark any differences in the pattern difference column. For example, if the pattern is 2" (5 cm) larger than your measurement plus ease, record “+2” (5 cm) in the “difference” column. If the pattern was 2" (5 cm) smaller than your measurement plus ease, record “-2” (5 cm) in the difference column. Did you find that most of your differences were “+”? This is because of design ease. Design ease is the extra amount of room needed to create a particular style or design. For example, pleats in slacks are usually design ease extra fabric beyond that needed simply for the slacks to fit, but intended to give a special...
design' to the fabric. Pleats, gathers, and flare are commonly used to add design ease.

Now, look at your pattern envelope and your 'differences'. Do you think most of the '+' differences are design ease? Your parent or leader can help you make that decision. If you had any '-' differences, you'll need to make pattern adjustments. Put an 'x' in the 'pattern adjustment needed' column for any '-' differences. Your leader or parent can show you how to make the needed adjustments on your pattern.

Another way to check the length of a pattern is to measure it on you. To decide on length, fold and pin up the amount allowed for the hem. Then, hold the pattern up to your body. Match its waistline to yours. Decide if it looks right on you. If it needs lengthening or shortening refer to your sewing guide. Don't forget to change both front and back pattern pieces. Ask a parent or your leader to check the pattern adjustment you made. Another way to check the garment length is to hold the pattern against a similar garment you already have that is the correct length.

PREPARING THE FABRIC FOR CUTTING

If you plan to machine wash the garment, preshrink it before cutting unless the label tells you it will not shrink more than 1 to 2 percent. To shrink, wash it in the same way the finished garment will be washed. Also preshrink the interfacing, zipper, and any tapes or trims.

Using the Pattern

1. Write your name on each piece of your pattern so it doesn't get mixed with your neighbor's pattern.
2. Learn what the pattern markings mean. (Review Activity G Pattern Magic).
3. Study your pattern guide and circle the style or view you plan to make. Then circle the layout plan for that style. Follow this when placing your pattern on the fabric. If the fabric has a nap or pile, such as corduroy or a printed design that goes one way of the fabric, the pattern pieces should also be laid one way as shown in the illustration.
4. Read the entire pattern guide carefully. The first page will have lots of information to help you prepare to sew.
5. If the fabric is folded, turn right side inside for easier marking. The crosswise ends should be perfectly straight with one selvage exactly on top of the other. Place pins or baste along selvage and the end to hold the fabric in place.
6. Measure with a ruler or tape measure from 'straight grain of fabric' marking on pattern to selvage to be sure all pieces are straight with the grain of the fabric.
7. Anchor your pattern pieces with pins on ‘straight grain of fabric’ line first. Then place pins about every four inches (10 cm) at right angles to the edge. Do not let pins extend across the cutting line or you may ruin your scissors.
8. Lay all pattern pieces and pin carefully. Have your layout checked by your parent or leader before you begin to cut.

The Magic of Marking

It will be easy to fit your garment pieces together if you transfer all the pattern markings to your cloth very carefully. There are several ways you can do this:

- Tailor's Chalk. Stick a pin through the dot to be marked. Gently pull pattern away from pin. With chalk, mark fabric where pin goes through it, on each fabric layer. Mark on wrong side of fabric only.

- Dressmaker's Tracing Paper - This is a waxed type of carbon paper made in white and several colors. It is used especially to mark darts on fabrics. Lighter colors are preferred for most fabrics. Markings should be made only on the wrong side of fabric. It is best to try marking a scrap of fabric, then pressing it with an iron to make sure the markings won't show through to the right side. The paper is placed between two pieces of cloth so both pieces can be marked at the same time with a tracing wheel.
FOLLOW YOUR SEWING GUIDE

Before you begin to sew, study the directions on the guide sheet carefully. There are often directions on the pattern pieces, too. Be sure to read them for extra information.

Stay Stitching

The guide sheet will tell you to stay stitch. Stay stitching is a row of regular length machine stitching placed 1/8" (3 mm) inside the seam line (usually one-half inch [1.27 cm] from the cut edge). It is a very important step. It prevents curved or bias seam allowances from stretching out of shape. Some pattern pieces have arrows at seam lines to show the direction to stitch. Look for these on YOUR pattern.

Darts

Darts are used to make cloth fit smoothly over curved parts of the body.
1. Machine stitch the dart from the widest part to the point. Stitch the last 2 or 3 stitches on the fold and then past the fold at the point so no bulge is left.
2. Finish the point of the dart securely by tying the thread on the wrong side for a softer effect. Care should be taken not to spoil the shape of the point.
3. Press the dart smoothly over a pressing mitt, tailor's cushion or over a Turkish towel that has been rolled up.
4. Underarm darts are usually stitched and pressed downward before side seams are stitched.
5. Waistline and shoulder or neckline darts are usually pressed toward center front and center back.
6. Remember, the dart should point toward the fullness of the figure.

Interfacing

Most patterns suggest an interfacing. Interfacing is a layer of fabric placed between the garment fabric and the facing. Interfacings give extra body and shape to garments. Necklines, buttonhole areas, waistbands, collars and cuffs are some areas that most often require interfacing.

The guide sheet in your pattern will suggest where to use interfacings.

There are two general types of interfacing. They are called sew-in and fusible. Sew-in interfacings are stitched in a garment.

Fusible interfacings are fused to a garment with heat, pressure and sometimes steam.
Both types are manufactured in different weights and different constructions so that you can find interfacings that are suitable for many different fabrics and designs. When buying sew-in interfacings, drape the fabric and interfacing over your hand. Ask yourself if it is too soft or too crisp for the place being interfaced.

Fusible interfacings often change in stiffness after fusing and/or laundering. To be safe, pretest by fusing a test sample to a scrap of your fabric. Then, wash and dry the sample. If you aren’t satisfied with the sample, try different weights of interfacing. Make sure that the one you choose provides the effect you want.

Interfacing fabrics may be woven, knit, or non-woven. Each has its own characteristics. Wovens and non-wovens are easiest to find and either, in the proper weight, will generally be satisfactory.

Always preshrink interfacings before inserting them in the garment. Preshrink sew-ins by laundering them with the fashion fabric. Fusibles should be placed in warm water for 10 minutes, rolled in a towel to remove excess moisture and laid flat to dry.

### TIPS: HERE ARE SOME TIPS TO HELP YOU CHOOSE THE RIGHT INTERFACING.

- **Choose an interfacing that is the same weight or lighter weight than the garment itself.**
- **Choose interfacings with the same care requirements as the fabric.**
- **Use light colored interfacing with light colored garments and dark colored interfacing with dark garments.**
- **Use lightweight interfacing for very little shaping and medium weight interfacing for firmer shaping.**

Ask your parent or leader to help when choosing interfacings.

### Pressing

Pressing is a very important step. Always press as you sew, and press in the same direction as you stitch. To prevent marring the fabric, slip a strip of paper under darts and/or seam allowances before pressing.

### Seam Finishes

Look at your fabric. Try to ravel a cut edge. Does it ravel easily? Will seams ravel when washed?

Seam finishes will prevent raveling and will also give your garment a neat appearance. Your leader will discuss suitable seam finishes with you. Use the finish best suited to your fabric and the way you will care for it.

### Crotch Seam

For a well-fitting crotch seam, stitch as follows: sew inner leg seams of each leg; sew side seams; place one leg inside the other (right sides together) and stitch the crotch seam.
NEW SEWING SKILLS
While making your garment, follow the step-by-step instructions in your guide sheet. You’ll learn many new skills. Some of these skills might be darts, facings, and interfacings.

Your guide will suggest methods for you to follow. If you need more detailed information, consult Extension publications or use other sewing books. Talk over suggested methods with your leader or parent. They will help you decide the best method for your fabric and pattern.

WHAT HAVE YOU LEARNED
Congratulations on completing your garment! Before going any further, check what you have learned.

I KNOW HOW TO DO: | I DON’T KNOW HOW TO: | I NEED TO DO BETTER:
--- | --- | ---
1. Select right pattern size. |  |  
2. Select pattern and fabric to go together. |  |  
3. Read labels. |  |  
5. Follow pattern guide. |  |  
6. Fit a pattern. |  |  
8. Lay and pin pattern on grain. |  |  
10. Stay stitch. |  |  
11. Press as you sew. |  |  
13. Sewing skills:
   - Darts
   - Interfacing
   - Facing
   - Collar
   - Sleeves
   - Zipper
   - Buttons/Buttonholes
   - Other

PLANS FOR YOUR NEXT GARMENT
There are many more interesting things left to learn about sewing. For your next project, choose a garment or garments that requires a little more skill.

To complete requirements for another sewing project choose a garment or garments that includes at least three new skills from the list on page 23.

Discuss your plans with a parent or your leader. Ask them to check your fabric and pattern before beginning. Be sure the pattern meets project requirements. Then, have fun stitching!
Activity D - Keep 'Em Clean

Test Yourself

White and Light Colored Fabrics
2 White cotton/polyester twin size sheets
2 White cotton/polyester pillowcases
2 Light green cotton/polyester T-shirts
1 Pair light blue permanent press slacks
1 Pair light blue permanent press pajamas
1 Light green permanent press shirt
2 Green printed permanent press shirts

Dark Colored Fabrics
4 Green washcloths
1 Navy terrycloth robe
5 Green towels
3 Blue towels
1 Multi-colored beach towel - dark colors

Lightly Soiled Clothes (Dark Colors)
4 Pair blue jeans, lightly soiled
4 Pair dark green socks, lightly soiled

Heavily Soiled Clothes (Dark Colors)
3 Pair blue denim jeans, heavily soiled
1 Pair blue canvas shoes, heavily soiled
4 Pair dark blue socks, heavily soiled

Warm Water

Warm

Warm

CHART A. MY OWN MEASUREMENT CHART

<table>
<thead>
<tr>
<th>Measurement</th>
<th>My Own Measurement</th>
<th>Pattern Measurement</th>
<th>Ease</th>
<th>My measurement + Ease</th>
<th>Pattern Difference + or -</th>
<th>Pattern Adjustment Needed</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chest or Bust</td>
<td></td>
<td></td>
<td>1</td>
<td>1/2-3 in. (3.8-7.5 cm)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Waist</td>
<td></td>
<td></td>
<td>1/2</td>
<td>1 in. (2.5 cm)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Hip</td>
<td></td>
<td></td>
<td>1</td>
<td>1/2-2 in. (3.8-5 cm)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Back Waist Length</td>
<td></td>
<td></td>
<td></td>
<td>1/4 in. (6 mm)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total Back Garment</td>
<td></td>
<td></td>
<td></td>
<td>1/4-1/2 in. (6-13 mm)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Crotch Depth</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
**EVALUATION**

The following score cards are used for judging clothing and fashion revue entries at state fair. If you would like more information on criteria for judging exhibits, see EC 4-06-81, Guide For Judging Exhibits in Clothing, available at your county Cooperative Extension Service Office.

**CHART B. CLOTHING EXHIBIT JUDGING**

The following evaluation is the guide used for judging of all state fair garment exhibits.

**CLOTHING EXHIBIT EVALUATION**

The following criteria and values are a guide for both you and the judge in evaluating your garment.

<table>
<thead>
<tr>
<th>Criteria</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>DESIGN AND COLOR (25%)</td>
<td>1</td>
</tr>
<tr>
<td>Fashionable</td>
<td></td>
</tr>
<tr>
<td>Pattern suited to fabric</td>
<td></td>
</tr>
<tr>
<td>artistic use of color,</td>
<td></td>
</tr>
<tr>
<td>texture, line, pattern</td>
<td></td>
</tr>
<tr>
<td>CONSTRUCTION (50%)</td>
<td>2</td>
</tr>
<tr>
<td>Quality of construction in:</td>
<td></td>
</tr>
<tr>
<td>Grainline</td>
<td></td>
</tr>
<tr>
<td>Matching of fabric design</td>
<td></td>
</tr>
<tr>
<td>Stitching</td>
<td></td>
</tr>
<tr>
<td>Seams and finishes</td>
<td></td>
</tr>
<tr>
<td>FABRIC AND TRIMMINGS (15%)</td>
<td>1</td>
</tr>
<tr>
<td>Suitable for intended use</td>
<td></td>
</tr>
<tr>
<td>Interfacing, lining</td>
<td></td>
</tr>
<tr>
<td>compatible with fabric</td>
<td></td>
</tr>
<tr>
<td>Trims, thread, buttons,</td>
<td></td>
</tr>
<tr>
<td>zipper suitable</td>
<td></td>
</tr>
<tr>
<td>NEATNESSS (10%)</td>
<td>2</td>
</tr>
<tr>
<td>Clean</td>
<td></td>
</tr>
<tr>
<td>Pressed</td>
<td></td>
</tr>
<tr>
<td>TOTAL APPEARANCE 100%</td>
<td>3</td>
</tr>
</tbody>
</table>

The judge has considered your exhibit carefully and has made these comments hoping they will help you with your next project:

Placing: P_________ B_________ R_________ W_________ NR_________
CHART C. EXHIBIT OTHER THAN GARMENT

The exhibit other than garment (poster, notebook, or display) allows 4-H’ers to make informative displays for the public to view or for their own future use. This is especially designed for 4-H’ers enrolled in the clothing program, but who choose not to sew. The following guides are used for evaluating exhibits other than garments.

EVALUATION FOR CLOTHING EXHIBIT OTHER THAN GARMENT

The following criteria and values are a guide for both you and the judge in evaluating your exhibit:

<table>
<thead>
<tr>
<th>1 - very good</th>
<th>2 - average</th>
<th>3 - needs improving</th>
</tr>
</thead>
<tbody>
<tr>
<td>EXHIBIT TOPIC (60%)</td>
<td>EXHIBIT DESIGN (40%)</td>
<td></td>
</tr>
</tbody>
</table>

- Exhibit presents one general topic; all ideas are related to the general topic.
- Information is accurate, current, and valuable.
- The material is presented so that it teaches something to those who read it.

- Exhibit is attractive and appealing.
- Exhibit is well designed.
- Organized, and arranged; examples are attractively displayed.
- Exhibit is readable; lettering is attractive and neat.

The judge has considered your exhibit carefully and has made these comments hoping they will help you with your next project:

Placing: P_________ B_________ R_________ W_________ NR_________
**CHART D. FASHION REVUE JUDGING**

In judging fashion revue entries, the judge is concerned with (1) the appearance of the garment and (2) the total effect of the garment on the model.

<table>
<thead>
<tr>
<th>FASHION REVUE EVALUATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>The following criteria and values are a guide for both you and the judge in evaluating your fashion revue exhibit:</td>
</tr>
<tr>
<td>1 - very good</td>
</tr>
<tr>
<td>1</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>THE INDIVIDUAL WEARING THE GARMENT (70%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>A. THE INDIVIDUAL - the person has a neat, well-groomed appearance, stands gracefully and tall and wears the garment with confidence and ease.</td>
</tr>
<tr>
<td>B. SELECTION - the style, fabric, colors and accessories are becoming to the person and suited for the intended use of the garment.</td>
</tr>
<tr>
<td>C. FIT - there is enough ease for comfort and attractive fit. The design lines fall attractively on the figure.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>THE GARMENT (30%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>A. CONSTRUCTION - the construction techniques used give a pleasing, well-made appearance to the garment.</td>
</tr>
<tr>
<td>B. CREATIVITY - the garment shows an attractive and imaginative use of textures, pattern and style.</td>
</tr>
<tr>
<td>C. CLEANLINESS AND PRESSING - the garment is clean and well pressed.</td>
</tr>
</tbody>
</table>

Comments:

Placing: P_________ B_________ R_________ W_________ NR_________