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EC424 Accessories Complete the Costume

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1926

Nebraska
COOPERATIVE EXTENSION WORK
IN AGRICULTURE AND HOME ECONOMICS
U. of N. Agr. College & U. S. Dept. of Agr. Cooperating
W. H. Brokaw, Director, Lincoln

Extension
Circular
424

ACCESSORIES COMPLETE THE COSTUME

Is there a woman or girl who does not admire and long to possess certain bits of adornment which seem to add the finishing touches to the costume? Accessories, such as gloves, hose, shoes, purses, jewelry, collars, cuffs, scarfs, and handkerchiefs are a part of the costume and should be considered so in the selection. Love of adornment is a common instinct in all of us and one which requires close guarding. Unharmonious choices and over-adornment is a dangerous pitfall for the woman who wishes to appear well dressed. Women are too apt to select articles which appeal as separate parts without considering their relation to the rest of the picture. Color, line, the principles of design, and appropriateness are to be considered in the selection of the accessories as well as in the selection of the dress, suit or hat. If the dress expresses durability, the shoes, hose, gloves, etc., should likewise express durability, yet how many times do we see high heeled satin slippers worn with a street dress or suit.

Simplicity is a quality one should desire in dress, but we can add a note of interest by the correct touch of color or bit of decoration here or there and make the complete outfit more attractive.

Shoes and Hosiery

In studying the selection of accessories we will first consider shoes and hosiery. The choice of our footwear is extremely important because our happiness and comfort is dependent upon the proper selection. Ill-fitting shoes not only cause pain and discomfort but also often give the foot a deformed appearance.

In one of Miss Easley's circulars, she makes the following statements; "Of 1,235 Minnesota school children examined, only 140 had normal feet. Dr. Nelson who conducted the examination, believes that fully 80% of these children were born with normal feet but wrong shoes and wrong habits of standing had caused their foot troubles in a few short years.

"Prints of normal feet are shown in Figure 1. Do your feet look like these? Try this experiment. Wet the feet, shaking off the surplus water, and stand on the bare floor. Compare the prints with those in Figure 1 and ask yourself these questions: Do they toe straight ahead or slightly in? Does the inner edge follow a straight line? Is the arch well developed? If you cannot answer all these satisfactorily, there may be trouble ahead for you. But do not become discouraged. You can improve your walking habits and correct foot troubles by choosing approved shoes and using simple exercises.

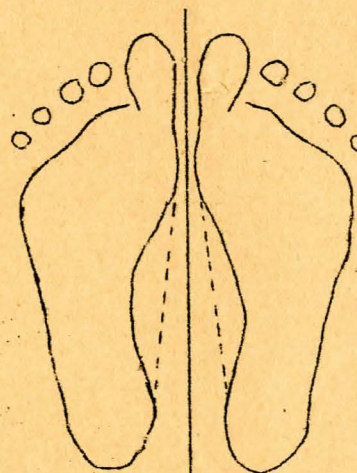


Figure 1.

~~"The Indian who never wore shoes~~
 walked like Figure 2, while civilized
 man who wears shoes walks like Figure 3.
 The Indian walked as Nature intended he
 should because his pliable moccasins shaped
 themselves to his feet. Civilized man
 walks as he does because he fitted his
 feet to shoes of the wrong type. Shoes
 with the point over the center of the toes
 rather than the great toe made him toe
 out.

"There was a time when our standards
 of foot beauty and grace were based on
 the abnormal lines of shoe styles and
 decreed by fashion but that time is
 passed. Now, approved shoes are being
 chosen for their natural lines of beauty
 as well as for their ease and comfort.
 Do you walk as the Indian or the civili-
 zed man? If you walk as the civilized
 man does, look at your shoes. What type
 are they? Are they more like those in
 Figure 4 or Figure 5? Why cram your foot
 into shoes that will cause you to hobble
 thru life? Let us wear shoes like these
 in Figure 5 and have comfort.

"Approved types of shoes are those
 with sole patterns corresponding in shape
 to the imprint of the bare foot (Figure 5).
 The best types are made of soft, flexible
 leather with soles heavy enough to protect
 the flesh. The heels are broad and low to
 hold the ankles straight. The heels and
 ankles are snug and the toes are broad.

Figure 2.

Figure 3.

"Be sure that your shoes are large enough as well as of
 the approved type. Short shoes weaken the arches. They may cause deformed toes,
 bunions, corns, callouses and ingrowing nails. Dr. Eugene Lyman Fiske of the Life
 Extension Institute of New York City says: "There should be two-thirds of an inch
 between the ends of the toe and the end of the shoe inside. Feet should be meas-
 ured with the full weight off--the weight of the body bearing upon them."

Exercises for the
 feet may be encouraged
 to improve your own and
 your children's foot
 habits. The parents
 and the children may
 well play "toe exer-
 cise" games together
 every day. Just before
 going to bed is a good
 time.

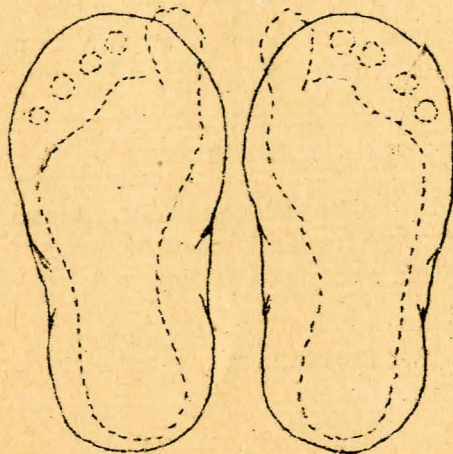


Figure 4.

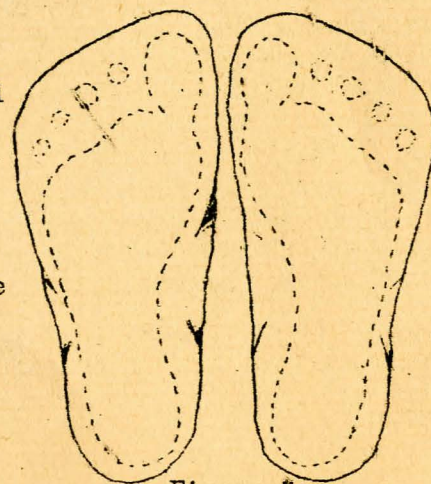


Figure 5.

"The 'stunt' of picking up marbles off the floor with the bare toes is an exercise of real benefit to their feet and one which they will enjoy. Lay a marble on the floor and pick it up by grasping it with the toes. Do this with first one foot and then the other. The number of times it is done by each foot depends upon the strength of the feet. Three times for each foot is a good number to start with, increasing the number as they become accustomed to the exercise. To make it more fun for the children, it could be played as a relay race. Give each child three marbles. Have them start from one goal and carry the marbles one at a time with the toes of the right foot to a second goal, not more than ten feet away. As soon as all the marbles are carried to the second goal, have them returned to the first, carrying the marbles with the left foot."

Shoes for different Occasions

There are many different types of shoes which are appropriate for different occasions. A shoe of tailored design, such as an oxford or strapped slipper with necessary width at toe, straight inner line and low or military heel, is a part of the street or sport costume as much as the plain tailored dress. Black or tan kid or black patent leather is usually favored for this type of shoe.

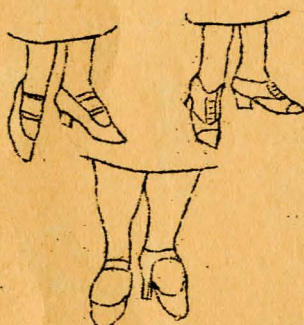


Figure 6.

The high heeled satin pump is to be worn with dainty silk dresses for afternoon and evening wear. Color is an important item to consider when choosing shoes; the rest of our wardrobe will determine what color in shoes will best harmonize. Black may be worn with almost everything; browns and tans are especially good with dresses or suits in corresponding colors; the lighter shades of gray and tan seem to belong to the costumes in the lighter values.

Which pair of shoes in Figure 6 look the most comfortable, and appropriate?

One of the most extravagant parts of our wardrobe is hosiery. Quality, durability, fit, comfort, and color are all essential for harmony between dress, shoes and hose. The color of the hose is the relating unit between the shoes and the dress, hat and gloves. For this reason the neutral shades of tan or gray and the darker shades are best. If the color is too bright or intense it tends to disturb the unity which we are so anxious to attain.

As in shoes, there are types of hose suitable for the purpose they are to serve. For sport and street wear, a sheer lisle or service silk is preferred. Chiffon and lighter weight silks are correct for the satin or dress shoes with the afternoon dress.

It is a good plan to buy two pairs of hose exactly alike and give each pair the same amount of wearing and washing. In this way if one should become snagged, or one of those dreaded runs appear, one of each pair may be used without being noticeable.

Gloves

Gloves should be in harmony with the costume in color, texture, and style. For general wear the heavy gauntlet glove of kid or washable chamoisette is desired. The silk and light weight kid are used for the gloves to be worn on dress-up occasions.

The rule for the color of hose and shoes well applies to gloves. Very often an interesting harmony is obtained when the gloves, shoes and hose form a note of contrast to the suit or dress.

Neckwear.

Scarfs. In no way can a note of interest be introduced into an outfit more satisfactorily than by the use of the scarf. For winter wear the heavy woolen and silks in interesting colors and designs are comfortable, add a soft line about the face, and protect the collar of the coat. During spring and summer, soft crepes, georgettes and chiffons in soft pastel shades can very well serve as the connecting, unifying link between the hat and the dress or suit. That color we are so fond of, can appear in small designs in the scarf when it does not look well any other place.

Collars and Cuffs. A cream or light colored collar on a garment often is the note which makes a dress different and attractive. It softens and makes a color more wearable and gives a crisp, fresh look to the gown. Linen, pique, and heavy embroidery or lace is a good finish for heavy woolen materials; dainty lace or sheer organdy gives a soft finish to silks and faffetas. Figure 7.

Jewelry. Have you ever seen a woman or girl who seemed weighted down with jewelry? Even tho the jewels are priceless and beautiful each one should be worn in the proper place and with the proper outfit so as to increase the loveliness of the gem rather than to cheapen it.

Jewelry of different kinds often adds a note of contrasting color which will give accent and interest to the costume. A string of beads helps both with the color harmony and with the line of dress and for these reasons should be carefully chosen. Select each with the dress in mind with which it is to be worn, and not wear it with just anything because that certain ornament is on hand.

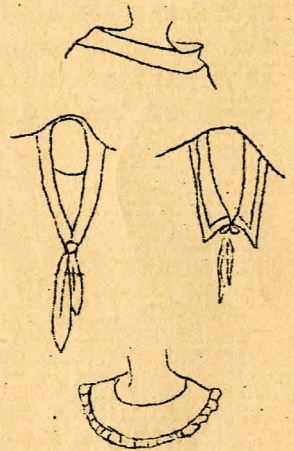


Figure 7.

Harmonious dressing consists of no useless decoration which looks as if it did not really belong. Individuality governs the choice of jewelry more than any other part of a woman's dress. Her personality, coloring, figure, and temperament all govern the choice.

Handkerchiefs. Tho perhaps the handkerchief is the smallest part of the wardrobe, it is by no means the least important. The kind of handkerchief we carry depends upon the color of the outfit and the time or occasion we are wearing it. The plain or bordered linen or pangee seem to "belong" with the gloves, shoes and suit of the business outfit. For the afternoon, softer, daintier materials of silk, or sheer linen or lawn are desirable.

How fortunate we would be if after selecting our complete wardrobe our problems would be solved until the next season. However, this is not the case. In order to be well groomed at all times, special care must be taken to keep all our articles of wearing apparel properly cared for. Our hats look better if dusted and placed in hat boxes after each wearing. Shoes hold their shape much better if shoetrees are slipped into them; and gloves need to be cleaned frequently. All these small things add to our attractiveness and require only a small amount of time.

These little things which add the finishing touches to our costume are important and can make or mar the good effect. Let's stop and think -- then we will choose wisely.