School Clothes : Extension Circular 4-19-2

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School Clothes

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BEFORE YOU START

Does your family have a good clothing construction book? If not, we suggest that you buy one. Because information on a pattern instruction sheet is brief, a book will give you additional help.

Well-illustrated books are available in various price ranges. Pattern companies publish inexpensive books. Discuss this with your leader and your mother. Your county agent also can help.

TO COMPLETE THIS PROJECT

1. Plan clothes needed to wear to school for one year.

2. Make an outfit appropriate for classroom wear.
   a. Dress
   b. Jumper and blouse
   c. Skirt (wool or blend) and blouse (different pattern and type of fabric than was used in Skirt and Blouse).

3. Make one extra garment such as a skirt, blouse, jacket, jerkin, weskit, slip, or something you want to wear to school.

4. Maintain good grooming habits.

5. Care for your clothes and learn to wash a sweater.


School is your "business." It is just as important for you to be well-dressed for school as it is for a successful secretary to be well-dressed in her business office. It is always important to wear the right thing at the right time.
PLANNING YOUR SCHOOL WARDROBE

Features That Make Clothes Suitable for School

1. A tailored or simple but distinctive design that is becoming to you and allows plenty of room for action and movement.

2. A fashionable garment, similar to what the other girls are wearing yet different enough to suit your particular personality.

3. A garment that is durable and easily cared for.

4. A garment that stays in place and doesn't need attention and rearranging.

Kinds of Garments Needed

Coats, rain-wear, dresses, skirts, blouse, sweaters, shoes, socks or hose, undergarments, and accessories such as belts, scarves, berets, gloves or mittens.

Number Needed

Enough for variety and to avoid monotony. Enough to provide sufficient changes for cleanliness and emergencies.

Planning Suggestions

The well-dressed girl plans before she buys. Ask yourself these questions:

1. What clothes do I now have? Are they suitable for school? Could I repair or remodel some of them for longer wear and to add variety to my wardrobe?

2. What other clothes do I need?

3. What can I make and what will I need to buy?

4. What colors will I choose to go with the clothes I already have?

5. How much money may I spend?

Write answers to these questions in your record book. Make a garment that will fit into your wardrobe plan.

THE SCHOOL OUTFIT THAT YOU WILL MAKE

Choose a design, color and type of fabric that is suitable for school wear and becoming to you.
Design

Every design is made up of lines. Lines are made by seams, jacket, skirt, and sleeve lengths, collars, pockets, belts, yokes and buttonholes. They are also made by decorative features such as tucks, pleats, special stitching. The use of two or more colors or textures give an effect of lines. Fabric designs such as stripes and plaids are made up of lines.

The outside lines form the silhouette or outline of a garment. Good silhouette lines are related to the shape of the body. No part of the body should be made to seem out of proportion to other parts.

Study your own figure and choose lines to help you look the way you'd like to look.

1. Would you like to look taller and more slender? Then choose:
   a. Designs or fabrics with vertical lines, because they carry the eye up and down.
   b. Skirts and blouses or dresses that are all one color, because this gives the effect of a long unbroken space.
   c. Straight or gored skirts.

2. Would you like to look shorter and broader? Then choose:
   a. Designs or fabrics with horizontal lines.
   b. Contrasting belts or jackets.
   c. Full skirts.

Necklines and collar shapes can seem to change the shape of your face and neck. Try blouses with different collars and necklines, such as plain V, round or square. Which type makes your face look rounder, which one makes it seem longer and thinner? Choose the one that is the most flattering.
Color

Your choice of color can do more than any other one thing to make your outfit becoming to you. A color is a good choice if:

* It makes your skin look clear and healthy.
* It is a pleasing contrast to your hair and eyes.
* It flatters your figure.
* It makes you happy

Give yourself the mirror test. Drape swatches of colored fabric about your shoulders and notice the effect each one has on your individual coloring.

Fabric

Before buying your fabric, examine it under a good light. Look for flaws in the weave and in the print. Learn all you can about the fabric from the information given on the label. Then choose a fabric that is:

1. Becoming to you in color, decorative design and texture.
2. Suitable to your pattern.
3. Good quality and durable.
4. Easy to keep in good condition because it (a) doesn't show wrinkles, (b) is soil resistant, (c) can be laundered easily or won't need dry cleaning very often.

Some fabrics that make nice school outfits are: gingham, chambray, broadcloth, corduroy, wool or blends in gabardine, flannel and tweed.

Pattern Size

If you buy a pattern that is the right size and type for your figure, you won't have as many fitting problems. Check the sizes found in pattern books under types such as: girls, sub-teens, teens, juniors, misses. Choose the size that most nearly corresponds to your body measurements. You may also find some patterns that are proportioned for the short, the average, or the tall figure. The saleslady can help you choose the correct size. Before you shop, take the following measurements over well-fitted undergarments:

1. A snug measurement around the bust.
2. A snug measurement around the waistline.

3. A hip measurement about 7 inches below the waist, or where the hips are the broadest.

4. A back waist length measurement from the prominent bone at the base of the neck to the waistline.

Write these in your record book. These additional measurements will be helpful later:

1. Shoulder length taken from neck to prominent shoulder bone.

2. Chest.

3. Skirt length.

Fabric For Your Pattern

The pattern envelope will suggest fabrics that would be suitable for the pattern. Notice that fabrics are made in different widths such as, 36”, 42”, and 54”, etc. Be sure to check the amount of fabric required for the style you have chosen.

If your fabric has a nap, such as corduroy, you will need to buy enough fabric so all pattern pieces can be laid in the same direction. If all pattern pieces are not laid in the same direction, light will reflect differently on the nap and one part of the garment will look darker than another. The effect you wish to achieve will determine whether the nap goes up or down, but be sure all pattern pieces of the outfit go the same way.

Follow this same suggestion for all prints and plaids that have an "up and down." If you choose plaids, you will also need to allow extra fabric for matching the plaids.
CONSTRUCTION SUGGESTIONS

Using the Pattern

Compare your body measurements with the pattern measurements to find out whether or not you need to make any alterations.

Pin the front and back of your pattern together, matching seam lines. Pin tucks and darts and pleats in place. Measure the bustline, waistline, and hipline, inside of seam allowance and multiply by two, since you are measuring one half of a pattern. Write this in your record book. Record these measurements, also taken inside the seam allowances: shoulder length, back and front waist lengths, and skirt length.

Some extra width or ease has been allowed on every pattern to permit easy body movement and a comfortable fit.

Pattern companies allow the following amounts for "ease."

2" to 4" at the bustline
1/2" to 1" around the waist
2" to 3" around the hips
1/4" to 3/8" on back waist length

Add this ease to your body measurements and compare with your measurement of the pattern.

Is the pattern too large, too small, or just right? If it is either too large or too small, it should be altered to fit you. Your pattern instruction guide will show how to make some alteration. Consult your construction book for others.

Lay the pattern on the fabric. Observe the markings and pin carefully. Ask your mother or leader to check your lay-out before you cut.

Follow your instruction guide when sewing your garment. The finishes you use will be determined by the weight of fabric and how much it frays and by the pattern design. Use your knowledge and experience to supplement the information on your instruction sheets.

Seam Finishes

Most garments will be made with plain seams that are pressed open. They may be finished by being--

* Pinked if fabric doesn't fray
* Stitched and pined if it frays only slightly

* Turned and edge stitched if it frays and is lightweight

* Zigzag or overcast stitched if it frays and is either light or heavyweight

* Bound with bias tape on some unlined jackets and weskins

Remember to grade all enclosed seams.

Reinforcing seams

1. Waistline seams should be reinforced to make them strong. Here are two possible methods:
   
   
   b. Stitching tape (not bias), grosgrain ribbon or a strip of fabric selvedge (about 1/2 to 5/8 inch wide) into the seam. The ends of the tape may be hooked under the zipper to remove strain from a snug-fitting waistline. The weight of your fabric and the temperature required for washing and ironing will determine what you will use. Tape, either seam or twill, and ribbon will need to be shrunk before you use it.

2. Underarm seams of kimono sleeves may be reinforced by:
   
   a. Stitching twice along the seam with machine set to make about 20 stitches per inch.
   
   b. Placing a narrow strip (not bias) of fabric flat on the underarm seam that has been clipped and pressed open. Then stitching on either side of the seam line.
   
   c. Inserting a gusset. This allows for more freedom of arm movement and longer wear. Top stitching after the regular seam stitching will make it stronger.
Fitting

A well-fitted garment is important for a neat, trim appearance.

1. Preparing for first fitting:
   a. Stay-stitch all curved and bias edges.
   b. Baste darts, tucks, pleats, shoulder and side seams.
   c. Wear the bra and other under-garments that you plan to wear with the dress.
   d. Pin closings by matching seam lines, center front marks, etc.

2. At first fitting, check and adjust by pinning (if needed):
   a. Grain line (except for special designs)—lengthwise grain at center front and center back perpendicular to the floor; crosswise grain at bust, hip line parallel to the floor.
   b. Shoulder line—on top of shoulder straight from neck to highest point of shoulder.
   c. Neck line—smooth and rests on natural neck line.
   d. Bust line—enough ease for comfort and movement; darts point toward fullest part of bust.
   e. Waist line—fairly snug; mark normal waist line on bodice. This line should be straight around the figure.
   f. Side seams—form a straight line between top of shoulder and ankle bone.
   g. Hip line—enough ease for bending and sitting.

3. After first fitting:
   a. Baste any alterations that were made. Then check again for fit.
   b. Machine stitch and finish seams.
   c. Press as you sew. Press a seam before you cross it with another.

4. Next fitting:

Wear undergarments and shoes that you plan to wear with the dress and then check:

a. Sleeve
   * Ease for comfort and movement.
   * Hangs straight from highest point of shoulder without wrinkles.
   * Elbow darts or ease at bend of elbow.
   * Skirt length suitable and becoming.
b. Waistline

* Seam forms a line at normal waistline and straight around the figure.
* Belt should cover the waistline seam.

c. Hem line

* Distance from floor is determined by fashion, fullness of skirt, body proportions, and shape of legs.
* Hangs evenly.

FACTS ABOUT WOOL

Wool is the hair of sheep and is classed as a natural fiber. The sketch of the fiber shows how the horny scales interlock with each other. This is one reason why wool fiber can be stretched and then will spring back to its natural length. This quality is known as resilience. Since wool is resilient, it doesn't wrinkle easily. It can also be molded and shrunk to fit smoothly. However, if too much heat and moisture are used on it, the fabric may shrink more than you desire.

Information on Fabric Label

Width of fabric.

"Preshrunk," "ready for the needle," "London shrunk." Terms such as these tell you that you will not need to shrink your fabric before cutting.

"Machine Washable" tells you that you will not need to shrink the fabric and that you can wash it in the machine, because it has been given a special finish.

Wool blend refers to a combination of wool and one or more other fibers. Usually a man-made fiber that doesn't shrink is blended with wool to make it less expensive and more stable to washing.

Moth proof means that the yarn or fabric has been treated so that moths will not damage it.

Shrinking Wool

If the wool you buy has not been preshrunk, it is best to shrink it before you lay your pattern. Here is one method of doing this:

1. Wet a sheet (folded lengthwise) in warm water and wring out as much water as possible.
2. Check the cross-wise thread of the wool fabric to be sure it is cut straight. Fold the wool and baste selvedges and ends together. Then place the folded wool on top of the folded sheet.

3. Fold sheet and fabric together loosely, keeping both as smooth and free from wrinkles as possible.

4. Cover with brown wrapping paper or a piece of plastic to prevent quick drying.

5. Allow it to remain overnight.

6. Unroll and spread on a flat surface that is padded with towels.

7. If necessary, press lightly, using a medium-hot iron and a press cloth. This will also help straighten fabric.

8. Shrink interfacings and tape too.

**Sewing Wool or Wool Blends**

Mark the fabric with tailor's tacks or tailor's chalk. (The wax type is good for wool.)

Stitch wool fabric with silk thread if possible, because it is stronger and more resilient. Mercerized is fine for top stitching because it usually shows less than silk.

Use as fine a machine needle as you can thread easily.

Test stitching on a scrap of the fabric before you begin to sew your garment. Adjust the length of stitch, tension, and pressure of your machine if stitching is not good.

Slash darts in a heavy fabric to within 1/2 inch of the point. Press the dart open. Overcast the cut edges if the fabric frays.

Waist bands should be flat and smooth, with a minimum of bulk. Follow your pattern instructions for making the waist band or use the information given in your construction book. The method used in "Let's Make a Skirt and Blouse" is suitable for lightweight washable fabrics, but is not suitable for a wool skirt.
Line skirts if the style of your pattern or the type of fabric you are using requires it. Lining fabric should mold well, be lightweight and soft, but firmly woven. A good lining:

* Helps retain the shape of the skirt and prevents stretching when you sit. Therefore, it should extend 7 inches to 9 inches below the fullest part of the hips.
* Prevents fabric from pulling out at the seams because the strain is on the lining.
* Adds firmness and body if the fabric is loosely woven or lightweight.

Skirts hemmed by hand will be less conspicuous. Here are some suggestions to help you make a good hem:

1. Measure length of skirt and width of hem as you did in your other projects.

2. Shrink out fullness in a circular skirt.
   a. Place a machine basting stitch 1/4 inch from cut edge.
   b. Ease fullness so hem lies flat on skirt, and seams meet exactly.
   c. Place a piece of wrapping paper under the hem allowance.
   d. Use a press cloth and moisture to shrink out fullness.

3. Finish the hem
   a. With seam (preshrunk) or bias tape of rayon or silk. Tape is stitched to cover the ease stitching on the hem. Finish with an inconspicuous hemming stitch.
   b. Without tape. Stitch 1/4 inch to 3/8 inch from cut edge of hem and then pink or finish with a zigzag stitch. Hem in this way:
      (1) Baste hem to garment just below machine stitching.
      (2) Turn back hem edge along basting line and slip-stitch along the fold, catching the hem to the garment. Be careful not to pull your hemming thread too tightly. The folded edge will spring back into place. Press.

   Check your skirt to see if the hem meets these standards.
   1. The hem is wide enough to provide weight so the skirt hangs well and is an even distance from the floor.
   2. It is flat and smooth and free from the appearance of over-pressing.
   3. It is a uniform width.
   4. Hand-hemmed stitches are inconspicuous on the right side and uniformly spaced about 1/2 inch apart. Hemming thread is at least partly concealed on the wrong side.
TIPS ON PRESSING

The appearance of your finished garment depends a great deal on your skill in pressing. The following tips will help you:

1. Iron temperature should be adjusted to the type of fiber in your fabric. If the fabric is a blend, use the temperature suitable for the fiber that requires the coolest iron.
   * Synthetic or man-made fibers—warm (not hot). Rayon can be ironed with more heat than the others.
   * Wool and silk—medium.
   * Cotton and linen—hot.

2. Press by lifting the iron and setting it down. Don't slide the iron as you do when ironing.

3. Press with the fabric grain.

4. Press most fabrics on the wrong side, unless fabric is covered with a press cloth.

5. Wool fabrics require special care:
   a. Use either (1) a press cloth and steam iron or (2) a dry iron, a wool press cloth, and a lightweight cotton cloth that has been wrung out in water.
   b. Place the press cloth on the wool and add moisture through steam or the damp cotton press cloth. Be careful not to add too much moisture.
   c. Use paper under pleats and cut edge of seams when pressing so line of seams won't show on the right side.
   d. Leave wool slightly damp. Hang garment on a hanger and let it air dry.
   e. Brush (lightly) the surface of soft wools to raise the nap after pressing.
CHOOSING READY-TO-WEAR
SCHOOL CLOTHES & ACCESSORIES

Coat and Jacket

Consider how much you have to spend and how long you will wear it.

Choose one that goes well with your other school garments. If choosing a jacket, the length should be becoming to your figure. The color should harmonize with your skirts.

Remember that most plaid fabrics and short jackets make the figure appear shorter and broader. Dark colors, stripes, and straight lines make the figure appear taller and more slender. Bulky fabrics add weight.

Choose one that is lightweight but warm for winter.

Consider these features that allow for growth.

* Adjustable cuffs.
* Raglan sleeves.
* Boxy jacket or sweater coat.
* Coat without definite waistline.

Rain Coat

Choose a rain coat that is:

Long enough for protection. A zip-in lining can make it an all-weather coat.

Made with enough overlap and can be fastened near the bottom to keep out wind and rain.

Light or bright in color, for safety.

Waterproof or water repellent.

1. Waterproof - usually plastic or plastic coated fabric. Therefore, air doesn't circulate freely and the garment is more uncomfortable.

2. Water-repellent - fabric sheds moisture. It is not 100% protection against heavy rain, but generally is adequate. More comfortable than waterproof.
Gloves and Mittens

Gloves or mittens that are made of cotton, wool, leather or that are lined with fleece or fur are suitable for school. Choose those that are:

Simple in design,
Warm and comfortable,
Don't soil readily or are easily cared for.

Shoes

Shoes for school are worn a great part of the day. Therefore, they should be well fitted. They should:

1. Be comfortable and give proper support and protection.
2. Have these features:
   a. Flexible soles.
   b. Strong, smooth linings with good seams.
   c. Snugly fitted arches with no pinching or rubbing.
   d. Comfortable heels, usually not more than 1 1/4 inches high.
   e. Widest part at widest part of foot.
   f. Sufficient length to allow 1/2-inch space between end of toes and end of shoes.
3. Harmonize with the rest of the outfit. A neutral color such as black or tan will harmonize with many different outfits.
4. Be durable and easily cleaned.

Sweaters

Sweaters will probably be an important part of your school wardrobe. Here are some pointers on buying sweaters:

The price is affected by both fiber and how the sweater is made.

1. Synthetic fibers, such as Orlon and Nylon are usually less expensive. They shrink little and hold their shape well.
2. Wool is warm and more luxurious. Greater care is needed in washing.
3. Cashmere (hair of the Cashmere goat) and Angora (rabbit hair) are luxury fibers and are more expensive. They are very soft and do not wear as well.

Sweaters may be either full-fashioned or cut and sewn.

1. Full-fashioned sweaters are more expensive because the pieces are knit to shape. Shaping is done by increasing or decreasing the number of stitches which make little fashion markings about the armhole, sleeves, side and sometimes neckline. If fashion marks are genuine, the rows of knit stitches come together at an angle. If imitation, the rows are parallel.
2. Cut and sewn sweaters are cut from knitted fabric. The pieces should be cut accurately with the wales (lengthwise ribs) and courses (crosswise rows) to prevent the sweater from sagging or twisting.
It is usually best to buy sweaters a size larger than blouses.

A firm, close knit is more durable.

Ribbing that springs back into shape when stretched gently will wear better.

Buttonholes should be reinforced and have closely spaced stitches.

Variety Items

Add variety and individuality to your school costume by adding some of these items:

Head wear...such as scarves, berets, rain caps, depending on season and fashion.

Gay colored scarves...worn in the present fashion. Plain colored scarves may be worn with an outfit made of either a plain or patterned fabric. Don't combine a patterned scarf with a patterned fabric.

Detachable collars... You might make your own.

Belts of leather or plastic... A belt in a contrasting color calls attention to the waistline. A wide belt will make the waistline seem larger.

Jewelry... Wear it sparingly. One or two pieces are usually pleasing. Some suitable kinds are: charm and identification bracelets, locket on a chain, strand of pearls, wooden beads, simple gold, silver or copper pins, or novelty lapel pins of leather, wood, metal or plastic. Fragile jewelry or those set with brilliants are not suitable for school wear.

CARE OF YOUR SCHOOL WARDROBE

There is a feeling of well-being that comes from having clothes ready to wear when you want them. This is possible if you develop good habits of daily and weekly care. Keep your clothes clean, mended, polished and pressed.

Learning to wash your own sweaters can save you many cleaning bills. Here is one method. If you find another that you think is more satisfactory, follow it.
Washing A Sweater by Hand

1. Make a paper outline of your new sweater before wearing it. Save this.

2. Pretreat soiled areas by spotting with a mild soap solution or cleaning fluid, depending on the spot. Consult a stain removal chart for proper treatment.

3. Remove small balls of yarn (-pills) by brushing with lengthwise strokes. Use a dry sponge or a soft clothes brush.

4. Wash in lukewarm water using a mild soap or detergent. (If you can put your elbow in the water, it won't be too hot for your sweater.) There are also cold-water soaps available that are planned especially for wool.

5. Soak 3 to 5 minutes in this soapy water.

6. Squeeze suds gently into the garment. Avoid rubbing or agitation. Remember it is heat, agitation, and strong detergents that cause wool sweaters to shrink.

7. Rinse in two or three clear waters of the same temperature.

8. Press out as much moisture as possible. (Do not twist or wring.) Roll sweater between two turkish towels and pat to absorb excess moisture.

9. Remove from towel, pat into shape on paper pattern, and allow to dry at room temperature. If the sweater is bulky, place a towel inside the sweater to hasten the drying.

10. Steam-press over a press cloth after sweater is dry.

Machine Washing

Some sweaters made of synthetic fibers may be machine washed. Follow instructions on the label. If sweaters are placed in nylon (or similar) bags when machine washed, they will retain their shape better.

Storing Sweaters During the Summer

* Be sure they are clean before storing.

* Store folded in plastic bags.

* Moths attack wool fabrics. If there is danger of moths, sweaters might be stored in cardboard boxes with moth crystals added. The box should be sealed with gummed tape. It is also possible to give your sweaters a moth repellent treatment.
WELL DRESSED FOR SCHOOL

You are well dressed for school if:

1. You are well-groomed.
   a. Clean, mended, pressed and polished.
   b. Cosmetics (if girls in your class are using them) applied artistically to give a natural "plus" look. Colors are used to enhance your natural coloring and harmonize with the color of your clothes.

2. Your complete costume is appropriate for school wear.

3. You have coordinated color, fabric and style in all parts of the costume.