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Planning a Wardrobe Ensemble for Southern College Girl for a Term of One Year

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PLANNING A WARDROBE ENSEMBLE FOR SOUTHERN
COLLEGE GIRL FOR A TERM OF ONE YEAR

By

EULA BERNICE SHAVERS

A Thesis In Home Economics Submitted In Partial Fulfillment
Of The Requirements For The Degree Of

Bachelor Of Science

In The

Division Of Home Economics

Of The

Prairie View State Normal And Industrial College

Prairie View, Texas

July, 1939

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E.B. S.

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DEDICATED

To

My devoted Mother,

Mrs. Addie Mae Shavers

--OUTLINE--

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CHAPTER I
INTRODUCTION

The planning of an individual's wardrobe is very important and should be considered very carefully. Clothing has a tremendous influence upon individuals lives. Therefore, it is very essential for every college girl to know the value of clothing and what they can do for her.

A girl's career may be affected by her clothing. Many times girls have had opportunities to qualify for positions but because of a lack of interest in dress and a deep appreciation for clothing they have failed to qualify. A chance for leadership and self-expression has been lost because of a natural disregard for clothing and a lack of training in the appreciation and beauty in clothes.

Regardless to what has been said against appearance as a snare and an empty vanity the fact still remains that dress has a tremendous influence upon individuals, upon the wearer and the beholder. If one is conscious of being properly attired, all of her faculties are stimulated and inspired.

PURPOSE

The purpose of this thesis is to point out certain important phases in the planning of a Southern college girl's wardrobe. The facts which are essential in order to secure and maintain positive health and to acquaint one with some facts and conditions of clothing which will lead to ill health.

It is designed to help the girl to stay within her economical status or within the family income with a feeling of being well dressed at all times. It is planned to help guide the girl in selecting designs that are best suited to one's personality and help bring out the desirable qualities and to obstruct those which are less desirable.

METHOD OF PROCEDURE

In order to secure data to be compiled in this thesis, observations have been made of various Southern college girls' wardrobe ensembles for each season--fall, winter, spring and summer. Notes have been made of the variation of pieces of material, the types of material and ready-made garments from one season to another.

To become more acquainted with the clothing problems of the Southern college girl, investigations were made through personal contact. A close observation has been made to contrast the differences of the wardrobe ensembles of the college girls of East Texas with that of South Texas. Investigations have been made concerning the economic status and the clothing budget. These are some of the basic problems which the writer has attempted to solve.

DEFINITION OF TERMS

Harmony. Harmony is the most attribute in the realm of good design and the principle through which a satisfying and consistent relationship may be shown in lines, arrangement, color and the decoration.

Proportion. Proportion is good spacing. This means a fine relationship of all parts of the design to each and to the whole. The width and position of the belt affect, the apparent size of the hips and the proportion of the dress.

Desirable Materials. Desirable materials are those materials which can withstand the strain of wash and wear.

Accessories. Accessories are adornments which add to the design and assist in bringing out the natural charms of an individual.

Economic Status. Economic status is the gain in wealth or profit that comes into the family.

Durable Fabrics. Durable fabrics are those fabrics that are able to withstand the strain of wash and wear.

Design In Clothes. Design in clothes are those clothes that contribute to the health of the individual by its construction and are suited to the occasion and to the individual.

CHAPTER II

THE RELATIONSHIP OF CLOTHING TO HEALTH

A person's clothing is very closely related to his health in that it helps him to maintain a good physical condition. The Extension Institute gives as one of its first laws of health, "wear light, loose and porous clothes.*" We find very few people living up to the law as a fundamental of their well being. One of the chief duties is to keep the body well and vigorous. Our bodies when normal will tend toward health, therefore, we must do nothing to prohibit this tendency. Every factor toward efficiency in good health should be observed. Clothing plays its part in giving endurance, cheerfulness, happiness and health. Therefore, it should be to the height of everyone's ambition to be so clad that energy is maintained, the ability is unrestricted and health is promoted rather than impaired.

The body's resistance is decreased or increased by our ways of dressing. In many ways clothing has improved individuals hygienic features. On the other hand clothing has hampered the body's hygienic features. Clothing may be appropriate, beautiful and healthful at the same time, if a thought is given to it and if all conservative notions are thrown aside for new health promoting standards.

*Woolman, M. S., CLOTHING, CHOICE, CARE, & COST, P. 81

The body needs that amount of clothing which will help it to maintain a constant temperature of 98.6 degrees Fahrenheit. Since much of the body's heat is taken up in evaporation and secretion of the sweat glands, perspiration is an important factor to be considered in physical regulation. The clothing should be kept dry and full of air so that body heat may be maintained and porous garments which hold air and help in ventilation of the body rather than closely woven materials should be worn in contact with the skin. Textiles of various kinds are not warm or cold themselves but act upon the body by conserving or conducting away the heat. Cotton and linen are conductors of heat especially when they are wet. These materials are very desirable to wear in warm weather when the body is apt to become overheated. These materials should be carefully used in cold weather as far as conductivity is concerned. Wool, and to an extent, silk are poor conductors of heat and even when damp it feels warm. They absorb the body's moisture and hold the heat. Solid masses of cotton and linen, on the contrary, condense moisture on the surface of the skin and heat is conducted away, requiring the body to furnish more of its heat to maintain the correct temperature; the moisture these textiles take up enters the fibers and the pores close.

The body should be kept moderately warm. These garments which are worn next to the skin are of great importance especially during cold weather. It is preferable to wear light clothing

rather than heavy clothing, that is, two light garments are warmer than one heavy garment. Loosely fitting garments are warmer than tight fitting garments. The tight fitting garments cut off circulation of the blood, hence, the body does not stay as warm as it does when the blood is allowed to circulate freely.

Clothing should permit freedom of action for every part of the body. Skirts that are too long are a menace to comfort and safety. They restrict action and gather dirt. Long, narrow skirts make walking very difficult and causes an ugly jerky gait. It is almost impossible to make long steps up or down in them.

The brassiere properly fitted can increase the comfort and improve the appearance of the wearer. If muscles are not strong enough to support the breast without visible motions when working, a support is necessary for both comfort and modesty but whenever possible the muscles should be strengthened by massage and exercise to do their work with the least possible aid. During recent years when a boyish figure was ideal of feminine beauty, many women as well as girls did serious and permanent injury to their health by constricting the breast in very tight brassieres in their effort to conform to fashion.

Corsets and girdles are injurious if they are too tight, do not fit well, do not allow ventilation of the chest and abdomen and exert a heavy downward pressure on the organs. Tight clothing about the waist and abdomen prevents the necessary expansion and

is therefore injurious. Whenever the clothing is too tight, the blood does not circulate as it should and such pressure should be avoided so that the normal functions of the body may proceed without interruption. They do not need to be harmful if they are loose at and above the waist. They should be made of lightweight porous materials that are not heavy but fitted closely and the suspended supporter or garters are not made so tight that there is a drag on the body. They should not interfere with active work but allow for reaching, stretching and binding. If the muscles are strong and the gown suspended from the shoulders, the corset is unnecessary. "Garters worn around the legs are apt to be so tight that the circulation is much restricted which causes fatigue. Fatigue is caused from working with cramped muscles."*

Today we find the majority of girls wearing comfortable clothing except for their shoes. Some still compress the feet into shoes having soles anywhere from one quarter to three quarters of an inch narrower than the foot when it is unshod and press upon the ground by bearing the weight of the body. Not only this but the foot is tilted forward and the instep and ankle thrown into an abnormal position by the narrow heel and the toes are compressed into a point. This unnatural position of the foot and leg affects the whole posture. It pushes the toes forward into a slightly bent position and in order to balance this the head is

*Jordan, Louise E., CLOTHING FUNDAMENTALS, p. 339

apt to be push forward and the spine to curve in at the waist-
line in the back in an ugly and awkward position. The gait of a
girl wearing very high heels is stiff and ungraceful. Therefore,
this type of shoe should be discouraged in the attempt to buy
it.

To the girl who loves femininity, no material has a
more appealing than linen. It is crisp, cool and fine looking.
Linen has been found to be very durable. They have
a history in Egyptian lands for thousands of years and have
aged beautifully.

With the advent of machine linen combines a luxury al-
most as high as that of silk, a suppleness and an abundant
life. For high quality and unobtrusive there is nothing
better than fine linen especially when it is decorated with

These fabrics easily and does not take dye readily, there-
fore, the colors are not fast. For this reason colored linens
are not pleasing in color or some of the alternative action
taken. But white or cream linen is satisfactory and there are
no more called non-creasable linens which would fresh longer
than others.

All the garments made should be able to judge its quali-
ty. They should know that the best linen has no dressing or very
little dressing. They can be tested by rubbing the fabric in the

CHAPTER III

SELECTING SUITABLE MATERIALS

Linen As A Suitable Material For Southern College Girl's Ward-robe.

To the girl who loves immaculateness, no material has a greater appeal than linen. "It is crisp, cool and fine looking.

Linens have been found to be very durable. They have been buried in Egyptian tombs for thousands of years and have endured laundering."*

With the charm of sheerness linen combines a luster almost as high as that of silk, a suppleness and an absorbent quality. For handkerchieves and underclothing there is nothing daintier than fine linen especially when it is decorated with the finest hand embroidery and real lace.

Linen crushes easily and does not take dyes readily, therefore, its colors are not fast. For this reason colored linens are not so pleasing in dresses as some of the attractive cotton fabrics. But white or cream linen is satisfactory and there are some weaves called non-crushable linens which remain fresh longer than others.

All who purchase linen should be able to judge its quality. They should know that the best linen has no dressing or very little sizing. This can be tested by rubbing the fabrics in the

* Story, M., HOW TO DRESS WELL, p. 227

hand. The round thread which is soft, made with round twisted yarn is better than the flat thread linen. The number of threads per inch is important from the standpoint of economy.

The safest method is to buy linen at a reliable house where the clerk will tell the truth about merchandise. The consumer should remember that a higher price must be paid for a good quality of fabric than for an inferior grade.

Woolen Materials As A Suitable Material For A Southern College Wardrobe.

Because wool is a poor conductor of heat, it is a very desirable material for clothing. It takes dyes more readily than any other fabric and its absorbent quality is very great. There are any number of reasons why wool fibers are more expensive than other fibers. Some of these reasons will be discussed later.

Wool is considered the warmest fiber this is due largely to its structure. Its structure holds air more than the other fibers and therefore the temperature of the body is maintained. Moisture evaporates very slowly from wool and when it is wet it does not feel cold to the body. For this reason wool is especially valuable for outer garments or cold weather clothes. Wool soils easily and bacteria develop in it more rapidly than in other materials. It does not cleanse easily but shrink and become harsh when boiled. For these reasons, it should not be worn next to the

skin. As linen or cotton garments should be worn underneath it when it is used for underclothes.

Some of the characteristics of wool which makes it desirable as a fabric are:

1. "It readily reacts to dyestuffs.
2. Deeper, richer and more enduring colors are obtained in wool than in cotton or linen because animal fibers are more reactive to dyestuffs.
3. Wool has a natural elasticity due to the overlapping character of the fibrous layers.
4. The wrinkles in a wool garment will disappear if the garments are hung for a time in the open air.
5. A good quality of worsteds will endure hard service.
6. A garment made of firmly woven cloth will keep its shape well.
7. Woolen fabrics which are loosely woven hold air in their elastic fibers which make them feel warm.
8. Closely woven fabrics keep out cold air. "*"

Cotton As A Suitable Material For Southern College Girl's Wardrobe.

This material is a desirable one for a Southern college girl's wardrobe. The best weave in cotton is very durable. It has been found that cotton fabrics do not take dye well and the best dyes are always used so that fastness of color, although cannot be had permanently, realized to an extent. To test the endurance of

* Story, M., HOW TO DRESS WELL, p. 251

of color in a wash material it should be washed and ironed and put into the sunlight.

For light weight summer clothing and indoor dress cotton gives the best service. It is good for porous underwear to be worn next to the skin. It is good for winter clothing because it can be washed and sterilized and is not expensive. It needs care to keep it in good condition.

The natural twist of cotton fibers gives it strength, hence, it has much endurance. It absorbs water and launders easily and it is a good conductor of heat which makes it very satisfactory for clothing.

Silk As A Suitable Material For A Southern College Girl's Wardrobe.

Silk is another material of heat which makes it very satisfactory for clothing.

Silk, that is pure silk, is the strongest of textile fibers. It is a poor conductor of heat which quality makes it valuable next to the body in cold weather and its light weight and smooth softness add to its worth for garments. It sheds the dust and keeps clean for a longer period of time which adds to its value for clothing. Some silks can be laundered and are used for underwear and blouses but very hot water sometimes causes yellowing and stiffening unless great care is taken, therefore, we

cannot sterilize silk as we did in the case of cotton.

In selecting silk for the Southern college girl's wardrobe, one should get the best silk because it will have to give more service. There should not be an excess amount of silk in the wardrobe due to the fact that they cannot be laundered too much.

Young girls do not easily have certain problems in costume dictated by school and social customs and by similarity of childish figures. The young lady will find her costume requirements expressed by her figure and face type and by her daily activities. She must not forget that her apparel should minimize defects of face and figure and at the same time emphasize her most attractive characteristics.

The first requirement that the young lady should make of her costume is that of consistency with her type. A garment that, in itself, is perfect in design and execution is perfect and pleasing and correct only if it is consistent in feeling with the face and figure of the wearer which is the structural basis of the design.

The actual proportions of the figure or the actual shape of the face should be considered when selecting designs. But also the use made distinguishes between mere fashion and personality. This personal use to be reserved, as noted in physical and mental personality, that costume of more striking design, of vibrant character, would be inharmonious and inappropriate.

CHAPTER IV

DESIGNS FOR INDIVIDUAL TYPE

Young ladies or misses can afford to be more highly individual in their selection of apparel than women of any other age. Young girls do not easily have certain problems in common dictated by school and social customs and by similarity of childish figures. The young lady will find her costume requirements expressed by her figure and face type and by her daily activities. She must not forget that her apparel should minimize defects of face and figure and at the same time emphasize her most attractive characteristics.

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The actual proportions of the figure or the actual shape of the face should be considered when selecting designs but also the more rare distinctions based upon feeling and personality. Some persons seem to be reserved, so quiet in physical and mental personality, that costumes of more striking design, of vibrant character, would be inconsistent and inappropriate.

Other persons are so energetic and forceful that apparel of delicate character seems totally out of place when worn by them. Still other people are so dainty in appearance that apparel of harsh texture or severe manish lines seem obviously not to belong to them. It is possible for one to determine the type of apparel that is most appropriate to herself and to recognize designs that seem to have been created for her.

One can increase his own interest and pleasure in his clothes and make his personalities more varied and interesting to others by varying the type of his costumes while most individuals are limited as to the types of apparel that they may wear, few girls are so limited that they may successfully wear only one type. Many limit themselves to a single definite type design so that all of their costumes appear alike. If this one type is well selected and is truly suited to the wearer, the mistake, although it does create monotony, makes the wearer less interesting than she need appear. It is not a very serious error as wearing unbecoming clothes.

Girls who are fairly well proportioned, who has on serious defects of the face or figure to overcome, can easily change her appearance and her apparent personality by varying her costume. In dressing suitably for each occasion, but in

accordance with her type, the girl who has many activities will obtain sufficient variety in her costumes, she will find active sport types, tailored types and softer and more formal types of designs that will express her personality. The girl who has fewer activities, who does not stress for so many varied occasions, should strive more conscientiously to improve her type. The girl with pronounced defects of the face or figure must be even more careful for she must avoid extreme types that might tend to focus attention upon the defects.

"Not only the activities of the individual but her temperament, her carriage and movements limit or extend the types of apparel that are becoming and suitable to her. One who moves slowly with rhythmic, graceful movements may wear floating drapes and details that would appear awkward on a girl with quick jerky movements. On the other hand, the girl who moves slowly but heavily cannot wear the flowing draperies that add grace to the former person. The girl who is forceful and energetic with even and quick motions needs apparels that will express her force and vigor without interfering with her freedom of movement. "*

Color is an important consideration in costume design. It is extremely useful in establishing distinctive individual dress becoming to the wearer and makes her a distinct personality. Some persons characteristically wear certain colors and estab-

*Hempstead, L., COLOR AND LINE IN DRESS, p. 305

lish their individualistics by this means. If the color is at all unusual in tone this may be an extremely effective means of appearing more imaginative than the majority of the girls who wear a color because some other girls are wearing them and make themselves parts of the masses rather than distinctive individuals. It is very essential that colors are becoming to the individual because unusual colors that are not flattering to the wearer only serves to attract attention to the undesirable characteristics.

One who tries to emphasize individuality need not fear monotony in confining herself to a few becoming colors. There are usually three or four hues and two or three tones of each hue that the individual will find becoming and that will add vitality and charm to her appearance. If one looks best in greens she may be able to wear both green and blue and find them becoming in several values and intensities. She may adopt these colors as the keynote colors of her wardrobe, habitually wearing them either in duller intensities for the foundation of her wardrobe or in smaller notes of accent. For variety she may wear the opposite or complementary colors, the red and orange tones which may be used as accents to dull grayed greens or by themselves in dull intensities with accents of the greens and the blue-greens.

The girl who has a soft feminine personality should wear

soft and dainty costumes to emphasize her delicate and dainty charm. She should not wear clothes that are too forceful, too strong and striking because they weaken her personality. Therefore it is her problem to emphasize her soft feminine quality by wearing colors and clothes of the like.

Color is especially important to the young lady of soft, gentle personality. She should wear colors of subtle, softened intensity with interesting arrangements of unusual but not too bold or striking color harmonies. This gives her distinction and charm.

"Dainty, filmy fabrics, cobwebby laces and even crisp transparent finishes emphasize the dainty character of the soft feminine type. Heavy clothes, stiff fabrics of elaborate, refined character require much more dignity than the dainty person who possesses to carry them successfully, the wearer appears less important than the imposing costume."*

Girls who belong to the more vigorous type should wear costumes that express their own forceful personality but keeping the idea in mind that colors should never be more forceful than the physical personality of the wearer. This permits girls of forceful energetic character to wear definite, decided colors that many girls cannot wear. Weak, pale colors make her own coloring appear coarse while forceful colors further vitalize her appearance. Distinctive and characterful, even bold con-

*Hemphstead, L., COLOR AND LINE IN DRESS, p. 308

trasts are often advisable.

The quick, active and energetic movements of the forceful girls are at variance with costumes designed with many soft floating ends, fluttering details that appear untidy on the girl of quick brisk movements. They give her an appearance of being agitated, of poor poise. Simple tailored lines should characterize her costume so that the entire costume moves with the wearer rather than fluttering out away from the figure. Freedom for movement is essential to the grace of the girl of brisk, energetic action and should always be permitted.

CHAPTER V

POINTS TO CONSIDER IN THE CLOTHING BUDGET

The environment and activities of an individual determine the character of his wardrobe ensemble. The individual who is trying to complete a satisfying personal design of herself and clothes has the problem of maintaining harmony between her clothing and her surroundings, that is, her clothing must be within keeping of the type of activities she is engaged.

There is a fixed environment and a definite routine of activities the relationship between the two are real. The housewife with several small children with all of the household duties to perform would have a distinct different wardrobe ensemble from the woman who has no household responsibilities and spends most of her time out working in public.

Another example of how the environment and activity would influence an individual's wardrobe ensemble, is the type of social entertainment which is practiced in that locality. In the larger cities of the north the social activities are mostly indoors such as bridge parties, dances and the like, while in southern cities, outdoor activities as horse racing, golf, tennis and similar activities are prominent. One can see that the wardrobe would be of two distinct types of clothing. The indoor

activities would call for a more or less formal type of clothing, whereas, the outdoor type of entertainment would call for the extreme sport type of clothing.

The climatic condition has a decided effect upon the planning of the wardrobe ensemble. In the icy north one would wear a heavy fur coat, heavy weight wool and silk dresses. The undergarments would not be made of heavy fabric, instead two light weight undergarments will be needed to be worn at the same time. The light weight undergarments keep the body warmer than one heavy undergarment.

With these facts in mind, one can easily see that there is a decided difference in a person's wardrobe ensemble when the environment and activities are considered.

The clothing budget can be, at best, but a suggestive plan upon which the individual may base her own expenditures. The following budget is suggested as a plan for a Southern college girl. A girl of average height, weight and measurements, who allows herself \$65.00 per annum to spend upon her clothing. When considering this budget the following must be borne in mind:

1. That the girl of larger weight, height and measurements must make allowance for additional wear and tear on her clothing by reasoning of her size and therefore purchase extra undergarments;

2. That when garments can be made at home, the initial cost may not be less, additional length of the wearing makes for saving;

3. That the prices might vary from season to season according to political, economical, commercial or financial conditions.

The experience of planning a clothing budget will prove valuable in many ways. It helps the individual to learn not only how to spend well but also how to dress well. There is no reason for the girl of moderate or limited means should not be as attractively dressed as her wealthy friend if her garments are well chosen if one needs to count the cost of each garment. More thought is apt to be put upon the selection of clothing than when one simply yields to every fitful whim of the desire.

The budget covers a period of one year. It is always more economical to plan a clothing budget over a period of at least one year if possible. In this way one has a chance to plan the basic colors of each season rather than buying a hat one color, purse of another and the shoes still of another color. This type of buying is not desirable. In the first place it is very extravagant. The budget should be so planned that the accessories will match or harmonize. The other garments are selected of a contrasting color scheme which will combine with the acces-

series harmoniously.

It has been found to be economical to combine the fall and winter wardrobe of the Southern college girl. The color combination of this wardrobe for fall and winter is open blue, navy blue and wine red. The color combination of the spring and summer wardrobe has also been combined. They are beige tan, japonica tan, tearese and white.

The wardrobes for the two seasons were combined so as to use two or more color combinations which give contrast and make the wardrobe more interesting.

1 umbrella	1.25
1 pair evening shoes	1.50
1 pair walking shoes	1.00
3 pairs of hose	1.50
1 pair of hose	1.00
2 pairs of socks	.75
3 pairs of mitts	1.50
2 pairs of dress shoes	2.00
1 pair of house shoes	1.25

This indicates that the garment is made in the home.
This indicates that the garment was not made.
These prices were taken from Montgomery Ward's catalogue.

CHAPTER VI
PROTECTIVE CLOTHING

Kinds Needed	Number On Hand	Number Purchased	PRICE
1 topper coat	1 topper coat		
1 winter coat	1 winter coat		
1 rain coat		1 rubberized whip cord rain coat	\$3.98
1 jacket(leather)		1 jacket (leather)	4.95
1 pair galoshes	1 pair galoshes		
1 umbrella		1 umbrella	1.49
1 pair evening shoes	1 pair evening shoes		
8 pairs of hose	2 pairs of hose	6 pairs of hose	4.14
1 pair of hose queen lace		1 pair of hose queen lace	1.49
2 pairs of socks	1 pair of socks	1 pair of socks	.15
3 pairs of school shoes	3 pairs of school shoes	2 pairs of school shoes	6.90
2 pairs of dress shoes	2 pairs of dress shoes	1 pair of dress shoes	3.95
1 pair of house shoes		1 pair of house shoes	1.29

(*) This indicates that the garment is made in the home.

(') This indicates that the garment was on sale.

These prices were taken from Montgomery Ward's catalogue.

ACCESSORIES

Kinds Needed	Number on Hand	Number Purchased	Price
3 purses	2 purses (1 black pat.)	1 japonica tan purse	\$0.98
3 pairs gloves	2 pairs (1 black)	1 pair of gloves	.98
15 handkerchiefs 12 small 3 large	12 handkerchiefs 10 small 2 large	3 linen handker- chiefs. 2 small; 1 large	.42
2 corsages	2 corsages		
2 leather belts	1 leather belt	1 leather belt (green)	.20
4 hats 2 winter 1 spring 1 summer	2 hats 1 winter 1 spring	2 hats 1 winter 1 summer	1.98 .98
1 tam (black)	1 tam (black)		

(*) This indicates that the garment is made in the home.

(') This indicates that the garment or article was on sale.

These prices were taken from Montgomery Ward's catalogue.

(*) This indicates that the garments were on sale.

These prices were taken from the Montgomery Ward catalogue.

OUTER CLOTHING

Kinds Needed	Number on Hand	Number Purchased	Price
2 wool dresses	1 wool dress	1 wool dress	\$3.85*
1 wool suit	1 wool suit		
3 silk dresses (light)	2 silk dresses (light color)	1 silk dress	3.94*
3 rayon dresses (wash print)	1 rayon dress	2 rayon dresses	4.04*
2 linen dresses	1 linen dress	1 linen dress	2.67*
2 cotton dresses	1 cotton dress	1 cotton dress	.94*
1 slip-over sweater		1 slip-over sweater	1.49*
2 skirts wool	2 skirts wool		
3 blouses	2 rayon blouses wash	1 cotton blouse	.98†
1 slack suit		1 slack suit	1.00†
1 evening dress		1 evening dress	4.10

(†) This indicates that the garments are made at home.

(*) This indicates that the garments were on sale.

These prices are taken from the Montgomery Ward catalogue.

FOUNDATION GARMENTS

Kinds Needed	Number on Hand	Number Purchased	Price
3 slips	2 slips rayon satin	1 slip rayon satin	\$1.19
4 pairs of shorts	2 pairs of shorts	2 pairs of shorts	.50
3 pairs of bloomers	2 pairs of bloomers	1 pair of bloomers	.70
2 brassiers	1 brassier	1 brassier	.35
2 pairs of pajamas	2 pairs of pajamas		
1 night gown		1 night gown	.79
1 house coat	1 house coat		
1 girdle	1 girdle		
1 pair of lounging pajamas		1 pair of lounging pajamas	2.98

(*) This indicates that the garment is made in the home.

(') This indicates that the garment was on sale.

These prices are taken from the Montgomery Ward catalogue.

CHAPTER VII

A SUGGESTED SPRING WARDROBE

The type and color of the accessories must be carefully considered as the girl usually possesses a small number. She must often wear the same top coat and the same hat, shoes, gloves and purse with many different types of dresses and for numerous occasions. For this reason it is important that they harmonize.

A frequent mistake of the young lady is that of wearing hats, coats and dresses each of a different color or colors that neither match nor harmonize, thus giving an untidy, poor groomed appearance.

This is a suggested spring wardrobe for a Southern college girl. The accessories for school, street and general wear are japonica tan.

The first group of dresses are for street, school and general wear. They are contrasting but harmonizing in color. Dress (a) is made of crisp aqua blue linen; dress (b) is of cotton with blue-green, medium tan and white stripes; dress (c) is a lime green light weight wool; dress (d) has a cream background with open blue fleeces; dress (e) is made of maize linen with a lime green belt and buttons; dress (f) is made of home spun rayon print with beige white and blue colors. Blue is predominating. The cuffs and collars are white. The wardrobe has

two light weight skirts. One skirt is a plaid with brown and beige colors. The other skirt is cream. There is one sweater and it is creamed colored. There are two blouses, one of which is beige and the other of yellow and green.

The accessories for dress-up wear are black. The shoes and purse are of black patent, the gloves of black fabric and the hat of black straw with a white corsage.

Group two are dresses for dress-up wear. Dress (a) is copen blue crepe; dress (b) is a tearose ensemble; dress (c) is a silk print with white, yellow, orange-red and blue; dress (d) is a printed silk with green, orange and white colors.

The light weight spring coat is made of blue, green and beige tweed.

SUGGESTED ACCESSORIES FOR SCHOOL AND GENERAL WEAR
(For Dresses in Group I)



Pigskin Oxfords
Japonica tan



Felt Hat
Japonica tan



Linen Handkerchiefs



Pigskin Purse
Japonica tan



Kayser Gloves
Japonica tan

SCHOOL AND GENERAL WEAR

(Group I)



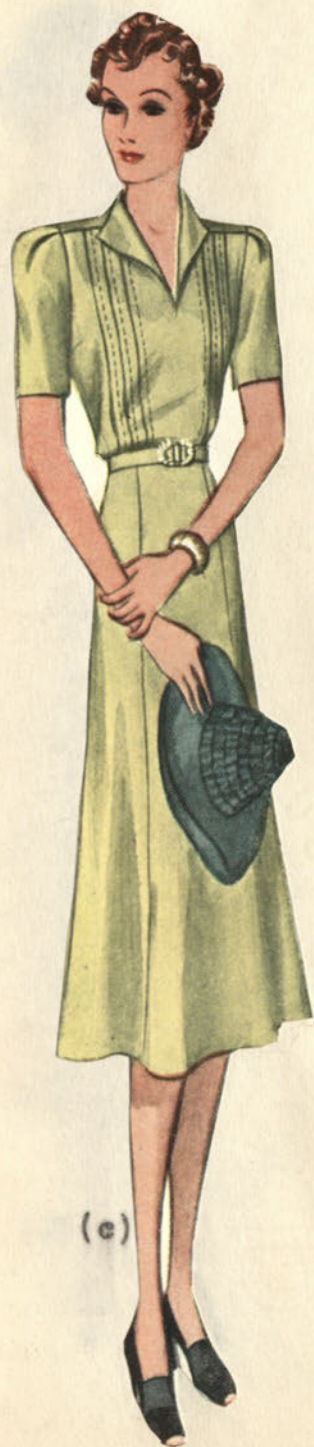
(a)



(b)

SCHOOL AND GENERAL WEAR

(Group I)



SCHOOL AND GENERAL WEAR

(GROUP I)



SCHOOL AND GENERAL WEAR

(Group I)



Wool Skirt



Wool Sweater



Plaid Skirt



Rayon Blouse



Cotton Blouse

SUGGESTED ACCESSORIES FOR DRESS-UP WEAR

(For Dresses in Group II)



Black Kayser Gloves



Linen Handkerchiefs



Black Straw Hat



Black Patent Shoes



Black Patent Purse

DRESS-UP DRESSES

(For Group II)



DRESS-UP DRESSES

(For Group II)



LIGHT WEIGHT SPRING COAT



CHAPTER VIII

SUMMARY

The clothing problem is one that every individual, young and old must realize as an important factor in their well-being and learn how to plan the wardrobe ensemble for all occasions.

It is very important to know how to use and know the value of using a budget when buying clothes. Another factor is that of health in selecting the clothing and also appropriate fabrics to be used in the wardrobe.

A clothing budget needs careful planning and the plans must be watched because extravagance creeps in without being detected until it is also too late. Overspending is very easy to do at a time like this with prices high and styles changing so often. There is nothing to fear if the buyer sticks to the budget planned.

Clothing plays a very essential part in the health of an individual, when planning the wardrobe ensemble, remember that they are bought for the purpose of protecting the health of the wearer. Always buy clothing that will protect the individual from extreme temperature and dampness, that permits freedom of action and does not retard circulation, that are light in weight, sanitary and porous. The above factors are essential to remember when selecting clothing to assure good health.

Buy fabrics that are durable, fast colored and designs suitable for the wearer. They must stand the wear and tear of the active girl and must stand laundering. The type of fabric that is selected should be for a special occasion.

If the factors are carefully considered and carried out by this plan the planning of the wardrobe ensemble will be of no task.

1. An individual's health can be hampered by the type of clothing worn;
2. How to use a clothing budget effectively;
3. Selecting designs that are suited to one's individual type;
4. Proper selection of the wardrobe suitable, well as:
 - a. Dresses
 - b. Accessories

RECOMMENDATIONS

The writer wishes to recommend that a special course be offered to college students whereas they will be trained in the proper planning and selection of the wardrobe ensemble and also to develop a deeper appreciation for clothing. The writer feels that the following points should be stressed:

1. An individual's health can be hampered by the type of clothing worn;
2. How to use a clothing budget effectively;
3. Selecting designs that are suited to one's individual type;
4. Proper selection of the wardrobe ensemble, as,
 - a. Dresses
 - b. Accessories

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