

CLOTHING CLUB I

Clothes and How to Care for Them

4-H CLUB CIRCULAR 21

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**COOPERATIVE EXTENSION WORK IN
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THE COUNTRY GIRL'S CREED

By JESSIE FIELD

"I am glad that I live in the country. I love its beauty and its spirit. I rejoice in the things I can do as a country girl for my home and my neighborhood.

"I believe I can share in the beauty around me; in the fragrance of the orchards in the spring, in the weight of the ripe wheat at harvest, in the morning song of birds, and in the glow of the sunset on the far horizon. I want to express this beauty in my own life as naturally and happily as the wild rose blooms by the roadside.

"I believe I can have a part in the courageous spirit of the country. This spirit has entered into the brook in our pasture. The stones placed in its way call forth its strength and add to its strength a song. It dwells in the tender plants as they burst the seed cases that imprison them and push through the dark earth to light. It sounds in the nestling notes of the meadow lark. With this courageous spirit I, too, can face the hard things of life with gladness.

"I believe there is much I can do in my country home. Through studying the best way to do my everyday work I can find joy in common tasks well done. Through loving comradeship I can help bring into my home the happiness and peace that are always so near us in God's out-of-door world. Through such a home I can help make real to all who pass that way, their highest ideal of country life.

"I believe my love and loyalty for my country home should reach out in service to that larger home that we call our neighborhood. I would whole-heartedly give my best to further all that is being done for a better community. I would have all that I think and say and do, help to unite country people near and far in that great kingdom of love for neighbors which the Master came to establish—the Master who knew and cared for country ways and country folks."

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CLOTHING CLUB I*

CLOTHES AND HOW TO CARE FOR THEM

The object of the 4-H Clothing Club I is to interest girls in appearing at their best and to help them in planning, selecting, and making simple, becoming, healthful clothes.

REQUIREMENTS

Work Required.—Each member is required to make at least three articles: (1) A wash dress of cotton material; (2) one undergarment, preferably a slip to wear with the dress; (3) and a laundry bag or other article to be used in caring for clothes; to darn at least two pairs of stockings; to make a clothing scrap book and to keep project records.

Each club is required to mend some garments for another person.

If club members do more than the above requirements, a report of the work done should be included in the report blanks.

Records Required.—Each member is required to keep a record of the cost of materials and to write a story of the club work for the year.

Expense.—Each member is required to furnish all materials used in making articles, and any sewing equipment necessary.

Time Required.—The time required is for attendance at the regular club meetings, for making articles and garments, and for attendance at an achievement program.

Organization.—The Clothing I club should be organized in September or October but may be organized any time before the first of May. By organizing in the fall, the club will have sufficient time to learn how to care for and repair clothing and to make all plans for the dress and slip.

I. ORGANIZATION OF THE CLOTHING I CLUB

There shall be five or more members in the Clothing I Club who are 10 to 21 years of age and who are meeting regularly with their own officers in charge, under the direction of a local club leader.

Standard clubs are required to have six or more regular meetings. These meetings should be held at least once a month. The meetings should be divided into the business, discussion, and social sections as outlined in the suggested programs. It is suggested

*Prepared by Miss Mary E. Robinson, Clothing Specialist, in collaboration with Miss Jane Hinote, State Club Agent.

that the subjects be taken up in the order outlined but it may be necessary to devote two or more meetings to some of the discussions. Local leaders and clubs are expected to adapt these subjects to local conditions.

Activity

The club members may carry on an activity, as Everyday Courtesies, one phase of conservation, or one phase of music, etc., in addition to the project work that is required of the club.

SUGGESTED PROGRAMS FOR MEETINGS

- I. **Organization of the Club.**—(See Club Secretary's Record Book.)
 1. Business meeting.—The local club leader in charge.
 - (1). Explanation of the duties of the club officers and members. (See Club Secretary's Record Book.)
 - (2). Election of officers from the membership of the club. (President, Vice-President, Secretary-Treasurer, Song Leader and Reporter.)
 - (3). Selection of time and place for meetings.
 - (4). Selection of a name for the club.
 - (5). Appointment of a program committee.
 - (6). Adjournment of the business meeting for project instruction.
 2. Discussion.—The local leader in charge.
 - (1). Distribution of club literature and the report blanks.
 - (2). Explanation of standard club requirements and project requirements.
 - (3). Discussion of the main club events of the year.
 - (4). Explanation of 4-H Club activities. (See Secretary's Record Book and mimeographed sheet No. 380, Activities for Missouri 4-H Clubs.)
 - (5). Setting of one or more goals for the club such as: Every member will attend every meeting of the club. Every member will complete the project. Every member will judge, demonstrate and exhibit.
 - (6). Assignment for the next meeting: Learn the 4-H Club Pledge. Topic for roll call. "My reason for joining the club."
 3. Social hour.
- II. **Club Meeting.—Appearing at My Best.**
 1. Business meeting.—The club president in charge.
 - (1). Meeting called to order by the president who leads the members in repeating the National 4-H Pledge, as follows: "I pledge my **head** to clearer thinking, my **heart** to greater loyalty, my **hands** to larger service, and my **health** to better living, for my club, my community and my country."
 - (2). Roll call by the secretary.
 - (3). Reading of the minutes of the last meeting by the secretary, which should be adopted as a permanent record by the club when approved.
 - (4). Unfinished business.
 - (5). New business.
 - (6). Songs.
 - (7). Adjournment for work.

2. Discussion and demonstrations.—The local leader in charge.

How can I improve my personal appearance? (See page 8.) What care should I give my nails and hair? Club members may be able to give the demonstrations with previous help. Have demonstrations on methods of caring for each. How should I stand so that I can develop good posture? Some one demonstrate good posture when standing, when walking, when sitting. (See page 9.) Girls practice each posture. Leader demonstrates the making of a scrap book. Leader and members select club activity.

Assignment of work: Bring samples of material for laundry bag or shoe bag. Bring the necessary sewing equipment for making bag. Bring materials for making a scrap book. Different girls give demonstrations on proper care of nails and hair. Practice good posture. Topic for roll call: "One change which I made in my personal appearance since the last meeting."

3. Social hour.

III. Club Meeting.—Giving My Clothing the Proper Care.

1. Business meeting. (Follow suggested outline for Club Meeting II.)
2. Discussion and demonstrations.—The local leader in charge.

How can I give my clothes the best care? Older member demonstrates care of clothes showing how shoe bag, laundry bag, coat hanger, etc., might be used. What bags do I need to care for my clothes? How can I make them? Leader demonstrates how to make shoe bag. (See page 13.) Leader or member demonstrates the making of a laundry bag. What sewing equipment will I need in making these articles? (See page 14). One member demonstrates a well arranged sewing box. How do I use the machine to make my bag? Leader demonstrates the use of machine. (See page 15). Girls start scrap books. Talk, demonstration or dramatization of activity selected by the club.

Assignment of work: Each member bring sewing equipment, one pair of hose to be darned and suitable thread for darning. Finish articles and bring these and scrap book to next meeting for inspection. Carry on activity at home.

Topic for roll call: "One improvement I have made in using the sewing machine or in the care of my clothes."

3. Social hour.

IV. Club Meeting.—Repairing Our Clothing.

1. Business meeting.
2. Discussions and demonstrations.

What are the best methods of mending and cleaning my hose and underwear? How should I care for my hose? Some one demonstrates the recommended way of washing and drying hose. (See page 10). Girls score a darn. (See score card page 16). How do we darn? Some one gives darning demonstration. (See page 16). Each member begin to darn one article. Leader examines the bags the girls have made. Put samples and pictures of bags in scrap book. Talk, demonstration or dramatization of club activity.

Assignment of work: Girls bring darns (finished) to next meeting for inspection and scoring. Girls bring picture of a pattern and samples of material which might be used for their dresses, and pieces of material or dresses they have in trying colors. Carry on club activity at home. Topic for roll call: "Garments that I have mended."

3. Social hour.

V. Club Meeting.—Planning My Wash Dress.

1. Business meeting.
2. Discussion and demonstration.

Leader examines darns which have been completed. Members score one darn using score card, page 16. Girls judge 4 darns. Are the design and color which I am considering for my dress suitable for me? Show samples of materials which might be used for wash dresses. Try colors on girls before a well lighted mirror to determine which is best for them. (See page 17.) Look at pictures of designs and patterns to see which is suitable for each girl. (See page 17). Leader checks with each girl to see if she is choosing wisely. Talk, demonstration or dramatization of club activity.

Assignment of work: Each girl bring samples of material and picture of style which they might use for a slip. Girls mend some garments as a service for others. Carry on activity at home. Topic for roll call: "Why I selected this style or kind of material for my slip."

3. Social hour.

VI. Club Meeting.—Planning My Slip.

1. Business meeting.
2. Discussion and demonstrations.

What kind of a slip will be best for me to wear with my wash dress? (See page 18). Score a slip using score card on page 20. Examine samples of materials and each girl select a suitable quality and color. Show several pictures or slips of different types which are suitable and discuss the differences. Girls decide on style to be used and determine the amount of material that they will need to purchase. Save these pictures for their scrap book.

Assignment of work: Bring sewing equipment and pattern and material for slips and pattern **only** for dress. Carry on activity at home. Topic for roll call: "Why I chose this material."

3. Social hour.

VII. Club Meeting.—Making Our Slips.

1. Business meeting.
2. Discussion and demonstrations.

How shall I cut and make my slip? Some one demonstrates the method of laying the pattern on the material and cutting the slip. (See page 19). One member demonstrates the method of making seams for slips. (See Extension Circular, "If You Would Learn to Sew," by Mary E. Robinson). Leader demonstrates suitable decorative stitches. Each member cuts and works on her slip. Check dress patterns and determine amount of material needed. Put pictures of slips in scrap books. Talk, demonstration or dramatization of activity.

Assignment of work: Finish slips and bring for inspection. Bring dress material and patterns. Carry on activity at home. Topic for roll call: "Why I selected this color for my dress."

3. Social hour.

VIII. Club Meeting.—Making Our Dresses.

1. Business meeting.
2. Discussion and demonstrations.

How shall I cut and make my dress? (See page 18). Leader helps in laying patterns and assists the girls as they cut their dresses. Members baste seams. Leader helps fit each girl's dress.

Shows how finishes should be made, as putting on bias tape, facings, etc. (See Extension Circular, "If You Would Learn to Sew," by Mary E. Robinson). Talk, demonstration or dramatization of club activity.

Assignment of work: Bring slips and dresses to be used in scoring and judging at the next meeting. Members to demonstrate some phase of activity at next meeting. Topic for roll call: "One point to consider in judging dresses" or "The activity that I have enjoyed most."

3. Social hour.

IX. Club Meeting.—Judging Our Garments.

1. Business meeting.
2. Discussion and demonstrations.

Collect all report blanks. Score one darn (See page 16). Judge two or more classes of darns and discuss placings. Score one garment. Judge two or more classes of garments. Put pictures and samples of dresses in scrap book.

Assignment of work: Complete record blanks, all work and scrap book. Topic for roll call: "The part of this club that I have liked most."

3. Social hour.

X. Club Meeting.—Planning Our Achievement Day.

1. Business meeting.
- Discussion and demonstrations.

Exhibits. (See page 21). Make detailed plans for local achievement day including exhibits, club project and activity reports, program, demonstrations, etc.

Assignment of work: Assign reports, demonstrations, exhibits, etc., to the club members.

3. Social hour.

XI. Club Meeting.—Our Achievement Day.

The achievement program should be held at the close of the work for the club year. Each member should hand in to the local leader the completed report blank so that the results of all the work of the club may be summarized in the Secretary's Record Book and in the leader's final report for the club. (See Boys' and Girls' 4-H Club Leader's Manual, page 24.)

Only members who make a complete report or have their records up-to-date should be eligible to take part in county, district, state, interstate or national contests, club camps or take achievement trips.

The results of the club work for the year should be carefully prepared and offered to the local newspapers for publication.

Suggested Program

1. Typical club meeting.
2. Exhibit of darns, bags, slips, dresses.
3. A talk on 4-H Club Work.
4. Individual and team demonstrations.
5. Reports, demonstrations or dramatization of the 4-H Club Activities.
6. Awards. Each member who completes the work is eligible to receive a 4-H Club achievement pin, if given.
7. Songs.
8. Plans for the following year.

XII. Club Meeting.—Reorganizing Our Club.

1. Business meeting.
Election of new officers.
2. Discussion.

Project for the coming year. Selection of leader for the coming year. Activities to carry out during the coming year.

XIII. Installing Our Officers.

See Suggested Program for Installation Ceremony. (Mimeographed sheet No. 543.)

II. IMPROVING PERSONAL APPEARANCE

An attractive personal appearance depends largely upon good grooming and the proper selection of clothing. The term "well groomed" means to have a clean body, well cared for hands, nails and teeth; clean, well brushed and carefully arranged hair; well kept shoes and clean, well pressed clothes.

Cleanliness is within the reach of all and constitutes the foundation upon which one must build to be well dressed. Personal cleanliness is both internal and external. A bath daily is the best assurance of external cleanliness; if this is not always possible, at least two baths a week are needed because the body gives off a large amount of waste daily in perspiration and oily secretions. A good sponge bath is satisfactory when a tub bath or shower is not convenient. The habit should be formed of washing the face with warm water and a mild soap and dashing it with cold water before retiring, as this will aid in producing a good complexion.

The nails should be kept filed to a rounded shape that repeats the curve of the finger tips. If the hands are well dried after each washing and the cuticle at the base of the nail gently pushed back with the towel, the nails will stay in good condition and hang nails will be less likely to appear.

Clean hair with a sheen or luster can be secured by brushing the hair each night and by washing it as often as necessary to keep it clean and healthy.

Since well cared for teeth are necessary for good appearance, the teeth should be brushed before breakfast, after each meal, and before retiring. A good paste or powder or salt may be used in brushing the teeth. Sound teeth are dependent upon a diet that contains plenty of tooth building materials such as are found in a quart of milk a day, a liberal quantity of either orange juice or tomato juice and plenty of sunshine directly on the skin.

Posture.—Girls in Clothing Clubs are interested in securing good posture for three reasons: If the body is graceful and well poised it is much easier to fit; good posture gives the simple dress style and smartness; and a posture that gives the internal organs sufficient room to do their best work, results in better health and consequently, better looks. The development of good posture is often encouraged by that feeling of self-assurance and self-confidence that comes when one is well groomed and attractively dressed.

Good health and correct food have much to do with good posture. A quart of milk a day, oranges or tomatoes every day, and out-of-door activities will aid in the growth of strong, hard bones and firm muscles which will help to hold the body in a correct position. Persons who are up to weight can attain a better posture with less effort than those who are too thin. Thin girls need additional rest, adequate amounts of correct food, physical defects corrected and well chosen exercises for improving the muscle tone.

The formation of correct postural habits is necessary if there is to be the proper balancing of the various parts of the body, with no strain or stress on any one part. Posture patterns change from time to time. A few years ago people considered good posture a matter of throwing back the shoulder, the farther back the better, and turning out the toes. Now only comedians of the Charlie Chaplin type turn out the toes and strut about with a cocky "shoulder-back" walk. The ideal style of posture today is to keep toes straight ahead and weight on the outer borders of the feet. Have the knees relaxed but do not let them sag. Neither the chest nor the shoulders should be raised or forced backward, because the body is made too tense and top-heavy in this position and the weight-bearing portion of the body is shifted up to the small of the back instead of centering on the large, bony, pelvic girdle which is adequately constructed to bear the entire weight of the upper trunk. The back should be flat and the spine as long as possible but the lengthening should be felt in the lower part of the spine rather than at the top. The ribs in front should not protrude as they do when the shoulders are thrust back, and the abdomen should be perfectly flat. The head should rest easily on the top of the spine. If the upper chest is forward and the upper back flat the head will be in the correct position.

Check the posture in front of a mirror at least three times a day. There is no quick and easy road to perfect position. It takes patience and persistence to break the old habits of posture and to train the body to its new positions.

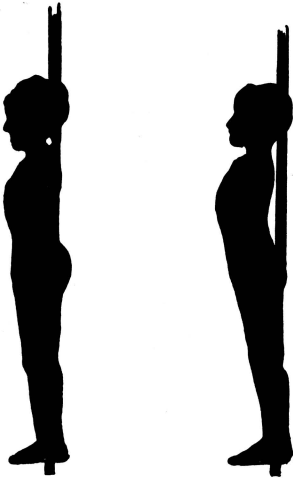


Fig. 1.—Good Posture. Fig. 2.— Out-of-date Posture.

When walking the person should have a falling-forward feeling and a feeling of buoyancy, the position being somewhat the same as in skating.

When seated the hips should be well back in the chair with the weight of the body resting on the full length of the thighs. All bending forward should be done from the hips. The feet should be placed so that the weight is resting on the outer edges of the feet, never on the inside edges. If reading or sewing, the book or material should be raised to prevent drooping the head and acquiring a bump on the back of the neck.

When standing, stand with the weight on two feet or all on one. Never stand slumped on one, if the hips are to be even.

The illustrations show the old-fashioned posture and the new.

III. CARING FOR THE CLOTHING

Care of clothing not only adds to the life of a garment but gives the wearer that satisfaction and assurance that her clothes are right, which tends to result in poise, happiness and better work.

Pressing a dress that is clean but wrinkled will make a decided improvement in its appearance, but the avoidance of wrinkles instead of frequent pressing should be the aim. Dresses may be kept pressed and unwrinkled by hanging on hangers and putting away carefully.

A well groomed girl wears underclothing as clean and fresh as the outer garments. Her ideal is to have clean undergarments every day. Even if underclothes appear to be clean after being worn, they should be changed at least every other day, because they absorb the body secretions.

Before new hose are worn, they should be washed to remove the finish and to make them softer and more comfortable. They wear better if washed often because the perspiration from the feet rots the fiber; this is particularly true of silk hose which for best service should be washed out after each wearing. Lukewarm water and mild soap or soap flakes should be used. The hose should be squeezed gently through the suds instead of being rubbed together.

Always hang silk stockings away from heat as they will wear longer if dried slowly. Hose should be repaired as soon as a break appears.

Shoes should not only be attractive but should also be suitable and durable. Well cared for shoes add to one's personal appearance and will appear at their best if kept clean and well polished with oil or waterproof polish. Straightening heels when needed, helps to hold the shape of the shoe and adds to the appearance and comfort of the wearer. Shoes not in use will be cleaner and in better condition if placed in a shoe bag than if kept on the floor where they collect the dust and may be stepped on and damaged.

To suggest suitable equipment and to encourage proper care of clothing, a laundry bag and a shoe bag have been included in this project.

Laundry Bag

Laundry bags have hard wear so they should be made of durable material that can easily be washed without fading or becoming limp. A sample may be washed before purchasing to test for fading. Materials in interesting designs or plain colors are good when they harmonize or repeat the colors in the room. Small all-over designs are more attractive than large floral ones for this use. Some suggested materials are gingham, denim, cretonne, cotton, or linen crash or osnaburg. The bag should be stitched with thread which harmonizes in color with the material.

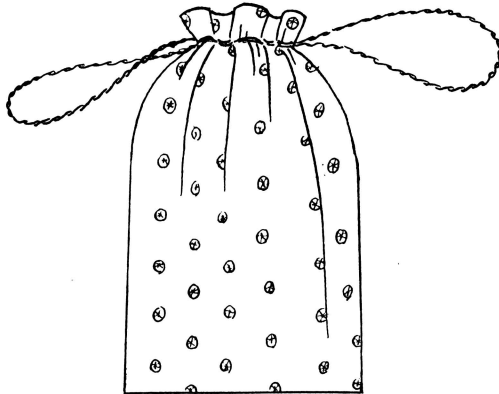


Fig. 3.—Laundry Bag, with a drawstring.

Laundry Bag with Double Draw String.—The amount of material needed will vary with the size of the bag desired. About 20 inches wide and 27 inches long is a very good size for a finished bag. For this size $\frac{3}{4}$ of a yard of 40-inch material is needed to make

the bag with the warp threads lengthwise of the bag. If 27 to 36 inch material is used, 40 inches of material will be needed, and the bag will be cut with the woof threads running lengthwise.

To make this bag, straighten the cut ends of the material. Stitch and overcast seams. (See Extension Circular, "If You Would Learn to Sew," by Mary E. Robinson), and stitch again $\frac{3}{4}$ to 1 inch above the bottom of the hem. Make $3\frac{1}{2}$ -inch hem to form casing for the tape which will thus have a heading above it. At each side of the bag just on the outside of the casing, rip the seam or if necessary cut a slit about $\frac{3}{4}$ inch long for putting in the tape to draw up the bag. If a slit is cut, make buttonhole stitches over the cut edges. Cut two pieces of tape or cable cloth each 4 inches longer than twice the width of the bag. Insert one piece of tape in each opening, running it completely around the bag and bringing it out through the same slit by which it entered. Tie ends of tape or sew with a flat felled seam.

Laundry Bag on a Coat Hanger.—A laundry bag may be shaped at the top to fit a firm strong coat hanger. If this bag is for individual use, it may be about 17 or 18 inches wide and 27 inches long with a flap 7 inches wide turned up at the bottom. This flap can be

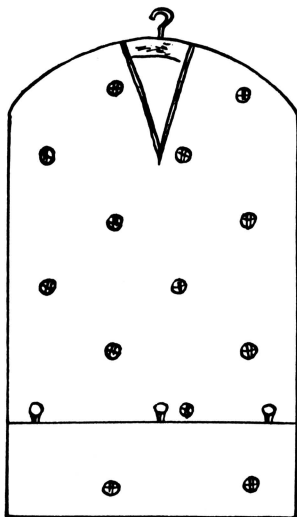


Fig. 4.—Laundry Bag, on coat hanger.

fastened with loops made of bias tape to buttons on the bag. It may be necessary to use a strip beneath to reinforce the buttons. The opening at the top may be cut like a V-shaped dress neck on the front of the bag and bound with bias tape.

To remove the clothes from the bag, the flap is unbuttoned and the clothes will fall out easily.

Shoe Bag

A shoe bag will keep the shoes out of the dust on the floor and may also furnish a place for the shoe cleaning equipment and other small articles that are needed in the bedroom.

The shoe bag should be made of very firm, durable material such as linen crash, osnaburg or denim. Although the design or color predominant in the room may be repeated in the laundry bag, the material chosen for the shoe bag will be more serviceable if it

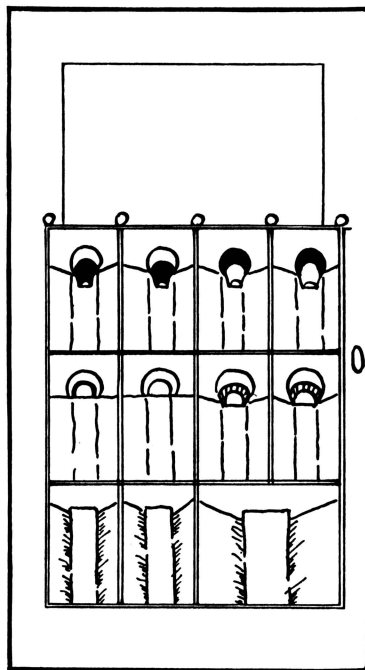


Fig. 5.—Shoe Bag.

is patterned or of a medium dark color. Shoe bags may have from eight to twenty-four pockets. One with twenty-four pockets will completely cover the door and can be used to hold various other articles besides shoes. After deciding upon the number of pockets needed, the amount of material can be determined. Material sufficiently long and wide for a foundation on which to sew the pockets is also necessary.

Each row of pockets requires a strip of material measuring 9 to 10 inches from top to bottom and wide enough to allow 7 inches

for the space for each shoe. Each pocket should have 2 inches folded under into a box pleat, making the bottom of each pocket 5 inches wide. This allows sufficient fullness for the shoes to be put into the pocket and yet remain upright. Each row of pockets should be set 3 inches apart.

After the piece of material making the pockets has been bound at the top with a bias binding, this piece can be put on the foundation material. The division between each pocket should be stitched on the machine and a bias binding sewed flat across the bag over the raw edge at the bottom of the row of pockets. Bias binding can then be sewed over the raw edge all around the foundation of the bag. The thread used in stitching is selected to harmonize with the bias binding used.

This bag may be fastened to the closet door by several small brass rings which are sewed to the top of the bag and some at intervals along the sides, if the bag is long. Loops made of bias binding which has been folded and stitched together may be used instead of brass rings.

Sewing Equipment

"The right tools make work easier" is especially true in sewing. Good equipment should be selected carefully and kept in a sewing box so that it will always be at hand when it is needed. Such equipment as scissors, thimble and emery bag may be used all through the years of sewing club work. If the quality is good, the owner will take pride in using these articles carefully. The size of the needles and thread will vary according to the quality of materials used. A list of equipment and supplies will include the following:

1. A package of 4 to 10 sewing needles takes care of any size thread needed.
2. Crewel needles and mercerized darning cotton are used for darning.
3. Cotton sewing thread comes in Nos. 8 to 200 white and Nos. 30 to 90 colored.
4. Thimble should always be worn when sewing and should fit snugly. It may be of silver, nickle or some lighter material.
5. Scissors should be sharp and should cut on the point. For efficient cutting, they should be 6½ inches long or longer.
6. Pins should be of good quality. A pin cushion of cloth stuffed with curled hair, raw wood or upholstery filling is useful.

7. Tape measure should be 60 inches long, $\frac{3}{8}$ to $\frac{1}{2}$ -inch wide, and stitched on both edges. Those tapes that are marked on both sides with inches numbered from opposite ends are most convenient to use.
8. An emery bag is useful for smoothing the needle when it becomes rusty or rough from the perspiration or oil of the hand.
9. A small piece of wax is desirable to keep thread from kinking and knotting, and to smooth silk thread when the hands are rough.

Use of Sewing Machine

The book of directions that belongs to every machine should be carefully studied to learn the names of the various parts of the machine, the correct method of threading the machine, and where and how to adjust the tension and regulate the stitch.

Necessary points to remember :

1. Always have the machine clean and well oiled. If it becomes sticky or if it has not been used for some weeks, thoroughly clean and oil it with a good quality of machine oil. Never use the machine without first carefully wiping it.

2. The book of directions will tell the size of needle to use with the size of thread, and both should be chosen to suit the material to be stitched. The length of stitch should be regulated to suit the material.

3. The machine must always be threaded carefully above and below, or else it will not make tight, even stitches or the thread may break. Needles are sometimes blunted by wrong threading or improper setting of the needle and should never be used afterwards, as a blunt needle draws the threads of the material.

4. Keep the belt tight, for when it is too loose much energy is wasted.

5. Until the beginner learns the proper direction to turn the wheel and the art of treadling with both feet, the machine need not be threaded, but it can be run in this manner until treadling becomes a habit and until starting and stopping easily and exactly have been learned.

6. The bulk of the material should be kept to the left of the presser foot.

7. Practice in making straight stitching can be done on striped goods so the stripes may serve as a guide.

IV. REPAIRING THE CLOTHING

If one desires to make a good appearance, it is just as important to keep garments in good condition for wearing as it is to make new ones. Clothing which is repaired promptly and neatly can be worn much longer, and means a saving of time and money.

Stocking Darn

Darning is used for mending tears, worn places and holes.

SCORE CARD FOR DARN

(Prepared by Bureau of Home Economics, U. S. Department of Agriculture.)

	Points
I. INCONSPICUOUSNESS OF DARN-----	60
Choice of thread or yarn used-----	20
Size and position of stitches-----	20
General neatness of work-----	20
II. DURABILITY OF RESULTS -----	30
III. GENERAL APPEARANCE OF EXHIBIT-----	10
Cleanliness -----	5
Pressing -----	5
Total score -----	100

In darning the thread used should be as nearly as possible the weight, color, and texture of the material to be darned. A darning ball makes stocking darning easier, and if a rather stiff piece of

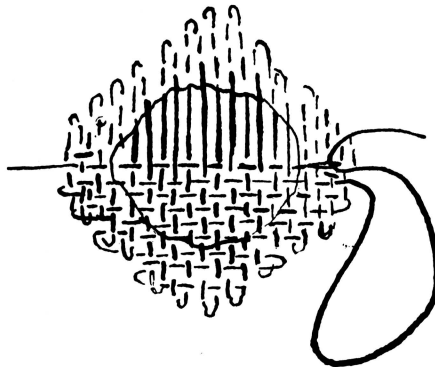


Fig. 6.--Darn.

paper is basted under the place to be darned on a garment or in a stocking leg the work will be done better and with more ease. A crewel needle which has a long, slender eye helps to make darning more satisfactory.

It is better to use two single threads of darning cotton in the needle rather than a double thread. Small running stitches are made along the worn places above and below the hole on both sides and when the hole is reached threads are carried across the hole, and those going in the opposite direction are woven in and out in a regular basket weave. (See Figure 6). The thread should not be pulled too tightly but a small loop left each time the thread returns. The thread should be carried several stitches below the hole so there will be no ridge at the edges and so the darn will be strong. In a good darn, the stitches will be made closely enough together so the part that is darned is the same weight as the garment. In darning knit material, particularly where there is a runner, the needle should be put through the loop at the end of the runner or hole.

A thin place that has not been worn into a hole may be prevented from doing so by closely placed running stitches. In a garment that will receive hard wear, placing a piece of material under the thin spot and catching it down with the darning stitches as they are made will strengthen the darn.

V. PLANNING THE DRESS

Every girl likes to look her best. A wash dress which is well planned, carefully selected, perfectly fitted and well made is a very becoming dress to own.

Color.—Most young girls have skins that are fresh and clear enough to wear almost any color. But to be sure of the best colors, materials may be tried in various shades to see which ones are most becoming. The shade which looks best is the one which makes the hair, eyes and complexion appear to the best advantage. If the eyes are blue, the right shades of blue enhance them. Soft shades of red emphasize the pinkness of the skin, or duller tones make a too vivid skin more pleasing. Coppery glints in the hair are made more pronounced if the same color is repeated in the dress.

Design.—Dainty girls with delicate coloring should select materials with dainty patterns. The large girl can wear a larger design but if she wishes to appear more slender she will not choose bright colors or designs in which the figure stands out from the background.

Young girls of little sewing experience should make simple, plain dresses. A sleeveless dress or one designed with short sleeves, cut with the waist, is easily made and is comfortable to wear during the warm months.

Girls of more experience may choose patterns with sleeves set into the armhole if they wish.

Materials.—When buying cotton materials in colors, the first question should be, “Is the color fast to light and washing?”; and second, “Has the material been sanforized?” “Sanforizing” is a patented process by which woven cotton and linen goods are pre-shrunk at the factory. The added satisfaction in owning a dress which is color fast and does not shrink will be worth the few additional cents which the material has cost. If, however, the material used has not been sanforized it should be shrunk, by the home process, before construction.

Wash cotton materials, as percale, gingham or print, suitable in color for the individual are always attractive and may be had in fast colors as well as being sanforized.

These materials are also firm in weave and easy to handle. The amount of material needed for the plain dress is twice the length from the top of the shoulder at the neck to the bottom of the dress, plus twice the hem allowance, and 1 inch for waste in cutting. The hem may be $2\frac{1}{2}$ to 4 inches wide and a tuck may be under the hem to allow for growth. If the material is very narrow, it may be necessary to allow more, if a belt is used. For the collar, the amount is estimated by the length from front to back.

VI. MAKING THE DRESS

Follow the instruction sheet in cutting the dress. Baste and try on and when the necessary alterations have been made, the stitching may be begun. The seams will be finished entirely on the wrong side with two rows of stitching one-fourth of an inch apart. (See Extension Circular, “If You Would Learn to Sew,” by Mary E. Robinson).

The neck may be finished with a bias facing, a collar or in any way which the pattern suggests.

When the seams and neck finish are completed, the dress should be tried on and the length taken from the floor. Turn the edge of the hem $\frac{1}{4}$ inch and stitch $\frac{1}{8}$ inch from the edge before turning the second time. The second fold of hem is finished with the slip stitch.

VII. PLANNING THE SLIP

A slip is a necessary foundation for wear with cotton dresses. To be a good foundation for dresses, the slip must be quite plain and well fitted. A slip that is too full or too scanty, too long or

too short for the dress with which it is worn, spoils the effect of the whole costume.

The top of the slip should be designed so that it will be comfortable and stay in place on the shoulders. To accomplish this, a rounded neck may be selected or the straps may be so placed that they do not fall off the shoulders.

Any commercial pattern which is simple in design may be used. The size of the pattern should be selected according to age, if the girl is of average size.

Materials suitable for the slip are longcloth, non-cling muslin, and English broadcloth. If the material is not sanforized, it should be preshrunk so that it may be fitted more exactly. Since much strength is required of all undergarments, the cloth should be tested by pulling firmly both ways of the cloth. If the threads slip, it is not a suitable material. White material is best for undergarments to be worn under light dresses. In estimating the amount of material necessary for the slip allow for a hem 2 to 3 inches wide.

VIII. MAKING THE SLIP

Finishes used in making the slip are seams, neck finishes and hem. The seams that may be used in making slips are the plain seams made with two stitchings $\frac{1}{4}$ inch apart and with the second stitching overcast by hand for heavier materials, and the French seam for light weight materials. (See Extension Circular, "If You Would Learn to Sew," by Mary E. Robinson). The neck of the slip may be finished with plain finishes which lie flat, such as bias facings, decorated with feather or briar stitching or the French stitch; bias bindings or the shell hem. These finishes are used at both the neck and armhole. To turn the hem the garment should be tried on and the edge of the slip straightened by holding a yard stick perpendicular to the floor. Measure the shortest distance and place pins parallel to the floor at this distance all around the slip. Cut on this line. Turn hem so slip will be 1 inch shorter than dresses with which it will be worn. The hem is turned $\frac{1}{4}$ inch and stitched one-eighth inch from the edge, before turning the second time. The second turning of the hem is made the width desired. The hem may be finished by machine or by hand with a slip stitch $\frac{1}{4}$ inch long.

SCORE CARD FOR COTTON DRESS OR SLIP

	Points
I. SUITABILITY -----	30
To individual -----	15
To occasion -----	15
II. GENERAL APPEARANCE -----	25
Design -----	8
Individuality -----	8
Color combinations -----	5
Texture combinations -----	4
III. WORKMANSHIP -----	25
Cutting -----	4
Fitting -----	5
Quality of finish -----	8
Appropriateness of finish -----	8
IV. ECONOMIC ASPECTS -----	20
Value in relation to cost in time and money -----	10
Durability of materials and design -----	5
Cost of upkeep -----	5
Total score -----	100

IX. STANDARD 4-H CLUB METHODS

Some of the methods used to present 4-H club work to members and to secure and present the results accomplished are records and reports, exhibits, judging, individual and team demonstrations, tours and local and county achievement days.

Records and Reports

Records and reports are recognized as a means or method of teaching 4-H club members how to keep simple, accurate records and to understand the importance of having a written record of the work that has been accomplished.

The report blanks should be explained thoroughly to the members when the club is organized and then checked regularly throughout the club year so that the members may improve their record keeping from time to time. Members will want to keep all records carefully during the progress of the club as the completion of work is based upon the record kept. Then, too, report blanks kept carefully from year to year, may be very valuable later on in showing the amount and kind of club work done and the progress of the individual in quality and quantity of work accomplished over a period of time.

The story of club work for the report blank of the individual club member gives an opportunity for each member to organize the worth while experiences of club work

Exhibits

The purposes of exhibits in 4-H club work are to present to the club members themselves and then to the people of the community the results secured by the club, and to set a high standard in the selection and construction of garments. Each member has an opportunity for comparing her own efforts with the work of others. If the articles rate high it stimulates the exhibitor to greater efforts and if the articles rate low, the exhibitor will be given an opportunity to recognize the needed improvements. High standard exhibits develop community and county pride.

Selection.—At the end of the club work, the members of the clothing club will have a number of articles to exhibit at the local achievement day from which they can select the best to exhibit at the County Achievement Day and possibly for a store window display. All members should exhibit articles at the local achievement day but it may be necessary to limit the number of articles that each club can exhibit at the county achievement day.

Labels will vary with the occasion. At the local achievement day where club members are known to the community, it is well to have the label give the name of the member and the name of the club. Then, the visitors will not only see the exhibit but will know to whom it belongs. Labels for county and state exhibits should follow the classification and instruction for that exhibit.

Arrangement.—All exhibits should be placed as nearly as possible within range of the sight of persons standing, and ropes should be used to keep people from coming so close as to cut off the view of other persons. Nothing should be placed so low or so high as to make it awkward for visitors to look at it. All articles of the same class or those relating to one idea should be grouped together and distinctly separated from those which relate to another idea. A well classified exhibit makes a much better appearance, can be judged more efficiently and gives the exhibitor an opportunity to understand the placings.

Placards may be used to interpret each display by brief, simple and clearly worded and lettered captions. In addition, 4-H posters may be used to designate the exhibit as a 4-H club exhibit. A large placard, giving the score card which was used as a basis for judging, may be displayed with the exhibit.

It is not necessary to give awards at the local achievement day, but the articles that are to represent the club at the county achievement day may be selected at that time. Exhibits should be selected on the same basis as that used in the judging work of the club.

Judging

Judging is a method of teaching standards of quality. The first step in judging is to study the score card and get clearly in mind the proportionate amount of the score that applies to materials, workmanship, design and general appearance.

After the club members have learned to understand and use the score card in evaluating individual articles and garments, they are ready to learn to judge by comparison. They are to lay aside the score card, keeping the main items of the score card and their proportionate percentages in mind, and compare the garments in a given class.

Four garments of the same kind constitute a judging class and the garments may be marked A, B, C, and D. The girls then compare the garments, placing the letter that represents the best garment in the space marked First, the letter representing the next best Second, etc.

In judging by comparison, club members should compare the garment placed first with the one placed second, the second with third, and the third with the fourth. Reasons which should be given orally to the leader or judge should be given in a similar way. There is a tendency for beginners in judging to describe garments rather than to give comparisons. Comparisons are made by taking up the essential points in the logical order as they appear on the score card.

In order that girls may have a variety of words in giving reasons for their placings, the following list is given; firmer, finer, better wearing qualities, fast color, launder more satisfactorily, daintier, more character, more distinctive, simple, greater unity or harmony in design or color, more attractive, more desirable line, wear longer, loosely woven, sleazy starch filled, more appropriate, narrower, cheap, coarse, poorly made, more even, straighter, stitched with well adjusted tension, more practical, more economical, more uniform stitching, smaller stitches, no raw edges showing, more suitable, better selection, better shape, more accurately cut, more durable, etc.

In giving reasons the girls should say, "I placed the class of dresses B, C, D, A.

I placed B over C because.....
 I placed C over D because.....
 I placed D over A because....."

Give a conclusion as, "For the reasons given I placed the class of dresses B, C, D, A," or "Therefore, I placed this class of dresses B, C, D, A."

Achievement Day

The Achievement day is usually held when all project requirements have been met and the achievement fulfills the standard club requirements. The achievement day is made up of exhibits, a typical club meeting, demonstrations of the project work, etc. (See Achievement Program, page 7).

An achievement day gives a splendid opportunity to show the parents and the entire community the various phases of club work and the results that have been accomplished by the 4-H club members under the direction of the local leader.

Demonstrations

Leaders may demonstrate one phase of the work at the first instruction meeting but after that the club members will gain more from the work if they give the demonstrations. However, the girls will need help from the leader in preparation for the demonstrations.

After an opportunity has been given for individual demonstrations, a team of the best demonstrators (two members to be preferred) should then be selected from the membership of the club, either by individual try-outs, by vote of the club, by mutual consent of the members or by designation of the leader.

All teams should have the opportunity of demonstrating before their home community, and the best teams may demonstrate approved practices to other community groups and to county groups. For suggested subjects and outline for team demonstration see Page 24.

Suggested Subjects for Team Demonstrations

- How to improve one's posture
- How to care for shoes.
- Making a princess slip.
- Different finishes for the neck of a wash dress.
- Making a shoe bag.

Or any practical problem of importance regarding the Clothing I project which lends itself to demonstration purposes, may be given.

Suggested Outline for a Demonstration.—Making a Shoe Bag.

<p style="text-align: center;"><i>"A" Speaks</i></p> <p>Leads in repeating 4-H club pledge; gives a brief history of the club; introduces the team; and states the problem which the team will demonstrate and the reason for selecting this subject. Explains and gives reasons for</p> <ul style="list-style-type: none"> Selection of material. Size of bag. Amount of material. <p>Demonstrates the cutting of the material for the bag.</p> <p>"----- will show you how we make the shoe bag."</p>	<p style="text-align: center;"><i>"B" Assists</i></p> <p>Joins in repeating the pledge. Stands at attention until introduced, and then quietly gets materials ready for making the shoe bag. Assists.</p>
<p style="text-align: center;"><i>"A" Assists</i></p> <p>Assists with making of bag.</p>	<p style="text-align: center;"><i>"B" Speaks and Demonstrates</i></p> <p>Makes bag showing each process</p> <ul style="list-style-type: none"> Binding Measuring Attaching pockets Putting on tape Finishing edges Attaching rings. <p>"----- will show you how we use the bag in caring for our shoes."</p>
<p style="text-align: center;"><i>"A" Speaks</i></p> <p>Shows how to use the bag. Summarizes the points brought out in the demonstration. Asks for questions. "This concludes our demonstration. We thank you."</p>	<p style="text-align: center;"><i>"B" Assists</i></p> <p>Stands at attention and assists in answering questions.</p>