

# CLOTHING Project for 4-H Clubs

## SLEEPING or LOUNGING ENSEMBLE

Circular 385

UNIVERSITY OF KENTUCKY  
College of Agriculture and Home  
Economics, Extension Service

Thomas P. Cooper, *Dean and Director*



## CLOTHING PROJECTS FOR 4-H GIRLS

The following nine projects of clothing work are available to 4-H Club girls:

- Sewing—A New Venture
- School Frocks
- Sleeping or Lounging Ensemble
- Play and Work Clothes
- Dress-Up Costume
- 4-H Girl's Formal Dress
- Semitailored Cottons and Rayons
- Tailored Suit or Ensemble
- Bringing Your Wardrobe Up-to-Date

Only one project should be undertaken within any one year of 4-H club work. A girl starting in 4-H work with no experience in sewing should take the first project ("Sewing—a New Venture") the first year and "School Frocks" the second. After completing these she may choose either one of the next two ("Sleeping or Lounging Ensemble" or "Play and Work Clothes"). The next three ("Dress-Up Costume," "4-H Girl's Formal Dress" and "Semitailored Cottons and Rayons") may be taken in any order, depending on the girl's wardrobe needs.

The last two ("Tailored Suit or Ensemble" and "Bringing Your Wardrobe Up to Date") may be taken in the order desired. They are for girls above the average in sewing skill and planning knowledge, and should be taken only when the other project requirements have been completed.

Girls who have had some experience in sewing before enrolling in 4-H clothing projects may, upon approval of the leader, or agent, start with the second group, then follow the order given above.



# SLEEPING OR LOUNGING ENSEMBLE

## Clothing Project for 4-H Clubs

By EDITH LACY, DOROTHY THRELKELD, and ANITA BURNAM DAVIS

Pajamas may only be pajamas, and a nightgown only a nightgown, but when either is combined with a harmonious and attractive housecoat they become an "ensemble." What girl doesn't desire a real ensemble! You can have your heart's desire at very little cost by planning and choosing wisely. So let's away to work on a becoming and practical outfit.

### WHAT TO DO IN THIS PROJECT

#### Head H or study group

1. Collect and study designs for the ensemble.
2. Learn score card for judging garments made in this project.
3. Learn correct methods for daily grooming.

#### Hand H or work group

1. Make either pajamas or nightgown, and a housecoat.
2. Keep record of work.
3. Judge pajamas and housecoats.
4. Concentrate on daily personal grooming and form habits of correct posture.

### CHOOSING AN ENSEMBLE

#### How to choose

Decide first the type of ensemble needed; whether for sleeping, lounging, or for both purposes. Do you prefer pajamas to a nightgown? Are the garments to be used in warm or cool weather? Answering such questions will help in the selection of patterns and materials. Many girls like short pajama trousers and knee length nightgowns for summer as they are much cooler. Short housecoats are not only smart but are comfortable to wear. Short garments are economical and very patriotic now because they save precious materials.

#### Patterns

Look through fashion sheets and magazines for pattern. Choose it before buying the cloth. Two or three girls may buy a pattern

together if they can use the same size. Take individual measurements and buy patterns which most nearly correspond to them. The simpler the pattern, the better. Housecoats which tie rather than button are both economical and practical.

### Materials

To make the ensemble distinctive and attractive plan carefully the color and pattern scheme for the two garments. The pajamas or gown may be of the same material as the housecoat or may be different in color, design, and texture. For example, you might use any of the following combinations:

- Pajamas of plain blue percale; housecoat of blue and red printed percale.
- Pajamas of print, white background with green dots; housecoat of print, green background with white dots.
- Pajamas of unbleached muslin; housecoat of figured percale print.
- Pajamas of figured dimity; housecoat of plain chintz.
- Nightgown of white batiste; housecoat of flowered chintz.
- Nightgown of dotted dimity; housecoat of plain chintz or plain percale.
- Nightgown of flowered muslin; housecoat of the same flowered muslin.

Your selection should not only be an artistic combination of colors and pattern but should be becoming to you. That is, the colors should blend with and bring out the good points of your skin, hair and eyes; and the pattern should suit your figure and your personality.

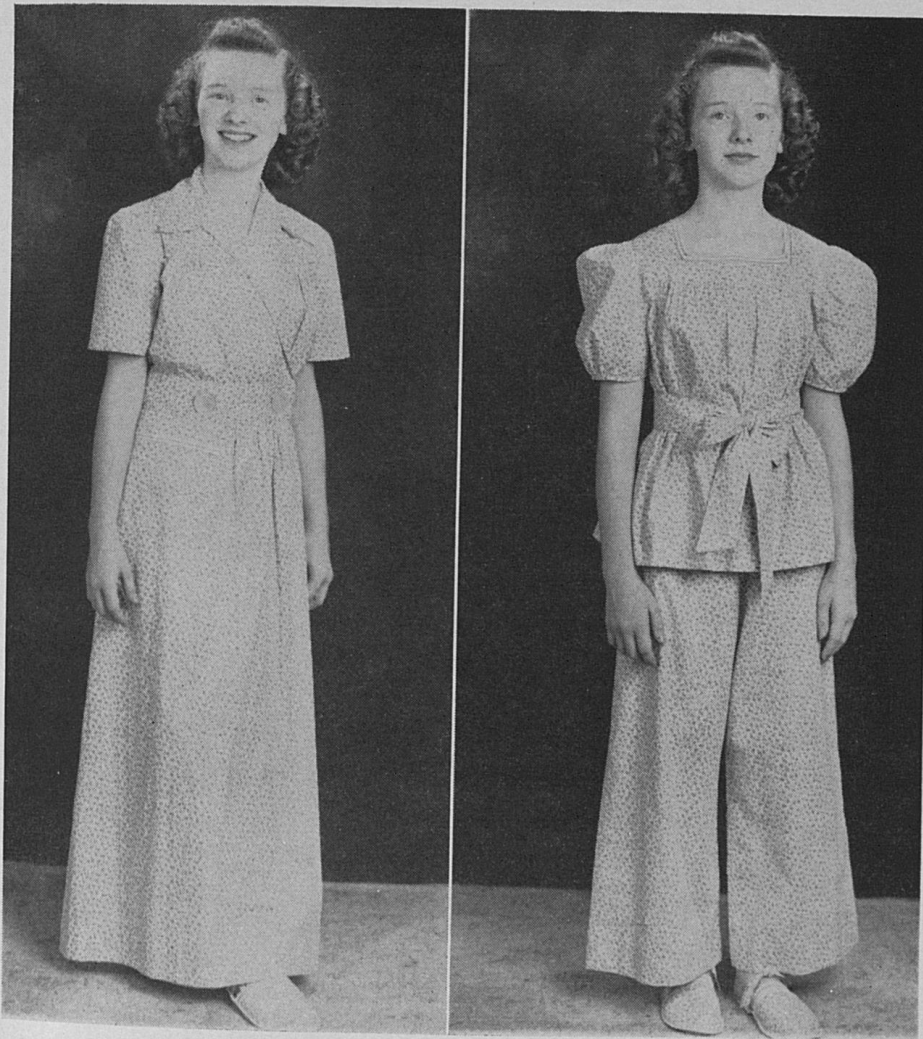
Percale prints, seersucker, unbleached muslin, batiste, soft muslin and dimity are all satisfactory for the ensembles. Batiste, dimity, and soft muslin are particularly nice for nightgowns. Many girls have used sacks for making pajamas and housecoats. Glazed or semiglazed chintz is good for housecoats, but may be expensive. Choose the material which suits the patterns selected and which will be practical for you. A poster which shows pictures of the garments to be made together with samples of materials will help you get desired results.

## MAKING AN ENSEMBLE

### Know your pattern

1. Take pattern from envelope, and with help of chart write on each piece its name. Mark darts. Mark fold of goods. Draw a line showing grain of material. Put all pieces not to be used back into the envelope.





Cotton housecoat, pajamas and shoes made by 4-H Club girl

2. Pin pattern together and fit to individual.
3. Unpin, make alterations, and press pattern smooth.
4. Study guide for placing pattern on material.

#### How to place pattern on fabric

1. Place pattern on material according to chart. See if there is a better way of placing to save material. Proceed cautiously or you may cut two sleeves for the same arm.
2. Place all pieces of pattern before pinning and cutting. If the table is not long enough the fabric can be folded over pattern as pieces are placed.
3. Pin first along straight edge of pattern or on grain of fabric as indicated by perforations. Then smooth out and pin near

corners, but not close enough to pucker the cloth and pattern along cutting line.

4. Place pins at right angles to cutting line. In pinning, take a short stitch with a pin in right hand, holding left forefinger on the cloth just in front of the place where the pin is to catch up the cloth. Do not pick cloth up off the table.



Gaily printed housecoat completes the lounging costume of the 4-H Club girl shown on title page

#### How to cut the garment

1. Cut with long, even strokes. Use sharp scissors. Be kind to your fabric.
2. Leave ample seam allowance.
3. Cut notches out instead of in.
4. Leave pattern pinned to pieces until ready to put them together.



marking perforations, darts, and so on. Use tailor's tacks or chalk. Tiny bastings may be used on sleeves.

5. Cut as nearly as possible all bindings, belts, and pockets, before beginning to sew.

#### Pinning and basting

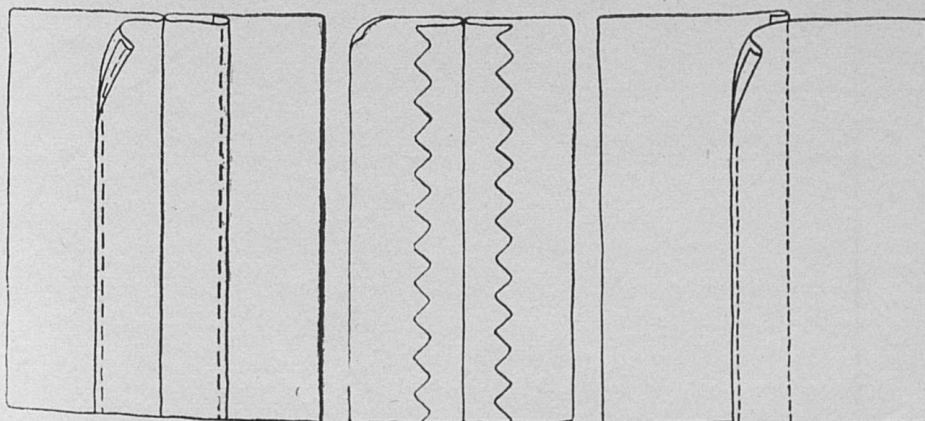
1. Baste darts.
2. Match notches and pin, placing pins at right angles to seam line.
3. Pin on seam line not on edge of seam.
4. Baste seams. Baste shoulder line first, holding fullest side toward you. Next, baste underarm seams. Hold work on table, not in lap. Watch for the signal, "ease."

#### Trying on and fitting

1. Place fitting pins parallel with basting thread.
2. Check grain of material in waist, sleeves, etc.
3. Check shoulder and side seams.
4. Do not fit too closely.

#### Sewing seams and attaching details

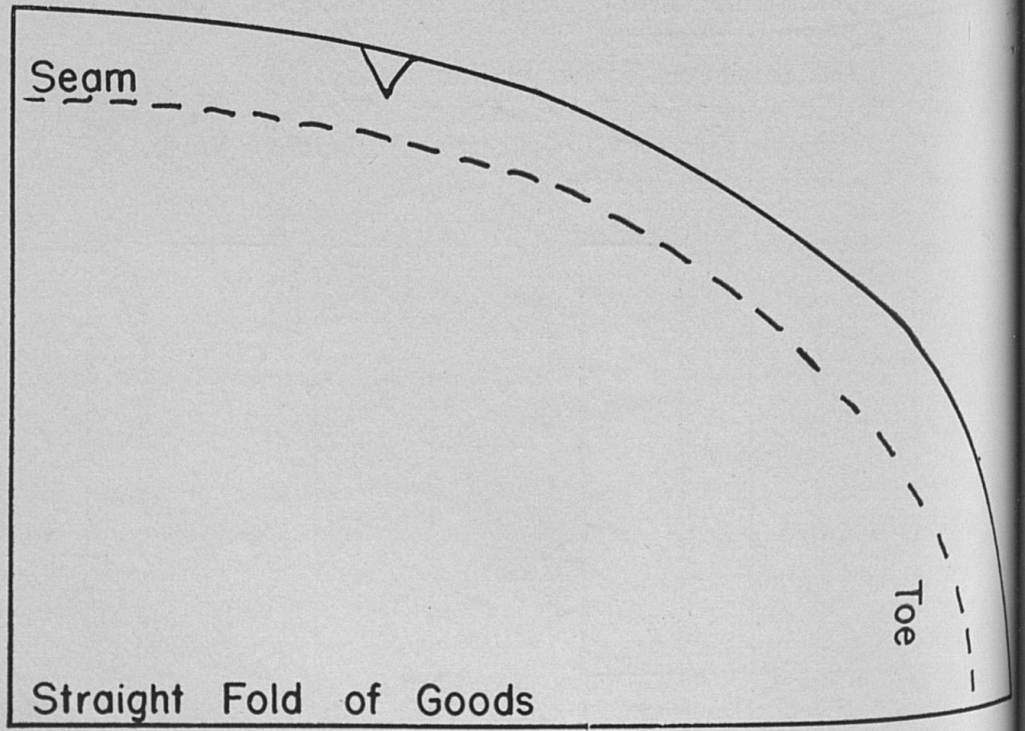
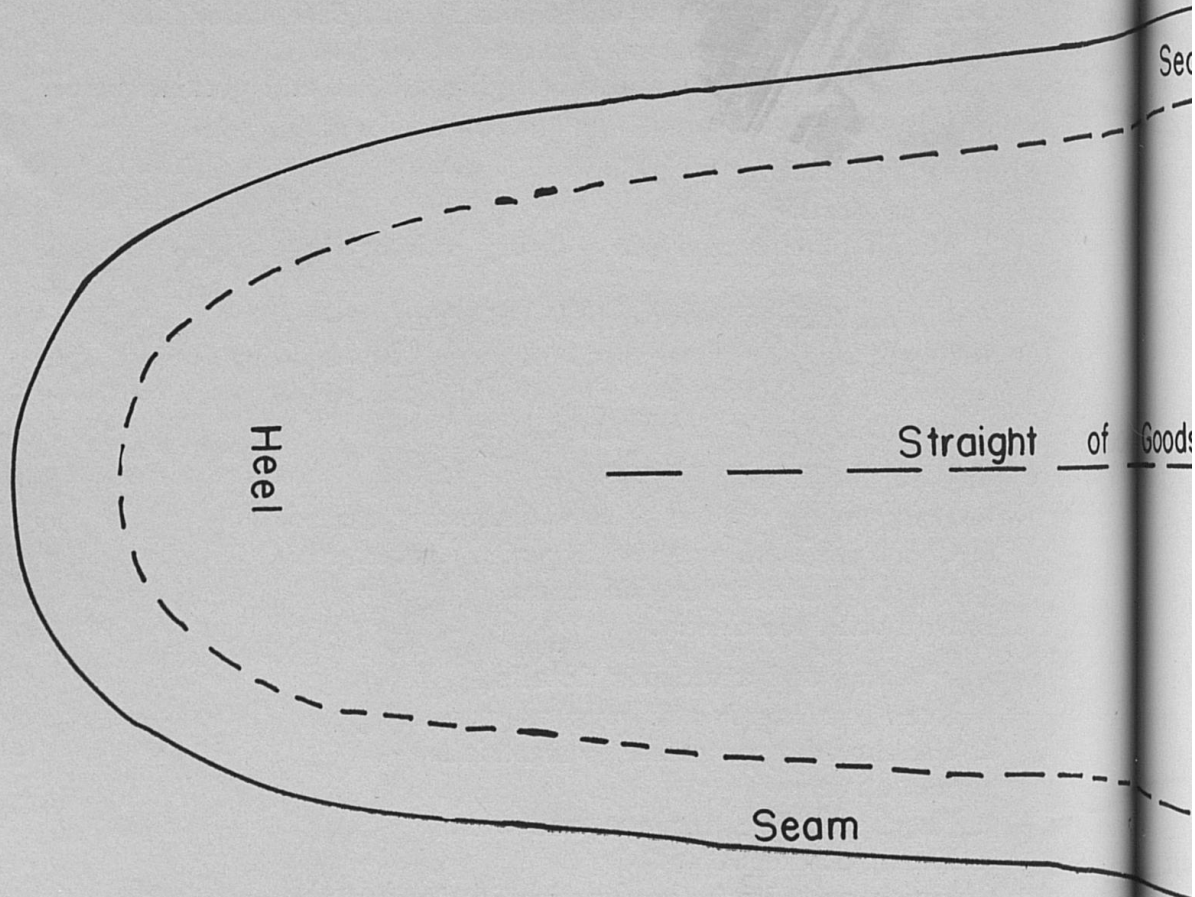
1. Keep iron handy and press as you go.
2. Use thread appropriate to material.
3. Sew up seams.
4. Check neckline, armseye, and waist.
5. Finish plackets.
6. Finish neckline before putting in sleeves.
7. Put on fastenings.
8. Stitch sleeves, gather or dart at top.
9. Pin sleeves in. Baste. Try on. Stitch.
10. Try on for length of sleeves. Add cuff or finish.
11. Fit pajama trousers.



Plain seam with  
stitched edge

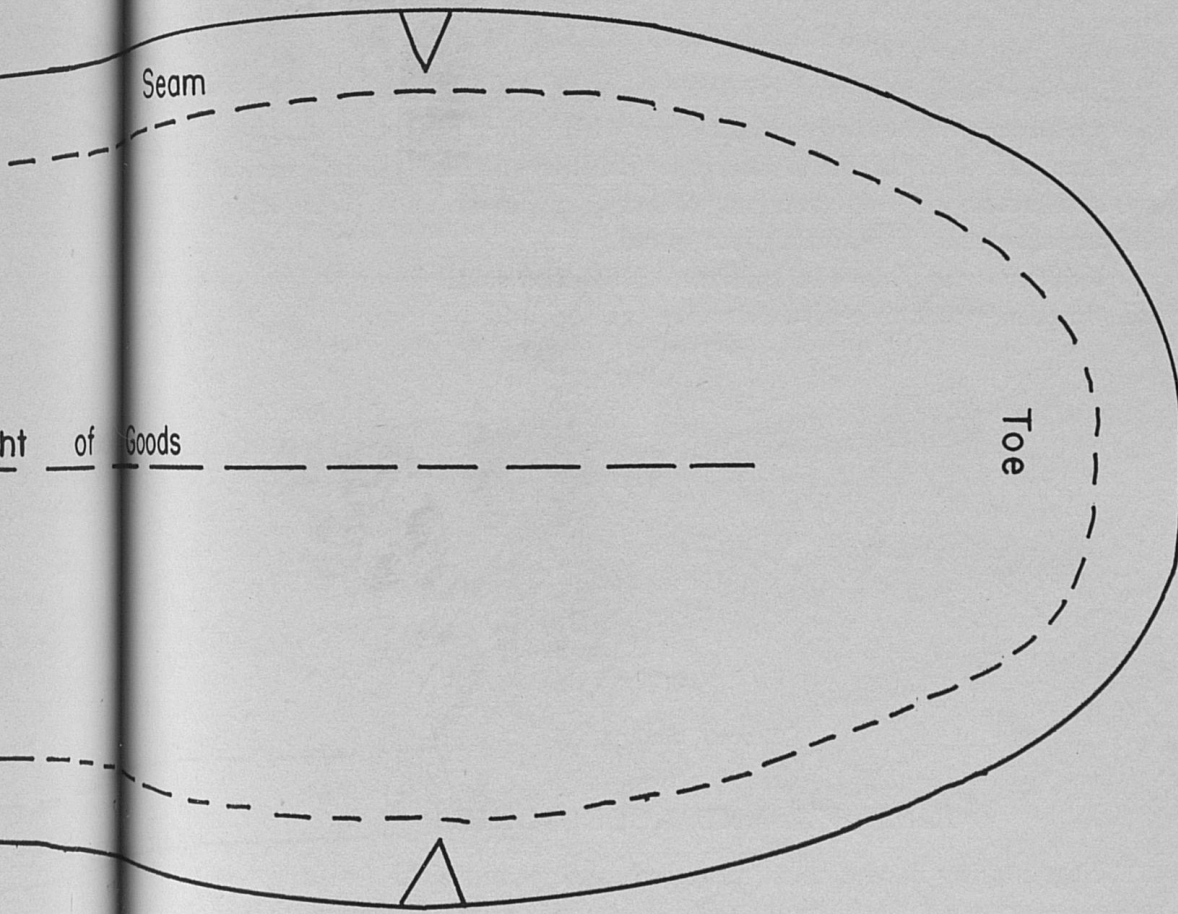
Plain seam with  
pinked edge

Stitched fold



Vamp pattern for quilted shoe





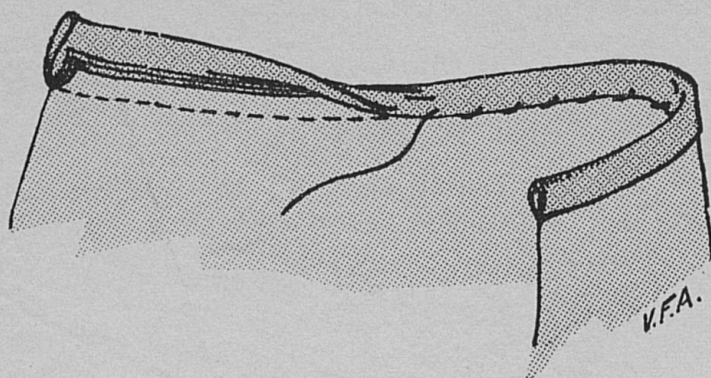
Sole pattern for quilted shoe



## SEAMS AND HEMS

Use the stitched fell for tailored pajamas. French seams are satisfactory for soft nightgowns. Plain seam with either pinked or stitched edge may be used in the housecoat. Double stitched plain seam is also satisfactory on this garment. Sleeves are put in with plain seam and another row of stitching is applied.

Hems are usually put in by hand. However, small hems or facings are sometimes machine-stitched twice, at top and bottom.



French binding

## FINISHES AND ACCESSORIES

Self-trimming is the most practical and economical finish for a tailored ensemble. Accurately stitched bands, fitted facings and collars are very attractive. Well-made bound or worked buttonholes with buttons may add just the right touch. A simple monogram embroidered on the pocket or collar gives a very smart and expensive air to the whole ensemble. Rickrack, fagoting, shell edge or lace are trimmings suited to the dainty type of nightgown. French binding is another very satisfactory neck and sleeve finish that may be used on the gown.

Usable bedroom shoes can be made from scraps of the housecoat or pajama material. To make house shoes by the patterns enclosed, you will need padding for the sole and toe of the shoe. Cotton batting is very satisfactory for padding. Use it thick enough to make the sole fairly firm. A thinner layer should be used for the toe or vamp. Cut the inner linings by the pattern, and two coverings from the material for both the sole and the vamp. Baste the coverings over the padding with the right sides out. Quilt each section on the machine, either in straight lines, squares, or diamonds. Bind the straight side of the vamp with binding. Pin vamp to sole, matching



notches, and baste. The vamp will fit if pinned in correctly. Baste one edge of the bias binding all around the outer edge of the shoe and then stitch by machine. Whip other edge of the binding underneath the sole.

Quilted mattress pad or silence cloth material may be used for the shoes. One mattress cover for a baby bed will make 5 or 6 pairs of shoes and is economical to use. It does not need to be covered or quilted but is used as it is. Attractive and practical bedroom shoes may also be made by crocheting multicolored cotton strips into simple shoes. The same pattern may be used for this type.

### SCORE CARD FOR ENSEMBLE

By judging clothing one learns standards for clothing selection and for workmanship. The following score card can be used for this ensemble as well as for wash school dresses.

	<i>Score</i>
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

## TO HELP YOUR APPEARANCE

### Watch your posture

Good posture is desired by everyone because it is essential to beauty, health, and the ability to do things. To help maintain or achieve good posture sleep straight on a smooth, flat bed, without a pillow. Stand and sit tall. A good exercise is to practice carrying a book on your head; another is to back against a wall with shoulders and hips touching, then try to see how near you can come to making your waist touch the wall. Posture is best judged by the way one sits, stands, and walks when not conscious of being observed. Here are eight points on good standing posture:

- Feet parallel
- Weight balanced equally upon ball and heel of feet
- Abdomen flat in lower part
- No lateral curvature of back; normal curves not exaggerated
- Shoulder blades flat across back
- Shoulders even
- Head erect
- Ear, shoulder cap, hip bone, knee and ankle bone in alignment

### Follow daily routine

A good grooming program contains the items listed below. Set aside some specific time during the day or evening for carrying it out.

- Bathing body. Use a deodorant.
- Thorough cleansing of face with soap and water. Follow with a cold rinse. Cleansing cream may also be used.
- Brushing teeth. Brush them again in the morning.
- Brushing hair. Brush up and out 100 strokes. Keep brush and comb clean.
- Scrubbing nails with a brush. Push cuticle back; apply hand cream.
- Washing hose or socks and underwear.
- Brushing clothes and hanging them on hangers.
- Polishing shoes.
- Sewing on buttons and snaps, and fixing hems which may need attention.
- Maintaining correct posture.

### Score yourself—how well groomed are you

From time to time while you are following your daily routine score yourself to see how much improvement you are making. Use the score card on the opposite page.



## GOOD GROOMING SCORE CARD

I. PERSONAL GROOMING	<i>Score</i>
Hair clean, glossy; good arrangement .....	6
Hands clean, soft; nails manicured .....	6
Face clean and well groomed .....	6
Teeth sparkling and white .....	6
Body clean; no body odors .....	6
II. APPAREL	
Appropriate to occasion .....	4
Appropriate in color; fit .....	4
Design suitable to material .....	4
Clean, aired and well pressed .....	4
Buttons and snaps sewed on securely .....	4
III. SHOES AND HOSE	
Comfortable; appropriate style and color .....	4
In good repair .....	3
Shoes well shined; hose laundered .....	3
IV. PLEASING USE OF COSMETICS	
Becoming .....	7
Harmony with costume; pleasing coloring .....	6
Correct amount .....	7
V. GENERAL IMPRESSION	
Good posture .....	4
Pleasant attitude .....	4
Natural .....	4
Considerate of others .....	4
General appearance .....	4
Total .....	100

When you have completed your project fill in this page, tear it out along the dotted line, and give it to your leader.



4-H RECORD—SLEEPING AND LOUNGING ENSEMBLES

Record of \_\_\_\_\_  
(name) (age)

\_\_\_\_\_ Kentucky  
(county) (town)

Describe type of ensemble made:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Itemize ensemble materials:

	<i>Cost (money spent)</i>
_____	\$ _____
_____	\$ _____
_____	\$ _____
_____	\$ _____
Total	\$ _____

State your plan of personal grooming: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Did you have clothing judging in your club? \_\_\_\_\_

Total number of garments made during the year for yourself and others \_\_\_\_\_

Remarks: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Write a brief story about your work, on the back of this sheet, and hand it in with this record to your project leader.

Date: \_\_\_\_\_ 194\_\_\_\_. Signed: \_\_\_\_\_  
(Club member)

Approved: \_\_\_\_\_  
(Project leader)

Approved: \_\_\_\_\_  
(County extension agent)

When you have completed your project fill in this page, tear it out along the dotted line, and give it to your leader.

## STORY

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