

UNIVERSITY OF KENTUCKY

COLLEGE OF AGRICULTURE

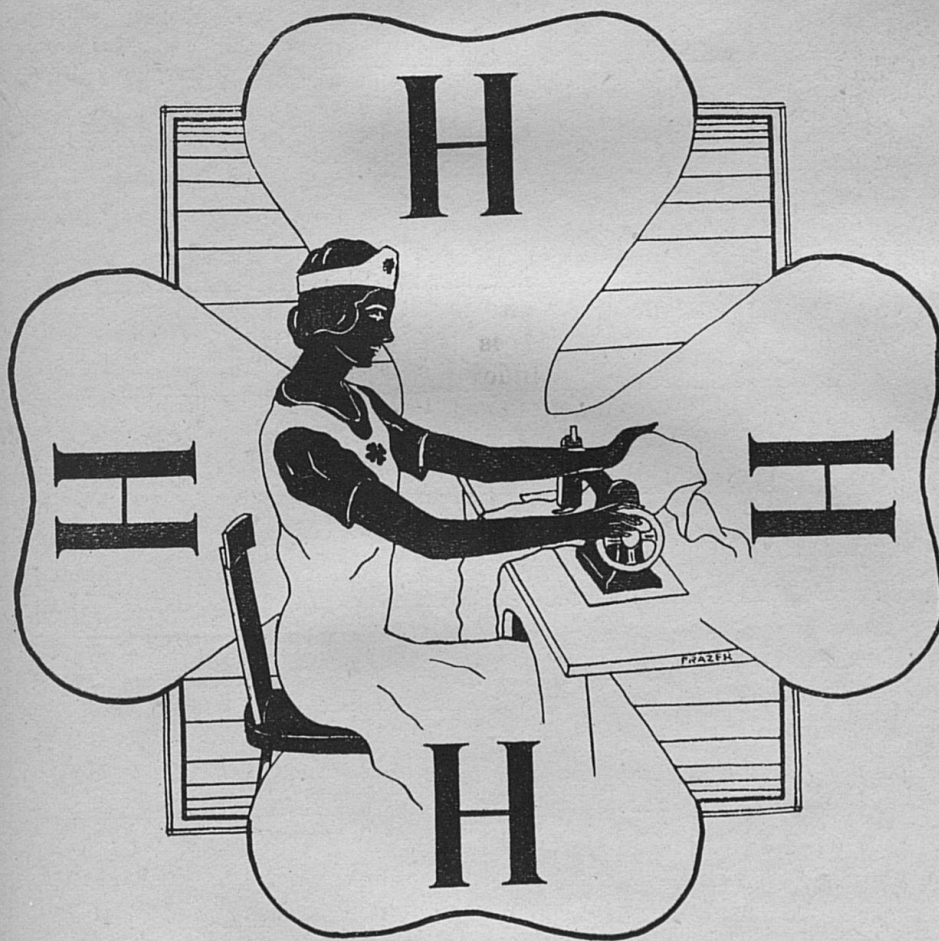
Extension Division

THOMAS P. COOPER, Dean and Director

CIRCULAR NO. 252

CLOTHING—UNIT I

THE 4-H CLUB GIRL'S HOME COSTUME



Lexington, Ky.
February, 1936

Published in connection with the agricultural extension work carried on, by cooperation of the college of Agriculture, University of Kentucky, with the U. S. Department of Agriculture, and distributed in furtherance of the work provided for in the Act of Congress of May 8, 1914.

GOALS*

..... Club. 193.....

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* This space is for recording your club goals. See page 6.

CIRCULAR NO. 252

Clothing—Unit I The 4-H Club Girl's Home Costume.

By ANITA BURNAM and EDITH LACY.

It is essential that every girl should learn to sew, and that she should know the principles of being well-dressed. The first unit in the clothing program is planned for the girl who has had little or no experience in sewing. The successful completion of the first unit should spur her on to undertake the next unit in the clothing program which is the selection and making of an appropriate, comfortable and becoming school costume.

ORGANIZATION OF THE CLOTHING PROGRAM.

1. LEADERSHIP.

There must be in a community at least five girls between ten and eighteen years of age who are interested in undertaking a clothing project, before such a project may be organized. It is then necessary for the county extension agent to assist this group of girls to procure their leader. This leader must be an adult, an older club girl, or a Utopia club girl, who is interested in the girls of her community and who is willing to devote sufficient time to this work to assure a successful completion of the project. This project leader must have a knowledge of clothing, either thru training or experience. She may get additional information and help by attending the county leaders' training schools arranged for this purpose, by personal conferences with the county home demonstration agent and by writing to the State Club Office, Lexington. For best results there should be an assistant leader for every ten girls. Girls in their teens, who have had clothing training thru 4-H club work, usually make very satisfactory assistant leaders.

2. PARENTS' COOPERATION.

It is essential to have the interest and cooperation of parents. This may be accomplished by personal visits by the leader or by the home demonstration agent, community meetings and information on club work mailed directly to the parents.

3. OFFICERS.

In localities where a 4-H community club is already organized, the clothing project group automatically becomes a part of this club. The members of the clothing project are expected to attend and have a part in the regular monthly meetings of the 4-H club. If there is already a 4-H club in the community the members of the clothing project group may care to have only a chairman or project captain and a secretary. But, if clothing is the only project being conducted in the community, the members should organize themselves into a 4-H club with the usual officers: president, vice-president, secretary-treasurer, reporter and program conductor or social chairman.

4. BUILDING A PROGRAM.

A suggested program of twelve meetings is included in this circular, also blank forms for program building. It is hoped that each group will build their own program and set their own goals. By copying this program on the blank pages of this circular each girl will have a copy for reference. If a 4-H community club is not organized, social features should be included in the project group activities. Variations in the club meetings in the form of surprises will add zest and stimulate endeavor.

5. PLACE OF MEETING.

Often the school is the most central place of meeting, but it may be more satisfactory to meet in the homes of the leaders and club girls. Work tables and a sewing machine are necessary equipment.

6. FREQUENCY OF MEETINGS.

At least two meetings each month should be held during the course of the work. It may be that more than twelve meet-

ings will be required. The length of each meeting will largely determine the number necessary for satisfactory results. Club members may prefer to meet for a short time once a week.

7. CONDUCTING BUSINESS.

Project meetings should be conducted in an orderly and business-like fashion. The order of business, found in the Club Secretary's Book, should be followed.

8. RECORDS.

Each girl is to do her own sewing and keep a record of her work in the clothing record book which is provided by the State Club Office. The secretary is to keep a record of the attendance at meetings. She should also record special activities in which the group takes part. Many clubs enjoy compiling a club history or memory book which is both valuable and interesting. Newspaper clippings, kodak pictures, souvenir booklets, original club songs, and write-ups of any special awards won by the group should be included in such a history.

9. DEMONSTRATIONS.

It is not enough for a 4-H club girl to know how to do things herself. Sometimes she is called upon to teach others. Club demonstrations give girls valuable practice in showing what they have learned. Demonstration is one of the best educational methods. The team demonstration creates in girls poise, the ability to think quickly and the ability to express themselves before an audience. Frequently it brings to light those qualities of leadership which are undeveloped. In action, the team demonstration is a very graphic way of acquainting people with the benefits of the 4-H club program and of passing on to them a knowledge of correct clothing practices. Many girls who are enrolled in the Unit I Clothing Project are not sufficiently experienced, trained or skilled to compete in team demonstration contests. However, there are exceptions and such members may demonstrate skillfully even tho their information is limited. It is desirable to start with simple individual demonstrations at each club meeting and gradually grow into team work. Helps

with the organization and training of demonstration teams for contests may be obtained from the State Club Office, Lexington.

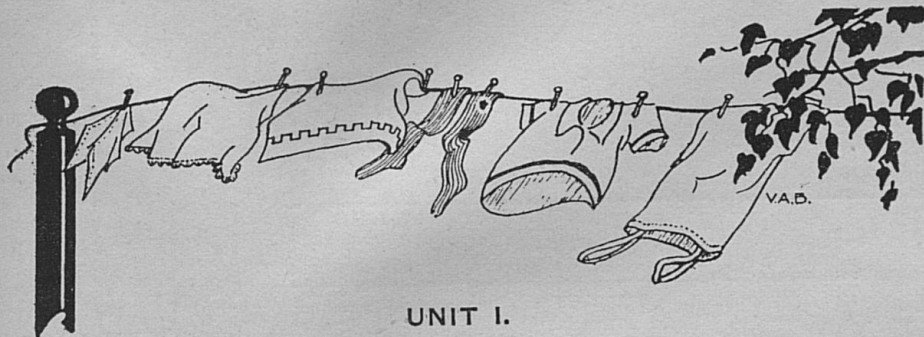
10. JUDGING.

Comparison is an excellent means of discovering mistakes, of developing appreciation and of setting standards of well-made, beautiful and appropriate clothing. Girls should take pride in showing their leaders that they have learned to know and recognize "quality work." Judging is included in the suggested program at the back of this circular. Suggestions on organizing judging contests may be had by writing to the State Club Office.

GOALS.

PLEASANT VALLEY CLUB—1936

1. 100% completions.
2. Each girl enroll *one* new member.
3. Each girl write the program in her book.
4. Each girl keep her work up-to-date.
5. Each member exhibit her work in the county exhibit.
6. Send a demonstration team to the county contest.
7. A news item in the paper twice a month.
8. 100% attendance at the county achievement program in November.
9. Have three personal hygiene lessons during the project.



UNIT I.
REQUIRED WORK

1. A hand or tea towel made by hand.
2. A kitchen holder made by hand.
3. An apron and headband made with the use of the sewing machine.
4. One simple cotton dress, suitable for home wear, made with the use of the sewing machine.
5. Clothing record accurately kept.
6. An exhibit, and assistance given the leader in arranging the exhibit.

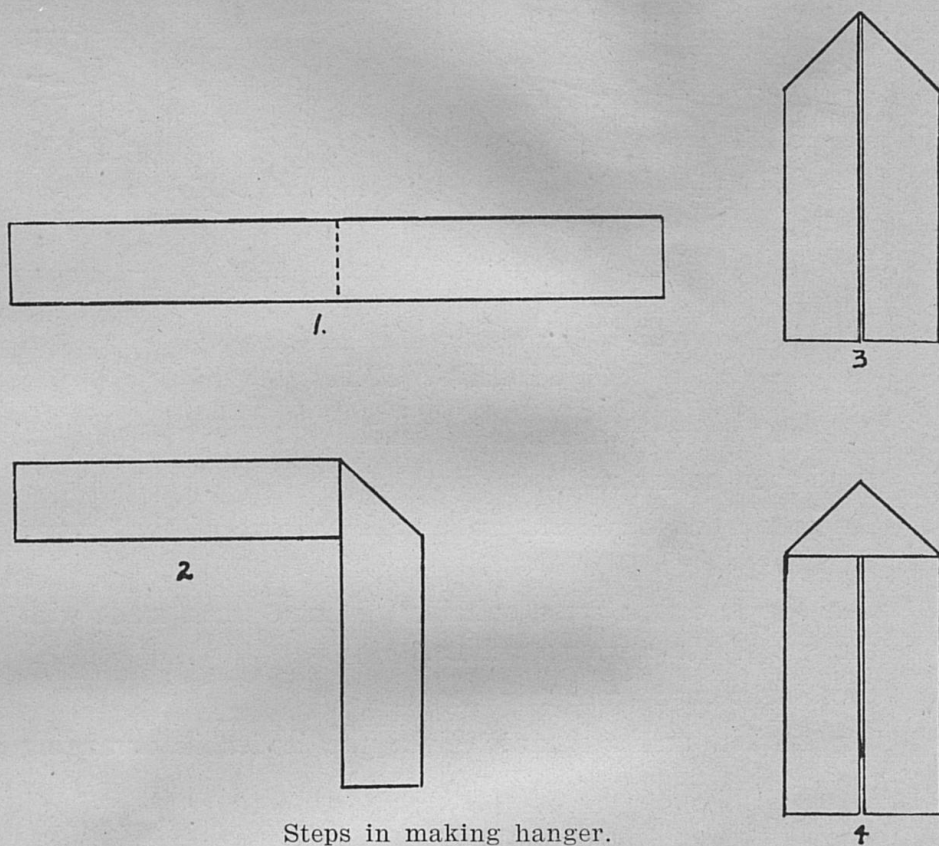
TOWEL.

A. MATERIALS—

1. Three-fourths of a yard of linen crash, cotton crash, glass toweling, or a flour or sugar sack may be used.
2. Eight inches of white woven tape $\frac{1}{2}$ inch wide are needed for the hangers, four inches on each end of the towel. If woven tape cannot be obtained, strips of material overhanded together or bias tape may be used. The former is not as attractive or easy to use and the latter is not as strong.

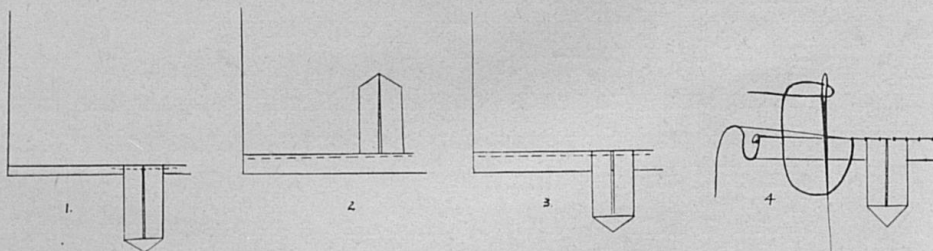
B. STEPS IN MAKING—

1. Straighten the ends of the material. Draw the first woof thread that goes entirely across the material. Cut material on this line.
2. Turn a hem $\frac{1}{2}$ inch wide. Use a cardboard gage for measuring.



Steps in making hanger.

3. Make a hanger. Fold 4 inches of tape in the exact center. Crease. Then open it and bring each outer edge of the tape to the center crease. Baste the triangle former, then overhand.
4. To apply the hanger insert the ends of the tape, side by side, about $\frac{1}{4}$ inch under the edge of the hem. Baste in with the towel hem. The small triangle formed in the tape should appear on the wrong side when the towel is complete.



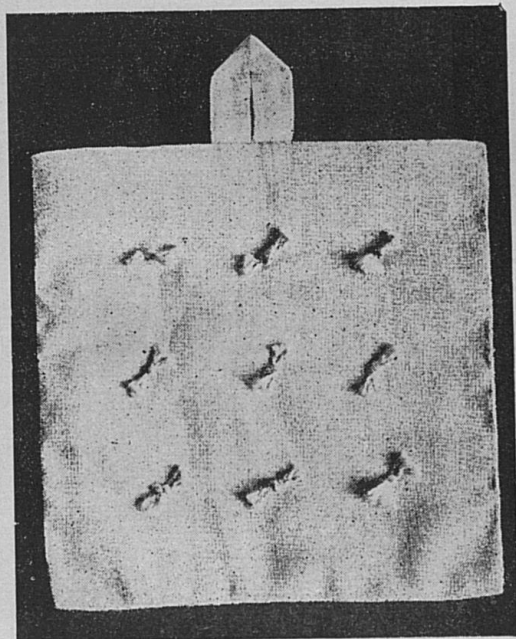
Steps in attaching hanger to towel hem.

5. Hem towel. Use the napery or simple hemming stitch. Close the ends of the hems with the same stitch. See Clothing Manual.
6. Sew tape hanger securely to the edge of the hem.

HOLDER.

A. MATERIALS—

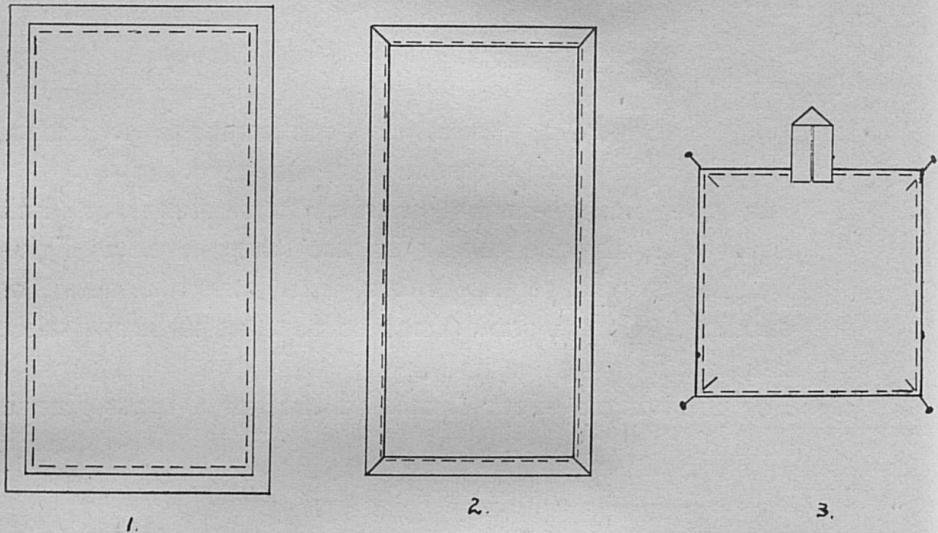
1. For the cover—any firmly woven material as denim, print, gingham or cretonne may be used.
2. For the lining—canton flannel, flannelette or knit underwear may be used. If the lining used is lightweight, it will require more than one thickness for padding. Cotton should not be used as it lumps when laundered.
3. For the hanger—four inches of tape or a brass ring is needed.



B. STEPS IN MAKING—

1. Cut the cover exactly 7 x 13 inches. Draw threads to be sure it is straight.
2. Cut the lining exactly 6 x 12 inches.

3. Baste the lining to the cover. Place the lining on the wrong side of the cover and equidistant from the edges at all points. Baste the two together with long basting stitches. See illustration.



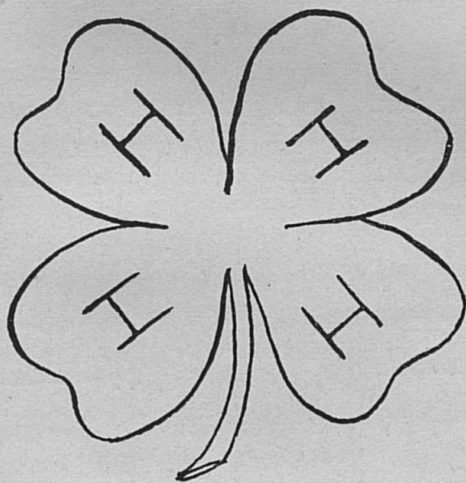
Steps in making the holder.

4. Turn the edges of the cover over the lining $\frac{1}{2}$ inch all around, then baste. Be careful to turn square corners.
5. Fold the holder as in the illustration so the lining is on the inside.
6. Place pins diagonally thru the corners so the material will not slip.
7. Baste around the three sides.
8. Overhand the edges together.
9. Apply the hanger. See illustration. The hanger is placed in the same position as when applying it to the towel but it is not inserted between the edges of holder. The back stitch and overhanding stitch are used to secure the tape to the holder.
10. Tack or tie holder with lightweight cord. The lining may be held in place by a simple cross-stitch design.

APRON AND HEADBAND.

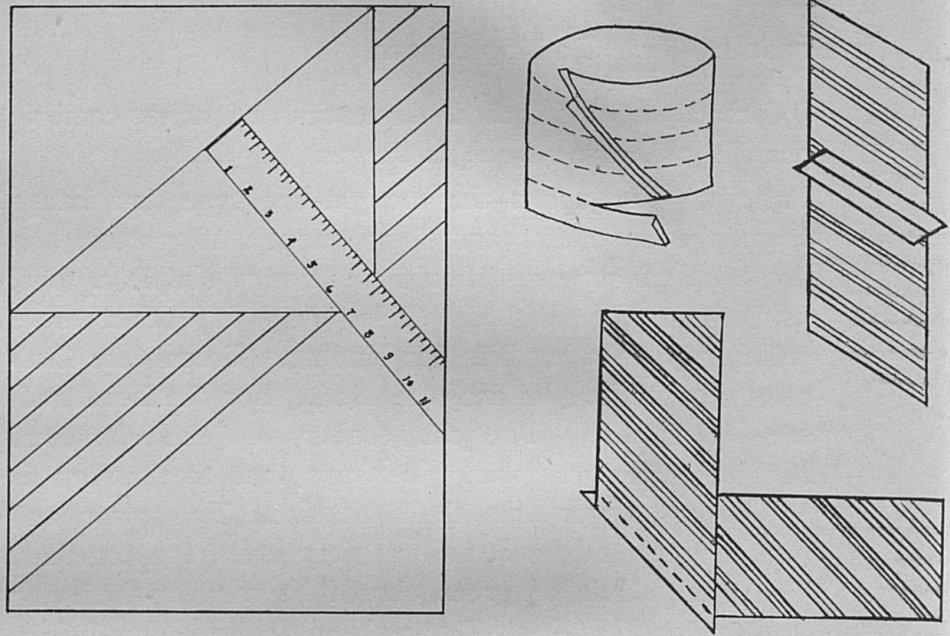
A. MATERIALS—See Clothing Manual.

1. Bleached or unbleached domestic or white cambric percale, or nurse's linen is suggested.
2. Pattern. For apron the straight-line type that hangs from the shoulders and long enough to protect the dress. Younger girls should make very simple aprons, using hems for finishes. Older girls may select more difficult types using bias for binding. Green (the Club color) or white bias may be used. For the headband, see illustration. The club leader will have pattern. Measure the head size. Be sure that the pattern is $1\frac{1}{2}$ inches larger than the head size. The apron and headband should be a unit as they are worn together. The same shade of green should be used on both for emblems and binding. Use emblem design shown below.



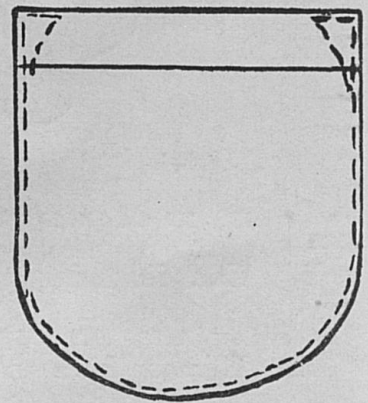
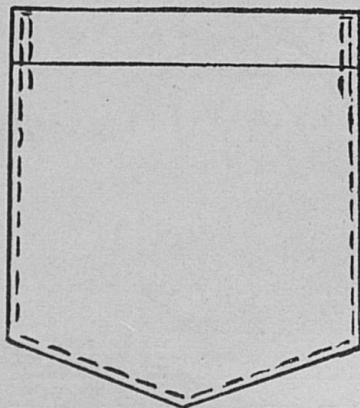
B. STEPS IN MAKING THE APRON—

1. Cut, following pattern lines.
2. Baste hems, bias, etc. See Clothing Manual.
3. Hem or bind on the sewing machine. If bias binding is used it should be joined on the lengthwise thread or the crosswise thread of the material. See illustration.

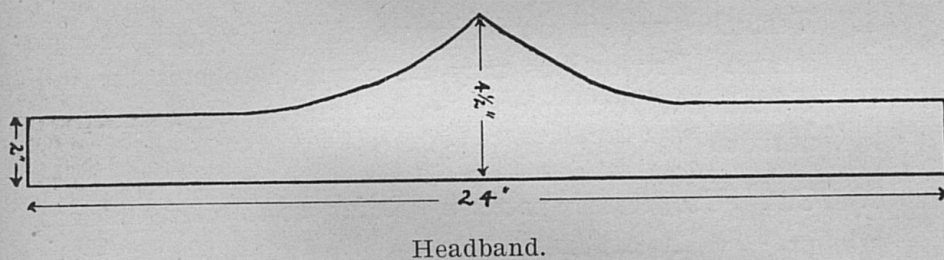


Folding, Cutting and Joining Bias.

4. Make pockets. One or two set-on pockets may be used. Stay the upper corners to prevent tearing. This may be done in two ways. See illustrations.



5. Trace four-leaf clover emblem on center front of apron about 3 inches below the top hem or binding.
6. Work the emblem with two strands of green embroidery floss. The outline stitch is to be used. See Clothing Manual.
7. Sew buttons with shanks. See Clothing Manual.
8. Work buttonholes the proper size to accommodate the buttons. The buttonhole should be cut on a thread of the material and so placed that the pull will come in the end. This end should be strengthened by extra stitches. See Clothing Manual.



C. STEPS IN MAKING THE HEADBAND—

1. Cut according to the pattern furnished by the leader. See illustration.
2. Trace clover leaf emblem on center front of headband, slightly above the exact center.
3. Work the emblem thru one thickness of the material following directions given for apron.
4. Baste headband together, right sides in.
5. Stitch all around except one end.
6. Turn headband right side out. Crease on the line of stitching.
7. Turn raw edges in at the open end. Baste all around and stitch about $\frac{3}{8}$ inch from the edge of headband.
8. Fasten headband with two buttons and buttonholes.

COTTON DRESS.

A. MATERIALS—

1. Percale, gingham or print are suggested. Young girls of little sewing experience should make very simple dresses. Consult your leader as to the amount of material necessary for the pattern selected. Growing girls should allow sufficient material for a deep hem, or alterations.

B. PATTERN—Select a simple design, suitable for home wear.

C. STEPS IN MAKING—

1. Test the pattern according to the individual measurements. Proportions may be changed to suit the individual, for example a collar may be widened or narrowed to suit the face.
2. Cut. Use tested pattern. Refer to Clothing Manual.
3. Fit. Very important.
4. Sew seams. French seams or plain seams with stitched edges may be made. The latter are more suitable for circular skirts.
5. Hem. Hand or machine hem may be used, depending on the material. See Clothing Manual.
6. Finish neck and sleeves.
Suggestions:
 - (a) Faced with a bias or a fitted facing.
 - (b) Bound—bias binding of the same material as the dress of a harmonizing color may be used. Be sure that the thread used for stitching matches the binding. Use a true bias. Never use a straight strip to finish a curved edge, such as a neck line, or armseye.
 - (c) Collar and cuffs of the same material, white or a harmonizing color.

SUGGESTIONS FOR CLOTHING PROJECT MEETINGS
UNIT I

FIRST MEETING.

Business.

Discussion.

Demonstration.
Home Work.

SECOND MEETING.

Business.

Demonstration.

Work.
Discussion.
Home Work.

THIRD MEETING.

Demonstration.
Work.
Discussion.

Home Work.

FOURTH MEETING.

Demonstration.

Discussion.

ORGANIZATION AND PLANNING.

Election of Officers.

Explanation of project requirements—
Home Demonstration Agent.

Necessary sewing equipment. Suitable
materials for towels. See Clothing
Manual.

Making a gage—Leader.
Selection of material for the towel.

TOWEL.

Directions for keeping the record book
—Leader.

Straightening material for the towel.
Turning a hem using a gage. Making
and applying the tape hanger—
Leader.

Hemming the towel.

Materials suitable for holders.

Completion of the towel. Selection of
material for the holder.

HOLDER.

Steps in making the holder—Leader.

Cutting and basting the holder.

Materials for the apron and headband—
Leader.

Completion of the holder. Selection of
material for the apron and headband.

APRON AND HEADBAND.

Judging the towels and holders—Home
Demonstration Agent.

The meaning of well-groomed—Club
girl.

- Demonstration. How to use the sewing machine—
Leader.
- Work. Making the outline stitch—Leader.
Practice in the use of the sewing
machine. Cutting apron and head-
band. Transferring the club emblem.
- Home Work. Embroidering the club emblems.
- FIFTH MEETING.
- Demonstration. APRON AND HEADBAND.
Buttonholes and sewing on buttons—
Leader and girls.
- Work. Making apron and headband.
- Discussion. Materials and patterns for dresses—
Leader.
- Home Work. Buy dress material. Work on apron
and headband.
- SIXTH MEETING. CLUB PARTY.
- SEVENTH MEETING. DRESS.
- Demonstration. Testing and adapting a pattern. Placing
the pattern on the material and cut-
ting—Home Demonstration Agent.
- Work. Finishing the apron and headband.
Cutting the dress.
- Discussion. Standard of workmanship — Home
Demonstration Agent.
- Home Work. Making the side seams of the dress.
Looking in fashion magazines for
suitable dress finishes to take to the
next meeting.
- EIGHTH MEETING. DRESS.
- Demonstration. Suitable finishes for home dresses—
Leader.
- Work. Basting the dress for fitting.
- Discussion. Standards of health and cleanliness—
Club girls.
- Home Work. Sewing the seams of the dress.

NINTH. MEETING.

Demonstration.

DRESS.

Cutting and joining bias. Attaching the collar to the dress with bias binding—Leader or Home Demonstration Agent.

Work.

Cutting, joining and applying a bias, or other work on the dress.

Discussion.

Standards of Health—Club girl.
Care of the body—Club girl.
Care of the hands—Club girl.
Care of the teeth—Club girl.

Home Work.

Attaching collar or binding to dress.

TENTH MEETING.

Demonstration.

DRESS.

Correct posture—Club girl.
Correct shoes—Club girl.

Discussion.

Posture and shoes.

Work.

Making finishes for the dress.

Home Work.

Putting the hem in the dress.

ELEVENTH MEETING.

Business.

"CHECK UP."

Check up on all record books—Leader and Home Demonstration Agent.

Demonstration.

Scoring the dresses.

Discussion.

Plans for the exhibit.

Home Work.

Completion of all incomplete articles and the record book.

Pressing or laundering garments if necessary.

TWELFTH MEETING.

EXHIBIT.

Each girl is responsible for helping the leader in arranging the exhibit. Invite parents and neighbors.

CLOTHING PROJECT PROGRAMS, 193.....

FIRST MEETING

Date.....

Business

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Demonstration

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Discussion

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Work

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Home Work

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SECOND MEETING

Date.....

Business

.....

Demonstration

.....

Discussion

.....

.....

Work

.....

Home Work

.....

.....

THIRD MEETING

Date.....

Business

Demonstration

Discussion

Work

Home Work

FOURTH MEETING

Date.....

Business

Demonstration

Discussion

Work

Home Work

FIFTH MEETING

Date.....

Business

Demonstration

Discussion

Work

Home Work

SIXTH MEETING

Date.....

Business

Demonstration

Discussion

Work

Home Work

SEVENTH MEETING

Date.....

Business

Demonstration

Discussion

Work

Home Work

EIGHTH MEETING

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