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CLOTHING CLUB PROJECT FOURTH YEAR  
**Best Dresses and Informal  
Party Frocks**

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*The picture on the cover shows Helen Clark, the  
1932 winner in the National 4-H Style Revue.*

# Best Dresses and Informal Party Frocks

While this bulletin is called "Fourth Year" Clothing, it is permissible to make either one of these costumes or to take the fifth year clothing and then come back to this year's work, depending on the kind of costume most needed in your wardrobe. Before starting either the fourth or fifth year clothing project you should be able to answer "yes" to the following questions:

1. Can you thread, run, and adjust your sewing machine?
2. Do you use your thimble?
3. Can you hem neatly?
4. Can you cut straight and follow a pattern accurately?
5. Can you alter a pattern to fit you?
6. Can you fit a cotton dress?
7. Can and do you darn your hose ; patch your garments?
8. Have you made at least one cotton dress and one or more undergarments?

Either the best dress or the party dress is enough more difficult to make than a washable school dress, so that unless you can answer most of these questions perhaps you will decide that you would gain in skill by repeating the third year work.

The aim throughout the five years of clothing club work is that girls may learn how to be well dressed on what they can afford to spend for clothes.

## THE WELL DRESSED GIRL

The girl—

Clean in person.

Hair clean, neatly and becomingly arranged.

Finger nails, clean and well manicured.

Complexion clear ; good, natural color.

**Her clothes—**

In good repair.

Clean.

Well pressed.

All worn at one time harmonious in line, color, and material.

Suitable for the occasion, season, and age of the wearer.

Well fitting.

Becoming in color and line.

Shoes clean, well polished, straight heels.

Shoes suitable for type of costume and age of wearer, not extreme in style.

Cost of costume in proportion to family income.

**GOALS FOR FOURTH-YEAR CLOTHING  
CLUB MEMBERS**

The goals for this year should help you to a greater degree of skill than you acquired in your third year's work.

1. To learn how to select suitable materials for either a "best" costume or an informal party costume.
2. To learn how to select a wider range of colors that are becoming.
3. To learn how to do hand finishing.
4. To learn better how to care for the complexion and to keep the body clean.
5. To make an inventory.
6. To learn how to renovate clothing.
7. To learn how to clean a "best" or party dress.
8. To take part in a style revue.
9. Improve posture if necessary.
10. Keep an accurate record of all work done.
11. Do something as a club for some one in need.
12. Teach others through demonstrations something you have found to be useful and interesting.

You need not undertake all these goals and you may add any you wish.

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**FOURTH-YEAR CLOTHING REQUIREMENTS**

1. Either (A) a best dress costume or (B) an informal party costume—

A. Best dress costume.

a. Make at least two undergarments—more if required to complete costume.

b. Make a dress suitable for church, afternoon parties, dinner parties etc., of cotton, silk, wool, rayon, or linen.

c. Assemble or purchase shoes, hose, foundation garment (if needed) or garter belt, and accessories to complete the costume.

B. An informal party costume.

a. Make at least two undergarments.

b. Make an informal party dress of any suitable material.

c. Assemble or buy shoes, hose, foundation garment (if needed) or garter belt, and accessories needed to complete the costume.

2. Care of clothing.

a. Mending sheer fabric silk and wool garments.

b. Removal of stains in silk and wool.

c. Pressing of silk, rayon, and wool.

d. Laundering sheer cotton fabrics and silk and rayon undergarments.

e. Renovate a garment.

3. Good grooming aids to beauty and charm.

a. Care of complexion.

b. Use of deodorants.

c. Good posture.

d. Sleep, rest, good food habits.

e. Gracious ways.

4. Inventory.

List clothing on hand.

5. Scrap book (optional).

6. Records of work done.

7. Demonstrations.

8. Style revue.

## 9. Exhibit.

Each member shall exhibit at a local, county or state fair (a) a complete "best" or party dress costume, (b) a renovated garment, (c) a poster, (d) a complete and accurate record of all work done, and (e) a story of the work.

The costume shall consist of the garments to be worn with either the "best" dress or the informal party dress, including the shoes,\* hose, hose supporter, and any accessories required to complete the costume. A hat may be shown with the best dress, but of course is never a part of a party costume.

The poster shall be 10 inches by 15 inches in size, giving a statement of the purpose of the costume, a picture† of the girl wearing the complete costume, a statement of the girl's age, height, weight, type, build, complexion, and the color of her hair and eyes, and an itemized statement of the cost of the costume.

BASIS OF AWARDS	
Complete costume .....	60
Dress .....	35
Undergarments .....	20
Shoes, hose, accessories .....	5
Renovated garment .....	15
Record book and story .....	25
	100

### SUGGESTIONS

**Read** all instructions carefully.

**Decide** on the kind of dress you need.

**Plan** your costume in detail before buying any material.

**Choose** colors that will go with other things you already have, such as shoes, coat, gloves, hat.

**Learn** all you can about the fabrics you plan to use.

**Buy** carefully.

**Remember** that it is not only the initial cost but the satisfactory length of wear that decides the real cost of an article.

\*Shoes need not be new but should be in good repair and neatly polished. If it is inconvenient to exhibit shoes, a description of the shoes giving style, material, and color may be put on the poster.

†A picture will greatly help in judging the costume and need not cost much if several members buy a film together and so divide the cost. The picture may be as small as 2½ inches by 3¼ inches.

### SUGGESTED PROGRAM

After having several years of 4-H Club work, making a program of work will present few problems.

Plan for at least ten meetings.

Keep to the three phases of a good meeting: (1) business, (2) project discussion, and (3) social.

Under "business" will come election of officers, reading of minutes, appointment of committees, arrangements for community service, voting in new members, installation of officers, planning an achievement day program, a club picnic, a style revue or an exhibit of work and similar matters.

Now that you have had considerable experience probably most of the project meetings will be given over to discussions of becoming colors, suitable materials, patterns, inventories, cutting and fitting, proper finishes, accessories, selection of shoes, and so on, rather than much actual supervised construction.

Probably the social time will be spent in singing or dispensed with on a few occasions when a real party can be given where the new party dresses can be worn for the first time. Of course this will mean inviting the boys!

No outline for club meetings will be given in this bulletin since we are certain it is not needed. You can refer to the third year bulletin if you wish.

### INVENTORY

Before deciding on what you need in the way of new clothes, it is desirable to go over the clothes you have, listing them and noting their condition and probable length of wear. This is called making an inventory.

In making the inventory, list the different kinds of garments together so that you can quickly see what is most needed. Give color, material, style and estimated length of wear. For example: 2 pairs rayon knit bloomers, band at waist, elastic at knee, about two months wear.

There are pages in your record book for the inventory. Why not make it on loose sheets first and then copy it in an orderly way into the record book?

Something you may like to do:

At one of your club meetings each girl could make a list of the clothing she is wearing, following the plan suggested above for the inventory. This would be a good start for the inventory required; wouldn't it?

### SCRAP BOOK

If carefully made, and kept from year to year, clothing scrap books will add a great deal to the story of your progress. Some of the girls have been making very clever ones indeed.

Make the book 6 inches by 9 inches in size with as many pages as you wish. Here are some of the things that may be included:

Color wheel; color combinations; description of the girl; picture of the girl; favorite colors; materials used in various garments; other suitable materials, giving width, name, cost; samples of seams used; neck finishes, plackets, buttonholes, clippings from papers, new and original songs, bits of poetry, a club yell, autographs of your leader, county leader, other members of the club and then of course the story of your work.

One girl illustrated her book in water colors. Another wrote her story in verse. If you are gifted, be original. At any rate be neat.

The cover may be made to suit your fancy, using paper, cardboard, or cloth.

### DEMONSTRATIONS

Now that you have been in clothing club work several years, you are experienced enough to plan, prepare, and present truly worthwhile demonstrations, and you should want to do it. Early in the year, begin thinking of demonstrations. Then select a topic that you have found helpful to you and showing a practice you have used often.

One of the best demonstrations we have ever seen grew out of many partial demonstrations given at various times and finally put together to form one that was interesting and instructive.

Never choose a subject simply because it is a good subject. Know your subject from much use first.

#### Demonstration subjects—

1. Any of those given in previous years' bulletins unless too simple for an older, more experienced group.
2. Selection of becoming colors for various types.
3. Any subject on good grooming such as manicuring, shampooing, care of face.
4. Selection of materials, giving textile tests.

5. Renovating.
6. Dry cleaning.
7. Making buttonholes (hand made).
8. Hemming a silk dress.
9. Suitable neck finishes for a best dress.
10. Suitable neck finishes for a party dress.
11. Colors for evening wear.
12. Lace trimming on "dress up" undergarments.
13. Plackets.
14. How to put on snap fasteners and hooks and eyes.
15. Seams for different materials.

### **SOME HELPS IN PLANNING A WARDROBE**

Plan the wardrobe around one color. For example, if your "best" dress is brown, and you expect to buy material for a winter school dress, and must have a new coat, select a brown plaid or shepherd's check for the school dress, a rough tweed in browns for the coat. The cotton dresses could be a pretty green-and-white stripe for one and perhaps a medium-blue plain suiting for the other. With these, brown oxfords or brogues and brown or biege hose could be worn. By careful planning, the same accessories, coat, hat, shoes, and gloves will go nicely with the costumes for the several occasions.

It is just as possible to build around blue or green or red, but usually brown and blue are the most satisfactory colors around which to build.

A good way to decide on the color of hose is to draw a six-inch circle on a piece of light gray or cream colored paper or light-weight cardboard. Cut out one-inch squares of material like your various dresses and paste them around the edge of the circle. Try out the different colors of stockings (darning cotton, scraps of paper, or bits of stocking can be used) and decide which color goes best with the greatest number; and then buy hose in that color. The same plan could be used in selecting the most desirable color for the one new dress, coat or suit.

In planning a costume, do not think of the dress alone, but of the costume as a whole, including shoes, hose, hat, coat, gloves and such accessories as purse and beads. The type of costume, season of the year, age of the wearer and locality where she lives will all have their influence on how many of these articles and

garments will be required to complete any given costume. For example, a thirteen-year-old-girl, going to a rural school, or walking a mile or more to her friend's home, would require a different style of "best" dress from that selected by a seventeen-year-old high school senior, living in the city and going to an occasional dinner with her mother and father in a city restaurant or attending a large city church. The younger girl probably would not require special gloves, hat, or purse, while the older girl would, and the dress should be more simple.

**Choosing the right colors.** In the previous years' work, you have been gradually learning how to choose and combine colors so that they will be pleasing and becoming. "Best" and evening clothes offer a number of new problems. "Best" dresses are usually worn indoors or under a wrap and so are often more gay in color than street clothes, other than sport clothes. For informal party frocks, worn in the evening under artificial light and when the wearer is gay in spirits, light and bright colors are in keeping.

In addition to knowing the meaning of various terms used in the discussion and selection of colors, it is also necessary to know something about the coloring of the one who is to wear them. The following discussion will help in this.

According to coloring, individuals may be classified as follows:

- a. Cool types: golden hair, fair skin, pale pink cheeks with hint of blue, blue or gray eyes; blue black hair with fair skin, blue or gray eyes.
- b. Warm types: auburn hair, brown eyes, creamy skin, pink cheeks tinged with yellow rather than blue, some of this group have blue-gray eyes. Also those with dark-brown hair, brown eyes, olive skin, red orange flush on cheeks.

Intermediate are between these two types. These persons are the fortunate ones who can wear all colors if the proper consideration is given to the correct proportions of colors and to the occasion on which they will be used.

THE COOL TYPE of people will find cool colors such as blues, grays, blue-greens and greens, their best choices with trimmings and accessories if desired in the warmer colors for contrast. The warm colors, however, should be toward the cool colors rather than too intensely warm. For example, American beauty red rather than henna.

Very pale blonds must avoid colors that too nearly match their own. Values either lighter or darker than their hair will be most

becoming. If a dark dress is to be worn, a bit of white at the neck will bring out the wearer's delicate coloring. It should be a blue white rather than a creamy white.

THE WARM TYPE girl, with auburn or brown hair and brown eyes and warm skin with a tinge of orange in it, will look her best in the warm browns, oranges, reds, red-purples and the yellow-greens, rather than blue greens. If she wishes to wear white, she will do well to choose a creamy white. She can wear cool colors if she will take care to have a warm color near her face, perhaps in a tie or necklace or the facing of the brim of her hat.

Colors for evening wear may always be brighter than for daytime. They should be tried out under artificial light since that is the light under which they will be worn. Always remember that the intensity of color that will be becoming must be determined for each individual.

There are of course exceptions to the color classification given above due to variations and combinations and to the state of health of the individual, which may produce a yellow or sallowness, or a grayish whiteness. Such exceptions will have to be dealt with as they occur.

### SELECTION OF MATERIAL

For "Best Dress", consider (1) season and climate, (2) cost, (3) other clothes, (4) places to be worn, (5) age of wearer.

1. SEASON. Spring and summer: sheer cottons, linen, light-weight silks, rayon crepes, etc. Fall and winter: various silk and rayon fabrics, such as flat and satin-back crepes, taffeta, and some of the seasonal favorites, wool crepes and other light-weight wools.
2. COST. It is possible to find a suitable material for a price one can afford to pay. Keep in mind that it never pays to buy flimsy, sleazy material that will give only a short wearing period. Your time is worth something for making. Cost should be computed for the length of wear as well as cost per yard. A pretty gingham or pique dress is a better choice for "best" than a cheap flashy silk.
3. OTHER CLOTHES. Plan the dress to go with the coat, hat, and shoes you have or will have to buy to wear with other dresses. It should "belong" in color, quality, and style.
4. PLACES TO BE WORN. City, small town, rural community, and conveyance should be considered.

5. AGE OF WEARER. Avoid making a dress suitable for a college girl if you are in the grades, or just beginning high school. You will have a long time to be old, be young while you can.

For "Party Dress", consider (1) season, (2) cost, (3) age, (4) effect of artificial light on colors.

1. SEASON makes less difference than for other kinds of dresses. Sheer cottons, silks, linen and rayon are all-year fabrics. Velvet and heavy silks are more suitable for older women for fall and winter wear. Just now gingham, piques, and cotton laces are good.
2. COST. Nowhere is there so wide a range in cost. Gingham, pique, string lace, and other inexpensive cottons are worn to the same party as their more expensive cousins, the silks. Sheer wool is popular now too, but more expensive.
3. AGE. Black in any material is too old for young girls, but usually they are eager for it. Just wait a bit and instead select light and gay colors and see how happy they make you feel.
4. EFFECTS OF ARTIFICIAL LIGHT. It is well to choose colors for party frocks by artificial light to see what it does to the color itself and to your own coloring.

### SCORE CARD FOR COMPLETE COSTUME AND INDIVIDUAL GARMENTS

(This is the score card used at the National Club Congress.)

I. SUITABILITY .....	30
To individual .....	15
To occasion .....	15
II. GENERAL APPEARANCE .....	25
Design .....	8
Individuality .....	8
Color combination .....	5
Texture combination .....	4
III. WORKMANSHIP .....	25
Cutting .....	4
Fitting .....	5
Quality of finish .....	8
Appropriateness of finish .....	8
IV. ECONOMICS ASPECT .....	20
Value in relation to cost in time and money .....	10
Durability of materials and design .....	5
Cost of upkeep .....	5

### HOW SHALL WE MAKE IT?

The third problem to solve in the making of a dress is the design, style, or pattern. You learned in third-year clothing that your own figure will largely determine what lines will be becoming and that the shape of your face should help you decide on the shape of the neck line. The girl who is neither too slender nor too plump and who has an oval shaped face need only consider the prevailing styles for girls of her age and also keep in mind that both party dresses and best dresses are less severe in line and finish than the dresses and suits worn to school. Details such as "frills and furbelows", hand finishing, gathers, fine tucks, or a bit of lace, add to the attractiveness of these dresses, provided you are the type and build to wear them. For example, a dainty, vivacious girl with small face, fine features, and fluffy hair can wear ruffles to her heart's content; but the athletic, boyish type girl with straight hair worn in a boyish bob would look better in a dress finished with self-bindings, cap sleeves rather than puffs, and very simple lines in waist and skirt.

Pattern books are showing party and best dresses so it should be fairly easy to make a suitable selection.

**Seam finishes** depend largely on the material. Chiffon and sheer cottons often have the skirt and under-arm seams hemstitched in and trimmed off at the outer edge. Soft, light-weight materials that will fray require narrow French seams. Shoulder seams are best French-seamed. Armseyes are best bound unless that will make them bulky. At least stitch twice around the armseye. Another good finish for the armseye is to turn in the raw edges toward each other and stitch close to the edge. Keep this seam quite narrow. Where a cuff is put on a sleeve, finish the sleeve seams first, then put on the cuff; do not put on the cuff and then sew up the sleeve, *unless* the cuff is stitched on once, then turned over and hemmed in place after sewing up the sleeve cuff. Sleeve and neck finishes should always be done last to avoid bulky, unlovely joinings.

**Fastenings.** Snap fasteners, hooks and eyes, buttons and hand-made buttonholes; bound buttonholes are too tailored for most dresses in these two classes.

### HAND FINISHING

Both "best" and party dresses are usually hand finished. By this we mean finished without visible machine stitching. Neck,

sleeve, and hem finishes are hemmed in place by hand and made as invisible as possible. Where an edge is bound, the binding should be of material like the dress, cut on the true bias, and then sewed first to the right side of the garment with both raw edges together, after which the fold is hemmed to the wrong side just below the line of stitching. This is the same finish as was recommended for undergarments. Neck lines may be finished with folds, or a bit of lace, or in any becoming way that is soft and dainty. Belts, girdles, and sashes should be finished by hand or with concealed stitching.

Hems should be put in by hand. They look better if the first turn is simply basted down and the basting removed after hemming. The hem will show less if the hemming stitches are put in parallel with the warp threads of the cloth and about one fourth of an inch apart. The needle should be inserted under the last stitch from right to left and come in the edge of the hem at the point where the next stitch is to be taken. The skirt will then hang well and the stitches will be nearly invisible. There should be at least three stitches to the inch and in some material, four will be better; fewer put too much weight on each stitch, making the stitch show. For the same reason, the wider the hem, the closer the stitches should be placed.

### UNDERGARMENTS

The undergarments to be worn with either the "best" dress or the informal party dress may be more trimmed than those worn with school, street, sport, or home dresses or suits. The first essential is to have all undergarments fit well in order to make a good foundation for the dress. It is therefore necessary to select patterns that conform to the construction lines of the dress. For example, if the dress fits smoothly around the waist and over the hips, the undergarments must also fit smoothly at these points. Young girls whose dresses are hung from the shoulders or a yoke, and belted in, may wear bloomers with an elastic in the top without it being conspicuous.

**Materials.** The material used for panties, shorts, bloomers, and bandeau will depend on the material of the dress. To wear with cotton dresses, any of the cotton lingerie materials and some of the firmly woven rayons are suitable, but it is not advisable to use silk. For wear under silk, wool, or rayon dresses, either cotton, rayon, or silk may be used. Light colors and white are appropriate. These garments do not have to match the slip in color or fabric.

The slip, however, is really more a part of the dress than of the undergarments. It must be made of a material to which the

dress will not cling. It must be closely woven so that it is shadow proof and it must be of the same color as the dress or of a contrasting color used for its decorative value. For example, suppose the party dress were of cream net, the slip might be of light-green lingerie satin, and the dress might have a light-green sash. Usually, however, the slip should match the dress or be of a neutral tone that will make it inconspicuous. Avoid loosely woven materials for they will pull out at the seams.

**Seams.** Where two seams cross, as in the crotch of panties, both seams should be flat felled. All other seams should be French seamed. It is never correct to make raw seams in undergarments.

**Finishes.** Bloomers may be finished with a  $\frac{1}{4}$ -inch elastic at waist and knee, or they may have a yoke in front and elastic in the back, and a band at the knee. The finish will depend on the material used, the age of the wearer, and the type of dress with which they are to be worn. If an elastic is used, stitch the casing at both top and bottom, as this helps to keep the elastic flat.

Panties and shorts, if cut to fit at the waistline, may be faced with bias tape or silk finishing ribbon and should have a placket on either one or both sides. This placket should be continuous and as narrow as possible. Lap the placket so that it can be fastened with two buttons, placed one inch apart, and cut so that the strain comes on the end of the buttonholes. Some prefer hooks and eyes, but the hook is apt to be flattened in ironing. Snap fasteners are inclined to come undone. Use a flat button from  $\frac{1}{4}$  inch to  $\frac{3}{8}$  inch in diameter. If the pattern used has a yoke, make it double. The yoke should fit smoothly without being tight. The legs of panties may be finished with a tiny flat hem, a narrow binding, or lace. If lace is used it should be basted to the raw edge of the garment, leaving a half-inch margin. If the lace has two scalloped edges, stitch close to the edge of the scallop just inside the heavy thread that finishes the edge. If one edge is straight, either the scalloped or straight edge may be attached to the garment. Trim the raw edge to within  $\frac{1}{4}$  inch of the stitching. Of course, this finish can only be used on firmly woven materials that will not fray. The reason for leaving the edge raw is that by so doing a flat, smooth surface is obtained.

The bandeau is sometimes lace trimmed or made entirely of lace, but it is quite correct to bind the edges. The bandeau may be purchased if desired.

The finish on the slip will depend on the material of the dress. Remember that it is never in good taste to draw attention to the

undergarments, so if the dress is sheer, avoid lace trimming on the slip. When a contrasting color is used, the slip really becomes a part of the dress and is often attached to the dress at the shoulder. The slip may have a fitted top or narrow shoulder straps. If the dress is not sheer, the slip may be lace trimmed both at the top and at the hem. If lace is used it should be put on in the way described for the panties. French seams are best except where a yoke is to be put on. Often the yoke seam is left raw with either notched or over-cast edges.

**Foundation garment or garter belt.** Older girls who are inclined to be stout should wear a well-fitted foundation garment. Many styles and materials are shown. Select the one that best meets your needs. Slender girls may feel that a garter belt is all they require. Quite generally, though, a best dress or a party dress will fit better when a foundation garment is worn. This need be only a girdle that does not extend above the waistline but gives a smooth hip line and avoids a break below the waistline.

**Hose.** Except for girls in their early teens, probably all girls feel alike about hose for dress-up occasions and will prefer to save some place else in order to be able to afford silk stockings. Sheer hose are very perishable and sometimes scarcely last for one evening. Semi-sheers are more practical and are pretty too. Full-fashioned hose will fit better at the ankle than any others. Full-fashioned hose have a seam up the back continuing on the sole of the foot to the toe. In the hem at the top there is an open space which gives a little more elasticity to the top. Full-fashioned hose have a row of fashion marks, just above the ankle on each side of the seam. In *true* full-fashioned hose the little ribs formed in knitting run parallel and form a diagonal line beyond the marks. Stockings that are not full-fashioned are knit in a straight piece or around and around, then wet and stretched into shape over a warm iron. Of course, when washed they go back into the shape in which they were knit.

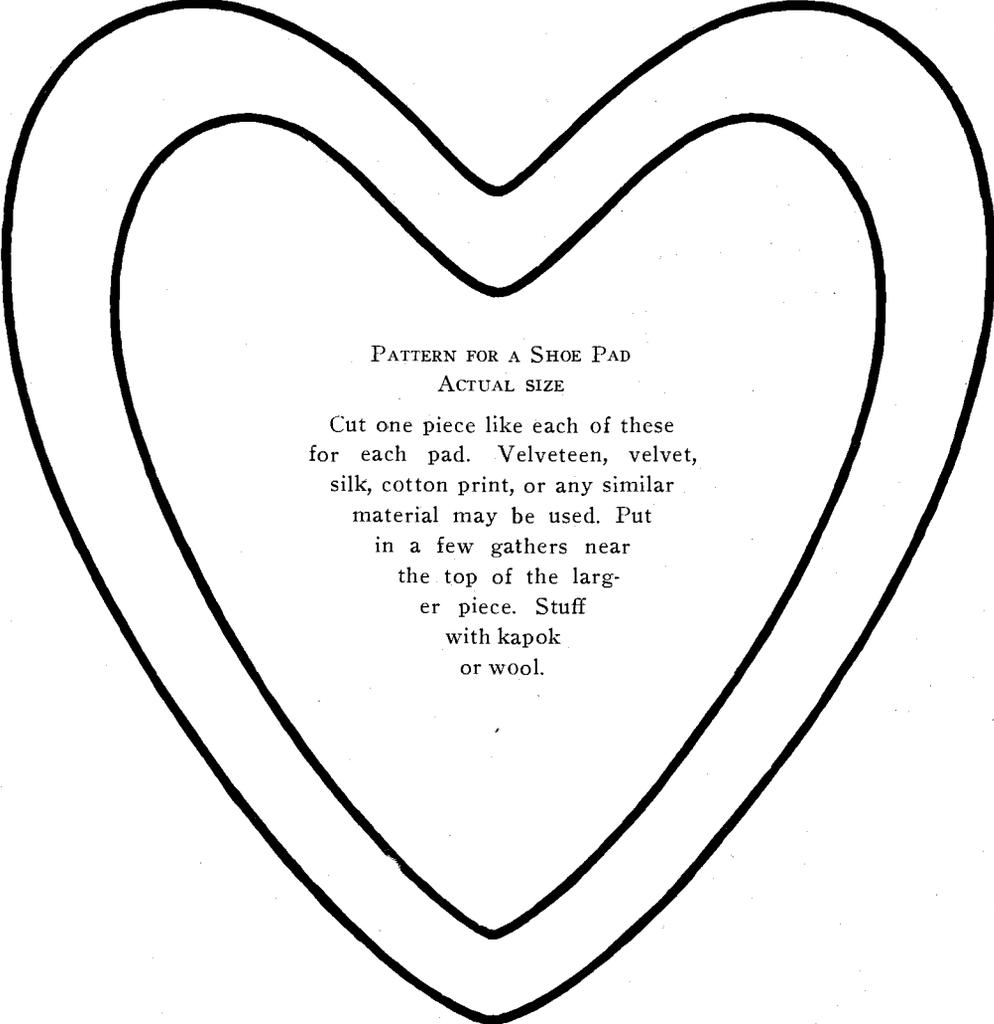
Rayon hose so far have never proved satisfactory because rayon yarn has no elasticity and so the stocking always wrinkles at the ankle.

Buy stockings half an inch longer than the foot and wash them before wearing and after each wearing. Directions for washing were given in the Second Year Clothing bulletin.

Light-colored hose are appropriate to wear with best and party costumes unless the costume is very dark, when hose to

match the shoe may have a more pleasing effect. Remember also that light colors tend to make a large ankle appear larger.

**Shoes.** Shoes to wear with best dresses may be a kid or patent leather. They may have a higher heel than a street shoe but should have a fairly broad heel and a toe broad enough so that the foot will not be cramped. Ties, pumps, and strap oxfords are all worn. They usually have a turned sole rather thin, and may be in black,



PATTERN FOR A SHOE PAD  
ACTUAL SIZE

Cut one piece like each of these for each pad. Velveteen, velvet, silk, cotton print, or any similar material may be used. Put in a few gathers near the top of the larger piece. Stuff with kapok or wool.

brown, beige, gray, or white. Fussy shoes are not in as good taste as those that are less conspicuous. Spike heels on the one hand and brogues on the other are equally inappropriate for wear with the best dress.

Party shoes may match the dress in color, or be black, beige, gray, or a very dark brown. White would only be worn with white or very delicate tints. High heels are permissible for older girls but inappropriate for younger girls, whose dance slipper has a very modest heel. Patent leather is always pretty for the younger girl.

**Care of the best shoes.** When you take your best shoes off, dust them carefully, rub up any spots, glue in place a scuffed bit, put each shoe on a shoe tree, either one you have purchased or a home-made one like the pattern given in this bulletin. Put each shoe in a bag just large enough to hold it and draw up at the top. Hang the pair together in the closet where they will be out of the way and cannot get knocked. These bags are simply straight bags, large enough to hold one shoe each, and can be made of any soft cotton, rayon, or silk material that you have on hand. Used material that is not much worn will do nicely.

### **SOME SUGGESTIONS FOR WORKING ON SHEER SILK OR VELVET**

For basting silks and velvets, use a fine needle and silk thread. Cotton thread may leave marks.

Before stitching a garment test the machine stitching on a scrap of the same material for length of stitch and tension.

Before stitching plush or velvet, loosen the tension and lessen the tension on the presser foot.

Sheer materials such as chiffon, crepe, or crepe de chine are apt to pucker when being stitched unless a strip of thin paper is placed under the material when stitching.

Snip basting threads in sheer materials every four or five stitches to prevent leaving marks.

Unless a seam forms a part of the decoration, it should be as inconspicuous as possible.

### **RENOVATION AND CARE OF CLOTHING**

Oftentimes a little work will make an old dress or suit or coat quite respectable again. All of us have old clothes, haven't we?

The following are some of the problems included under renovation :

1. Cleaning and pressing.
2. Mending (patching, darning, sewing up rips).
3. Replacing fastenings.
4. Letting out hems.
5. Putting on cuffs.
6. Cutting off or taking out sleeves.
7. Adding a collar.

Select a dress or other outer garment that can be renovated and do any of these things that are required to put it in good condition. Record the cost of renovation and have the garment ready to exhibit at the time of the fairs. *Attach a statement of just what has been done so that the judge will be able to determine the quality and value of the work done.*

1. **Cleaning and pressing.** Cleaning includes removal of spots and the cleaning of the entire garment. Cotton, washable rayons, some wools, and linen can usually be successfully cleaned by washing in water with soap. Most silks and wools look better for a longer time when drycleaned.

Spots and stains frequently need to be removed before a general cleaning of the garment. Many stains are easily removed by water. Others must be removed by a cleaning agent. It is necessary to determine the nature of the stain and to know the various methods for its removal from each of the various fabrics before attempting its removal. For example, strong acids destroy cotton and linen, and even weak acids tend to injure them.

On the other hand, strong alkalis dissolve silk and wool. Even washing soda and strongly alkaline soap such as some of the yellow laundry soaps will prove injurious, neither can hot water be used on either of these fibers.

Rayon fabrics are weaker when wet than dry. Boiling is likely to remove their luster. Dilute acids can usually be used but never strong ones. Alkaline solutions rapidly destroy them and bleaching agents are often harmful.

Materials used for stain removal are classified as absorbents, solvents, and bleaches. Among the absorbents are chalk, magnesium carbonate, fuller's earth, and cornmeal. Absorbents are sometimes successfully used on grease spots but are usually effective only on spots free from dirt or metal. Lay the stained fabric on a flat surface. Spread a layer of the absorbent over the stain. Work it gently, avoiding pulling the fibers. When it be-

comes gummy, brush off and repeat until nearly all of the stain is removed. Apply more of the absorbent and let stand overnight. Often applying a warm, not hot, iron, will help. This last method is especially good where the fat was a solid one.

Fruit stains usually yield to hot water but this can only be used on cotton and linen.

The United States Department of Agriculture has an excellent bulletin on stain removal that it would be well to have in every club library. Write to the United States Department of Agriculture, Washington, D. C., for Farmer's Bulletin 1474 *Stain Removal from Fabrics—Home Methods*, and follow its directions. All we have given above was taken from this bulletin.

When a garment requires drycleaning, we advise sending it to a professional cleaner as all drycleaning fluids are highly inflammable and hence dangerous to use in the home by inexperienced persons.

**Pressing.** Cotton and linen garments need careful dampening and can then be ironed with quite a hot iron. Have the moisture evenly distributed. Iron until apparently dry and hang up on a hanger to complete drying. Always iron also the wrong side of collars, cuffs, wristbands, belts, and hems.

Rayon and pongee must be ironed with a warm iron when nearly dry. Silk should be ironed with a warm iron, on the wrong side and under a cloth. Wool should be ironed under a damp cloth. The iron should be set down, lifted and moved, not shoved, to the next spot. Never iron wool until dry. It should be ironed to remove wrinkles and then hung to complete drying. Ironing until dry makes the cloth shine. As both silk and wool are animal fibers they are easily scorched and so we must be careful to use a warm rather than a hot iron.

2. **Mending** includes darning tears in woven fabrics and holes in knit materials. It includes patching holes in materials where a patch will show less than a darn, such as a cotton material, some silks and rayons, linen, and light-weight wools. Directions for patching and darning are given in your *Stitches, Seams, and Sewing Processes* bulletin. A small rip is at first a matter of little moment but soon grows. Sew it up as soon as noticed.

3. **Replacing fastenings.** Garments that are held together with pins are always untidy. It requires only a few minutes to replace buttons, hooks, eyes, or snaps. If the cloth has been torn, put a piece of thin cloth under the tear and darn neatly before sewing on the fastener.

4. **Letting out hems.** If the hem was put in by hand, the place of stitching will not show, but if machine stitched it may be

necessary to steam the marks out by putting a wet cloth over the iron to produce steam. Stretch the cloth at the hem line and pass it slowly over the iron until the marks disappear or grow faint. It may be necessary to even off the skirt again and then face it. To put on a facing, select a piece of cloth as near the color of the dress as possible and rather light in weight. When possible it is best to have the facing of the same kind of fabric as the dress—that is, use cotton on cotton, silk on silk, etc. If the skirt is straight or nearly so, the facing may be cut straight. A circular skirt or one with much of a flare should be faced with a bias-cut piece. The width of the facing is optional but probably should not be more than 2 inches nor less than  $\frac{3}{4}$  inch finished. Stitch the facing to the edge of the skirt on the right side. Remove bastings, turn the facing to the wrong side so the line of stitching will not show. Baste and press carefully. Hem in place, as though it were a regular hem.

Sometimes the bottom can be bound. Sometimes a facing can be put on the right side as a decoration. In this case it may be in a contrasting color or fabric and the same material should be used on the waist in cuffs, collar, neck binding, or yoke, depending on the style of the dress. If the bottom is bound, the cuffs and collar could be bound. If other parts of the dress are similarly finished, the skirt binding or band will appear to be by intention rather than necessity.

5. **Putting on new cuffs** will often greatly brighten a dress. They may be of the same or contrasting material and may be in a new style, either attached to the sleeves or made detachable.

6. **Cutting off or taking out sleeves.** Often sleeves that wear out at the wrist and elbow can be worn for a longer time if cut off above the elbow and then finished with a facing, a binding, or cuff. If a dress wears out under the arms, the sleeves may be removed and the armseye enlarged. If desired, the neck can also be cut down and the dress worn as a jumper with a blouse.

7. **Adding a collar** of self-material or contrasting material freshens a dress considerably. Sometimes white pique, linen, or similar material can be made into a detachable collar to wear with a dress that needs a touch to brighten or change it.

## GOOD GROOMING

Care of the hands and hair have been given in Clothing II and III bulletins. This time we will consider the care of the complexion.

A beautiful complexion depends in part on care of the skin and in part on attention to diet and other health rules, such as outdoor exercise and plenty of sleep in a well ventilated room.

**Daily care of the complexion.** When preparing to retire, wash the face in warm water and a mild soap. Rinse thoroughly. Pat the face gently with a soft towel, then rub in a bit of good cold cream. Theatrical cream is inexpensive and of excellent quality as the oil base is especially good. Wipe the excess cream off with a soft cloth or cleansing tissue. In the morning wash the face with clear cold water. Unless your skin is very oily, probably it will not be necessary to use soap every night but only two or three times a week.

**Make up.** If young girls only appreciated the beauty of their natural coloring they would use no rouge or lipstick, but would "paint their faces" by means of the colors they wear. For example, a shell-pink gingham or voile dress will bring out the lovely pink in a fair skin much more artistically than any amount of rouge.

For evening wear with an informal party dress, high school girls often feel that a little rouge increases their loveliness. In that case, care should be used in selecting the correct shade, and it should be applied to the upper cheek sparingly and rubbed out to the edges so that it blends with the color of the skin. Artistically applied rouge is never startling in color or form. The same is true of lipstick. When applied so that it fairly glares it does not have a beautifying effect even though such a practice may be a passing vogue. Surely 4-H club girls should be able to take the beauty out of a style and reject that which tends to detract from their loveliness. Such silly fads come and go. One year, not so long ago, we were startled to see on the streets of one of our largest cities, many girls with a liquid face powder plastered on the end of their noses! Not one girl, mind you, but nearly every girl who passed! Ugly? Indeed, but "stylish". Blind following of "fashion" is utterly silly. Girls must decide for themselves and try to make their make-up truly artistic. A picture in pastels is far lovelier than one in the crude colors of show-card paint.

If your face is inclined to shine, use a little powder. But avoid renewing it in public!

**Deodorants.** The odor of perspiration is very offensive. If frequent bathing does not control it, one of the many deodorants should be used according to directions.

### GOOD POSTURE

Good posture depends on good nutrition, care in standing and sitting, good eyesight, good foot arches, and well-fitting clothing.

When a person is physically unfit, it is very easy to slump and

soon bad posture habits are formed. Stand erect with head up, chin in, shoulders squared evenly, chest up, spine straight as possible, abdomen in, knees straight without strain. Stand tall. One way to get the body into this position is to stand against the wall, with head, shoulders and hips touching the wall, and the heels four inches away from it.

In sitting, keep the trunk in the same position as for standing; bend from the hips and not the middle of the back.

Much can be done to attain and keep a good posture by sleeping in good posture. Avoid sleeping always on the same side, avoid a high pillow, and do not lie all doubled up. Many who have fine posture, sleep on their backs, stretched out and without a pillow.

Some exercises that will help in attaining good posture are:

1. Lie on the back, hands clasped behind head. Take a deep breath and raise the chest high. Keep the chest up and exhale by pulling the abdomen in hard.
2. Same position, knees bent, feet pulled up. Pull the abdomen in hard, then relax part way. May also be done while standing.
3. Sit in a chair in correct position. Incline the trunk forward from the hips. Straighten and repeat.
4. Stand with heels 4 inches from the wall, with hips, shoulders, and head touching the wall. Flatten the lower part of the back against the wall by pulling in the abdominal muscles. Holding this position come away from the wall with weight well forward on the balls of the feet.
5. Stand with hands on hips. Raise one leg forward without bending the knee. Lower and repeat with the other leg. This teaches how to hold the back flat while balancing the body and doing a leg exercise.
6. To correct round shoulders! Clasp the hands behind the back at the waistline. Roll the shoulders back and down, then relax.
7. To strengthen muscles in the back of the neck, clasp the hands behind the head and force the head against their pressure. Keep the chin in.
8. For spinal curvatures: "Stand tall" holding the back straight. Rise on toes, with arms extended forward and up high over head. Let hands descend to sides and lower heels. Distended abdomen can be largely prevented by doing exercises 2 and 4.

These directions are taken from the Metropolitan Life Insurance pamphlet called *The Importance of Posture*.

### COURTESIES

Do you know these facts in respect to courtesies?—

Dinner guests should arrive only 5 to 10 minutes before the hour designated in the invitation unless asked to arrive earlier.

Hats are worn to dinner in a restaurant or hotel but not in a private house.

If asked as to a preference in food, it is courteous to give it.

Never refuse a dish. If for any reason some food cannot be eaten, quietly leave it on the plate.

It is bad form to pick the teeth in public.

Dinner guests should remain for from half an hour to one hour after dinner.

When a boy invites a girl to go to a show, for a walk, or for a ride, he should come to the girl's home for her. If the girl's mother does not know him, the girl should introduce him to her, saying, for example, "Mother, may I present Jack Smith—Jack is Ella's brother and is in my history class." It is correct for the boy to bring the girl home unless some previous arrangement has been made.

It is correct to thank your escort for a pleasant evening, then to say good night. It is seldom good form to linger long at the door. Sometimes if Mother is willing, and it is not very late, you may invite your escort in for a glass of lemonade or a cup of chocolate.

It is not good form for young boys and girls to stay out after midnight unless for some exceptional reason.

The best guide to good manners is to be kind and friendly. Loud, boisterous talking and shrill laughter are always in poor taste.

It is correct for the boy to reserve the first and last dance of the evening for the girl he escorts to the party. He should dance several other times with her also and see that she has partners for most of the dances. If refreshments are served, he escorts her to the supper table or brings her a plate and sits beside her while they eat, and then carries the plates back.

If it is an invitation dance, it is correct to thank the hostess for a pleasant evening before leaving.

It is not in good taste to apply make-up or powder in public even though it is sometimes done.

Remember that, after all, true courtesy is largely a matter of thoughtfulness for the comfort and pleasure of others and not a surface putting on for effect.