CLOTHES

for Wear at Home

By Helen Cowgill

4-H CLUB CLOTHING PROJECT . SECOND YEAR

Oregon State System of Higher Education
Federal Cooperative Extension Service
Oregon State College
Corvallis

Club Series L-73

4-H Club Clothing Project
Program of Work

What is a program of work? A program of work is a definite plan for carrying out all the requirements to finish your project.

How to plan the program. If possible, decide on your program of work before beginning the work itself. You can follow a plan and do your work more easily.

1. Study the goals and requirements.
2. Decide on the dates, hour, and place for the meetings.
3. Include in the program one or more of the following (not necessarily in the ten meetings): date for your local achievement program, entertaining our mothers, and a picnic.

Four main topics. The project centers around four main topics: (1) construction and selection of clothing; (2) care of clothing; (3) personal care or good grooming; and (4) health. In making your program bring in all four phases at one time or another.

First meeting. Suggested outline for first meeting after the bulletins come:

A

BUSINESS

1. Meeting called to order by the President
2. Roll call. Response—name a stitch you can make
3. Club pledge
4. Minutes of the last meeting (organization meeting)
5. Selection of a name for the club
6. Study of the project and its requirements
7. Secretary read the list of suggested goals
8. Discussion of goals. If desired, postpone the adoption of the goals until next meeting
9. Discussion of equipment required (led by leader)
10. Discussion of what to bring next time (led by leader)
11. Club song
12. Game—three deep (or any game)
13. Put the room in order
14. Adjournment

Aided by the foregoing suggestions for the first meeting, the club should plan the other nine meetings. Read ahead and see what you are to do. The program should be varied by sometimes having a demonstration, and at other times doing some judging, having some talks about color, materials, line and design, health, and good grooming. It is important to tell what is to be made (pot holder, aprons, etc.). Some articles will require several meetings, with home work between, for completion.
Clothes for Wear at Home

By
HELEN COWGILL
Assistant State Club Leader

GOALS—CLOTHING SECOND YEAR

The aim throughout the six years of the 4-H Club Clothing project is that girls may learn how to be well-dressed on what they can afford to spend for clothes.

The well-dressed girl—
1. Selects becoming colors.
2. Is well-groomed.
3. Keeps her clothing clean and in good repair.
4. Observes the rules of health.
5. Has good posture.

Goals for every member:
1. To have a workbox containing needles, pins, tape measure, sharp scissors large enough to cut cloth easily, thimble, thread, pencil, notebook, needle case, and pin cushion or pin box.
2. To learn to use the thimble.
3. To learn to use the sewing machine more efficiently.
4. To keep the hands and fingernails beautiful.
5. To learn to work with the other members of the club and with the leader.
6. To keep accurate records of the work done.
7. To score the work done.
8. To give demonstrations.
9. To keep hose clean and in repair.
Perhaps some of these goals may not quite suit your club and you may want to substitute others or add more.

REQUIREMENTS

What are the requirements for satisfactory completion of second-year clothing? The following six things are required:

1. Articles to be made

The articles you are required to make include clothes to wear and articles to use at work in your home.
(a) Work dress
(b) Work apron  
(c) Tea towel or kitchen hand towel or tray cloth  
(d) Hot-dish holder  

2. Care of clothing  
(a) Care of hose  
   (1) Washing  
   (2) Mending  
(b) Laundering of garments made  

3. Good grooming  
   Care of hands  

4. Health, the fourth H  
(a) Correct posture  
(b) Wholesome food  
(c) Sufficient sleep, exercise, and play (outdoors)  

5. Demonstration team and judging team  

6. Exhibit  
Each club member shall exhibit at a local, county, or state fair all the articles made and a sample of her darning.  

**BASIS OF AWARDS**  
What is the basis of awards in Clothing—Second Year? The basis of awards in all Clothing—Second Year contests will be as follows:  
(a) Exhibit .................................................. 75  
   Work dress .......................................... 25  
   Work apron ......................................... 25  
   Tea towel, hand towel, or tray cloth ....... 10  
   Holder ............................................. 10  
   Darn ................................................. 5  
(b) Completeness and accuracy of report..... 25  

Total ................................................... 100  

**SUGGESTIONS**  
*Read* all the instructions carefully. We have tried to make them as understandable as possible and still be brief.  

*Plan* your work ahead. Bring samples of materials to the meeting before buying any cloth.
Study yourself to see what color will be most becoming. Then try to get material for the garments you make in that color.

Use material you have wherever it is possible.

Buy good quality material—not necessarily expensive material. Flour sacks and feed sacks are made of excellent quality material and may be used for many articles.

Keep your record book up to date.

Attend all club meetings.

Take an active part in all club meetings.

Be patient and industrious.

Strive to make your best better.

Something you may like to do. Why not cut out and bring to your meeting pictures of dresses and aprons you think are pretty and would be suitable to wear when you help mother with the housework? These would help you decide what patterns to buy.

TOWELS AND TRAY CLOTH

Score card. Study this score card before purchasing material. It should help you to buy intelligently.

<table>
<thead>
<tr>
<th>Score Card for Judging Towels and Tray Cloths</th>
</tr>
</thead>
<tbody>
<tr>
<td>Material .............................................</td>
</tr>
<tr>
<td>Absorbent ...........................................</td>
</tr>
<tr>
<td>Even in weave .......................................</td>
</tr>
<tr>
<td>Free from broken threads ...........................</td>
</tr>
<tr>
<td>Free from dressing ..................................</td>
</tr>
<tr>
<td>Workmanship .........................................</td>
</tr>
<tr>
<td>Hem accurately turned ................................</td>
</tr>
<tr>
<td>Stitches even in size and slant, inconspicuous ...</td>
</tr>
<tr>
<td>Ends even and overhanded ...........................</td>
</tr>
<tr>
<td>No knots, bastings, or ends of thread ............</td>
</tr>
<tr>
<td>Any decoration suitable in design, well done ......</td>
</tr>
<tr>
<td>(give full points if not used)</td>
</tr>
<tr>
<td>Attractiveness ......................................</td>
</tr>
<tr>
<td>Pleasing color or colors and finish ..............</td>
</tr>
<tr>
<td>Clean, well ironed, and properly folded ..........</td>
</tr>
<tr>
<td>Total ..................................................</td>
</tr>
</tbody>
</table>

Something you may like to do. Perhaps Mother will permit you to take a hand-hemmed towel or tray cloth to your club meeting, in order that you may learn how to judge them. In so doing you can
learn something about what materials to use, how the hem should be turned, how the stitches should look, and how towels should be laundered.

TEA TOWEL

What materials are good to use for a tea towel? A flour, a sugar, or feed sack, or \( \frac{3}{4} \) yard of cotton, or linen-crash toweling, with No. 60 white thread and a No. 7 needle, are good materials for making a tea towel.

How should the sack be prepared? Rip out the stitches that made it into a bag. To remove the colored printing, soak the cloth in kerosene, wash in warm suds, and bleach by using one of the commercial bleaches and following the directions on the bottle carefully. Then wash it in good soap suds, boil again, rinse, and blue. Dry, sprinkle carefully, and iron smooth.

How is the towel to be made? Even the two raw edges. Selvages need not be cut off unless there are holes along selvage. Turn and baste a \( \frac{1}{4} \)-inch hem on both ends (making the first turn \( \frac{3}{4} \)-inch wide). If regular toweling is used, the hem may be up to an inch in width.

Must the hem be made by hand? Yes, hand hemming is required because we want you to learn to do good hand hemming. The following directions for hemming, taken from the bulletin Stitches, Seams and Sewing Processes, page 16, will be helpful.

Plain hemming. Preparation of material. Make a \( \frac{1}{4} \)-inch fold to the wrong side of the material. Crease again to wrong side making the hem any desired width. Pin first, then baste to hold in place. Hold the work over the forefinger with the hem toward the inside of the hand so that you can see under the edge of it.

To make the stitch. Begin at the right-hand side and work toward the left hand. Do not make a knot, but fasten the thread by taking three or more stitches in the same place. Just below the edge of the hem, and close to it, take up one or two threads of the material. Point the needle to the left and come up through the edge of the hem. Pull the needle through until the thread lies smoothly on the material. Do not pull hard enough to pucker the material. Put the needle in again for the next stitch, a little in advance of the place where it came out, taking each stitch exactly like the first. When the hemming is finished, pull out the basting threads.

Be careful to slant your needle the same each time, keeping the stitches the same length and the same distance apart.
In hemming a towel or other article where only opposite ends are hemmed, the work should be started by overhanding the open end. Then when the hem is in place, the other end should be overhanded neatly. Sometimes when a hem is \( \frac{3}{4} \)-inch to 1\( \frac{1}{2} \)-inches wide the overhanding is done only far enough to cover the first turn of the hem, but may extend the full depth of the hem. Remove bastings.

*Sometimes there are holes near one selvage edge.* It is necessary then to cut off that edge beyond the holes and hem like the other edges. In this case the corners should be mitered. For this, see *Stitches, Seams, and Sewing Processes*. Hemming on all four sides, unless necessary to get rid of holes, is not required nor recommended.

**KITCHEN HAND TOWEL**

**Material.** Use either linen- or cotton-crash toweling. Usually a hand towel is made 1 to 1\( \frac{1}{2} \) times as long as it is wide. Ask Mother which length she prefers and buy your cloth accordingly. Linen suiting, when available, is excellent for towels. It is twice as wide as is necessary but can be divided and hemmed along one side before the ends are hemmed.

**Making.** Even the raw edges. Turn and baste a hem on each end. This hem may be from \( \frac{3}{4} \) to 1 inch wide, depending on the size of the towel and your own taste. Hem in place, using the hemming stitch. See directions for hemming given under tea towel above. Be careful to fasten the ends securely. Remove bastings.

A very little embroidery in cross-stitch, outline, or weaving may be used on this towel but is not required.

**TRAY CLOTH**

Do you ever treat Mother to breakfast in bed? She would enjoy it sometimes, I am sure. A tray cloth that you had made would make the tray more attractive.

Of course, a tray is used for many occasions besides serving meals in bed. Refreshments in the afternoon or evening are often carried in from the kitchen on a tray, and a pretty tray cloth adds much to the attractiveness of the service.

**Suitable materials.** Linen is the very nicest, but at present linen is very scarce and quite expensive. Unless mother has a piece tucked away, either new or a part of a dress or skirt no longer used, it will be necessary for you to use a cotton material such as plain or printed percale, checked gingham, flour or feed sack. It is quite a challenge to find suitable materials at present, isn't it? What a satis-
faction it is when at last we have succeeded in finding something that will answer the purpose. If colored or figured material is selected, the color should harmonize or match the dishes to be used with it. For example, a red tray cloth is not at its best with pink or yellow dishes.

Cutting. Measure the inside of the tray and plan the cloth so that there will be a margin of \( \frac{1}{4} \) inch on all sides. That is, if the tray measures 9 inches by 12 inches, the finished cloth should be \( 8\frac{1}{2} \) inches by \( 11\frac{1}{2} \) inches.

The cloth is to be hemmed on both of the long sides with a \( \frac{1}{4} \)-inch hem. This means that \( \frac{1}{4} \) inch must be allowed on each side for the hems; so if the cloth is to be \( 8\frac{1}{2} \) inches by \( 11\frac{1}{2} \) inches finished, the cloth must be cut \( 9\frac{1}{4} \) inches. Length depends upon the finish of ends.

The ends of the cloth may be finished in either of two ways: fringed or with a \( \frac{1}{4} \)-inch hem. (1) If fringed, the piece should be cut the length of the finished cloth. In the case of the one used above as an illustration this would mean \( 11\frac{1}{2} \) inches. Fringed ends are especially suitable for figured materials and may be used on any material. (2) If the cloth is to be hemmed with a \( \frac{1}{4} \)-inch hem at each end, allow \( 1\frac{1}{2} \) inches which means, in the case of the \( 8\frac{1}{2} \)-inch by \( 11\frac{1}{2} \)-inch cloth, that the cloth must be cut 13 inches long.

Caution. Be sure to even the piece of cloth by drawing a thread along the cut edge. Also draw out a thread to cut by on all sides where cutting is in from the edge. For this cloth it is necessary to cut off the selvage edge. The cloth may be cut with the lengthwise or warp threads going either the long or the short way depending on how the goods will cut to the best advantage.

How to make the tray cloth. Hem the long sides first. Turn and baste a \( \frac{1}{4} \)-inch hem to the wrong side. Try to keep the hem the same width the entire length and both hems alike. A piece of cardboard 3 or 4 inches long and 1 inch wide may be used to make a gauge or marker. Measure \( \frac{1}{4} \) inch from one corner and cut in about \( \frac{1}{4} \) inch straight across; then make a diagonal cut from the edge of the cardboard to the inside end of the first cut. Use this marker to even the hem in width. After the hems are basted, it will help if you will press the creases in carefully with a medium hot iron.
Use a No. 7 needle and No. 60 thread for hemming. If colored material is used, matching thread is to be preferred to white.

Follow the directions given under the tea towel for making the hemming stitch.

When the two sides are hemmed, pull out the basting stitches before finishing the ends.

**Fringed ends.** Fringed ends are especially good on figured material. Measure in from the cut edge \( \frac{1}{4} \) inch and draw a thread. Then draw out several more, the number depending on the fineness of the material, drawing toward the cut edge rather than from the body of the cloth.

To prevent the edge from fraying out beyond the depth desired for the fringe, the edge must be hemstitched.

Hold the material with the right side out and the cut edge away from you. Fasten the thread at the right side into the cloth at the edge of the place where the threads have been drawn and in the body of the cloth. Take up a group of threads—4 to 6 is about right in most materials. Draw the thread through. Pick up the same group of threads again, this time coming up through the material a couple of threads in the body of the cloth above the drawn space. Repeat these two stitches across the end, going from right to left. Fasten the thread carefully.

Hemstitch the other end in the same way. If the cloth is to be washed before exhibiting do not fringe until it is washed and ironed. Caution: Be sure to wash your hands before starting work each time.

If the material used is figured, no decoration is required and would only detract from the appearance of the finished cloth.

**Hemmed-stitched ends.** Under directions for cutting you were told to cut the cloth 1½ inches longer than the finished cloth. Measure in from the cut edge \( \frac{1}{4} \) inch and draw a thread. Draw several more threads, taking them from the body of the cloth and not from the amount allowed for the hem. The number of threads drawn will depend on the fineness of the material.

Make a \( \frac{1}{4} \)-inch turn to the wrong side. Crease well. Make a second turn so that the folded edge of the first turn comes exactly even with the first thread drawn. Baste carefully.

Follow the directions for hemstitching given above, but this time, do the work on the wrong side and hold the cloth with the hem toward you and on the second time under each group of threads, catch into the edge of the hem.

A tray cloth made of plain material may have a bit of decoration if desired. In the *Stitches, Seams and Sewing Processes* bulletin,
directions are given on page 18 for Italian hemstitching. This is
easy to do and is an excellent decoration for a tray cloth. An initial
is always appropriate on table linens. On a tray cloth it may be
placed at the center of one end, or at the center of one side. Make
it 1½ inches high and work it white on white or matching color on
color. Chain or outline stitch is easy to do, and if the stitches are
small and close together, it will be especially good looking. Some
initials have double lines in some parts. In such places two or three
rows of outline or chain stitch will fill in the space very well.

If a bit of embroidery other than an initial is what you prefer,
select a design with simple lines that can be worked in one of the
embroidery stitches learned in Clothing 1-A or 1-B, or perhaps you
would like to use the lazy-daisy stitch or make French knots. Direc-
tions for these two stitches are given in the Stitches, Seams and
Sewing Processes. There are several designs given in this bulletin.
You may make or select another design, but be sure it is as small
and easy to do as the ones in this bulletin. Use only two or three
colors and select colors that will harmonize with your dishes.

When you have finished either the tea towel, hand towel or tray
cloth, wash it if necessary. Whether you wash it or not, be sure to
iron and fold it carefully. See directions under Laundering for
laundering and folding towels. Take your completed work to the
next club meeting for scoring and the criticism of your leader. Com-
plete your record of costs in the record book, fill in the report card,
and give it to your leader. You will be ready, then, to start the next
work.

**HOT-DISH HOLDER**

One of the most useful small articles in the kitchen is a holder
to use when handling hot dishes and pans. A plentiful supply will
always be welcomed by the one who prepares the meals.

**May I use the sewing machine?** Yes, you are old enough
now to learn to use the sewing machine efficiently.

If you belonged to a “Just So” clothing club last year, you have
had a little practice in using the sewing machine. A little review
will help you do better stitching, however, so do the following:

1. Practice treadling with the machine unthreaded.
2. Practice stitching on paper with the machine unthreaded—
(a) in straight lines, (b) from corner to corner, (c) around square
corners, and (d) around a spiral circle.
3. Thread the machine. Practice threading it until you can do
it quickly and correctly.
4. With the machine threaded, practice stitching on a double thickness of cloth.
5. Learn to set the stitch at the size desired.
6. Learn how to start and end your stitching.

When you can treadle evenly, stitch straight, turn neat corners, keep close to the edge where that is required, and stitch on the diagonal without drawing lines, you will be ready to stitch on your hot-dish holder.

**What materials are good to use?** Flour sacking, material like the dress or apron, or any smooth, firm cotton material that matches or harmonizes in color with the dress and apron. The filling may be of old outing flannel or any soft material that will not fade through and stain the cover.

The simplest holder to make is the plain square one, and the following method is recommended.

**Score Card for Judging Holder**

| Material | 40 |
| Durability | 10 |
| Even in weave | 5 |
| Free from broken threads | 5 |
| Suitable for article to be made | 10 |
| Good in color and design for use | 10 |
| Workmanship | 50 |
| Accurately cut | 10 |
| Machine stitching straight and close to edges, right-sized stitch | 10 |
| Finishing | |
| Binding, fastening, etc. | 10 |
| Ends well finished | 10 |
| Bastings removed | 5 |
| Decorations suitable (give full credit if no decoration is used) | 5 |
| Attractiveness | 10 |
| In color, material, general effect | 5 |
| Clean, well pressed | 5 |
| Total | 100 |

**How should the holder be cut?** Cut two pieces 6 to 8 inches square depending on the use of the holder, or cut one piece 6 to 8 inches wide and twice as long.

**What should be used for filling?** Cut the pieces for the filling of old material and have them ½ inch smaller than the cover in each direction. The number of pieces of lining used will depend on the thickness of the material and the desired thickness of the finished holder.
How is the holder made? Baste a $\frac{1}{4}$-inch fold to the wrong side of the material on both ends of one piece before turning in the sides. On the second piece turn in the sides first, as shown in drawing above. This method makes it possible to cover all raw edges at the corners by interlocking the folds at the corners.

Lay the lining pieces on one cover piece so that there is the same margin all around. The wrong side of the cover piece should be next to the lining. Place the second cover piece, wrong side down, on top of the lining and directly opposite the first cover piece, having the lengthwise threads, or warp, running in the same direction. Interlock the folds at the corners. Baste the pieces all together, keeping the edges of the covers even.

Stitch on the sewing machine with either 50 or 60 thread, sewing once around the square near the edge and then diagonally from corner to corner in both directions or the stitching may be in a design or in a quilting pattern if desired. The thread should match the material in color.

If desired, a loop or small brass ring may be sewed to one corner, by which to hang the holder.

May I decorate my holder? Yes, if you like. Use any simple design in running or outline stitch, or an applique may be used. This work must be done before the pieces are stitched together.

Turn the edges on both cover pieces as directed for the plain holder. Lay the lining on the under cover piece so that there is the same margin all around. Stitch diagonally from corner to corner in both directions, stitching back from each corner to make the stitching secure.

Then put the top cover piece in place, taking care to have the
warp threads of both pieces run in the same direction. Lock the corners, baste carefully, and stitch around the edge.

May I use any other shape for my holder? If you prefer, instead of cutting your holder square you may cut it round or in any suitable shape. You may bind the edges together, if you wish, in which case you would not turn in the edges of the cover pieces.

Look over the holder carefully to see that you have it just as it should be. Remove all bastings, clip off all ends of thread, press the holder carefully. It should be laundered if it is soiled.

Next, finish recording the cost in your record book. Perhaps then you will want to write a little about your holder in your story in your record book, and you will be ready for your next piece of work.

WORK DRESS AND APRON

Score Card for Work Dress and Apron

Materials—including trimmings .................................................. 30
Suitable for design and use of garment ......................... 10
Durable in quality ................................................................. 5
(Well woven, fast color, etc.)
Dress and apron material harmonious in color
and design .............................................................................. 10
Color becoming to wearer .................................................. 5
Design (or style of pattern) ...................................................... 30
Suitable to the occasion .......................................................... 10
Becoming to wearer ................................................................. 5
Ease of laundering ........................................................................... 5
Apron and dress harmonious in style .................................. 10
Workmanship ................................................................. 30
Good choice of seams, hems, finishes .......................... 10
Accuracy of stitching (hand and machine) .................. 10
Good fitting ................................................................................. 10
Neatness ................................................................. 10
Bastings removed, ends finished .................................. 5
Clean and well pressed .............................................................. 5

Total .................................................................................. 100

This score card is placed at the beginning of the section on garments so that before you even buy material you can study it carefully. By so doing you will learn some of the things you will need to know about planning your dress and apron.

Something you may like to do. Bring a work dress and apron to your next meeting to score. It need not be one you have made, and of course, it won't be new. Through scoring you can learn what to look for in a garment and so how to plan your dress and apron. If it is not convenient for you to bring a dress, score the one you wear to the meeting that day.
How can I decide on what colors to use?

The color of your skin, hair and eyes will guide you in your choice of colors. It is generally true that girls with warm coloring look their best in warm colors, while girls with cool coloring can wear cool colors better than warm colors. The reds and yellows are warm colors and blues and greens are cool colors. Girls with brown, black or auburn hair, golden olive or brown tones in the skin, and brown, green or hazel eyes, therefore, find browns, reds and yellows most becoming. The girl with pink and white skin, blue eyes, golden or light brown hair looks her best in blues and greens although certain shades and tints of red and brown are becoming to some girls with cool coloring.

The colors you select have a marked effect on your skin, hair, eyes, and size. Have you sometimes wondered why, when you wore a certain dress, your face appeared redder, or possibly more yellow? Study yourself in the mirror and decide what is your best feature. Choose a color that emphasizes the best feature without calling attention to a bad feature. If your complexion is good then choose a color that will enhance your eyes or hair.

A blue dress will make blue eyes more blue; a green dress will make hazel eyes more green. But color also has another effect. A green dress, besides making hazel eyes appear more green, will make a pink complexion more rosy and red hair brighter. By wise choice a girl may intensify the color of her eyes and brighten her hair and the healthy rosiness of her skin. By unwise choice she may dull her eyes and hair and make her skin appear sallow. At the same time, if the coloring and texture of her hair and skin are not good and her eyes are not bright and clear, one does not expect the coloring in her dress to transform them although it may help to a certain extent.

Good wholesome food, plenty of fresh air, correct exercise, and sufficient rest will tend to make a girl healthy. For the healthy girl, color choosing is much simplified.

The color chosen affects also the apparent size of the figure. Bright colors, light values, and strong contrasts of color make the figure appear larger. Dull colors, dark values, and soft contrasts of color tend to make the figure appear smaller.

Since all of you vary so in coloring, it is impossible to give any set rules. Study yourself in the mirror, in daylight, by holding different pieces of colored cloth or paper up to your face and note the effect on your skin, hair, and eyes.

Does the color of my home dress make any difference?
Yes, pleasing colors in work dresses and aprons are as important as in outfits for any other occasion.
Until you have more experience in color selection, if you limit your choice to two plain, or one plain and one print, the result will be pleasing. The color effect in your work dress and apron may be obtained in either of two ways: by using a plain color for the foundation and trimming with a second color, or by using a material having a combination of colors. If the latter is chosen, interest may be added by selecting one of the predominant colors in the material to be used as trimming. For example, a cotton print with figures of blue or a tan (light grayed orange) on a white background, might be trimmed with blue or tan bias tape, or fitted facings, and belt in plain blue or tan.

What should I know about selecting patterns? Patterns for girls are sold by age, but on the pattern envelope the bust measure and length of dress are given. Be sure to take these measures before going to buy the pattern. You may be larger or smaller than the average for your age. It is always best for young girls to buy misses' patterns rather than ladies' patterns because the proportions are better. Girls are approximately 6½ heads tall, while women are 7½ heads tall. This means that the waist and hip lines of girls do not come at the same relative distance from the top of the head as they do in women. Patterns cut to the proportions of women will not fit girls as well as those cut to the measurements of girls, even though the bust and hip measurements are correct.

Suggestions for selecting a pattern
1. Select a pattern with as few pieces as possible.
2. A one-piece pattern is desirable.
3. Waist and skirt. Skirt gathered or four to six gores.
4. Set in sleeves, cap or ruffle, or any simple prevailing style.
   Remember, the fewer pieces a pattern has the easier it will be to do quality work!

How can alterations be made in a pattern?
Always test a new pattern by holding it up to you after pinning the underarm seam and shoulder seam. If the pattern is not wide enough, cut the pattern in two, lengthwise, and pin the two parts to another piece of paper or to the goods far enough apart to give the needed extra width. Remember that you need allow only one-half of the required extra width in the front on the front pattern and one-half of that required in the back on the back pattern, since the pattern is cut for one-half of the front and one-half of the back. If the pattern needs to be enlarged only at the hip line, add to the underarm seam gradually increasing to the desired amount at the hip.
If the pattern is too wide, lap the one piece over the other instead of spreading it apart.

When the pattern is too short, cut it apart just below the armseye and the hip line and spread the pieces apart. If the pattern is too long, take a tuck in the piece just below the armseye or the hip line. (If it is a straight skirt, it may be lengthened at the bottom instead of below the hip line.) If the length from shoulder to the waistline is correct, in a simple pattern, often the extra length can be added at the bottom only, or the required amount can be cut off.

Read the directions that come with the pattern for its proper use. These directions will tell how to place the pattern on the lengthwise of the material, how to join the pieces, etc.

Instead of cutting notches to show joinings, cut a little piece extending out from the edge of the material, as shown at left. Such bits can be trimmed away when the seam is stitched.

Materials. It is quite probable that you have not needed to buy any material thus far in your work. The right selection of material for the garments you plan to make calls for real study.

What kind of cloth will be best for my dress and apron? Until the manufacture of materials is again on a normal peacetime
basis, the selection of material will be limited to those kinds that are available. Flour and feed sacks may be used and, when dyed, are very attractive. Gingham, chambray, print, percale, or any similar weight and weave cloth may be used. Slub broadcloth, pique and the rayons are not suitable for these dresses and aprons because they are more expensive, are harder to work with and are more difficult to iron.

**Quality.** Fairly firmly woven, with a minimum unevenness in weaving, no broken threads nor filler, and a fast color cloth is the type of material you want. For the kind of garments you are making, buy as good a quality as you can afford. Very cheap material will not be worth your effort in making the dress or apron.

**Does it make any difference what color and design I select for my material?** Please turn back to the pages on color for an answer to that and, as for design, consider the following points: the cloth may be solid color, dotted or have a small or medium all-over design. Also, small checks that do not require matching, but large checks, plaids or stripes should be avoided for this first dress as cutting and stitching to make them match is too difficult for beginners.

**Will cotton material fade badly?** Manufacturers no longer guarantee fast color. They realize that laundering is an important factor. Nevertheless, the better grades of material, with proper care and laundering, will fade very little.

**Will it shrink much?** Preshrunk materials may be had at a slightly higher cost, and are guaranteed not to shrink more than \( \frac{1}{2} \) inch to the yard.

**Should I buy material for both dress and apron at the same time?** Yes, when buying material for the dress, buy material for the apron too. It may match the dress or it may be of the material that is to be used to trim the dress. It is correct and most attractive to have the dress and apron “belong” together.

**WORK DRESS**

**What style should I select?** The style should be simple in design and present no construction difficulties. Select a pattern for the dress that has only a few pieces—it is impossible to say just how many, but bear in mind that every additional piece adds to the difficulty of construction. Yokes, many gores, many pleats, fussy sleeves, are apt to discourage the ten- to twelve-year-olds. The dress should be easy to launder and comfortable to wear.

As a guide in selecting the style for your dress, consider the following:
1. Sleeves: Set in, cap, ruffle or any simple prevailing style. No cuff — bottom of sleeve hemmed, faced, bound, or gathered into a narrow band.

2. Neck line: Becoming in shape, finished like the sleeve, preferably no collar.

3. Closures:
   (a) Buttons and loops, either of fabrics, crocheted or blanket stitched.
   (b) Hooks and eyes.
   (c) Snaps.
   (d) Zippers.

   Note: Do not put buttons over snaps or hooks and eyes. It just isn’t done by those who know! Why? Harder to iron. Buttons on edges that must be fastened together should be used for that purpose. Buttons for decoration may be used any place where they are not required to close an opening.

   The body of the dress may be cut in one piece from the shoulder to the hem, or may be made a waist and skirt joined at the waist line.

   The skirt may be a gathered one, or it may be gored to conform to the prevailing style. Caution: Many gores add to the problem of fitting, construction, and laundering. Usually for work dresses from four to six gores are sufficient.

   What kind of seams are best? If the material does not fray, the seams may be left raw. Seams should be from $\frac{1}{2}$ to $\frac{3}{4}$ inch wide. Seams may be notched, overcast, or stitched together again $\frac{1}{4}$ inch from the first stitching and trimmed close to the second stitching. Raw and notched seams should be open. Overcast seams may be either open or together. French seams are undesirable.

   What kind of sleeves are best? In dresses, sleeves may be set-in to conform to the prevailing style most pleasing to the club member. The sleeve that is gathered into the armseye is a little easier to put in than the plain or darted sleeve. Many girls will still want the extended shoulder sleeve or the raglan, and any of these will be acceptable.

   Set in. The simplest set-in sleeve is the one with a few gathers at the top. The next easiest to make is the one with darts at the top.

   Sleeves should be stitched up before the bottom edge is finished. Armseyes should be either double stitched or overcast. Some authorities recommend stitching a second time directly over the first stitching or putting a row of outlining over the first stitching. Sleeves
may be faced or bound depending on the prevailing style and the fancy of the girl.

**What should be the shape of the neckline?** The shape of the neckline should be determined largely by the shape of the face, keeping in mind that lines that repeat the shape of the face or are directly opposite in shape accentuate the shape of the face while a line that is part way between is more pleasing. For example, a thin narrow face seems thinner and narrower when either a long “V,” long oval, or very square neck line is used, while the face will appear fuller in a soft rolling collar that is round or slightly oval in shape. A round face shows to better advantage where the neckline is a long “V” or long oval rather than square or short “V” in shape. Study your face. Try different shapes and then decide on the shape you think will be most becoming. Probably there will be several equally becoming. You can then choose between them, can’t you? Follow directions in your pattern for finishing the neckline.

**Must the belt match the dress?** For work dresses belts are best made of the dress material. The width of the belt depends on the prevailing styles and the build of the girl. A very “round” girl cannot wear very wide belts becomingly.

Some patterns call for a sash to be stitched in with the side seams and tied in the back. The sash may be double or single. The ends of the double sash should be stitched across either at an angle or straight before turning the sash. The sides of the single piece sash are hemmed with a very narrow hem either by hand or on the machine and the end is turned up ½ inch and hemmed by hand.

**How should the belt be made?** Cut the belt lengthwise of the material, from 3 to 4 inches longer than the waist measure and twice the finished width plus one inch for seam. Stitch the two long edges together with the wrong side out. Press the seam open and turn the belt so that the right side is out. Turn in the ends, either straight across, pointed, or diagonal, according to the effect desired. Stitch around the entire belt ¼ inch from the edge, if desired. *Note:* If a buckle is used, turn in only one end before stitching and attach the buckle to the unfinished end by turning in the raw edge over the buckle slide and hemming in place by hand.

**Belt slides.** All dresses should have a small strap of material or a crocheted or blanket-stitched thread slide on both side seams at the waistline wide enough to permit the belt to pass through without wrinkling. If material is used, have the slide not more than ¼ to ½ inch wide.

If the slide is crocheted or blanket stitched, use number three
mercerized crochet cotton of a matching color. Fasten the slides on securely.

**How should the hem be made?** A 2-inch to 3½-inch hem is best for the bottom of the dress.

Put the dress on and have someone mark the line for the turn so that the dress will hang evenly.

Turn on this marked line. Pin in place, putting the pins in at right angles to the turn and near the folded edge.

Measure from the folded edge toward the raw edge the desired depth of hem plus ¼ inch to ½ inch for the first turn.

Baste and stitch the first turn, close to the edge. Then baste the hem in place and secure with hand hemming stitches.

**Why not stitch the hem by machine?** This is a question frequently asked. Many people do stitch the hem in by machine but this stitching shows on the right side and may spoil the effect of the pattern. Then too, you are growing fast, you know, and may need to let out the hem. The machine stitching leaves a row of little holes that do not wash out easily.

**Will it count against me if I stitch the hem by machine?** In some patterns where machine stitching is used as a trim and the hem is a part of the design, the stitching should be done on the machine.

In other designs of two dresses, equally attractive and well made, many judges would give preference to the hand-hemmed dress.

**Are pockets desirable?** Yes, they are an excellent addition to a work dress.

**What kind shall I use?** Why not use patch pockets finished like the neck and sleeves? Be careful to place them where they will not catch on corners and knobs.

**What is the best way to make a patch pocket?** Cut the pocket the desired size, allowing for a hem at the top. Make a ⅓-inch turn at the top of the pocket to the wrong side of the pocket. Make a second turn the desired width of the hem, but make this turn to the right side of the pocket. Stitch across the ends of the pocket to the depth of the hem. Turn the hem right side out. Turn the edges of the pocket. Put the pocket in place and stitch. This method makes a neat finish at the top of the pocket. If a facing is to be put on the right side of the pocket, stitch it in the same manner so no raw edges will show. Start stitching the pocket 1 inch from the top, stitch to the top, turn and stitch over this stitching and continue on around the pocket; double stitch back 1 inch.
The facing at the top of the pocket may be trimmed in a contrasting color put on in points, scallops, or straight. Tiny buttons may be used to trim the pocket if they will go with the trimming on other parts of the dress.

**How shall I trim my dress?**
The simpler you can keep your dress the more real satisfaction you are going to get out of it. Finish the neck with a fitted facing used as a trim, then use the same finish for the sleeves.

Rickrack and bias bands can often be used successfully. Commercial bias binding may be used. You can cut a true bias by folding one corner of the goods as shown, so that the lengthwise threads exactly parallel the cross threads. Then mark the width of the strips you wish to cut with a yardstick and chalk or soft pencil. Cut carefully along these lines.

A French binding at neck and sleeves is always attractive. The steps in making a French binding are as follows:

1. Cut a true bias six times as wide as the finished binding is desired and two inches longer than the edge to be bound.
2. Fold this strip lengthwise, right side out with the cut edges together.
3. Trim off the seam allowance on the neck or sleeve.
4. Baste the bias strip to the right side of the neck or seam.
with the three raw edges together.
5. Stitch in a ¼-inch seam.
6. Remove bastings.
7. Turn the folded edge of the bias strip over the seam edge and baste in place.
8. Hem down by hand with small stitches that do not show on the right side.
9. In pressing the garment, press up to the binding, but do not press it down flat. If it is necessary to press the edge, press from the wrong side with a soft pad under it, so that the soft roll of the binding will not be flattened.

Have you noticed that all of these finishes would be easy to iron? Yes, that is true and it is also true that you will be more ready to launder these dresses than you would be if there were quantities of ruffles and lace.

**May ruffles be used sometimes?** Yes indeed, but care must be taken to see that the ruffling is made of a material that will wear as well as the dress, that there is not enough ruffling to make ironing difficult, and that the material for the ruffling does not increase the cost of the dress too much. For example, five yards of ruffling at 10¢ a yard makes the trimming cost almost as much as the material for the dress. This is not particularly good buymanship, is it?

*When your dress is finished, record the work done in your record book.*

**What would be a good game to play at one of our meetings?** Why not try the following: Choose sides; let the leader give out the names of cloth you have had, for the members to spell. If there are not enough girls to choose sides all could line up and spell in turn. When one misses a word she is to be seated.

**WORK APRON**

The work apron should be a good coverall apron that will protect your dress when you cook or wash dishes. But if the prevailing style calls for the peasant type of apron, you may follow the style,
of course. It may be made to match the dress you have made, or in a color that is a good contrast. See directions under Dress.

**Pattern.** Use any pattern you like. Keep to simple styles though, as they are not only easier to make but are also easier to launder. Avoid a style that makes the apron hang on the back of the neck.

**What kind of seams should be made?** All seams should be French seamed. The edge may be finished to match the neck and sleeve finish of the dress.

If the pattern calls for straps over the shoulders, be sure that they are neatly and firmly attached with no raw edges visible. If a fitted facing is used as a finish around the apron, the straps should be stitched in with the first stitching on the facing so that they will be between the apron and the facing. This requires that the straps be fitted to the wearer before the facing is stitched on.

If the apron is finished like the dress no further decoration will be required. Avoid fussiness and “fancy” work.

Record the work done in your record book.

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**CARE OF CLOTHES**

Since even the finest of clothes will become soiled, torn, and rumpled, the care of clothing is a very important part of any clothing program. The care of all of one’s clothing includes laundering, cleaning, pressing, mending, and proper storage.

This year, you should learn how to care for your stockings and how to launder the garments you make, then in the next two or three years, as you advance in your project work, you can learn how to do the other things that will help you to make your clothes look their best as long as they last.

Record the work done in your record book.

**CARE OF STOCKINGS**

For home and school wear at the present time most girls prefer to wear bobbie socks in a color to match some part of the costume. Cotton, lisle, rayon and nylon hose are to be found in the stores and it is possible that some new fiber may be discovered that will be more satisfactory than any of these.

Always buy hose at least one-half inch longer than your foot. If you are growing rapidly it may pay to buy them three-fourths of an inch longer. Hose that are too short are as injurious to the feet as shoes too short, and besides, they wear out very much more rapidly.

If old stockings are to be worn around the house or garden,
they should be neatly mended. Why not cut off the tops and make half socks of them? Hem neatly and darn any holes there may be in the feet.

When you buy hose, if you can get two pairs alike in style and color, it will prove to be an economy. Most people wear one stocking out first. If there are two pairs alike, a good one from each pair will remain to make one good pair.

**What is the best way to wash hose?** Form the habit of washing hose after each day's wear. Use a mild soap and warm water, if it is available. Occasional use of cold water does no harm. Rub gently, rinse in one or two waters, squeeze out the water, smooth out the stockings, roll in a towel and squeeze out all the moisture possible. Stretch the foot a little and straighten out the stocking so that it will dry straight and smooth. Hang by the toe.

**Stocking darning.** After the stockings are dry, look them over carefully for runs and holes and mend before wearing.

Trim away the ragged edges around the hole. If the material around the hole is weak, strengthen it by weaving the darning thread in and out of the weak portion. Begin by weaving a few stitches to the side of the hole; then, when the hole is reached, weave in and out below the hole. Carry the thread across to the opposite side of the hole and weave in a few more stitches. Have the thread go into the cloth on the right side once and on the wrong side next time so that no raw edge will show. Continue in this manner until the hole has been covered with threads, then weave in and out of the material on this side to strengthen it. These threads should be in line with the length of the stocking. You are now ready to fill in threads going across those just in. Weave in and out of the material next to the hole, and then weave over and under the threads crossing the hole. Go over one, under one, over and under one, across to the opposite side. In coming back, go under the threads you went over in the last row and over those you went under. Weave in a few stitches into the cloth each time to strengthen the cloth. Continue in this manner until the hole has been filled in.

**Caution.** Do not draw the thread enough to pucker it. Use two strands of darning cotton for heavy cotton stockings, but one strand of cotton for thin ones. Use silk or mercerized darning thread.
for silk, rayon, and nylon hose and yarn for woolen hose and socks. Always match the color of the stockings with the thread used.

In darning knit materials, like sweaters, care must be taken to catch up all the loops, as any not caught will continue to ravel and will make an unsightly long hole, called a "run." The process, other than this, is like stocking darning.

Runs should be mended by picking up the loops one at a time with a very fine crochet hook or a little hooked needle made for that purpose. On sheer silk and nylon hose, it pays to have the runs mended by a professional unless you have mastered the art.

**Score Card for Darning**

<table>
<thead>
<tr>
<th>Inconspicuousness of darn</th>
<th>55</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thread or yarn matches material</td>
<td>20</td>
</tr>
<tr>
<td>Weaving even</td>
<td>20</td>
</tr>
<tr>
<td>Edges smooth on both sides</td>
<td>15</td>
</tr>
<tr>
<td>Durability</td>
<td>30</td>
</tr>
<tr>
<td>Weak places all strengthened</td>
<td>15</td>
</tr>
<tr>
<td>Woven part same thickness as the stocking</td>
<td>15</td>
</tr>
<tr>
<td>Appearance</td>
<td>15</td>
</tr>
<tr>
<td>Clean</td>
<td>5</td>
</tr>
<tr>
<td>Well pressed</td>
<td>5</td>
</tr>
<tr>
<td>Well mounted</td>
<td>5</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>100</strong></td>
</tr>
</tbody>
</table>

Darn at least four holes in your stockings. (Why not do all your stocking darning?) Then darn a hole in an old stocking that you can cut up. It is best to select a hole that was worn in the stocking rather than to cut a hole. Cut a four-inch square from the old stocking, having the darn near the center of the square. Press carefully, then mount it on a piece of cardboard. Cut the cardboard 6 inches square. Cut a 2-inch square out of the center. Put the 4-inch square with the darn in it in the center on the cardboard so the darn is in the center of the square hole in the cardboard. Fasten the cloth to the cardboard with scotch tape along all sides, or stitch in place. Mounted in this manner, both sides of the darn can be readily seen. Score your darn by the score card above.

**How should stockings be put on?** Gather the stocking up in your hands until you reach the foot. Put the foot on so that it is in place, then straighten out the stocking, keeping the seam straight in the back. Fasten carefully with the hose supporter, which is so adjusted that the stocking will be smooth but not uncomfortably tight. Fasten hose to supporter while standing.
SHOES FOR HOME WEAR

What kind of shoes should I wear at home and to school? For either school or home wear, shoes should be low heeled, broad toed, with a straight inner edge, and amply large. To determine size: stand on a piece of paper in your stocking feet. Have some one mark around the edge of the foot. The shoe should follow this outline but be ¼ to ½ inch longer and ¼ to ½ inch wider. If the shoe is smaller than this outline the foot will be cramped.

Shoes that have grown too shabby for school wear often have to serve for home wear. Have them repaired, keep the heels straight and the soles firm. Keep the shoes clean.

Home is not the place to wear out high-heeled shoes, nor should bedroom slippers be worn any place but in one's own room.

LAUNDERING COTTON GARMENTS

Score Card for Laundering

<table>
<thead>
<tr>
<th>Category</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Washing</td>
<td>45</td>
</tr>
<tr>
<td>Clean—no dingy color, no streaks (plenty of soap and hot water)</td>
<td>25</td>
</tr>
<tr>
<td>Clear in color (well rinsed)</td>
<td>20</td>
</tr>
<tr>
<td>Ironing</td>
<td>45</td>
</tr>
<tr>
<td>Smooth (showing proper sprinkling, pressure, and temperature)</td>
<td>25</td>
</tr>
<tr>
<td>Ironed dry</td>
<td>10</td>
</tr>
<tr>
<td>Not scorched</td>
<td>10</td>
</tr>
<tr>
<td>Folding or storing</td>
<td>10</td>
</tr>
<tr>
<td>Correctly folded or, if hung, put on a hanger</td>
<td></td>
</tr>
<tr>
<td>Total</td>
<td>100</td>
</tr>
</tbody>
</table>

Something you may like to do. Bring or wear a dress you have laundered to a club meeting to score.

After working with material while making a garment, it is likely to become quite badly soiled and in need of laundering.

While there are some materials on the market now that are not colorfast, most of those that have good wearing qualities are fast to sunlight under normal wearing conditions and fast to laundering if the laundering is properly done.

How should white articles and garments be laundered?

1. Look for stains. Remove stains that will not come out in laundering.
2. Wash in warm suds.
3. Rinse in two or more waters.
4. Blue slightly.
5. Wring, shake out, if possible hang outdoors in the sun to dry.
7. Iron smooth and until dry.
8. Fold towels—
   a. Tea towels, if of flour sacking, fold with hem ends together, then again in the same direction and either once or twice, across the folded strip, depending on your storage space.
   b. Tea towels, if of cotton or linen toweling, fold in thirds lengthwise and once across.
   c. Hand towels are folded in thirds lengthwise and once across.

**How should colored cotton clothing be laundered?**
1. Look for stains. Remove any stains that will not come out in laundering.
2. Wash in clean, warm water, using a mild soap.
3. Rinse in two waters.
4. Dry in the shade or, if there is no shade, indoors. Take in as soon as dry.
5. Sprinkle and roll up to distribute the moisture evenly.
7. Put on a hanger. It is best to let it hang in the open until thoroughly dry, when it should be hung in your clothes closet.
8. **Cautions.** (1) Do not put colored things to soak. (2) Do not wash light- and dark-colored clothes at the same time. (3) Do not wash dresses and men’s work clothes together.
9. Colored dresses and aprons:
   a. Dry in the shade, or if there is no shade, indoors.
   b. Sprinkle—roll up to distribute moisture evenly.
   c. Iron smooth—avoid wrinkling.
      (1) cuffs
      (2) sleeves
      (3) collar
      Iron thick places on both right and wrong side—be sure to iron dry. Put on a hanger and hang in the open until dry.
   **Caution:** Do not wash white and colored clothes together.
10. Folding. If necessary to fold to pack in a box or suitcase, lay the dress on a table or bed, but with the front **down**. Straighten the dress. Fold the sleeves so they lay on the dress parallel with the length of it. Fold the dress from the shoulder to the hem, about
the middle of the shoulder seam. If the box or suitcase is long enough to carry the dress when folded only once across, make the one fold, by bringing the skirt up to the neck. Crumple some tissue paper and lay in the fold to prevent creasing. If necessary to fold in thirds, fold the skirt up first, putting in the crumpled paper, then fold the waist part over the skirt.

**GOOD GROOMING**

*How does a well-groomed girl appear?* Isn't it a pleasure to see a girl who looks fresh and dainty and ready for the day's work and play? Perhaps you have felt inclined to envy her what you are likely to call her "good looks," but suppose we look at her carefully. Really, her features are not beautiful, but her face is clean, her cheeks are rosy, her eyes sparkle, and she smiles happily at everyone. Her hair is becomingly arranged and has a beautiful luster, probably due to frequent shampoos and daily brushing. She stands erect. Her shoes are clean and look comfortable. As she hands you a book you notice that her hands are clean and her fingernails well manicured. Her dress is one that she has worn for some time, but it is clean, well pressed, and in good repair, and she has a dainty new collar and cuff set on it. After all, nothing to envy, but an example to follow!

The well-groomed 4-H Club girl is careful to have (1) a clear, clean skin; (2) clean hands; (3) nails well manicured; (4) clean, well-brushed hair; (5) clean teeth; (6) neatly polished shoes; (7) clothes brushed, pressed, and mended; (8) both a good sitting and a good standing posture.

While all of these things are a part of being well groomed and every girl should attend to them all, suppose that this year you pay particular attention to the care of your hands and nails, and your posture. If you already have formed the habit of attending to the other requisites of good grooming, you are just so much ahead and of course will continue as you have begun.

*How often should one bathe?* Nothing can take the place of good soap and water in keeping one's person clean and free from odors. At least one warm bath a week is required, whether it is a shower or a tub bath. Two warm baths a week are better still and a daily bath is no longer considered a luxury. A mild, unscented soap is preferable to a highly scented soap.

Many persons enjoy a cold shower in the morning, but it should not take the place of a warm tub or shower bath for cleansing. The purpose of the cold shower is to increase the blood circulation and make one feel invigorated.
The face. The face, neck, and ears should be washed at night with warm water and soap, rinsed thoroughly with warm water, then dashed with cold water to close the pores. If the skin is dry, apply a little good lotion or cold cream, rub it in gently, then wipe off the surplus with a soft cloth or one of the cleansing papers made for the purpose.

How can I keep my hands attractive? The hands and nails need their share of attention too. Sometimes girls feel that washing dishes roughens their hands, but it need not if a little care is exercised. After washing dishes, always wash your hands in warm water using a little mild soap. Rinse carefully and then if you have much trouble with rough and chapped hands, put about half a teaspoon of salt in your wet hands and rub all over both hands, rinse the salt off, dry your hands well, pushing back the cuticle with the towel. Apply a little hand lotion and wipe off the surplus. If your hands are badly chapped, the salt will be painful and should be omitted for a day or two, but its use will often cut the soap and prevent chapping.

The fingernails. Avoid extreme fads in shaping your fingernails. Very long, sharply pointed, highly colored nails are at least very conspicuous, and conspicuousness is never in good taste. The nails should be filed, not cut, and shaped like the finger tip. In cleaning under the nails avoid using a sharp instrument as this roughens the nail, making it more difficult to clean the next time. Brittle nails and dry cuticle can be helped by rubbing on a little vaseline or cuticle oil at night.

The hair. The hair should be brushed well at night to free it from dust and dandruff and to keep the scalp in a healthy condition. Be sure to keep your hair brush and comb clean.

THE FOURTH H—HEALTH

Correct posture. Have you ever seen a tree that grew where strong winds all came from one direction? If you have you know that it is bent and twisted all in one direction and it stays in that position even when the wind is not blowing.

Have you ever noticed a girl going to school with a big pile of books carried on one arm? Notice next time, or better still check yourself and see whether you are doing the same thing. Then measure a bit. You are more than likely to find that the shoulder on the side where the books are carried is lower than the other and that the hip on that side is also lower. Sometimes girls carry things on one side so long that it is a real problem to fit dresses.
Correct posture seldom happens. It is encouraging to know that through exercise, perseverance, and determination good posture can be acquired in every instance where there is no irremediable deformity.

![Diagram of body positions]

Please remember: Correct and incorrect standing and sitting positions.
(from Ohio bulletin, *The Well Dressed 4-H Club Girl*)

The figure above shows the following positions:

(a) Correct posture: Straight line from ear through shoulder, hip, and ankle; high chest; flat abdomen; normal back curve; weight over arches of feet.

(b) Good posture: Head slightly forward; chest slightly flat; shoulders slightly drooping; abdomen slightly protruding; back curve too great at waistline.

(c) Average posture: Head forward; chest flat; shoulders drooping; abdomen relaxed and protruding; extreme curve in back at waist.

(d) Poor posture: Head drooping; chest flat; shoulders round and drooping; abdomen very protruding; extremely hollow back; weight on heels.

(e) Correct sitting posture: Straight line from ear through shoulder and hip; chest high; body weight well balanced on seat of chair.

(f) Poor sitting posture: Head forward and drooping; chest flat; shoulders round and drooping; abdomen protruding; weight of body upon backbone; poor body balance.

**Wholesome food.** Good health depends more than we sometimes realize on the food we eat. Growing bodies need plenty of building material in the form of milk, eggs, cheese, and meat; plenty
of fuel foods such as good bread and butter, potatoes, and cereals; and vitamins and minerals found abundantly in fruits and vegetables. Rich, highly seasoned foods, much candy, and nibbling between meals should be avoided.

**Sufficient sleep.** Nine or ten hours of sleep with windows open is essential to abounding health.

**Play and exercise.** At least an hour a day of outdoor play and exercise (may be the walk to and from school) is essential to the best health. If you can be out of doors longer, do so.

**DEMONSTRATIONS**

**What is a demonstration?** A demonstration is a recitation in which the demonstrator not only tells how to do a certain thing, but also shows how to do it.

**May Clothing II club girls give demonstrations?** Yes, certainly. A demonstration may be given by one person but in contest work demonstrations are given by a team of two. Where one person gives the demonstration she explains as she works. This is a good kind of demonstration to give at your club meetings. Where two form a team, usually one talks while the other one works, although often it helps the demonstration for the one who is talking to do certain parts of the work at the same time.

**Some points to consider in giving a demonstration—**

1. Select the subject for the demonstration. (It should be one the girls have found good and which they use.)
2. Plan the demonstration, step by step. (Consult this bulletin for subject matter.)
3. Dress neatly.
4. Be well groomed. (Neatly brushed hair, clean hands, etc.)
5. Look happy.
6. Plan an introduction, body of demonstration, and conclusion.
7. Speak clearly, distinctly, slowly.
8. Have equipment and supplies conveniently placed.
9. “Look the part, act the part, be.”

**How do we plan a demonstration?** Select a subject with which you are familiar. Then decide on the equipment and material you will need in order to give it. Decide on the order in which the demonstration must proceed. Divide the work so that both team members have an opportunity to show how to do part of the work and also both have an opportunity to talk. Make an outline, filling in the spaces as you think the work should be done.
If the demonstration seems to require further changing of parts, do so; if not, number 2 can summarize the demonstration, ask for questions, and dismiss the audience.

Where certain parts of the work require a long time, have part of the work already done.

Plan to complete the demonstration in from 20 minutes to half an hour—preferably about 20 minutes.

Some suggestions as to what to demonstrate—
1. How to use sewing equipment (needle, tape measure, thimble, etc.).
2. How to thread a sewing machine and use it.
3. How to make the plain hand sewing stitches.
4. How to make a towel.
5. How to make a plain seam, a French seam, and a flat fell.
6. Ways to use bias binding.
7. How to make a hot-dish holder.
8. How to use a commercial pattern.
9. How to make a patch pocket.
10. How to miter corners.
11. Some pretty ways to finish an apron.
12. Some pretty ways to finish a dress.
13. How to shampoo the hair.
14. How to wash hose.
15. How to darn hose.
16. How to launder a towel (wash, iron, and fold).
17. Care of the hands.
18. Becoming colors and neck lines.
19. How to even a dress and turn a hem.

Some other suggestions—
1. You have at least 20 minutes. Try to use all of it in an unhurried way.
2. Place your materials where you can reach them easily. You will save time by having a pincushion on which are some threaded needles, if they are required.
3. Sit while sewing. There is no reason why you could not sit while talking, but if you can talk more easily while standing, do so.
4. Help each other.
5. Use charts large enough to be seen by your audience, when they will help you explain a point. For example, if you are showing how to make a holder, while one girl is working the other could show on a chart just what is being done.
6. Have some parts of the work done ahead of time, but be sure to do enough of each part of the work to show you can do it.
7. Remember that a demonstration is your opportunity to show others what you have been privileged to learn how to do.

<table>
<thead>
<tr>
<th>No. 1 Talks</th>
<th>No. 2 Works</th>
</tr>
</thead>
<tbody>
<tr>
<td>Introduces team</td>
<td>Acknowledges introduction</td>
</tr>
<tr>
<td>Tells what the demonstration is to show</td>
<td>1-2-3-4 Does the work her teammate describes</td>
</tr>
<tr>
<td>1-</td>
<td></td>
</tr>
<tr>
<td>2-</td>
<td></td>
</tr>
<tr>
<td>3-</td>
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</tr>
<tr>
<td>4-</td>
<td></td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>No. 1 Works</th>
<th>No. 2 Talks</th>
</tr>
</thead>
<tbody>
<tr>
<td>Continues the work started by No. 2</td>
<td>Describes the work being done by No. 1</td>
</tr>
<tr>
<td>Summarizes work</td>
<td></td>
</tr>
</tbody>
</table>

**JUDGING CONTEST**

Since you have been learning how to score or judge your own work, it will not be difficult for you to judge the work of others. In the Local Leaders' Guide full directions are given for conducting a judging contest and for scoring the results.

*When you smile another smiles, and soon there are miles and miles of smiles. Life's worth while if you but smile.*