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Clothes

FOR WEAR AT HOME

4-H CLUB CLOTHING PROJECT
SECOND YEAR

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Oregon State System of Higher Education
Federal Cooperative Extension Service
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4-H Club Clothing Project

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4-H CLUB CLOTHING PROJECT, SECOND YEAR

Clothes for Wear at Home

By

HELEN COWGILL
Assistant State Club Leader

GOALS—CLOTHING SECOND YEAR

The aim throughout the five 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 in good repair and clean.
- (4) Observes the rules of health.
- (5) Has good posture.

Goals for every member :

- (1) To have a workbox containing (a) needles, (b) pins, (c) tape measure, (d) sharp scissors large enough to cut cloth easily, (e) thimble, (f) thread, (g) pencil, (h) notebook.
- (2) To learn to use the thimble.
- (3) To learn to use the sewing machine.
- (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

1. Articles to be made

The articles you are required to make include clothes to wear and articles to use at work at home.

- (1) Work dress
- (2) Work apron
- (3) Tea towel or kitchen hand towel
- (4) 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. Demonstrations**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. The awards in all Clothing Second Year contests will be as follows:

(a) Exhibit	75
Work dress	25
Work apron	25
Tea towel or hand towel.....	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 plain and easy 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 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.

SUGGESTED PROGRAM

If possible, decide on your program before beginning the work so that you can proceed with the greatest ease. The project centers around the 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 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 |
| B
PROJECT
DISCUSSION | { | (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) |
| C
SOCIAL | { | (11) Club song |
| | | (12) Game—three deep (or any game) |
| | | (13) Put the room in order |
| | | (14) Adjournment |

Second meeting

- | | | |
|----------------------------|---|--|
| A
BUSINESS | { | <ul style="list-style-type: none"> (1) Meeting called to order by President (2) Roll call. My favorite color (show if possible) (3) Minutes of the last meeting (4) Yell by club (5) Club pledge (6) Old business (7) Discussion and adoption of goals for year |
| B
PROJECT
DISCUSSION | { | <ul style="list-style-type: none"> (8) Discussion of suitable materials for the towel
(led by leader) (9) Practice on small piece of cloth such as flour
sacking, evening edge, turning hem, basting,
hemming |
| C
SOCIAL | { | <ul style="list-style-type: none"> (10) Song (11) Club creed (12) Game—selected by social committee (13) Straighten room (14) Adjournment |

Now don't you think the club can plan the other eight meetings? Read ahead and see what you are to do. Vary the program by sometimes having a demonstration, other times doing some judging, having some talks about color, materials, line and design, health, and good grooming.

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

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

SCORE CARD FOR JUDGING TOWELS

Material	40
Absorbent	10
Even in weave	10
Free from broken threads	10
Free from dressing	10

Workmanship	50
Hem accurately turned	10
Stitches even in size and slant, inconspicuous.....	10
Ends even and overhanded	10
No knots, bastings, or ends of thread	10
Any decoration suitable in design, well done (give full points if not used).....	10
Attractiveness	10
Pleasing color or colors and finish	5
Clean, well ironed, and properly folded	5
<hr/>	
Total.....	100

Something you may like to do. Perhaps Mother will permit you to take a hand-hemmed towel to your club meeting, in order that you may learn how to judge them, and in so doing 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

Materials. Either a flour sack or a sugar sack or $\frac{3}{4}$ yard of cotton- or linen-crash toweling, No. 60 white thread, and a No. 7 needle.

Preparation of the sack. Rip out the stitches which made it into a bag. To remove the colored printing soak the piece and bleach. Use one of the commercial bleaches, 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.

Making. Even off the two raw edges. Turn and baste a $\frac{1}{4}$ -inch hem on both ends (making the first turn $\frac{1}{8}$ of an inch wide). If regular toweling is used, the hem may be up to an inch in width. Hem in place, by hand, using the hemming stitch. See the bulletin, *Stitches, Seams, and Sewing Processes*. Remove bastings. Sometimes there are holes near one selvage edge. It is then necessary 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*.

KITCHEN HAND TOWEL

Material. Either linen- or cotton-crash toweling. Usually a hand towel is made $1\frac{1}{3}$ 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 is excellent for towels. It is twice as wide as is necessary but can be divided and hemmed along one side.

Making. Even off the raw edges. Turn and baste a hem on each end. This hem may be from $\frac{1}{2}$ to 1 inch wide, depending on the size of the towel and your own taste. Hem in place, using the hemming stitch. See the bulletin, *Stitches, Seams, and Sewing Processes*. 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.

When you have finished either of these towels, press it neatly (wash and iron it if much soiled), and take it to your next club meeting for scoring and the criticism of your leader. Complete your record of costs in the record book, fill in a progress report card and give it to your leader, and you will be ready to start the next work.

If you are one of the girls who work faster than most in the club, perhaps if you have done good hemming you would like to put a bit of embroidery on your towel. If it is already embroidered, perhaps you would like to make another towel for a gift.

See directions under laundering for laundering and folding towels.

HOT-DISH HOLDER

Use of sewing machine. This is probably the first time you have used the sewing machine, so it will be advisable for you to practice using it a little before you try stitching your holder.

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.

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.

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

Materials. 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.

Cutting. COVER: 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.

Filling. Cut the pieces for the filling of old material and have them one 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.

If you care to decorate the front piece of the holder, do so before making. See *decorations*, which follow.

Making. Baste a $\frac{1}{4}$ -inch fold to the wrong side on all four sides of both cover pieces, or all around the one longer piece. 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 the lining.

Place the other cover piece, wrong side down, on top of the lining and directly opposite the first cover piece, having the length-wise threads running in the same direction, especially if the cover is of new material. Baste the pieces all together, keeping the edges of the covers even.

If you turn in the *ends* of one of the pieces first, then the two sides, and on the other piece turn in the *sides* first and then the ends, you will be able to fit the two pieces together so that no raw edges will show at the corners.

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.

Decorated Holder. Any simple design in running or outline stitch, or applique may be used. This work must be done before the holder is made.

Then baste a $\frac{1}{4}$ -inch fold to the wrong side on all four sides of both cover pieces. 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. Baste carefully and then stitch around the edge.

Other shapes. 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, fill in your progress report card, give it to your leader, and you will be ready for the next work.

Perhaps then you will want to write a little about your holder in your story in your record book.

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 of yours 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.

Color. What color is most becoming to you? 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 can apparently increase 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 your hair and skin are not good and your eyes are not bright and clear, do not expect the coloring in your dress to make them appear so. 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.

Blondes usually find blue, green, and blue violet becoming if chosen in the right tints and shades. For brunettes the warmer tones, yellow, orange, and red, are usually becoming. Girls of the medium or in-between type, with a clear complexion, have quite a variety from which to choose. Auburn-haired girls may select either blues and greens that emphasize the hair or browns that blend with it. These are only general terms. Every color has many tones all varying in becomingness. A girl might be able to wear a dark red and not a scarlet.

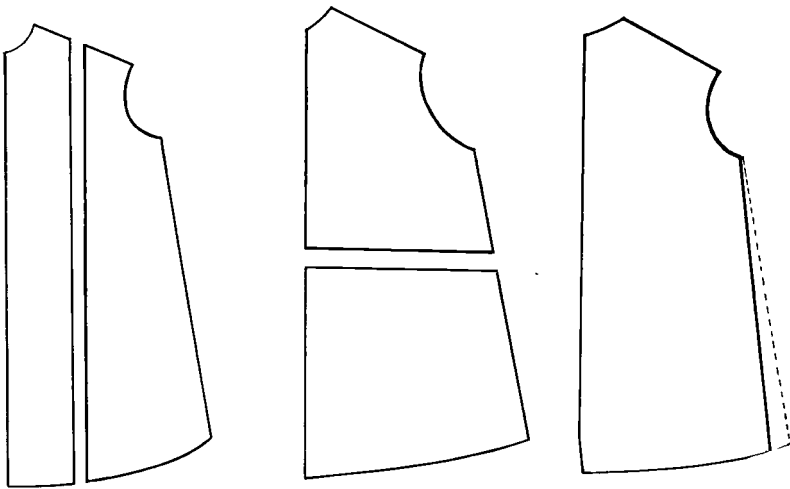
Since all of you vary so in coloring it is impossible to give any set rules. Study yourself in the mirror, in daylight, by holding different pieces of colored cloth or paper up to your face and note the effect on your skin, hair, and eyes.

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 more 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, fitted facings, or collar and cuffs and belt in plain blue or tan.

Commercial 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 $6\frac{3}{4}$ heads tall, while women are $7\frac{1}{2}$ 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.



Please remember: How to correct pattern for length or width.

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

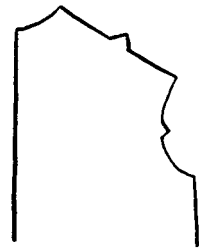
pattern and one-half of that required in the back on the back pattern, since the pattern is cut for one-half of the front and one-half of the back. If the pattern needs to be enlarged only at the hip line, add to the underarm seam gradually increasing to the desired amount at the hip .

If the pattern is too wide, lap the one piece over the other instead of spreading it apart.

Where the pattern is too long or too short, cut it apart just below the armseye and again below the hip line and either spread the pieces apart or overlap them. If the length from the 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 proper use of the pattern. These directions will tell how to place the pattern, how to tell the lengthwise of the pattern, how to join, where to gather, how to tuck, and so on.

Instead of cutting notches to show joinings, cut a little piece extending *out* from the edge of the material, as shown in Figure 6. Such bits can be trimmed away when the seam is stitched.



Please remember: Instead of notches, cut a little piece extending *out*.

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.

Some points to consider—

KIND OF CLOTH FOR DRESS AND APRON: Gingham, chambray, print, cotton broadcloth, percale, or any similar weight and weave of cloth.

QUALITY: Fairly firmly woven, little unevenness in weaving, no broken threads, no filler, fast color. For the kind of garments you are making, buy as good a quality as you can afford. Very cheap material does not pay for the making.

COLOR: See section on color.

DESIGN: May be plain, dotted, checked, striped, or an all-over design. Select small rather than large designs. Be guided by the type of garment and your build.

COLORFASTNESS: 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.

Preshrunk materials may be had at a slightly higher cost, and are guaranteed not to shrink more than $\frac{1}{4}$ inch to the yard.

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

Style. 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.

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.

Seams. 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 $\frac{1}{2}$ 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.

Sleeves. 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. For work dresses *avoid* fussy sleeves that are hard to make and difficult to launder. Follow the directions for making the sleeves that come with your pattern.

Sleeves should be stitched up before the bottom edge is finished.

Armseyes may be double stitched, overcast, or bound, if the material frays badly, as it will be rough and scratchy if left unfinished. Sleeves may be faced, bound, or have a cuff, depending on the prevailing style and the fancy of the girl.

Neck lines—shape and finish. The shape of the neck line 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 neck line 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.

Belts. 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 becomingly wear very wide belts.

CONSTRUCTION: 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 $\frac{1}{4}$ 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

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the waistline wide enough to permit the belt to pass through without wrinkling. If material is used, have the slide not more than $\frac{1}{4}$ to $\frac{3}{8}$ inch wide.

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

HEM: A 3- to 3 $\frac{1}{2}$ -inch hem is best for the bottom of the dress, especially since girls are growing rapidly. This is best put in by hand hemming. It is best to turn the hem once and stitch close to the edge of the fold and then turn again and hem by hand.

Be careful to have the hem the same width at all points. Stitch close to the edge on the first turn. Use the plain hemming stitch, and avoid having the stitches show on the right side.

POCKETS: Use patch pockets finished like the neck and sleeve. Place where they will not catch on corners and knobs.

HOW TO MAKE A PATCH POCKET: Cut the pocket the desired size, allowing for a hem at the top. Make $\frac{1}{4}$ 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. When your dress is finished record the work done and give a progress report card to your leader.

A good game to play at a club meeting. 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

This should be a good coverall apron that will protect your dress when you cook or wash dishes. 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.

Making. Any 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, and give your leader a progress report card.

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, give your leader a progress report card.

CARE OF STOCKINGS

Buying. Stockings are made of cotton, rayon, wool, and silk. They are knitted instead of being woven. Cheaply made stockings are knitted around in a straight length, then steamed and pressed into the desired shape. Such stockings do not keep this pressed shape and since they have to be knitted large enough to fit the calf of the leg, they are soon too large for the ankle and consequently wrinkle badly. The better stockings are knitted to fit the ankle as well as the calf. These stockings have a seam up the back and where the stitches have been knit together to narrow the stocking little marks are visible. These are called fashioned marks. In those hose that are called full-fashioned, the lines made by the knitting run parallel with the seam between the seam and the marks while on the other side of the marks the lines will run into the marks at

an angle. Many of the straight-knit hose today have imitation marks in them. If you want full-fashioned hose, it will be necessary to look for the direction taken by the lines. It pays to observe closely.

For home and school wear cotton hose or anklets will prove more satisfactory than silk or rayon. Rayon hose are for several reasons the least satisfactory hose on the market. In the first place, the yarn is not elastic so the stockings always wrinkle and do not stay in place. Then rayon, unless especially treated (which makes the hose cost nearly as much as silk), has a very high sheen that is not attractive.

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.

Washing 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. Directions for darning hose are given in the bulletin *Stitches, Seams, and Sewing Processes* on page 21. Be sure to match the color of the stocking with the darning thread.

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.

SCORE CARD FOR DARNING

Inconspicuousness of darn	55
Thread or yarn matches material	20
Weaving even	20
Edges smooth on both sides	15
Durability	30
Weak places all strengthened	15
Woven part same thickness as the stocking.....	15
Appearance	15
Clean	5
Well pressed	5
Well mounted	5
Total.....	
	100

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. Either paste it on along the top only or sew it on along the top. Score your darn by the score card above.

To put on stockings. 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

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 $\frac{1}{2}$ to $\frac{3}{4}$ inch longer and $\frac{1}{4}$ to $\frac{1}{2}$ 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	
Washing	45
Clean—no dingy color, no streaks (plenty of soap and hot water)	25
Clear in color (well rinsed)	20
Ironing	45
Smooth (showing proper sprinkling, pressure, and temperature)	25
Ironed dry	10
Not scorched	10
Folding or storing	10
Correctly folded or, if hung, put on a hanger	
Total.....	100

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 apt 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.

Laundrying white articles and garments—

1. Look for stains. Remove stains that will not come out in laundrying.

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.

6. Sprinkle. Roll up. Let stand to distribute the moisture evenly.

7. Iron smooth and until dry.

8. Fold towels—

- (1) 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.

- (2) Tea towels, if of cotton or linen toweling, fold in thirds lengthwise and once across.
- (3) Hand towels are folded in thirds lengthwise and once across.

Laundering colored cotton clothing—

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.
6. Iron smooth. Avoid wrinkling. Iron cuffs, sleeves, collar, waist, skirt. Iron thick places on both the right and wrong sides. Iron all parts until dry.
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. *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

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 apt 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.

A GOOD-GROOMING SCORE CARD

A bath once or twice a week.....	10
Teeth clean and well cared for.....	10
(Brushed at least twice daily)	
Hands clean	10
Nails neatly manicured.....	10
Hair shampooed every two or three weeks.....	10
Hair brushed regularly.....	10
Good sitting and standing posture.....	10
Shoes clean and polished.....	10
Stockings clean and mended.....	10
Clothes neatly brushed and cleaned.....	10
Total.....	100

Bathing. 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.

The hands. 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.

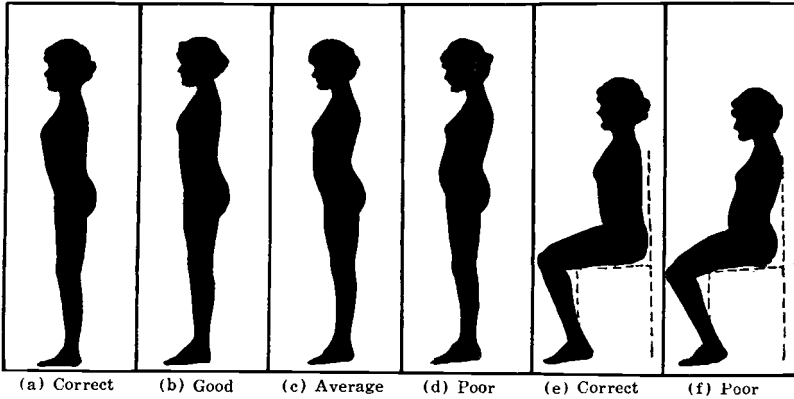
The hair. The hair should be brushed well at night to free it from dust and dandruff and to keep the scalp in a healthy condition. Be sure to keep your hair brush and comb clean.

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.



(a) Correct

(b) Good

(c) Average

(d) Poor

(e) Correct

(f) Poor

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 hollowed 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

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.

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.
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 to plan the demonstration—

1. After deciding on what to demonstrate make an outline showing what to do and say step by step.
2. Plan to have one doing the thing being described by the other.
3. Divide the work so that each girl works part of the time and talks part of the time.
4. Demonstrate one thing at a time; for example, the hemming of a towel, making a bag, or finishing an apron.
5. Where certain parts of the work require a long time, have part of the work already done.
6. 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. Some pretty ways to finish an apron.
10. Some pretty ways to finish a dress.
11. How to shampoo the hair.
12. How to wash hose.
13. How to darn hose.
14. How to launder a towel (wash, iron, and fold).
15. Care of the hands.
16. Becoming colors and neck lines.
17. How to even a dress and turn a hem.

Planning the demonstration. First of all, 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.

<p>No. 1 Talks</p> <p>Introduces team Tells what the demonstration is to show</p> <p>1- 2- 3- 4-</p>	<p>No. 2 Works</p> <p>Acknowledges introduction 1-2-3-4 Does the work her teammate describes</p>
<p>No. 1 Works</p> <p>Continues the work started by No. 2</p>	<p>No. 2 Talks</p> <p>Describes the work being done by No. 1 Summarizes work.</p>

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.

Some 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 pin-cushion 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.

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.