Cotton Clothes for School and Sports Wear

4-H Clothing Project
Third Division

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Cover Photograph—Winners in the Cotton Clothes division at the 1950 Oregon State Fair were, left to right, Neva Goodrich, Crook County, Pat Rukovina, Jackson County, Joan Smith, Benton County, and Nancy Ann Kelly, Portland.

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Cotton Clothes for School and Sports Wear

Clothing Project, Division III

You need the experience gained through taking both first-division and second-division clothing or their equivalent before enrolling in this division.

In order to develop your skills, you may wish to take Division III more than one year before you begin to work with the more expensive fabrics used in the upper divisions of clothing. You can make a different combination of garments the next year.

School and Sports Wear Project

Goals

The aim for the entire clothing project is for you to learn how to be well dressed on what you can afford to spend for clothes.

Some of the goals for this project are:
1. To learn how to select materials suitable for school dresses.
2. To learn how to select, buy, and alter patterns.
3. To learn how to select and care for school shoes.
4. To learn how to cut and fit dresses and other garments.
5. To keep your hair clean and becomingly arranged.
6. To score the work you do.
7. To give demonstrations that will help others.
8. To keep accurate records of the work you do.
9. To complete all the requirements of the project.
10. To do something for Mother, such as the family mending during the summer.
11. To keep your clothing clean and in order.

You may add as many more goals as you think will help you to make your best better, or you may omit any of these that you think are not what you need.

What to Do in This Project

There are several months in the year when girls in Oregon can and do wear wash dresses to school and most girls' wardrobes can accommodate one more such dress.

Clothing planned for school wear should be durable, becoming, easy to keep clean, and moderate in cost. Moderate in cost does not mean poor in quality. Poor quality merchandise does not wear well.
Requirements

1. Garments you will make
   a. Cotton school dress and
   b. A choice of
      (1) Playsuit, may be a sundress, shorts and blouse, pedal pushers and jacket, or similar costume, or
      (2) A skirt and blouse, or
      (3) A housecoat

2. Take care of clothing
   a. Patch four holes.
   b. Remove two kinds of stains.
   c. Launder four knitted undergarments and two cotton dresses.
   d. Keep your shoes polished and in good condition.

3. Gain some good grooming habits and aids to beauty and charm.
   a. Care of hair.
   b. Good posture.
   c. Sleep, rest, good food habits.
   d. Home courtesies.

4. Make an inventory of clothing on hand.

5. Keep records of all your work done.

6. Take part in demonstrations.

7. Model in a dress revue.

8. Exhibit at a local, county, or State Fair (State Fair is limited to county winners). The exhibit shall consist of the following:
   a. Cotton school dress.
   b. Playsuit or blouse and skirt or a housecoat.
   c. Hemmed patch.
   d. Clothing exhibit information card describing the cotton dress.
   e. Complete and accurate record book.

Basis of awards

Exhibit ................................................................. 75
   (a) Cotton school dress ........................................ 40
   (b) Shirt or blouse (15) and shorts or skirt (15) or sundress (30) or housecoat (30) .................................. 30
   (c) Patch ............................................................. 5

Record book ......................................................... 25

Possible score ...................................................... 100
Suggestions

Read all instructions carefully.

Plan your garments before buying materials or pattern.

Plan your new dress so it will fit in with the rest of your wardrobe.

Keep the dress suitable for school wear.

Make the active sport clothes to suit your needs, or if you prefer, make the housecoat.

Keep your record book up to date.

Remember that we learn by patient doing.

Strive to help your leader by responding pleasantly to her requests, even if they are to rip and do over. "If I will I can."

Suggested Program

Any organization that is holding the interest of its members has a year's program made out in advance. Every 4-H Club needs a program of work, and it is much better to make it for the ten meetings required before commencing work.

Meetings are usually divided into three parts: (1) business, (2) project discussion and work, and (3) social.

Under business come naming of the club, writing bylaws, electing officers, voting in new members, making arrangements for public occasions such as Achievement Day, etc.

Under project discussion come the details of the work to be done; selection of design, pattern, color, material; cutting, fitting, making, finishing garments; repair of clothing; laundering, grooming, manners, and all other phases of the work. Much can be learned from a trip to the stores. Plan one for a Saturday sometime.

Under social comes recreation, which might be an old or new game, a song, yells, occasionally a "cooky"! If an hour is allowed for the meeting, the first 10 minutes could be used for the business meeting, the next 40 for project material, and the last 10 for social.

Be sure to leave the meeting room in order.

The amount of work done at the meeting will depend on the age of the members, the size of the group, the place of meeting, and the equipment available. Many girls can do part of their work at home, but each leader should decide what is best for her group.
First meeting after the bulletins come

1. Meeting called to order by the President.
2. Roll call—response, name a color you like.
3. Club pledge.
4. Minutes of the organization meeting.
5. Selection of a name for the club.
6. Appointment of chairmen, such as social, news reporter, yell leader, song leader, etc.
7. Study of the bulletin.
8. Study of becoming colors and lines.
9. Every one bring fashion pictures of garments to next meeting and samples of dress materials for discussion.
11. Color naming contest.
12. Put the room in order.

Other meetings.
Plan all ten meetings somewhat after the pattern for the first meeting.

**Take Part in Demonstrations**

 Every club meeting should have one or more demonstrations on the program—some of you members showing and telling the others how to do something useful and interesting that you have learned in the project. It's such a good way to learn and to teach.

Now that you have had several years of clothing club work, you have probably given a number of demonstrations so they will be easier to do. This year will give you a fine opportunity to build on your past experience. Do one demonstration for sure—more would be better. Remember—

1. Tell **what** you are going to do.
2. Show and tell **how** to do it.
3. Tell how and why you did it.

Tips that make it fun.

1. Speak slowly and distinctly.
2. Be happy—smile.
3. Dress for the job and be neat and clean.
4. Look at the group.
5. Think of helping others, not about yourself.
6. Have good posture, working and standing.
7. Be interested—club members “catch” it.
8. Keep equipment and supplies away from the center and front of the table so the group can see everything you do.

The 4-H leaflet *Let's Demonstrate* will help you improve your demonstrations. Ask your leader about it.

Some suggested demonstration topics—

1. Placing a pattern and cutting a garment.
2. Fitting a blouse or dress.
3. Care of the sewing machine.
5. Patching a garment.
7. Seams for cottons.
11. Selection and care of shoes.
12. Laundering a dress.
13. Care of the hair—shampoo and arrangement.
14. Good posture and some posture exercises.
15. How to use bias binding.
16. Any of the subjects given in second-year clothing.

**Planning Your New Dress**

What fun it is to plan for a new dress! What kind of material shall it be? “Do you think a small blue print would be becoming to me?” “Shall it have a full skirt or be pencil slim?” Fun, yes indeed it is. And now what is the first thing to do?

An *inventory*. Perhaps the best plan is to take an inventory of the dresses you already have. The word inventory means to make a list. This is surely easy enough for most of us, isn’t it? So before buying any material, make a list of your cotton dresses and estimate about how much longer each one will wear.

Such a list should be helpful in deciding whether you want a new plain blue shirt waist dress or bright red and white striped percale to wear with your red anklets and white oxfords.

By all means make an inventory.

You are now ready to decide on the style of dress that will be becoming to you and still be in style for the season when you plan to wear it. After deciding on the style, the next step is to shop for suitable materials and trimmings to use for the style selected and in
a color that will be especially becoming to you. Next, decide on how much material you must buy, and when you have both material and pattern you will be ready to start your dress. The following suggestions will be helpful to you in making a wise decision.

**Color**

To choose a becoming color one must know a little about color. There are three primary or basic colors. From these three all others are made. The primary colors are red, yellow, blue. Black, white, and gray are not colors but neutrals. Colors can be classed as "cool" colors and "warm" colors. Those that look like flame, heat, or sunshine are called warm colors because they give the impression of heat. Red, orange, and yellow are warm colors. Those colors that give the impression of clouds, water, and grass are "cool" colors. They are blue, green, blue green, and blue purple. What color does your face turn when you get very warm? What color are your lips when you are shivering with cold? Get the feel of colors and you will begin to understand them.

Study your own personal coloring, hair, eyes, and complexion, to determine whether you are in the "warm," "cool," or "intermediate" group. Usually warm colors look best on people who have dark hair and skin and brown eyes. Cool colors are more becoming to people who have light hair, fair complexion, and blue eyes. When selecting a colored fabric hold it against the skin of the face to see what it does to the color of the hair, the eyes, and the complexion.

Bright colors and white make any figure appear larger. Because purple, yellow, and yellow-green intensify the yellow in the skin, people with sallow complexions should avoid them. Soft, subdued colors with accents of bright color may be chosen by girls who are quiet and shy; bright colors by girls who are vivacious.

Since each individual varies so much in coloring it is difficult to give set rules for individual colors. Experiment before a mirror or with the other club girls by holding colored scarfs, sweaters, or cloth below your face and observe the effect of the color on your skin, hair, eyes, and figure.

*Ask yourself the following questions about the color:*

1. How does it affect my complexion—is it clearer, rosier, or more sallow?
2. What does it do to my eyes—does it brighten or dull them?
3. Does my hair appear more glossy or is it deadened?
4. Does my figure appear larger or smaller?
Line and design

When we put two or more lines together we get design, whether in a picture, a room, or a dress. Good lines in a dress are lines that are becoming to the wearer. Since people vary so much in figure, the lines that are becoming to one may not be becoming to another.

The eye follows the direction of lines. Lengthwise lines give the impression of slenderness and height, while horizontal lines tend to give the effect of width. Tall, very slender girls should avoid wearing dresses that have too many vertical lines. Dresses with yokes, wide belts, and drop shoulders are becoming to them. For the same reasons very fleshy girls must avoid calling attention to their width, hence vertical lines, narrow belts, narrow shoulder lines, and v-shaped neck lines will be becoming to them.

In general, then—

- Vertical (lengthwise) lines add to the apparent height.
- Horizontal (crosswise) lines add to the apparent width.
- Materials with large stripes or figures add to the apparent size.
- Pin stripes, small checks, small dots, and small designs have little effect on apparent size.

The human figure

In all clothing design, the human figure is the starting point.

The natural divisions of the body (head, neck, waist, hips), indicate reasonable divisions of the costume although fashion often moves the waist or hip line up or down.

The ideal proportions for a woman's figure are from 7 1/2 to 8 heads high. The Greek proportions were 8, but American women have somewhat larger heads and so are somewhat less than 7 1/2 heads high. Young girls are 6 1/2 heads high. Fashion plate drawings are all the way from 8 to 12 heads high. That is why so often
when a pattern has been purchased and a dress made it is disappoint-
ing. We have admired the long graceful lines in the picture and
because we are not of that build, the effect is not what we expected.

Because a growing girl is more likely to be only $6\frac{1}{2}$ heads tall, it
is best to buy junior miss patterns since the proportions in the pattern
are like those of the growing girl, and hence the waist, bust, and hip
lines will come at the proper places.

The silhouette

The silhouette is the outline of the figure made by lines of the
dress and the build of the wearer. In planning a dress, one must
select from the present styles those lines that will accent the good
lines of the body. For example, a very slender girl must avoid over-
emphasizing her long lines or she will appear scrawny instead of
sylphlike. The overplump girl must forego the billowy skirts and
ruffles that are so becoming to her slender sister. By careful search-
ing and adapting of styles a becoming style can be found for every
build any year. Study yourself, then read the styles with yourself
in mind. Avoid extremes. It takes study and attention to details
to be becomingly dressed at all times.

As the face should be the center of interest, the neck line should
be the most interesting part of the dress. If attention is to be called
to the hand, make the cuff especially interesting. If you want to avoid
calling attention to the hands, do not make the sleeve the style feature
of your dress.

Light shoes and hose when worn with dark
dresses call attention to the feet and make them
appear larger than they are.

Spacing

Spaces of equal area are not as interesting
as unequal spaces. An exception to this rule
is noted in the vertical division down the cen-
ter front of a garment. The lines of a dress
are more pleasing when the belt is placed, not
halfway between the neck and hem line, but
rather somewhere between one-half and two-
thirds of the distance. If a yoke is used in
the waist of the dress the same rule for un-
even spacing will give pleasing results.

Lengthwise lines as a rule accent the length
of the figure. They may, however, add to the
apparent width; wide lengthwise stripes carry
the eye across the figure and accent the width. 

Greek proportions.
The shape of the face determines the becoming neck line.
Types of faces

All faces may be grouped into four classes of shapes, more or less distinct. The ideal face is said by artists to be egg-shaped, a little broader through the temples than elsewhere, then tapering to the chin. The rectangular face is nearly as broad at the jaw as at the temple, but is longer than it is broad. The round face is nearly as broad as it is long. The triangular face is broadest up above the temples and tapers down to a quite narrow chin. This shaped face is most often seen on very thin people.

The person with an egg-shaped face usually has a medium-length neck and is the fortunate person who looks well with any type of neck line. Both the rectangular faced and round faced persons are likely to have rather short, thick necks and must choose neck lines that do not accent the shape of the face. The rectangular shaped face requires medium length “V” lines, or a narrow, medium-long oval. The neck line should come up well on the shoulder. The neck finish should be quite simple and preferably flat. The round faced person usually has a short thick neck. Long “V” or long oval shaped neck lines are better than any other. Both of these types must avoid square neck lines.

The long, thin faced person usually has a long thin neck. This type of person looks best in high neck lines, soft collars, frills of sheer material, round or short oval front neck lines, and should always avoid “V” neck lines because they repeat the shape of the chin.

Cut out of paper and hold up to your face different shaped neck lines such as round, oval, square, “V,” and boat shaped.

Ask yourself these questions about necklines:
1. Which shaped face do I have?
2. Do I have a long or short neck?
3. Which neckline does the most for me?

The Cotton School Dress

Suitable materials

Plain and printed percales and cambrics, seersuckers, ginghams, pique, cotton broadcloth, twill, suitings, and similar firmly woven materials are all good. Avoid stripes and plaids as they need to be matched. This is difficult even for an experienced seamstress. Ask to read the label to see whether the material has been shrunk. Shrunk goods will have one of the following labels: Sanforized, shrink proof, full shrunk, nonshrinkable. These terms all mean the same thing, that in the process of finishing the material has been
shrunk so that it will not shrink more than approximately \( \frac{1}{4} \) inch to the yard. Good quality cotton materials fade very little if carefully washed with a mild soap, and dried in the shade.

Sheer materials such as dotted swiss, organdie, and voile are better suited for summer afternoon and informal party dresses than for school. Being well dressed includes being suitably dressed for the occasion.

Buy your pattern first and then buy your cloth because the directions on your pattern will tell you how much cloth you will need to purchase. If you plan to use a contrasting material for trimming, buttons, fasteners, binding tape, buckle, or other findings, it will save you time and trouble to get these and any thread you require at the time you purchase your pattern and material.

The pattern

Study yourself first for lines you think will be most becoming, then study the fashion books. You will find that the latest patterns have the highest numbers. Avoid the extremes of styles. Such extremes seldom survive one season. Girls will find that junior misses' patterns will fit better than ladies' patterns even when the bust measurements are alike. Most girls have not reached their full height so are not built in the same proportions as adults.

Be sure to take your bust measurement and buy a pattern to fit your bust. Other alterations are easier to make.

Choose good commercial patterns and follow their directions for construction. Some of the construction suggestions are better for cottons and others are intended for materials that ravel.

Study the directions on the pattern carefully.

Pin the pieces of the pattern together and fit it before cutting the material. This will help you to avoid wasting material, but remember that it can only be an approximate fit as paper does not fit as well as cloth. Comparing your measurements with those of your pattern is another good way to check for good fit. The Farmers' Bulletin 1968 Pattern Alteration will help you. Get it from your county extension agent.

Construction Tips

Shrink and straighten cotton material

1. Put material as it comes from the store (still folded) into a tub of lukewarm water. Don't use cold or hot water for a color. (Either cold or hot water may cause the dye to "run" or "bleed.") Push the material under the water if it has a
tendency to float. Allow it to remain in the water one-half hour or longer—until the material is thoroughly saturated.

2. Press water out. Place between a bath towel and press until the material does not drip. Do not squeeze or wring the material. Squeezing or wringing will produce wrinkles that are very difficult to remove and will take away that new look of the material.

3. Open and hang over two clothes lines. Do not use any clothes pins. Smooth out.

4. Clip the selvage every six inches so that the material will not draw as a result of greater selvage shrinking.

5. If necessary, pull the material to straighten the edges with the grain. Pull the opposite short ends. Be very careful in doing this. Fold again to see that the sides and edges meet properly.

6. When dry, press if necessary. Do not wrinkle the material or roll if it should be necessary to sprinkle it. If you handle it carefully, you should be able to press it dry without sprinkling.

Pull Selvage

Pull

Selvage

Selvage

Selvage
COTTON CLOTHES FOR SCHOOL AND SPORTS

Study the pattern
1. Use a yardstick and soft lead pencil and draw the grain line down the full length of each piece of the pattern.
2. Smooth the pattern on a flat surface.
3. Study chart in pattern envelope to understand the markings on the pattern, lay-out, seam allowance, and sewing outline.
   a. Back shoulder seam should be at least \( \frac{1}{4} \) inch longer than the front.
   b. Front armseye more rounding than back.

Place pattern on material
1. Select correct lay-out on sewing chart in envelope and place pattern as shown.
2. Measure from grain line on pattern to selvage. Be sure each piece of pattern is on straight of grain.
3. Pin down entire length of grain line, placing pins parallel to grain line.
4. Smooth the pattern out on the fabric and pin to hold secure.
5. Cut with long, even strokes.
6. Cut notches out. For a group of 2 or 3 notches cut across top like this:
7. Whenever possible cut belts on lengthwise of material, so they will not twist.
8. Make darts, tucks, seam allowances, etc., with tailor tacks, or tracing wheel or chalk.
9. Leave the pattern attached to each piece until ready to sew it.
10. Mark center front and back with contrasting color basting thread or grain line.

Stay stitching to prevent stretching
1. Stay stitch as shown below being sure to stitch with the grain instead of against it to prevent stretching. (See arrows.)
2. Stitch \( \frac{1}{4} \)" outside the normal seam line.
The stay lines are stitched with the grain of the fabric to hold the grain in position. This means the direction of your stitching is always from the wider to the narrower as shown by the arrows.

**Basting**

1. Baste darts. Pin and baste from the point to the wide part. *(Warning! Always stitch from the wide part to the point.)*

2. If there is to be any gathering, do it on the machine. Just machine baste and pull the bottom thread to gather fullness. *(To machine baste, make the stitch on the machine as long as possible.)* When you obtain the amount of fullness needed, lock the stitches by pulling the top thread.

3. For a sleeve, make one row of machine basting, putting it in \( \frac{3}{8} \)" from edge. Draw up the bobbin thread from each end to fit armseye.
4. Always baste and stitch the skirt from the bottom of the hem up to the waistline.

5. Baste and stitch side seams of the blouse from armseye to waistline.

Stitching

1. Regulate stitch until you have 12 to 16 stitches to the inch. The shorter stitch is desirable for top stitching.

2. A piece of adhesive tape stuck on the bed of your machine the width of your seam from the needle will help to keep your seams even. Some machines have machine guide attachments.

3. Take the full width seam allowed on your pattern.

Press! Press! Press!

It is not possible to produce as nice a looking garment if you wait to press when finished as you can produce if you press constantly, provided everything else is equal. You don’t have to tell people you did all of your pressing at one time; the dress will advertise the fact that it is “homemade.”

1. Press the material before you cut out the garment.

2. Press each stitched seam before crossing it with another seam. If you have pressed each seam as you sewed you will need to do very little pressing after the final stitch is put in the garment.

Fitting—position of seams

1. Neckline: Seam should hug neck at sides and back.

2. Shoulder seams: Should be on top of shoulder. You should not be able to see the seam from either front or back. The shoulder seam should slope slightly to the back.

3. Waistline: The waistline appears straight around the figure.

4. Side seams: The skirt seams should hang straight with no swinging to back or front. When the arm is held straight to the side the middle finger should rest on the side seam.

5. Darts: Darts should be smooth and flat without pouching. Darts are turned toward the center front or center back. For more details get Farmers’ Bulletin 1964, Fitting, from your county extension agent.
Collars—the pointed collar

1. To prevent the points of the collar from turning up, make a "bubble" at the point. That is, ease the top side of the collar back about 1/16" on each side of the point to produce a little bubble. This will make the top part of the collar larger than the bottom.

2. When stitching the collar point make one stitch across the point to make a sharper point when turning the collar.

3. After the collar is stitched, trim off the corners to avoid thick ugly lumps when the collar is turned. Then trim off the seam to 1/4" width.

4. Turn the collar right side out and carefully push the corners out. Before pressing, baste around the edge of the collar with the seam line rolled slightly to the under side. This will make the collar edge roll under and be invisible and the points will be held flat against the dress instead of rolling up and out.

5. The rounded collar
An outside curve is formed when the collar edge is rounded. This should be notched to take out some of the fullness.

Hems

Before turning the hem in a garment, let it hang for a day or two to stretch the seams. They are not so likely to sag afterwards.
The garment should be well pressed with all seams flat. Wear the same kind of shoes and foundation garment that will be worn with the finished garment.

The hem line may be marked with pins or a skirt marker. Turn up the hem on the line marked. Baste hem at the lower edge. Even off the turned up part of the hem to about 2 1/2" or more all around. Press to set edge. Finish in one of several methods most satisfactory for fabric and style.

For a wash dress, turn the cut edge under ¼ inch and machine stitch about 1/16 inch from edge. Pin and baste the hem to skirt. If the hem has much fullness use a long machine stitch instead of the normal stitch (gathering by machine) and pull the bobbin thread to gather in the fullness.

If you cut the thread at each seam and pull each direction from the seam it is easier to draw the fullness. Press in an up-and-down direction. Slip stitch hem to dress.

**Sportswear and Housecoat**

Playsuits may include sundresses, shirts and shorts, one-piece playsuits, pedal pushers, and shirts or jackets.

Materials for playsuits might include denims in addition to those mentioned for the school dress. Corduroy might be added to the school dress materials for skirts in the blouse and skirt combination.

Choose good commercial patterns and follow their directions for construction. The seams in shorts or pedal pushers, however, should be double stitched.

Commercial fasteners may be used on some of the sports garments, if you wish. Be sure that snap fasteners are used in heavy fabrics or are adequately reinforced.

See the **construction hints** given earlier for additional help. Housecoats or "brunch" coats may be any desired style.

Materials will be similar to those for the cotton dress.
Points to Consider in Selecting and Judging
4-H Garments

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<th>General Appearance</th>
<th>Good</th>
<th>Fair</th>
<th>Improve</th>
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</thead>
<tbody>
<tr>
<td><strong>Style</strong></td>
<td>1. Up to date, but not too extreme</td>
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<td></td>
<td>2. Suitable to purpose</td>
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<td>3. Well adapted to fabric</td>
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<tr>
<td><strong>Trimming</strong></td>
<td>4. Harmonizes with garment</td>
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<tr>
<td><strong>Pressing</strong></td>
<td>5. Well pressed but not overpressed. (Shows pressing was done during construction)</td>
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<tr>
<td><strong>Cleanliness</strong></td>
<td>6. Clean</td>
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<tr>
<td><strong>Construction of Garment</strong></td>
<td></td>
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<tr>
<td><strong>Hems</strong></td>
<td>7. Inconspicuous, even, proper width, smooth, well pressed</td>
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<td></td>
<td>8. Average 2½ inches; wider permitted for growth</td>
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<tr>
<td><strong>Hand Sewing</strong></td>
<td>9. Inconspicuous, even, proper selection of stitch</td>
<td></td>
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<tr>
<td><strong>Seams</strong></td>
<td>10. Proper kind and width, even, smooth</td>
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<tr>
<td><strong>Machine Stitching</strong></td>
<td>11. Straight, even, proper length of stitches, (average 12 to 16 per inch)</td>
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<td></td>
<td>12. Good tension</td>
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<tr>
<td><strong>Thread</strong></td>
<td>13. Color and size of thread correct</td>
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<td><strong>Facings</strong></td>
<td>14. Smooth, satisfactory width, well turned and finished, proper joining</td>
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<tr>
<td><strong>Darts</strong></td>
<td>15. Tapered gradually, correctly placed, all threads fastened</td>
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<tr>
<td><strong>Gathers</strong></td>
<td>16. Properly located and evenly distributed</td>
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<tr>
<td><strong>Placket</strong></td>
<td>17. Suitable to type of dress and for position on garment</td>
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<td></td>
<td>18. Smooth, doesn't gap, stitching even, ends securely finished</td>
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<tr>
<td><strong>Collar</strong></td>
<td>19. Cut on grain of fabric, properly attached, joining seam invisible</td>
<td></td>
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<td></td>
<td>20. In proportion to garment</td>
<td></td>
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<tr>
<td><strong>Sleeves</strong></td>
<td>21. Underarm seam sewed, then sleeve finished</td>
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<tr>
<td><strong>Fasteners</strong></td>
<td>22. Satisfactory for garment, placed and spaced correctly, securely attached</td>
<td></td>
<td></td>
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<tr>
<td><strong>Belt</strong></td>
<td>23. Seam or hem inconspicuous, corners neat, well turned</td>
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<td></td>
<td>24. Fastener in keeping</td>
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COTTON CLOTHES FOR SCHOOL AND SPORTS

Care of Clothing

Patching

Undergarments, wash dresses, night gowns, pajamas, play clothes, and boys' shirts frequently require patching. When properly done a patched garment will wear a long time and look neat. If striped or figured material is to be patched, match the figures in the material to those in the garment. A hemmed patch is made in the following manner:

1. Cut the smallest possible square or rectangle that will remove the snag, hole, cut, or tear. Cut along crosswise and lengthwise threads.
2. Clip this hole diagonally at each corner—about 1/4 inch.
3. Turn under slightly beyond the ends of these clips.
4. Crease sharply or press but be careful not to stretch the material.

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Diagram:

- Cut smallest possible square or rectangle
- Clip hole diagonally at each corner
- Turn under slightly beyond ends of clips
- Crease sharply or press

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Diagram:

- Hole in garment
- Hemmed patch in place
- Finished patch
5. Slide a piece of matching material under the hole until the design matches exactly.
6. Cut a patch about 1 inch larger all around than the hole.
7. Baste the patch in place. Then from the right side, hem with very fine stitches, especially at the corners. Let these stitches catch in the very edge of the crease.
8. Turn to the wrong side. Turn the patch piece under about ¼ inch. Snip off the corners to avoid thick lumps.
9. Press and baste. Hem with stitches so tiny they will not be noticeable on the right side.
10. Press.

Prepare one patch to be exhibited with your dress. It could be mounted on light-weight cardboard about 6 inches wide by 7 inches long. Mount the patch so that there will be a small margin on both sides and at the top and twice as much at the bottom. To mount sew or place cellophane tape across the top of the patch only.

**Removal of stains**

The stains most frequent on school dresses are ink, grease from the floor, mud, grass, and fruit juice.

The directions given below for removing stains are especially for wash fabrics and should not be used on other materials without first testing to see whether or not the material will stand the process.

**INK STAINS** often can be removed if washed in cold water while the stain is still wet. If it does not come right out with this treatment, it is best to wait until you get home. Then try soaking the stain in milk, either sweet or sour. Very persistent stains can sometimes be removed by covering with lemon juice and salt and putting in the sunlight. Care must be taken not to use anything on colored materials that will fade them.

**GREASE STAINS.** Cover with lard or other unsalted fat, then wash in warm soapy water.

**MUD.** Brush off all that will come off. Wash in warm soap suds. Sometimes sponging with alcohol will remove mud stains.

**GRASS STAINS.** Use hot water and soap, rubbing the stain well. If this does not completely remove the stain, use a bleach.

**FRUIT JUICE.** Stretch the cloth over a bowl and slowly pour boiling water from a height over the stain until the stain disappears. For peach stains use glycerine, or use salt and lemon juice and expose to sunlight.
COTTON CLOTHES FOR SCHOOL AND SPORTS

Laundrying

Directions for laundering wash dresses were given in the second-year clothing bulletin and need not be repeated in detail.

Rayon, celanese, or nylon materials either woven or knit must be very carefully washed in warm, not hot water, with a mild soap. They should never be rubbed on a board, but should have the dirt forced out by squeezing the fabric in the hand under the water. Squeeze but do not wring out the surplus water. Rinse carefully in two clear waters. Squeeze out the water. Spread on a bath towel, roll up tight and press out as much water as possible. Iron with a warm iron, but not as hot as should be used for linen or cotton materials. Nylon knit wear can drip dry and no ironing will be needed.

Colored dresses should be washed with mild laundry soap, rinsed in tepid water, and hung in the shade to dry. Strong soap and bright sunlight will tend to fade the best of colors.

When dry, sprinkle evenly, roll up, and let stand for an hour or so to distribute the moisture evenly. Plastic bags or plastic table cloths are fine to put sprinkled clothes into until time to iron. Iron sleeves and collar first, then the waist, and last the skirt. Iron the hem of the skirt, the cuffs and any other thick places on the wrong side as well as the right, and iron until dry. Put the freshly ironed garment on a hanger and hang it where it can dry thoroughly before putting it in the closet. Be sure that you sew on any fasteners that may be off, sew up any rips, and then the garment will be ready to wear when needed.

You should be ironing all your own clothes now.

Care of shoes

Good shoes will wear a long time if they are cared for properly. School shoes should be sturdy enough to withstand hard wear and the walk to and from school in all kinds of weather. The soles should be medium heavy and the heels low and broad. Toes should be fairly broad. Shoes will keep their shape for a longer time if put on shoe trees or stuffed with crumpled newspaper when taken off. Brush and polish shoes frequently. They will last longer and look neater. When shoes get wet, if they are also muddy, wash off the mud, then stuff the shoes with crumpled paper. Place them in a warm place, but not close to the fire as wet leather burns very quickly. When nearly dry, rub well to soften the leather and rub in a very little vaseline or tallow. When dry, rub again with a dry cloth to remove the surplus vaseline or tallow, then polish. The leather will be soft and pliable and will look as good as new.
Good Grooming and Aids to Beauty

Last year the care of the hands was discussed, and also something about the importance of good posture and food requirements. Care of the hands and attention to posture and food habits should be continued and the following practices added.

Care of the hair

Hair to be beautiful should be clean, well brushed, and becomingly dressed. The directions given below for shampooing will help you keep your hair clean. Brushing keeps the scalp healthy and gives the hair a beautiful gloss. Many authorities recommend one hundred strokes a night.

The shape of the face and head should largely determine the hair style. The prevailing styles include some that are becoming to all types. Extremes are always to be avoided. Lines that follow the shape of the head are in general becoming and suitable for young girls.

The shampoo. The frequency with which you shampoo your hair will depend on several things. If you live in a dusty country, if your hair is unusually oily, or if you have been doing some very dirty work, your hair will need shampooing oftener than ordinarily. A good rule to follow is to shampoo your hair whenever necessary to keep it sweet smelling and pleasant to touch, and the scalp free from dandruff.

It is a good plan to make a soap jelly to use in place of the cake of soap. The soap is then more easily rinsed out.

Soap jelly. Cut up some mild soap, put it into a small pan, and add about twice the quantity of water. Heat until the soap has dissolved. Pour into a jar and use as needed. Since it will keep, you can prepare enough for several shampoos at one time.

Have a good quantity of warm water ready. After brushing the hair well, wet it thoroughly and put on some of the soap jelly; rub well into the scalp and hair to form a good lather. Rinse in one clear water. Repeat the soaping and rinsing. Usually two soapings will be enough, but if the hair is very dirty, it may be necessary to soap it a third time. After the last use of soap, rinse in several clean waters to remove all the soap. Absorb most of the moisture in soft towels. You are now ready to pin curl your hair. Remember that naturally straight hair is usually more becoming when it is not unnaturally frizzed and fussed up.
Personal care

Some girls are troubled by body odors. Bathe frequently and use a deodorant under the arms. Follow the directions that come with the preparation.

Be sure to bathe before using a deodorant. Don’t try to cover up the odor of perspiration. Remove it, then the deodorant will retard its return. Dusting with ordinary baking soda helps if your supply of deodorant is exhausted.

It is also wise to use a non-perspirant. A very satisfactory one is most inexpensive. Ask your druggist for a 10 per cent solution of aluminum chloride. Apply it with a bit of cotton after you have washed well under your arms with soap and water. Leave it on all night or let it dry and wash it off before dressing. It will control all but excessive perspiration and will not harm your clothing if you follow these directions.

Good Posture

Regardless of how beautiful or costly a costume may be, if the wearer stands and sits in a slouchy manner, her clothes will not look their best. In the second-year clothing bulletin are some silhouettes showing excellent, good, fair, and poor postures. Study them carefully, then study yourself.

Tie a small weight (a nail is good) to a string long enough to reach from the top of your head to the floor. Stand up and have some one hold the string so that it hangs past the center of your ear. If you are in correct standing position it should pass the center of your shoulder, your hip, and your ankle. The head should be up and balanced above the shoulder, the hips, and the ankles.

The following simple exercises will help you acquire a correct posture.

1. Raise the hands straight up over head, palms front. Rise on tip toes, raise chin, look at hands. All on count one, hold on count two, lower arms and heels on count three, hold count four. Repeat 8 to 16 times.

2. Stand with hands on the back of a chair. Bend knees, keep head up and back straight, rise. Repeat 8 to 16 times. This is excellent for hips and lower spine.

3. Stand in correct position. Bend the trunk forward. Straighten the trunk. Motion should be in the hips only. The spine should be straight all the time.
There are any number of excellent exercises that can be used to strengthen the muscles and to improve posture, but these three, if persistently practiced, will be of real assistance. Good posture is something that should be a part of us and not put on for occasions. Young people when they are growing rapidly sometimes unconsciously form poor posture habits, perhaps partly from a desire not to be too tall, partly because it is easy to slouch.

If you will start your club meeting with a three-minute posture drill and then practice at home when you rise each morning, you can make good posture a habit.

**Sleep, Rest, and Food Habits**

The good 4-H Club member trains along 4-H lines, not 3-H. In order to make the most of her opportunities she keeps the health H busy as well as the head, hand, and heart H’s.

There are so many interesting things to do that sometimes it seems difficult to give up time for sleeping and resting, but both are vitally important. Very young children sleep 16 out of 24 hours. Gradually the time required for sleep lessens until at fourteen, 10 hours, and when grown usually 8 hours provide sufficient sleep.

In addition to plenty of sleep, with windows open, a short rest period during the day will do a great deal to keep a growing girl strong and well. Lie down, close the eyes, and try to sink into the bed. Even 10 minutes will be a real help.

More and more we are coming to recognize the importance of right eating for health. For building: meat in moderation, eggs, milk, and cheese. For energy: starchy food, such as potatoes, and fats. For minerals and vitamins: fruits and vegetables and milk. All food should be simply prepared; no rich pastries or puddings; some sweets, but in moderation; at least six glasses of water daily.

While these suggestions are very general, observing them will help keep you fit. Regular hours for meals, time enough to eat slowly, and pleasant conversation are all worth striving for. Learn to like all of the everyday foods. If for some reason a food is not good for you, quietly leave it alone but avoid calling attention to it.

**The 4-H Dress Revue**

One of the rewards of being a 4-H Clothing Club member is the opportunity of being in the county dress revue. There may be local achievement day programs too where you will show how well you have learned the rules of good grooming, posture, and clothing selection and construction.
For the school dress costumes, it is not necessary to wear accessories. However, a simple hat may be worn if you choose.

Oxfords and anklets or hose are correct to wear with a cotton school dress. The undergarments should fit well so that the dress may look its best.

Plan ahead for this revue and at your meetings practice the posture exercises and learn to walk naturally and gracefully.

On the day of the revue see that your hair is brushed and becomingly arranged in the style you usually wear it, that your shoes are clean and neat, that your stockings are on straight, and your hands clean with the fingernails well manicured. Have your dress clean and well pressed.

When modeling, try to be natural, look at your audience, smile and be happy.

4-H Dress Revue Score Card

I. Costume (outer garments and slip) ...................................... 40
   Materials and trimmings
      Suited to design and purpose of garment
      Suitable combination of materials and trim in texture and color

   Workmanship
      Accurate cutting
      Suitability of seams and finishes to style and material
      Perfection of hand and machine stitching
      Pressed during construction
      Cleanliness and general appearance

   Cost
      Durability of material and design
      Cost in relation to purpose of costume
      Upkeep cost in relation to value of dress

II. Girl—posture, poise, and grooming .................................. 20

III. Costume on girl—suitability of design and color to figure and personality ......................................................... 40
      Fit (neck, waist, hemline, shoulder seams, side seams, sleeves, grain line)
      Effect of undergarments and choice of accessories ............... 100
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