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*Best*  
**DRESSES**  
*and Informal Party* **FROCKS**

*By Helen Cowgill*

**DISCARD**

CLOTHING PROJECT FOURTH YEAR

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Oregon State System of Higher Education  
Federal Cooperative Extension Service  
Oregon State College, Corvallis  
4-H Club Clothing Project  
Club Series L-64

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*The picture on the cover shows Mary Patricia Clark,  
1939 winner in the National 4-H Style Revue.*

# Best Dresses and Informal Party Frocks

By

HELEN COWGILL, Assistant State Club Leader.

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

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

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

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

## THE WELL-DRESSED GIRL

The girl—

Clean in person.

Hair clean, neatly and becomingly arranged.

Finger nails, clean and well manicured.

Complexion clear; good, natural color.

Her clothes—

In good repair.

Clean.

Well pressed.

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

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

Well fitting.

Becoming in color and line.

Shoes clean, well polished, straight heels.

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

Cost of costume in proportion to family income.

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

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

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

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

### **FOURTH-YEAR CLOTHING REQUIREMENTS**

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

- A. Best dress costume.
  - a. Make a slip and make or purchase other undergarments as needed.
  - b. Make a dress suitable for church, afternoon parties, dinner parties, etc., of cotton, silk, wool, rayon, or linen.
  - c. Assemble or purchase shoes, hose, and accessories to complete the costume.
- B. An informal party costume.
  - a. Make a slip and make or purchase other undergarments as needed.
  - b. Make an informal party dress of any suitable material.
  - c. Assemble or buy shoes, hose, and accessories needed to complete the costume.
2. Care of clothing.
  - a. Mending sheer fabric silk and wool garments.
  - b. Removal of stains in silk and wool.
  - c. Pressing of silk, rayon, and wool.
  - d. Laundering sheer cotton fabrics and silk and rayon undergarments.
3. Renovate a garment.
4. Good grooming aids to beauty and charm.
  - a. Care of complexion.
  - b. Use of deodorants.
  - c. Good posture.
  - d. Sleep, rest, good food habits.
  - e. Gracious ways.
5. Inventory.

List clothing on hand.
6. Records of work done.
7. Demonstrations.
8. Style revue.
9. Exhibit.

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

The costume shall consist of the garments to be worn with either the "best" dress or the informal party dress,

including the shoes,\* hose, and any accessories required to complete the costume. A hat may be shown with the best dress, but of course is never a part of a party costume.

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

#### BASIS OF AWARDS

Complete costume .....	75
Dress or ensemble .....	35
Slip .....	15
Other undergarments .....	15
Shoes, hose, accessories .....	10
Record book and story .....	25
	<hr/> 100

### SUGGESTIONS

**Read** all instructions carefully.

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

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

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

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

**Buy** carefully.

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

### SUGGESTED PROGRAM

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

Plan for at least ten meetings.

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

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

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

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

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

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

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

### INVENTORY

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

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

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

Something you may like to do:

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

### SCRAP BOOK

While a scrap book is not required, you may find that later it will be convenient for reference.

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

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

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

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

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

## DEMONSTRATIONS

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

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

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

### Demonstration subject—

1. Any of those given in previous year's bulletins unless too simple for an older, more experienced group.
2. Selection of becoming colors for various types.
3. Any subject on good grooming such as manicuring, shampooing, care of face.
4. Selection of materials, giving textile tests.
5. Renovating.
6. Dry cleaning.
7. Making buttonholes (hand made).

8. Hemming a silk dress.
9. Suitable neck finishes for a best dress.
10. Suitable neck finishes for a party dress.
11. Colors for evening wear.
12. Lace trimming on "dress up" undergarments.
13. Plackets.
14. How to put on snap fasteners and hooks and eyes.
15. Seams for different materials.

### SOME HELPS IN PLANNING A WARDROBE

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

It is just as possible to build around blue or green or red, but usually brown and blue are the most satisfactory colors around which to build because they are becoming to so many types and colorings and harmonize with so many colors.

In planning a costume, do not think of the dress alone, but of the costume as a whole, including shoes, hose, hat, coat, gloves, and such accessories as purse and beads. The type of costume, season of the year, age of the wearer and locality where she lives will all have their influence on how many of these articles and garments will be required to complete any given costume. For example, a thirteen-year-old girl, going to a rural school, or walking a mile or more to her friend's home would require a different style of "best" dress from that selected by a seventeen-year-old high school senior, living in the city and going to an occasional dinner with her mother and father in a city restaurant or attending a large city church. The younger girl probably would not require special gloves, hat or purse, while the older girl would, and the dress should be more simple.

**Choosing the right colors.** In the previous years' work, you have been gradually learning how to choose and combine colors so that they will be pleasing and becoming. "Best" and evening clothes

offer a number of new problems. "Best" dresses are usually worn indoors or under a wrap and so are often more gay in color than street clothes, other than sport clothes. For informal party frocks, worn in the evening under artificial light and when the wearer is gay in spirits, light and bright colors are in keeping.

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

According to coloring, individuals may be classified as follows:

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

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

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

Very pale blonds must avoid colors that too nearly match their own. Values either lighter or darker than their hair will be most becoming. If a dark dress is to be worn, a bit of white at the neck will bring out the wearer's delicate coloring. It should be a blue white rather than a creamy white.

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

Colors for evening wear may always be brighter than for daytime. They should be tried out under artificial light since that is the light under which they will be worn. Always remember that the

intensity of color that will be becoming must be determined for each individual.

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

### SELECTION OF MATERIAL

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

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

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

1. **SEASON** makes less difference than for other kinds of dresses. Sheer cottons, linen, and rayon are all-year fabrics. Velvet and heavy silks are more suitable for older women, for fall and winter wear, and should not be chosen by young girls. Ginghams, piques, cotton net, and cotton laces are good.
2. **COST.** Nowhere is there so wide a range in cost. Ginghams, pique, string lace, and other inexpensive cottons are worn

to the same party as their more expensive cousins, the silks. Sheer wool is popular now too, but more expensive.

3. **COLOR.** Black in any material is too old for young girls, but usually they are eager for it. Just wait a bit and instead select light and gay colors and see how happy they make you feel.
4. **EFFECTS OF ARTIFICIAL LIGHT.** It is well to choose colors for party frocks by artificial light to see what it does to the color itself and to your own coloring.

### SCORE CARD FOR COMPLETE COSTUME AND INDIVIDUAL GARMENTS

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

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

100

### HOW SHALL WE MAKE IT?

**Seam finishes** depend largely on the material. If the material will not fray, the seams may be opened and notched or overcast, or blanket stitched. Material that frays may have the two edges together and stitched  $\frac{1}{4}$  inch beyond the seam stitching, trimmed close to this second stitching, and overcast, if needed.

Footing comes in various widths and makes an inconspicuous seam binding to use on very sheer materials. This binding is good for the finish of an armseye, also; or armseyes may be simply double stitched and trimmed close.

Sleeve seams should be finished before the cuff or bottom of the sleeve is, in order to cover the seam well.

**Fastenings.** Snap fasteners, hooks and eyes, buttons and loops, or hand-worked buttonholes or zippers are good. Bound buttonholes are too tailored for dresses in these classes.

## HAND FINISHING

Both "best" and party dresses are usually hand finished. By this we mean finished without visible machine stitching. Neck, sleeve, and hem finishes are hemmed in place by hand and made as invisible as possible. Where an edge is bound, the binding should be of material like the dress, cut on the true bias, and then sewed first to the right side of the garment with both raw edges together, after which the fold is hemmed to the wrong side just below the line of stitching. This is the same finish as was recommended for undergarments. Neck lines may be finished with folds, or a bit of lace, or in any becoming way that is soft and dainty. Belts, girdles, and sashes should be finished by hand or with concealed stitching.

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

## SLIPS FOR "BEST" AND PARTY COSTUME

Both "best" and party dresses require slips. These may match the dress in color or be a light neutral color to wear with light-colored dresses.

The material may be nainsook or slip sheen to wear with cotton dresses, but probably most girls will prefer rayon flat crepe, lingerie satin, taffeta, sharkskin, or similar rayon material. *Caution.* Avoid loosely woven coarse material, baronet satin, or the coarse wiry satin so often found at a lower price than the better quality. Satin is not desirable with sheer materials because it shines through and spoils the effect of the dress. Probably flat crepe and taffeta are the most satisfactory materials.

**Pattern.** Select a pattern that will give the desired silhouette to wear under the style dress you have chosen. The neck line should be cut so that the slip will not show above the neck of the dress. The slip should fit smoothly at the bust, waist, and hips without pulling or puckering.

The seams in slips may be French seamed. A new way that is gaining in favor for taffeta slips is to turn both edges of the seam to one side and from the right side stitch again close to the first stitching, through the three thicknesses. The raw edges should be notched.

The finish at the neck in the soft materials like flat crepe may be a French binding (see *Stitches, Seams, and Sewing Processes*, page 17), a fitted facing, or the shell edge (see *Stitches, Seams, and Sewing Processes*, page 21).

Taffeta slips are usually kept quite tailored, so a narrow fitted or bias facing stitched at both edges is always acceptable.

In either fabric, if a yoke is used, it may be double. Then the skirt part will be put between the two pieces of the yoke. If the yoke is of single thickness, it is best to stitch the skirt and yoke together, turn both parts of the seam up, and stitch close to the first row of stitching. The raw edges should be notched.

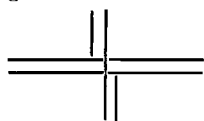
Shoulder straps should be narrow, from  $\frac{1}{4}$  inch to  $\frac{3}{8}$  inch. They stay in place better. The straps should be fitted to the slip before the top of the slip is finished so that the straps may be attached between the garment and the facing. The top of the slip may have a built-up shoulder, if desired.

**How to finish the lower edge of the slip.** Slips that do not have much flare may be finished with a hem from  $1\frac{1}{2}$  inches to 3 inches deep, especially in soft materials such as the crepes. For taffetas and for very flaring slips, it is best to use a  $\frac{1}{4}$ -inch to  $\frac{1}{2}$ -inch hem, or bias facing, stitched on both edges, or a French binding like that suggested for the finish at the top.

For wear with best dresses, it is popular some seasons to trim slips with lace. When this is done, care must be taken to select lace that will wear well, look well with the slip material, and still keep within a reasonable cost range.

Sometimes ruffles are used at the hem edge.

**Panties, shorts, or briefs.** These may be purchased or made by the club member. If made, they should match the bandeau in color and material. These garments need not match the slip. If these garments are to be made, the directions in the pattern envelope should be followed. Flat-fell seams are best where two seams cross in the crotch. If the fell on one leg is finished toward the front of the garment, and the fell on the other leg to the back of the garment,



when the two legs are joined the seams will look like this and the point of crossing will be less bulky.

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

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

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

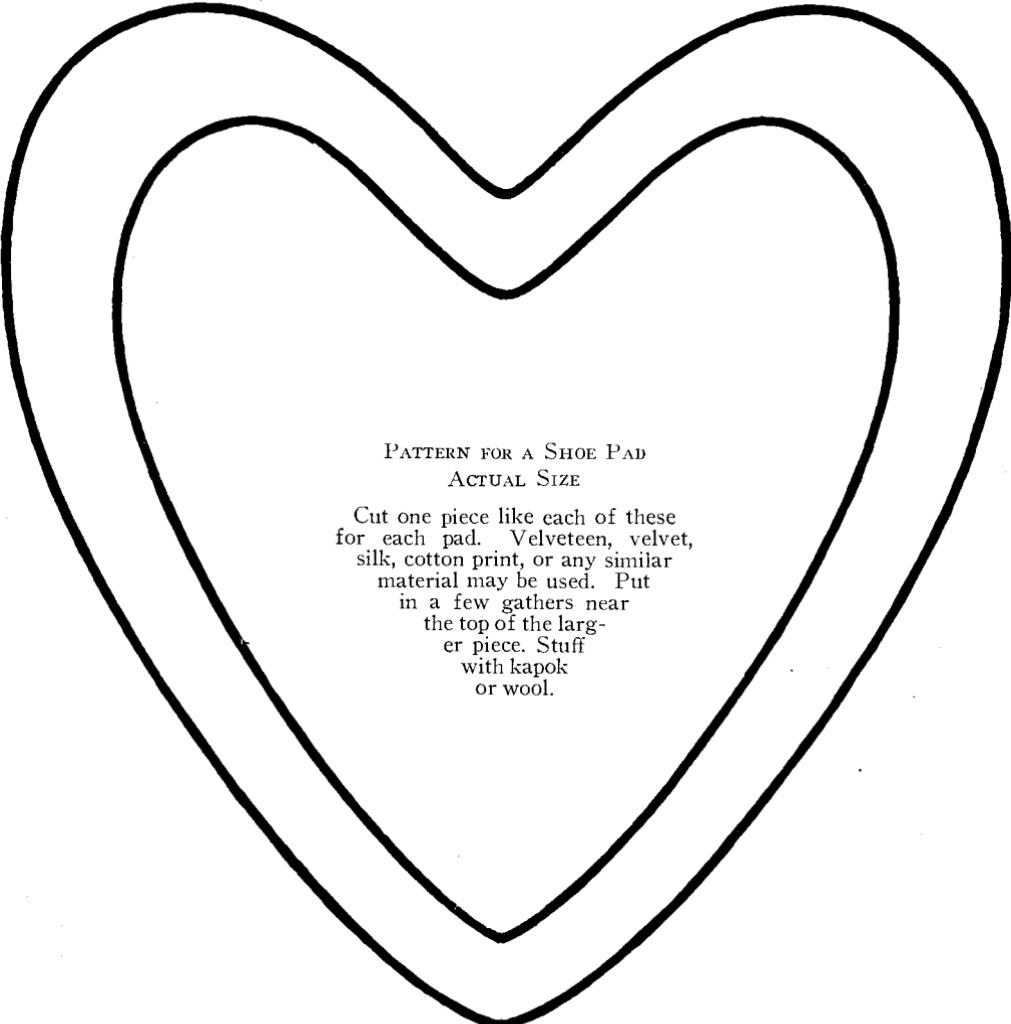
Light-colored hose are appropriate to wear with best and party costumes unless the costume is very dark, when hose to match the shoe may have a more pleasing effect. Remember also that light colors tend to make a large ankle appear larger.

**Shoes.** Shoes to wear with best dresses may be a kid or patent leather or fabric. They may have a higher heel than a street shoe but should have a fairly broad heel and a toe broad enough so that the foot will not be cramped. Ties, pumps, and strap oxfords are all worn. They usually have a turned sole rather thin, and may be in black, or any of the season's colors that harmonize with the color of the dress. Fussy shoes are not in as good taste as those that are less conspicuous. Spike heels on the one hand and brogues on the other are equally inappropriate for wear with the best dress.

Party shoes may match the dress in color, or be black, beige, gray, or a very dark brown. White would only be worn with white

or very delicate tints. High heels are permissible for older girls but inappropriate for younger girls, whose dance slipper has a very modest heel. Patent leather is always pretty for the younger girl.

**Care of the best shoes.** When you take your best shoes off, dust them carefully, rub up any spots, glue in place a scuffed bit, put each shoe on a shoe tree, either one you have purchased or a



PATTERN FOR A SHOE PAD  
ACTUAL SIZE

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

home-made one like the pattern given in this bulletin. Put each shoe in a bag just large enough to hold it and draw up at the top. Hang the pair together in the closet where they will be out of the way and cannot get knocked. These bags are simply straight bags, large enough to hold one shoe each, and can be made of any soft cotton, rayon, or silk material that you have on hand. Used material that is not much worn will do nicely.

## RENOVATION AND CARE OF CLOTHING

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

The following are some of the problems included under renovation:

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

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

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

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

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

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

Materials used for stain removal are classified as absorbents, solvents, and bleaches. Among the absorbents are chalk, magnesium carbonate, fuller's earth, and cornmeal. Absorbents are sometimes successfully used on grease spots but are usually effective only on spots free from dirt or metal. Lay the stained fabric on a flat surface. Spread a layer of the absorbent over the stain. Work it gently, avoiding pulling the fibers. When it becomes gummy, brush off and repeat until nearly all of the stain is removed. Apply more of the absorbent and let stand overnight. Often applying a warm, not hot, iron, will help. This last method is especially good where the fat was a solid one.

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

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

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

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

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

**2. Mending** includes darning tears in woven fabrics and holes in knit materials. It includes patching holes in materials where a patch will show less than a darn, such as a cotton material, some silks

and rayons, linen, and light-weight wools. Directions for patching and darning are given in your *Stitches, Seams, and Sewing Processes* bulletin. A small rip is at first a matter of little moment but soon grows. Sew it up as soon as noticed.

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

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

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

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

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

and the armseye enlarged. If desired, the neck can also be cut down and the dress worn as a jumper with a blouse.

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

## GOOD GROOMING

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

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

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

## HAND LOTION FOR CHAPPED HANDS

$\frac{1}{2}$ cup (4 oz.) glycerine	25 to 40 drops benzoin
$\frac{1}{2}$ cup (4 oz.) rose water	1 tablespoon ( $\frac{1}{2}$ oz.) tragacanth
$\frac{1}{2}$ cup (4 oz.) rubbing alcohol	.

Dissolve the gum tragacanth in a quart of warm water, and when dissolved, run through a sieve and add the other ingredients. This lotion does not leave the hands sticky. This recipe makes about six cups.

## HAND LOTION

2 tablespoons (1 oz.) quince seed  
5 tablespoons ( $2\frac{1}{2}$  oz.) bay rum  
4 tablespoons (2 oz.) glycerine

Boil quince seed in 3 cups soft water until thick. Strain, and combine with other ingredients. This recipe makes about four cups.

## HAND CREAM

3 ounces of lanolin (hydrous)	$\frac{3}{4}$ ounce of glycerine
1 ounce of almond oil	$\frac{1}{4}$ ounce of coconut butter,
Perfume—if desired	odorless

Heat slightly and rub into a smooth paste. Massage in at night. This recipe makes about one-half cup.

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

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

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

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

## GOOD POSTURE

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

When a person is physically unfit, it is very easy to slump and soon bad posture habits are formed. Stand erect with head up, chin in, shoulders squared evenly, chest up, spine straight as possible,

abdomen in, knees straight without strain. Stand tall. One way to get the body into this position is to stand against the wall, with head, shoulders, and hips touching the wall, and the heels 4 inches away from it.

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

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

Some exercises that will help in attaining good posture are:

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

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

## COURTESIES

Do you know these facts in respect to courtesies?—

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

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

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

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

It is bad form to pick the teeth in public.

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

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

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

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

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

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

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

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

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

## AN "IF" FOR GIRLS

(With apologies to Rudyard Kipling)

"If you can dress to make yourself attractive,  
Yet not make puffs and curls your chief delight;  
If you can swim and row, be strong and active,  
But of the gentler graces lose not sight;  
If you can dance without a craze for dancing,  
Play without giving play too strong a hold,  
Enjoy the love of friends without romancing,  
Care for the weak, the friendless and the old;

"If you can master French and Greek and Latin,  
And not acquire, as well, a priggish mien;  
If you can feel the touch of silk and satin  
Without despising calico and jean;  
If you can ply a saw and use a hammer,  
Can do a man's work when the need occurs,  
Can sing, when asked, without excuse or stammer,  
Can rise above unfriendly snubs and slurs;

"If you can make good bread as well as fudges,  
Can sew with skill, and have an eye for dust,  
If you can be a friend and hold no grudges,  
A girl whom all will love because they must;

"If sometime you should meet and love another  
And make a home with faith and peace enshrined,  
And you its soul,—a loyal wife and mother,—  
You'll work out pretty nearly to my mind  
The plan that's been developed through the ages,  
And win the best that life can have in store;  
You'll be, my girl, a model for the sages,—  
A woman whom the world will bow before."

—Elizabeth Lincoln Otis