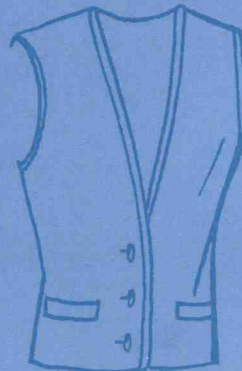
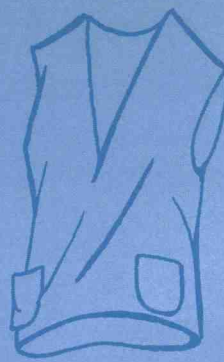


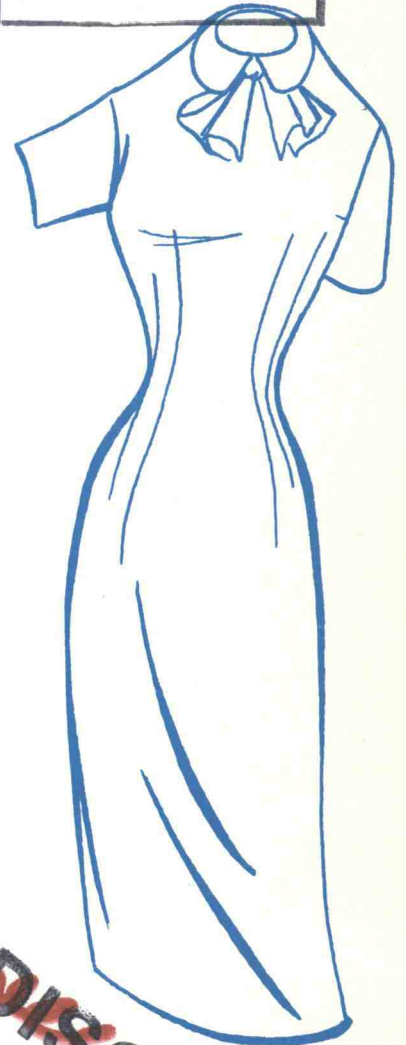
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DISCARD

IT'S FUN TO SEW

mix-match or casual dress

COOPERATIVE EXTENSION SERVICE
OREGON STATE UNIVERSITY, CORVALLIS

PHASE 5
4-H CLUB SERIES L-89

It's Fun to Sew---Mix-Match or Casual Dress

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PHASE 5

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Read this book from cover to cover before you start your project.

Your guide for the project

THIS IS THE fifth project. You are ready to make clothes for many occasions. Study this book carefully. It will give you suggestions on what articles to make and how to make them. It also contains tips on good grooming and care of clothing. All are important if you are to look well dressed. Place this project outline in your record book for safe-keeping.

What to study

1. Learn to buy sweaters. Study about different styles, knits, and fibers.
2. Learn to care for your sweaters. Learn how to launder and store them.
3. Continue to study health and good grooming.
4. Study styles, fabrics, and better sewing methods.
5. Continue to take part in special events such as judging, demonstrations, and exhibits.

Articles to make

1. Make one of these articles:
Sport shirt, blouse, or jacket
Pants: Shorts, pedal pushers, or slacks
2. Make one of these articles:
Skirt and weskit
Jumper
Dress (simply tailored)

Add to your 4-H record book

Do you have the record inserts for your record book this year? Be sure to keep them up-to-date. It is much easier than trying to find the time and remember all the facts to do the job later. Are you taking part in 4-H activities and sharing your knowledge with others? Make yours a well-rounded club program.

Demonstrate to your club

Continue to give demonstrations at your club meetings. Work alone or with a partner. Ask for bulletins to give you ideas on how to give a demonstration. Choose topics you will be studying in your project. Plan to give a demonstration on county exhibit day.

Plan your project

STUDY the guide for your project. Talk it over with your mother and leader. They will be glad to assist you.

This phase of club work will give you new experiences in buying, sewing, and caring for your clothes. It includes activities and lessons in good grooming. Concentrate on improving the appearance of your skin and learn how to use make-up. Continue to practice what you have learned about caring for your shoes, hair, fingernails, posture, and clothing in various other phases of club work.

Care of clothing is always important. Along with your sewing project, study about

buying and caring for sweaters. Each week make it a practice to help your mother with ironing and caring for clothing of other members of the family.

The sewing part of your project gives you a choice of articles to make. You will learn new tricks in sewing by making some of these articles.

Make your blouse, jacket, shorts, pedal pushers, or slacks first. This will give you practice before you start on your dress.

Plan to take part in club discussions and to give lessons on health, safety, and good grooming.

Improve your grooming

TO BE attractive, practice all phases of good grooming. Continue to shine from head to foot. Keep your shoes and your hair clean and attractive.

This year study the care of your skin and learn how to apply make-up. Remember your posture. Good posture is essential for that smart, well-groomed look.

Care for your skin



Your skin needs daily care, not hit-and-miss attention, to be healthy and attractive-looking.

Start with these fundamentals for a lovely skin:

1. Eat well-balanced meals at regular hours. Eat plenty of fruits and vegetables. Drink milk every day. Drink plenty of water.
2. Cut out extra sweets and overly rich foods.
3. Get enough sleep and exercise each day. Play hard. It stirs up circulation and makes you perspire freely. Perspiration helps free your pores of surface dirt.

Wash your face

Wash your face thoroughly before you go to bed and after gym or other exercise. Wash it quickly in the morning. Clean it before putting on fresh make-up.

You can do a thorough job of washing your face in about one minute. Work up a lather on a soft cloth and apply to your face. Pay particular attention to the creases around your nose and chin. Do not forget the hair line and your ears and neck. Rinse thoroughly, first with warm then cool water. Dry thoroughly.

If your skin is sensitive to soap and water be careful in your choice of soap but do not avoid washing your face. Any soap that makes your face feel prickly and drawn is too strong for your skin. After washing apply cream or lotion to sensitive skin. Baby oil is good. An astringent may be used for an oily skin. One of the best is a half-and-half mixture of witch hazel and alcohol.

One of the problems of the teens is acne. You can help improve acne by following good health rules and by keeping your hands clean and away from your face. Picking at the face helps spread the infection. See your family doctor. He can help you to clear up the condition.

Your skin needs very careful cleansing at this time, not only your face but your whole body. The daily bath is important.

Take a daily bath

The casual shower is not enough. Use plenty of soap and warm water. Use warm water rather than hot or cold water. Soap every inch of the body from the tip of your toes to the back of your neck. Use a wash cloth or sponge. Use a brush for your back if it is inclined to be rough or pimply. Work up a good lather and rub each area briskly. Follow with a quick rinse. Give rough elbows and knees a special scrubbing, then after rinsing and drying apply cream or oil.

Apply your lipstick with care



Lipstick is the only make-up needed during teenage.

Choose a color that goes with your natural coloring and with the color of the clothes you wear. If you wear pink or red, consider the shade of lipstick that goes with the "red" you wear.

Give your lips a natural look

Study the shape of your lips. Then follow the general outline when putting on your lipstick. Do not make up your lips too heavily. It will give you an unnatural look.

Lipstick tips

1. Outline your lips with lipstick.
2. Fill in the center with your finger tips.

3. Close your lips tightly for a moment to soften the line.
4. Smooth out the surface and soften the upper edges with your finger.
5. Remove excess lipstick by closing the lips on a piece of cleansing tissue.

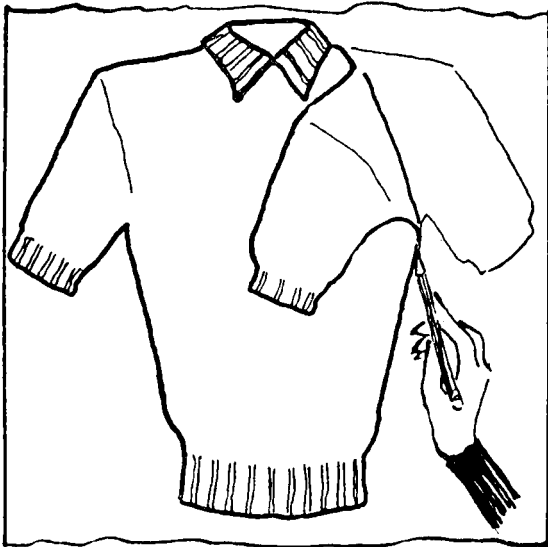
Ask your doctor or the public health nurse to talk to your club. They will give you the very best information on the care of your skin. The beautician in your community can give help on the application of make-up.

Buy and care for your sweaters

How to buy sweaters

Girls like to wear sweaters. Learn to select and care for sweaters made of various types of yarn. Learn about yarns, stitches, knits, sizes, and how to launder and store knitwear. Ask your county home agent for further information.

Care of sweaters



Trace around your sweater

Read the labels on the sweater you buy. Then follow the directions given for its care. Is it washable? Is it dry cleanable? Lay your sweater on a piece of paper and trace around it (see Fig.) This is your guide for blocking your sweater after it is washed.

Wash it in mild soap suds or detergent, if it is washable. Use lukewarm water or temperature suggested for the kind of soap you are using. Squeeze the suds gently through the sweater. Do not rub or scrub it. Use more than one suds if necessary. Rinse it several times in water of the same temperature. A change in temperature will cause wool to shrink. Do not wring, but gently squeeze out the water. Roll the sweater in a towel to remove the excess moisture. Then block the sweater to its original size. Use sweater forms or lay it out on a paper where an outline was made of the sweater before it was laundered.

When the sweater is thoroughly dry, a light pressing will improve its appearance. Cover the sweater with a damp cloth and gently press it with a warm iron. Do not use moisture with orlon sweaters.

As part of your "care" project why not make several plastic bags in which to store your sweaters. Do not hang sweaters on hangers. They will stretch out of shape.

Extension Circular 603 "Patching and Mending Wool Garments," will give you help on mending sweaters.

Before you start to sew

1. Plan carefully what you will make.
2. Make a complete shopping list of all the things you will need to buy for your practice and main article.
3. Add new equipment to your sewing box.
4. Review what you learned in 4-H clothing phases 1, 2, 3 and 4.
 - a. How to read the pattern and instruction sheet.
 - b. How to handle your fabric.
 - c. How to pin the pattern to the fabric and check the grainline.
 - d. How to cut around the pattern. Cut notches pointing out.
 - e. How to mark all construction points with tracing wheel and paper or tailor's tacks.
 - f. How to stay stitch bias edges.
 - g. How to check your machine.

What to sew

Make your first article

Your first article this year may be shorts, pedal pushers, slacks, blouse, or jacket. Make the one that will be most interesting and useful.

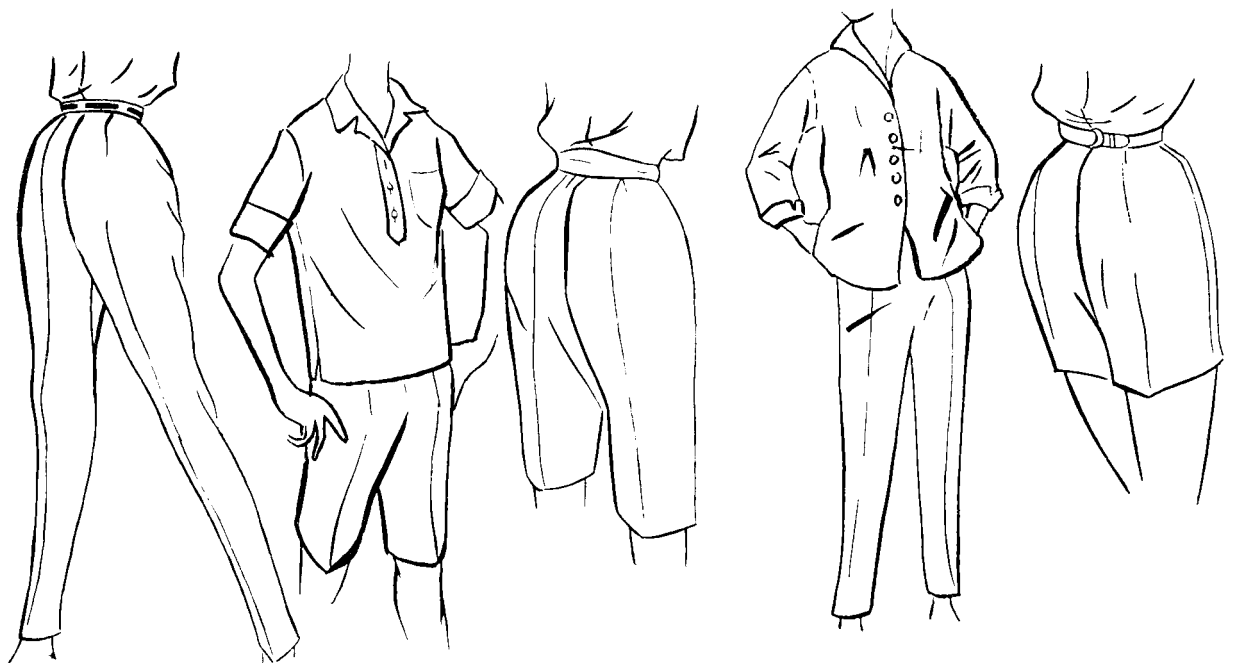
Pants

You may make pants of any length—shorts, bermudas, pedal pushers, or slacks.

Select a pattern with simple lines and details and a style that you can wear most of the year.

Pants are attractive if they are made of heavy fabrics such as a heavy novelty cotton, sheen gabardine, sail cloth, corduroy, wool, wool and synthetic blends, or synthetic flannels.

Plaids, stripes, and napped fabrics are harder to cut than plain fabrics but may be



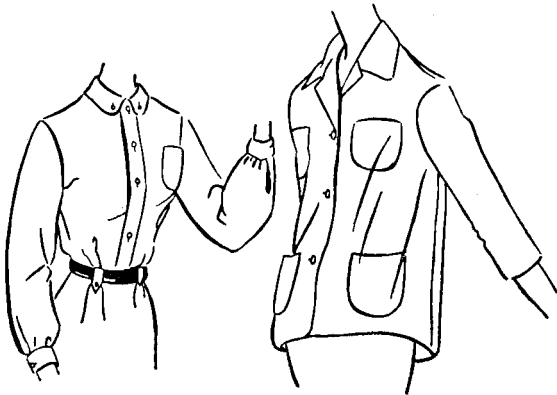
used. Plaids and stripes must be matched and napped material all cut one way.

The fabric you select will determine the type of seam finish you will use. Use fell seams, if you select a wash fabric. Double stitch the crotch seams where plain seams are used.

Pants that match or blend with your weskit will make one more costume for your wardrobe.

Before you start your main article judge what you have made. Check each item "well done" or "should improve." See page 6.

Blouse, shirt, or jacket



The blouse or shirt you will make this year should have sleeves and a collar. This will give you experience in doing more detailed finishing. You may use any type of fabric for your blouse—cotton, silk, or syn-

thetic. You will find cotton is high style and easy to sew. This blouse may be used as a light-weight jacket if it is made of sail cloth, sheen gabardine, or other heavy cotton.

Use fell seams if the fabric ravel or if you plan to wear it as a jacket. If the sleeve has a deep sleeve cap, use a false French seam around the armhole or make the fell seam on the inside of the jacket.

Select a style and fabric that you can wear with your skirt, weskit, or jumper.

Make your main article

Your main article may be a mix-match costume, a jumper or a dress that you can wear to school, church, or for casual wear.

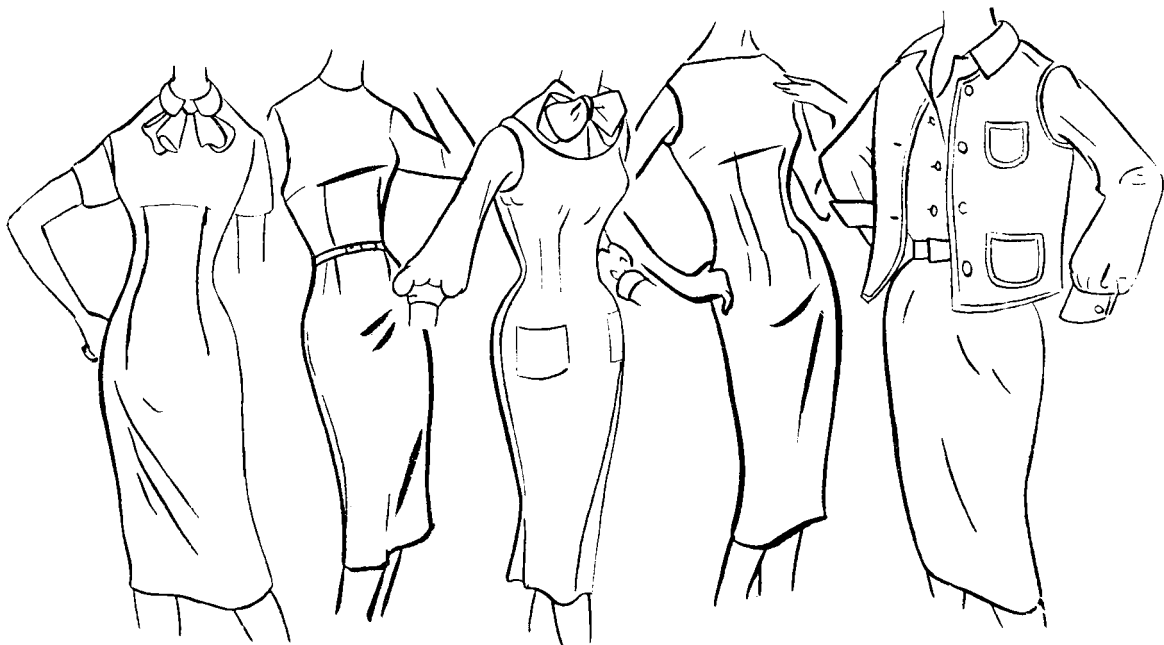
Mix-match

Make a skirt and weskit or jerkin that will go together and can also be worn with clothing you already own. The two may be of the same color or one plain and the other plaid, stripe, or print.

Jumper

A jumper is like a sleeveless dress with the neck and armhole being finished with facings or bindings. A skirt with straps is not considered a jumper.

You do not have to make a blouse to go with your jumper. However, you may want to select a blouse for your practice article that you can wear with your jumper.



Dress

The dress you make should be of a simple style that may be worn for school, church, or casual occasions. Make it of a firm fabric that has a wool-like quality. The fibers in it need not be wool. They may be rayon, acetate, Dacron, or other synthetics. Remember that simplicity of style and fabric add charm to any dress.

Buy your pattern to fit

Study patterns before you select one for your dress or jumper. If it is to be smart-looking, your pattern must be the right size and style for you. Buy one that fits your figure type—teenage, Jr. Miss, or Misses.

Do not borrow a pattern from your girl friend just because the dress she made from it looks well on her. She may be a different type and size from you. Patterns cost very little. Buy your own.

Before purchasing your pattern, study the back of the envelope carefully. It gives information about the pattern. It will show a diagram of the pattern pieces and how they fit together. It also gives body measurements and tells how much fabric to buy. Select styles with simple lines. Avoid a pattern with many details such as collars, cuffs, yokes, and sleeves.

Buy your pattern and fabric at the same time.

Check list

	Well done	Should improve
A. General appearance		
Cleanliness		
Pressing		
Color combinations		
Trimming		
Suitable finishes		
Outside stitching		
Matching thread		
B. Selection		
Style		
Material		
Pattern suited to material		
Neck finish		

C. Workmanship

	Well done	Should improve
Facings		
Sleeves—armscyes		
Waistline		
Belts—belt loops		
Plackets and fastenings		
Stitching—hand and machine		
Pockets		
Seams—proper finish		
Seams—pressing		
Hems and hem ends		

D. Others

.....		
.....		

Choose your fabric



THIS 4-H project is planned to give you experience in sewing different kinds of fabrics. You will use heavier fabrics made from cotton, wool, or synthetics—rayon, acetate, Orlon, Dacron, etc.

A crease-resistant cotton fabric would be good for your blouse. Heavier cottons such as sail cloth and sheen gabardine are desirable for pants or jackets. Corduroy, flannel, and tweed suitings are suggested for your pants, shirt, weskit, jumper, or dress. Study these fabrics and learn how the following terms apply to them: fiber, fabric, finish, weave, pile, and nap.

The fiber is the individual hair from which the threads are made. Some of the most common ones are wool, silk, cotton, nylon. These threads are woven together to make the fabrics. After the fabrics are woven a finish is applied to make them more beautiful and useful.

Fabrics are made from threads of one fiber or from threads of a mixture of two or more fibers. For example: A fabric may be "all cotton," "cotton and nylon," "cotton, nylon, and Dacron," "all wool," "wool and silk," "wool and Orlon" or "rayon, acetate, and cotton."

Any combination of fibers may be woven together in different ways. These are called weaves. Learn to recognize these four weaves—plain, sateen, pile, and twill.

Plain weave—The warp and filling threads each go over and under one thread. Percale is a good example. Find a plain woven woolen.

Sateen weave—The filling threads cross over three or five and under one thread. Cotton satin is a good example.

Twill weave—The filling thread goes over two threads and under one, to form a diagonal weave. A good example is gabardine.

Pile weave—An extra set of threads are woven into a backing made of a plain or twill woven fabric. Examples are corduroy and velveteen.

Fabrics are sheer, medium, or heavy weight. The weight is determined by the size of the thread and how close the threads are together.

After the fabrics are woven a finish is applied to improve their beauty and usefulness. A chemical finish may make the fabric soft or crisp; shrink- or crease-resistant; water- or soil-repellent. A mechanical finish may change the surface by embossing or napping it.

Many of the rayon, acetate, and woolen fabrics are napped. They can be recognized by their soft fuzzy surface. Rub your hand up and down the face of the fabric. It will feel smooth in one direction, rough in the other. Place each pattern piece on the fabric so the nap will feel smooth when hand is rubbed from top to bottom of dress.

Today's fabrics may be made of two or more kinds of fibers. These are called blends. Each fiber is selected for its superior qualities—strength, softness, crease resistance. By blending and mixing fibers, superior fabrics can be made.

Wool is crease resistant but shrinks when washed. Dacron or other synthetics are mixed with it to cut down the shrinkage to make it washable. Synthetics are also added to cotton to make it more washable and crease resistant.

Labels attached to each bolt will tell you about the fabric. Read the labels carefully before you select your fabric. Select fabrics that require the kind of care you want to give them.

Study the design of each fabric. You will find plain colors, prints, stripes, and plaids.

There are several important points to remember if you choose printed fabric. The size of the print and the color contrast have an effect upon the size of the wearer. Large designs may make the figure appear larger. All-over designs or small figures are flattering to most girls. Prints, stripes, and plaids require simple patterns and designs. They need little or no trimming. Large prints, stripes, or plaids require more fabric for matching than do small designs.

Study these fabrics at your favorite counter

Corduroy is a cotton fabric woven with a pile weave. It may be crease resistant, washable, and colorfast. Pile weaves have an extra set of threads. These are handled the same as napped fabrics. For best wear, cut corduroy with pile going down. For richer color, cut with pile going up.

Flannel may be made of cotton, rayon, acetate, wool, or mixtures of different fibers. It has a twill or a plain weave. Examine the

back for the diagonal effect produced by the twill weave. The right side of the fabric is softly napped.

Tweed has a background of two or more colored yarns with tiny flecks of color in the yarns and fabric. It is usually of plain or twill weave. All fibers are used to make tweed. Our most common tweed is wool.

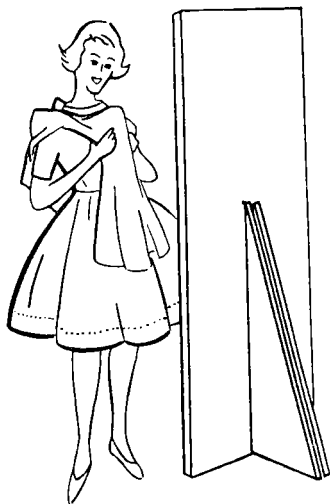
Gabardine is a cotton fabric made with twill weave, with a high gloss or sheen on the right side. Its close weave and heavier threads make it a good fabric for sport clothes. It has a crease resistant, washable finish.

Percale is a plain woven fabric. The threads are fine and tightly woven. Wash and wear percales are crease resistant, color fast, and shrink resistant.

Labels. The law requires that all fabrics be labeled. A good label will give the fiber content, shrinkage, colorfastness, crease resistance, and washing instructions. Look for the label on the end of the bolt or hang tag.

Plan your wardrobe

THE GIRL who is known as smartly dressed has earned this reputation because she knows and practices principles of costume and wardrobe building. She knows that in her every appearance—at school, downtown shopping, for Sunday, church, or sports—whatever she wears must look right



Give yourself the mirror test.

together, right for the occasion or activity, and right for her.

Each clothing item we buy and the fabrics and trimmings for clothes we make test our skill in wardrobe planning. Skill in assembling smart costumes must be developed like any other skill—through practice. Practice can start with this project.

Separates offer an opportunity to achieve wardrobe variety. They are fun to make and fun to mix and match, but to have wardrobe harmony your separates must be planned to go together. Good color and fabric coordination is essential.

It is economical to plan your wardrobe around a single or basic color—red, blue, green, or brown. It will save you money and you will have a better planned wardrobe.

A color is becoming to you if it makes your skin look clean and healthy; it is a pleasing contrast to your hair and eyes; it suits your figure; and it makes you happy. There are no longer hard and fast rules for individual color choice. Fashion experts say,

“Wear any color that is becoming.” Give yourself the mirror test. Drape swatches of colored fabric about your shoulders and notice the effect each has on your individual coloring. Avoid any color that is not friendly to you.

Decide which color is most becoming to you and start to build your wardrobe around this color.

Consider design

Also consider design—plain, plaid, stripe, and figured. Plain colors can be used with any type of design, but it is difficult and unusual to use any two of the others together.

Hang all the clothes you have around your room. Ask your mother to help you examine them and help you plan attractive costumes by mix-matching different ones back and forth. List everything you have according to type of clothing, color, and condition.

Ask your extension agent about a Wardrobe Planning Chart to help you list and plan your costumes. You will probably find you have a few orphans. What can you make in this project that will help tie them into your wardrobe?

With wise planning, you can make many costumes from a limited number of clothes and accessories. List your accessories. Your shoes, bags, scarves, and costume jewelry can change the look of your costumes.

There are several important points to remember if you choose printed fabrics. The size of the print and the color contrast have an effect upon the size of the wearer. Large designs may make the figure appear larger. All-over design or small figures are flattering to most girls. Prints, stripes, and plaids require simple patterns. They need little or no trimming. Large prints, stripes, or plaids require more fabrics for matching than small designs do.

Tips for easier sewing

FOLLOW these tips and you will make clothing you will be proud to wear.

Pressing

Pressing is one of the most important steps in making a dress. Learn to press rayons, acetates, nylons, and woolens this year.

Learn the difference between pressing and ironing. Pressing is a repeated lifting and setting down of the iron. Ironing is sliding the iron across the fabric. Ironing will stretch some fabrics.

Press each seam and dart before sewing parts together.

Press each section of your dress as you make it. Hang it on a hanger so no further pressing will be necessary; only a touch-up job when the dress is completed.

Use either a steam or dry iron for pressing.

Fitting

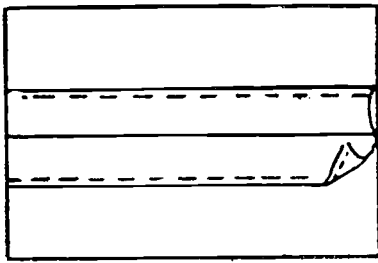
Have the leader fit your pattern to you. Pin all darts and tucks in place. Pin your pattern together at the side, shoulder, and waistline seams. Make all changes on your pattern before you pin it to the cloth.

After your dress is cut, pin-baste it together and have your leader re-fit it. If you plan to use shoulder pads, pin them in place before each fitting.

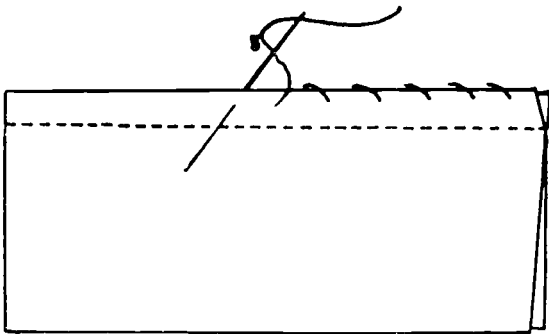
Seams

Seam finishes most appropriate for heavy fabrics are pinked, edge-stitched, or overcast.

Pinked seam: This finish is least likely to show and is quick to make. Pinking is used on fabrics that do not ravel too much. With special shears or machine, pink $\frac{1}{8}$ inch off the seam. Do not attempt to pink seams if you are unable to handle the shears correctly.



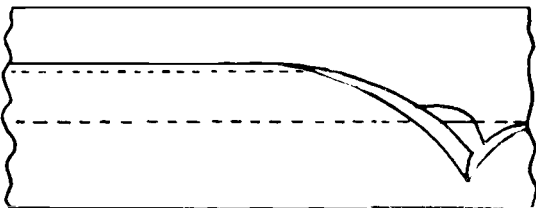
Edge-stitched seam: This seam prevents raveling and holds threads in place. Machine stitch $\frac{1}{8}$ inch from raw edge with small stitches. The edge may be pinked, overcast, or left raw.



Overcast seam: This may be used on an open or closed seam. It gives a flat finish on fabrics that ravel too much to use a stitched edge. It is a good finish for the waistline, armseye seams, or other curved seams. Use matching thread and sew over and over the edge. Make stitches about $\frac{1}{4}$ inch apart (see figure above).

Sheer fabrics may require a closed seam such as a French, false French, or turned and edge-stitched seam.

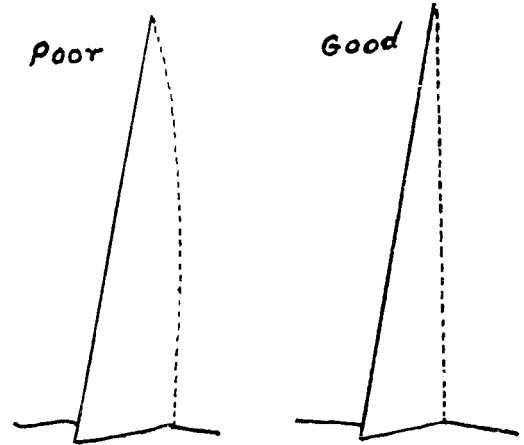
Tailored washable cottons call for strong, flat seams with no raw edges to ravel. Use a fell seam.



Fell seam: When finished, a fell seam has two rows of stitching on the right or reverse side. It gives a strong flat seam with no raw edges to ravel. Make a $\frac{5}{8}$ inch seam on the right side. Trim one edge to $\frac{1}{8}$ inch wide.

Trim the seam so that the straightest and least full side of the seam is on top. For example trim the seam off the sleeve, not off the pajama blouse. Fold the other edge under to the machine stitching to enclose the raw edge. Press, baste, and stitch flat.

Darts



The purpose of the dart is to shape the fabric to the figure. After it is properly marked, pin the two markings together and stitch carefully. Start stitching from the large end of the dart and sew to the point. Near the point, guide the fabric so the stitches will be only a thread or two from the edge of the fabric. Fasten the threads by tying them into a knot. A dart improperly tapered produces a pleat rather than the desired molded look.

Plackets

Most clothing requires a placket. Study your pattern and use the type of closure suggested—zipper or velcro. Follow the instructions on the sheet that comes with your zipper or velcro.

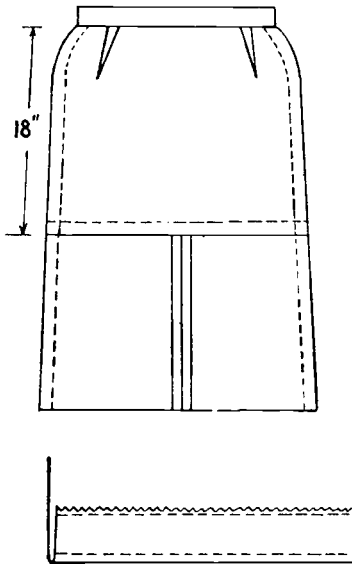
Skirt linings

Linings are not necessary in every skirt, but are used with loosely-woven or lightweight fabrics to keep them from stretching or bagging.

Materials used for linings are firm and finely woven—taffeta, crepe, or sheath lining.

Use the back skirt pattern to cut the lining. Cut it about 18 inches long. Trim off

$\frac{1}{8}$ inch of the width of side seams of lining. Eliminate the back seam or pleat by placing the seam line on the fold of the lining. Mark and sew in the darts in skirt and lining sections separately. Press lining darts toward side seam.



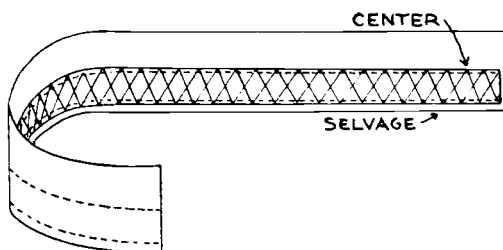
Finish the bottom of the lining with two rows of machine stitches $\frac{1}{4}$ inch apart and pink raw edge; or turn a single hem, stitch folded edge.

Pin skirt and lining together matching center, back, and sides. Stay stitch sections together.

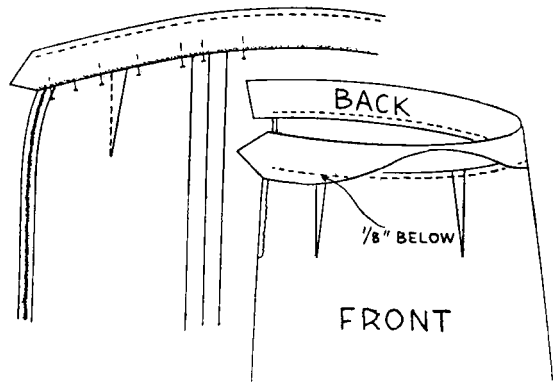
Skirt band

A good skirt band fits snugly around the waist and does not roll. To keep the band from rolling, place a pre-shrunk muslin interfacing in the belt.

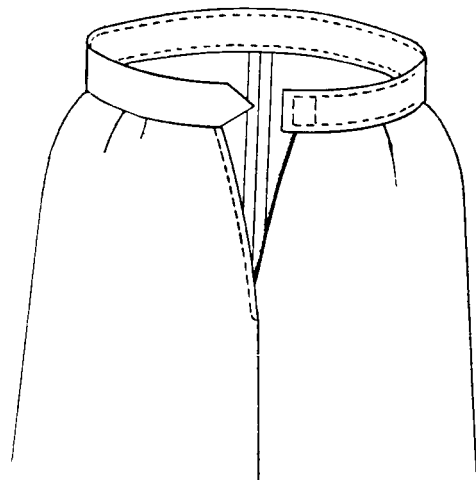
1. Measure your waistline and add 3 inches for the extension on your band. Cut the band 3 inches wide. Whenever possible cut it along the selvage edge. Press a crease lengthwise through the center of the band.
2. Cut a muslin strip $1\frac{1}{2}$ inches wide and the same length as your band. Cut lengthwise of fabric.



3. Place the edge of the muslin along selvage edge and the creased line. Pin.
4. Stitch $\frac{1}{2}$ inch in along selvage edge and on the edge of muslin near crease. (See fig.)
5. Mark overlap on right side of belt. Pin right side of band against the skirt. Pin in place at center front, center back, and side seams. Ease skirt to band.
6. Stitch around band; use $\frac{5}{8}$ inch seam. Close ends of band, keeping seam in line with skirt.
7. Stagger your seams. Make the seam next to front of skirt $\frac{1}{4}$ inch wide, the under seam $\frac{1}{8}$ inch wide and clip the muslin away to the seamline.
8. Clip the lower seam allowance of back band at front and back extension.



9. Turn the skirt to the wrong side. Fold the back of the band over the seamline; let the selvage extend beyond the seamline. Turn to right side and stitch. If a selvage was not used let the raw edge extend below the seam. Overcast the edge for a neater finish.

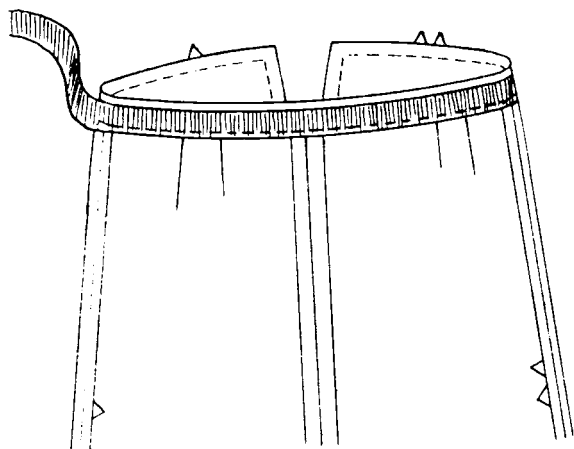


Use hooks and eyes or a worked buttonhole and button to fasten your skirt. (See Phase 2 or 3.)

Buttonholes

Make buttonholes on weskits, pants, and blouses by machine. Your dress, if it requires buttonholes, will be prettier if you make tailored buttonholes. Ask your extension agent to show you how to make them and to give you printed instructions.

Waistline tape for dresses



A stay tape placed in the waistline seam will keep the seam from stretching. Straight woven rayon seam tape may be used on all types of fabrics.

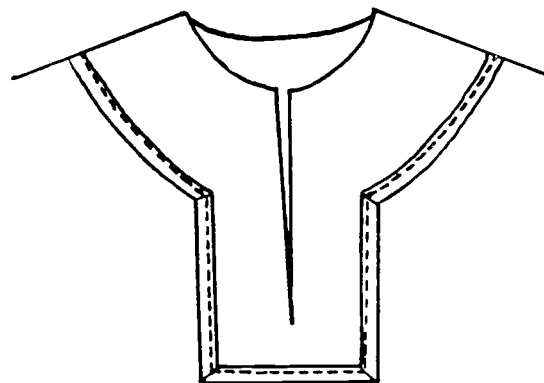
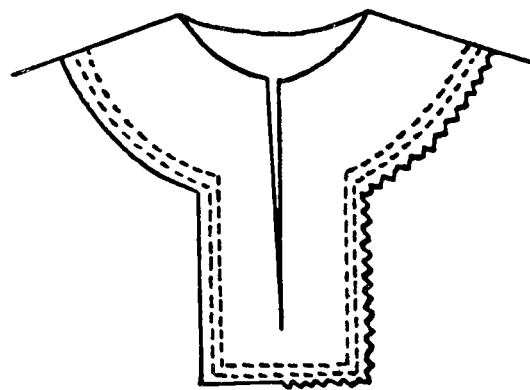
Pin the tape around your waistline to determine your exact size. Pin tape to waistline of skirt $\frac{1}{4}$ inch from cut edge. Ease skirt to tape. Machine baste tape to waistline at point of $\frac{1}{2}$ inch seam allowance.

The tape will be stitched to the waistline when blouse and skirt are sewn together.

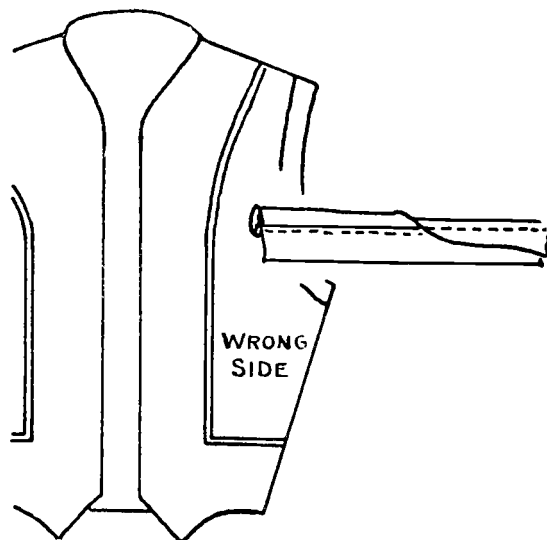
Finish edge of fitted facing

The edge of a fitted facing needs to be finished to prevent raveling and stretching. Try one of these methods of finishing.

Stitched edge: Make two rows of stitching about $\frac{1}{4}$ inch apart around the edge of the facing. Edge may be pinked. Use on all types of woolens, corduroy, and some rayon suitings.



Taped edge: Sew seam tape on edge of facing. Overlap tape and facing $\frac{1}{4}$ inch. If facing is curved, shape tape with steam iron to follow the design of the facing.



Bound edge: Sew rayon bias tape around edge of facing. Bind edge and stitch again.

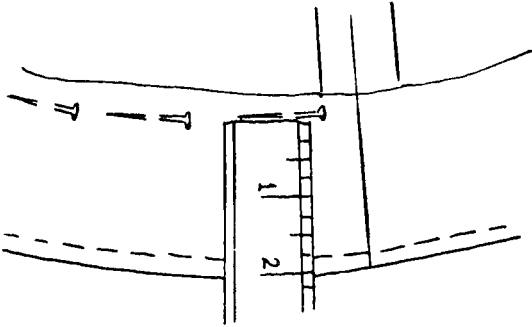
Use on edge of facing on weskits.

Turned and stitched edge: When light or medium weight fabrics (percale, taffeta, rayon, crepe) are used the edges may be turned under and edge stitched.

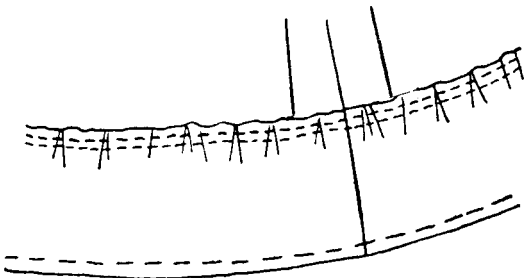
Hems

Follow these steps in making a hem:

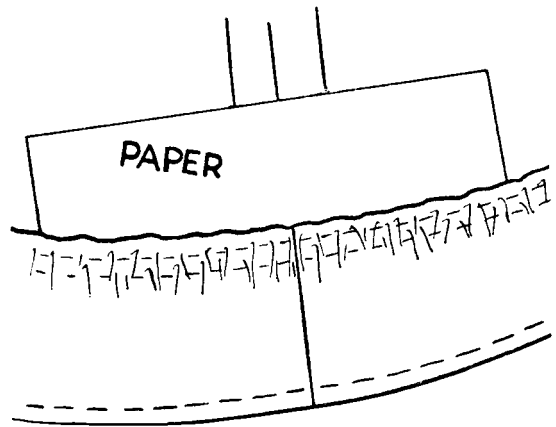
1. Mark the hem an even distance from the floor. Mark with pins about 3 inches apart.



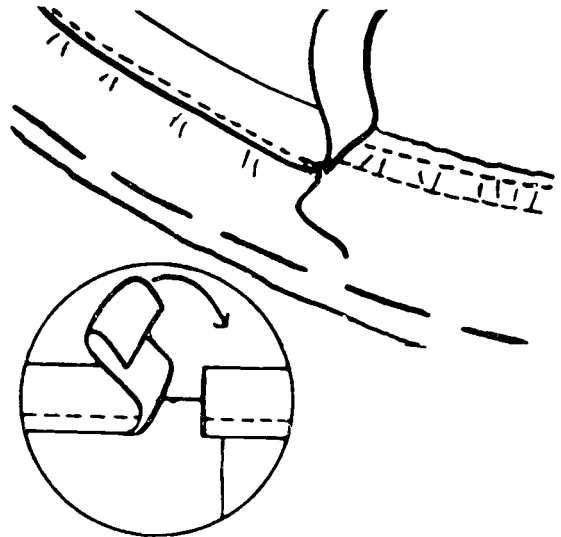
2. Pin and baste along marked edge of hem.
3. Try the dress on to check length and evenness of hem.
4. Trim the hem to desired width. For a straight skirt make hem 2 to 3 inches wide. The width of the hem is determined by the style of skirt and weight of fabric. (See chart Phase 3, page 15.)



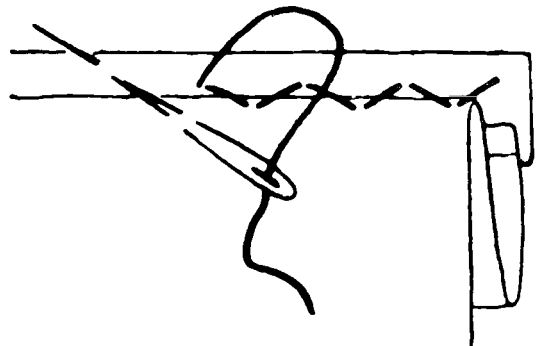
5. Circular skirts have more fullness at the top of the hem than straight ones. Ease in the fullness. Sew around top of hem with long machine stitches. Place another row of stitches $\frac{1}{4}$ inch in from the first row. Match skirt seams and draw bobbin threads until top of hem is slightly larger than skirt. Ease in fullness.



Steam will shrink out fullness in woolen fabrics. Place heavy paper between hem and skirt.



6. Tape edge of the hem of fabrics which ravel easily. Overlap straight edge of tape $\frac{1}{4}$ inch over edge of hem and baste. Do not pull tape too tight. Stitch on machine as close to edge as you can. Shape the tape before pinning it to the skirt if the skirt is circular.



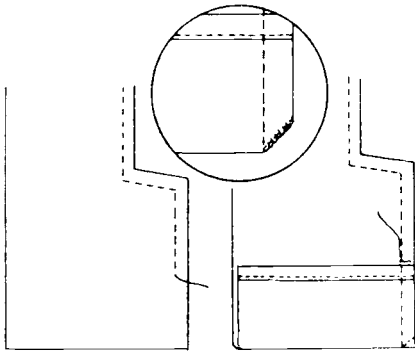
7. Hem the skirt. Slip stitch the hem to the skirt. Use matching thread. The

hem will show less if the thread is not pulled too tight. Fold the skirt $\frac{1}{8}$ inch below the top of the tape. Using a fine needle, catch a single thread of the tape. Pick up the next stitch in the skirt opposite the first stitch in the tape. Make stitches about $\frac{1}{4}$ inch apart.

Hem in pleat

Here is a good method for use on fabrics that will not ravel and are hard to press.

When stitching seam in pleat, leave seam open for about 8 inches from raw bottom edge. Complete garment including hem. Be very careful to have both sides even at open seam. Stitch open section of seam through finished hem. Miter corner of seam (turn in, don't trim) at bottom, and whip-stitch hem edges together for about $\frac{1}{4}$ inch.



How does your dress look to you

Once again, score your own and other club members' work. These are the points to use in judging:

	Your score
1. Fabric or trimming used . . . 25	
Is it suitable for school or purpose intended?	
Will it launder or dry clean?	
Will it wear well?	
2.. Workmanship 35	
Are seams, hems, finishes good choice?	
Are they well-made?	
3. Design and color 20	
Are design and color attractive?	
Are they right for you?	
4. Condition of article 10	
Is it clean?	
Is it well-pressed?	
5. Value of garment 10	
Is there good value for the time and money spent?	
Total	100

Complete your record book

Your record book is important. Examine it carefully. Have you recorded everything you have made and all your health and safety activities, demonstrations, and other 4-H ac-

tivities? Each year your record book adds a new chapter to your 4-H club story. Are you proud of your record?

Show others what you have learned

Exhibits

There is satisfaction in showing others what you have done. Plan a display of the articles made by the members of your club. Invite your families and friends to see your work.

Plan to exhibit at the fair—exhibit the main article you made. Be sure it is clearly labeled so that it can be returned to you.

Enter the revue

Plan to enter your dress in the style revue. This is a most worth-while experience. See if there is an opportunity to visit with the judge about your “outfit.” Tell her how you feel about it. Did you have problems making it? Did you have fun accessorizing it? How does it fit into your wardrobe?

Give a demonstration

A demonstration contest will be held at the community and county exhibits. Show others what you have learned by giving a demonstration. Here are a few suggestions from which you might choose:

Marking and putting in a hem

Tailored shirt sleeve plackets

Seam finishes I used this year

Care of the skin

Care of sweaters

How to make a plastic bag for storing sweaters

Making a placket, seam, or buttonhole

Setting in a sleeve

How to make a belt

Are you ready for the next project?

1. Is your record book up-to-date?
2. Have you studied and practiced good health activities and good grooming?
3. Have you learned how to buy and care for your sweaters?
4. Have you learned to iron your cotton skirts and blouses?
5. Have you helped care for the family clothing?
6. Have you helped with the ironing?
7. Have you completed two or more articles?

Keep this bulletin. You will need it for your next project. When you have completed all the 4-H clothing projects you will have a complete sewing book.

Here is a score card to use when you judge dresses. It is used at county and state dress revue contests.

Score card for dress revue

I. The girl	25	_____
Posture		_____
Poise		_____
Grooming		_____
Attitude		_____
II. The outfit on the girl	50	_____
Becomingness to girl—girl looks her age		_____
Choice of texture, color, and style		_____
Fit		_____
Accessories, right for girl, her use of costume and local practice		_____
Value for money spent		_____
III. Workmanship	25	_____
Accurate cutting		_____
Quality of work as it con- tributed to the "professional look"		_____
Cleanliness and pressing ..		_____
Trimming		_____
Outside stitching and matching thread		_____
Neck finish and facings		_____
Sleeves and armscye		_____
Waistline, belts, belt loops		_____
Plackets and fastenings....		_____
Stitching, hand and machine		_____
Seams, proper finish and pressing		_____
Hems—hem ends		_____

THE 4-H CLUB PLEDGE

I pledge . . .

my HEAD to clearer thinking
my HEART to greater loyalty
my HANDS to larger service
my HEALTH to better living
for my club, my community, and my country.

THE 4-H CLUB MOTTO

To make the best better.