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4-H Clothing Project V

JUANITA F. SILCOX

“If you can dress to make yourself attractive,
Yet not make 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 make good breads 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—

You'll be, my girl, a model for the sages—
A woman whom the world will bow before.”

Elizabeth Otis

The Plan¹

If you are planning a trip or going away to school, this year's work will especially help you. Analyze your wardrobe, just as you did in the Clothing IV project. Then you can determine your needs by considering your present wardrobe, your personal characteristics, where you'll be, what you'll be doing, and the amount of money you have to spend. Make a chart for your notebook showing itemized costs, patterns, and materials of the clothes you plan to make. Any new equipment purchased for your clothing workbox should be included. By now you have found that records of clothing expenses and a budget of expected yearly expenditures are helpful. A complete list of family sewing, upkeep, and laundering of clothes should be included in your record.

Study clothing bulletins for the five projects and other clothing references, including your own notebook, to get the most out of your clothing work. Be alert for demonstration ideas.

SLEEPING GARMENTS

Selection of Pajamas

The pattern and materials selected for pajamas will depend on the robe or housecoat with which they are to be worn. Materials of the same price range and durability should be used together. For instance,

¹ Requirements are given on the record sheet.

inexpensive cotton pajamas would be satisfactory with a cotton housecoat, while silk, rayon, or excellent quality cotton pajamas go well with wool robes.

Unless companion prints are selected, plain pajamas are best with figured robes. Cotton broadcloth, muslin, longcloth, percale, gingham, chambray, dimity, outing flannel, and silk or rayon crepe would be suitable. Printed pajamas may be used if you plan to have a plain robe.

Most girls prefer two-piece pajamas either of the butcher-boy type or with tucked-in blouses. Comfortable styles and sizes are most important. Tailored pajamas can be worn with a tailored or semi-tailored robe, but if the housecoat gives a soft and full effect, the pajamas should have dainty finishes and feminine touches.

Making the Pajamas

Flat felled seams are made on firm pajama materials for tailored effects and durability. Plain seams are satisfactory on very heavy lounging pajamas while French seams are suitable for fine, sheer fabrics.

If the trousers require a side opening, a "cut-on" placket can be made easily and gives a flat result. Flat buttons and small bound or worked buttonholes may be used.

A contrasting color for piping at the edges of collar and cuffs and for a monogram on the handkerchief pocket adds touches of distinction. Several rows of stitching, fagoting, fine rickrack, twice-stitched narrow hems, or narrow bias facings on the right side and bindings are also effective.

Selection of Nightgown²

A simple, slightly gored skirt with dainty details at the neck and armholes or sleeves make an attractive gown suitable for most girls. One that has a very full skirt and a great deal of detail will be difficult to launder. Fancy trimmings and laces are not practical.

Select soft and easily laundered materials: nainsook, dimity, batiste, voile, and silk or rayon crepe.

White or light colors are best for nightgowns as they usually wash better than the darker colors. Consider your own coloring and that of your robe when deciding on the color for your gown.

Making the Nightgown

Single cord seams are suitable for firm nightgown fabrics, and French seams for fine, sheer materials. Lap seams are used for shaped or pointed edges.

Self trims in narrow facings, bindings, twice-stitched hems, shell-edges, or matching decorative stitches are always in good taste. Repeating small amounts of the robe or housecoat color as a contrasting trim on the nightgown is another possibility.

² Nightgown may be made instead of pajamas.



RAYON CREPE PAJAMAS



COTTON PRINT HOUSECOAT

ROBE OR HOUSECOAT

A pattern with a tailored-coat effect is best for bathrobes. Choose one with a generous overlap. Regular bathrobe material can be used, or you may select: wool flannel, wool crepe, corduroy, velveteen, or terry cloth. Materials for a housecoat and semi-tailored robe are: figured or plain cottons, seersucker, light-weight flannel, rayon, wool or cotton challis, satin, silk crepe. Quilted cotton or rayon fabrics are also suitable. You may use cotton sheet wadding or thin layers of wool between washable fabrics and make your own quilted robe.

Study your pattern guide carefully before starting to cut or sew.

Flat felled seams are made on most robes. Plain seams, pinked or bound, are best for firm, heavy wool. Self-stitched or overcast plain seams may be used on a cotton, firm silk, or rayon housecoat, with single-cord seams on panels or curves.

For a tailored robe a convertible collar is most satisfactory. This may be made double, either notched or plain. A piping or cording of a contrasting color makes an attractive trim, but an untrimmed robe made of a lovely fabric, beautifully tailored, and with becoming lines and colors gives an equally rich effect.

Round collars should be attached to the robe with bias facing of the same material. Some of the smart tailoring suggestions in the Clothing IV bulletin will apply to robes. Bound or worked buttonholes are satisfactory, depending on the fabric. They are usually cut at right angles to the edge of the front opening.

The housecoat may be closed with a zipper, but it increases the cost considerably. Zippers that lock are the most satisfactory; they should not melt with the heat of an iron. Unless the zipper is to show as part of the trimming, either the slot or lap seam method of inserting may be followed.

THE BASIC DRESS

A basic dress is a casual, simple, well-fitted dress which adapts itself to changes in accessories. With each change of accessories, such as jewelry, scarfs, belts, collars and cuffs, or flowers, costumes for varying occasions result. It is easier to be well dressed on a small amount of money if there is a basic dress in the wardrobe. It should be cut on conservative lines, of quality fabric. Plain dark colors and tailored details are most effective.

Select durable materials which are as firm and as wrinkle-resistant as possible. Wool fabrics, particularly worsteds, tailor and wear well, but Poiret twill, faille, crepe, flannel, sheers, and jersey are possibilities. Many rayons look like wool but cannot be handled the same way.

Firm silks and rayons which will not wrinkle are also suitable. To test the cloth for crushing, hold it in a wad for a few minutes and observe the sharpness and number of wrinkles it retains.

THE PARTY DRESS⁸

The party dress, formal or informal, may be fitted into this year's work. It is usually best to choose a semi-formal pattern. One way to be sure that your choice will be appropriate for both the decidedly formal and the less formal events is to make a jacket dress.

There is a wide range of materials. Inexpensive cottons such as dotted swiss, voile, seersucker, gingham, pique, and organdy make attractive party dresses. A matching rayon taffeta slip made along lines similar to the dress will add to the effect of sheers. Since styles change and the amount of wear given a dress of this type is not great, it is well to keep the cost down.

Good lines are as important in choosing the pattern for a formal as for any other type of dress. Simple trimming is best.

⁸ You may choose to make this instead of a basic dress.

PERSONAL GROOMING KITS

Perfect grooming is the first law of charm. To develop good grooming habits, keep the simple needs for the care of skin, hair, hands, and teeth all together and handy. Arrange articles neatly in a dresser drawer in firm cardboard boxes thumbtacked to the bottom of the drawer.

For an overnight kit, make a handbag or roll of a firm, dark-colored fabric, figured or plain, and line with oiled silk. A zipper or ties will hold it shut. The kit should be large enough for hairbrush, clothes brush, and toothbrush, which may be held in place with elastic loops. Soap box, small jars, bottles, nail file, comb, and wash cloth may be included.

Armpits should be bathed often and a deodorant used regularly. A water and baking soda solution or $\frac{3}{4}$ oz (2 tablespoons) aluminum crystals dissolved in 1 cup soft water are good deodorants.

Teeth may be brushed with salt or salt and baking soda or with commercial preparations. Dry toothbrush before putting it in a case.

A good hand lotion can be made by mixing 3 oz. glycerine, 3 oz. bay rum, 1 oz. camphor, and 1 teaspoon oxalic acid.

CLOTHING CARE AND STORAGE

Shoe Covers

Shoe covers protect clean garments when packing shoes in a suitcase. They may be made as follows:

1. Use two lengths of old woolen or cotton stocking, each as long as the shoe, plus about three inches. Round the narrow end and sew it. On the other end make a $\frac{3}{4}$ - to 1-inch casing and insert a draw string.

2. Use left-over prints, old woolen coats, or dresses. These should harmonize or contrast in color with your robe, housecoat, or suitcase lining. For each shoe, make a long pocket rounded at toe end. Leave a flap with ties on opposite end so pocket may be closed after shoe is inserted.

Airing and Brushing

Wool and silk dresses will wear longer and look much neater if they are aired and brushed often. If garments can be hung near an open window when taken off, they will air some, but they should also be brushed and hung out of doors frequently. Many clothes moths' eggs and worms will be removed with careful brushing on the inside and outside.

Hangers and Pressing

Hanging garments carefully on hangers when they are not being worn will save much pressing. Garments should be fastened at the neck and placed straight on hangers—covered wood hangers are best. They can be padded with sheet wadding and covered with scraps of fabric.

When a garment is clean and free from spots, wrinkles should be pressed out of it. Good equipment and supplies are necessary. Follow the same methods described in Clothing III and IV bulletins. After pressing, air garments to dry them completely before storing.

Removing Spots

The most important thing to do is to remove stain immediately.

Do not try to remove spots from garment that is soiled throughout and needs dry cleaning or washing. First try cleaning solution on an inconspicuous part of garment to see its effect on color and shrinkage.

A few of the general directions for removing spots are given here. Secure U.S.D.A. Farmers' Bulletin No. 1474, "Spot and Stain Removal," from your County Extension Office for details in removing spots.

1. Place spot right side down on blotter, bath towel, or heavy cloth pad.
2. Wet sponging cloth with the cleaning solution.
3. Pat the spot on wrong side with the sponging cloth. Work from the center of the spot to the outer edge.
4. Short repeated applications are more effective than one long application. Repeat until the spot has disappeared.
5. Then rub briskly with a dry, rough woolen cloth.

Note: Where spot is a combination of sugar and grease apply grease solvent (carbon tetrachloride) first, then water.

Closets and Storage

The clothes closet with a pole is much more satisfactory than one with coat hooks only. Some of the coat hooks may be removed from the molding and some inexpensive pole holders installed.

An old broom stick, if long enough, may serve as a pole, but a water pipe will make a straighter pole which will not sag. The pole must be the right size for the hooks on the coat hangers.

Keep the closet door open at night so that it can be aired. Only clean clothing should be stored for any length of time, since greasy spots are attractive to clothes moths. Moths are less likely to infest a cool closet than a warm one. Tight garment bags or paper wrappings are valuable helps in keeping moths away. Moth crystals should be sprinkled liberally in garment bags and between layers of stored woollens on shelves or in boxes. Articles in frequent use ordinarily are not damaged by moths. See Minnesota Extension Folder No. 89 for further information on the control of clothes moths.

Shoe rods or racks are better than hanging shoe bags for storing shoes, since the air circulates through them. Shoe trees should be placed in shoes not being worn.

Hats can be kept on a shelf on a hat rack if worn often, otherwise they should be placed in a hat box. Brush hats frequently.

Drawers can be kept neat and used to better advantage if divided into compartments, or if partitions are provided. Several boxes of the size and number needed can be fastened to the bottom of the drawer—one set of boxes for hose, another for handkerchiefs, others for jewelry, and some for small undergarments.

Underwear and hose should be washed after each wearing and before putting away. Garments should be mended, fasteners sewed on, or spots cleaned before storing.



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BUYING READY-MADE CLOTHING

When your wardrobe requires the addition of some ready-mades, careful consideration should be given the selection to get good values. Purchases of ready-to-wear can be evaluated in this way:

One third the garment's value should be represented by the style.

One third, by the fabric and trim.

One third, by fit and workmanship.

This means that if you find a moderately priced dress with unusually good workmanship, you will want to be sure that fabric or style have not been sacrificed. Or, the price you pay for the latest style should not be overbalanced in relation to the quality of materials or workmanship on the garment. Novelty trimmings may be expensive and the style and fit of the garment ignored.

Details are important, too. For instance, if pleats are deep enough, they actually give fullness to the skirt and have a reason for being. Yokes cut to give fullness to the garment express genuineness, but if they are in the design for no reason, they merely make superfluous seams.

Garments should be studied at close range and at a distance to be sure the fabric, line, and color effects are satisfactory in both views.

Before going to the store, if you have in mind a clear picture of what you need and can afford, both the saleslady and you will be happier about the results.

THE WELL DRESSED GIRL

Any girl can be well dressed. To wear clothes well, a girl must give thought to her outfit, her personal self, and her posture. Acquire the habit of careful grooming if you would feel at ease at work and play.

It is not necessary to have a great deal of money to spend on clothes to be well dressed. With careful planning and buying and systematic care of all clothing, a small budget will go a long way toward smart dressing. By sewing most of your clothing and buying wisely, you can cut down on clothing expense.

Plan for two or three years ahead, since the average budget does not allow for an entirely new set of garments each year. This means that you will have to buy or make garments of good quality and conservative style. If your garments are simple and well made, and your accessories are not too dressy, they can be worn for many occasions.

Color combinations need to be planned carefully. Before buying or making coats and dresses, check the colors already in your wardrobe. If you have been using navy blue or black and a few bright colors that harmonize with them, it is usually best not to introduce brown.

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