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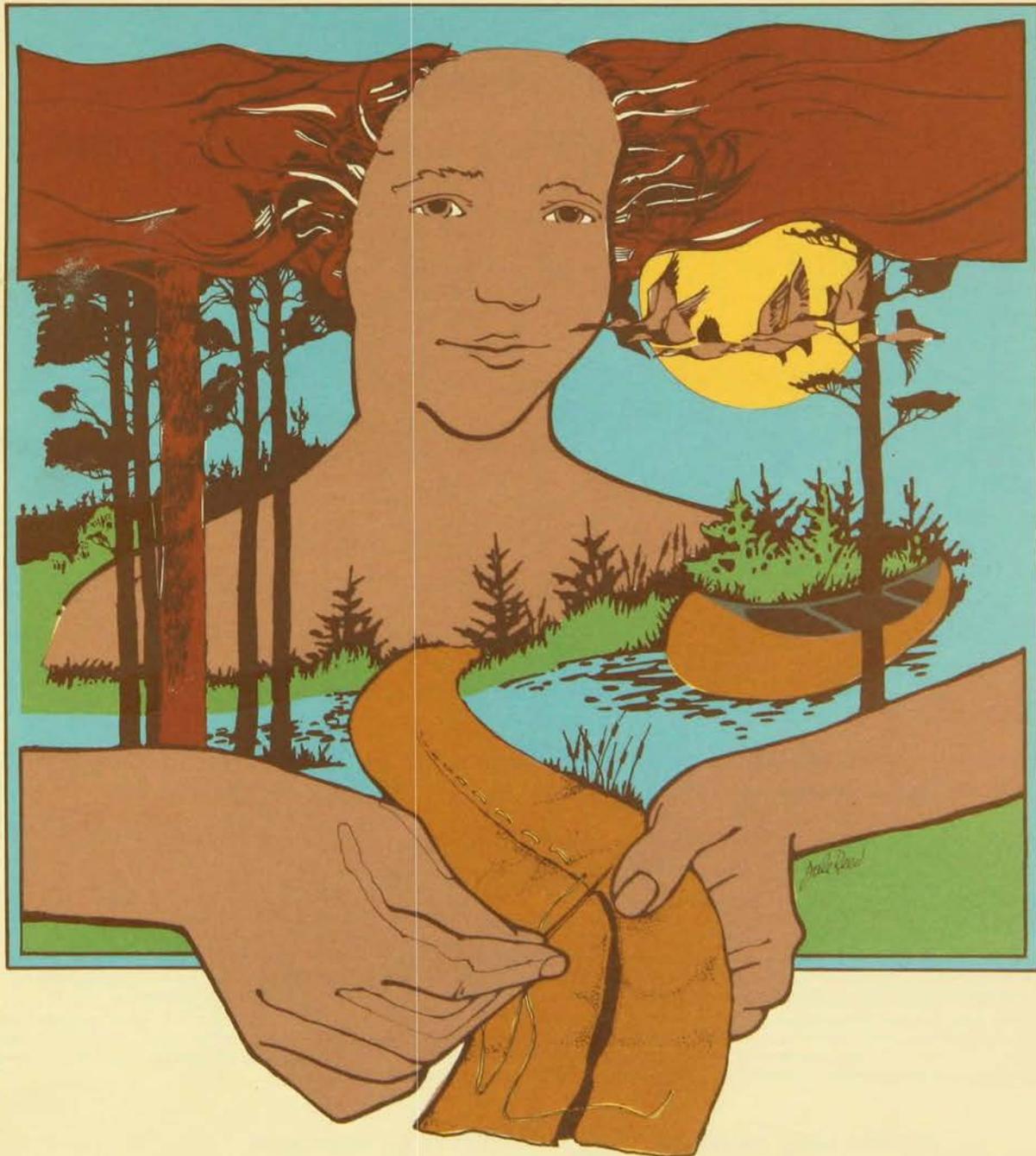
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Unit

Beginning Clothing



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BEGINNING CLOTHING
UNIT 3
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Acknowledgements

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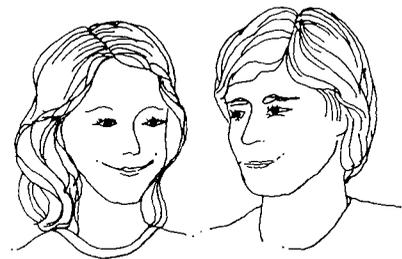
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MODERN YOUTH



Express yourself! Learn about yourself. This 4-H project is full of ways to match your wardrobe to your personality.

You have mastered many basic skills and are ready for new techniques. Learn each one well and apply your new knowledge to selecting clothing as well as constructing clothing for yourself. You are ready to give time to clothing that makes YOU special. You know that clothing rounds out the picture you present to all you meet.

Before you start your new project, we want to point out that there is no such thing as "the 4-H way" of clothing construction. There are many ways to do some of these things. We have included in this manual some new and easy methods to help construct your clothing projects.

THINGS YOU WILL LEARN

In this unit your objectives are to learn:

- How to choose clothing that is becoming and goes well with the things you have.
- How to express yourself through clothing.
- Simple pattern alterations.
- How to press your garment.
- How to fit a garment.
- New clothing construction techniques.
- How to be a wise shopper.
- How to improve your personal appearance.
- Care of clothing.
- More about fabrics and interfacings.
- How to select sewing machine needles.

BOOK FRIENDS

You can learn many new techniques in Unit 3. It is time you learned more about sewing on your own. A reliable sewing book is helpful for answering questions. Your parent or leader may have books you can use, or you may want to buy one of your own for your clothing library.

Visit the pattern counters and book stores and you will see many from which to choose. Look at several before you decide on the one you want to buy.

Some current books to consider are:

Coats and Clark's Sewing Book - Newest Methods From A to Z

McCall's Step-By-Step Sewing Book

Simplicity Sewing Book

Ready, Set, Sew by Butterick

Reader's Digest, Complete Guide to Sewing

Plus publications by Vogue, Singer, Better Homes and Gardens, and others.

Construction Techniques to Learn

You should make a garment or outfit using one or more of the construction techniques learned in this unit.

- Collar
- Set-in sleeves
- Buttons and buttonholes

Project Plans

Have you decided what you need in your wardrobe? If so, discuss this with your leader or parent and make a plan.

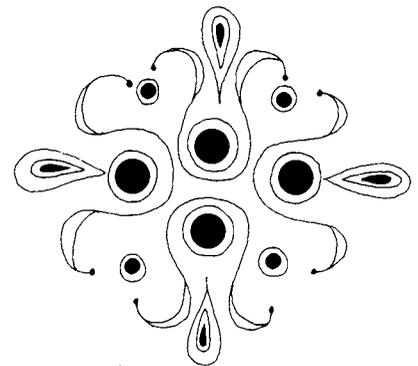
Date _____

Write your plans here.		
Plan to make:	Pattern company and number	Date I want to finish

New construction techniques I will learn:		

THINGS TO DO

- Practice good grooming.
- Construct a garment or outfit.
- Model your garment.
- Evaluate your garment or outfit.
- Update your clothing inventory.
- Take care of your clothing.
- Keep a clothing record.
- Exhibit a garment you have made and your completed records.



LOOKING GREAT

and FEELING GOOD

The fundamental parts of the guide to looking great and feeling good are a regular grooming program, balanced diet, rest, and exercise. Let's take a closer look at these parts.

Regular Grooming Program

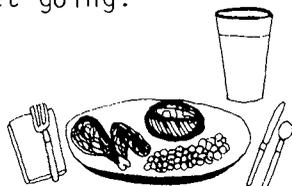
Your skin is the most obvious feature when people look at you and when you see yourself in a mirror. In addition to affecting the way you look, your skin has specific roles to fill in your daily living and health. The skin is a complex part of the human body. It helps to maintain your body temperature, releases waste materials, protects you from germs and bacteria, plus it continually renews itself.

Daily cleansing of the skin is important to keep your skin in top shape. The daily cleansing can be done in a shower, bath, or sponge bath. Whatever method you use, be sure to use plenty of soap and rinse thoroughly with clear warm water. Take particular care to cleanse the folds and creases in the skin that are located in less obvious areas.

Attention should be given to the underarm area after cleansing. Two of the biological functions of the skin are the removal of waste and body temperature regulation which may cause excess perspiration in this area. This is especially true of developing and active teenagers. Moisture released by the body is free of odor but when it comes in contact with bacteria on the skin surface, the resulting odor is offensive to you and others. This problem can be easily controlled through the use of deodorants and antiperspirants. Deodorants reduce or eliminate the odor but allows the moisture to come to the skin surface. Antiperspirants contain chemical substances that block the pores to stop the flow of moisture to the skin surface to eliminate odor problems. The use of deodorants and antiperspirants is determined by the amount of perspiration flow. Antiperspirants are used when perspiration flow occurs in large amounts. Change brands of antiperspirants or deodorants if a rash develops.

Balanced Diet

Give your body the fuel it needs to go, grow, and glow by eating foods from the Basic V Food Groups every day. For a quick review, the Basic V Food Groups are meats, breads and cereals, fruits and vegetables, and dairy products. Your body especially needs this fuel in the morning at breakfast to help you get going!



Eating balanced meals can help to maintain the proper weight for your body build. If you need to lose weight, cut down on your calorie intake by eating smaller amounts of the Basic IV Food Groups at every meal. Doctors recommend that a weight loss of one to two pounds a week. To gain weight, just reverse this process using the Basic IV Food Groups and increase the number of times you eat each day.

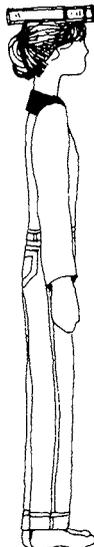


Most people have to work at eating right and exercising regularly to get and keep that "fit and trim" appearance.

Rest & Exercise

To keep your body in shape to look great and feel good, get plenty of rest every night and exercise every day. The regular periods of rest each night are important to let your body renew itself during rapid growth and fast paced schedules. The exercise helps in keeping muscles such as your heart and lungs in good working order while it adds a healthy glow to your skin. Exercise can improve your posture and the way you feel about yourself.

With good grooming, a balanced diet, rest, and exercise, you've got everything going for you! Stand tall and proud because you're looking great and feeling good!



MY GREAT LOOKS and FEELING GOOD PROGRAM

Simple grooming and health practices followed every day can help everyone look great and feel good. Check the first column of this chart to see how you rate today. (Score yourself from 1 to 4 on each point.) Then begin your own Great Looks and Feeling Good Program. Follow it for three weeks--then rate yourself again in the second column. See how much you can improve your score and how much better you'll look and feel.

	BEFORE	AFTER
	(Date)	(Date)
Grooming Practices		
<i>Daily:</i>		
Cleanse my skin: face and entire body		
Use a deodorant or antiperspirant		
Brush my teeth at least twice a day		
Wash my hands frequently		
Avoid biting my nails		
Clean my nails		
Use hand lotion or cream on skin		
Comb or brush my hair often to keep it neat and styled		
Change all my clothes		
<i>Twice a week:</i>		
Shampoo and condition my hair (or more frequently if oily)		
<i>Once a week:</i>		
Polish my shoes		
Make clothing repairs		
Manicure my fingernails		
Pedicure my toenails		
<i>Balanced diet:</i>		
Eat meals using the Basic V Food Groups		
Eat breakfast every day		
Maintain proper weight for body build		
Avoid high calorie, empty nutrition "junk foods"		
Eat lunch and dinner every day		
If underweight, eat at additional times using the Basic V Food Groups to gain weight		
<i>Rest and exercise:</i>		
Sleep nearly the same number of hours each night (between 6 and 9 depending upon my body needs)		
Exercise every day		
Practice proper posture when sitting, standing, and walking		
Total Scores	_____	_____



My Personal Picture

Clothes can make you feel taller, shorter, slimmer, or wider. Since people just naturally come in different sizes and shapes, you have to decide:

HOW YOU LOOK

The best way to do this is to stand before a full-length mirror and answer some questions about yourself. Circle the words that describe you.

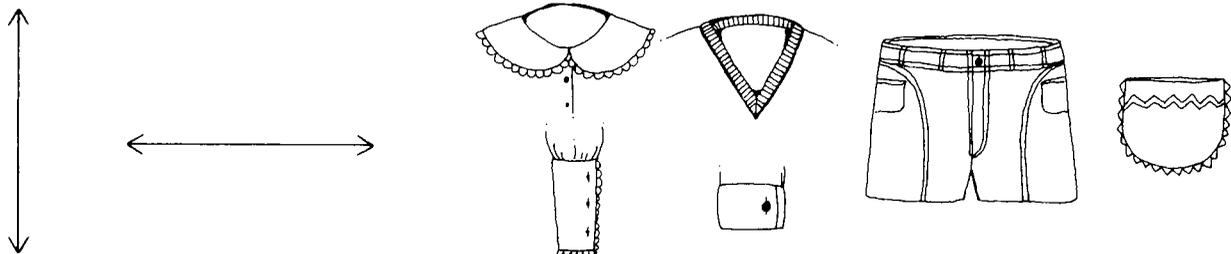
Height:
Weight:
Posture: Tall and straight, shoulders forward, lean to one side, shoulders back.
Face: Square, round, oval, heart, thin, diamond.
Hair: Straight, curly, coarse, fine, thick, thin, dry, oily, normal, long, short, medium.
Color _____

Skin: Tones _____, Skin condition: Oily, dry, normal.
Eyes: Color _____, Eye shape _____.
Neck: Long, short, thin, thick, average.
Shoulders: Broad, narrow, sloping, straight, heavy, thin.
Chest or bust: Developed and full, average, developing and small.
Waist: Small, medium, large.
Hips: Small, medium, large.
Legs: Thin, thick, average, short, long, straight, curved in or out at knees.
Feet: Small, medium, large.

Design Lines

Design lines attract the attention of your eye and make it follow the line. Vertical lines generally make the eye travel up and down the figure making it appear taller and slimmer. Horizontal lines tend to make the eye travel around or across the figure which appears to increase the width.

Lines are also used in specific details on certain parts of a garment such as collars, necklines, sleeves, cuffs, seams, and trims. These additional lines can emphasize those parts of the body close to these detail areas. Use these details to draw attention to the body features you like the best.



After taking a good hard look at yourself from head to toe, you can identify personal qualities you like or dislike. By using different types of design lines and certain colors, you can enhance or lessen the appearance of certain personal qualities.



•HOW YOU WANT TO LOOK

Developing the "you" look in clothing will be easier if you remember:

Single vertical (up and down) lines or a few close vertical lines can make you look taller and thinner.

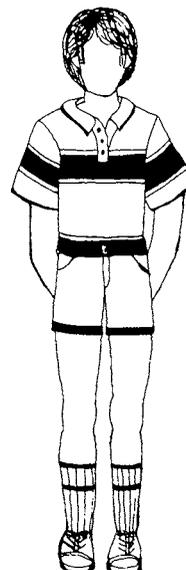
Many evenly spaced vertical lines can make the figure appear wider and fuller.



Several wide vertical lines make the figure look broader and shorter. They are best for slender people of average or tall height.

V-lines and vertical lines can be combined to give emphasis and add length or width.

Horizontal lines go across the figure and make the figure appear wider at that point.

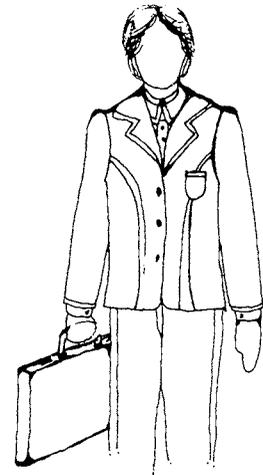
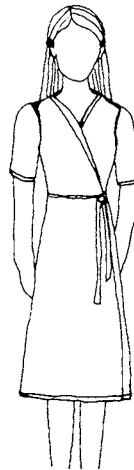




Horizontal lines that are few in number and widely spaced can add more width to the figure than single ones. Many evenly-spaced horizontal lines can make the eye travel vertically from one line to the next for a slimming effect.

Diagonal lines at a more vertical angle can make the figure seem taller and slimmer. Diagonal lines made at a more horizontal angle can make the figure seem wider and fuller.

Curved lines tend to increase the width of the body, especially if they are in more of a horizontal direction. Most vertical curves can make the figure seem taller and slimmer.



What Should You Wear ?

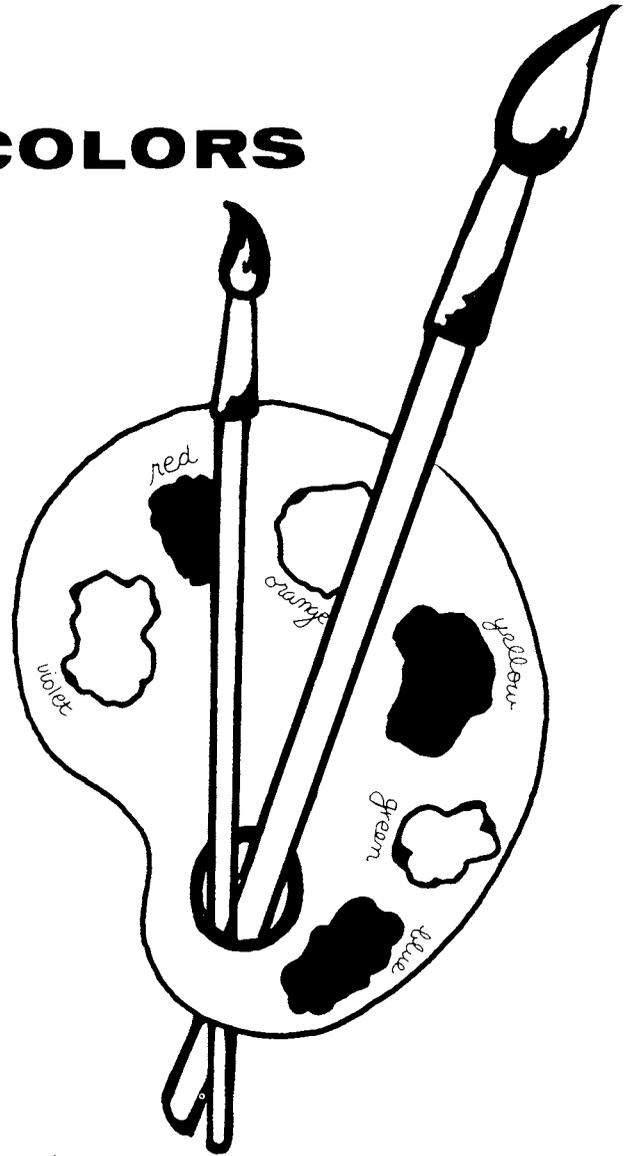
- | | |
|--|---|
| <input type="checkbox"/> Contrasting belts | <input type="checkbox"/> Large, pointed collars |
| <input type="checkbox"/> Matching belts | <input type="checkbox"/> Small, round collars |
| <input type="checkbox"/> Narrow V-necklines | <input type="checkbox"/> Stand-up mandarin collars |
| <input type="checkbox"/> Square necklines | <input type="checkbox"/> A few up and down lines |
| <input type="checkbox"/> Round necklines | <input type="checkbox"/> A few crosswise lines |
| <input type="checkbox"/> Short skirts | <input type="checkbox"/> Diagonal lines at a sharp vertical angle |
| <input type="checkbox"/> Longer skirts | <input type="checkbox"/> Narrow tucks |
| <input type="checkbox"/> Straight, narrow skirts | <input type="checkbox"/> Gathers for fullness |
| <input type="checkbox"/> Circular skirts | <input type="checkbox"/> Pleats for fullness |
| <input type="checkbox"/> A-line skirts | <input type="checkbox"/> Straight leg pants |
| <input type="checkbox"/> Full sleeves | <input type="checkbox"/> Flared leg pants |
| <input type="checkbox"/> Straight sleeves | |
| <input type="checkbox"/> Narrow cuffs | |
| <input type="checkbox"/> Wide cuffs | |

CHOOSE YOUR COLORS

Color is another way to be sure clothes have a "you" look. Choose colors that complement your skin, hair, and eyes.

A sure way to learn what colors are best for you is to hold them up to your face and see which makes you look your best.

Colors also can be used to influence the apparent size of your body. Warm colors such as the reds, oranges, and yellows stand out in your vision. The warm colors tend to make you look larger and attract attention. Cool colors including the greens, blues, and purples make you appear smaller, as these colors recede in your vision.



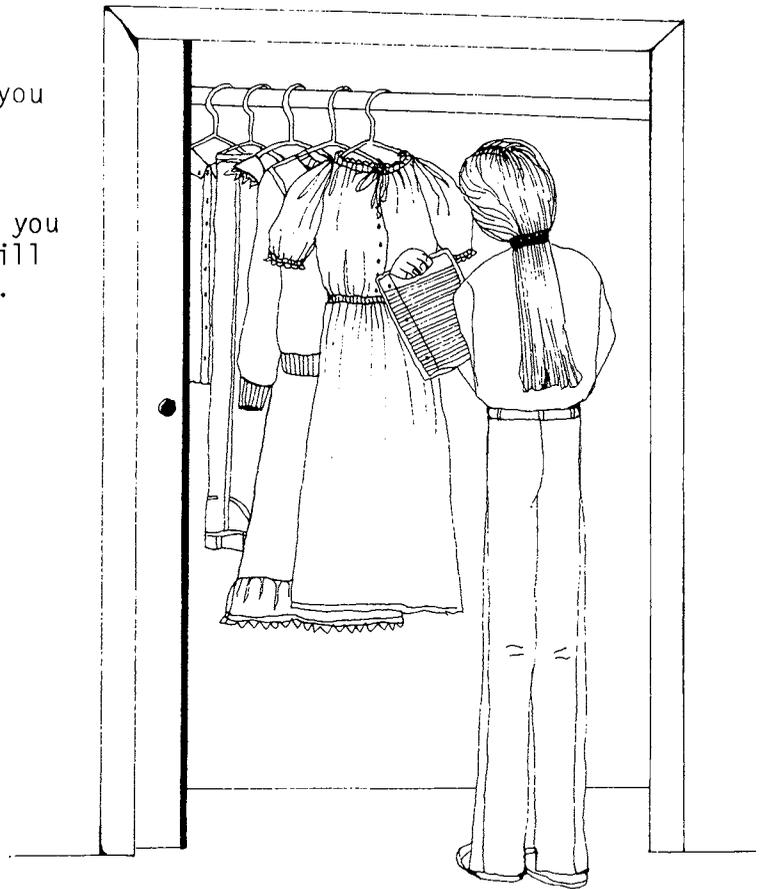
Color Suggestions to Remember

- Select colors that make people remember you, not the colors. Some colors are so bright that you may not have a chance.
- Choose colors that complement your skin, hair, and eyes, not what looks best on your friends who have different personal coloring.
- Personal coloring changes. A favorite color that is not right for you now may be good when you are 17 or 20. Have patience.
- Fads often use colors that are quickly outdated after one season.
- Use warm colors if you want to appear larger, and cool colors if you wish to look slimmer.
- Outfits of one color will make you seem slimmer than outfits using two or more colors.

BEFORE YOU DECIDE

What you decide to make or buy depends on what you need. Have you taken a good look at your clothing lately? With increasing clothing costs, having a well coordinated wardrobe with fewer items can be better than having many clothes that don't "work" together. So... update your clothing inventory completed in Unit II. Consider the following factors to update your inventory.

- 1 The first step in making a clothing check is updating the list of the places you go and the things you do.
- 2 The second step is listing the clothes you have for these activities. Some clothes can be worn for different events and will be listed more than once.
- 3 The third step is deciding what you need to add.
- 4 The fourth step is deciding what you can make or buy this year that will fit your needs and sewing skills.



Making Your Clothes "WORK TOGETHER"

Now that you've completed your clothing inventory you're ready to see how many different combinations of clothing you can make from what you already have. Be creative and combine some different colors, prints, or textures that you have not worn together before. Developing a "workable wardrobe" takes time but can definitely help stretch your clothing dollars.

Basic item	What other garments can I wear it with
Ex. Denim jeans	Navy checked shirt Red & white print blouse Green sweater with navy trim

CLOTHING EXPRESSES YOU

To some extent, clothing may express your personality traits. In other words, your clothing tells others what you are like. Your personal identity, or how you see yourself, is expressed through the clothing you wear.

Clothing can state the way you feel on certain days. On days when you are depressed or moody, you may wear clothes of one type and color. When you are happy or excited about something, you may choose to wear another type of clothing in a brighter color.

	Write a paragraph beginning with the unfinished sentence, "I am . . ."
	Write a paragraph beginning with the unfinished sentence, "I like to wear . . ."

T.L.C. FOR CLOTHES

"I haven't a thing to wear" may mean you haven't anything to wear that doesn't need repairs, washing, or pressing, and that you don't want to give up your Saturday getting things in shape. If this is true, develop a system.

GET ORGANIZED

- Collect enough hangers for all your clothes, a clothes brush, and a laundry bag, then decide on a place to hang clothes that need airing.

CHECK CARE LABELS

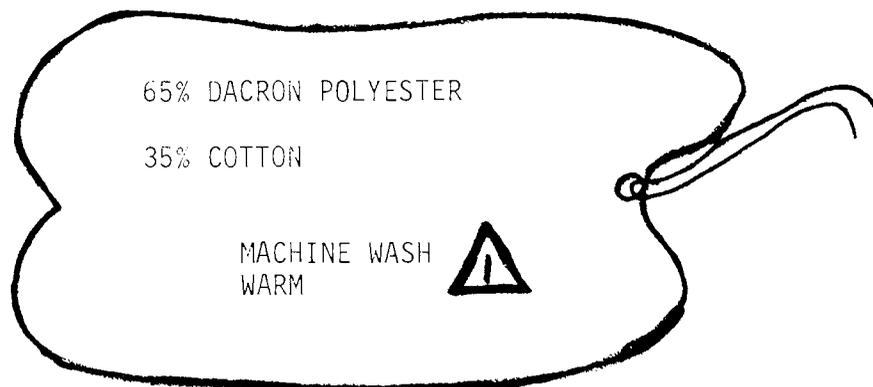
- Be sure care labels are securely stitched to the ready-made garment.
- Get a fabric care label when purchasing fabric and sew it into your garment.

FABRIC LABELING

Fabric care labels should be obtained every time you purchase fabric cut from a bolt. If the fabric sales clerk does not give you a care label, be sure to ask for one.

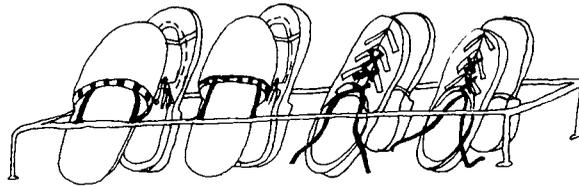
It is now possible to be well informed about the care of each fabric just as care instructions have been placed on labels in ready-made garments. The care label should be sewn permanently into each garment you are constructing. Put the label in a place where you can easily see it when laundering the garment.

The care label should be the same as the care information printed on the end of the fabric bolt. Sometimes you may find just a number printed inside a triangle on the end of a bolt. The label will have the number in the triangle plus more specific information. Fabric care labels may look like this:



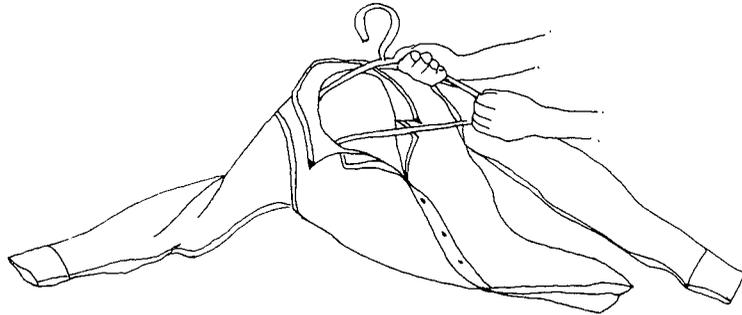
HAVE A PLACE FOR SHOES

You may like a shoe bag, a shoe rack, or a shelf with labeled boxes. Clean your shoes and put them away when you take them off.



REMEMBER TO

Hang clothes when you take them off. Sweaters and woolens should be aired, then put in the drawer or closet. Put soiled clothes to be washed in the laundry bag or basket.



FOLLOW THE RULES

Always check your care labels. Some knits and wovens may require special care. Nylon picks up color. Wash it separately and keep it beautiful. Read directions on deodorants. Do not put perfume on fabric.



IRONING AND PRESSING

Some fabrics require ironing but to minimize this:

Buy easy-care fabrics.
Hang your clothes carefully!
Some wrinkles will come out if the garment hangs in the bathroom while you shower.
Heat may set stains. Do not press clothes that are not clean.

TELL YOUR DRY CLEANER

Call attention to spots on garments and tell the cleaner what they are. Coin-op operators will help you if you do your own cleaning.

GOING SHOPPING

Not everyone makes clothing; not everyone mends clothing; but most people buy clothing at some time. Shopping with your parents or leader will give you a chance to find out what decisions are necessary in the shopping department.

The kind and amount of clothing, as well as the number of dollars spent, varies with families. Few people have an unlimited amount to spend. Whether the purchase is large or small, there is real satisfaction in knowing that the family clothing budget has been wisely spent and that each member has shared fairly with the others.

Stores offer so many choices that even an experienced shopper may have difficulty making decisions. The secret is to have a plan and to make it work for you. Before taking a shopping trip, think through the following suggestions.

- Check your clothing inventory.
- What do you plan to buy? Know what you need and want.
- What size, color, fabric, and style are you looking for?
- What shopping facilities will have this type of clothing in your area?
- How much money can you spend on clothing?

SIZE: Read the label first. Try on the article of clothing and check for appearance, ease, and comfort. A good fit is important and major alterations cost money. Can you make the changes at home, or should you look in another store?

PRICE: You have decided how much you should spend. Spending more now means cutting down later.

LABEL: Read the label! Give special attention to fabric used and care instructions. Clothing that must be dry cleaned can be expensive. How will it stand up after you have worn and washed it regularly?

WORKMANSHIP: Is the garment well made? Look at seams and seam finishes, fasteners (buttons and buttonholes, snaps, zippers) allowed for shrinkage and growth, trims, and special details.

COLOR: Will the color combine with clothes in your wardrobe.

DESIGN: Is it right for you? Can it be worn for more than one occasion?

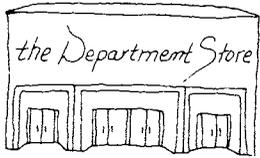
BRAND:

Will a less-advertised brand offer the same quality at a lower price?

COMPARISON SHOPPING:

Check shopping sources to compare price, fabric, workmanship, color, and style.

There are many different sources from which you can purchase clothing. Each shopping source has advantages and disadvantages. It is up to you to decide which course you should shop to meet your clothing needs.



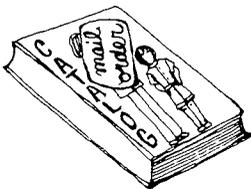
Department stores have a large selection of merchandise divided into specific departments. The price range of merchandise can vary with the wide range of merchandise available. These stores are usually located in the larger cities and towns.



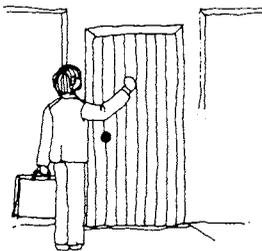
Specialty stores limit their merchandise to certain clothing areas such as junior fashions, boys' clothing, shoes, etc. The prices may be slightly higher to pay for the personalized service given by salespersons.



Discount stores offer a lower-priced line of merchandise of lesser quality. The selection is often smaller and service is limited. These stores are usually open for shopping at night.



Mail-order sales are convenient, plus you can save shopping time and energy. It is possible in some cases to phone in your order and have the merchandise shipped to your home. You cannot examine or try on the garment before ordering, but catalog descriptions and pictures are often precise and returns are accepted. The cost of shipping is added to the cost of the garment. Extra time must be allowed for the ordering and shipping.



Door to door shopping or clothing parties in the home are other sources of clothing purchases. Demonstrations and samples are often provided with this type of shopping. The selection may be smaller and the price range will be limited.

Used clothing stores and garage sales are becoming more popular due to the low cost of clothing found at these outlets. Your used clothing may be exchanged or sold at these outlets also. The latest styles may be very limited and clothing may show worn areas. A careful shopper, however, can purchase certain needed articles of clothing at an extremely low cost.



STYLE,
FASHION,
AND FAD

In our modern world of media we are introduced to styles, fashions, and fads on a daily basis. When planning your wardrobe purchases, you should know the differences between style, fashion, and fad. What do all of these differences add up to? A savings in money and time in clothing purchases.

A style is a distinctive design in clothing that makes it different from all other designs. A simple example would be in pants with bell bottoms, flare legs, or straight legs.

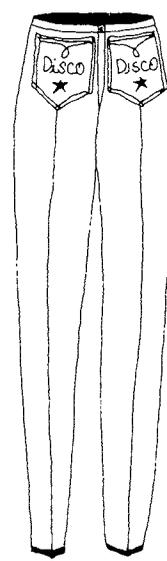
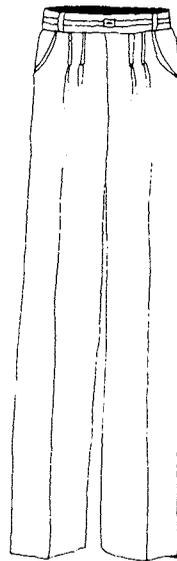
When a style becomes popular for a long period of time and details are changed, it is called a clothing fashion. Using the same pant styles previously mentioned, the length could be changed, waistline features altered, and currently popular colors used.

A clothing fad can be identified as a popular change in clothing that lasts only a short time. The colors, fabrics, and designs are often unusual and worn by a relatively small number of consumers. Fads often are the result of clothing worn by popular movie and TV stars, rock singers and groups, or dancers. Disco outfits such as disco shirts, pants, and dresses are examples of a clothing fad.

STYLE

FASHION

FAD



THE STUDY OF TEXTILES

Textiles include the study of fabrics and the fibers from which they are made. Although the term originally applied to woven fabrics, the present definition includes fabrics made by other methods of construction such as knitting, felting, bonding, and laminating.

In previous projects you learned terms related to woven fabrics such as grainline--the line formed when one yarn is interlaced with another yarn at right angles. It is either lengthwise or crosswise grain.

In this project you will have the opportunity to use a wider range of fabrics with different weaves and finishes. Therefore, you will want to have information about the fabrics, their sources, and how they are made. Additional information may be found in library books, Extension bulletins, magazines, and filmstrips.

FIBERS

Fibers used in this project may be classified as:

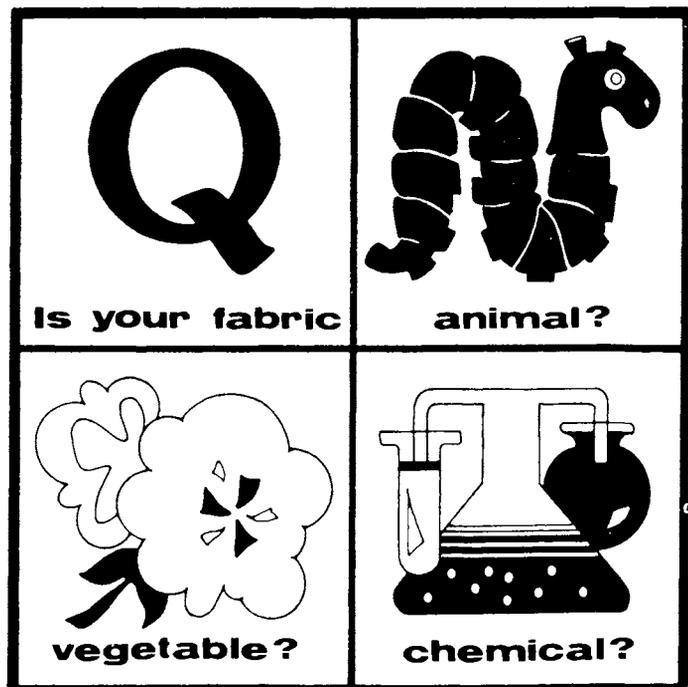
Natural fibers--those which grow in nature. The most common ones you will use are vegetable (cotton and linen). Others that require more experience to handle are animal (wool and silk).

Synthetic or man-made--those which a chemist develops. These fibers have certain characteristics which make them adaptable for use in clothing. There are generic (family) names for these such as nylon, polyester, rayon, and others. They are known for easy care, washability, and retention of shape. Synthetics can be made into a wide range of fabrics from lightweight fabrics to a heavy fabric like fake fur.

Blended fibers--two or more fibers used in yarns. These may be two different fibers in separate yarns or two different fibers twisted together to form one yarn. They are constructed for a particular use or reason. Some man-made yarns are blended with natural fibers to give increased wearing qualities, crease resistance, and greater ease in care.

Each fiber has advantages and drawbacks. Therefore, the study of the characteristics of textile fibers is necessary so you will

**Before you sew,
ask yourself this Question:**



know how the fabric will perform. The type of fabric you will select is determined by the pattern design and garment use.

Each manufacturer may give its own fabric a special name to set it apart from the others. This is called a trade name. You will find trade names on bolts of fabric and ready-made clothing.

BE AN INFORMED SHOPPER FOR FABRICS

Read labels! The following information should be on a label:

Kind of fibers used. Percentage of fiber content for all fibers should be listed.

Special finish treatment. Shrinkage control of 1% or less is best (may be called Sanforized). Two to three percent gives greater shrinkage possibility.

If a yard of fabric shrinks 3%, how many inches or centimeters is that? _____ Measure yourself from your neck to your hem. How many inches or centimeters is that? _____ Would you like your dress to shrink that much? _____

or
Measure yourself from your waist to your hem. How many inches or centimeters is that? _____ Would you like your pants or skirt to shrink that much? _____

Other preferred finishes according to use are: crease-resistant, stain and spot resistant, water-repellent, permanent press, and color fast. Watch for labels with these finishes as you shop for clothing or fabric.

Special care instructions for different fabrics: wash and dry, dry clean, or hand wash; temperature to be used.

Manufacturer's name and address.

Cost, and width.

Record this information in your clothing record for all the garments you are constructing.

SELECT YOUR PATTERN

THE MEASUREMENTS TO RECORD

Tie a string at your waist.

_____ Bust or chest--measure over the fullest part of the bust or chest with the tape straight across the back.

_____ Waist--Measure at the natural waistline by the string.

_____ Hips--Measure at the fullest part of the seat (Girls--7" to 9" (20 to 25 cm) below waist).

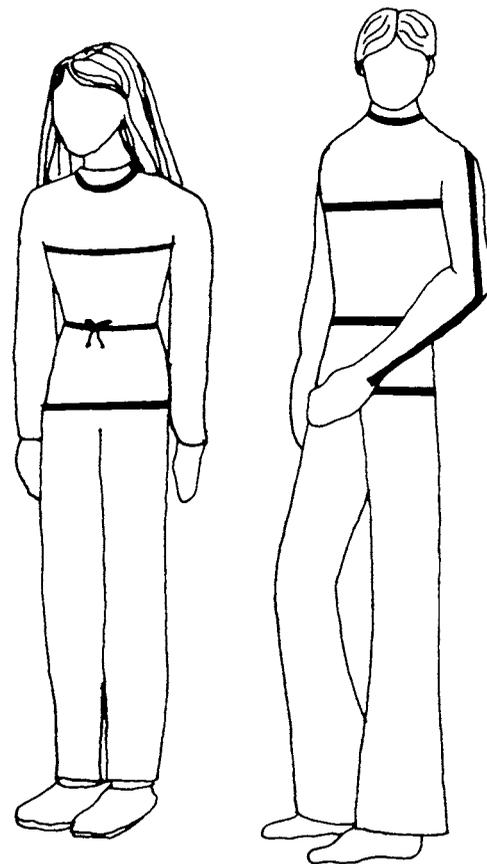
_____ Back waist length--Measure from the protruding neck bone to the waist.

_____ Height--Measure without shoes; stand against a wall and mark.

_____ Neck (Boys)--Measure around neck and add 1/2" (1.3 cm).
Neck (Girls)--Measure circumference of fullest part of neck.

_____ Sleeve (Boys)--Measure from protruding neck bone over shoulder, bend elbow to wrist-bone. (Girls)--Measure from shoulder bone to elbow and onto wrist bone with arm slightly bent.

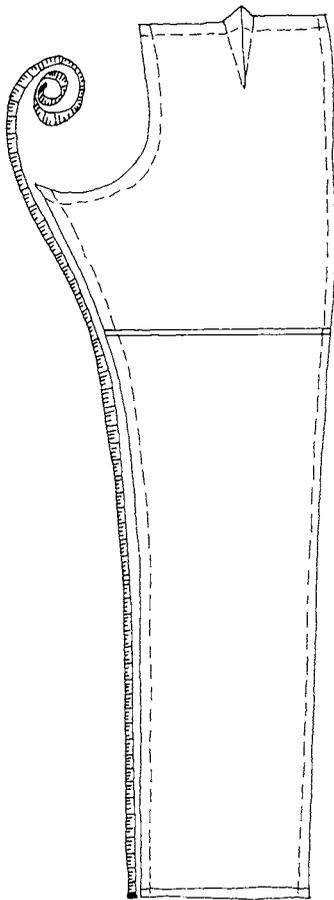
_____ Size.



As your body develops, your measurements and proportion will change. You will need to use a different figure type and pattern size. The pattern companies have standardized the patterns into specific figure types with various sizes in each. The figure types such as boys and teen boys, men, girls, junior, and misses are determined by height, body build, and proportions. Use the descriptions provided in unit 2 or in the back of the pattern book to select the right figure type for you.

Next select a size from the figure type that is the closest to your measurements. If there is a large difference between your measurements and those listed, select the size with the measurements nearest to the particular garment you are making. For example, if you are making pants, use your waist-hip measurements to select the size. When making a dress or shirt, use the chest or bust measurements as the guide. Chest or bust alterations are more difficult to make than waist and hip alterations.

SIMPLE PATTERN ALTERATIONS



Do patterns fit you perfectly? If so, you are in luck because very few people can use patterns without making some changes in the measurements. Of course, you must make these changes before you cut the fabric. It is easier and safer. A common error is in the length of the garment--real problems develop if it's cut too short. The main pattern pieces and sleeves must be checked for length.

Pattern fit is influenced by fashion, the style of the garment, the type of fabric used, the occasion for which the garment will be worn, and by the figure of the person who will wear it.

FITTING THE PATTERN

As you sew, you will learn more than one way to fit patterns. Two common ways are:

- Arithmetic method. Body measurements are checked carefully with the same measurements on the pattern. This method is good when the pattern has many pieces. Do not forget to add to your personal measurements the amount of ease given in the pattern. The amount of ease is determined by comfort in body movement and the pattern design.
- Try-on method. The pattern is pinned together and tried on like a dress. This method is satisfactory for patterns with few pieces and is suggested for projects in unit 3.

The try-on method teaches you:

How pattern pieces go together.

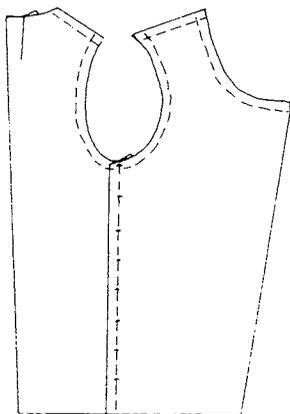
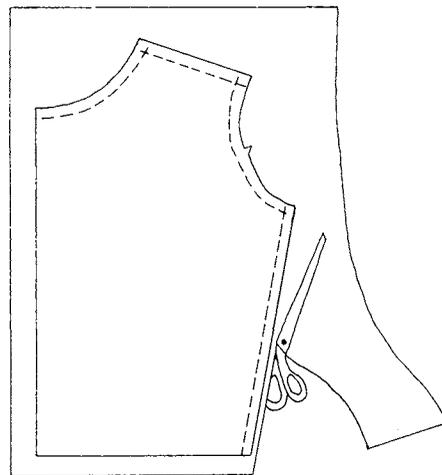
What changes are needed to make the pattern fit you.

STEPS TO FOLLOW

Remove the main pattern pieces from the envelope and write your name on each one.

Reduce the margin from each piece by trimming within 1/4" from cutting line on sides, fronts, and shoulders. Trim on the cutting line at the neck and armhole areas.

Study the guide sheet. Do you have all the pieces?



Pin the pattern together:

- Pin darts, pleats, tucks.
- Pin seam lines together, placing pins parallel to and on the seam line.
- Leave the last two inches at the armhole and neckline open. (You will need room to try the pattern on without tearing it.)
- Pin up the hem allowance.
- Do not pin the sleeve at this time.

CHECK

1 Length of waist, front and back. Is it just right? _____

Too long? _____ How much? _____

Too short? _____ How much? _____

2 Width. Is the pattern too large or too small? Remember, paper will not give - most fabric will. If a pattern does not meet by 1/2" (1.3 cm) or less, cut wide seam allowances. ADD THE SAME AMOUNT TO FRONT AND BACK PIECES.

3 Length of skirt, pants, or shorts. Is it just right? _____

Too long? _____ How much? _____

Too short? _____ How much? _____

4 Sleeve. Slide arms into sleeves and pin at shoulders. Check length and width.

Length: Too long? _____ How much? _____

Too short? _____ How much? _____

Width: Too wide? _____ How much? _____

Too narrow? _____ How much? _____

Do you have many changes to make? Perhaps the pattern is not the right size for you.

If you have changes, consult your leader or refer to the sewing books suggested; look under "Pattern Alteration."

GETTING READY

SHOPPING SUGGESTIONS

Fabric. Select an easy-to-handle fabric that will make setting in the sleeves less difficult, and will launder easily and keep its shape. If the width of the fabric you have chosen is not listed on the back of your pattern for correct amounts, refer to the following chart.

FABRIC YARDAGE CONVERSION CHART

FABRIC WIDTH	35"-36"	39"-42"	44"-45"	52"-54"	58"-60"
YARDAGE	1 3/4	1 1/2	1 3/8	1 1/8	1
	2	1 3/4	1 5/8	1 3/8	1 1/4
	2 1/4	2	1 3/4	1 1/2	1 3/8
	2 1/2	2 1/4	2 1/8	1 3/4	1 5/8
	2 7/8	2 1/2	2 1/4	1 7/8	1 3/4
	3 1/8	2 3/4	2 1/2	2	1 7/8
	3 3/8	2 7/8	2 3/4	2 1/4	2
	3 3/4	3 1/8	2 7/8	2 3/8	2 1/2
	4 1/4	3 3/8	3 1/8	2 5/8	2 3/8
	4 1/2	3 5/8	3 3/8	2 3/4	2 5/8
	4 3/4	3 7/8	3 5/8	2 7/8	2 3/4
	5	4 1/8	3 7/8	3 1/8	2 7/8

Notions. Remember that buying all the supplies you need at one time has advantages. You will have what you need when you need it and will have the opportunity to match colors. These supplies include zippers, hooks and eyes, snaps, and thread.

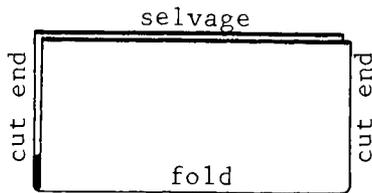
Interfacing. When you are constructing a garment, you will find that there are areas that need added shape and support. Collars, cuffs, front facings, and waistbands are a few examples of the areas that need added shape and support. Interfacing is a special type of fabric that has been made for this purpose.

Interfacing should be purchased at the fabric store when you buy your fabric. It is important to select an interfacing that will be right for your fabric and pattern. Interfacing is available in a woven, nonwoven (looks like thin felt), or knit. In addition, there are interfacings that are sewn in place (nonfusible) or pressed onto your fabric (fusible). Ask your leader and the store clerk for help in selecting the right type of interfacing for your fabric and pattern.

Be sure to follow the printed directions for cutting and application that come with the interfacing. If printed directions do not come with the interfacing, ask the store clerk how to cut and apply the interfacing. Briefly write these directions on your pattern envelope so you will be able to use the interfacing correctly.

PREPARE THE FABRIC

Your leader or mother helped you prepare the fabric in unit I. Do you remember how? Different fabrics require different treatment. Ask yourself these questions:



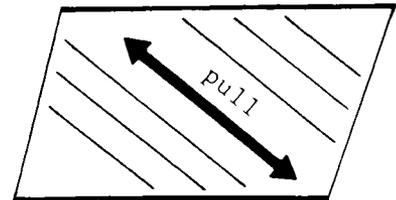
Is the fabric straight? Pull a thread across the cut ends and trim. Fold the fabric, matching selvages and cut ends.

If the fabric is straight, it will be smooth on the fold, selvage, and cut end.

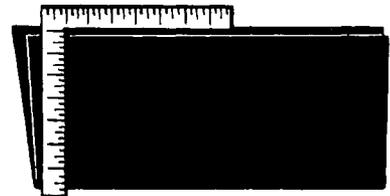


If the fabric is crooked, the ends will not meet and there will be wrinkles along the fold line.

What method should be used to straighten the fabric? Use the "stretch method" (for fabrics that do not need shrinking). Square the fabric by stretching from short corner to short corner. Ask someone to help you. Pull firmly and hold the fabric for a few seconds. Always pull on a true bias. Some fabrics require moisture in some form to relax the fibers. Steam from the iron sprayed over the fabric may be enough.



Some fabrics cannot be straightened because special finishes have given the grainline a permanent set. Square the ends and cut the fabric.



PRESSING

Pressing is very important. Good pressing is the most important way to avoid a "homemade" look. Keep the pressing equipment close to your sewing area to save time and energy. A good iron is necessary. Set your iron at the correct temperature for the fabric, using plenty of steam or a damp press cloth. Follow these general rules:

1. Press with the grain in the direction of the lengthwise or crosswise yarns to prevent stretching.
2. Press from the wrong side first. If you press as you sew, the right side will need only finishing touches.
3. Press each machine stitching you make before crossing it with another stitching.
4. Press flat sections on a smooth, flat surface. Press shaped areas over a curved surface.
5. Never press over pins.

SEWING KNOW-HOW

ORGANIZE YOUR WORK

You may want to do all of the stay-stitching at one time, then all the darts at one time--or you may want to finish each piece before you take up another. This is called the "unit" method and is a good way to keep your sewing neat.

BEGIN SEWING

- Follow your pattern instructions.
- Recall things learned last year which would apply to this garment.
- Ask your leader for help with things such as collars, set-in sleeves, zippers, or belts. These may be new to you, and you might have problems.
- Look in a sewing book for ideas you might use on this garment.
- Remember to press as you sew. A final pressing will give your garment a finished look.
- Select the correct sewing machine needle for your fabric.

The correct type and size of sewing machine needle is important for problem-free sewing.

Needle types are divided into four basic categories according to the shape of the needle point.

1. Universal--ballpoint needles or modified ballpoint needles. These needles have a point that is tapered in such a way that it can be used on both knit and woven fabrics.
2. Sharp--pointed needles. The point of this needle is sharp enough to pierce woven fabrics.
3. Ballpoint needles. The rounded point of this needle is especially designed for knits. It slips between the yarns so it does not cut them. A cut yarn will cause a run in a knit fabric.
4. Wedge needles. Heavy, coarse materials such as leather and vinyl require the special three sided point on this needle.



Universal



Sharp



Ballpoint



Wedge



Front and side views

The size of the needle used is determined by the weight of the fabric and the size of thread used. The larger needles with larger eyes will be used on heavier fabrics with thicker threads. Smaller size needles are for finer, lighter fabrics and threads.

Needles are available in U.S. sizes and European sizes (based on the metric system). The following chart may help in selecting sewing machine needles.

U.S. Size	Weight of Fabric	European Size
9	Light	65
11	Light	75
12	Medium	80
14	Medium	90
16	Heavy	100
18	Heavy	110

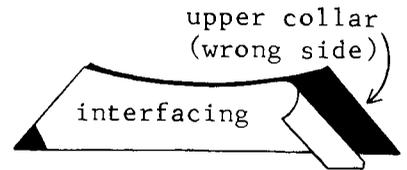
Seam Finishes

Learn more about the different seam finishes. Try various seam finishes on a piece of your fabric to see which will be most satisfactory. Rate each seam finish.

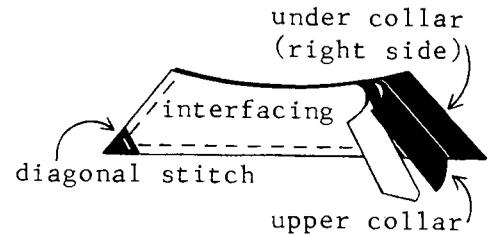
SEAM FINISH	NOT NECESSARY	SATISFACTORY	SHOWS RIDGE AFTER PRESSING	BULKY
Plain seam				
Pinked & stitched seam				
Edge turned under and stitched				
Edge overcast by hand				
Zigzag edge				
Edge stitched and overcast by hand				

COLLAR

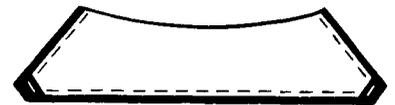
- Pin the interfacing to the wrong side of the upper collar.



Place the upper and under collars right sides together and stitch the ends and outside edge. Take a diagonal stitch at the corner to make turning easier.



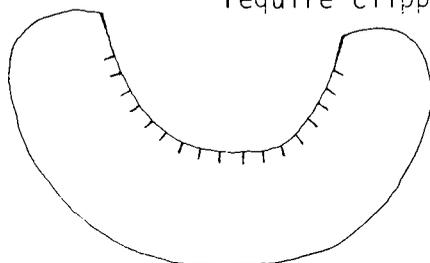
- Grade the seam next to the top fabric by cutting the seam allowance to 1/4" (6 mm) in width. Grade the other seam allowance a little narrower.



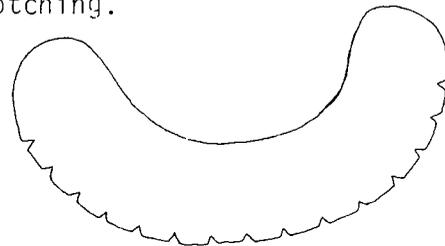
- Turn the collar right side out.
- Understitch to the seam allowance, if possible.
- Mold or roll the edge of the collar with your fingers to make sure the under collar does not show.
- Press and put with the other pieces of the blouse.

Use short stitches on corners and areas where close trimming will be necessary.

Did you select a round collar? It will require clipping and notching.



Clip edges that must stretch into a larger area.

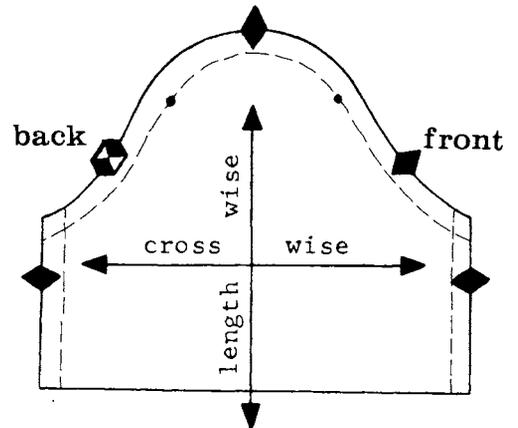


Notch edges that must fold into a smaller area.

SLEEVES

The "look" of the sleeve often determines whether your project says "home-made" or "hand-made." Again, there are different ways to put in sleeves and each one, when well-done, will give the look you like. Fit the method to the fabric, garment style, and what works best for you.

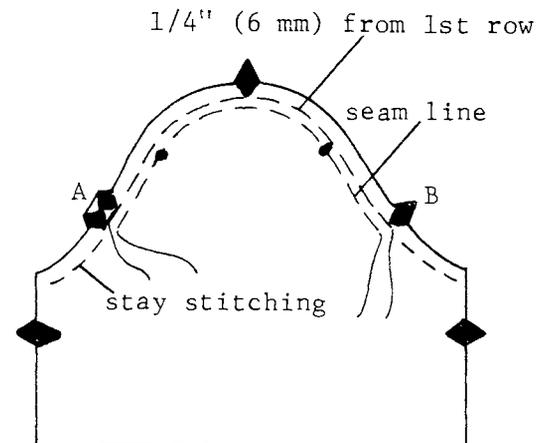
- Grainline is important. Is it marked on your sleeve with a basting thread or chalk?
- When the garment is complete, the length-wise thread should be perpendicular to the floor from shoulder to elbow. The crosswise thread should be parallel to the floor at the base of the sleeve cap.



EASING FULLNESS

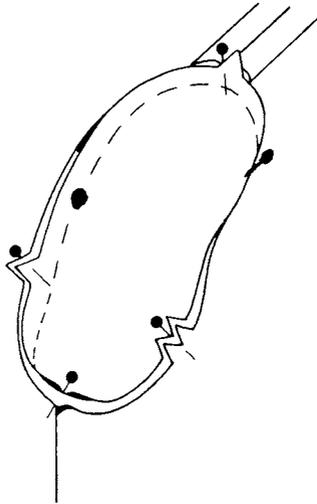
All set-in sleeves are a little larger than the armhole. This is called fullness or "ease" and makes them fit better. Ease or fullness works best where the sleeve cap is most nearly on a bias.

- Use a long machine stitch to place one row of stitching on seam line from notch A to notch B.
- Place a second row of stitching 1/4" (6 mm) closer to the seam edge.
- Leave threads about three inches long at the end of the first and second rows.
- Bobbin threads will be pulled to ease in fullness when you are ready to put the sleeve into the blouse, shirt or dress.



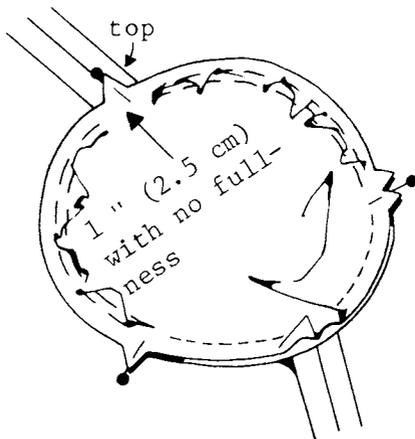
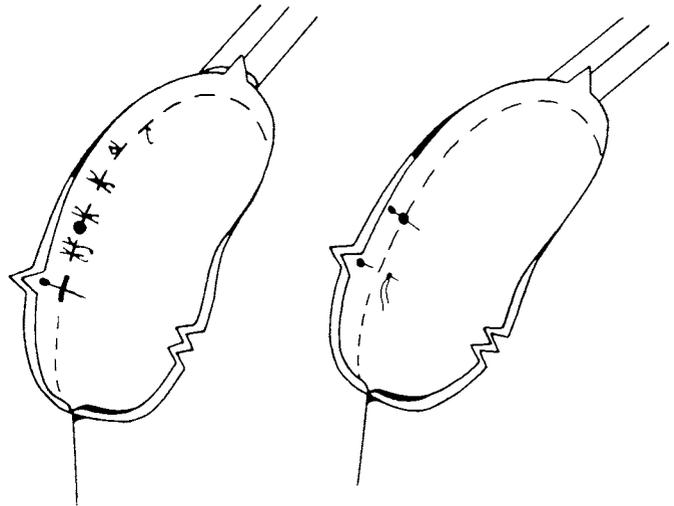
SETTING-IN THE SLEEVES

You are ready to "set" the finished sleeves into the blouse. Follow these steps carefully:



- Turn the blouse wrong side out.
- Place the left sleeve into the left armhole. The right side of the sleeve will be against the right side of the blouse.
- Shift the sleeve in the blouse until the underarm seams are together, then pin.
- Match the notches and pin. A single notch usually indicates the front. Double notch indicates the back.
- Pin the top of the sleeve to the shoulder seam.
- Match the small dots on the sleeve with the small dots on the garment front and back pieces. This is important as most of the fullness of the sleeve is placed between these two dots.

- Pick up the first long stitch at the single notch and ease the fullness toward the top of the sleeve.
- If you used a double line of stitching, anchor the threads by wrapping them around a pin.



- Smooth the ease with a pin or your thumbnail until there are no apparent tucks or gathers in the sleeve at the seam line. There should be no fullness for about one inch at the very top of the sleeve.
- Pick up the thread at the double notch and repeat, easing fullness toward the top of the sleeve.

If the sleeve fits smoothly, go to the next step. Some sleeves require molding at this point. If molding is necessary:

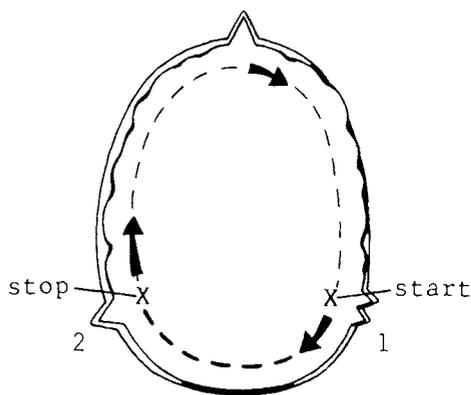
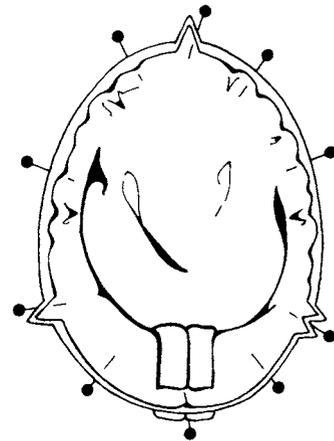
- Remove the sleeve from the blouse and turn it wrong side out.
- Place the sleeve cap over a pressing cushion or sleeve board.
- Coax the fabric to shrink by playing steam back and forth over the fabric and pressing the seam edge with the fingers.

There will be fullness in the seam allowance (which can be smoothed with the iron), but not in the sleeve itself.

Do not let the iron extend into the sleeve. Stop at the stitching line. Going over the line may remove the roll and shape from the sleeve. You are working for smoothness, not flatness.

If you do not have a steam iron, use a damp cheesecloth over the cushion. Place the right side of the sleeve next to the dampened cloth. Permanent press and some hard-finish fabrics do not respond to molding.

- Place the sleeve in the armhole and pin in place. Match the seams and notches; work from the sleeve side.

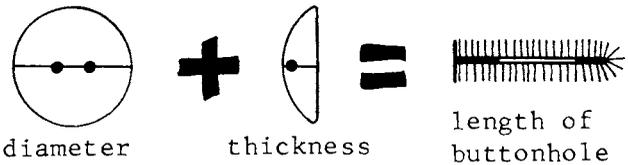


- Machine stitch just inside the ease line and from the sleeve side beginning at notch 1. Continue stitching toward the underarm seam, through notch 2, around the sleeve, back to notch 1, and continue on top of the first row of stitching to notch 2.

- You have double-stitched the underarm section between the notches which makes the blouse, shirt, or dress stronger at a point of wear.

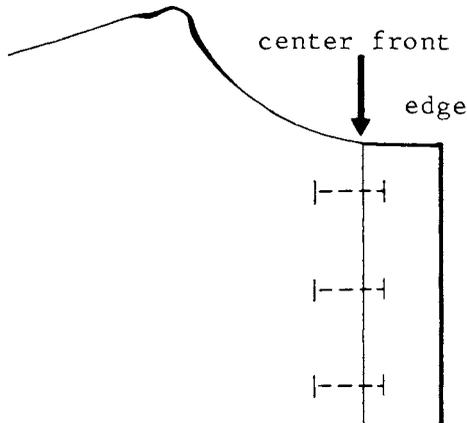
- Remove the ease threads and bastings.
- Finish the armhole seam. Methods used for finishing depend on the kind of fabric, use of the garment, and personal preference.

BUTTONHOLES AND BUTTONS



BUTTONHOLES

Machine-worked buttonholes are recommended for your garment. Make them on the right front for girls and left front for boys.



The length of the buttonhole is determined by adding the diameter and the thickness of the button used.

The starting point for the buttonhole is usually 1/8 inch (3 mm) beyond the center front line and 1/2 inch (1.3 cm) or more from the edge of the blouse or shirt front, depending on the size of the button.

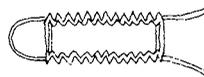
Mark the buttonhole positions on the blouse or shirt with chalk or contrasting thread.

Mark a practice buttonhole on a scrap of fabric.

Before starting the buttonholes, check the machine stitch and check the amount of thread on bobbin and spool. There should be enough to make all the buttonholes.

Make a practice buttonhole. It is the right length for a button to slip through easily? Is the interfacing heavy enough? Can you cut through the center of the buttonhole without cutting the threads?

Reinforced buttonholes can be made by stitching over narrow cord or double thread. Pull reinforcing thread loop close to end of buttonhole; trim the ends.

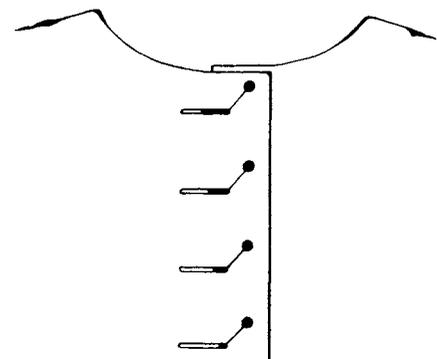


Show the practice buttonhole to your leader before starting on the blouse.

BUTTONS

Mark the placement of the buttons on the center front line of the front.

Refer to your first clothing project for pointers on how to sew on a button.



CHECK THE FIT

Clothes should fit well to look right. If you have cut all pieces on true grain and have not stretched them in sewing, you will have fewer problems with fitting.

Check these points on your garment:

Neckline

It should be large enough to let the shoulder line rest in position (center of hollow of throat).

Darts

Bust darts should point toward the tip of the bust.
Waistline darts should always end under the bustline, never on top.
Darts in back should point toward the shoulder blade.
Skirt and blouse darts should come together at the waistline.

Seams

The shoulder seams should be exactly on top of the shoulder unless pattern is of a different design.
The armhole seam should start at the high point of the shoulder.
In front, the armhole seam should be a straight line down for about 2 1/2" (6.3 cm), then curve under the arm.
In back, the armhole seam should be a straight line for 2" (5 cm), then curve under the arm.
The underarm seam should hang straight down from the armhole to the lower hemline, not swinging to back or front.
Adequate ease has been allowed for closures such as straps, buttons and zippers, and body movement.
Waistline and band should look smooth and comfortable.

Grain

Center front and back should hang straight up and down, with lengthwise grain following this straight line.
Crosswise grain should be parallel to the floor at the chest, bust, hip, and hemline.

Length

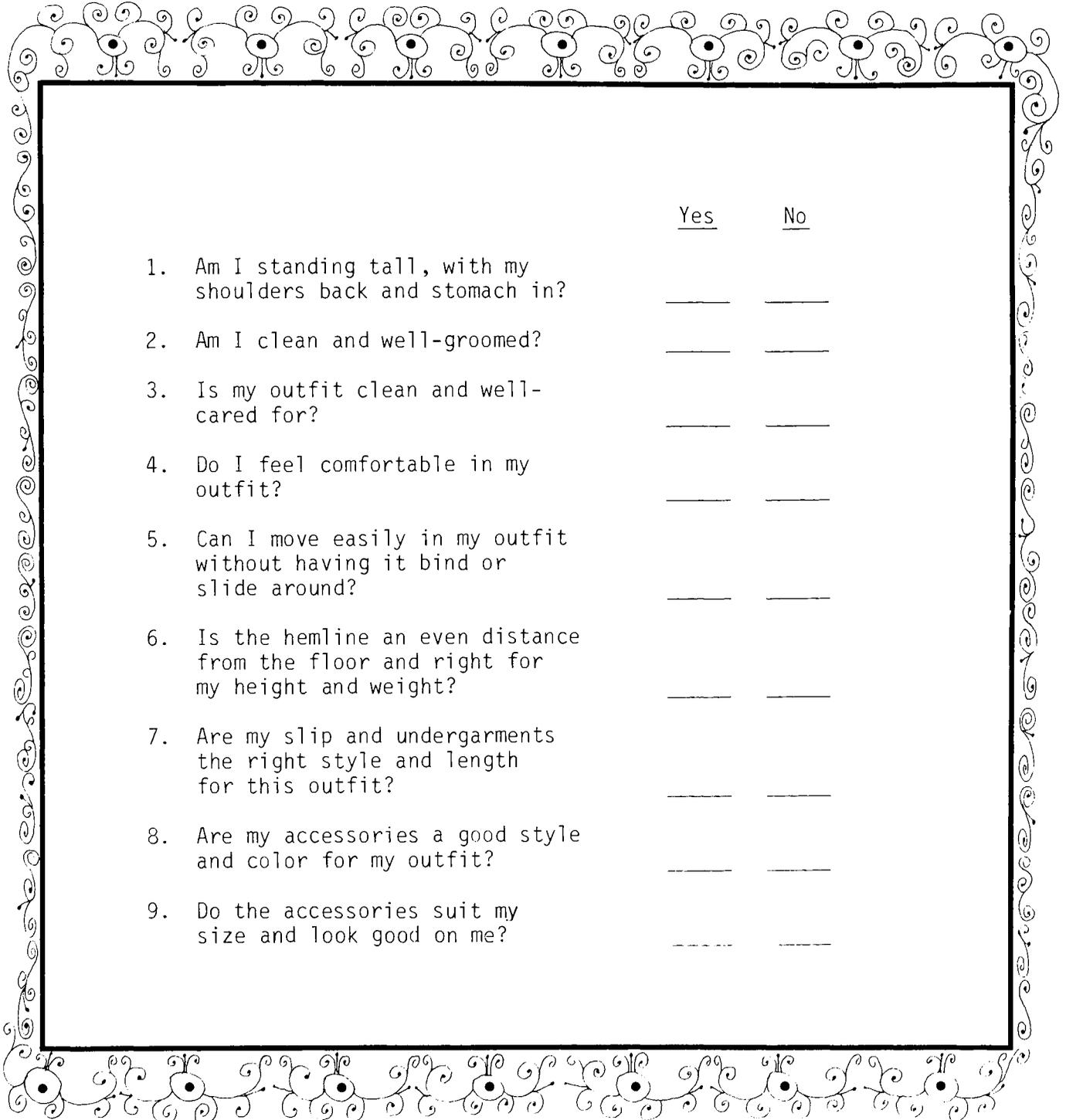
Should be appropriate for garment design and body size.

COMPLETE ANY UNFINISHED DETAILS, PRESS, AND YOU HAVE MADE A GARMENT!

From now on, choose patterns and fabrics that have new "learnings."

RATE YOURSELF

ON YOUR COMPLETE LOOK



	<u>Yes</u>	<u>No</u>
1. Am I standing tall, with my shoulders back and stomach in?	_____	_____
2. Am I clean and well-groomed?	_____	_____
3. Is my outfit clean and well-cared for?	_____	_____
4. Do I feel comfortable in my outfit?	_____	_____
5. Can I move easily in my outfit without having it bind or slide around?	_____	_____
6. Is the hemline an even distance from the floor and right for my height and weight?	_____	_____
7. Are my slip and undergarments the right style and length for this outfit?	_____	_____
8. Are my accessories a good style and color for my outfit?	_____	_____
9. Do the accessories suit my size and look good on me?	_____	_____

You ~ a Modern Youth



A warm, happy smile and good posture are two of the least expensive parts of your outfit. They are a personal greeting card to anyone you meet. They are a plus that only you can add.

EVALUATION

Did you make changes in your wardrobe after updating your clothing inventory?

What design lines and colors are best for you?

What additions did you make to your sewing library during this clothing unit?

Do you need to alter patterns to get a satisfactory fit? What size pattern is best for you?

You learned how to set in sleeves when you made your garment. Have you made other garments with set-in sleeves?

How much thought and time have you given to the care of your own clothing?

What improvements have you made in your grooming habits?

Have you shared what you have learned by giving demonstrations, talks, and helping others?

OBJECTIVES

<u>Unit 3--Modern Youth may learn these things:</u>	<u>Date Completed</u>
1. How to choose clothing that is becoming and goes well with the things you have.	
2. How to express yourself through clothing.	
3. Simple pattern alterations.	
4. How to press your garment.	
5. How to fit a garment.	
6. New clothing construction techniques.	
7. How to be a wise shopper.	
8. How to improve your personal appearance.	
9. How to care for clothing.	
10. More about fabrics and interfacings.	
11. How to select sewing machine needles.	

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