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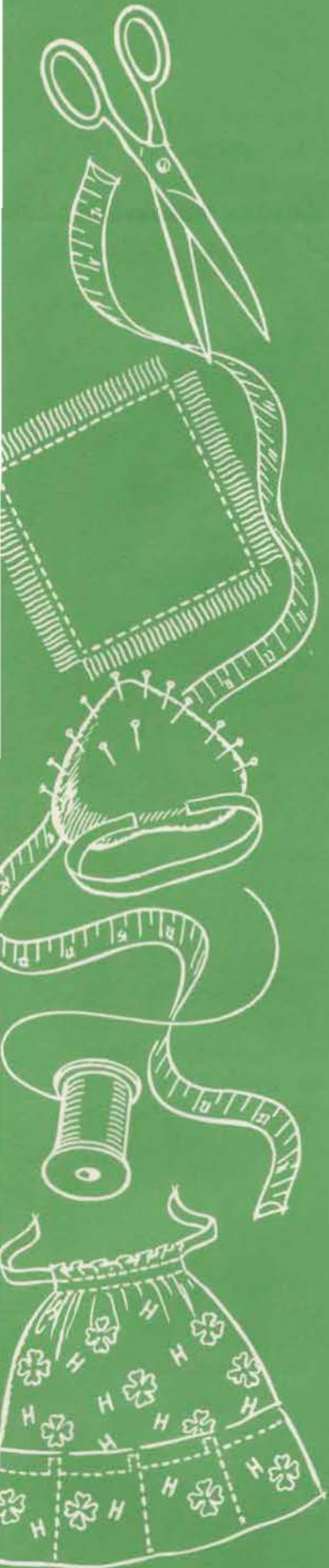
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UNIVERSITY OF IDAHO
College of Agriculture

MACHINE *Magic*

4H CLOTHING PROJECT
JUNIOR MISS SERIES



IDAHO Agricultural
Extension Service

Bulletin No. 421
March 1964

This is Your Project

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Guide Lines

You have been waiting for this exciting adventure! You are going to learn to use the sewing machine. You will get the right start if you read this book carefully and follow instructions. Study the pictures. Ask your mother to read the book with you.

Before you begin this project be sure you know about basic sewing tools and good sewing habits. As you progress from one project to another you will want to add other sewing tools. Keep them handy in a box or basket.

In addition to sewing you will learn how to buy undergarments, give a demonstration, judge your sewing, model your apron, and keep a good record of the work you do.

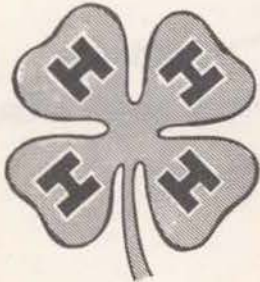
The clothing you make and wear is only a part of what makes you pretty and attractive. Your appearance includes your health, your posture, your grooming and your clothes. A smart appearance comes from practicing good habits every day. How careful are you about these everyday tasks?

When you have completed this project and submitted the record book and story to your leader you are entitled to credit for project completion. The record must be in the county agent's office by Nov. 1.

Machine Magic

By Esther Nystrom
University of Idaho Extension Clothing Specialist

Learn to Use the Sewing Machine



For this project you will need to use a sewing machine. This is an expensive piece of equipment, so you'll need to learn how to give it proper care.

In some counties of Idaho the 4-H girls will have special lessons and bulletins entitled "Know Your Sewing Machine." They will have these only if their leaders have had special training given or arranged by home agents. In other counties this training may not be available. This is the reason for listing the following two plans.

Plan A

If your leader has given you the four special lessons "Know Your Sewing Machine" and you have become a "4-H Sewing Machinist," you may omit the first part of this project entitled "Learn To Use The Sewing Machine." You are ready to sew something. Begin on page 6 and follow directions for making a scarf, tablecloth, or set of place mats.

Plan B

If you have not had the four sewing machine lessons given by a trained leader and you do not have the bulletin "Know Your Sewing Machine," begin right here. You will find directions on how to use the sewing machine. Follow these carefully and practice until you feel you are ready to sew something. You are encouraged to also seek information from the instruction booklets which came with the sewing machine you are using.

Every girl should know:

- How to thread a sewing machine.
- How to wind and insert a bobbin.
- How to guide and control stitching.
- How to shorten and lengthen stitches.
- How to adjust tension and pressure.

It is important for you to watch someone use a sewing machine before you try to operate one. At club meetings your leader will help you. Ask your mother or other family member to help you when you use the sewing machine at home.

To operate the machine easily you must know something about its parts. Your leader will show you the important parts of a sewing machine.

Learn these parts and what they do.

Electric Machine Safety

There is a lot of power in an electric sewing machine. If you aren't careful it's possible to run the needle through your finger.

Keep your knee or foot away from the control when your fingers are near the needle.

Using a Treadle Machine

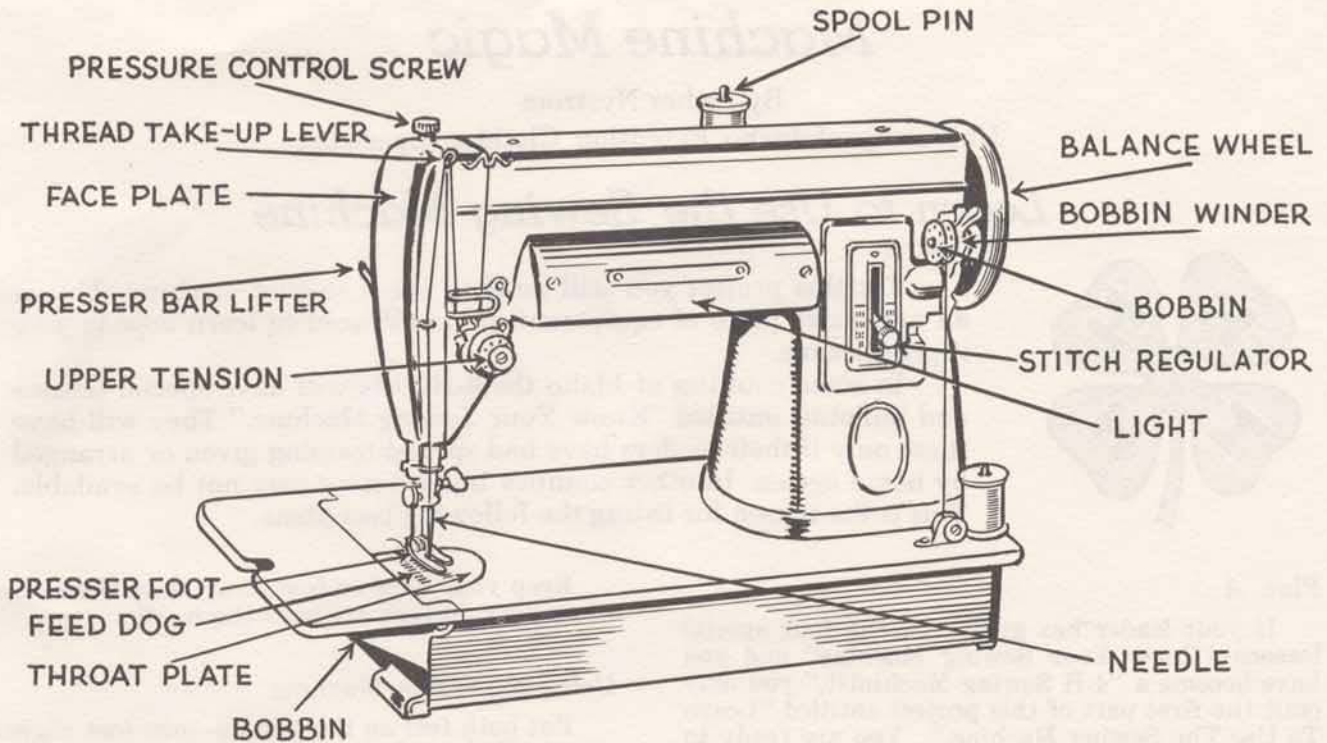
Put both feet on the treadle—one foot slightly ahead of the other. To start the machine use your right hand to move the balance wheel forward or back, whichever is right for your kind of machine. Press first with one foot, then with the other. Treadle slowly at first. Try to treadle evenly. To stop the machine slow the treadling and stop the balance wheel with your right hand.

Stitching Without Thread

(a) Practice stitching without thread on the machine, and without a bobbin. With the presser foot up learn to control the speed—go fast at first, then slow down until you get the feel of an even rhythm as you run the machine.

(b) To stitch straight use a seam guide on the sewing machine as shown in Figure 2 on the next page. You can adjust this guide at different distances from the needle hole. If you don't have such a guide use a band-aid, adhesive or freezer tape. You can draw colored pencil lines on the tape as guides for $\frac{1}{2}$, $\frac{3}{8}$, $\frac{3}{4}$, or 1 inch.

(c) Now tear two pieces of cotton cloth in 3-inch strips. Place a double thickness of these strips under the needle. Set the stitching guide $\frac{3}{8}$ inch from the needle hole. With the torn edges against the stitching guide place the needle in the cloth by turning the balance wheel. Lower the presser foot. Keep your fingers away from the needle when sewing. Let your left hand rest lightly on the cloth, a few inches from the needle and to the left of the presser foot. Your right hand guides the edge of the fabric and is about 3 or 4 inches in front of the presser foot. See figure 3. Begin stitching. Guide the fabric with your hands. Keep your eye on the edge of the cloth—not on the needle. Practice stitching until the machine runs smoothly. Practice starting and stopping the sewing machine.



SEWING MACHINE PARTS

Fig. 1

foot slightly and run the needle up and down 4 or 5 times in the same hole. This forms a knot.

(c) When you stop sewing turn the balance wheel with your hand until the takeup lever is as high as it will go. Lift the presser foot and gently pull the fabric back and to the left of the needle. Then clip the threads about 6 inches out from the presser foot as in Figure 6. This leaves your machine ready to start the next time.

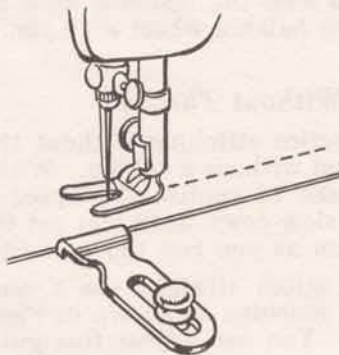


Fig. 2

Stitching With Thread

(a) Your mother or leader will need to show you how to thread the machine and how to fill and place the bobbin. Note carefully how she brings the bobbin thread up through the needle hole and places the two threads in position for sewing as in Figure 4 and Figure 5. Now have fun stitching with thread before you learn to thread the machine yourself. Practice stitching on cloth until you can sew a straight seam.

(b) Next learn to fasten the thread to keep it from raveling. One way is to adjust the lever at the right side of the machine arm and stitch backward 4 or 5 stitches. If your machine does not stitch backward and forward, lift the presser

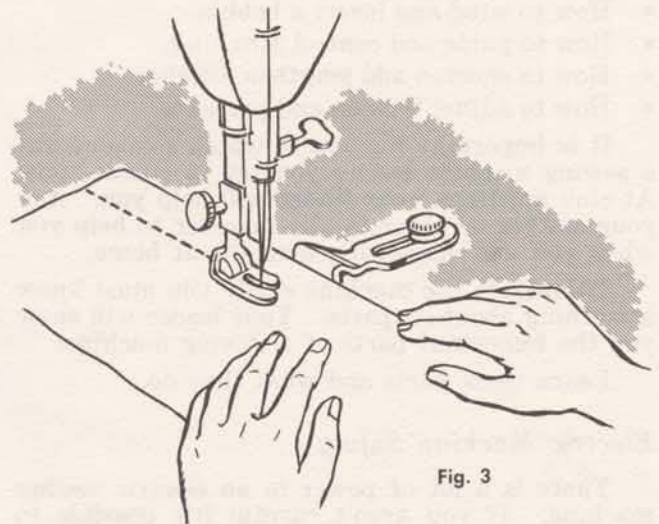


Fig. 3

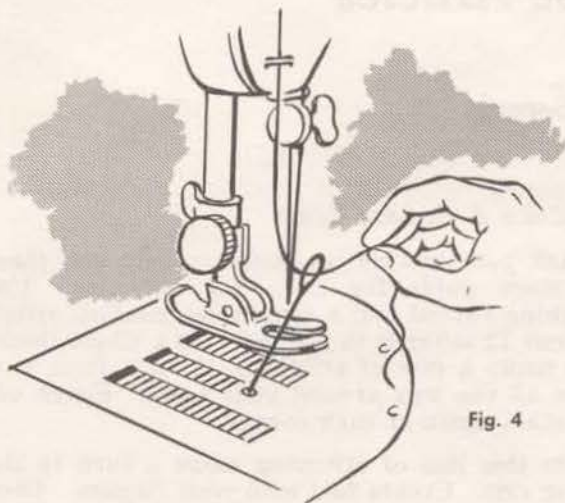


Fig. 4

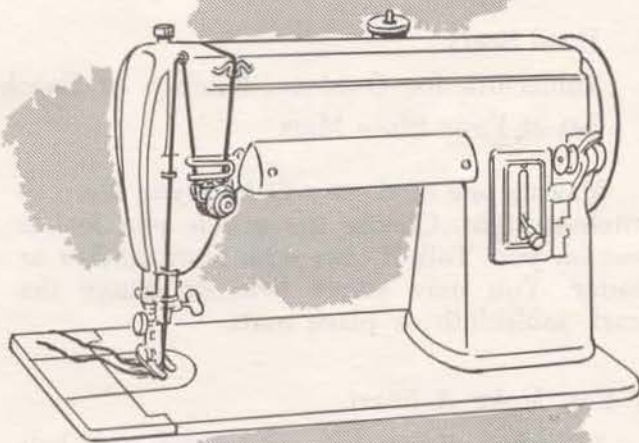


Fig. 5

Threading the Machine

(a) Now learn to thread the machine, wind the bobbin, and put the bobbin in place for sewing. Practice until you feel sure of each step. Some sewing machines thread from right to left—others from left to right. Ask someone to show you in which direction to thread your machine.

(b) Practice sewing on strips of cloth until you can sew some simple article. If you are still unsure of yourself, make more simple articles before sewing the scarf or tablecloth in this project.

Remember, good lighting is important when you sew. Sewing in a good light helps to avoid eye strain. If you do not have enough daylight use a good lamp as well as the light on the sewing machine. Avoid glare or shadows on the machine.

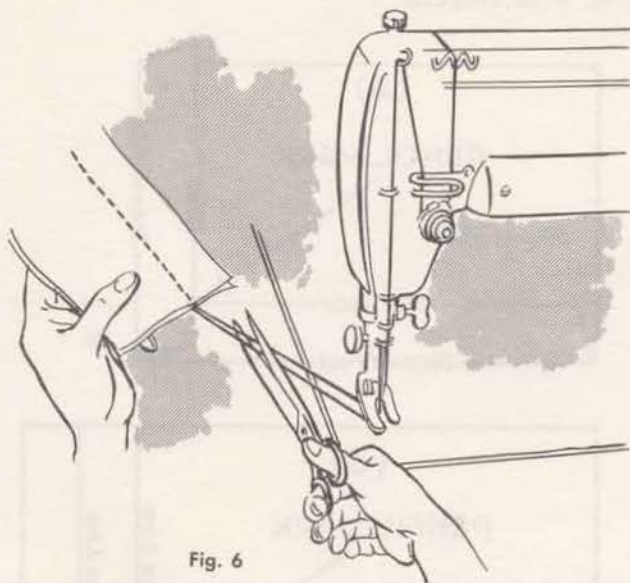


Fig. 6

Use Good Posture

Sit tall and keep your back straight when you sew. Use the correct height bench or chair for you. Adjust it until you are comfortable. Place your bench or chair close to the machine. Let your arms rest easily to guide your fabric but do not lean on the machine.

By maintaining good posture your sewing will be easier, you will not get tired, and you will be able to sew faster.



Fig. 7

Make One of These Articles

1. Head Scarf
2. Tablecloth for Outdoor, Kitchen or Snack-Time Serving
3. Set of Four Place Mats

Making one of these will help you learn to stitch straight. Choose the article you feel is best for you. Talk it over with your mother or leader. You may either hem or fringe the scarf, tablecloth or place mats.

If You Make A Scarf

A head scarf may be used to keep your hair in place when the wind blows, or to keep your ears warm. It can protect your head when it rains. A pretty neck scarf may be worn as an accessory with sweaters or simple dresses.

Decide on the kind of scarf you wish to make. It may be square, triangular, or long.

Choose a color most becoming to you. Then consider how it will harmonize with your clothes.

Choose a washable fabric which will tie nicely. Cotton or spun rayon are easy to handle and sew. Some fabrics are too fine and soft to make a nice fringe.



Fig. 8

Begin to look for labels when you buy fabric. They are usually found on one end of a bolt of fabric, or on a tag tucked inside. If you cannot find a label, ask the clerk if the fabric is color-fast.

You may want to try on some head scarves to decide the best size. A piece of fabric 30 inches square will be about right for some girls. It will make one square scarf, or two triangular scarves. How would you like to make one triangular scarf for yourself and one for a gift?

First prepare your fabric. There are two ways to straighten fabric—tear on the thread or pull a thread and cut on this line. For this scarf it is best to tear or cut away the selvage.

To Make A Square Scarf

Ask your mother or leader to help you place the seam guide for a $\frac{1}{4}$ -inch stitching. Use matching thread and a regulation machine stitch—about 12 stitches to the inch. On a single thickness make a row of stitching $\frac{1}{4}$ inch from raw edges all the way around your scarf. Stitch off and start again at each corner.

On this line of stitching make a turn to the wrong side. Crease fold with your fingers. Then make another turn to the wrong side so you have about a $\frac{1}{4}$ -inch hem. You may wish to use a few pins to hold the hem in place. Press hem lightly. Before stitching the hem by machine make a miter at the corners of your scarf. To miter is a neat way to match or join a corner. It's easy if you do it this way:

a. To learn a miter use paper. Mark the wrong side. On the wrong side make a $\frac{1}{4}$ -inch turn on all sides, starting at corner. Crease fold with your fingers.

b. Turn again to make a $\frac{1}{4}$ -inch hem on all sides. Be accurate when you measure. Crease fold with fingers.

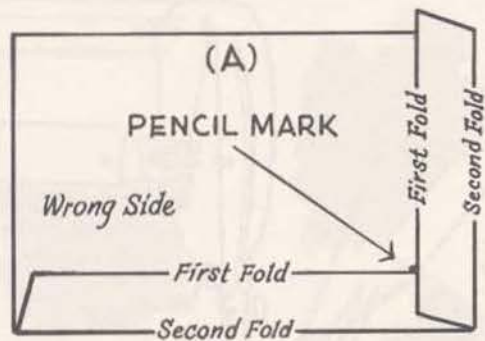
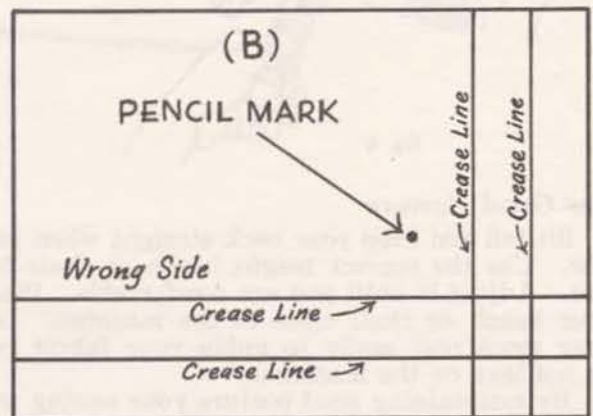
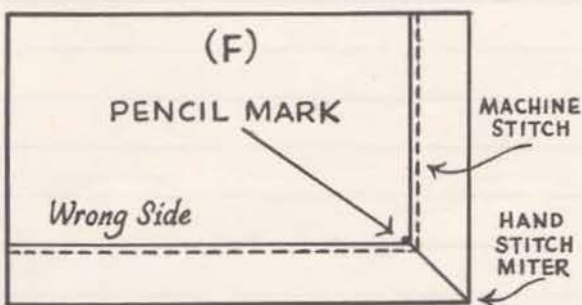
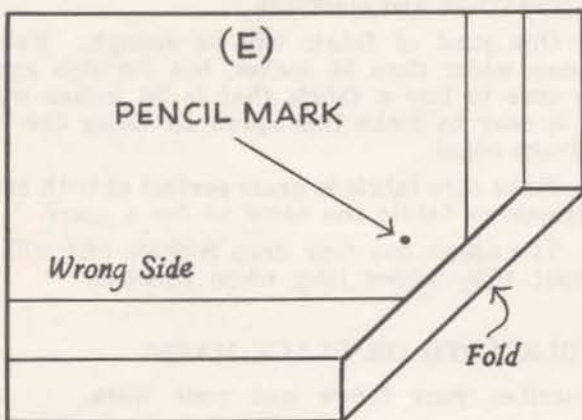
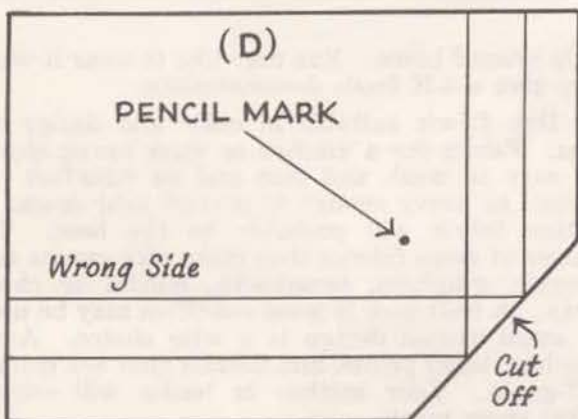
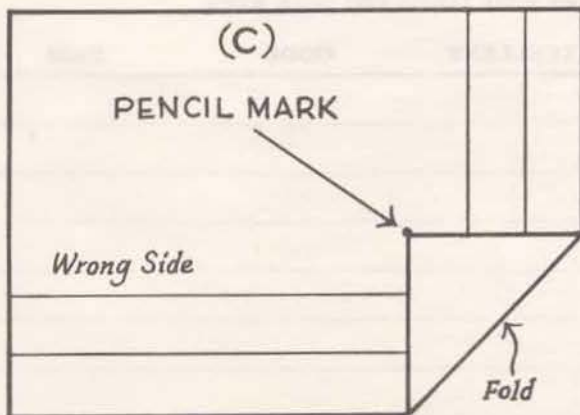


Fig. 9





c. Put a pencil mark at the point where the two folded hems meet. The pencil mark is on the single thickness of the paper—not on the hems (fig. 9A).

d. Open hems completely out. Make sure you can see crease lines (fig. 9B).

e. Bring point of corner up to meet the pencil mark—with fingers make a crease across corner (fig. 9C).

f. Cut off corner on this crease line (fig. 9D). Fold this cut edge to wrong side across corner at point where second or inside turns meet. Crease with fingers (fig. 9E).

g. Replace first and second folds and bring to pencil point (fig. 9F). Now you have a mitered corner. Isn't it neat?

h. Now miter the four corners of your scarf. Press the mitered corners lightly. Stitch around scarf close to edge of fold. Pivot the needle at corners, but do not stitch miter. Use a hand slip-stitch to close the corners. Ask your leader to show you how.

It's Fun to Make a Fringed Scarf

Decide how wide you want the fringe— $\frac{1}{2}$ -inch to 1-inch fringe may be used. Measure same distance from all edges. Pull out one thread on this line. Set your machine for 15 or 16 stitches per inch. With matching thread, machine-stitch in this space on all four sides. Start on side, not in corner. Pivot your needle at the corners. Overlap stitching about an inch where you stop. Avoid a knot.

Fringe edges by raveling away all threads outside the machine stitching. Begin with the outside thread and ravel until you come to the stitching. The stitching keeps raw edges from further raveling. Use a hand whipstitch on the corners to make them strong.

How About a Triangular Scarf

If you decide to make a triangular scarf your 30-inch square of cloth will make two triangles. Ask your leader to show you how to fold this square on the "bias" to form two triangles. Press this fold correctly by keeping iron on straight grain of fabric. This prevents stretching the bias fold. Cut on the fold to form two triangular pieces. Put one piece aside.

On other piece machine-stitch the bias side $\frac{1}{4}$ inch from the edge. This makes turning the hem easier. Do not pull fabric as you stitch.

Fringe straight sides the same as shown for a square scarf. Then on bias edge proceed this way—on the line of stitching make a $\frac{1}{4}$ -inch turn to the wrong side. Crease this fold. Make another turn to form a $\frac{1}{4}$ -inch hem. Crease fold with fingers or with an iron. Trim away pointed ends $\frac{1}{4}$ inch from row of machine stitching along fringe. Open out the bias hem. Turn ends under to the fringe stitching and crease. Replace hem and stitch. Press scarf.

Now you are ready to check the work you did. This will help you improve your sewing as you progress from one project to another. Jot down the amount of money you spent for your scarf in your record book. List one or two important skills you learned while making your scarf.

DID I DO A GOOD JOB ON MY SCARF?

Put a check in the space you think best describes your fabric and your work.

MY SCARF	EXCELLENT	GOOD	FAIR
Color is good for me.			
Color harmonizes with the clothes I'll wear with it.			
Fabric is washable.			
Scarf is on true thread or grain line.			
Hem or edge finish is even and durable.			
Machine stitching is straight.			
Corners are strong and neat.			
Scarf is clean and well pressed.			

Other Articles You Can Make

Instead of a scarf you may make a simple tablecloth for outdoor, kitchen, or snack-time serving, or you may make a set of four place mats. You might wish to make one of these when you have finished your scarf. They make good gifts and are hemmed the same as a square scarf. The hem may be wider. With wide hems you will always want to miter the corners to avoid bulk.

Ask your mother or leader to help you choose a suitable fabric. It could be cotton or linen, or a blend of these two. Buy fabric that is colorfast and easy to launder. You will need to consider the color and kind of dishes to be used with the cloth or place mats.

Write down the amount of money you spent for the tablecloth or place mats in your record book. List an important skill or two you learned.

Your Apron

Have fun making your apron! An apron can protect your dress while you cook or when you

help around home. You may like to wear it when you give a 4-H foods demonstration.

Buy fabric suitable in color and design for you. Fabric for a kitchen or work apron should be easy to wash and iron and be colorfast. It should be heavy enough to protect your dress. A cotton fabric will probably be the best. The names of some fabrics that make nice aprons are: percale, gingham, broadcloth, muslin or chambray. A feed sack in good condition may be used. A small overall design is a wise choice. Avoid borders, large prints, and fabrics that are printed off-grain. Your mother or leader will explain what these mean.

Look for a label which tells whether the fabric is preshrunk and colorfast.

One yard of fabric will be enough. Fabric comes wider than 36 inches, but for this apron be sure to buy a fabric that is 36 inches wide. It is easy to make this apron by using the two selvage edges.

Make sure fabric is grain perfect at both ends. Straighten fabric the same as for a scarf.

The apron has four deep pockets and will be about 15½ inches long when finished.

DID I DO A GOOD JOB ON MY TABLECLOTH OR PLACE MATS?

Put a check in the space you think best describes your fabric and your work.

MY TABLECLOTH OR PLACE MATS	EXCELLENT	GOOD	FAIR
Color and fabric go well with dishes.			
Fabric is washable and durable.			
Fabric is torn or cut on true thread or grain line.			
Hem is even and well stitched.			
Corners are strong and neat.			
Thread is good color choice.			
Tablecloth or mats are clean and well pressed.			

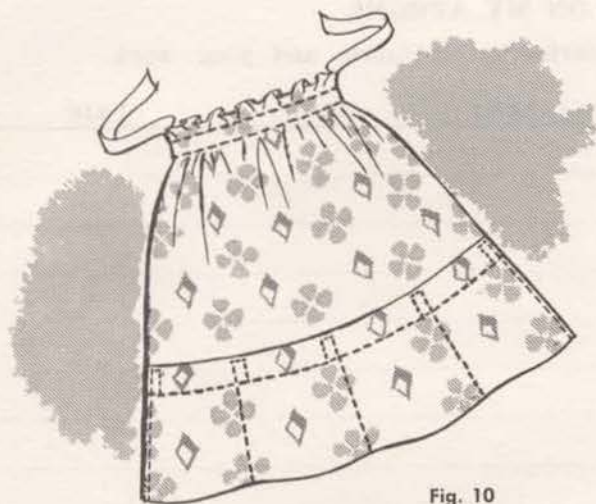


Fig. 10

Make Your Apron This Easy Way

You won't need a pattern. First measure for two strips: one 19 inches long, the other 11 inches long. (For short girl measure 17 and 10 inches.)

1. Measure 19 inches along the selvage. Make a $\frac{1}{4}$ -inch clip with your scissors and tear the fabric crosswise from selvage to selvage.

2. Measure again 11 inches along the selvage and tear this piece crosswise.

3. Now you have two strips—one 19 inches long—the other 11 inches long. You also have a piece of 6- or 8-inch fabric left—fold this piece and put it aside.

4. Press both the 19-inch and 11-inch pieces on lengthwise thread or "grain" to straighten out ripples. Do not stretch or pull.

5. On the 11-inch strip, set the stitch regulator for 12 stitches to the inch. With matching thread stitch $\frac{1}{4}$ inch from edge through a single thickness on one crosswise torn end.

Now you will learn to clean finish. Turn the edge to wrong side at line of stitching and stitch close to the fold edge. Next turn this clean-finished edge to make a 2-inch hem. Press hem on lengthwise grain. Stitch hem by machine. (This is the top of pockets.)

Fold this piece, right sides together. Key selvages together. Press so there is a crease line in center. Now open piece out flat. Pick up one selvage edge and bring it to center fold. Press a crease where it is folded. Do the same with other selvage. You now have three creases with 4 equal sections.

6. On the 19-inch strip: Stitch same as above $\frac{1}{4}$ inch from edge but on both crosswise torn ends. Clean-finish one edge as you did on the 11-inch strip. Now set a $2\frac{1}{2}$ -inch hem instead of 2-inch as above. Stitch the hem by machine. This becomes the top of your apron where you need a casing for the plastic ring or fabric tie.

Now, put another row of straight stitching

at the half-way point of the width of this hem. This is $1\frac{1}{4}$ inches from edge of hem. You now have a casing.

Press this 19-inch strip. Crease 4 equal sections—same as you did on the 11-inch strip.

7. Put the two pieces together—right side of small piece to wrong side of large piece—so the bottom two torn edges come together. Stitch the two straight edges together $\frac{1}{2}$ inch from torn edges. Check crease to crease.

Your next step is to **understitch**: To do this open pieces out and turn both seam allowances toward the large piece. On wrong side of large piece stitch across bottom of apron close to seam-line 3 thicknesses of cloth. Under-stitching is done to keep seamline from showing on the right side.

Turn pocket section (the small piece) so it faces right side of large piece. Press bottom edge of apron so that seam does not show on right side. Be sure to replace crease lines. You might place a pin at fold lines where creases meet to form 4 pockets.

8. Stitch on selvages and every crease line to form pockets (fig. 11). Stitch from bottom up. At top of pockets pivot apron and take one or two stitches across top of pocket, pivot again and do another stitching the depth of hem. This is to reinforce or strengthen top of pockets. Back tack to fasten threads at beginning and end of stitching. Press apron on lengthwise grain.

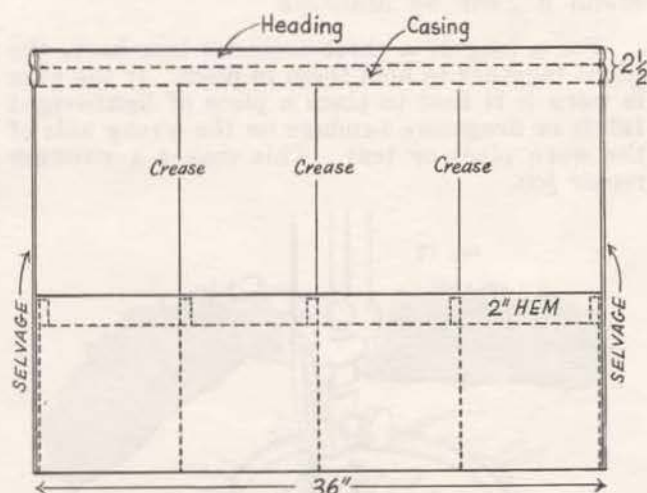


Fig. 11

9. Insert plastic band in casing, or make a drawstring from the leftover 6 or 8 inches of apron fabric. Stitch drawstring to top hem at center of apron. If plastic band doesn't shape to your waistline, put it in warm water. Then re-shape.

10. Record the amount you spent for your apron fabric and thread in your record book. Include plastic band if used. List one or two important skills you learned.

DID I DO A GOOD JOB ON MY APRON?

Put a check in the space you think best describes your fabric and your work.

MY APRON	EXCELLENT	GOOD	FAIR
A suitable fabric was chosen.			
Apron pieces were torn on the thread or grain of the fabric.			
Machine stitching is straight.			
Understitching is close to seamline.			
Hems have an even width.			
Hem ends are securely stitched.			
Fabric is folded equally in fourths, and edges and creases meet.			
Apron is clean and neatly pressed.			

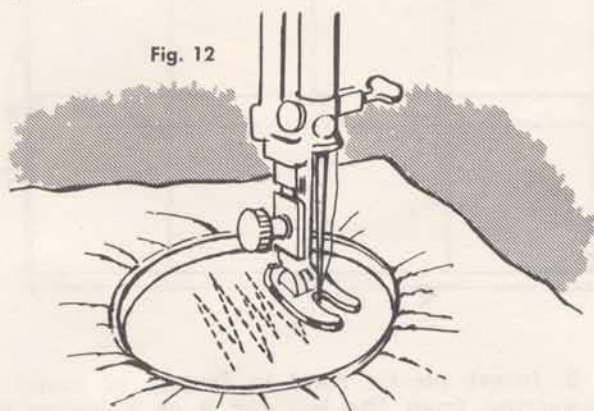
Your Clothes

Most families need to find ways to do a good job of mending in a quick and easy way. Mending or darning by machine will be one way to save time and energy. It's a quick and satisfactory way to reinforce worn spots, or mend small holes in undergarments, night clothes, aprons, shirts, sheets, towels and tablecloths.

Mend a Tear by Machine

For a long or a three-cornered tear baste the edges together to hold them in place. If the area is worn it is best to place a piece of lightweight fabric or drugstore bandage on the wrong side of the worn place or tear. This makes a stronger repair job.

Fig. 12



To hold this taut while stitching, place the material on an embroidery hoop, or you may baste tissue paper on the underside of washable fabric to hold the fabric tight. The paper will wash off when the article is laundered.

Ask someone to help you adjust the machine tension. Use thread and tension to suit weave

of fabric—the finer the weave, the shorter the stitch.

Release the pressure on the presser foot by loosening the screw on top of the machine. Some machines have a way of lowering the feed dog. Do this now. Your mother or leader will show you how.

Slip the embroidery hoop under the presser foot with fabric close to the machine. Stitch across the part to be darned, moving the material slowly backward and forward until the thin place is reinforced or the hole is filled. Follow grain of fabric. Carry the stitching well out beyond the worn area.

To prevent a ridge, run the stitches into the fabric so the rows are not all the same length (fig. 12). If necessary for strength, stitch across these rows of stitching.

Once you have learned how to mend this way try it on some worn household articles or on an article of clothing.

If you have learned to mend by machine write this in your record book and tell what article or articles you mended.

Other Project Requirements

You are now through with the sewing part of this project. **There are other things to do before you have a complete project!** These are outlined for you on the next pages. Do them well, then report your progress in your record book.

Learn to Buy Undergarments

In this project you will learn how to buy panties and slips. Carefully chosen undergarments are a part of being attractively dressed.

Learning to buy clothing articles for yourself is a part of growing up. Knowing a little about

how to spend money can help you and your family get the things you need and want. Planning together is fun!

Do you buy your own undergarments? If you don't why not go on a shopping trip with your mother to learn how she decides what kind to buy. As you gain experience you will soon be able to buy them yourself.

You can never hope to be a good buyer unless you know something about labels. A label is attached to clothing articles to give information about the article. It protects the buyer. Labeling is now a legal requirement for all fabrics and clothing, so learn to look for and read labels before you buy. A good label tells about shrinkage, colorfastness, fiber used, care and uses, and gives the manufacturer's name or trademark.



Fig. 13

Panties

1. Know your size. The size of panties may be listed according to age or hip measurement. Some are labeled small, medium, large. Find the one that is proportioned to your shape.

2. Make sure the pantie fits smoothly—seams should not be noticeable under outer clothing. Seams are smooth to prevent chafing and irritation and neatly finished to prevent fraying. If crotch area has two thicknesses of fabric this gives additional absorbency and durability.

3. Panties are usually available in cotton knits which require no ironing. These are popular with girls because knit will stretch and be comfortable to wear. In addition to cotton you will find panties of nylon, nylon-cotton combination, acetate, and rayon.

Begin each day with clean panties. Launder your panties according to care instructions on the label.

Slips

1. Slips generally fall into two classes—full

length and half-slips or petticoats—or they may be a combination panty-slip. Some are bouffant, others more fitted. What you like as well as the outer garments you wear should determine your choice.

A tailored slip wears better than a very dressy one, so you may wish to choose a tailored slip for school and a dressy one for dress-up occasions.

2. Always try on a slip before you buy one. Check to see that it fits easily and smoothly. The size may correspond to your dress size. Half slips and panty-slips may be sized by waist measurement or be marked small, medium and large.

3. You may find slips of knitted or woven fabrics in cotton, rayon, acetate, silk, nylon—or in one of the polyesters such as Dacron, Kodel and Fortrel. You may find various combinations of these fabrics. One popular combination is cotton-dacron polyester. It is easy to care for. A good quality nylon tricot (a knitted fabric) holds its shape, requires little care and fits the body smoothly. Watch for durable trims. Nylon lace and net trims require little care and are usually inexpensive. Good quality trim increases the cost of a slip.

4. Seams should be flat, firmly stitched and finished to prevent fraying and to resist strain. Look for pinked and double-stitched or edge-stitched seams in woven fabrics, and overcast seams in knit or tricot fabrics.

Straps should be firmly attached to the body of the slip and not to the trimming alone. Adjustable straps are desirable.

5. Look for and read labels. Launder your slip according to care instructions on the label.

Show and Tell Others

Learning to give demonstrations is a part of your 4-H club work. In this project you are required to give one demonstration. When you show and tell others how to fringe a fabric or how to thread a machine you are giving a demonstration. It's fun to demonstrate your skill. You might show your club members one of the things you learned to do in this project. To get more practice try giving your demonstration to a service or other group in your community.

Here Are Some Suggestions:

- How To Thread The Machine
- How To Straighten Fabric
- How To Use A Seam Guide
- How To Miter A Corner
- How To Fringe A Fabric
- How To Understitch A Seam
- How To Clean-Finish An Edge
- How To Make A Hem
- How To Mend By Machine
- How To Buy A Slip
- Good Sewing Tools and How To Use Them
- How To Keep A Good Record Book

If you give a sewing demonstration, make your samples large. A good plan is to use contrasting thread, large stitches, and plain fabric so the audience can see what you are doing. During your demonstration don't forget to tell "why" you do certain steps.

If you find this experience interesting and helpful, you may wish to enter a clothing demonstration contest. Ask your home agent about this. Keep track of the demonstrations.

Keep a Good Record

Your record book is as important as your sewing. Get a good start on yours. Your leader will help you.

Your record is not complete until you list everything you made and learned in this project. Write down any extra sewing you did, too.

Do not include clothing articles made in school or in other classes.

To keep good records of your 4-H clothing work as you progress, start this year by having your picture taken in your apron. You'll find a place in the record book to mount this snapshot. Mount a neat sample of your apron fabric, too.

Keep your record clean and neat. Be sure to have your parent and club leader sign it.

Show Others Your Work

It is a pleasant experience to show others what you have made in your 4-H clothing project. Perhaps your group can plan a special club day and invite your parents and friends to see your sewing and record book. There may be other times when your group could set up an exhibit. When you do this make sure your sewing articles

are clean and well pressed. Ask your leader or home agent to show you how to make neat labels and fasten them to your apron and the other article you made.

Compare your sewing with that of others—you may find ways to help you improve your work in the next clothing project.

It's Fun to Model

This year you begin your lessons on how to model. Each year you can learn more. A bulletin to help you is "Fashion Modeling Your 4-H Garment." You can get this from your county agent.

To wear your clothes gracefully is important. It is good experience to wear your apron and model it at a club or community meeting or at an achievement day. How you appear in your clothing is as important as the clothing itself. Your personal appearance is the way you appear to other people. To look your best you first need to be well groomed from top to toe. You and your clothes must be neat and clean. Make sure your apron is clean and well pressed. Wear a dress or blouse and skirt that look nice with the apron. Your leader or home agent will show you how to walk and model your apron. Modeling can be fun if you practice correct ways of walking, standing and turning.

Here are some points to remember:

- Clean, shining hair adds to your appearance.
- Good posture is essential for health and good looks.
- A friendly smile wins your audience.
- Well-cared-for hands improve your appearance.
- Shoes polished and in good repair make your outfit complete.

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"

THE 4-H EMBLEM

The 4-H Club emblem is a four-leaf clover with the letter "H" on each leaf. The four "H's" stand for Head, Heart, Hands, and Health.

THE 4-H CLUB COLORS

GREEN: Nature's most common color is emblematic of springtime, life, and youth.

WHITE: Symbolizes purity and high ideals.