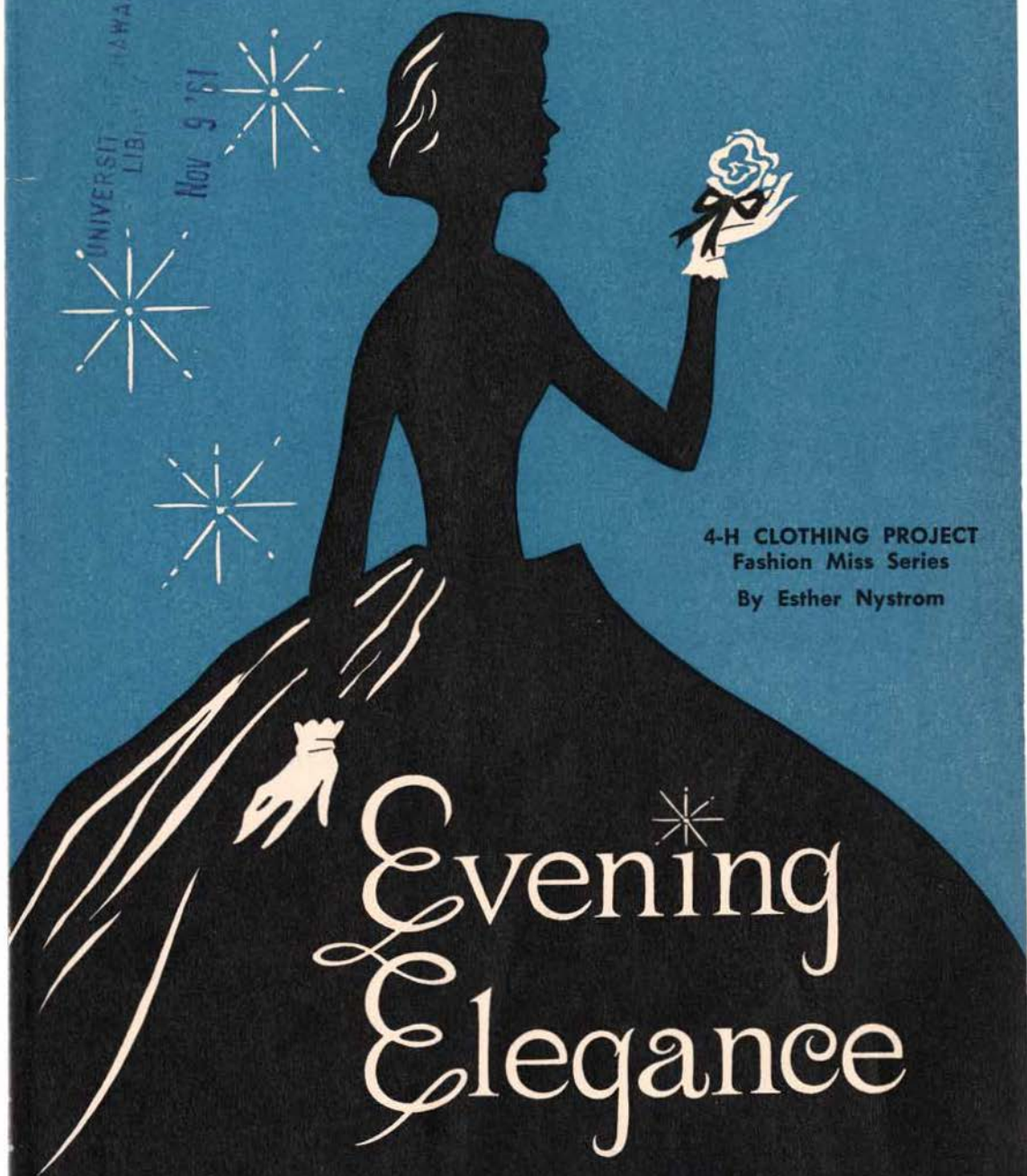


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4-H CLOTHING PROJECT
Fashion Miss Series
By Esther Nystrom

Evening Elegance

This Is Your Project

MAKE AN EVENING GOWN OR SPECIAL-OCCASION FROCK

Choose any type fabric, style, or length suitable for you and the occasion.

MAKE A SPECIAL WRAP TO WEAR WITH YOUR GOWN

Choose a jacket, cape, capelet, bolero, stole, or other fashion-wise shoulder wrap.

COMPLETE YOUR PROJECT

Care For Your Clothing . . .

Learn how to handle and care for pile fabrics.

Improve Your Buying Habits . . .

Learn important points to consider when buying shoes and hose.

Improve Personal Appearance . . .

Take care of your hands.

Choose makeup carefully.

KEEP YOUR 4-H CLOTHING RECORD BOOK AND WRITE A STORY

JUDGE YOUR SPECIAL-OCCASION FROCK

EXHIBIT YOUR WORK

Evening gown or special-occasion frock

Wrap to wear with dress

Clothing record book and story

Evening Elegance

--- Fashion Miss Series ---

BY ESTHER NYSTROM

Clothing Specialist, University of Idaho Extension Service

WHERE ARE YOU GOING, MY PRETTY MAID?

WHERE you go will determine the kind of dress you make. If you need a very special party outfit enroll in this project, **EVENING ELEGANCE**. Make that beautiful, sweeping, dream dress you've always longed for. It can be an evening gown or special-occasion dress suitable for the junior or senior prom, the



evening dinner party, the music recital, the wedding, or some other delightful affair. By keeping your dream dress simple in design you can wear it to many less formal affairs and feel appropriately dressed. You can have your creation do double duty, too, by making a special wrap to go with it. Look in magazines and pattern catalogs for fashion ideas. Then talk this project over with your mother and leader.

HOW SKILLED ARE YOU?

EVENING ELEGANCE belongs to the Fashion Miss series and is written especially for advanced sewers. You may choose this project if you have successfully completed the Junior Miss and Modern Miss series or have had similar sewing experience. Your skill determines the job you can do. It takes an experienced seamstress to work with skill on fabrics such as velveteen, velvet, silk, jersey, sheers, plaids and stripes.

You have already gained an understanding of your own figure and pattern type, your coloring, and your personality traits. You have also learned to choose clothes suitable for the season and the community in which you live.

Here is another wonderful opportunity to broaden your experience in sewing and gain special information on buying shoes and hose, caring for clothes, and grooming.



Simplicity Is the Keynote of Perfection

Consider Your Dress

You have, no doubt, had fun and valuable learning experiences choosing good quality fabrics for your school dresses, your tailored suits, and your coats. Now the picture changes a bit. Special-occasion dresses are not worn as often as school clothes. The durability of fabric is not quite as important as it is for garments which receive constant wear.

Most of us have to watch our clothing dollar and make it go as far as possible. You may be surprised at the effect you can achieve at very little expense.

Choose the style carefully. Style may be expressed through the skillful use of line, color, and texture. The special-occasion frock has infrequent wear—it should be planned to give service over a long period of time without appearing to be out of style. Avoid trimming that is so elaborate or conspicuous as to “date” the dress.

Are you going to college? If you are, consider how this dress can serve you there too.

Focus attention on your good points. Your clothes express your thoughts, so give good thought to your dream dress, your party accessories, and your grooming.

FABRICS ARE LOVELY

You'll see many beautiful fabrics on the market today.

Some have glitter

Some have glamour

Some have texture

All have manner.



Plan Your Costume Before You Buy

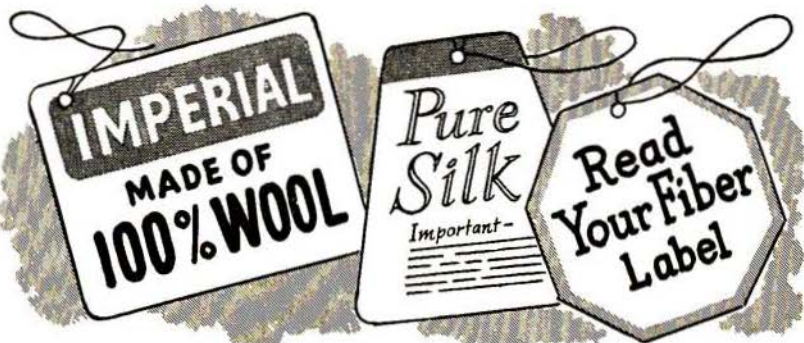
Because new fabrics are continually appearing on the market it will be easy for you to find suitable fabrics for your evening frock. We feel that more handsome fabrics are justified because they harmonize with the idea of the more formal or festive occasion.

Cotton fabrics are very popular now. How pretty a checked gingham evening dress would look at that late spring prom! Wool is always versatile. What would look prettier than a beautiful sheer woolen frock for that winter banquet.

It is impossible to cover the entire field of suitable fabrics but here are a few suggestions: polished cotton, diminity, organdy, gingham, velveteen, lace, faille, dotted swiss, net, voile, crepe, chiffon, velvet, brocade, organza, silk, satin, taffeta.

Before you buy look at your fabric in the daylight. Colors are deceiving under artificial light.

Be sure to ask for, read, and use labels on bolts of fabrics. Fiber identification is an important clue to the use and care of modern fabrics. Federal law now requires companies to label all textile fiber products—yard goods and clothing. With a widening world of new fibers, fabrics and finishes, we need facts and know-how to help us buy, use, sew and care for our modern textiles. Even the experts cannot be sure without laboratory tests. Our best guide is reliable label information to tell us how to use and care for the textile products we buy. Labels must show the percentage, by weight, of each fiber that makes up more than 5 per cent of the product. The fibers must be listed in order of greatest percentage. Be informed—read labels!



Look for and Read Labels When You Buy Fabrics

HAVE YOU HEARD?

THIS ABOUT
FABRICS?



THIS ABOUT
TEXTURE?



Fabrics that have some weight or body look best on most girls.

Fabric with a printed design hides pattern detail and nervous stitching lines.

Trimming is usually not necessary with stripes and plaids.

Tailored lines are for firm fabrics.

Pleats are for fabrics that hold press and will not wrinkle.

Soft fabrics gather and drape well.

SHINY

Increases size
Reveals silhouette
Highlights curves

STIFF

Increases size
Increases shape

HEAVY

Adds to size
Conceals body shape

CLINGING

Increases size
Reveals silhouette

DULL

Reduces size
Conceals body outline

SOFT

Decreases size

SHEER

Reveals body shape
Increases size, if stiff

ROUGH

Increases size

THIS ABOUT DESIGN?



Large sprawling prints increase size of the figure.

Swirling prints emphasize the round or curved lines.

Sharp geometric designs give stiffness of a figure and angular lines to the body.

Widely spaced, large prints give a spotty effect and increase size.

All-over subdued prints have a tendency to decrease size of the figure.

Dainty fragile designs are scaled for the small figure

Plaids generally increase size of the figure.

Fabric of heavy nap or pile increases size of figure.

Printed fabrics call for a more simple design than a plain fabric does.

Plaids and stripes require extra yardage.

Consider Your Wrap

Your party wrap may be a short or waist-length jacket, cape, stole, hooded wrap, bolero, or other fashion-wise shoulder cover. A net stole is not suitable. Your wrap will be attractive made of the same fabric and color as your dress. You might like to use a contrasting fabric and color, or a blend. Your jacket, if carefully chosen, can be worn with other dresses for less formal occasions.

If you choose to make a white dress, a stole can lend an air of elegance—let it match the dress on one side and reverse to bright red. Of course, a stole can lend an “air of elegance” to more than just a white dress.

White wool is always lovely for winter and summer. However, it needs frequent cleaning.

A dress of lace can take for its companion a cape of matching rayon or silk.

Lined velveteen wraps are suitable and versatile.

Use care in selecting fabric and pattern for your wrap. Consider your build, your personality, the texture and color of your dress, and the occasions where you will wear your outfit.

Accessories Are Special Items

For any dress-up occasion, the basic idea is to establish a happy, gay, light-hearted theme. Make the colors blend and sparkle in your costume. Accessories—jewelry, flowers, evening bags, combs, handkerchiefs, gloves, hats and shoes, should reflect the mood of the dress. They need to be special items to look well with your dress. They must relate to each other as well as to the dress. Perhaps you already have some accessories in your wardrobe that would look well with your new outfit. To save expense you may wish to make one or two of the above accessories. The smart young girl wears few accessories for evening and she keeps them simple to create a charming effect.

If hats are worn at all they are small and brimless. They may be made of fabric with glitter, flowers, feathers, veiling with bows, velvet, or silk.

Shoes for evening are pumps or slippers with high or low heels. They can be found in fabric, leather, plastic, in materials such as:



The Making of Beauty Is In Any Woman's Hands—Lilly Dache



satin, velvet, crepe, kid, suede, brocade, linen, nylon. To save expense some girls cover old pumps with fabric to match their gowns. Others dye their slippers to match.

Nighttime jewelry may have glitter and glamour. But be careful again to consider simplicity in choice. Small earrings make the face appear shorter, while long pendant earbobs make it look larger. A choker of large beads corrects a two-long neck, while a lavalier seems to reduce a neck that is too fully developed.

If you wear an evening **purse**, it will be small and fragile. A **handkerchief** of lace may peep from a corner of the purse.

The evening **perfume** is a wonderful concentrated essence. It makes the wearer feel exquisite and beautiful. These qualities are reflected in personality and appearance. Drink in beauty from every possible source. You cannot give what you do not have. All charm is giving! An exquisite perfume is used for a very special occasion. One set of rules for wearing perfume is to use only six drops:

One on each wrist for those you meet and greet;

One on each shoulder for those you pass;

A drop on the forehead as a blessing;

And a drop on the nape of the neck for those you never see!

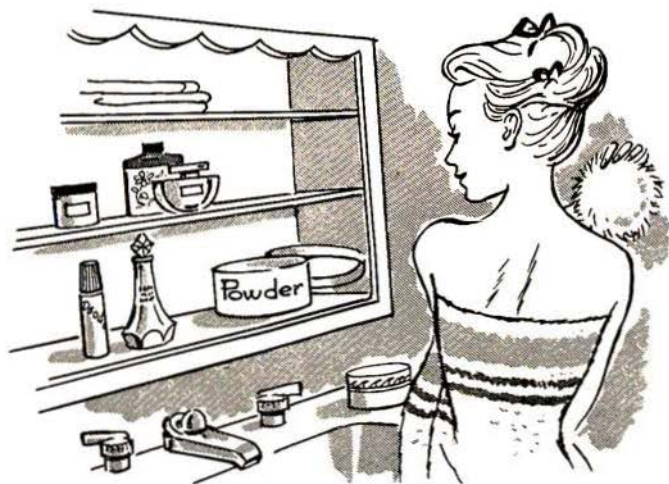


*Style Requires Personality—It Is Something
We Give the Things We Wear*

Little Things That Count

Now that your creation is ready to wear, do not overlook some of the little things that count.

- See that your underthings are immaculately fresh.
- Naturally you want to "dress up" when you go out so wear a well-fitting girdle, or panty girdle, and a brassiere. They make your dress fit better and aid your posture. Today's girdles are lightweight and pretty—you'll have no trouble choosing a suitable one for your figure and for the occasion.



- As important as your daily bath—a dab of deodorant keeps you daisy fresh.
- Hair is clean, sweet smelling, and neatly arranged.
- Give attention to good posture and how you walk.
- Remember—take your smile with you.

Dreams do come true—your dream dress is finished! Out you go to evening gaities with distinction and chic. Have fun!



*The Glory of the Rising Sun is Never Seen by One Walking With Protruding Head and Abdomen—
Jesse F. Williams*

Complete Your Project

You have, no doubt, noticed as you progressed through 4-H sewing that every 4-H clothing project includes more than merely learning the skills of sewing.

In this project, in addition to making your evening dress and jacket, you will learn how to care for pile or nap fabrics, how to take better care of your hands, and how to buy shoes and hose. Be sure, also, to give some careful attention to the art of applying makeup.

CARE FOR YOUR CLOTHING

Even though you may not be making a dress of pile fabric this year, learn how to work with pile fabrics—corduroy, velvet, velveteen. These are all pile fabrics (described as nap on your pattern). A pile weave, unlike plain woven fabrics, has the addition of raised loops on the surface. The loops are sheared to form the pile. The cut ends are then brushed evenly in one direction. This direction is commonly known as “with the nap.”



Pile has direction and may be cut so it runs either up or down. All pieces must run the same direction because this affects the fabric color. Running up, the effect is darker and a richness in color; running down, there is a lighter, shiny effect. There is a difference in opinions regarding the nap. Some professional sewers say for a short nap, such as velvet or velveteen, run it up, and for a long nap, such as wool broadcloth and fleeces, run the nap down.

Satin and polished cotton, while not napped, have enough sheen that they appear to change color when pattern pieces are not turned the same direction.

To preserve the beauty of a pile fabric choose a simple pattern with a minimum of seams, darts, and tucks. Avoid a pattern that requires top stitching since the presser foot of your sewing machine will mat a pile fabric in stitching.

When pressing seams open, steam them in the direction of the nap. Place a scrap of velvet or turkish towel on the ironing board, right side up. Place right side of seam to right side of velvet scrap. Apply steam without any pressure on the iron. Never try to press dry! Instead, place dress aside flat until dry before you handle it again.

Another way it to place a damp pressing cloth over a hot up-right iron. Open the seam flat, draw the wrong side of the seam over the steaming cloth.

During the life of your velvet, velveteen or corduroy garment frequent steaming will enliven the pile. One way is to hang garments over a bathtub of steaming water for forty-five minutes. Use a soft brush once during each steaming to brush the garment from the hem up. Allow your garment to dry thoroughly before you handle it. When velvet garments need cleaning send them to be drycleaned. Reputable cleaners have special equipment which helps keep problem fabrics "like new." Most corduroy is cotton—therefore, it usually can be washed and steam pressed. Because there are so many different corduroy qualities and finishes used for different purposes, be sure to follow washing instructions on labels. In automatic dryers damp drying is best for corduroy. Then pressing is easy, or in the case of children's clothes, often unnecessary. If corduroy needs ironing press it on the wrong side over a terry towel. For an extra lift use a steam iron. Press with the ribs using a lifting motion. Use no pressure. Turn the garment to the right side and brush the pile to raise it.

For occasional home care use a soft brush to remove lint and dust from velvet, velveteen, corduroy. Brush with the nap. Use padded hangers for these garments. Hang strapless gowns wrong side out from loops on inside of the waistband. Do not use clamps or metal skirt clips.

For more information refer to the University of Idaho extension bulletin, "If It's a Pile Fabric."

KNOW HOW TO BUY SHOES

Now let's keep our feet on the ground while we have our heads in the clouds. Tramp . . . tramp . . . tramp . . . your shoes go marching all day . . . every day through all kinds of weather and activity. How important, then, it is to consider foot comfort, wearing qualities, and style when you buy your shoes!

If you've ever limped in a shoe, blistered your heel, or had bumps on your toes, no one needs to tell you the importance of good shoe fit. It is known that 80% of high school boys and girls have developed one or more varieties of foot defects: bunions, corns, callouses, blisters, ingrown toenails, misshapen toes, weak ankles, or poor arches.

Too often, when buying shoes, we fit the eye first, the pocket-book second, and the foot last. Is it any wonder some people suffer all their lives from some kind of foot trouble? Foot doctors tell us, that in addition to the various foot defects, ill-fitting shoes can bring poor posture, fatigue, and even affect the nervous system.

How Do I Buy Shoes That Fit? These tips may help you:

- Plan your buying well in advance of your need—you will get better satisfaction.



- Shop for shoes in the afternoon—your feet can change in length and width from morning to night.
- Always have both feet measured and shoes fitted to the longer foot. Don't rely on the same size every time you shop for shoes—even adult feet grow and change.
- Try on both shoes and walk in them.
- Be able to say "yes" to these questions:

Is there at least one-half inch between the end of your big toe and the front end of the shoe?

Is your little toe at the widest point of the shoe?

Is there toe room so you can wiggle your toes freely?

Does the instep fit smoothly?

Is the heel comfortable and does not slide up or down as you walk?

Does the arch of the shoe fit well up under the arch of your foot?



Feet Should be Seen and Not Hurt—National Foot Health Council

- Don't expect to "break in" a shoe—if it doesn't fit your foot while you are in the store, it never will. If shoes don't feel good, don't buy them.
- Look at the lining. Feel it as well. It should be smooth—without ridges or projecting stitches. Many people prefer leather lining because it lasts longer and preserves the life of the shoe.

Remember, your five toes need certain space and certain general shape if they are to spread out naturally and comfortably. If you wear shoes with needlelike toes, your feet are sure to be cramped, twisted, and finally deformed.

What you pay for shoes depends on the family budget and how often you plan to wear them. For shoes to live in, get the best you can find. You can economize on the evening shoes which you probably will wear only a few times. Shoes may be attractive, stylish and becoming without sacrifice of comfort.

When you reach that milestone in every girl's life—high heels—be sure to use common sense in selecting shoes and in taking care of your feet. Don't let your walk be the tortured one which often marks the first-time wearer of high heels and spoils her fun and appearance. In choosing high heels you may wish to pick soft pumps rather than sandals. Sandals give very little support. Remember, too, that extremely high heels are designed for appearance, not for comfort. Many foot doctors advise wearing high heels no more than four hours at a time. Never, never try out a new pair of high-heel shoes at a dance or when you model. Become accustomed to them first.

And Now That Last Word On Shoes:

- Select a well-made shoe.
- Make the shoe fit not only the occasion but your own precious feet as well.
- Take care of your shoes. Care adds wear.
- Always choose lines and colors best for you. Just as correct line in clothing can enhance your figure, the correct line in shoes can add or subtract inches of height, minimize width of ankle, and give appearance of slenderness to your figure.
- It's fun to learn about shoes! Do further study. Get the bulletin "Leather Shoes—Selection and Care—No. 1523—USDA" from your county extension office and write the National Foot Health Council, Rockland, Massachusetts, for interesting facts about shoes.



Good Shoes Are Vital to Good Health

KNOW HOW TO BUY HOSE

Your hosiery wardrobe, if built up like your wardrobe of dresses, demands a little study into the type of hose, their relative wearing ability, and how they are labeled. Here are a few tips to help you:

- It is true not all manufacturers label hose the same. The trend is to label hose according to the occasion for which they are worn. Here are some common classifications:

Walking Sheer — street or travel
(probably tops for durability)

Daytime Sheer — school or office
(probably best for all-round wear)

Dress Sheer—informal events (probably minimum durability)

Luxury or Evening Sheer—formal or evening wear (the most fragile of all)

- Labels tell what size and length the stockings are. **Be sure to buy the right size.** The right size is one-half inch longer than your longest toe.

Buy the right length—to determine the right length measure your leg from the garter fastening to the base of your heel. Sometimes the label tells whether the length is short, medium, or long. If there is no label, ask the clerk to measure the hose for you.



Here are a few tips to help you cut down your hosiery bill:

- Remember, you can't find all things in one pair of stockings. Don't buy extremely sheer hose and expect them to stand up under all sorts of wear.
- For longer wear buy at least two pairs of hose of the same color, style and type. If one stocking develops a run, you can use its mate as a "spare" for the other pair.

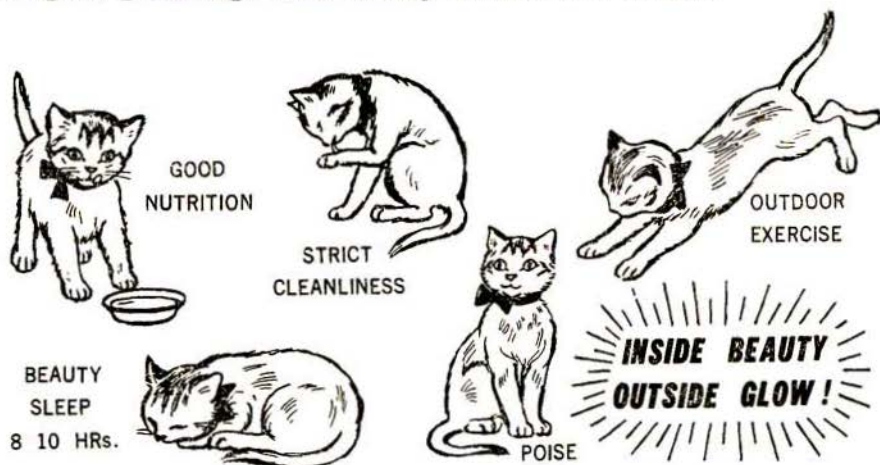


Wearing Hose A Long Time is Largely A Matter of Care and Luck. Use Care and You Extend Your Luck—Kiplinger Magazine

- Whether you choose seamless or seamed stockings will depend upon your wardrobe, what you do, and your own taste. You will see many kinds of seamless hose on the market. They are becoming popular with casual clothes and are fine for travel, shopping, dancing, where you want no struggle with keeping seams straight.
- Some stockings are marked "irregular." These are often good buys. Irregulars are those which have slight flaws in fabric, color or size. Examine them closely before you buy.
- Look for "run-stop" stitches just under the hem at top of hose designed to prevent runs from going down into the leg of the stocking.
- A hem of about 4 inches at the top of hose is recommended. It gives firmness for anchoring the supporter. Hose in average sizes should stretch about 12 inches at the top. Ask the clerk to stretch the top for you. The stocking should spring back into shape after it is stretched (poorly made ones do not regain their shape).

Self-Made Beauty

Good grooming is an art. It is not a matter of dollars, but just plain common sense. Most girls realize that the basis for charm is good grooming. But why stop with a polished exterior? Include good manners, courtesy and kindness in the all-inclusive definition of good grooming. Real beauty comes from within.



Glamour Really Begins on the Inside and Reflects on the Outside—Lilly Dache

What are the fundamental secrets of self-made good looks? They are: strict cleanliness, a good clear skin, meticulous grooming, fine posture and carriage, an attractive voice and manner of speaking, and a pleasant facial expression reflecting inner graces. These are within the reach of all, even though some were born without a large measure of physical beauty.

It takes a little time and energy to become faultless in personal grooming and appearance. Of what good is it if our clothes are exactly right but our hair, skin, and fingernails spoil our appearance?

Plan your life to include siestas—physical and mental. They are very important to self-made good looks. Planned daily withdrawal from care is a release from tension. Beauty is lost when there are signs of strain.

A girl who is the most charming and beautiful at that evening prom is the one who regularly follows some basic health rules. She knows charm and practicality go hand in hand.

Finger Tips for You

Beautiful hands are first built at the dining table. Correct food habits help develop strong nails and smooth hands. Well-cared for hands are important in making you attractive. They deserve special care. So set aside a time each week to manicure your nails—this will be a thorough job of removing old polish, filing and shaping nails, cleaning nails, and attacking stains. First shape the nails with emery board to form a light curve like the fingertip. Then scrub the hands with pure soap and lukewarm water. Washing before filing softens the nails and may result in frayed edges. No one can tell you how long your nails should be. Anyone studying piano, violin or other musical instruments usually has short fingernails.

If your hands are dry or chapped, use a greasy cream at night—greaseless lotions are intended for daytime use. Avoid harsh soaps and detergents which sometimes cause drying, chapping, and other skin difficulties. Always dry your hands thoroughly.

Good hand lotions can be made at home. You might like to try one of these effective, inexpensive hand lotions.



*Beautiful Hands Are They That Do Work That
Is Earnest and Brave and True*

HAND LOTION I

Put four ounces of rosewater in a bottle. Add a few drops of glycerin. Shake the bottle well.

HAND LOTION II

Heat or boil one and one-half teaspoonsful of tragacanth shavings in a pint of distilled or rain water until a clear mucilage is formed. Add three level teaspoons of boric acid and one tablespoon glycerin. Stir.

Perhaps you will use a light colored fingernail polish when you wear your special-occasion frock. If you do, make the tone of your polish harmonize with your costume and your personal coloring. If you do use colored fingernail polish, keep it subdued rather than bright—this keeps the hands inconspicuous. If your hands are large and unattractive, it is best to use a clear polish or a powder and an old-fashioned buffer. Clear polish gives fingers and hands a well-groomed look.

Never permit "the chipped polish look." It is one of the greater evils against attractiveness.

Remember—if you expect to look at ease, keep your hands relaxed and quiet.

Choose Makeup Carefully

The natural look is best—therefore, use makeup only to accent your own features in a most flattering way. Always use colors which best harmonize with your complexion and costume. Be sure to study colors of your costume and makeup under artificial light.

If you use makeup, apply it skillfully and sparingly—the secret is to suggest, not to emphasize. Wear just enough to make you look pretty and well groomed. Youth is known for beauty—don't spoil a healthful complexion by excessive use of makeup.



PRESS LIGHTLY



REMOVE EXCESS POWDER

A protective cream or foundation lotion helps to make powder go on more smoothly, stay on longer, and wash off more easily. It may cover up slight blemishes too. When applying powder use it rather generously. Dust a little on your lips, too, before applying lipstick. This gives a velvety appearance and makes lipstick stay on better. Then wipe your face with cleansing tissue.

When applying lipstick block out the desired lip contour first. Most experts recommend a lipstick brush to achieve professional results. Begin at the outer corners. Then fill in the lip outline. Blot the lips several times with a piece of cleansing tissue.



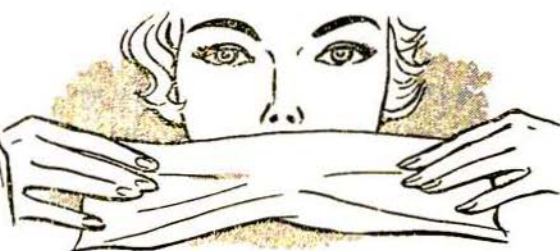
FILL BRUSH TIP
WITH LIPSTICK



OUTLINE LIPS



FILL IN



BLOT WITH TISSUE

Eye makeup is not heavy but enchanting for evening. Mascara, like eye shadow, is more apt to be reserved for evening use. When applying mascara use an eyebrow brush and moisten it. Then rub it over the mascara and brush lightly over the eyebrows—avoid getting color on the skin beneath the eyelashes. Use mascara on the upper lashes only. Brush lashes upward. Hold brush with the bristles down.

Mascara may match the lashes and brows (black or brown), but dark blue and blue-green mascara, if applied sparingly, can be flattering and natural looking for evening wear.

Always remember—WEAR WHAT IS BECOMING REGARDLESS OF CURRENT FAD.



Real Beauty is Genuine and Natural

YOUR RECORD

Keeping records is a part of all your clothing project work. You have not finished this project until you have completely filled out your record book. Be sure to show how you did all the things listed under COMPLETE YOUR PROJECT.

Write a good story. Tell of your problems, new skills you have learned and what you hope to be able to do next year. Put personality into your words and make your story the best you have ever written. DO A GOOD JOB.



Check Yourself

Now take time to judge this "lovely" you have created. What is your own opinion of . . .

	Good	Could Improve
This dress for the occasion		
The color for you		
The style for you		
The fabric for you		
The appropriateness of trim		
The fit on you		
The workmanship		
On neckline		
On sleeve or armseye		
On waistline		
On hems		
On plackets and fastenings		
On linings		
On seams (include seam finishes)		

To make the best better and improve your sewing ability even further plan to enroll in another exciting clothing project next year.



Have Fun Wearing Your New Frock!

MORE INFORMATION TO HELP YOU

Ask your County Extension Agent for these aids:

FABRICS—Buying, Sewing, Laundering.
PNW Bulletin 20.

If It's a Pile Fabric

Fabric and Pattern Coordination

Color and Texture for Individual Types

Necklines

Every Girl a Model

Other 4-H Project Bulletins



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