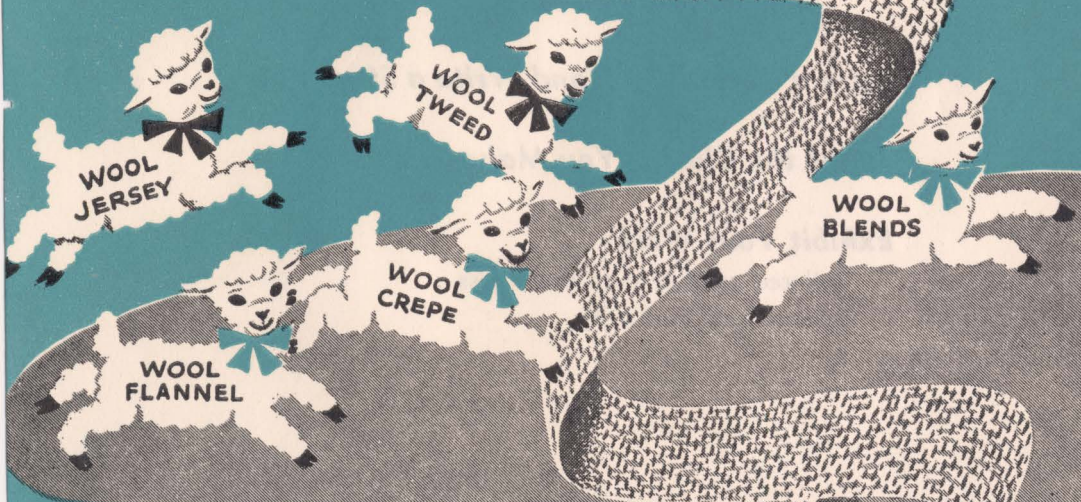




UNIVERSITY OF IDAHO
College of Agriculture

*Wearable
Woolens*



4-H CLOTHING PROJECT
Fashion Miss Series
By Esther Nystrom

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Extension Service

Bulletin 294
January, 1959

THIS IS YOUR PROJECT

Make a One-piece Tailored Wool or Part-wool Dress

Choose a dress you can wear to school, church, on the street, or as a date dress.

Make Two Pressing Aids

1. Egg-shaped tailor's ham.
2. Pounding block.

Make a Tailored Buttonhole of Wool Fabric

Complete Your Project

Take Good Care of Your Wool Clothing . . .

Air, press, mend, remove stains.

Improve Personal Appearance . . .

Care for your eyes.

Keep a Record Book and Write a Story . . .

Judge the Clothes You Make . . .

Exhibit Your Work

Tailored wool or part-wool dress.

Record book and story.

WEARABLE WOOLENS

— *Fashion Miss Series* —

By ESTHER NYSTROM*

In your earlier projects you have learned basic sewing, and have developed skill in sewing and handling cotton fabrics. Perhaps you have used rayon or acetate. It may be that you made a skirt or jumper of wool when you took "Stylish Separates." Because of this experience, you are ready for a new learning—that of making a wool dress.



Now that you are enrolled in the project "Wearable Woolens," plan to make a one-piece dress of wool or part-wool—one that you can wear to school, on the street, to church, or as a date dress. A tailored wool dress would fit these occasions well.

You have already learned some important facts about choosing becoming styles and fabrics that are right for you and the things you do. You will want to apply this basic knowledge now. Then gather new information as you go along and apply it for a wonderful new fashion in wool.

Plan Your Clothing Project

Becoming and well-cared-for clothes can make you feel at ease and make you interesting to others. You can express your personality through the clothes you choose to make and wear. Since clothes are important in reflecting a personality they deserve the care and time it takes to plan and maintain them.

There are some questions you will need to consider before deciding on your project. Discuss them with your mother and your leader.

**Extension Clothing Specialist*

1. Do I need a wool dress now?
2. What clothes do I already have?
3. What is my basic color scheme?
4. Where will I wear such a dress?
5. How much can I spend?



You need to consider what color will best fit in with the other clothes and accessories you have on hand — coats, shoes, hats, gloves, scarves, for instance. Where you will wear the dress will help you decide what to make. For school or business, smart tailored clothes are best. If you are a busy girl, it might be wise for you to plan some garments that are simple, easy to make, and easy to care for. Maybe this dress could be one of them.

True, good woolen fabrics do cost more than most other fabrics you have already worked with in 4-H. However, you will need to think about the ways a woolen garment gives return for the money you spend. A well-made and well-cared-for woolen garment will last for years. A good woolen garment keeps its shape well, looks dressy, and is worn for some of the better occasions before it is used for everyday wear.

You can have fit, comfort, and beauty and still keep within the family clothing budget. Good taste, adequate planning and basic knowledge of how to buy are necessary.

When you shop, remember to ask about labels. A good label will tell you what the fabric is, its brand-name, if it is pre-shrunk, and what care to give the fabric.

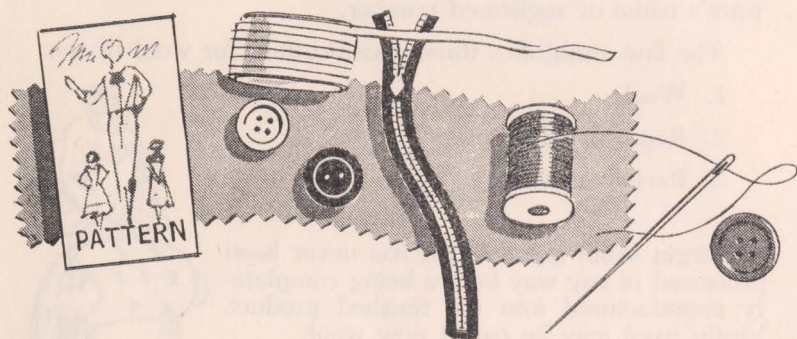
Find out what kind of care you need to give a particular fabric before you buy it. A delicate fabric in a school dress would require an unusual amount of care. Be a wise shopper and remember that price is not always an indication of quality.



Home sewing gives you a chance to choose the style, pattern, and fabric best suited to you and your needs. Keep in mind that a basic dress will last for several seasons. Keep the style tailored and simple so you can change accessories to make it serve for several kinds of occasions. Next year you may want

to add a new scarf, or other accent to transform your dress into a fashion-right costume for another season.

Shopping is fun! But before you go shopping, make a list of all the things you will need for your project. Try to buy everything in one trip. Here's a reminder—look for desired trim and accessories for your dress before you buy the fabric.



Know Your Fabrics

Learn About Wool



Wool is a natural fiber—one of animal origin. Most of the wool we use comes from the fleece of sheep. Specialty fibers such as those obtained from the camel, the angora and cashmere goats, the llama, alpaca and vicuna may also be legally described as “wool,” under the provision of the Wool Products Labeling Act.

Wool is light-weight, warm, strong, absorbent, and naturally crease-resistant. It dyes easily and holds color well. Wool is comfortable because it absorbs moisture; it never feels clammy or damp. Perspiration, however, is sometimes difficult to remove completely from wool garments without wet cleaning or washing.

Wool fabrics are flame-resistant. However, they are subject to moth damage unless they are specially treated.

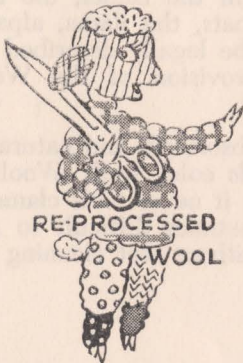
Wool Fabrics Must Be Labeled

To protect the consumer and to prevent misrepresentation, Congress in 1939 enacted the Wool Products Labeling Act. This law requires that wool products, except upholsteries and floor coverings, must be labeled as to the amount of wool, must tell whether it is reprocessed or reused and must give the manufacturer's name or registered number.

The law establishes three classifications for wool fibers:

1. Wool
2. Reprocessed Wool
3. Reclaimed Wool

Virgin Wool is wool that has never been processed in any way before being completely manufactured into the finished product. Virgin wool may be called new wool.



Reprocessed Wool includes wool made from scraps of knitted, woven, or felted fabrics manufactured for the first time which have never been used or worn before they are reduced to yarn again. A fabric made from good-quality reclaimed fibers can be more desirable than one of a poor-quality virgin wool. Good-quality virgin wools, however, are usually stronger and more resilient (springing back).

Reused Wool is fiber which has been reclaimed from any type of wool product which has been worn or used in any way. It is usually collected by rag dealers. Reused wool is practically always blended with stronger new wool and is used in the production of a wide range of utility fabrics.



Worsteds and Woolens

Wool fabrics are classified as worsteds or woolens, depending on the quality of the fibers and the processes used in making them into yarns.

Worsteds (pronounced woo'sted, oo as in wool): Long fibers are used in making worsted yarns. These yarns are smooth, hard, even, and compact. Good quality fabrics are usually light weight. They tailor well, resist wrinkling, and

take a sharp crease. Worsteds usually wear well, though serges and gabardines tend to become shiny.

Woolens: Shorter fibers are used in making woolens. Woolens have a softer, more fuzzy appearance, and are usually woven more loosely than worsteds. Woolen fabrics do not hold so sharp a crease as worsteds, but since they are softer they don't hold hard wrinkles and don't get shiny. You'll find woolen fabrics easier to tailor than worsteds. Worsteds, such as gabardines and serge, may cause pressing problems.

Choose Fabric That Is Right for You

The wise selection of a fabric is one of the most important steps in any part of your project work. Sewing is fun if you select a fabric that is attractive and easy to sew. Wool is a versatile fiber. It is both practical and beautiful, and also tailors and drapes well. For a fabric easy to work with, select one that feels firm, has little lengthwise stretch, and does not fray.

Do be concerned about how the fabric will wear, how suitable it is to your pattern, and whether the color and weave are becoming to you.

On your pattern envelope note the suggestions for suitable fabrics. It is wise to study the pattern catalogs and the fabric in the yardage department at the same time.

Unless you are skilled in handling fabrics, you will want to avoid large prints, plaids, stripes, and checks that must be matched for complete beauty of fabric and pattern design. And too, you may wish



to avoid fabrics of definite nap and pile, and designs with a definite up and down. Napped fabrics such as wool broadcloths and fleeces require more than beginner's luck. Heavy, bulky fabrics are somewhat difficult to work with because of their bulk. Pressing and handling of these fabrics take more time. Later, for additional problems in sewing, you may select a pile or nap fabric. Avoid a fabric that is so soft and spongy that it will not hold its shape after the final pressing is done.

Flannel: Good wool flannel is soft and comfortable for school. It is easy to sew and press.

Tweed: If you haven't done much sewing, a lightweight, firmly woven tweed is a good choice; its texture hides "nervous" stitching lines. A medium-weight tweed may suggest a coat dress. You can wear it instead of a coat in the cool spring and autumn months.

Shepherd's Check or Hound's Tooth: These are a small square pattern, usually white, combined with colors. These fabrics are easy to shrink and shape nicely without becoming rough and shiny.

Crepe: Fine wool crepes are miracles to wear. They keep their shape without much care, and come in dress weights. They are a bit harder to sew than flannel.

Jersey: Jersey is a knitted fabric and is more difficult to sew than flannel or tweed. Wool jerseys now star in everything from sportswear to dresses and give fairly good service.

Challis: (pronounced shal'i): This is a soft, lightweight, plain-weave fabric of wool. The yarns are fine and woven close together. Challis has a smooth look, and is available in solid color or print. The name challis is not confined to wool alone—there is a challis of man-made fiber as well as one of blends. For this project the wool challis would be appropriate.

Blends: Blends of wool with other fibers are fabrics you may wish to consider for this project. Some are: (1) wool and orlon, (2) wool and dacron (pronounced day-kron), (3) wool and nylon. There are several other fabrics you may choose.

Do You Need An Interfacing?

Why Interface? An interfacing is a reinforcement fabric placed between the garment and facing to give extra body and to maintain contour. This provides a smooth outer surface and keeps the fabric from stretching. You may want to interface your collar, cuffs, pockets, lapels, belts. You'll usually need some kind of reinforcement where you make buttonholes and where you sew on buttons.

Although you don't actually see this interfacing in the finished garment, it makes the difference between a limp, tired expression and a crisp, well-tailored look.

Which Interfacing? Think of your fabric's weight and texture in relation to your pattern design. Is it a soft, lightweight dress crepe which needs only a minimum of support in the collars and cuffs? In that case, soft cotton batiste or lawn would be suitable. In wool jersey you can add body by interfacing or even lining with taffeta. This helps the fabric keep its shape and makes the garment more flattering to the figure. Nylon net or marquisette gives soft firmness to wool jersey. A very lightweight, preshrunk muslin may be used as an interfacing for some dresses of medium-weight fabrics.

Be sure, whatever interfacing you use, that it does not show through the wool.

When An Underlining? You may wish to use an underlining or backing in a sheath-type dress, especially one of loosely woven fabric.

Parts of a garment, subjected to exceptional strain, such as the seat of a skirt, or around the waist, may be lined. With knitwear and other stretchable fabrics the entire top part, or even the entire garment, may be lined. If you make a sheath-type dress, you may carry the lining all the way to the hem. In such a case cut the underlining exactly as your dress and sew it in seams with the dress to 7 inches down from the hips. From there on, let the lining hang free and hem it separately from the dress. Because different fabrics are used in the underlining

and in the dress, they do not react the same when dry-cleaned. It is best to hem the lining skirt separately from the wool skirt.

Ask for sheath underlining fabric when you shop, or plan to use taffeta, muslin (if it doesn't show through), sheer cotton or rayon.

What Colors Are Becoming to You?

Clothing in suitable color aids the individual in creating the proper appearance in work, school, or social life. Color can actually affect the way you feel. If you don't feel well in certain colors, don't wear them.

Each of us will find there are few colors that look best on us. The study of color is extremely fascinating. You might like to search for all kinds of information on color. It's fun to study the meaning of each color too.

One way to find your best colors is to drape swatches of colored fabric about your shoulders as you sit in front of a mirror. Your mother and leader can help you determine your best colors. Father may have some good ideas too.



The color of your outfit should be becoming to you, and the various accessories that you wear with it should harmonize with each other to create a pleasing picture.

How can you know when color becomes you? A color becomes you if:

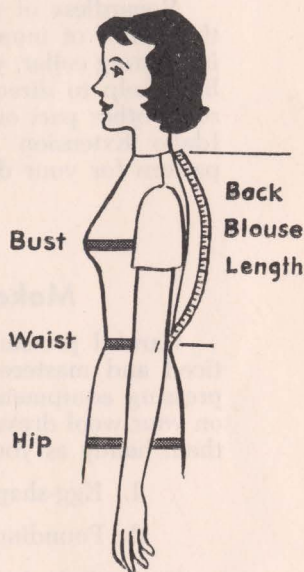
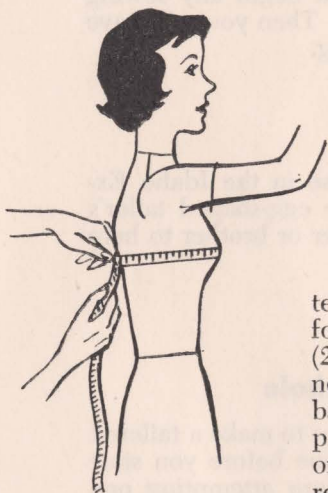
- . . . you like it and it makes you happy.
- . . . it suits your figure.
- . . . it makes your skin look clear and healthy.
- . . . it brings out the highlights of your hair.
- . . . it makes your eyes more interesting.

Know Your Pattern Type and Size

First study your figure and know the lines that will flatter it. Then choose your pattern. When you buy a commercial pattern be sure it is the right type and size for you. Pattern companies make different types of patterns to fit girls at different stages of growth and development.

There are usually four basic pattern types:

1. Misses (10, 12, 14, 16, 18, 20).
2. Half sizes ($12\frac{1}{2}$, $14\frac{1}{2}$, $16\frac{1}{2}$, $18\frac{1}{2}$, $20\frac{1}{2}$, $22\frac{1}{2}$, $24\frac{1}{2}$).
3. Teen sizes (10, 12, 14, 16).
4. Junior sizes (9, 11, 13, 15, 17).



To find your correct pattern type and pattern size get out your tape measure and take four important body measurements: (1) Bust, (2) Waist, (3) Hip—about 7 inches below normal waistline, (4) Back waist length—from base of neck to normal waistline. Then compare your measurements with those shown on the standard body-measurement chart recommended by the pattern industry. You'll

find these charts in pattern catalogs at your favorite pattern counter. Study the pattern catalogs as carefully as you would in shopping for ready-to-wear. After you have classified yourself

as to pattern type buy your pattern according to your bust measurement.

Choose a pattern with few pieces but good lines. It will prove more satisfactory than one with many pieces, not only from the standpoint of construction but also because the simpler garment will be easier to keep pressed and usually will stay in style longer. Even the very simplest pattern, made up in a handsome wool fabric, can result in a truly smart and professional looking garment. A simple pattern may be chosen for a patterned fabric, since the pattern has design interest enough to make a simple style look important. Beware of tricky trimmings and details!

Regardless of the type dress you choose, make your face the center of interest in the design. A becoming neckline, an interesting collar, yoke, or contrasting color (if used at the neckline) help to direct attention toward your face rather than to some other part of your body. You might want to refer to the Idaho Extension Bulletin "Necklines" before deciding on a pattern for your dress.

Make Two Wool Pressing Aids

Careful pressing is one of the important steps to be practiced and mastered when you work with wool. Appropriate pressing equipment is essential. Before you begin any sewing on your wool dress make two pressing aids. Then you will have them handy as you progress in your sewing.

1. Egg-shaped tailor's ham.
2. Pounding block.

You will find directions for making these in the Idaho Extension Bulletin "Pressing Equipment." The egg-shaped tailor's ham is easy and fun to make. Ask your father or brother to help you make the pounding block.

Make a Tailored Buttonhole

An important part of this project is to learn to make a tailored buttonhole of wool fabric. Learn to make one before you start to sew your dress. Then make several before attempting one on your dress. For directions refer to two Idaho Extension Bulletins, "Tailored Buttonhole" and "Piped Buttonhole—One-piece Patch Method."

A tailored buttonhole, when well made and suited to the fabric, gives that individual touch to an outfit which lifts it out of the ordinary. It is attractive in most wool garments. However, if the fabric ravel excessively or if it is too bulky, a neat machine-made buttonhole would be suitable.

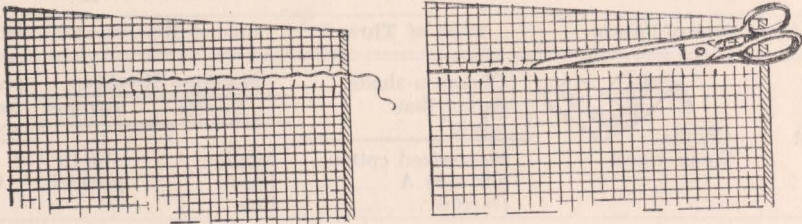
Ask your leader to help you judge the buttonhole you make.

Let's Make a Dress

Get Your Fabric Ready

Many fabrics marked preshrunk have been known to shrink in dry cleaning. Therefore, it is a safe practice to preshrink the all-wool as well as the part-wool fabrics (except heavy nap fabrics and broadcloths) whether these fabrics are labeled "preshrunk" or not. In this way you will avoid shrinkage and be able to cut your fabric to grain perfection. You almost always need to straighten and "square" wool as it may have been pulled out of shape from handling. Be sure that right sides are folded together before you shrink the fabric. When you are ready to "preshrunk" your fabric refer to the Idaho Extension Bulletin "Shrinking Fabrics."

Fabrics that are carefully handled and preshrunk, with all edges well straightened, are a joy to cut and sew. Every grain thread is in place, there is no puckering, and there are no tight selvages. If selvages have shrunk and are pulling, $\frac{1}{4}$ -inch snips may be made at intervals of 2 or 3 inches in order that both selvages will lie perfectly smooth.



Interfacings or underlinings of muslin, batiste, lawn, marquisette, or voile should be preshrunk.

Cut Out Your Dress

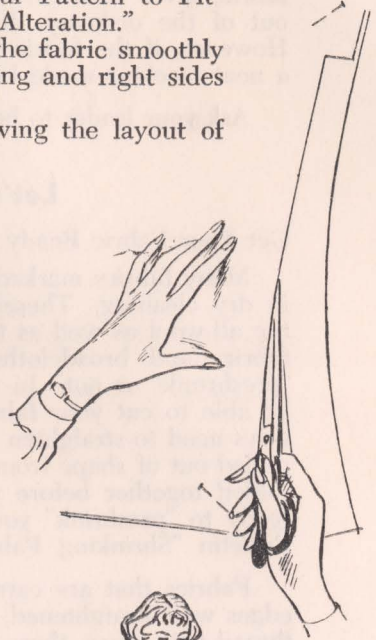
It is important that you adjust your pattern to fit before cutting out your dress. Compare your body measurements to those of the pattern. Make alterations where needed on the pattern. If you buy a correct pattern type and size for you and if you cut to fit, you will have only minor alterations to make when you sew your dress.

Refer to these two bulletins when you alter your pattern:
 (1) Idaho Extension Bulletin "Alter Your Pattern to Fit"
 and (2) Federal Bulletin 1968 "Pattern Alteration."


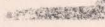

When you are ready to cut, spread the fabric smoothly on a table. Have selvage edges matching and right sides together.

Pin the pattern to the fabric following the layout of your pattern instruction sheet. Be sure to measure grain lines perfectly when laying the pattern. Measure from the straight grain line on each pattern piece to the selvage to be sure the dress is cut on the straight of the fabric. Only in this way can you expect good results in your finished product. Cut and mark, following the recommended procedure you learned when making other dresses in 4-H. Be sure to transfer all pattern marks to your fabric before moving any pattern pieces. Cut with sharp dressmaking shears, using long even strokes, never quite closing the shears.

Remember, there is no secret formula that can make up for a bad job of cutting.



GUIDE TO STITCHING ON WOOL FABRICS

Weight and Type of Fabric		Type of Thread	Size of Stitches and Needles		
		(Choose a shade darker than fabric)	Machine Stitching		(Needles for hand sewing)
			Needle	Stitches	
Light	 Challis Sheer wools	Mercerized cotton.....	Medium	14-18 per inch	9-10
		Silk size A	Fine		
Medium	 Broadcloth Covert Flanel Gabardine Jersey	Mercerized cotton.....	Medium	12-16 per inch	 7-8
		Dacron	Medium		
		Heavy duty (for inside seams)	Med. Course		
		Silk or mercerized cotton	Med. Course		
Heavy	Bouclé Tweed Fleeeced Fabrics	Heavy duty	Med. Course	10-14 per inch	6-7
		Silk size A	Medium		



Sew Your Dress

Now you are ready for the most exciting part—you are ready to create that dream dress. Proceed according to pattern instructions, remembering to complete each unit as you go. Unit construction is sewing and pressing each section of the dress before joining it to another.

Staystitch as you go. This is a process you learned in other 4-H projects. Ask your leader to help you review “staystitching.” Also review the Idaho Extension Bulletin “Keys to Good Sewing.”

When you sew with wool learn to **handle** it carefully. After you've cut out your dress handle each piece as if it were precious china. Do not let pieces dangle from sewing machine, ironing board, or as you carry them from place to place.



Your fabric is your key to the type seam finish. Some wool or part-wool fabrics may be pinked or pinked and edge stitched, others may be finished by merely edge-stitching. Still others (if they ravel) need seam binding or other protection.

Here are some helpful hints when you work with wool:

1. Pat wool into line—do not push or stretch into place.
2. Press as you sew. This means pressing each seam after it has been stitched, and pressing darts and pleats before joining to other pieces. Always press a seam or dart before crossing one row of stitching with another.
3. Press seams in the direction stitched. Press with a **lowering** and **lifting** motion—not bearing down. And never slide the iron over the surface.
4. Protect your dress from seam, dart or pleat imprint on the right side. Place wrapping paper or light-weight cardboard under the seam allowance toward the body of the garment and press the seam flat. Another way to avoid imprint is to place the right side of a scrap of the same fabric as your dress to the right side of your garment before pressing the seams.

5. A steam iron is desirable but not a necessity. If you do not have a steam iron use a dampened cheesecloth (4 thicknesses) over the point of your iron. Press wool on the wrong side whenever possible. You need not press wool until it is dry. If you do it may be shiny.
6. Do not press a crease in sleeves.
7. Press a curved surface over a press mitt or tailor's ham.
8. Remember that too much, too little or incorrect pressing can spoil the results of careful cutting and stitching.

You'll find further information on pressing in the Idaho Extension Bulletin "Pressing Techniques."

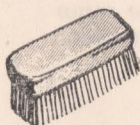
Complete Your Project

You will notice as you progress in 4-H sewing that every clothing project includes more than just learning skills of sewing. In this project, in addition to making a wool dress, a tailored buttonhole, and two pressing aids, you will learn how to care for your woolen clothing and how to take better care of your eyes.

Take Good Care of Your Wool Clothing

A. **Daily Care.** Proper care adds to the length of a useful life for your wool clothes, and your clothes will look better, too, during the time they serve you.

The daily care of your woolen garments is of first importance because it eliminates too-frequent pressing and cleaning, which in time weakens the wool. Dry clean woolens unless they are labeled washable.

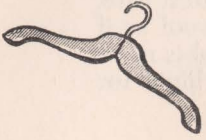


Brush your wool clothes often. Beware of the whisk broom! A clothes brush of fine, soft but firm bristles is better. Sponge the neckline with a safe cleaning fluid to remove powder and dust. Remove spots as soon as they are noticed.

Keep your clothes repaired.

Hang wool garments carefully. Use rounded or padded

hangers. In this way clothes keep their shape, and wrinkles drop out to eliminate the too-frequent pressing. After you have taken off a garment hang it where there is free circulation of air. This helps prolong the life of the wool fabric.



B. Occasional Care. Air wool garments a short time in the sun. A gentle airing blows stale odors and lifts matted nap. Sun baths rout moths from wool—but take care lest colors fade. After work, wool garments should have relaxation too! Give them an airing before hanging them in the closet—or give them an airing once a week at least. Study correct storage and moth control methods for woolen clothing.

Shield Your Wool Dress. Perspiration causes wool fabrics to change color and tends to rot the fabric. Dress shields help protect your wool dress. Wash them frequently, thus assuring complete cleanliness and elimination of odors.

Frequent bathing, fresh undergarments, the use of deodorants, as well as dress shields, will help keep wool garments in wearable condition.



As an aid to good grooming there are many preparations to help you keep fresh all day and help protect your clothing. Two types you need to know about are (1) deodorants and (2) antiperspirants. **Deodorants** neutralize the odor of perspiration, where they are applied. **Antiperspirants** lessen the flow of perspiration, thus helping to prevent odors. Some preparations are combinations of both.

You may find baking soda or boric acid (dissolved in water) helpful if some of the commercial preparations irritate your skin.

Press wool carefully and do not press too often. Frequent pressing may take the life out of your garment. Wrinkles will vanish quickly if you hang your woolen dresses, suits, and coats in a steamy bathroom or shower. Let dry before wearing.

When pressing wool use a well-padded smooth ironing board.



If your garment is a blend of wool with another fiber treat it as if made of the fiber needing the greatest care. (Example: treat orlon and wool as if it were all wool because wool is more delicate). See page 15 on hints for pressing wool.

Washing Woolens

Some wool skirts and those of part wool may be laundered successfully if directions for washing wools are carefully followed. Use warm water and mild soap suds, not laundry soap. If you use a commercial preparation you may need cold water. There are several cold-water soaps on the market for wools. If you use these, follow directions on the package.



A nonalkaline detergent (one of the unbuilt synthetics) may be used. Refer to bulletin "Detergents"—USDA Home and Garden Bulletin No. 49. Squeeze the suds gently through the garment and rinse twice in warm water. Do not wring or rub but squeeze the water out. Roll in towel or sheet. Some skirts respond well to the drip-dry method; for instance, those that are pleated.

Stain Removal

Spotless clothing is indispensable to good grooming. You can sometimes remove stains on wool at home. If you are not sure of the stain, the fabric, or the method of stain removal it is best to take your garment to a reliable dry-cleaner.

The time to remove any spot or stain is just as soon as it happens. **Never put garments away with stains on them.** A stain is more difficult to remove when it becomes dry. Take care to see that all stains are removed before any pressing is done. Heat often "sets" stains.



Make the treatment fit the stain and try the simplest methods first. If the stain is not greasy, first try to remove with cold water. If that doesn't succeed, try lukewarm water, and—if needed—a little mild soap. Always test a sample of the cloth to see if water spots it.

Sponge a grease spot with a safe commercial cleaning fluid. Lay the stain face down on a cloth pad and use light brushing motions from outside the spot to the center. The trick is to spread or "feather out" the liquid around the stain, so that no ring will form.

A splash of salad oil or light grease may come off if dusted with talcum or cornstarch or some other absorbent powder. Shake or brush off the powder when gummy. Repeat if necessary.

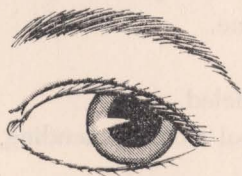
You can remove stains successfully when you know these few rules:

1. Know what the stain is.
2. Know the fabric that is stained.
3. Know the cleaning agent that will remove certain stains.
4. Know the right method to use in removing the stains.
5. If the fabric is a blend, treat it as you would the fiber in the blend that is most easily damaged.

Improve Personal Appearance

In every 4-H clothing project a section is devoted to the study of good grooming and improving personal appearance. In this project you will learn how some simple attention to the care of your eyes can make you feel better and appear more attractive to others.

Take Care of Your Eyes *



Your eyes should be bright, clear, and sparkling. This comes from good nutrition, plenty of rest (8 to 9 hours of sleep each night), good general health and freedom from worry. Drink plenty of water. This helps to cleanse the system and gives the eyes sparkle too. Eyes which squint do not sparkle, and a frowning forehead develops premature wrinkles.

Far more important than make-up is the care of the eyes. No amount of beauty preparations can overcome the tired dull look that results from eye strain, improper diet, and lack of sleep.

*Above material on "Care of Your Eyes" approved by an Idaho physician.

When studying or reading make it a rule to check proper lighting and posture. Try to arrange a clear but not blinding light to come over either shoulder. This light should shine but not glare on the reading material. Rest your eyes every 20 minutes by closing and relaxing them or by gazing into the distance to change focus. If possible, soothe tired eyes with pads dampened in cold water or in boric acid solution.

Many girls take winter sun baths by way of the sun lamp. If you are one of these girls be sure to protect your eyes with soft pads when exposing your face to rays of the lamp.

If you wear glasses most eye physicians recommend a check-up every 12 or 18 months. If you do not wear glasses it is wise to have an eye examination at least every 2 years to make certain your eyes are kept in good condition. If your eye physician recommends glasses, wear them as he advises. The styling of the frames for glasses is so smart and the choices so wide that there is no excuse for not wearing glasses if they are needed.

Don't rub or scratch at anything in the eyes. If particles get in the eye keep your eyes closed and tears will sometimes dislodge them. If the particle persists, see your physician.

Don't forget that eyes need rest. Remember how you expose them to study, reading, television, and movies continually.

The natural look continues to be the smart look for teens. This is true also when applied to make-up for eyes.

Keep Your Record

Keep a careful record of the work you do. You will want your record book to be neat and tell an interesting story of your 4-H achievements.

Check your record book. See that it includes:

- Signature of your parent and leader.
- A record of purchases made for this project.
- The cost of fabric and other materials purchased.
- A record of any extra sewing done.
- A list of new things learned.
- A list of articles remade or remodeled.
- Work done in caring for your wool clothes—mending, airing, pressing, cleaning.
- Demonstrations given.
- A story of your project—does your story tell of the dress you made, how you completed this clothing project by making a tailored buttonhole and two pressing aids? Your story is interesting if you give reasons for choosing the kind of fabric and pattern you used. Does it tell what you did to have bright,

healthy, and more attractive eyes?

Did you mention any difficulties and how you managed to overcome them? Did you tell what you gained from 4-H this year?

Make your story short but include important information about your year's work.



Judge the Dress You Made

What Have You Learned?

Check yourself on the following:	Well Done	Could Improve
1. Fabric suitable for a dress to wear to school, church, or on a date -	-----	-----
2. Colors becoming to me - - -	-----	-----
3. Style becoming to me - - - -	-----	-----
4. Trimming suitable - - - - -	-----	-----
5. Fit of my wool dress . . .		
at neck and shoulder - - - -	-----	-----
at sleeves - - - - -	-----	-----
at waist - - - - -	-----	-----
at hip - - - - -	-----	-----
6. Cutting accurate (on grain line) -	-----	-----
7. Seams & finishes suitable and well-made - - - - -	-----	-----
8. Hems even and correct width, securely but invisibly fastened -	-----	-----
9. Good stitching with correct color thread - - - - -	-----	-----
10. Fastenings satisfactory for garment	-----	-----
11. Dress clean and well-pressed - -	-----	-----

Final Showing

Clothes may make the man, but even the most expensive clothes don't guarantee to make a girl attractive. Remember that good physical and mental health is the foundation for fashion smartness.

Good grooming then comes next as an essential of good looks. Grooming starts with basic cleanliness, and includes many things—sparkling skin, neat hair style, carefully manicured nails, a trim figure.

Even the most highly paid fashion model doesn't feel well-dressed or well-groomed unless she gives some thought to her "underneath wardrobe." So do take time to choose a properly fitted girdle and bra—these will help you maintain good posture and a smart figure, and you'll look your best on all occasions.

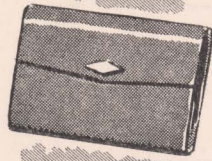
Choose Accessories to Harmonize

Accessories complete your costume. Perhaps you can use some you already own. Accessories are important. They add that little individual touch or accent that makes your outfit distinctive. It is said that accessories are to the ensemble what salt is to oatmeal.

A pleasing costume is one in which each accessory **harmonizes properly** with the costume, the wearer and the other accessories.

Accessories should carry out some **color note** in the costume, or give an interesting effect through contrast. Be careful, however, not to produce a spotty effect by choosing too many accessories in the contrasting color. Usually two articles for contrast are enough. If the eye jumps from one spot to another there is no rhythm.

Serviceable accessories are appropriate with tailored school or street dresses. The texture of your fabric will help "set the stage" for your accessories. Select only those accessories need-



ed. If your dress is for school you may need only a small purse or a scarf. If you plan to wear it to church and on the street you may need a hat, gloves, and a purse.

And be sure to choose accessories that are appropriate for your age and in proportion to your size.

You will want to wear simple, comfortable shoes to school and on the street. If you wear your wool dress to parties you may wish to wear a dressier shoe. Avoid extreme shoe styles.

You'll have fun developing a taste for simplicity and trying to create distinction with your accessories.

Plan to enter your wool dress in the county style revue. Ask your Extension Home Agent or your leader about this.

Throughout the year it is a wise plan to study about good modeling. And do practice good posture and walking so the style revue will be fun for you.

Don't forget to label your dress when you exhibit it at the county fair. A 3 by 1 inch label of cloth or tape is suitable. On it write the name of your project, your name and address, your leader's name, and your county. Baste the label to the back inside hem of your dress. Be careful that your bastings don't show on the right side.

Example:

Project: Wearable Woolens
Name: Charlotte Menty
Address: Rt. No. 4, Kuna, Idaho
Leader: Mrs. Ted Wren
County: Ada

Let's hope you enjoy this project so much you will want to sew more than just one dress of wool—maybe sew one for another member of your family.

We hope that you will be sewing again next year. Perhaps you've already decided what clothing project to take.

Happy sewing!

Have You Seen These Helpful Bulletins?

Fabrics—PNW Bulletin 20.

Pattern Alteration—Federal Bulletin 1968.

Detergents for Home Laundering—USDA Home and Garden Bulletin No. 49.

Mimeographed Idaho Bulletins:

Take Body Measurements

Alter Your Pattern to Fit

Shrinking Fabrics

Pressing Equipment

Pressing Techniques

Care of Woolen Clothing

Tailored Buttonholes

Piped Buttonholes—One-piece Patch Method

Necklines

All are available at your county extension office.



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