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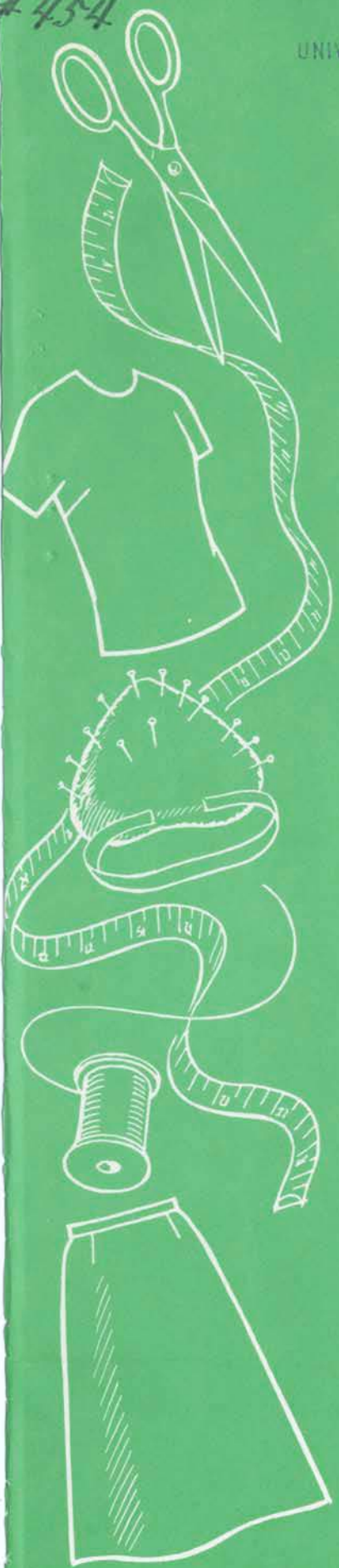
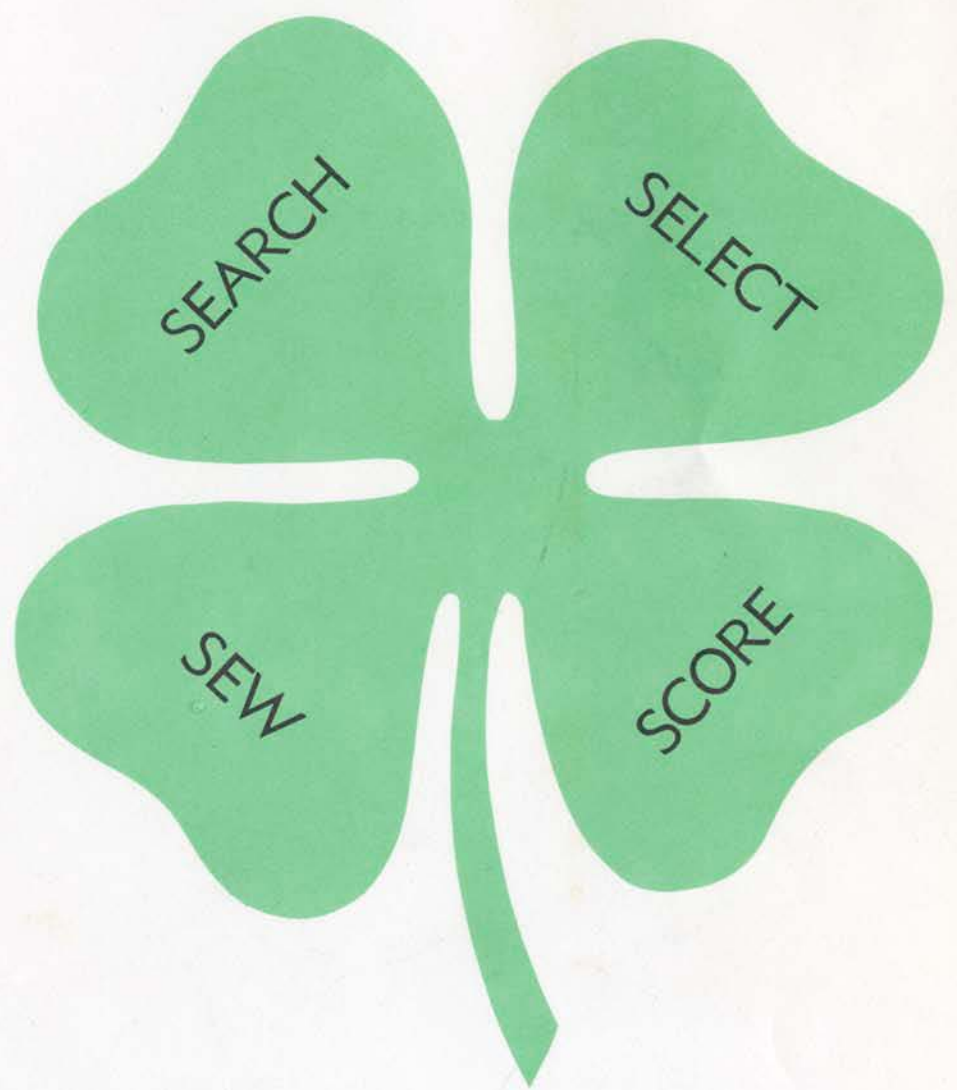
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UNIVERSITY OF IDAHO  
College of Agriculture

# JUNIOR *Jiffies*

4 H CLOTHING PROJECT  
JUNIOR MISS SERIES



THE UNIVERSITY OF CHICAGO

1912

*[Faint, illegible handwriting]*

# Junior Jiffies

## *This is Your Project*

### What to Study

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Keep a Record and Write a Story .....	12

### Suggestions for Exhibit

Blouse and Skirt  
Record Book and Story

## *Guide Lines*

Before starting this project be sure you can meet the requirements in the 4-H clothing projects **Handy Handsewing** and **Machine Magic**.

It is important you know the basic sewing techniques in these projects before going on to **Junior Jiffies**.

Only then are you ready for another joyful experience in sewing—that of making a coordinated blouse and skirt.

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### Model Your Blouse and Skirt (See page 12)

- Develop grace and charm
- Improve posture
- Improve grooming

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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 November 1.

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Prepared by: Esther Nystrom, University of Idaho Extension Clothing Specialist

References: 4-H Materials From Other States; Pattern Companies

Acknowledgment: Theta Johnson, Utah State University, Science in Clothing

**What You Will Learn:**

- Take Body Measurements
- Use a Pattern
- Determine Pattern Type and Size
- Prepare Fabric
- Interpret Pattern Markings
- Pin and Cut
- Mark Construction Details
- Staystitch
- Stitch in Correct Direction
- Use Seam Gauge
- Unit Construction
- Sew Darts
- Use Lock Stitch
- Clean Finish Edges
- Understitch
- Bastestitch
- Apply Neck Zipper or Placket
- Underpress
- Apply Neck Facing



Fig. 1

**New Learnings:**

- Taking Skirt Measurements
- Determining Skirt Pattern Size
- Pinning Bias Seams—with Grain Away From Stitching Line
- Skirt Zipper or Placket Application
- Waistband Application
- Hemming
- Final Pressing



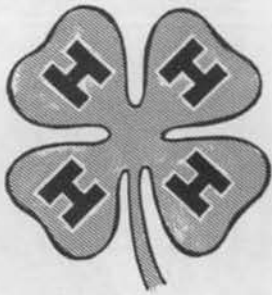
Fig. 2

**Repeat Learnings:**

- Preparing Fabric
- Interpreting Pattern Markings
- Pinning and Cutting
- Marking Construction Details
- Staystitching
- Directional Stitching
- Using Seam Gauge
- Unit Construction
- Sewing Darts
- Lockstitching
- Bastestitching
- Underpressing



# Junior Jiffies



This is the third project in the Junior Miss Series—the series with the green cover. It is written especially for you girls who are 11 to 13 years of age who have learned to use the sewing machine and to do a few important hand stitches. Every girl makes a jiffy blouse and a jiffy skirt using very simple patterns.

**Junior Jiffies** is more than sewing. It includes buying and care of blouses, giving demonstrations, grooming and keeping records. It touches on management safety, science and color.

To feel at ease in your clothes choose outfits suitable for the occasion and appropriate for you.

Think of your blouse and skirt, not as isolated articles of clothing, but as important parts of a whole wardrobe planning scheme. This makes an exciting goal to work towards. As you complete each garment you can wear it in combination with things you already have because you have selected your color and fabric with this in mind.

You then learn early that the well-dressed girl or woman is not the one with the most clothes, but the one who selects most carefully each item of clothing she makes or buys. Talk with your mother and check the clothes you already have—then decide what you need.

## What to Study

### You and Color

Many joys will come to you from a knowledge of color. So start your study now. Perhaps you'll enjoy doing this part as a club project.

Have you thought why you like some colors and dislike others? Red, orange and yellow make you feel warm and excited. Violet, blue and green seem cool and calm.

Ideas and colors go together. **Red** is positive, exciting, cheerful and the color of fire. **Yellow** is gay, warm, cheerful and the color of the sun. **Blue** is cool, soothing, serious and agreeable to the eye. **Green** is quiet, soft, friendly—it is grass and spring.

You, yourself are a combination of colors. Your hair, eyes and skin are different colors.

There are no fixed rules for selecting becoming colors. Before you buy your fabric hold it up in a good light between you and a mirror. See if you like what you find.

The best way to be pleased with color is to study and work with it. Rather than say that blondes or brunettes should wear certain colors, think of yourself as warm or cool looking. Then choose colors that bring out your best points from head to foot.

Do you know that the color of most skin is

orange? It may be a very pale orange, almost dark brown or have a great deal of red or purple in it. It may be very yellow or sallow.

Try mixing water colors to match your skin. Start with orange. The colors you add will be a surprise.

Make a color wheel with colored paper or water colors like the one shown in Fig. 3.

Here are a few easy pointers for using colors together:

Try mixing some water colors together such as red and green. Use a small amount of one to pep up a large amount of the other. A small amount of red will make dull green more exciting.

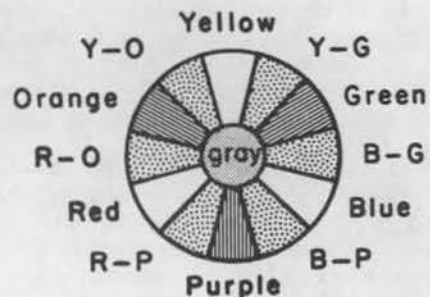


Fig. 3

Try using light and dark shades of the same color together. Example—light and dark blue. Black, white and gray are neutrals and do not count.

Then try colors together on the same side of the color wheel. These are true relatives. Example—yellow, green and blue.

Or combine colors in plaids and prints such as red, yellow and blue.

See how many of these color combinations you can find in pictures. Then decide the ones you like best on yourself.

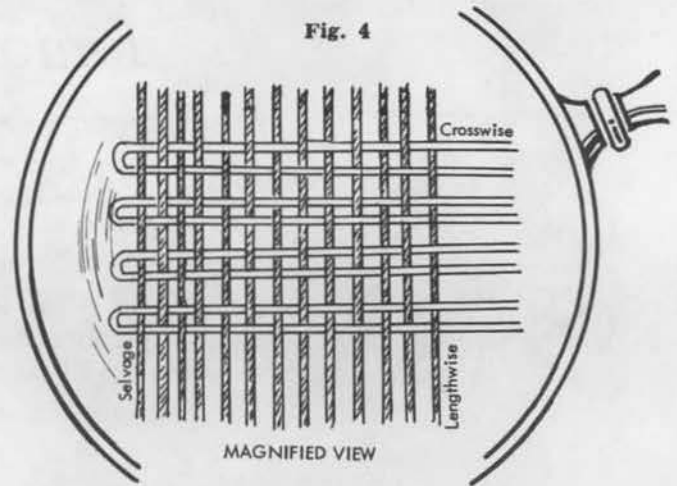
There's a shade of almost every color that's becoming to everyone. Consider the color of the skin first, then your hair and eyes. Think of your size and shape. A small girl can wear brighter colors than her friend who is large for her age.

Choose colors that go with you and that go together.

### Science in clothing

You will enjoy and respect fabric more if you first learn something about how it is made. Be curious! Ask why!

1. First of all get a magnifying glass or use a microscope if one is available. Place the magnifying glass over a piece of muslin or percale fabric. Look at the weave. The interlacing of two threads is called weaving. These two threads are: (1) **lengthwise** or **warp thread**, and (2) **crosswise** or **filling thread**. At one end of fabric slowly pull out one of the threads that goes across. Watch how the thread goes over and under the lengthwise threads. Ravel one thread all the way to the next edge. Keep on raveling. Note how it comes back across the cloth, for it is one continuous thread. Now place the magnifying glass over your blouse fabric. Do you see lengthwise and crosswise threads? Try it on a coarser fabric which has larger threads.
2. In this project learn one weave, the **plain weave**. In later projects you can learn about other weaves such as twill and satin. **Plain weave:** This is the simplest of all weaves. Each crosswise or filling thread passes alternately over and under each lengthwise or warp thread. See Fig. 4 which is a magnified view. The dark threads are the lengthwise or warp threads. The crosswise threads are the filling threads. Find two examples of plain weave fabrics. Look at them through the magnifying glass. **Mount them in your record book.** Name them (percale, muslin, denim.)
3. A useful term to learn is **selvage**—the lengthwise reinforced outside woven edges of cloth. Think of "self-edge" to help you remember selvage. These edges are usually heavier than the rest of the cloth to keep the edge firm and straight. Place your magnifying glass over a selvage edge of your fabric. How does it look?



4. The **grain** of a fabric is defined as either the lengthwise or crosswise thread. All fabrics are woven grain perfect with lengthwise and crosswise threads at right angles to each other. However, fabric might be pulled out of shape in its manufacture or as it is being handled. All patterns are marked to show you how to place each piece on the grainline of your fabric.

5. You can help your leader set up an experiment at one of your club meetings. Do a burning test on some cotton threads. Pull some threads from a piece of cotton fabric. Twist them together.

**Practice safety** Use extreme care to avoid burned fingers or fire. Use a pair of tweezers to hold the threads. See Fig. 5. Perform the experiment over a sink or in a large metal pan. With a match light the ends of the twisted threads. Watch how the threads burn. Now burn a small sample of your fabric (3" x 3"). See Fig. 6. Put in your story answers to the following questions:

1. Does cotton burn slowly or rapidly?
2. What color is the flame?
3. Does burning cotton smell like burnt wood or feathers?
4. Feel the ash—is it soft, sticky or hard?
5. What does the odor and ash remind you of? Burn a sample of nylon fabric. How is it different from cotton?



Fig. 5

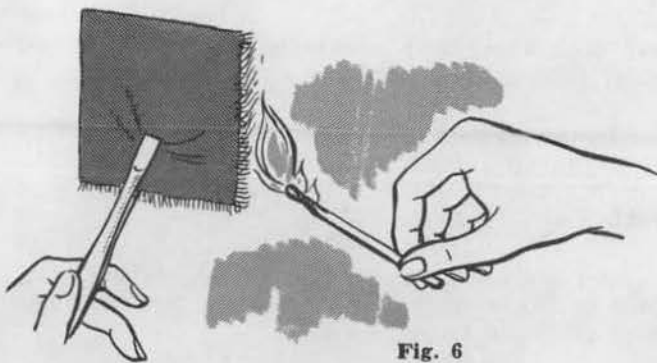


Fig. 6

## Plan Your Outfit

### Take Your Measurements

Ask someone to help you take three important body measurements: bust, waist, hip (7" below waist). See Fig. 7. Your helper stands at the back of you to measure. Take measurements over a slip, not over your dress. Keep tape measure snug but not tight. Compare your bust measurement with measurements listed on the back of the pattern envelope or on a chart at the back of a pattern catalog.

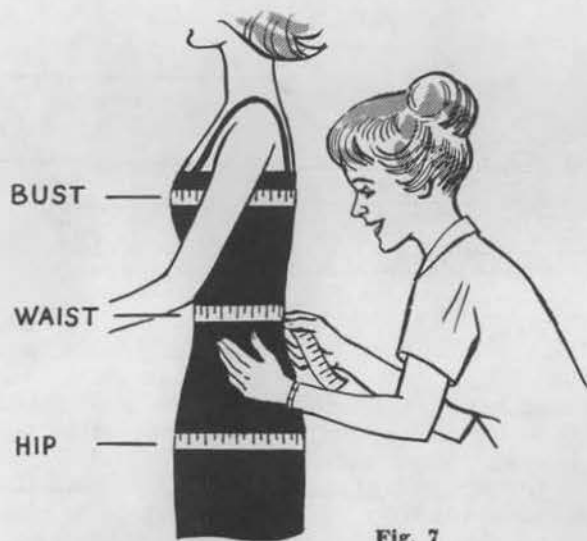


Fig. 7

Choose your blouse pattern in a **type** and **size** closest to your own bust measurement. Choose your skirt pattern in a **type** and **size** closest to your own waist and hip measurements. Figure types are usually **Girl, Teen, Junior** and **Miss**. If you need to alter your patterns ask your leader to show you how.

### You and Good Management

Before shopping make a list of everything you'll need to make your blouse and skirt. Be a good manager and plan to purchase everything in one trip. This saves time and energy and you can make wiser choices of colors for a co-ordinated outfit. Shop for patterns, fabric, thread, fastenings and other necessary items at one time.

### Select Your Patterns

A simple blouse is one without a collar and without set-in sleeves. It may have cut-on sleeves of any length or be sleeveless. You might like one to tuck in your skirt or wear as an overblouse.

Your blouse should be a style to go with the style of skirt you choose to make. The blouse and skirt will be worn together as one co-ordinated outfit. A simple, tucked-in blouse looks well with a gathered skirt. Overblouses worn with a gathered skirt make you look chubby.

A jiffy blouse may have two main pattern pieces. Because it is easy to cut and sew you can do a much better job than if you used a more complicated pattern. Attempting too much, too soon, never pays—you become discouraged with poor results.

A jiffy skirt can also be two main pattern pieces, such as the popular "A-line" skirt. It is simple to sew. A gathered skirt may suit you. It is not hard to make. Pleated, gored or straight skirts are other styles but are harder to make because of the fitting involved. Pleated skirts take more fabric to make.

Cotton blouses and skirts make excellent school outfits. They may also be worn for other occasions where casual clothes are worn. Be an individual. Learn to understand and accept yourself. Then it is easier to know what clothing is becoming and best expresses your personality. What looks good on your friend may be very unbecoming to you. **Select patterns which best fit your personality.** Be sure to pick out styles that are easy to make.

Because this may be the first time you will use a pattern, try to choose one of few pieces and no difficult details. Find a blouse pattern that slips over your head so it will not need a neck opening, or find a pattern with a very simple-to-make opening. You may even find an old pattern that might do. Look on the back of your pattern envelope to determine how much fabric to buy.

### Select Your Fabric

Blouses and skirts for school should be simple, durable, comfortable and attractive. A wise choice of fabric would be easy to care for, washable and require little or no ironing. When you are learning to sew it is wise to choose a firm piece of cotton fabric that does not ravel. Percale is soft and firm and easy to sew. Print or solid colors of cotton broadcloth, chambray, soft lightweight denim and gingham are other cotton choices to consider. Avoid plaids, stripes or printed designs that require matching. Polished cotton has a nap and sheen. This means you need to place all pattern pieces in the same direction on the fabric to avoid getting different shadow effects on the finished garment. You'll need more fabric too.



Cottons with an easy-care finish and cottons blended with synthetic fiber are crease-resistant and quick drying.

Examples of cotton blends are:

Zantrel polynosic and cotton

Cotton and Dacron

Cotton regulated plus

You may wish to consider these but remember that an all-cotton fabric is easiest to sew.

Easy-care fabrics have characteristics of easy care but they also create some difficulties in sewing. The surfaces are smoother and harder than cottons, therefore more resistant to handling, to cutting, to pins and needles. More care is needed in achieving clean edges and smooth seams.

A common complaint of sewing easy-care fabric is that seams pucker.

In selecting easy-care fabrics, check to see if the torn edges lie straight together. If edges appear lopsided or one edge is more than an inch off-grain from the other edge, don't buy it. Pulling the fabric to straighten edges will not help much because the easy-care finish stabilizes the fabric and pulling will not change it.

It is very important that you buy simple patterns with few seams and no top-stitching if you use easy-care fabrics.

Perhaps you will use some fabric your mother has on hand. Fabric from feed or flour sacks is sometimes used. It should be spotlessly clean and in good condition. With an original idea for a little trim your blouse and skirt could be made quite attractive. **Some of you may wish to make a blouse or skirt from family clothing no longer worn but in good condition.** Inexpensive clothing is available at Goodwill stores or community bazaars. If you use such clothing be sure to rip all seams in the old garment so pieces will lie flat. Wash and press the pieces. Then have someone help you place your pattern on the clean pieces. You might be surprised at the attractive garment you create at a little cost.

### Read Labels

In the project **Machine Magic** you learned to read labels when you bought fabric. What do labels tell? Labels are usually found on one end of a bolt of fabric or on a tag tucked inside. Look for labels when you buy fabric—then copy what the label says. **Put this information in your record**

**book along with a sample of the blouse and skirt fabric. Tell why you chose this fabric.**

Is the fabric colorfast? Can you wash it? Is the fabric 100 percent cotton or does it contain another fiber? A good label will tell you these facts.

If you do not use new fabric find a label or tag on a bolt of similar fabric and copy the information for your record book.

## Get Ready to Sew

### Prepare Your Fabric

Is the fabric grain perfect? Do both ends of the fabric piece lie together perfectly matched? See Fig. 8. To straighten fabric at both ends either tear or cut it along one crosswise thread. Then fold cloth with right sides together.

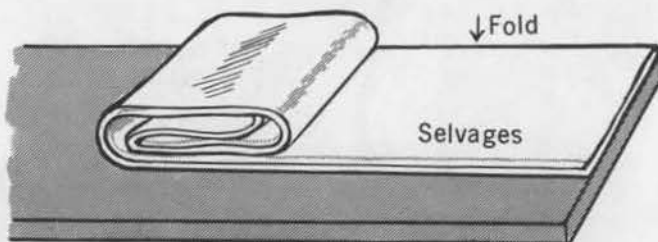


Fig. 8

Did the label tell you whether the fabric was preshrunk? If not, you may need to shrink the fabric at home. Place the folded washable fabric in hot water (not boiling). Let it stay until water is cold. Then carefully squeeze out excess water (do not wring) and unroll fabric on a flat clean surface to dry. Protect the fabric by placing it on clean sheets or towels. Do not hang. To hurry the process you might roll the wet fabric in a dry sheet or towel and let stand a few minutes. Then unroll and with hands gently press your fabric to grain perfection as it dries. If you do a good job no further pressing will be necessary.

### Mark and Cut

You will need the same sewing tools you used in your first 4-H projects. Add some others as you go along.

To transfer pattern markings to your fabric use tailors chalk or tracing wheel and tracing paper. See Fig. 9.



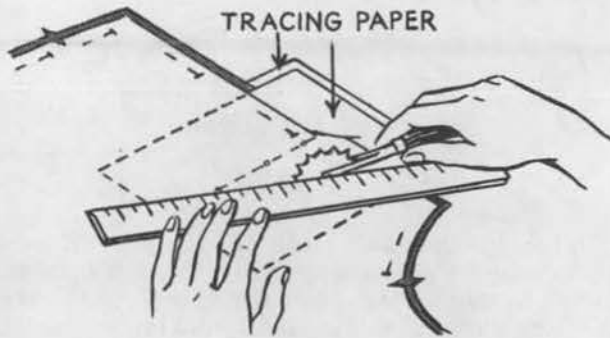
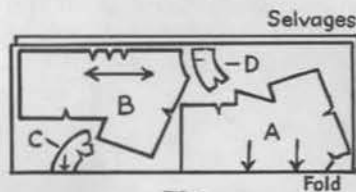


Fig. 9

Study the pattern carefully. Note and use the sewing guide sheet which comes with the pattern. On this sheet find the correct pattern layout for your size and for the width of the fabric. To save time circle this layout with colored chalk so your eye can locate the spot readily. See Fig. 10. Then place the pattern pieces on the fabric as the guide sheet shows you—right sides together.

Fabric with or without NAP  
All Sizes  
Fabric Width 36"



Fabric without NAP  
Sizes 9, 10, 11, 12  
Fabric width 42"

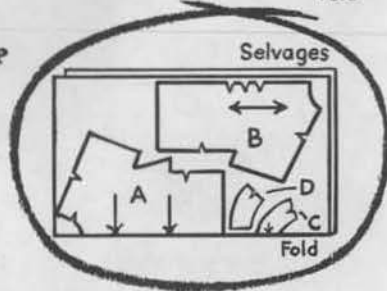


Fig. 10

Mark with tracing wheel and tracing paper all pattern markings. These marks will be your guide when you sew. They are on the wrong side of the fabric. They will help you be accurate every step of the way. Avoid pressure on wheel with dark colored tracing paper. Use light shades whenever possible. If you don't have a tracing wheel try chalking a double thread which you thread into a needle. See Fig. 11. Then sew through both thicknesses of fabric exactly on the pattern marks. A chalk mark should remain on both thicknesses of fabric. If it doesn't, you haven't enough chalk on the thread. Repeat chalking.

Don't worry about the mark showing on the right side as the chalk can be brushed off.

Always cut notches out. For cutting use dressmaker shears, not pinking shears. Use long

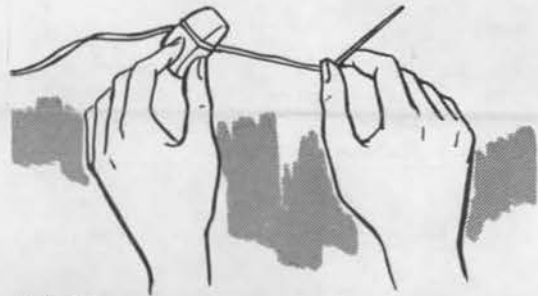


Fig. 11

strokes, not quite closing shears at tips. This gives smooth, not choppy edges.

## Start Sewing

### Unit System of Sewing

First of all assemble the sections of your blouse and skirt that make a unit. Then complete all stitching and pressing before joining the unit to another. This is known as unit construction. Such a system keeps the fabric looking better (less handling), improves organization of work and saves time. Before putting any part of your blouse or skirt together staystitch the off-grain edges to keep them from stretching out of shape. This is a line of machine stitching just

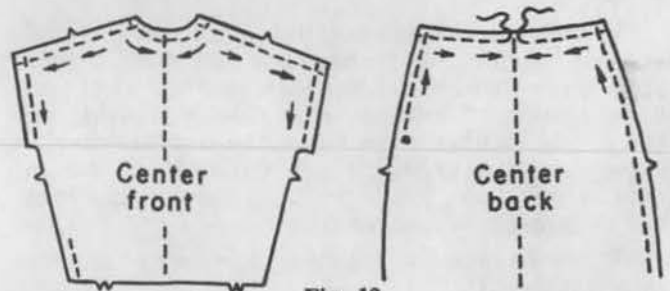


Fig. 12

outside the seam allowance and on a single thickness of fabric. The thread is not fastened at ends. Use thread to match the fabric and regulate the machine stitch to suit the fabric. Ask someone to show you how to regulate the machine stitch for your particular fabric.

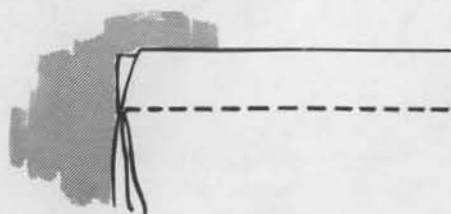
Look for arrows on the pattern to know which direction to stitch. See Fig. 12. Always use the cloth (seam) guide on the sewing machine for straight and even stitching. You learned to use this in the clothing project "Machine Magic." Keep using it for all your sewing. There is no better way to be accurate.

Your leader or another person will show you how to follow directions that come with the pattern. As you sew you'll learn important techniques of machine basting, clean finishing, understitching, hemming, and trimming seams.

You will find special instructions for sewing in many good sewing books. Your leader or mother may have such books. Ask the Extension Home Economics Agent about some helpful references.

## Waistband

Learn to make a triple fold waistband for your skirt. It is easy to sew and wears well. Directions for making this waistband are available at the County Extension office.



A Plain Seam  
Fig. 13

## Seams and Seam Finishes

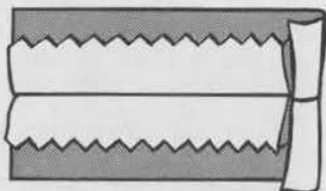
The key to what seam and seam finish to use is **the fabric**. A plain seam is used for most firmly woven fabrics. See Fig. 13. Use a seam guide to stitch exactly on the seam allowance. Don't expect perfection of yourself when learning to sew, but be as accurate as you can in everything you do. Only then can you expect to have a garment which fits well and is enjoyable to wear.

Many cottons will not ravel and need no seam finish—not even pinking. Test your fabric. Does it ravel? If it does you may need to finish the seams.

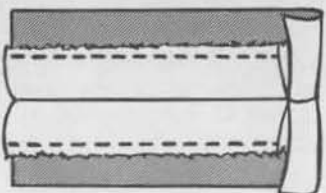
Press plain seams open to make them flat and smooth. Remember to press as you sew. Never cross one row of stitching with another until you have pressed. Underpressing means pressing on the wrong side with the tip of the iron and in the same direction in which you stitched. A steam iron will do a nice job or you may use a damp (not wet) cheesecloth and plain iron.

When you need to finish a plain seam here are suggestions:

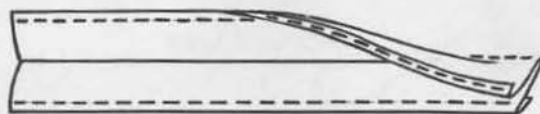
- Pink the edges or pink and edge stitch. See Fig. 14.
- Edge-stitch each single seam allowance about  $\frac{1}{8}$  to  $\frac{1}{4}$  inch from the raw edge. See Fig. 15.
- For fabrics that ravel, edge-stitch then overcast.
- Should you wish a more secure seam edge on non-bulky fabric use the turned and stitched edge. For this just fold under the raw edge of each seam  $\frac{1}{4}$  inch and stitch close to folded edge. The fold is turned toward garment as shown in Fig. 16.



Pinked Edges  
Fig. 14



Edge Stitching  
Fig. 15



Turned and Stitched  
Fig. 16

## Hems

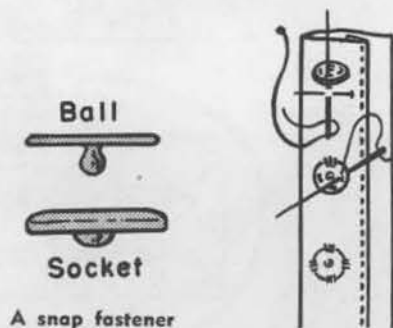
Refer to the 4-H clothing project "Handy Handsewing" for one good way to hem cottons. There are many ways. Let the fabric, style and use of the garment guide you in making decisions. Also refer to a good sewing book. Ask your leader and Extension Home Economics Agent to help you.

## Sew on Fasteners

### Snaps

There are two parts to a snap—the ball and the socket. Sew the ball on the part that laps over—the socket to the side that laps under.

- Mark on the garment the position of the ball. After this part is sewed on rub some chalk on the ball part and press it on opposite side. This will mark the place for the socket.



A snap fastener  
Fig. 17 Sew snaps

- Use a strong single thread and sew the snap as shown in Fig. 17. This is an over-and-over stitch. You may want to use a buttonhole stitch for greater strength. Do not catch stitches through outer layers of fabric. Carry thread under snap to next hole. Fasten thread with tiny over-and-over stitches.
- Select size and color of snap that will look well on your clothes.
- Use snaps in places where there is little strain and fastening will not show. For work and play clothes, you may prefer to use heavier metal or cloth-covered snaps that clamp in place without sewing.

### Hooks and Eyes

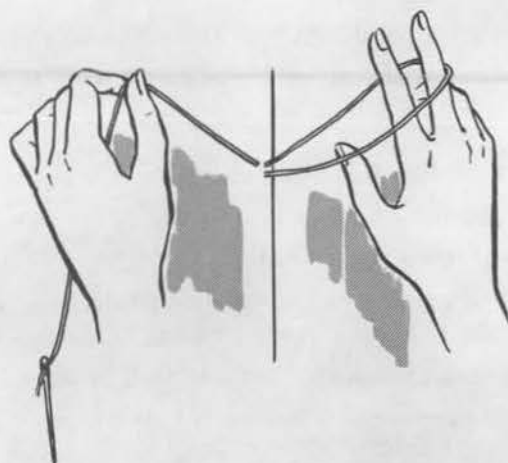
Sew on hooks, eyes and bars where there is some strain and fastening will not show. See Fig. 18.

For edges that meet, use hook and eye. Extend eye  $\frac{1}{8}$  inch beyond edge of opening. Sew hook back from edge of overlap the same distance. Mark places with pins where fasteners go. Spread hook slightly so it will be easier to sew on. Use a knot in a single thread fastened to fabric under hook or eye. Make an over-and-over stitch around holes. Use buttonhole stitch for greater strength. Sew under hump of hook to hold it in place.



Fig. 18

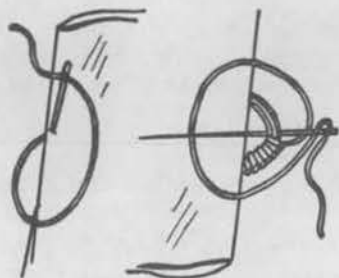
Fig. 20



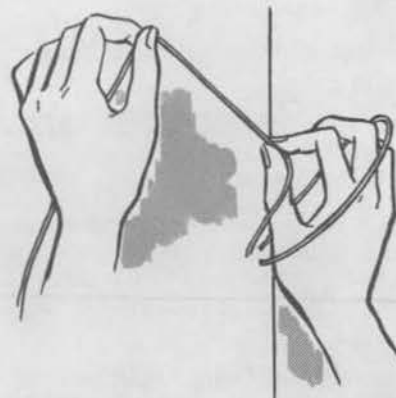
1. Holding thread from needle in left hand, slip loop over your thumb and first two fingers.

### Thread Loops

For edges that lap, use a hook and bar as shown in the lower portion of Fig. 18. In the place of a bar, a thread loop can be used as in Fig. 19.



Thread loops  
Fig. 19

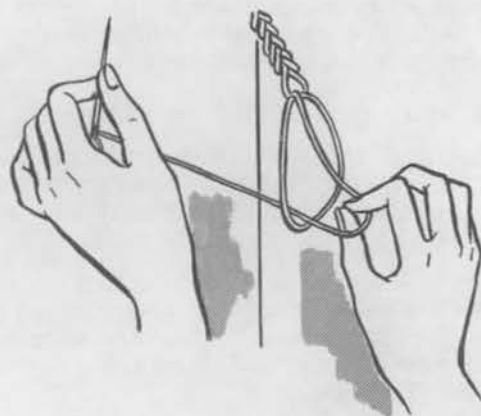


2. Pull thread from needle through loop, forming a new loop. Pull on thread originally attached to garment. Repeat to desired length.

Make thread loops to bring two sides of a neck opening together or for belt guides. Make two or three long stitches the diameter of button or width of belt as shown. Cover these stitches with buttonhole-stitches pulled to outside of loop.

If you prefer, make loops with a chain stitch either by hand or with a crochet hook.

Fasten one end of matching thread securely into side seam. Bring needle through fabric leaving a loop. Make a crochet chain with your fingers starting with this loop. See Fig. 20.



3. Slip needle through last loop and pull to form knot. Sew thread at desired location. Fasten on wrong side.



## SCORE YOUR WORK ON BLOUSE AND SKIRT

Your leader or others will guide you as you score your work.

Be honest with yourself. Put check (✓) in space you think best describes the work you did.

	Yes	Should Improve
Are the colors becoming to me? .....		
Does the color of blouse go with skirts now in my wardrobe and with outer clothing? .....		
Does the color of my skirt go with blouses now in my wardrobe and with outer clothing? .....		
Are blouse and skirt clean and well pressed? .....		
Did I measure and place each pattern piece grainline perfect on my fabric before cutting? .....		
Did I staystitch, sew and press in the correct direction? .....		
Did I sew straight, even seams? .....		
Do stitches on skirt hem show very little on right side? .....		
Are hooks, loops or snaps neatly applied? .....		
Did I understitch neck facing? .....		
Did I do a good job of applying neck facing? .....		

## Selection and Care of your Blouses

### Buying Blouses

In the first two clothing projects of the Junior Miss series you learned some facts about buying hose and under clothing. In this project you'll have an opportunity to learn about buying cotton blouses.

You can't learn everything about buying in one lesson but you can get a good start. These learnings can be of value all through your life and may save you time, money and energy for later wants and needs.

Buying and care go hand in hand, so—we'll talk about them at the same time.

Let's take a trip to town. Take the trip with your mother or some other adult. Find a store which sells blouses. Then before buying search for answers to these questions:

- For what occasion will you wear this blouse?
- What does the label or hang-tag tell? Is the fabric colorfast? Will it shrink? What fiber or fibers is it made of? Does it have an easy-care finish?
- How is the blouse made? Examine seams—are they wide enough to resist strain and allow for adjustment? Are fastenings secure and are facings well applied? Are facings understitched?
- How should you care for this blouse? Knowing the method of care will give you more service and satisfaction for money spent.

- Take time to try on the blouse. Does it look pretty on you? Is it comfortable? Is it the right color for you and the skirts you'll wear?
- What amount of money can you spend for a cotton blouse?  
After such investigation and learning you are ready to buy the best blouse possible for the amount of money you have to spend.

**And remember—don't guess! Know.**

Last but not least and so often overlooked:

- Be courteous to sales people and to other shoppers.
- Avoid shopping during rush hours.
- Avoid shopping when you are tired.

### Take Care of Your Blouses

- Wash before blouses become very soiled.
- If blouses have an easy-care finish you may need to pre-treat the grease spots with a grease solvent before wetting or pressing. Why? Because heat may set these spots. Heavily soiled places may be pre-treated with detergent. Wet the soiled place with cool water, apply detergent, and rub gently.
- Easy-care blouses can be washed by hand or in automatic washers. They are satisfactorily dried by hanging to drip dry or in a dryer on a low or medium setting. You can remove blouses from the dryer when they are slightly



damp. Then press if needed. Easy-care cottons are usually pressed at a lower temperature than untreated cottons.

- If your blouse is a blend of cotton with another man-made fiber, such as Dacron, use a press cloth.

Other care for better wear:

- Place blouses, except knits, on hangers as soon as they are taken off.
- Treat spots and stains while they are fresh.
- Repair breaks or tears when first noticed.

## Grooming

### Care for your hair

Keep your hair clean, shining and pretty. Here are some suggestions to help you:

- Wash your hair when it needs it, at least once a week—more if your hair is very oily and you take part in active outdoor activities.
- Brush your hair often with a stiff brush. Make sure your comb and brush are always clean. A good way to brush your hair is to put your head down and brush from the hairline at the back of your head to the top of the crown. Then brush back, away from the face. It's fun to count the strokes—fifty each time will help keep scalp exercised and healthy.



Fig. 21

- Use a good mild shampoo or melt some mild soap. Work the lather into the scalp with the pads of your finger tips (not the nails). Massage the scalp well with a circular motion. Rinse in warm water. Apply shampoo a second time. Rinse until your hair "squeaks." See Fig. 21.
- Partially dry your hair with a clean towel. Set it while it is damp.
- Flatter your face with a hair arrangement most suited to you.
- Girls your age look sweet and attractive when hair styles are simple and easy to care for—

no extremes. Above all, the style should be one which can be kept looking neat.

As a club activity you can help one another. Invite a hair dresser or beauty expert to demonstrate and talk to your club. Be sure she is well qualified to teach the "how" and "why" of hair care.

## Demonstrations

Your attitude is good if you want to share your knowledge and skills with others. Today it is not enough just to learn. We must also share the learning. We must be able to teach what we learn to others and do so in a practical way.

Plan to show your club members or a group of people in the community how to do something you learned this year. Don't make it difficult but plan it every step of the way. Be sure to tell "why" you do certain things. If you use samples make them large so everyone in the audience can see what you are doing. If you sew something use contrasting colored thread and large stitches. Here are some demonstration suggestions. You and your leader may think of others.

Unit system of sewing

How, what, why staystitch

How, what, why understitch

How to buy a blouse

How to buy fabric

How to press seams

How to place a pattern for cutting

How to mark construction details

How to stitch a dart

How to sew on hooks, eyes and snaps

How to choose color

How to best care for your hair

How to take body measurements

How to straighten fabric

How to make a skirt band

How to face a blouse neckline

How to stitch straight seams

How to clean finish a facing edge

How to practice safety while you sew

## Your Record

Keeping a record of your clothing work is an important part of this project. Study the clothing project record book with your mother or leader and observe what you need do. Fill in the record as you proceed in your year's sewing. Keep the record neat and clean. Keep it up to date to avoid a last minute rush to complete it for exhibit. A story written in ink is easy to read. Complete your record with your signature and those of your parent and leader.



Fig. 22

Write a short interesting story of your project work. Here are some questions you might like to consider when writing your story:

- Why should you read labels or hang-tags on articles or fabric you buy?
- Did you use fabric from a used garment?
- Why did you choose the fabric you did? What did you learn about a finish that was applied to the fabric you were using?
- Did you make a shopping list? Why?
- In what way did you observe good management?
- What did you do to learn about color?
- What colors do you think you can wear? Why is it important to girls and women to know basic facts about colors?
- What did you do in this project to make the most of your personal self? Why?

- Did you learn to judge or evaluate your sewing? Why is this important?

When exhibiting your project work remember the record book makes a difference in the award you'll receive. A perfectly constructed garment and a poor record might result in a second place award while a top record and a non-perfect (but well made) garment might result in a top award. So look to your record for one way to improve your project work.

Every girl can gain experience and do something nice for others at the same time. You might like to make an apron, a blouse, a skirt or do some mending for someone.

You'll find a place in your record book to tell about your extra sewing.

Don't include clothing made in school or other classes. **It's the extra sewing you do that improves your skill.** At the same time you are striving to be unselfish by making something for someone. The art of giving brings joy to living. Remember the sick and the lonely.

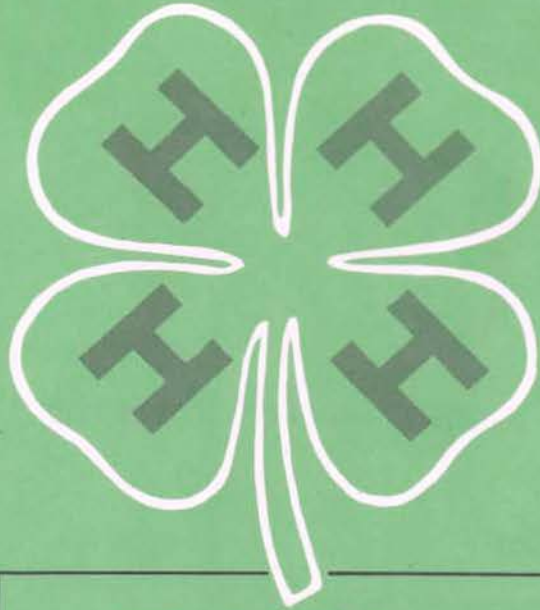
Wear your blouse and skirt and have someone take your picture. Mount with art corners and put in your record book. Mount a neat sample of your fabric too.

You have created something for yourself. Wear it proudly! Model it for a group whenever you can. Although modeling at fairs is not a requirement for completion of a clothing project we encourage you to model whenever you have an opportunity. Modeling helps you develop grace, good posture and habits of good grooming. You will make new friends too. To help you wear your clothes well, obtain from your county Extension agent a copy of the Extension bulletin "Fashion Modeling Your 4-H Garment."

This project has helped you if you can say:

- These things I know.
- These things I can do.
- This is mine.
- These things I did for others.

Then you are on the first steps of a stairway that leads to success. Good Luck! Keep Going! Strive for greater achievement and explore new horizons by taking another clothing project.



*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"

Published and distributed in furtherance of the Acts May 8 and June 30, 1914, by  
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