



UNIVERSITY OF IDAHO
College of Agriculture

Fall Flattery

4-H CLOTHING PROJECT

Fashion Miss Series

By Esther Nystrom



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This is Your Project...

Make a Costume for Fall

Choose a one-piece dress with companion coat or jacket. Coat or jacket may be lined or unlined.

Use acetate, rayon, any synthetic, or a blend.

Do Other Work to Complete Project

Learn to sew these fabrics . . .

1. Acetates
2. Rayons
3. Synthetics
4. Blends

Care for your clothes . . .

Give daily care to your clothes.

Take care of your accessories.

Keep well groomed . . .

Care for your feet and your shoes.

Keep a record book . . .

Judge the clothes you make . . .

Exhibit Your Work

1. Complete costume—one-piece dress with companion jacket or coat.
2. Record book.

FALL FLATTERY

BY ESTHER NYSTROM*

IT IS FUN to make clothes for yourself. Learn to make your own clothes and have fun doing it. Plan this project with your leader and your mother. Do you need a fall dress with a jacket or coat for school or for informal gatherings? Choose clothes you need and like. Then learn to wear them with grace and charm.

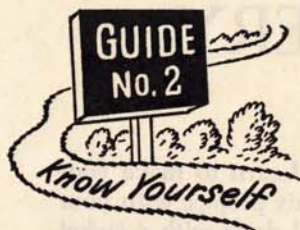
This year of sewing is planned for girls who have completed several projects of the Junior Miss and the Modern Miss series. "Fall Flattery" is in the Fashion Miss series; therefore, it is an advanced project. If you take this project, plan to make a costume which will be suitable for school, for church, for the movies, and which can be worn for some special events. You have, by this stage in your sewing, developed skill working with cotton and perhaps with wool. Now you are ready to use other fabrics which call for even greater skill and patience. For this project use a fabric such as acetate, rayon, a synthetic, or a blend of the different fibers. If you wish to make a wool outfit, take the project "Stylish Separates" or "Wearable Woolens." In "Fall Flattery" you will learn to handle and sew such fabrics as rayon, acetate, nylon, orlon, dacron, dynel, acrilan and various blends. Choose styles and fabrics that are becoming to you and that you have skill enough to handle. Be sure your ensemble fits into your wardrobe and needs.



School clothes are probably the most essential in your wardrobe. Don't feel that you always have to wear sweaters and skirts to school. Perhaps you'll need a one-piece dress and jacket of rayon, acetate, nylon, orlon, or one of the other synthetics to wear as a change instead of cotton and wool. Such dresses would be comfortable for some of the warm fall days. Blends of some of the above listed fabrics make good school clothes too. When we think of clothes for school, church and many social affairs, we think of those which are made of strong, non-transparent fabrics—ones



*Clothing Specialist, Agricultural Extension Service, University of Idaho



which do not spot or wrinkle easily, and which are conservative in color and design. These will be easy to care for too.

Wearing the right clothes can add much to your confidence and poise. Clothing is becoming when it fits you well and is correct in color, line, and design. When every item is right the complete picture stands out as something striking.



Remember—you want suitable clothes for different occasions to be well dressed at all times. Appropriate clothing gives you self-confidence and helps you impress other persons favorably. Strive for individuality too. See how well you can adopt modern fashion trends to your own personality and figure. Dress according to your age. It isn't good taste to adorn yourself with dresses that are "little girlish", or slinky black sophisticated clothes that are for older women. Choose clothes that are smart but simple . . . neither too young nor

too old. It is wise to plan clothes that are:

1. Suitable for your personality.
2. Correct in line and design for you.
3. Becoming in color.
4. Suitable for your accessories.
5. Within your price range.
6. Appropriate for the occasion.

Review clothing construction processes and skills by referring to other 4-H clothing bulletins. You have already studied selection of material and learned many of the construction processes.



A Jacket Dress is Practical

A jacket dress is practical for many occasions. With the jacket the outfit is suitable for wear on the street during the warm autumn or spring days. Plan the set so you can wear the dress in the school-room without the jacket. You may line your jacket if you wish.

Dress With a Lightweight Coat Is a Good Choice

A dress and companion coat is another good choice. Such an outfit has many uses. The coat of your set can serve as a comfortable wrap during the early fall days and evenings and for early spring wear too.

The dress of this companion costume will be suitable for many special weekend dates. You may line your coat if you wish. You might like to choose a lining for the coat of the same fabric used in making the dress.

Collect Sewing Tools

After deciding on a costume to make for yourself your next step is to collect the necessary tools and equipment for efficient good quality sewing. Then select a becoming and appropriate pattern and fabric.



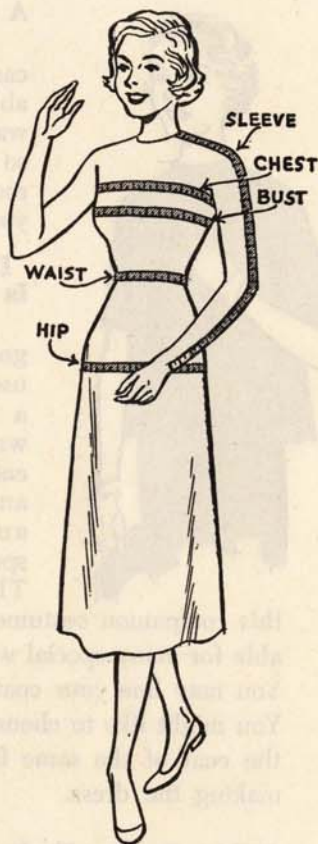
Take Measurements

Study the leaflet "Body Measurements," which you can get at your county extension office. Be sure to take a few simple important body measurements before buying your pattern. There is a lot of good information to be found on the pattern envelope. Do read that information to check such measurements as bust, waist, and hip. On the pattern envelope you can find how much fabric you will need to buy. There is also a list of notions to have on hand to complete your outfit.

Select Your Pattern

Study fashion magazines for teenagers. Study pattern books to choose a pattern of the style best suited to your figure and the fabric you have in mind. Select a pattern that will accent your best features. Remember that simplicity is a most important element in good design, and that clothing cannot be appropriate unless it is comfortable.

If your fabric is a true synthetic, choose a style with few pieces and uncomplicated construction detail. Select dress styles with sleeves cut in one with the bodice, or a pattern that has very little ease in a set-in sleeve. It is difficult to shrink ease in sleeves and hems in a synthetic fabric. Skirts with straight hems are handled more easily than hems with circular fullness.





Select Your Fabric

In this project remember to choose for your fabric an acetate, a rayon, a synthetic, or a blend.

For school clothes, you usually think about the cost of upkeep. When school clothes can be laundered at home the cost is quite low. Look for attractive cloth that is firm and easy to handle.

When selecting synthetic fabrics, use the same care as for fabrics of natural fibers. Taffetas, chiffons, and organdy types in any fiber are more difficult to handle than shantung, crepe, and suiting types. Many of the blends create no problem at all. Very sheer and knit fabrics are difficult to handle.

You know, when selecting a fabric, that color and design are both important. While the color of material is influenced by the prevailing fashion, always use the most becoming color for yourself regardless of the prevailing fashion. You have had a chance in other projects to study your own coloring. By now you can easily decide on the colors that are best for you.

Ask the clerk to help you find and read labels.

Prepare Your Fabric

You know you must have both ends of the fabric grain or thread perfect before you place the pattern on the fabric. You have learned to do this by tearing the fabric or pulling a thread to make the fabric exactly thread-perfect. Never attempt to tear nylon fabric . . . cut it! Some fabrics are ready to work with just as they come from the store; others require straightening, pressing, and shrinking.

In synthetics, if the weave of the fabric is set off-grain in the finishing process, it is impossible to straighten it by home methods.

It is unnecessary to preshrink any true synthetic fabric as these fabrics do not shrink.

Be Accurate

Accuracy is most important in every step of construction. Be accurate in placing your pattern on the fabric, cutting out the garment, and transferring the pattern markings to the fabric. If you are careful on all such details as these, you will find it quite simple to pin and sew the garment together.

Do Careful Work

Good workmanship is important. Learn to sew well. You have learned there is no one rule which recommends a particular seam, seam finish or stitch as better for all purposes, than another. You now know you need to consider such factors as style, purpose of the garment, fabric used, and your own sewing skill.

Accessories Are Important

Don't forget the part that wise use of accessories can play to make your clothes interesting and distinctive. Accessories include jewelry, flowers, handbags, shoes, hats, gloves and scarves. Always play down accessories and select those which will do the most for you and your clothes. Well-chosen accessories emphasize your personality and individuality. Size counts, too, for accessories should be in keeping with a person's particular build. Be sure your accessories harmonize in color, shape, line texture and material with the outfits you wear.

Avoid too many different colors in one outfit . . . the eye jumps from one bright spot to another, and you lose the effect of the unity you desire. Two colors are fine, three can be combined with skill, four are nearly always too many.

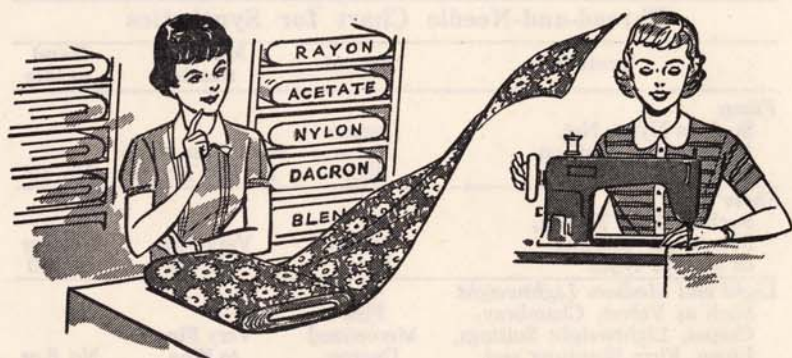
It's wise to let simplicity keynote your costume. Use only a few ideas in one outfit. If you do so, your costume will have a unified effect—a sense of belonging together, and more important, of belonging to you.

Learn to Sew The New Fabrics

Here is another part of your project. Learn to sew the fabrics made of acetate, rayon, nylon, orlon, dacron, dynel and other man-made fibers. Do welcome the opportunity to learn to sew the many different fabrics. To be successful in sewing you need to know your fabric—of what fibers it is made—and what sewing methods to use for each fabric.

Fabrics today require new methods of handling. Sewing methods will vary according to the fiber, the texture of the fabric, the weave or the finish of the fabric itself.

Study the following methods carefully. By learning how to



sew these fabrics now you can improve the next garment you make. Give a demonstration on sewing some of these new fabrics at a club meeting.

First Let's Look at Acetate and Rayon

Mercerized sewing thread is recommended for most rayon fabrics. For satins, velvets, and shiny rayons, use silk thread. In sewing printed fabrics, select a color that matches the ground (basic) color of your print.

Be sure to use the correct sizes in needles and thread for the acetate or rayon fabric you are using. Let the following chart be your guide:

Thread-and-Needle Chart — Acetate and Rayon					
Type of Fabric	Sewing machine needle	Thread Silk	Size Mercerized	Machine stitches per inch	Tension
Sheer rayon crepe, ninon, net, chiffon	Fine	A	50	20-22	Regular
Rayon or acetate crepe, taffeta, sharkskin	Medium Fine	A or B	50	16-18	Regular
Rayon or acetate gabardine, twill, flannel, serge	Medium	A or B	50	12-14	Regular

For easier sewing and for neater, more accurate seams in sheer fabrics, stitch over strips of paper. This provides a firmer sewing base and prevents slipping.

When stitching jersey, stretch the fabric a little and keep the tension loose. Use a fine needle.

Now Consider Nylon, Orlon, Dacron and Other Synthetics

When you sew synthetics it is important to select the proper needle and thread size. Here is a chart to help you:

Thread-and-Needle Chart for Synthetics

Texture	Thread	Machine needle	Hand needle
<i>Filmy</i> Such as Nylon Net, Marquisette, Chiffon and Organdy types	Dacron Nylon Silk	Extra Fine No. 9 For Silk No. 11	No. 10
<i>Sheer</i> Such as Thin Taffeta, Shantung, Shirting or Madras types	Dacron Nylon	Very Fine No. 11	No. 9 or No. 10
<i>Light and Medium Lightweight</i> Such as Velvet, Chambray, Crepes, Lightweight Suitings, Linen, Firm Shantung and Surah types	Fine Mercerized Dacron Nylon	Very Fine to Fine No. 9 or No. 11	No. 8 or No. 9
<i>Medium Heavy</i> Coat and Suitings and Corduroy types	Mercerized Dacron Nylon	Fine to Medium No. 14 or No. 16	No. 6 or No. 7
<i>Heavy</i> Found in Heavy Coatings	Heavy Duty Mercerized Dacron Nylon	Medium No. 16	No. 5 or No. 6

Here are some helpful details when sewing synthetics:

1. Always use well-sharpened cutting shears and very sharp dressmaker pins. Cut generous seams.
2. Run the machine at a slower speed than normal. Guide fabric slowly through the machine. Do not stretch with fingers.
3. Cut nylon thread with very sharp scissors—don't break it off.
4. For synthetics, the machine stitch is usually shorter than for natural fibers. However, for the thick and spongy types use about the same length as similar textures in natural fibers. **Remember**, the weight and texture of the fabric may modify the machine adjustments needed for sewing with synthetics.
5. You may need to tighten the pressure screw. Regulate pressure on the pressure foot to accommodate the texture, finish, and thickness of the fabric being sewn.
6. Keep both top and bottom tensions slightly loose.
7. Use nylon and dacron thread when the man-made fiber content is greater than the natural content in a blend.

8. Keep bobbin loosely wound. Wind bobbin by hand if necessary without stretching the thread.

9. If the fabric is tough or closely woven, the machine needle may force the fabric slightly down in the needle opening and cause puckering of the seam. Try stitching over cellophane tape, gummed paper, or over heavy paper. You'll find the hole will be the right size for the needle and the pucker will be gone.

Note: The shirr or pucker will not occur on a seam which is bias, curved, or slightly off straight grain.

10. Be sure your sewing machine is clean and well adjusted. Always test the machine stitching on the cloth before you start. Use a double piece of fabric and always try out the stitch on the lengthwise grain.

SOME HELPFUL BULLETINS

Guides to Sewing the New Fabrics
Fabricland

Care For Your Clothes

Give Daily Care to Your Clothes

Every girl wants to be attractive and look her best. One way she can do this is to make neatness a habit. It costs nothing but means so much.

You can always be neat by taking good care of your clothes. Make daily care of your clothes a habit. Good care means longer wear! Clothes will look better, too, if handled carefully, washed, pressed, aired, and mended.



a. Hang your clothes up when you take them off. Coat hangers keep a dress or coat in good shape. Garments hung over a hook or nail will bulge where they come in contact with the hook. Hang your slip, pajamas, and robes on hangers too. When clothes are hung in the closet, try to leave a little space between each garment.

b. Have a place to put your things. When not using them put them in their proper place. Fold clean garments and arrange them neatly in drawers.

c. Brush and air your clothes often, wool ones especially. They will wear longer if you do. Sponge the necklines of coats and dresses with cleaning fluid to remove powder



and dust. Carbon tetrachloride is fine for this, but be sure to use it in a well-ventilated room.

Remove spots as soon as they are noticed. Use a clothes brush of fine bristles for most fabrics. Brush in the direction of the grain of cloth.

d. Mend your clothes before they wear too thin. Keep on the lookout for repairs needed. If a fastening is off, replace it at once.

e. Be sure to keep sweaters and other knit type garments folded in a drawer. This keeps them from stretching. Wash sweaters often to keep them looking their best. Brush often!

f. Keep hose in folders, boxes, or bags.

g. Have your clothes ready to put on at a moment's notice, with no buttons off and no need for safety pins. Repair broken straps, loose fasteners, or ripped seams and hems.

h. Wash your lingerie, such as panties, stockings, anklets, and bras after one wearing. Wash girdles and slips after two or three wearings—oftener in hot weather.

Frequent laundering helps a foundation garment keep its shape, its strength and its color. Repair foundation garments as soon as possible. Mend small holes in lace girdles with loose darning stitches of matching thread. You can use the zig-zag stitch of your sewing machine on elastic sections. When putting foundation garments away, roll girdles lengthwise and fold bras neatly.

Take Care of Your Accessories

"A place for everything, and everything in its place," are wise words.

Keep shoes well brushed and polished. Brush suede shoes often! Take your shoes to a shoe repair shop at the first sign of wear.

Brush hats after each wearing, and keep them covered between times. Keep felt hats or fabric hats in hat boxes. Freshen veils of hats and lapel flowers by steaming them.

Put gloves on and take them off carefully. Keep them in a drawer, or on a shelf. Mend fabric gloves when you find broken stitches or small holes. Keep gloves spotlessly clean.

Good treatment will keep a handbag looking new for several seasons. Don't overstuff your bag. Keep all bags clean. Leather bags may be waxed or polished to keep them neat and to protect the finish. A department store or shoe repair shop will help you choose the right wax or polish.

Keep your jewelry clean and polished. A small box or series of boxes will keep your jewelry in order. Separate compartments for the different types of jewelry are best. Put cotton or tissue paper around pieces of jewelry to prevent scratches or nicks. Polish silver jewelry occasionally with silver polish. Most jewelry except rhinestones may be washed.

Keep Well Groomed

Care for Your Feet and Shoes

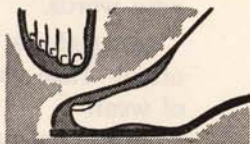
Health and good grooming go hand in hand. In each phase of the 4-H clothing projects you have as part of your project the study of health and good grooming. In this project learn to care properly for your feet and shoes. You can have healthy, graceful feet if you follow a few simple suggestions as a guide.



Oxford styles, when well designed, help in the support of the foot and are good school shoes. Sandals are satisfactory for playtime wear, if they provide adequate support. You might choose slippers with moderate heels for occasional wear. Ballet and "flattie" styles for young teens are frowned upon by many foot authorities because too often they do not provide adequate support. Wear high heels for dressy social functions only.

Shoes that are outgrown should be discarded, even though they are in good condition. Outgrown shoes are harmful to foot growth. Never wear tight shoes.

Always select proper-fitting shoes. Have both feet measured for length and width. Take time to try on both shoes. Buy your shoes one-half inch to one inch longer than your longest toe. Select a well-designed shoe and a suitable style. Footwear fashion is important, especially to teen-age girls, but footwear functioning is vital. You don't need to sacrifice fashion for good function.



Here are a few important good foot and footwear habits:

Select socks and stockings one-half inch longer than the longest toe.

Change shoes often.

Wash your feet frequently. Dry thoroughly and use foot powder.

Trim toenails right — straight across, no shorter than the flesh.

Exercise your feet — wiggle the toes.

Keep your feet dry.

Take care of your shoes. Keep your shoes on a rack in a cabinet or in a shoebag—never on the floor. To make that new look last, use well-fitting shoe trees or stuff tissue paper into the toes. On rainy days, wear boots or galoshes to protect your shoes. Shoes, unless specially lined for the purpose, should never be worn without foot coverings (stockings, socks, or footlets).



Keep your shoes clean and shined. It makes them look better, wear better, and is good foot-care psychology.

If you are in doubt about your feet, get the advice of a good foot doctor. Remember, your feet must carry you for a lifetime.

Helpful bulletins at your County Agent's office are:

Leather Shoes—Selection and Care — Farmers Bulletin
No. 1523.

Your Children's Feet and Footwear—Children's Bureau
—U. S. Department of Health.

And for further study write:

National Foot Health Council, Rockland, Massachusetts.

Keep a Record Book

Record books are important. Always keep them neat and up to date. If you keep good record books they should tell interesting stories of your 4-H achievements.

Be sure your record book is complete. Sign it and then have your parent and your leader sign it.

Judge the Clothing You Make

Study each finished garment you make. This will help you to learn where and how to improve the next ones. How does your outfit look to you? Place a check mark (✓) in the column below of the way your garment looks to you.

Construction	Excellent	Good	Fair	Could be Improved
Is the cloth suited to the design of the garment?				
Are the trimmings suitable?				
Are the colors well chosen?				
Is stitching satisfactory?				
Is there accurate cutting?				
Are seams and finishes appropriate?				
Are hems made well?				
Is there good work in neck finishes?				
Are sleeves satisfactory?				
Are fastenings durable and well applied?				
Is there neat work at waistline & belt?				
Is the garment clean & well pressed?				
Is your garment easy to care for?				

HAVE FUN WEARING YOUR LATEST CREATION!



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