

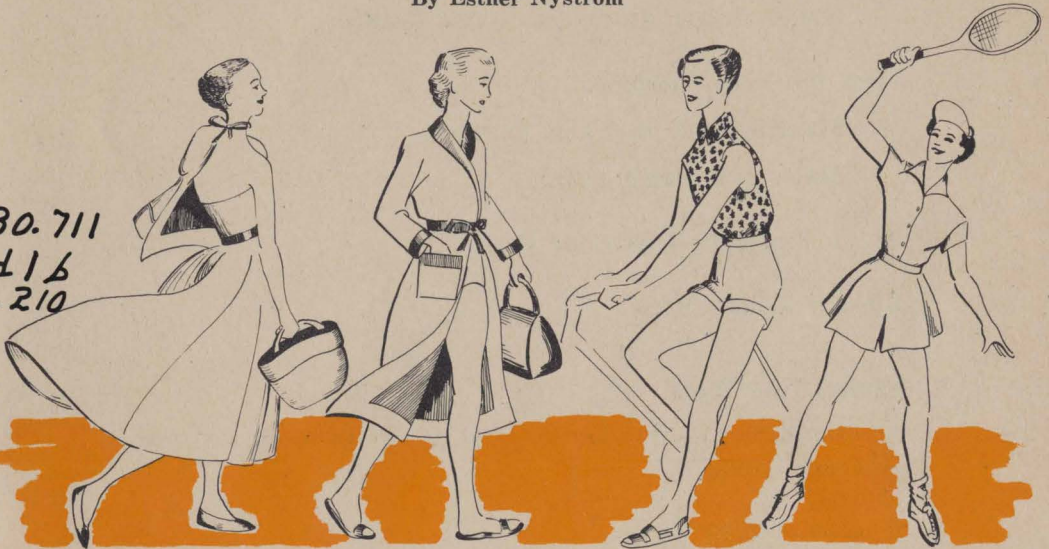


UNIVERSITY of IDAHO

A College of Agriculture Publication

# FUNTIME FAVORITES

For the 4-H Modern Miss  
By Esther Nystrom



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UNIVERSITY OF IDAHO BULLETIN 210  
April, 1954

# THIS IS YOUR PROJECT . . .

## ***Make a Funtime Outfit***

Choose one outfit from Group A and one from Group B.

Group A . . .

Shorts with blouse, shirt, or other top garment.

Skirt with blouse, shirt, or other top garment.

Slacks with blouse, shirt, or other top garment.

Pedal pushers with blouse, shirt, or other top garment.

One-piece outfit, such as sun dress or other play garment.

Group B . . .

Beach coat

Duster

Jacket

## ***Do Other Work to Complete Project***

Improve Personal Appearance . . .

Study aids to good posture and health.

Care for Your Clothes . . .

Make a mend on a knit garment.

Make a pressing mitt.

Sew a Zipper in a Skirt or Dress

Keep a Record Book

## ***Exhibit Your Work***

1. Complete Funtime Outfit—One from Group A and one from Group B
2. Record book

# FUNTIME FAVORITES

Esther Nystrom  
Clothing Specialist

It's fun to take part in sports! It's even more fun if you make your own sports outfit when you go out to play. Play-time is more fun when clothes are right.

Choose a sport outfit that will be fun to make and to wear. You have a wide choice of outfits to choose from in this phase of the Modern Miss Series. Select one that is becoming to you and that is suitable for the occasion. Your sport clothes must be durable, comfortable, and attractive. Fabrics that are easily cleaned, fast in color, and moderate in cost, are best. We have many, many of these nowadays and every school girl wears and loves them.



The garments in this project are not particularly easy to make and probably should be selected by girls who have done, "Bedtime Beauties." There's a wide choice of outfits in this project so choose a type best suited to your skill in sewing.

In this project there are many new things you will want to learn, too. Some of them are how to achieve good posture

and health, how to mend a knit garment, how to make a pressing mitt, and how to sew in a zipper.

### **Which Garment for You**

Just as there are all kinds of sports there are all kinds of sport clothes. Your choice of garment will depend upon where you live, what your friends are wearing, what kind of person you are, and the sports in which you take part. There are special sport clothes for hiking, sailing, riding, skating, fishing, camping, skiing, golf, tennis, and other sports. You will want to consider suitable sport clothes for picnics, too. For summer sports, choose clothes that are cool and crisp.

If you carefully choose a sun dress and jacket, you can easily use it as a general purpose costume, and it can be appropriately worn for many occasions other than for active sports. It will lend itself well to a variety of interesting changes by means of different accessories.

Talk with your leader and your mother and let them help you decide on the garment.

Choose one complete garment from Group A and one from Group B. If the entire outfit harmonizes in line and color, it will be pleasing in effect.

### **Building Your Funtime Outfit**

It's fun to plan a new sport outfit. Let's decide on the style and colors that will be becoming to you.

Remember that your sport clothes must be comfortable and allow freedom of movement. They are trim, well-fitting, simple in line, durable, and easy to launder. Choose sport clothes that are simple in design and are more or less tailored.

The trimmings for sport clothes are best when they are of material similar to that of the garment and harmonizing in color. Make them simple and durable. Little trimming is needed. The garment itself is colorful, and its purpose does not require decoration.

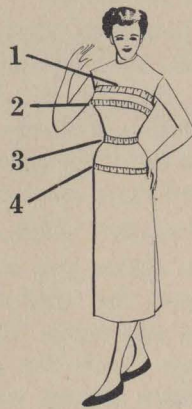
Before you go shopping for patterns and yard goods, study fashion magazines and pattern books. Then select a pattern of the style best suited to your figure and to the fabric you have in mind.

Before you choose a pattern take the following body measurements as shown in figure below.

High chest .....	No. 1
Normal bust .....	No. 2
Waist .....	No. 3
Hip .....	No. 4

Buy the pattern size nearest to the high chest measurement. If the normal bust measures 4 inches larger than the high chest buy the next size.

**Ask clerk:**  
"Is it colorfast?"  
"Is it preshrunk?"



### Your Fabric

Some fabrics are better suited to certain styles than to others. Choose a fabric that is suited to the purpose for which you want to wear your outfit. Carefully consider weight, texture, drapability, firmness, and weave of the fabric. Denim, corduroy, terry cloth, sail cloth, Indian head, pique, cotton broadcloth, chambray, cotton tweed, seersucker, gingham, linen, embossed cotton, and percale are good sports fabrics. Use wool if you feel you can handle it satisfactorily. Choose a fabric that is color fast to sun and washing, and, if possible, one that is pre-shrunk. A permanent crease-resistant finish may be just right. Avoid plaids unless you are skilled enough to handle them. When you buy the cloth, buy the thread, zipper, buttons, other fasteners, interfacing, and trimming.

## **Making Your Outfit**

If the fabric you have chosen for your funtime outfit is not pre-shrunk, pre-shrink it according to directions in the "Shrinking Fabrics" leaflet. Straighten the fabric. Compare the pattern measurements with your body measurements allowing for needed ease. Alter the pattern if it needs it and lay it on the fabric. Mark carefully and cut out your garment. Follow directions learned in former projects.

In your first sewing projects, you learned stay-stitching, direction of stitching, pressing, and the unit construction method of sewing. Use these same methods in sewing your funtime garments.

If you have taken the clothing project, "Bedtime Beauties," you have learned to make fell seams and how to set in sleeves. Refer to that project and the "Handbook of Clothing Construction Methods." Refer also to previous 4-H clothing projects for other sewing details. Review construction processes and learn new ones outlined here.

All ready? Then let's start.

The seams you choose for your funtime outfit will depend upon the kind of material you use and the kind of garment you make. The kind of finish for seams will depend upon how much the material ravel. Your funtime outfit will require strong, well-made seams which will stand hard wear.

## **Improve Personal Appearance**

### **Posture and Health**

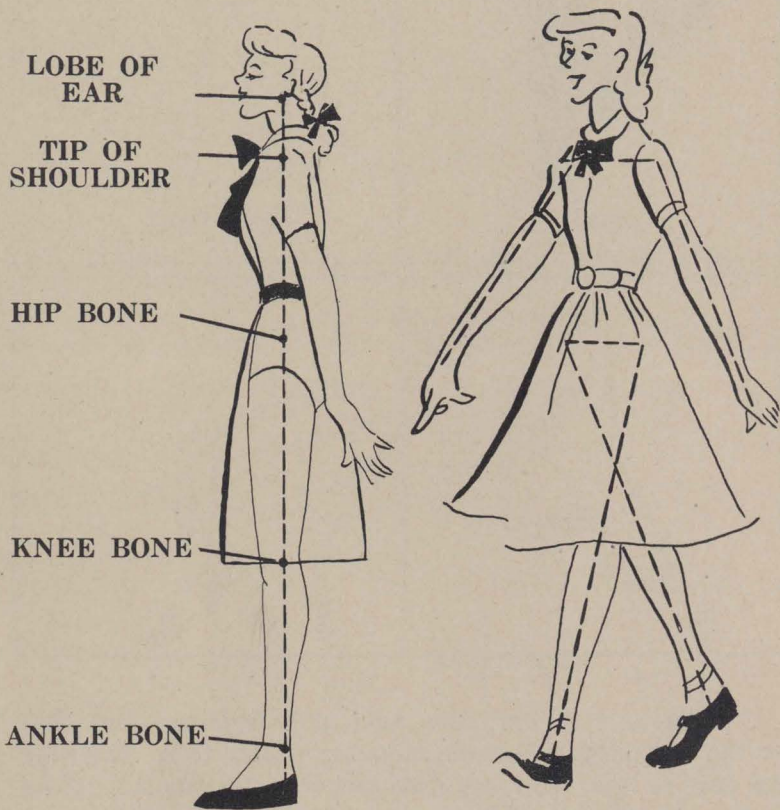
Good health, posture, and grooming go hand in hand to put you at ease and make you look attractive. How much you enjoy wearing the clothes you have made depends on the way you feel and look in them.

A well-balanced diet, cleanliness, enough exercise, plenty of sleep—these are the foundation for an attractive appearance.

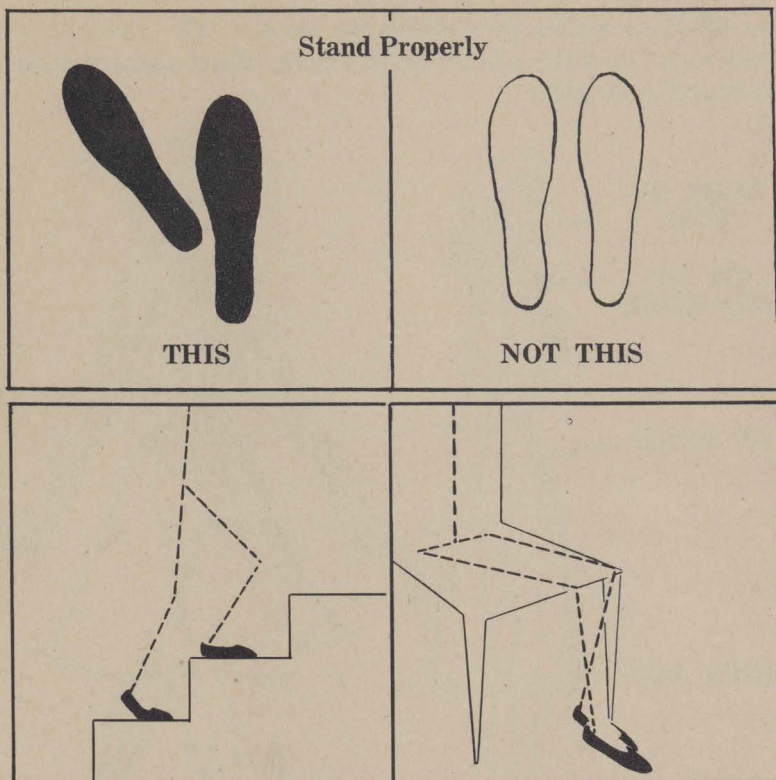
To have the kind of health that spells good looks and attractiveness, you must work for it.

Look in the mirror and check up on your posture. Posture and clothing are very closely related. Do you sit, stand, and think tall? The smart girl knows that slumpy figures spoil

the effect no matter how pretty the clothes. The girl who is noticed walks with a trim, erect figure. Good posture adds to charm and poise.



A natural, graceful, "straight and tall" carriage is most important. Stand as though a string were tied to the top of your head and was pulling upward. Stand with chest high, abdomen tucked in, hips tucked under, knees flexed slightly, and head well out of shoulders. When you stand still, place your feet at an angle so one heel is about even with the instep on the other foot. If you stand properly, you will walk proudly and gracefully as a matter of course. Walk forward at an even pace—without any extra motion. A graceful walk can only be achieved if feet are reasonably close together and steps are neither too long nor too short. Arms swing gently with the motion of your body. Keep your head erect and your chin in, not up.



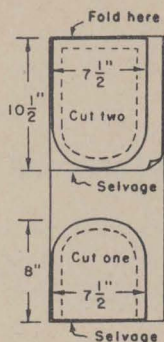
When you go up stairs, keep your head up. Get close to the first step, and avoid stepping widely to it. Stepping up only on toes does not give security and balance. Place your entire foot on the stairway. Push up from the leg on the lower stair and let your feet find the steps. Come down-stairs at an angle; the figure is more graceful this way.

Are you sitting pretty? The lower part of the chair should support your spine at the top of your hips. Keep your body straight. Bend through the knees and hips to sit down. Sit with your knees and feet close together. Ankles are more graceful when crossed low and lightly.

At some of your club meetings plan to practice walking, going up and down stairs, and sitting correctly. Your leader can suggest what you need to practice most.

Practice good posture until it becomes a fixed habit. It's worth your time and effort.





### Make a Pressing Mitt

To make sewing easier and to keep your clothes looking their best, make and use a pressing mitt. Use it to press curved seams, darts, sleeve caps, and other hard-to-get-at places. It's inexpensive and easy to make.

The best fabric for a pressing mitt is  $\frac{1}{4}$  yard of heavy cotton drill, 35 inches wide. A piece of heavy feed sack is fine, too. Cut two paper patterns by the cutting directions. Fold the fabric as shown, place the patterns, and cut out the pieces. The dotted lines allow  $\frac{1}{2}$ -inch seams.

To make the mitt, place the short section between the two longer sections, matching curved edges. Baste and stitch along the curved edges and sides; leave the straight edge open.

Trim the seam, cut out notches to remove the bulk, and turn inside out. Pack cotton tightly into the long pad section. Turn in the open edges, baste, and top-stitch to close.

To use the mitt, slip your hand into the pocket. Press your garment with the padded side of the mitt held under it.

### Sew a Zipper in a Skirt or Dress

Anyone who sews can do a perfect job of putting in a zipper if she will follow some simple rules.

Fit skirt before applying zipper. Seams are more accurately adjusted before zipper is stitched in place.

We do no basting or pinning.

Use a zipper of appropriate length for a skirt.

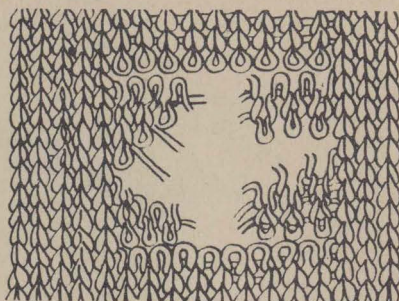
Place the zipper in left side seam or center back seam.

## Care for Your Clothes

### Make a Mend on a Knit Garment

In knit material, snags or breaks stretch to form holes. Mend these while they are still small.

If the knit is plain you can copy the stitch with a knit stitch as shown below. This mend hardly shows, and it will "give" as much as the rest of the garment.



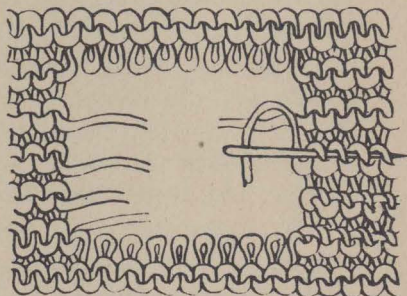
1. Frame the hole by making two crosswise cuts — one above, the other below the hole. Ravel to the ends of the cuts, forming a square or rectangle.

### Mending

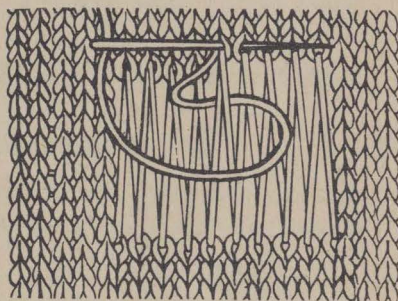
To mend tiny breaks, catch each loop with sewing thread and tie it securely on the wrong side.

To mend larger holes, ravel yarn from pocket, collar, or trim that will not be needed. Wrap the yarn around a small jar, just tight enough to remove the kinks—then steam or wet it thoroughly and let dry. Or you may be able to match the color and size of yarn at the store. If you can't get the exact shade, a near-match may be dyed.

Plain knits can be mended either by knitting in a patch or by filling in the space with a "knit-stitch mend" made with a needle as shown below:



2. Thread each loose end into the needle. Working from the underside, pull each end back into the fabric to fasten it.

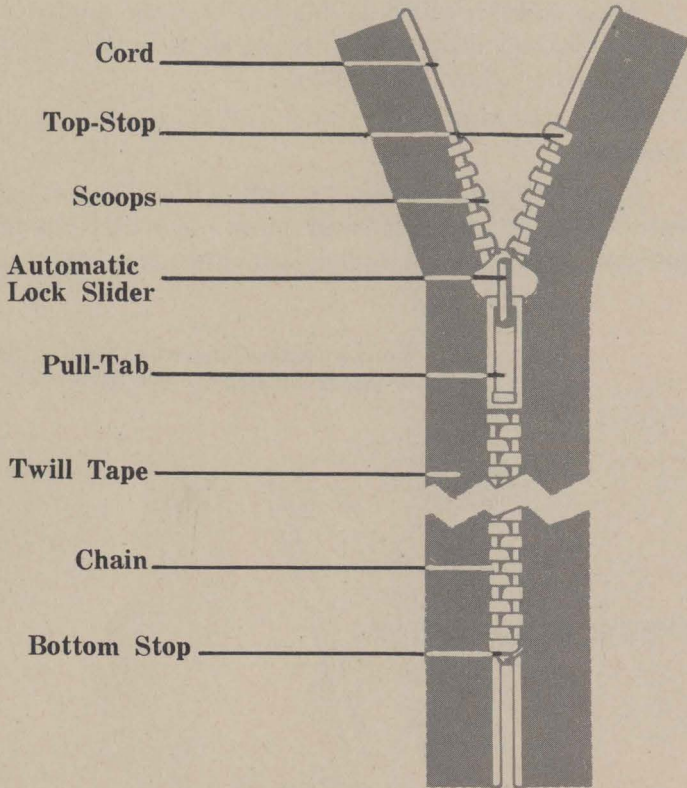


3. Zigzag across the hole lengthwise with matching yarn, catching loops. Then make knit stitches to match stitches in material.

Leave enough seam allowance above top of zipper to attach skirt waistband.

Before sewing in a skirt zipper:

Determine length of the placket from zipper (metal portion) plus waistline seam allowance.



Place stay-stitching (a line of regular length machine stitching used to prevent stretching)  $\frac{3}{8}$ " from seam edge on each side of placket opening.

Stitch from bottom to top in order to preserve the grain of fabric.

Check placket seam allowance which should be  $\frac{5}{8}$ " to  $\frac{3}{4}$ " wide. If narrower, stitch seam binding to each edge of seam.

The fine points of putting in a skirt zipper:

Keep zipper taut when measuring for placket length.

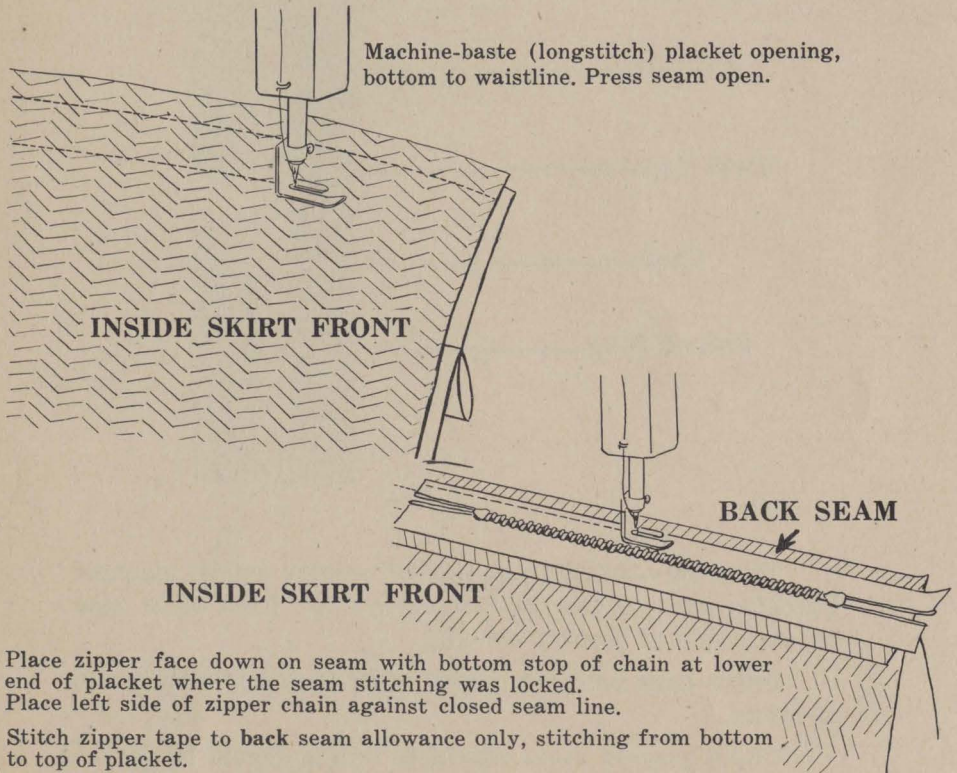
Turn zipper pull-tab up when stitching.

To turn sharp corners, place needle in fabric, raise the presser foot, pivot the material around the needle and lower the pressure foot. Continue stitching.

Allow stitching line to fan out slightly around slider. Tie loose thread ends on the final stitching outlining placket. Clip all loose thread ends short.

Trim tape ends flush with top of skirt before attaching waistband.

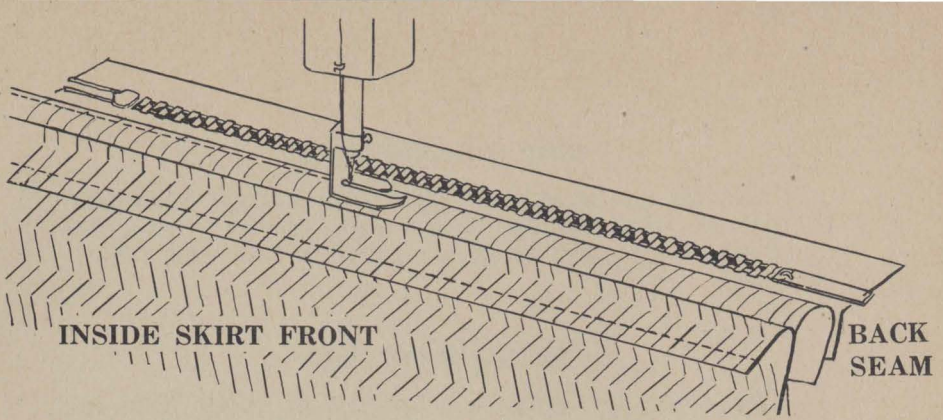
Press placket on inside of garment. Place a towel beneath the placket and the moistened press cloth over the zipper. Hold iron lightly over placket. Allow steam to penetrate cloth.



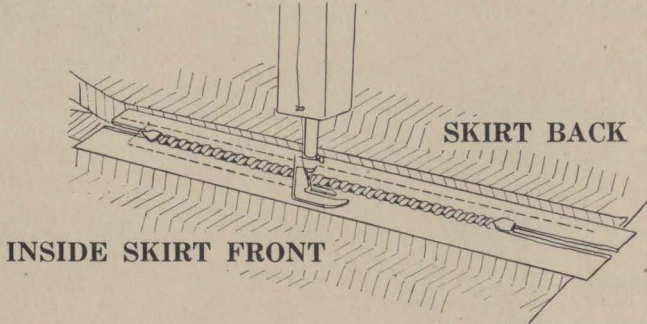
Place zipper face down on seam with bottom stop of chain at lower end of placket where the seam stitching was locked. Place left side of zipper chain against closed seam line.

Stitch zipper tape to back seam allowance only, stitching from bottom to top of placket.

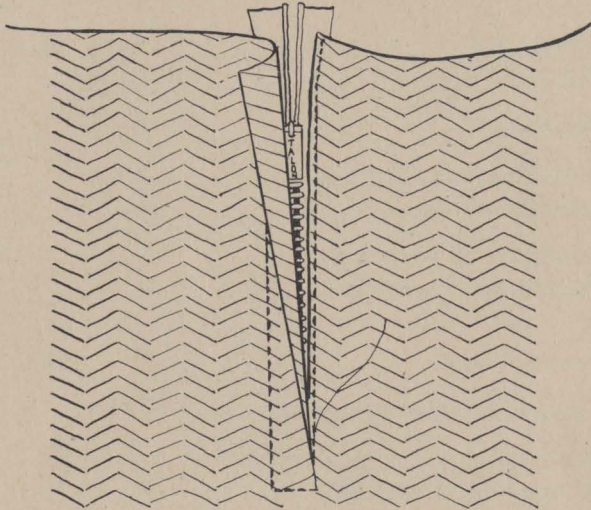
Use regulation stitch and regular machine foot with left edge of foot running close to the right edge of the zipper chain.



Turn zipper face up. Make exactly  $\frac{1}{8}$ " fold on back seam allowance, bringing edge of fold close to zipper chain. Using a zipper or cording foot, stitch on the fold from the bottom to the top of the placket.



Spread skirt flat with zipper face down on the opened seam. Still working on the wrong side of the garment, stitch across lower end below zipper stop and up to waistline.



Press placket on wrong side and remove machine basting from seamline. Work from inside of garment when removing machine-basting.

## Keep a Record Book

Records are important. Always keep them up-to-date. Record, in your clothing record book, all the sewing you have done this year, under the guidance of your leader, or alone.

### Clothing Score Card

Judge your garments when you finish them. This will help you to improve the next garments you make.

Points	Perfect Score	Your Score
1. Suitability .....	30	_____
a. To the individual .....	15	
b. To the occasion .....	15	
2. General Appearance .....	25	_____
a. Design .....	8	
b. Individuality .....	8	
c. Color combinations .....	5	
d. Texture combinations .....	4	
3. Workmanship .....	25	_____
a. Cutting .....	8	
b. Stitching .....	8	
c. Finishing—quality and appropriateness .....	5	
d. Condition of garment— cleanliness, pressing .....	4	
4. Economic Value .....	20	_____
a. Value in relation to cost and time ..	10	
b. Design and materials durable, decorations practical .....	5	
c. Cost of upkeep (easily cleaned) ..	5	

## **Some Helpful Bulletins**

You can get these free bulletins from your county extension agent.

Shrinking Fabrics

Keys to Good Sewing

Clothes Should Fit the Figure

Know Yourself and Know Your Pattern

Modeling Tips

All the above are mimeographed bulletins by Esther Nystrom.

Pattern Alteration—Farmer's Bulletin 1968.



Cooperative Extension Work in Agriculture and Home Economics,  
D. R. Theophilus, Director, University of Idaho College of Agriculture  
and United States Department of Agriculture Cooperating.  
Issued in furtherance of the acts of May 8 and June 30, 1914.