

Your Outfit For-

DRESS OR GRADUATION



M.K.

4-H CLOTHING PLAN VIII

GROWING UP SERIES

Extension Service, Institute of Agricultural Sciences
The State College of Washington, Pullman, Washington

Join the 4-7 Parade and . . .

Let's Choose an Outfit

What an outfit for dress or graduation is.
Styles, fabrics, and colors that suit.

Let's Make Your Outfit

Make four units

Two garments from the following:

Dress, one- or two-piece
Unlined coat or jacket
Slip, petticoat, *or* other undergarment

And two accessories to complete your outfit, such as:

Hat *or* beret; gloves; bag *or* purse; handkerchief; scarf;
belt *or* sash; lapel ornament; head band or other dressy
accessory.

Let's Use Life Preservers

Make an overhand patch
Practice good grooming
Learn to clean, oil, and adjust your machine
Learn to use another machine attachment

Let's Keep Score

Judge your outfit and exhibit it
Give a method demonstration at a club meeting
Keep an expense account of all your clothing spending for
the year
Keep your records up to date
Have a dress parade

Your Outfit for Dress or Graduation

by Marjorie Lusk
Extension Specialist in Clothing

Let's Choose an Outfit

What an Outfit for Dress or Graduation Is

When you step out for a date on Saturday night or when you go to church on Sunday, you'll want to be smartly dressed. Why not try a *basic dress*? Look at the one on page 5.

A basic dress is made of plain fabric, simple in style and with no trimming. Try one of sheer wool, rayon crepe, or taffeta. Make it with a fitted top, a full skirt, a nice high, round neckline, and good wide shoulders.

Each time you change your accessories you have a different effect. You make one dress do the work of several.

You might want to make a dressy slip or undergarment. For a dress with short sleeves, try a long-sleeved jacket to go with it. Use a wool fabric or one that matches your dress. It's easier to make your first jacket without a lining.

Your shoes may have higher heels than the ones you wear every day, but no stilts, please. Sandals or flat suede step-ins are dressy shoes. Watch suedes to be sure that they aren't too heavy looking for your dress.

Choose your accessories with care, one by one. You might be able to make them from scraps of fabric.

If you're in line for a diploma this year, choose a graduation outfit that can double for a party dress later. Perhaps it will be all white. Some girls like a dainty, sheer fabric trimmed with lace or tucks, while others will choose a fabric with more firmness and a trim look.

Styles, Fabrics, and Colors That Suit

Have you ever suddenly discovered that something was wrong with the lovely new outfit that you thought was becoming? So it won't happen to you again, check to see that the design is correct for you physically and mentally. Be sure it is for a girl of your type, not for your sister's personality and build. Your outfit must be suited to your way of life and to the occasion. The occasion refers to the time of day, the season, and the place where you will wear it.

And it isn't always possible to choose an outfit to wear in another town simply because it's suitable in the town where you live. Keep in mind that good taste in clothes is the same everywhere you go but that custom plays an important part.

Styles for teen-age girls are usually gay in color, casual, and a bit round in line. This means puffed sleeves, ruffles, full skirts, buttons, and bows. They should be carefree, happy, and pretty. Long, narrow dresses require poise and grace and don't suit most teen-age girls.

And most girls like to wear clothes not too different from those their pals wear. Being individual in dress comes later.

Fabrics for your dress-up outfit may be sheer, crisp, and dainty, or smooth so they drape or tailor. Young girls, as a rule, don't like shiny fabrics. They leave these for the grown-ups.

For summer, choose fabrics like organdy, dotted Swiss, voile, crepe, or fine gingham. Perhaps you'd like one with a colored metallic thread. For winter, try wool or rayon crepe, rayon taffeta, or cotton velveteen.

But make your choice carefully. Stand in the light before a mirror at the store, with a length of fabric held up in front of you. Be sure the fabric is right for the style you select, that the color becomes you, and goes with your other garments.

And if you choose one of the man-made fabrics such as rayon or nylon, remember that they take special care. Most of these fabrics need to be dry-cleaned. Washing with strong soap and using a too-hot iron can ruin a garment beyond repair. Silk and sheer wool also need special care. Velveteen should be steamed carefully so the nap will not be crushed. Know your fabric by finding out all you can about it. Then you can give it the care it deserves. Buy the best quality you can afford.

Let's Make Your Outfit

The basic dress shown is a fine example. The girl who is wearing it can make it double for several dresses. Notice the plain blouse and the round neck. Try choker beads, fancy clips, collars, or pins to dress it *up*. A colorful scarf, a flat ribbon bow, or a brief bolero will dress it *down* for a tailored look.

You can make similar changes at the waistline. Try a perky peplum or a gay scarf instead of the belt. Pick up the same color in a dressy hat, a headband, or a flower. Change your gloves, jewelry, and purses. See how different the same dress looks for every occasion.

Refer to previous 4-H clothing plans for ways to make seams, finishes, plackets, button-holes, and other sewing details. Dress-up clothes, unless you wear them for dancing, usually do not receive hard wear. Seams may need less finishing than those used on sports, school, or work clothes. For thin, sheer fabrics that ravel easily, you may wish to make the French seam. It is usually too bulky for most medium- or heavy-weight fabrics.

See Clothing Plan II, pages 13 to 26; Clothing Plan III, pages 10 to 15; and Clothing Plan V for this information.

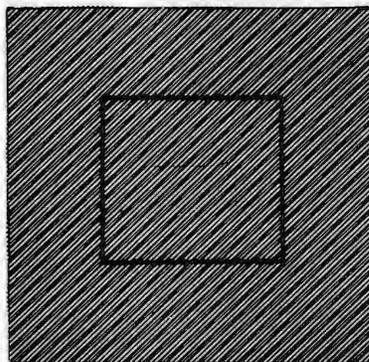
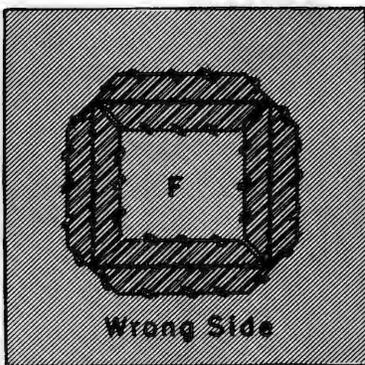
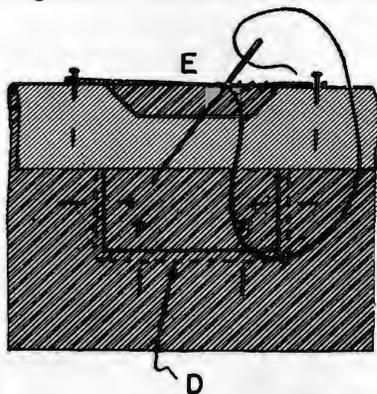
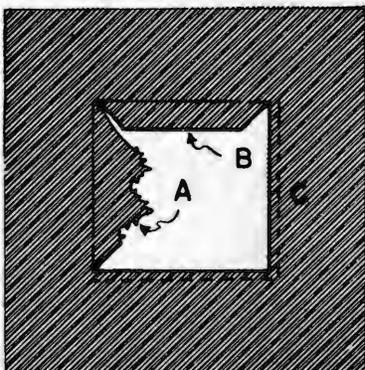


Let's Use Life Preservers

Make an Overhand Patch

This invisible patch is a stand-by mend for a hole in a dressy garment. It is not as strong as the hemmed patch, but if you take careful stitches, it will hold.

- Prepare the hole by creasing a square or rectangle slightly larger than the hole. Follow the grain of the fabric. *A* shows the untrimmed hole.



- Trim seams on all sides to $1/2$ inch as at *B*.
- Make a diagonal cut to each corner. If the fabric is likely to ravel at the corners, machine-stitch along the creases of the square before cutting.

- Press the edges back to the wrong side as at *C*. Baste flat.
- Place the patch fabric under the opening, right side up.
- Slide the patch as at *D* until it matches. Pin in place.
- Turn to wrong side. Trim the edges of the patch piece about an inch on all sides of the opening.
- Remove the pins from one side. Fold back the edge of the patch piece so it lies along the folded edge of the hole which is turned toward you. Pin the two folded edges together so they won't slip as at *E*. Baste if necessary.
- Hold the right side of the garment toward you and the patch away from you. Sew the two folds together with small, closely spaced overhand stitches as at *E*. Use a fine needle and fine, matching thread. Begin the stitches a short distance from the right-hand corner to keep it from fraying. Point the needle at an angle so the stitches won't slant, but will be concealed in the weave on the right side.
- When you reach a corner, fold the edges of the patch and the hole along the next side in the same way. See that the design is exactly matched. Pin and overhand fold edges together.
- Continue around the hole until four sides are sewed. Fasten the thread by slipping the needle through a few stitches.
- Trim the seams in patch and garment evenly to 3/8 inch. Over-cast the edges as in *F*. Press on both sides.
- The right side of the finished patch is shown in last picture.

Practice Good Grooming

You may have a lovely face, a good figure, clothes to suit you, and still find you lack the good looks you want. Everybody knows that good grooming takes time, intelligent effort, and the "know how." So check your habits. Do you . . .

- Keep your body and clothes faultlessly clean? No unpleasant breath or body odors? You may need to use a deodorant!
- Press, brush, mend, and polish every article you wear?
- Have any irritating habits of speech or actions?
- Have clear skin and eyes, teeth, and hair that glows?
- Need a health and diet check-up?
- Give your skin, hands, and hair special seasonal care?
- Have good posture habits when walking, sitting, and standing so your clothes and you don't droop?

- Have enough sleep, rest, and exercise to keep you fresh as a daisy and wide-awake? Then you won't be caught napping.
- Use proper and becoming make-up skillfully? And do this behind closed doors.
- Wear a hair-do that is the envy of your pals?
- Have a smile and a pleasant expression? No disposition off-days.
- Practice good manners until they're naturally yours?
- Watch all details that make you tidy and trim?
- Have charm which is the ability to be interested in others?

What is *your* sweetness rating? Why not have a roll call of good grooming tricks? Look in books or magazines and exchange ideas at your next club meeting.

Learn to Care for Your Machine

You need Farmers Bulletin No. 1944, *Sewing Machines, Cleaning, and Oiling*. Perhaps you can go to a sewing-machine clinic in your neighborhood and learn to clean, oil, and adjust your machine. It's an interesting job, makes good sewing easier, and saves money.

Learn to Use Another Machine Attachment

How many attachments can you use? They make sewing go faster and the more you use these handy tools, the more fun it is to sew. Not to use them is doing things the hard way.

There's the cloth guide, hemmer, tucker, buttonholer, cording foot, binder, darning, and many others. If you don't know them, why not get acquainted with the attachment box?

Let's Keep Score

Judge your outfit and exhibit it.

Use the score card you need in the *Learn to Sew* series of 4-H Clothing Plans.

Give a method demonstration at a club meeting.

Keep an account of all your clothing expenses for the year. Use 4-H Circular No. 68, *My Clothing Expenses*, for this purpose.

Keep your records up to date.

Have a dress parade.

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