

# **4-H Member's Clothing Activities**

**ADVANCED**

*Cooperative Extension*  
Division of Agricultural Sciences  
**UNIVERSITY OF CALIFORNIA**

4-H 4227  
**\$3.00**

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In cooperation with:

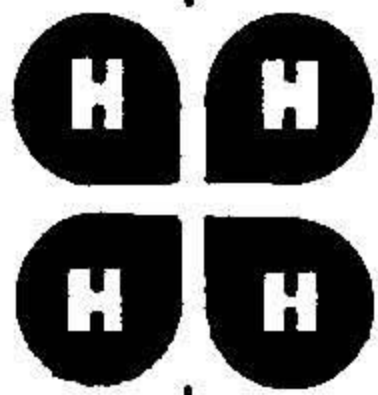
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### Key Objectives

**Advanced Units:** *Fashion and You, Putting It All Together* and *Special Interest*

Upon completion of the **Advanced Units**, the 4-H member will:

- Have applied results of a written wardrobe plan (which lists both clothing needed and already owned) to select project work.
- Have compared clothing costs by keeping records of all clothing made and purchased.
- Have constructed at least three garments, using tailoring construction details on hard-to-handle fabrics (such as crepe, pile and suede-like fabrics).
- Have completed at least half of the *Learn to, Do, Make and Explore* sections on page 8 and 9 of the *4-H Clothing Project Guide* before progressing to the same unit.
- Demonstrate understanding of the relationship between clothing and energy conservation as to use and care of fabrics, light and dark colors, construction, climate adaptability, etc.



# 4-H CLOTHING PROJECT ACTIVITY

## BEST BUY

Comparing garments to fit your needs is an important consideration when you see the same style garment in different price ranges. The following exercise will help you determine how to choose the best buy.

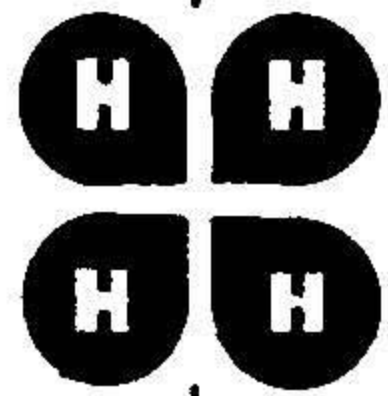
Select a single type garment in different price ranges. Make notes about them. Workmanship details may vary. Based on the information you have researched, determine your best buy. Make your own comments in the appropriate columns.

|  | Garment 1 | Garment 2 | Garment 3 |
|--|-----------|-----------|-----------|
| <b>APPEARANCE AND STYLE</b>                                |           |           |           |
| Attractive color   |           |           |           |
| Color coordinates with wardrobe                            |           |           |           |
| Flattering style   |           |           |           |
| Style will stay in fashion as long as garment lasts        |           |           |           |
| Comfortable and attractive fit                             |           |           |           |
| No alterations needed                                      |           |           |           |
| <b>FABRIC AND WORKMANSHIP</b>                              |           |           |           |
| Fabric attractiveness                                      |           |           |           |
| Fabric durability  |           |           |           |
| Fabric will not shrink, stretch, bleed, pill, or show wear |           |           |           |
| Fabric is cut on the grain                                 |           |           |           |

|   | Garment 1 | Garment 2 | Garment 3 |
|---|-----------|-----------|-----------|
| <b>FABRIC AND WORKMANSHIP</b>   |           |           |           |
| Fabric pattern (geometric, floral, etc.), is well used<br>Seams and seam finishes<br>Interfacings and linings<br>Neckline finish and collar<br>Armhole, sleeve, and hem<br>Waistline finish<br>Details (belts, pockets, etc.)<br>Fasteners (buttons, zippers, etc.)<br>Hem finish<br>Pressing |           |           |           |
| <b>LABELING, CARE, AND PRICE</b>  |           |           |           |
| Size label<br>Fiber content (% of fibers)<br>Manufacturer<br>Care label<br>(Care suitable to budget and lifestyle)<br>Voluntary label or information<br>Price   |           |           |           |

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## 4-H CLOTHING PROJECT ACTIVITY

### THE SECOND TIME AROUND

Recycling old clothes can be fun and challenging. Not only does it make possible complete use of a garment, it saves money that otherwise would be spent to replace it.

Look through your closet and you will probably find several items you can't bear to throw out because they (a) were very expensive, (b) are in perfect condition but don't fit or (c) will, you are certain, be back in style: a tailored coat, a mini, a midi, a maxi, a blazer, wide legged pants, knickers—the list is endless!

There are many interesting ways to change outdated clothes into special additions to your current wardrobe. Crocheting, knitting, stitchery, patchwork, applique painting, and dyeing are just a few techniques that can transform a plain old garment into a great new creation.

**Crochet.** Using basic crochet stitches, you can add rows of simple ruffles down the front of a sweater or you can repair holes in a sweater by crocheting small ruffled flowers over them.

**Knitting.** Like crocheting, knitting can be put to a variety of uses.

**Stitchery.** With a variety of embroidery stitches you can decorate shirts, jeans, or dresses. You can cover up tears or holes and even conceal stains or worn spots.

**Applique.** You can use everything from ribbons, buttons, and commercial patches to create your own design on an item that needs that pick-me-up look.

**Paints and dyes.** With these easy techniques you'll be amazed how extra color will add zip to your wardrobe.

### Recycling Ideas

- Slacks can be cut off to make shorts.
- Add length to garments by inserting yokes, midribs, or horizontal inserts.
- Lengthen a skirt with a new yoke at the waistline.
- Make a vest from a jumper.
- Convert a dress into a tunic or top.
- Restyle sweaters by changing the neckline, sleeve length, or hemline.
- Remove the collar on a jacket and add trim to finish the edge.
- Shorten a long jacket.
- Add a lace collar to a sweater.
- A plain cotton workshirt can be turned into a western style shirt with a little adaptation.
- Make the bottom half of that plain rib knit sweater into a halter top.

*Be creative!! Get those clothes out of the closet and into the streets.*

## Recycling Worksheet

**Clothing from my closet I could recycle:**

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**What I can do to give new life to these garments:**

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**Steps I can take to get the end results:**

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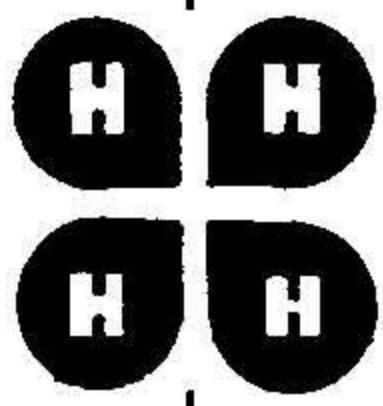
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**Mount "before" and "after" pictures of at least one recycled garment:**

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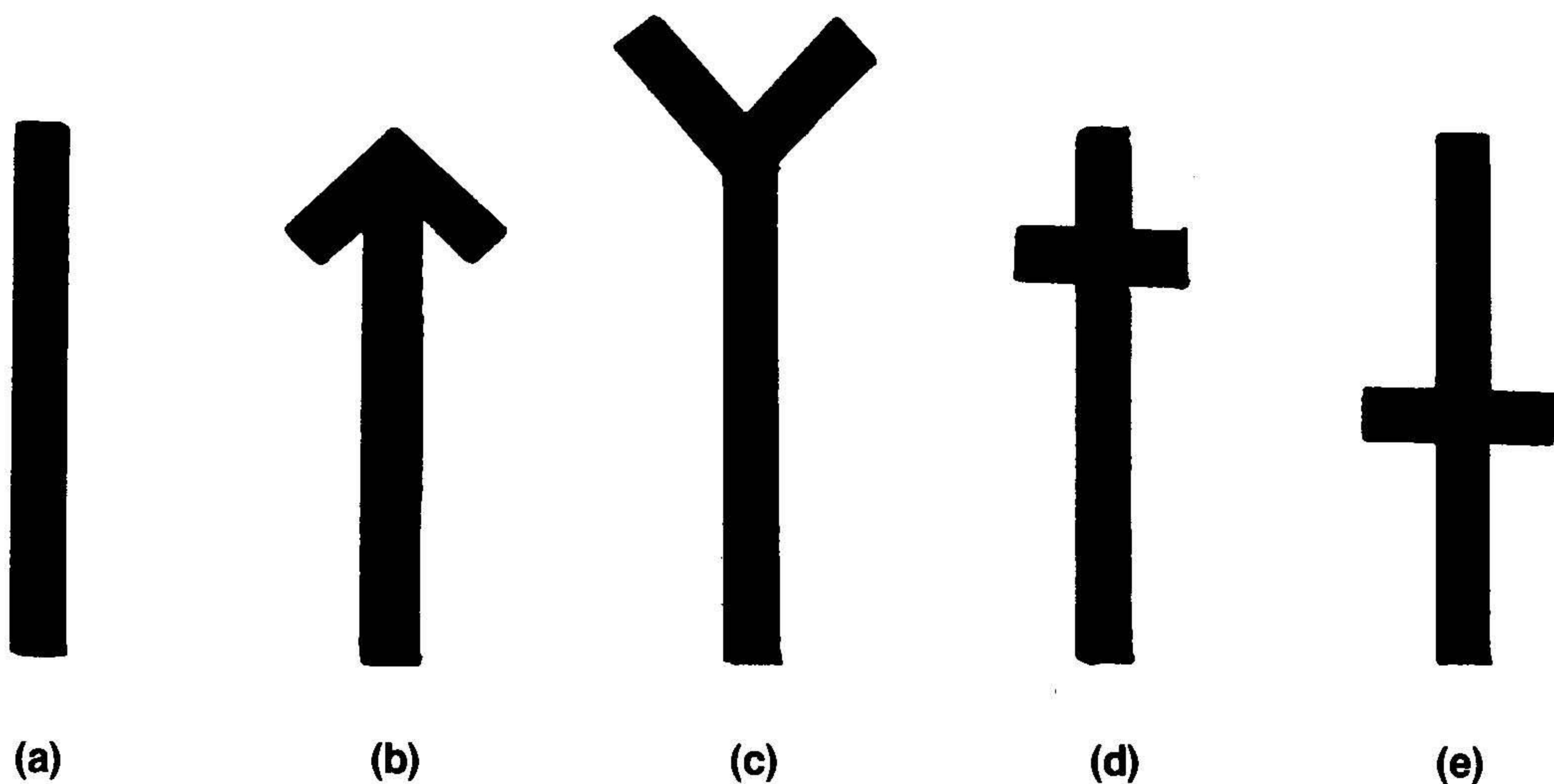


# 4-H CLOTHING PROJECT ACTIVITY

DISCOVER DESIGN FOR YOU

Consider what styles look best on you! Discover how lines used in clothing designs can affect your appearance—attractively or adversely.

Which of these lines looks the longest? Shortest?



The lines are really all the same length, but (c) appears to be longer than the others while (e) seems to be the shortest. The tricks played on our eyes by the lines are called optical illusions.

You can learn to use lines on your clothing to improve your appearance. Hold ribbon, tape, and belts against your figure in different places and observe their effects.

Remember: A vertical line makes you look taller.

A horizontal line makes you look wider and shorter.

A “V” near the face makes your neck look longer.

Lines may be seen in clothing as:

- Seams
- Fabric design (plaids, stripes)
- Buttons
- Pleats, yokes, lapels
- Belts
- Collars, neckline shapes

- List the good and poor points in your figure or physique:

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**DESIGN FEATURES:**

- Slimming styles make you look taller.
- Flared styles soften and hide figure faults.
- Full styles make you look shorter and sometimes broader.
- One-color styles make you look taller.
- Contrasting colors make you look shorter.
- Small prints and plaids look best on the small figure. Medium-sized prints and plaids usually look best on the large, heavy figure.

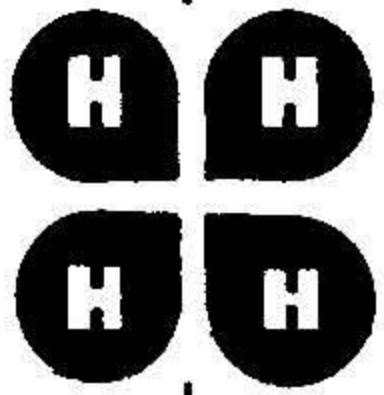
**THINGS TO DO TO DISCOVER DESIGN FOR YOU:**

1. Create a personal scrapbook with pictures of clothing styles that are attractive for your figure or physique.
2. Go on a shopping trip. Try on various styles just to see how the different design lines look on your figure or physique. Note which ones are the most attractive. Try to purchase patterns and ready-to-wear in similar styles.

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Date: \_\_\_\_\_





# 4-H CLOTHING PROJECT ACTIVITY

## THE HIDDEN COST OF CLOTHING

### What do your clothes really cost?

Learn to practice wise “clothes closet economics” by applying a cost-per-wearing formula to each garment you make or buy. Using the formula below can help you resist buying or sewing impulsively.

Total your costs, including the value of your time and cost of care, and divide by the number of wearings over the garment’s life. Here is an example for a sewn wool blazer:

|   |          |   |
|---|----------|---|
| DOLLAR COST<br><i>(fabric, notions, pattern)</i>                          | \$30.00  |   |
| TIME TO MAKE (10 hrs. × \$4.00/hr.)<br><i>(pay yourself average wage)</i> | 40.00    | WEARING LIFE (3 years)                  |
|   |          | ×                                       |
| CARE COST \$4.00 dry cleaning<br><i>(3 × year for 3 years = 9 times)</i>  | 36.00    | WEARING FREQUENCY (20 per year.)        |
| <hr/>   |          |   |
|   | \$106.00 | ÷ 60 wearings = \$1.17 cost per wearing |

**THINGS TO DO:**

- Select one ready-to-wear garment and one you have sewn. Figure the cost per wearing for each:

READY-TO-WEAR ITEM: \_\_\_\_\_

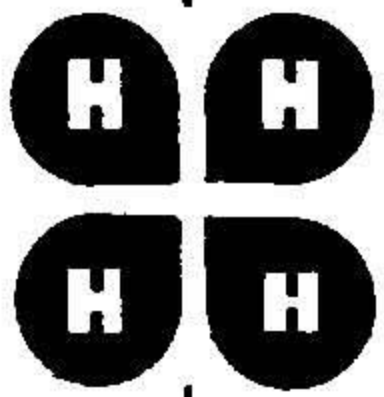
|                   |                                     |
|-------------------|-------------------------------------|
| Dollar Cost _____ | Wearing Life _____                  |
| + Time Cost _____ | ×                                   |
| + Care Cost _____ | Wearing Frequency _____             |
| _____             | _____                               |
| TOTAL COST _____  | ÷ _____ WEARINGS = Cost per wearing |

SEWN ITEM: \_\_\_\_\_

|                   |                                     |
|-------------------|-------------------------------------|
| Dollar Cost _____ | Wearing Life _____                  |
| + Time Cost _____ | ×                                   |
| + Care Cost _____ | Wearing Frequency _____             |
| _____             | _____                               |
| TOTAL COST _____  | ÷ _____ WEARINGS = Cost per wearing |

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Date: \_\_\_\_\_



# 4-H CLOTHING PROJECT ACTIVITY

## COLOR MAKES THE DIFFERENCE

**Color is everywhere!** We find it in nature all the time. Some colors are found more often in different seasons of the year: Spring, we see fresh greens and yellows and bright colors; fall, we think of the many colors of the leaves falling from the trees; winter brings whiteness of snow and dark earth tones.

We wear clothes of many colors, too. Most of the colors we wear can be found in nature. Sometimes the choice of an outfit depends on whether we like or dislike the color.

List your favorite colors:

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Colors can make us feel different ways. They can make us happy or sad, bold or quiet. List different colors and describe how they make you feel:

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Cut and mount color squares from fabrics which make you feel the following ways:

**HAPPY**

**SAD**

**NOISY AND LOUD**

**QUIET AND CALM**

Some colors may seem warm to you, while others will appear cool. Warm colors are the reds, yellows, and red-violets. Greens and blues are cool. A color looks warmer if it is bright and it looks cooler if it is dull.

“Neutral” describes whites, blacks, grays, and browns.

Collect fabric samples. Choose a few that look warm to you, a few that look cool. Cut a few samples of neutral colors, too. Place your samples in the squares below.

|  |                    |  |
|--|--------------------|--|
|  | <b>WARM COLORS</b> |  |
|  | <b>COOL COLORS</b> |  |
|  | <b>NEUTRALS</b>    |  |

Colors affect how how you look, too. Some colors make you appear to be larger; others make you appear to be smaller. The colors that make you look smaller are dark, dull, or cool. Warm, light, bright colors make you look larger.

Does this tell you which colors draw more attention? Think about your own figure: Which parts of your body would you like to draw attention to? Which colors would do this best?

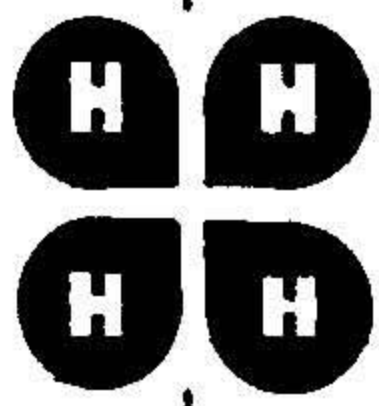
- Put a white glove on one hand and a black glove on the other.

Which one appears larger? \_\_\_\_\_ Why? \_\_\_\_\_  
\_\_\_\_\_

**Remember:** *The more colors differ from each other—either in hue or in value—the more attention-getting those color combinations will be.*

4-H Member: \_\_\_\_\_

Date: \_\_\_\_\_



# 4-H CLOTHING PROJECT ACTIVITY

## TEXTURE MAKES THE DIFFERENCE

**TEXTURE** is the surface appearance of a fabric plus how it feels to the touch. The texture you wear tells something about you. You can learn to use texture to complement you, but first you must learn what different textures say.

**TEXTURES** can be seen because they reflect or absorb light differently. **TEXTURES** can be felt because of their surface difference. **TEXTURES** can relate to each other or contrast with each other.

- Select and mount any two pairs of textures similar to each other:

|  |  |  |  |
|--|--|--|--|
|  |  |  |  |
|--|--|--|--|

- Tell how they are alike:

|                   |                   |
|-------------------|-------------------|
| <hr/> <hr/> <hr/> | <hr/> <hr/> <hr/> |
|-------------------|-------------------|

- Select and mount two pairs of textures that contrast with each other:

|  |  |  |  |
|--|--|--|--|
|  |  |  |  |
|--|--|--|--|

- Tell how they are different:

|                   |                   |
|-------------------|-------------------|
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|-------------------|-------------------|

Different textures often look pleasing together. A few combinations do not look good together because they are too different or they are uninteresting. Sometimes one texture with just a little of a second texture can add interest. For example, a wool tweed jacket may have a medium rough texture. A nice accent would be buttons that are hard, shiny or smooth. Your hair and skin add texture to your overall appearance.

We depend partly on past experiences to help us identify texture. Some textures seem to say the same things to many people—example, some fabrics make you think of sports; others of a party.

- Select and mount samples of textures that give you the following feelings:

|               |                                      |                               |                              |
|---------------|--------------------------------------|-------------------------------|------------------------------|
|               |                                      |                               |                              |
| <b>CLEAN</b>  | <b>BOLD<br/>OR SELF-CONFIDENT</b>    | <b>FEMININE<br/>OR SOFT</b>   | <b>LUXURIOUS<br/>OR RICH</b> |
|               |                                      |                               |                              |
| <b>DRESSY</b> | <b>EFFICIENT<br/>OR BUSINESSLIKE</b> | <b>CASUAL<br/>OR INFORMAL</b> | <b>RUGGED<br/>OR DURABLE</b> |

**TEXTURES** also express size or shape. Some textures make an individual look large; others give the appearance of smallness or roundness. Example: Satin is shiny and reflects light so it can make a person look larger. Dull textures absorb light and make an individual look smaller if the fabric is not fuzzy or bulky.

- Examine a variety of fabrics your friends wear. Describe how these textures affect the figure or physique:

| Textures            | Fabric Names | Effects |
|---------------------|--------------|---------|
| Soft and clingy     |              |         |
| Dull                |              |         |
| Stiff or very crisp |              |         |
| Bulky or fuzzy      |              |         |
| Shiny               |              |         |
| Coarse or rough     |              |         |
| Medium smooth       |              |         |

- What are your favorite textures? Why?

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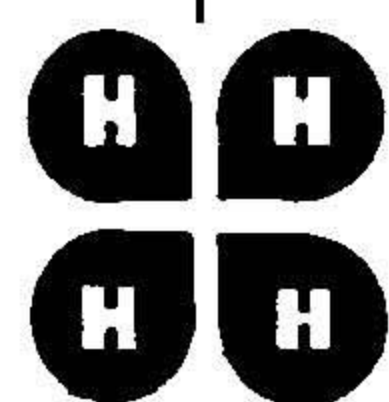
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Date: \_\_\_\_\_



# 4-H CLOTHING PROJECT ACTIVITY

## FABRIC FINISHES PERFORM

The word “finish” is used to describe the different treatments applied to a fabric to change its appearance, feel, wearability, or care. Many treatments can be a part of the finishing process of fabrics. Finishes can be divided into two groups:

1. General processes that improve appearance and feel.
2. Finishes that improve performance.



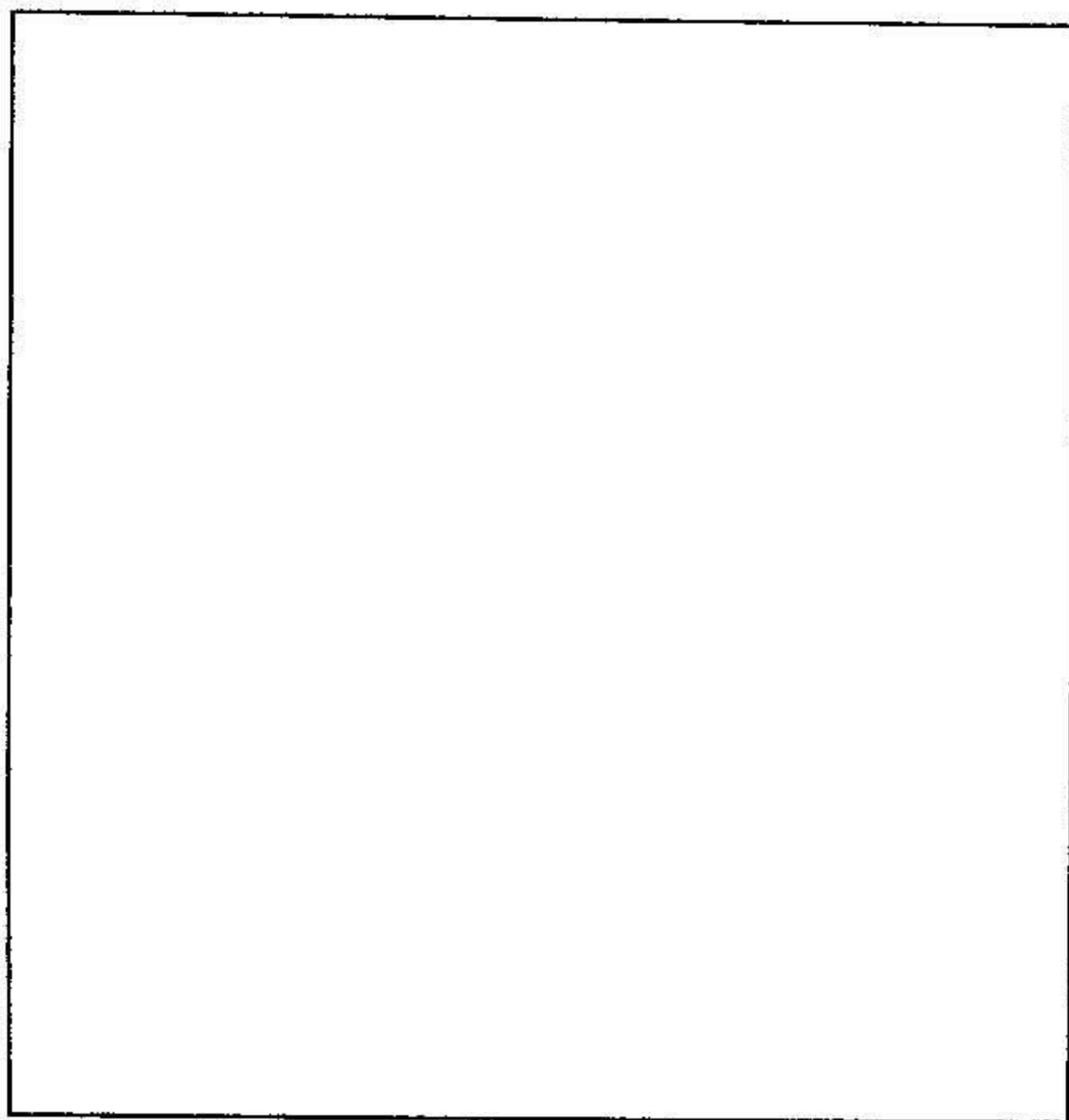
### FINISHES FOR IMPROVED PERFORMANCE

Today, many of the most important finishes cannot be seen. They change the properties of a fabric but they do not change the appearance or feel. Because of these developments, we have raincoats made from cotton, shirts ready to wear right from the dryer and household fabrics that shake off spilled liquids.

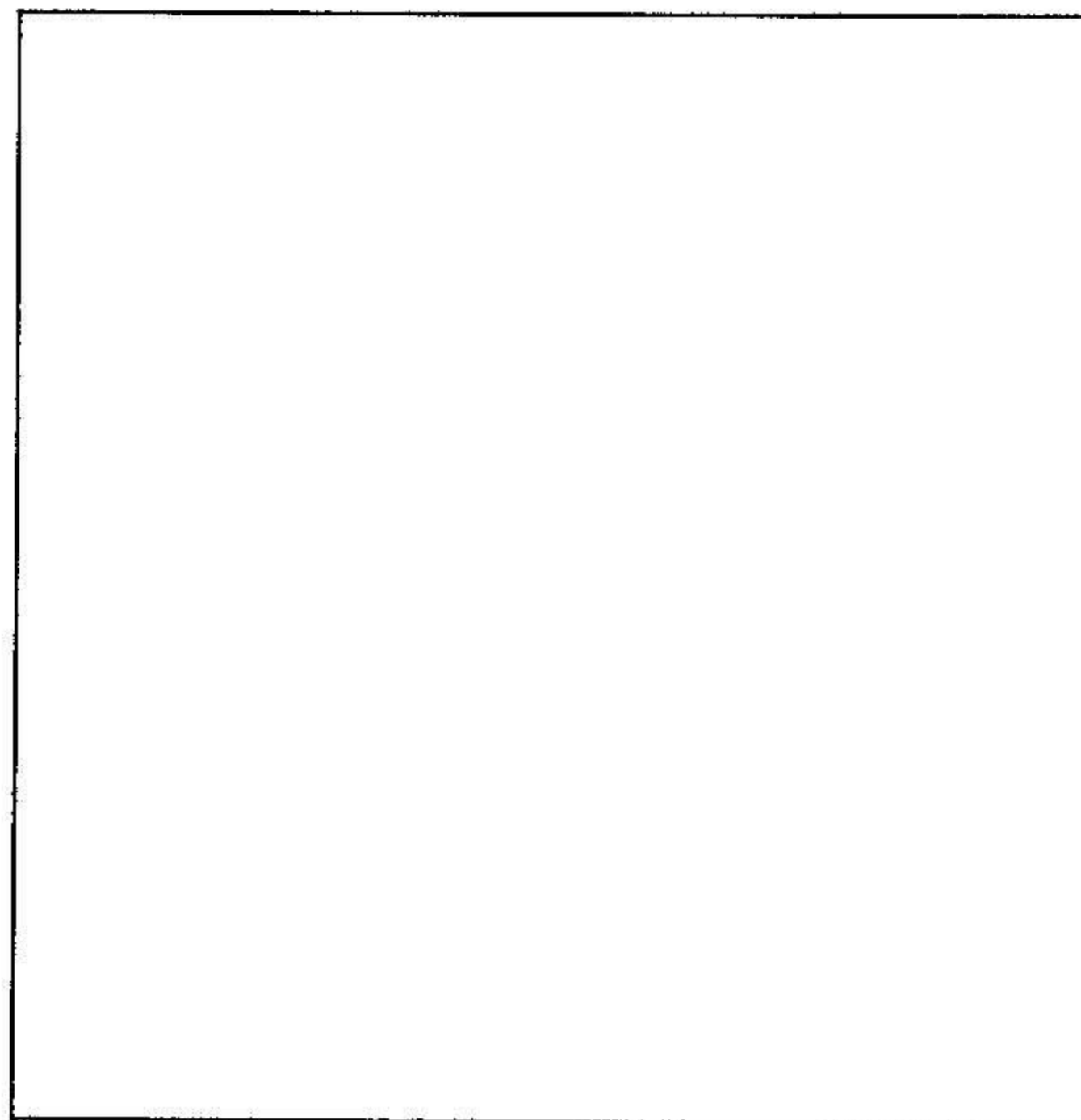
| FINISH  | WHAT IT MEANS   | CLOTHING CARE   |
|---|---|---|
| Permanent press<br>Penn-Prest*<br>Dan Press*        | Fabric needs little or no ironing after laundering.   | Some finishes turn yellow and fabric is weakened if chlorine bleach is used.  |
| Shrink-resistant<br>Sanforized*<br>Sanforized Plus* | Will retain its original shape after laundering. Label should give percentage of shrinkage to expect. | Clothes can be laundered without excess shrinkage.  |
| Spot and Stain resistant<br>Zepel*                  | Closes pores of fabrics and makes them more resistant to stains.                                      | Remove stains as soon as possible.  |
| Flame Retardant<br>Sleepsafe*<br>Safe guard*        | Retards burning of fabric.  | Some finishes lose their effectiveness when washed with soap or nonphosphate detergent or when chlorine bleach is used. |

\*Trademark name on labels

**1.** Cut two 2- by 2-inch (5- by 5-cm) squares each of a permanent-press fabric and a 100 percent cotton or rayon fabric. Attach a sample of each fabric below.

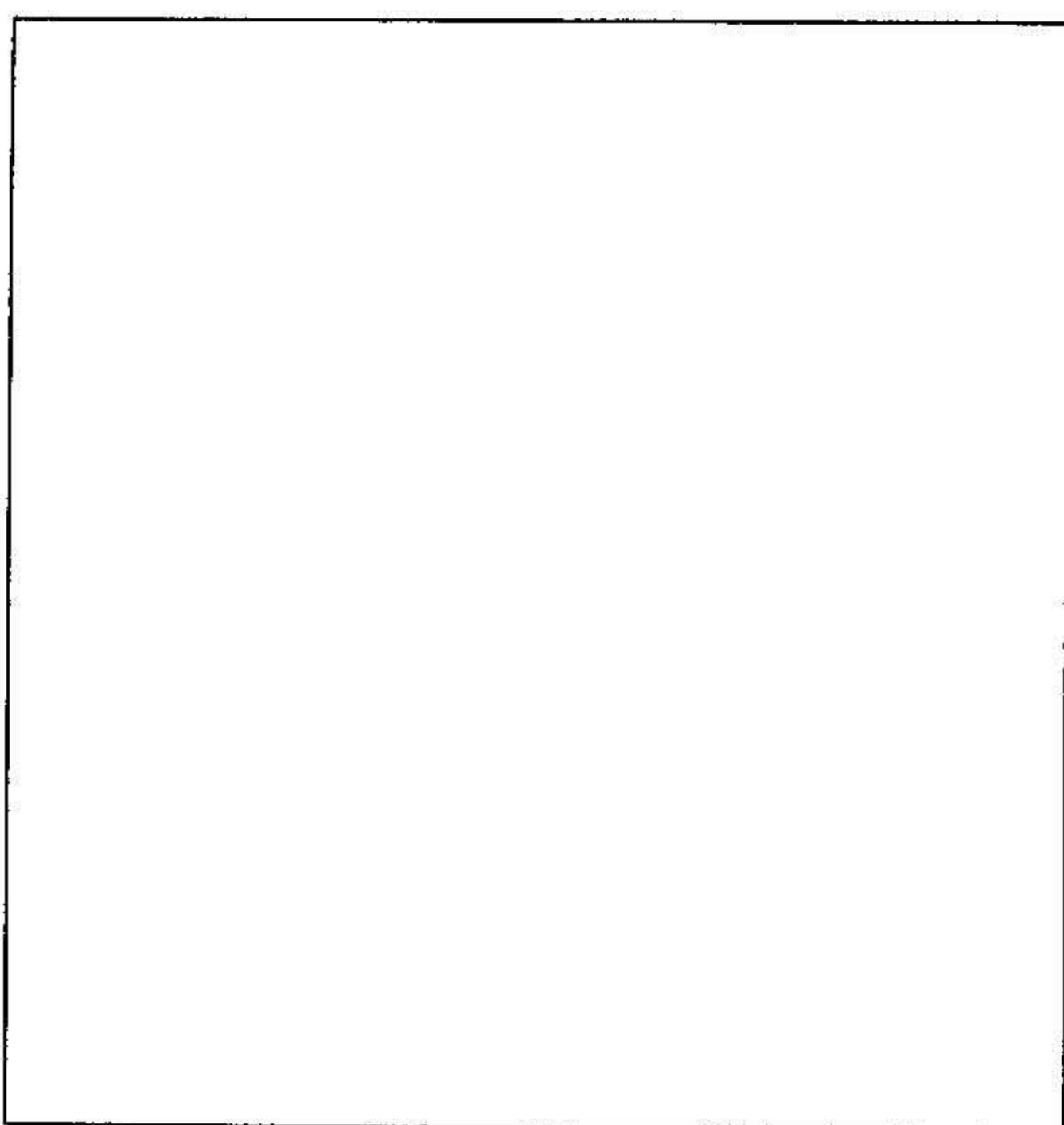


**Permanent-press fabric**



**Fiber content of other fabric.**

Now, crush each fabric swatch in your hand for one minute and then release it. Attach one swatch in each square below.



**Permanent-press fabric**



**Fiber content of other fabric.**

Did either fabric wrinkle? \_\_\_\_\_

Which one wrinkled the most? \_\_\_\_\_

You may want to try this experiment with other fabrics. Paste the samples on other paper. Write an explanation of what happened. Attach the paper with samples and explanation to the inside back cover of this book.

**2.** Go to a fabric store, a ready-to-wear store, or both, and look for permanent-press fabrics, garments made from permanent-press fabrics, or both. List the different fiber percentages used in different fabrics or garment fabrics. Then write your list(s) of findings below.

Permanent-press fabric fiber contents I found in fabrics at fabric stores are:

*O. Example: 65% polyester/  
35% cotton*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

Permanent-press fabric fiber contents I found in garments are:

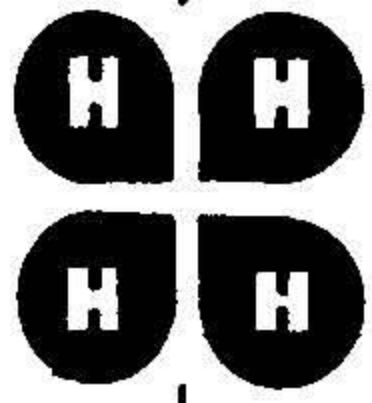
*O. Example: 65% polyester/  
35% cotton*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

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Date: \_\_\_\_\_





# 4-H CLOTHING PROJECT ACTIVITY

THINK METRIC! GO METRIC! BE METRIC!

Worldwide use of the metric system is increasing. Advantages of adopting it:

- It is a more precise and efficient measurement.
- The decimal system has almost universal acceptance.
- It is practical because it is divisible by ten.
- It will encourage worldwide unity and communication.
- There is less chance of error.
- Tools and gauges can be standardized.
- It is used in laboratories.
- It will eventually eliminate a double measuring system.

Four items that use the metric system are:

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Let's review terms:

| STANDARD      | BASIC UNIT      | METRIC SYMBOL |
|---------------|-----------------|---------------|
| Length        | centimeter      | cm            |
| Length        | meter           | m             |
| Volume        | liter           | l             |
| Mass (weight) | gram            | g             |
| Temperature   | degrees Celsius | °C            |

THINGS TO DO:

- Match the proper description with its prefix:
 

|       |            |
|-------|------------|
| centi | thousandth |
| kilo  | hundred    |
| milli | tenth      |
| deci  | ten        |
| hecto | hundredth  |
| deka  | thousand   |

# METRIC EQUIVALENCY CHART

## (CONVERTING INCHES TO CENTIMETERS AND YARDS TO METERS)

This chart gives the standard equivalents as approved by the Pattern Fashion Industry.

mm — millimeters      cm — centimeters      m — meters

### INCHES INTO MILLIMETERS AND CENTIMETERS

(SLIGHTLY ROUNDED FOR YOUR CONVENIENCE)

| inches | mm     | cm         | inches | cm   | inches | cm   |
|--------|--------|------------|--------|------|--------|------|
| 1/8    | 3 mm   |            | 7      | 18   | 29     | 73.5 |
| 1/4    | 6 mm   |            | 8      | 20.5 | 30     | 76   |
| 3/8    | 10 mm  | or 1 cm    | 9      | 23   | 31     | 78.5 |
| 1/2    | 13 mm  | or 1.3 cm  | 10     | 25.5 | 32     | 81.5 |
| 5/8    | 15 mm  | or 1.5 cm  | 11     | 28   | 33     | 84   |
| 3/4    | 20 mm  | or 2 cm    | 12     | 30.5 | 34     | 86.5 |
| 7/8    | 22 mm  | or 2.2 cm  | 13     | 33   | 35     | 89   |
| 1      | 25 mm  | or 2.5 cm  | 14     | 35.5 | 36     | 91.5 |
| 1 1/4  | 32 mm  | or 3.2 cm  | 15     | 38   | 37     | 94   |
| 1 1/2  | 38 mm  | or 3.8 cm  | 16     | 40.5 | 38     | 96.5 |
| 1 3/4  | 45 mm  | or 4.5 cm  | 17     | 43   | 39     | 99   |
| 2      | 50 mm  | or 5 cm    | 18     | 46   | 40     | 102  |
| 2 1/2  | 65 mm  | or 6.3 cm  | 19     | 48.5 | 41     | 104  |
| 3      | 75 mm  | or 7.5 cm  | 20     | 51   | 42     | 107  |
| 3 1/2  | 90 mm  | or 9 cm    | 21     | 53.5 | 43     | 109  |
| 4      | 100 mm | or 10 cm   | 22     | 56   | 44     | 112  |
| 4 1/2  | 115 mm | or 11.5 cm | 23     | 58.5 | 45     | 115  |
| 5      | 125 mm | or 12.5 cm | 24     | 61   | 46     | 117  |
| 5 1/2  | 140 mm | or 14 cm   | 25     | 63.5 | 47     | 120  |
| 6      | 150 mm | or 15 cm   | 26     | 66   | 48     | 122  |
|        |        |            | 27     | 68.5 | 49     | 125  |
|        |        |            | 28     | 71   | 50     | 127  |

### YARDS TO METERS

(SLIGHTLY ROUNDED FOR YOUR CONVENIENCE)

| YARDS | METERS | YARDS | METERS | YARDS | METERS | YARDS | METERS | YARDS | METERS |
|-------|--------|-------|--------|-------|--------|-------|--------|-------|--------|
| 1/8   | 0.15   | 2 1/8 | 1.95   | 4 1/8 | 3.80   | 6 1/8 | 5.60   | 8 1/8 | 7.45   |
| 1/4   | 0.25   | 2 1/4 | 2.10   | 4 1/4 | 3.90   | 6 1/4 | 5.75   | 8 1/4 | 7.55   |
| 3/8   | 0.35   | 2 3/8 | 2.20   | 4 3/8 | 4.00   | 6 3/8 | 5.85   | 8 3/8 | 7.70   |
| 1/2   | 0.50   | 2 1/2 | 2.30   | 4 1/2 | 4.15   | 6 1/2 | 5.95   | 8 1/2 | 7.80   |
| 5/8   | 0.60   | 2 5/8 | 2.40   | 4 5/8 | 4.25   | 6 5/8 | 6.10   | 8 5/8 | 7.90   |
| 3/4   | 0.70   | 2 3/4 | 2.55   | 4 3/4 | 4.35   | 6 3/4 | 6.20   | 8 3/4 | 8.00   |
| 7/8   | 0.80   | 2 7/8 | 2.65   | 4 7/8 | 4.50   | 6 7/8 | 6.30   | 8 7/8 | 8.15   |
| 1     | 0.95   | 3     | 2.75   | 5     | 4.60   | 7     | 6.40   | 9     | 8.25   |
| 1 1/8 | 1.05   | 3 1/8 | 2.90   | 5 1/8 | 4.70   | 7 1/8 | 6.55   | 9 1/8 | 8.35   |
| 1 1/4 | 1.15   | 3 1/4 | 3.00   | 5 1/4 | 4.80   | 7 1/4 | 6.65   | 9 1/4 | 8.50   |
| 1 3/8 | 1.30   | 3 3/8 | 3.10   | 5 3/8 | 4.95   | 7 3/8 | 6.75   | 9 3/8 | 8.60   |
| 1 1/2 | 1.40   | 3 1/2 | 3.20   | 5 1/2 | 5.05   | 7 1/2 | 6.90   | 9 1/2 | 8.70   |
| 1 5/8 | 1.50   | 3 5/8 | 3.35   | 5 5/8 | 5.15   | 7 5/8 | 7.00   | 9 5/8 | 8.80   |
| 1 3/4 | 1.60   | 3 3/4 | 3.45   | 5 3/4 | 5.30   | 7 3/4 | 7.10   | 9 3/4 | 8.95   |
| 1 7/8 | 1.75   | 3 7/8 | 3.55   | 5 7/8 | 5.40   | 7 7/8 | 7.20   | 9 7/8 | 9.05   |
| 2     | 1.85   | 4     | 3.70   | 6     | 5.50   | 8     | 7.35   | 10    | 9.15   |

**AVAILABLE FABRIC WIDTHS**

|         |        |         |        |
|---------|--------|---------|--------|
| 25"     | 64 cm  | 50"     | 127 cm |
| 27"     | 70 cm  | 54"/56" | 140 cm |
| 35"/36" | 90 cm  | 58"/60" | 150 cm |
| 39"     | 100 cm | 68"/70" | 175 cm |
| 44"/45" | 115 cm | 72"     | 180 cm |
| 48"     | 122 cm | 108"    | 275 cm |

**AVAILABLE ZIPPER LENGTHS**

|    |       |     |       |     |       |
|----|-------|-----|-------|-----|-------|
| 4" | 10 cm | 10" | 25 cm | 20" | 50 cm |
| 5" | 12 cm | 11" | 28 cm | 22" | 55 cm |
| 6" | 15 cm | 12" | 30 cm | 24" | 60 cm |
| 7" | 18 cm | 14" | 35 cm | 26" | 65 cm |
| 8" | 20 cm | 16" | 40 cm | 28" | 70 cm |
| 9" | 23 cm | 18" | 45 cm | 30" | 75 cm |
|    |       |     |       | 36" | 90 cm |

The most commonly used metric terms related to clothing concern length.

**MILLIMETER — CENTIMETER — METER**

—*Millimeters* are used to express very small dimensions—there are 25 millimeters in an inch.

—An inch is 2.5 *centimeters*.

—A *meter* is 39 inches, a little more than a yard.

- Bring one of these metric clothing notions to your project group:

- Metric hem gauge
- Metric tape measure
- Metric stick
- Pattern envelope with metric measurements
- Sewing machine with metric markings

- Use the Metric Equivalency Chart to “learn, think, and act metric” in your clothing project. Your pattern envelope tells you that you need 2 yards of 45-inch width fabric to construct your garment, as well as a 12-inch zipper.

- Convert the following to metric, using the equivalency chart.

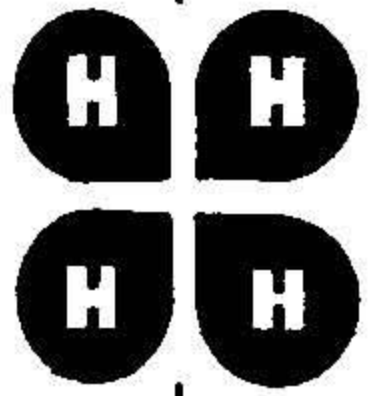
45-inch width = \_\_\_\_\_

2 yards = \_\_\_\_\_

12-inch zipper = \_\_\_\_\_

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Date: \_\_\_\_\_



# 4-H CLOTHING PROJECT ACTIVITY

## NO BODY'S PERFECT

Measure the pattern pieces at points that correspond to the body measurements and record these measurements. Press the pattern pieces that must be measured so that they will lie flat. If there are darts, tucks, or pleats, pin them in position on markings. Measurements must be taken within the stitching lines on the pattern piece.

Remember that most pattern pieces you measure are just for half of the garment. For example, you measure just half the blouse front and back. So twice the front pattern measurement should correspond to your bust or chest measurement across the front, plus allowance for ease.

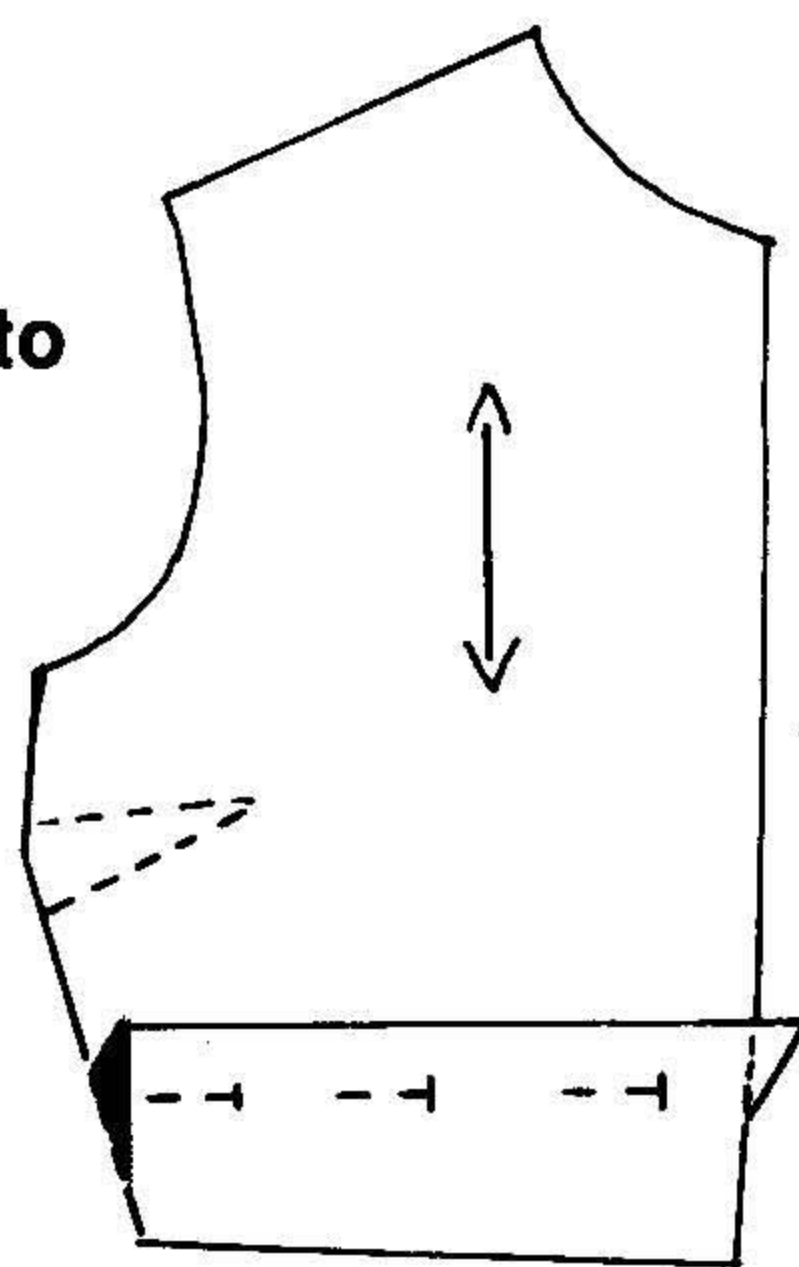
### ALTERING THE PATTERN

After recording the pattern measurements and comparing with the total amount needed for each piece you can indicate the alterations needed to make the pattern fit your body.

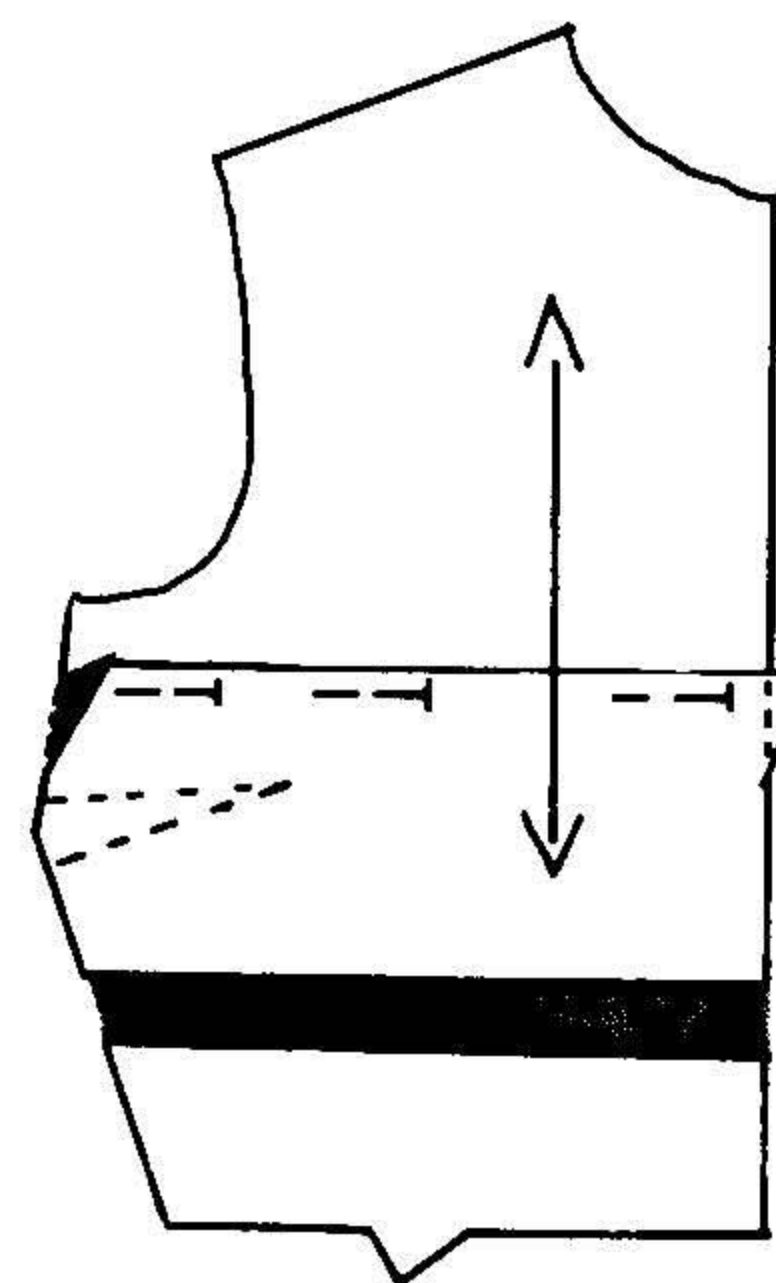
After you choose the best size and type pattern for your body build you are ready to adjust the commercial pattern to fit your figure. Be sure the final pattern lies flat after changes have been made.

### Four Basic Ways to Alter a Pattern

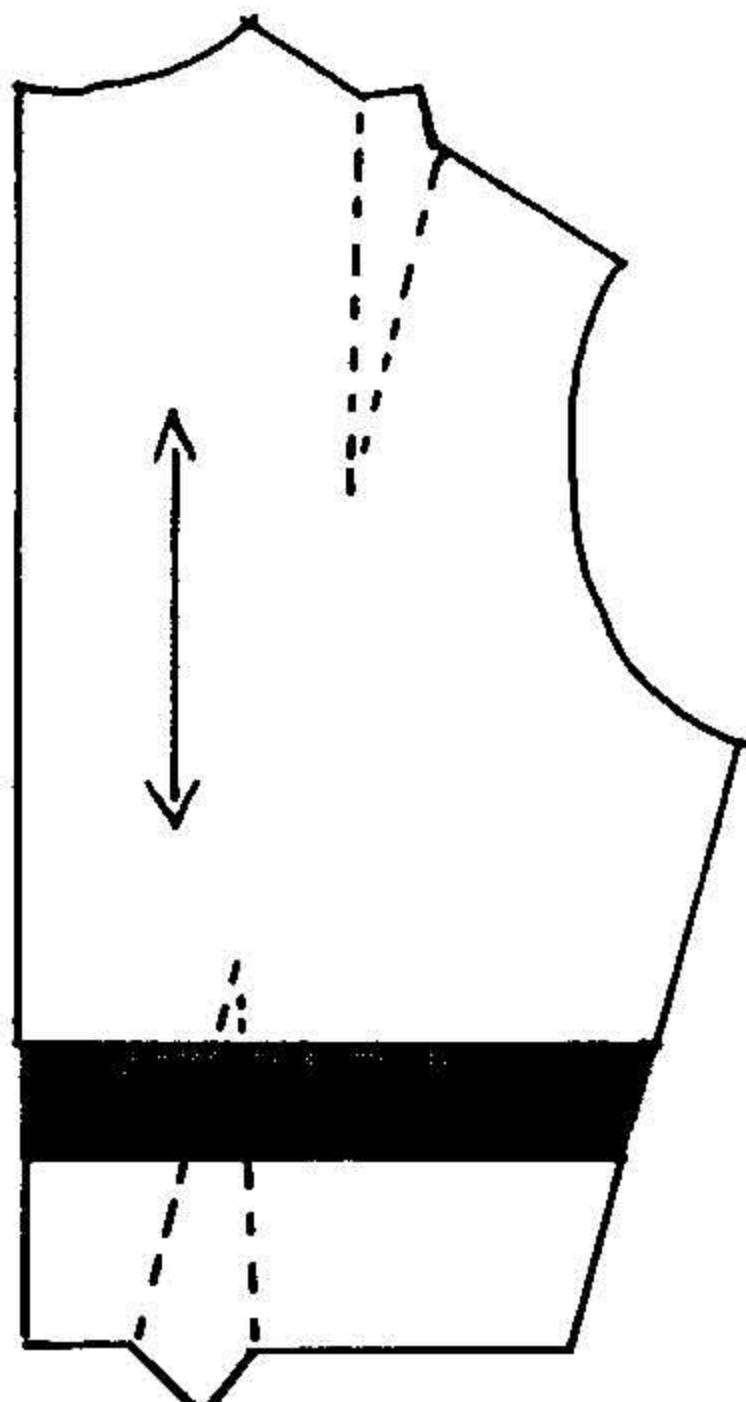
1. Fold out fullness to decrease size.



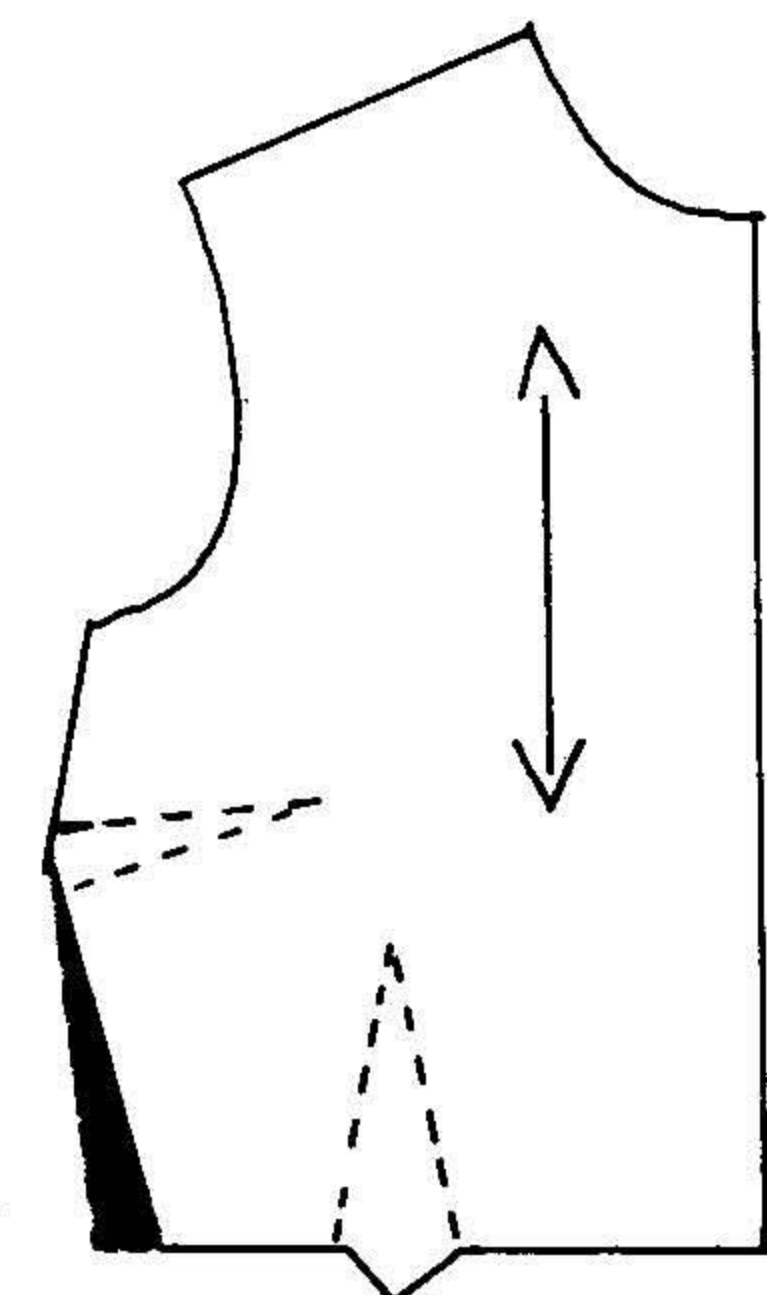
4. Relocate darts.



2. Slash and spread to add more fullness and increase size.



3. Relocate seams.

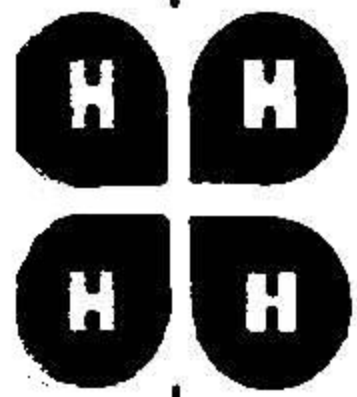


**THINGS TO DO:**

- Demonstrate at a project meeting how you accomplished at least two of the following:
  1. Lengthened or shortened front waist length.
  2. Lengthened or shortened sleeve length.
  3. Changed length of a shoulder seam.
  4. Shortened crotch depth of pants.
  5. Altered shirt for square or sloping shoulders.
  6. Increased or decreased waistline width.
  7. Increased or decreased hip width.
  8. Relocated darts.

4-H Member: \_\_\_\_\_

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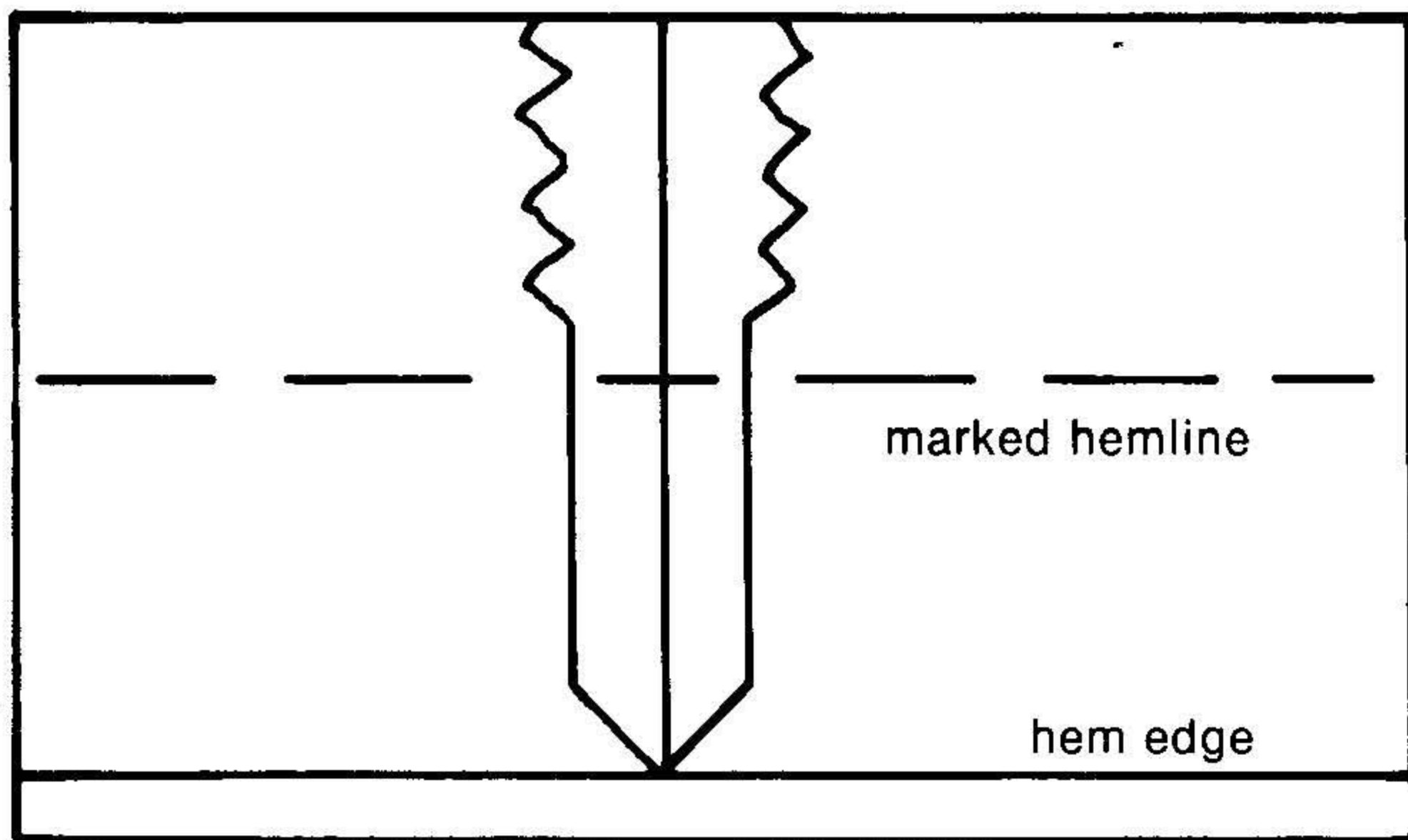


# 4-H CLOTHING PROJECT ACTIVITY

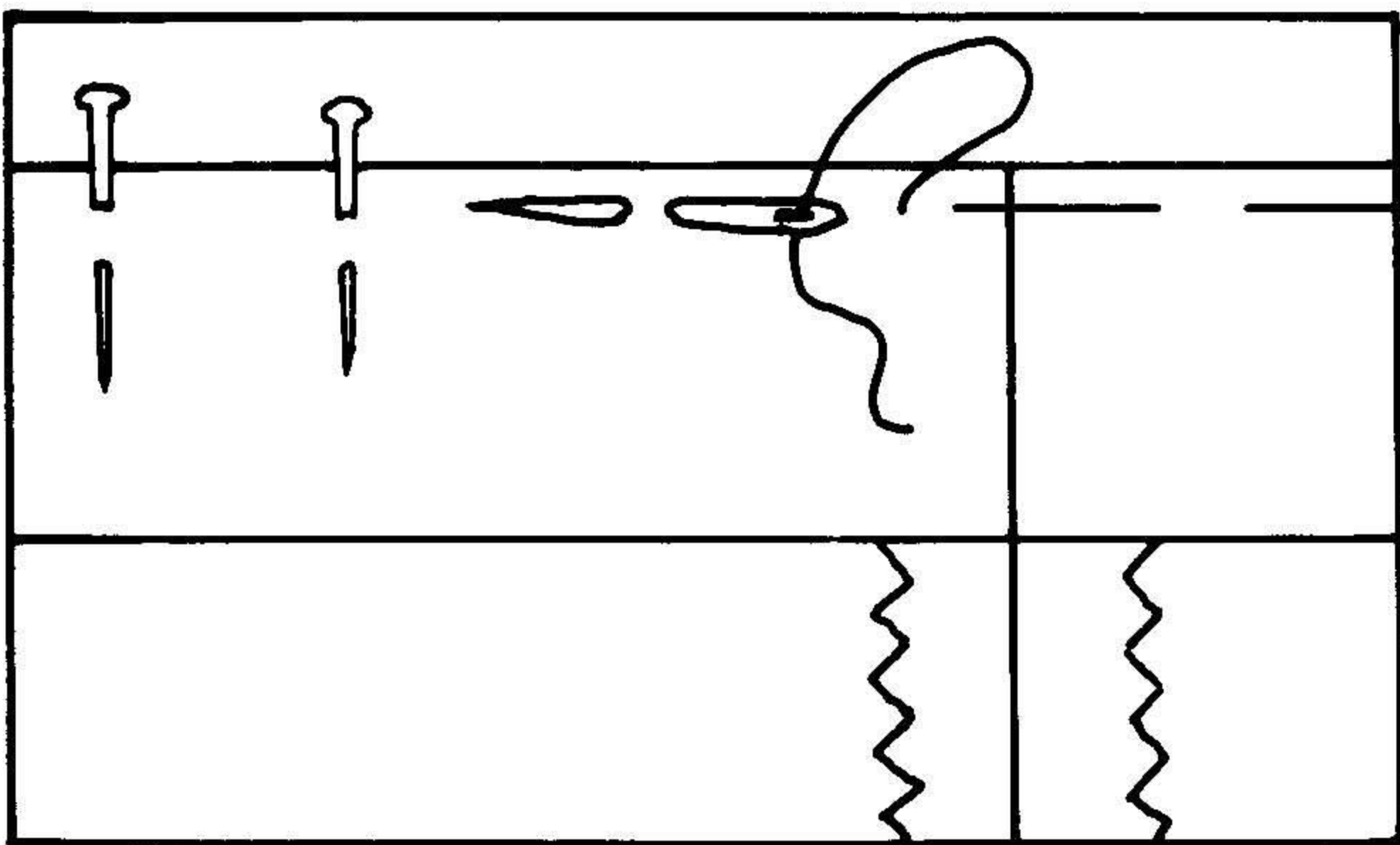
## THE FINAL STEP

### PREPARING THE HEM

1. Grade seam allowances within the hem to one-half their original width. Trim seam allowances diagonally at hem edge.

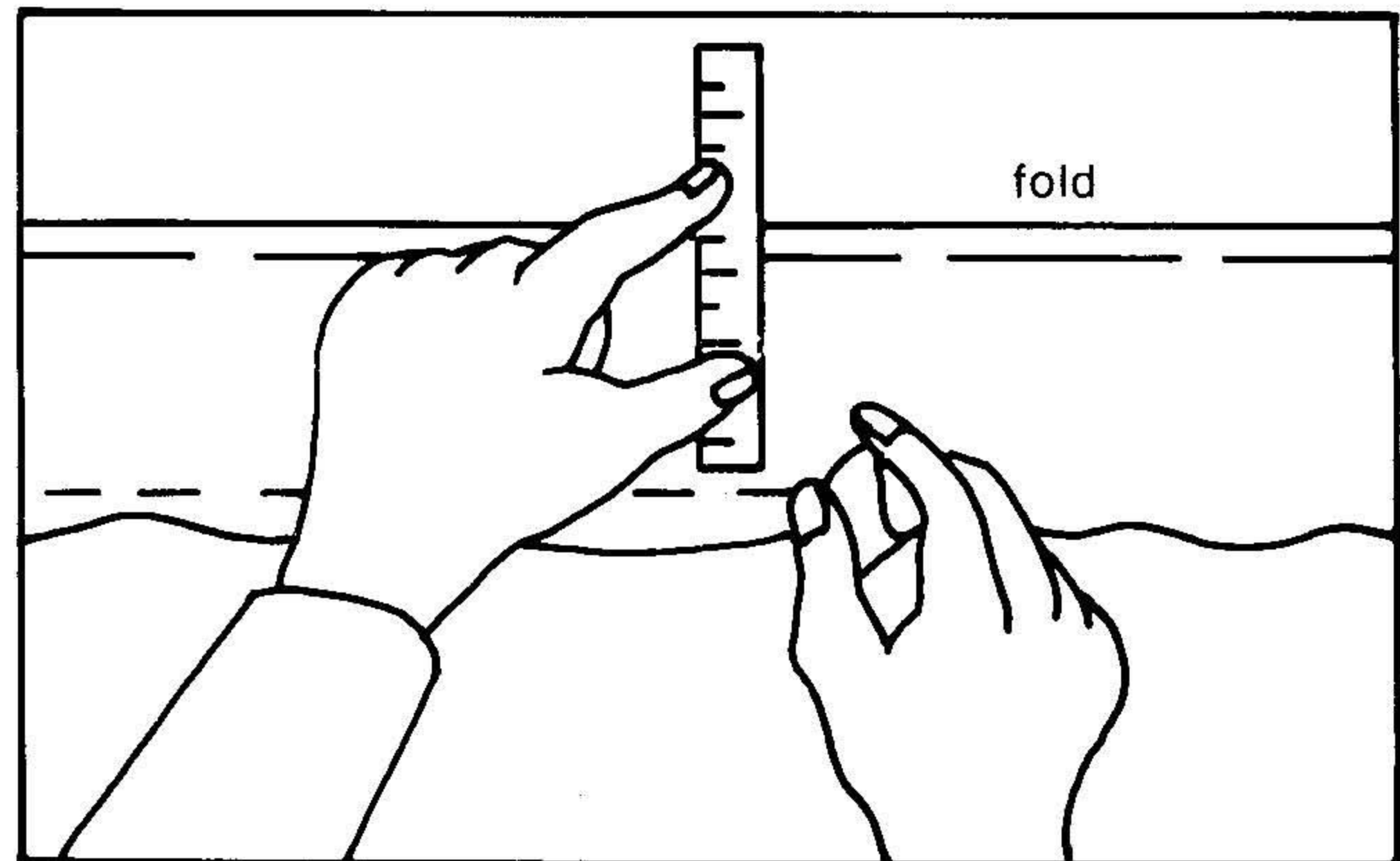


2. Turn fabric to wrong side on marked hemline. Baste  $\frac{1}{4}$  inch from fold, using cotton basting thread.



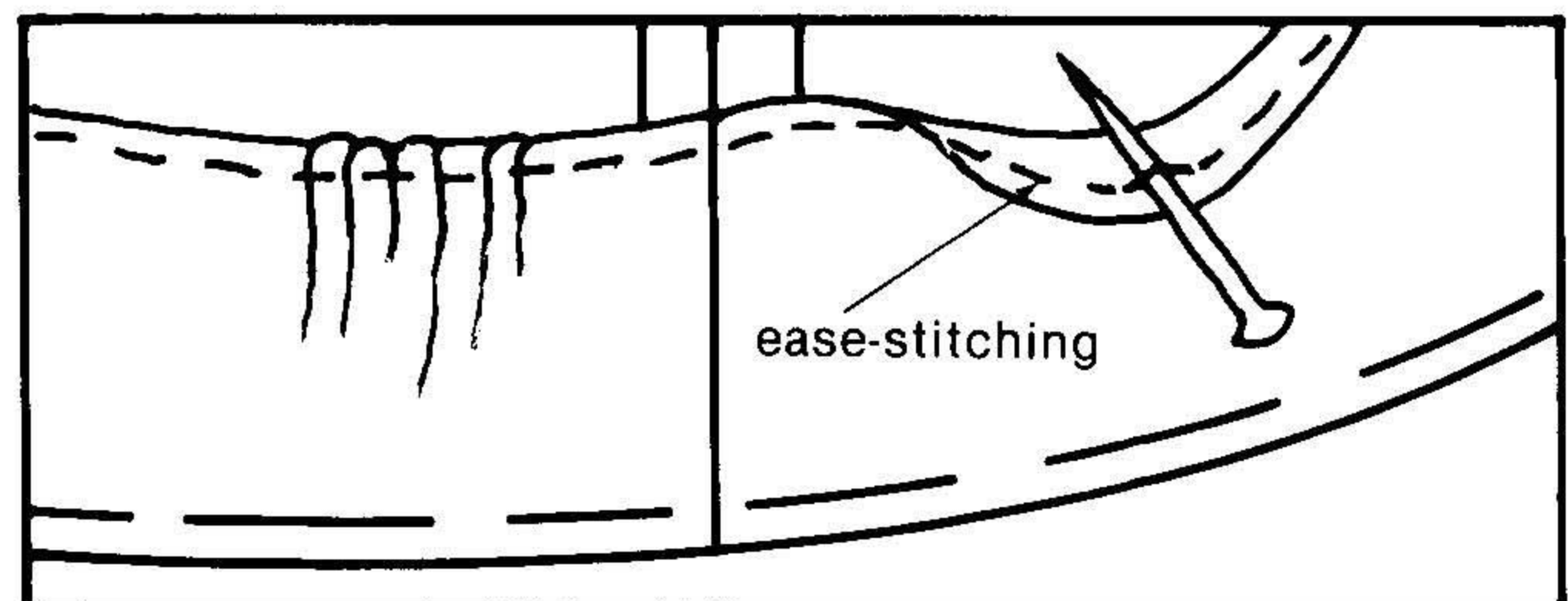
3. Try on garment and check to be sure that length is correct and hem is an even distance from the floor.

4. Mark the hem depth evenly all around, using a seam gauge or ruler and chalk or pins. To avoid cutting into the garment accidentally, open hem out and trim off excess fabric.

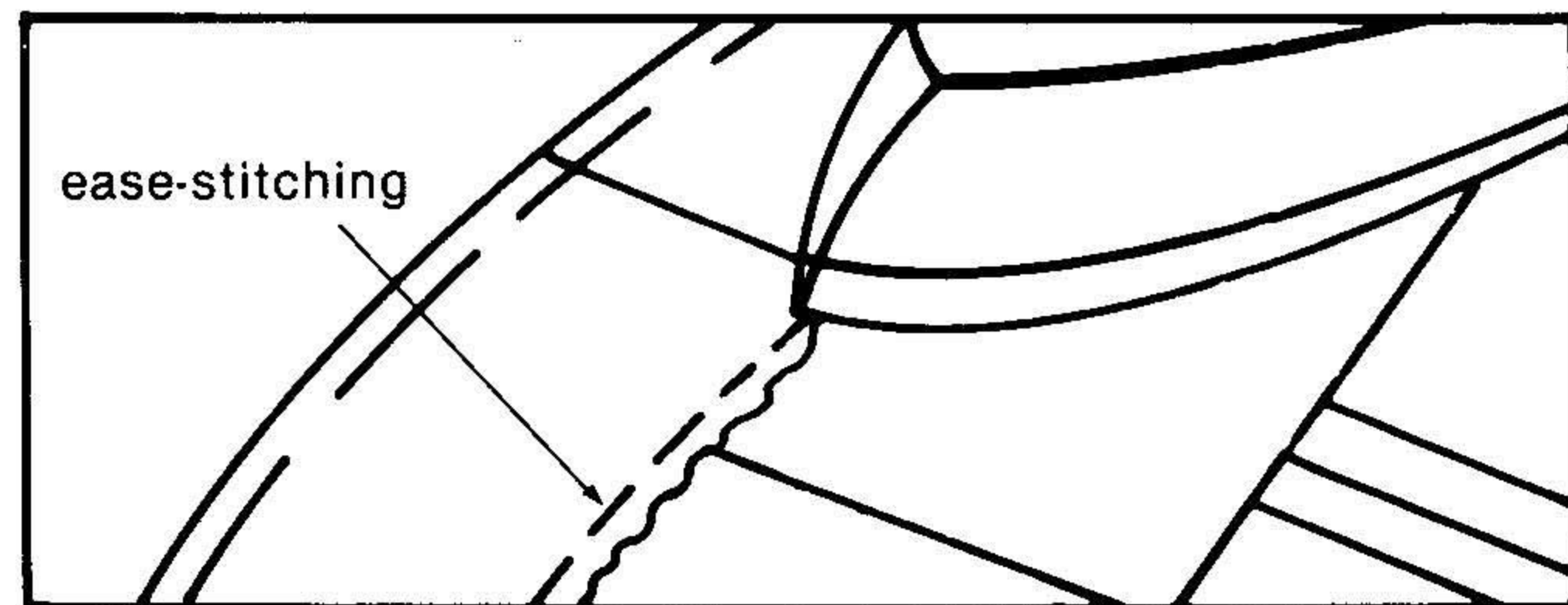


5. On a curved hem, draw up extra fullness by using ease-stitching. Run a row of machine stitching  $\frac{1}{4}$  inch from the top of the hem, approximately 10 stitches per inch.

Place garment on ironing board or some other flat surface and notice where excess fullness falls. Draw up bobbin thread with a pin, forming a small group of tiny gathers.



Place a piece of heavy paper between hem and garment. Press, shrinking out gathers in wool and other shrinkable fabrics. On nonshrinkable fabrics, press gathers as possible. To avoid impressions from basting, be careful not to press the basted fold.



6. Finish the edge of the hem as described in one of the following hem methods.

## FINISHING THE HEM EDGE

The edge of the hem which is to be sewn to the garment may be finished in many different ways. The method depends on the type of fabric, the type of garment, and the kind of wear the garment is expected to receive.

1. **Turned and stitched (or clean-finished):** This hem is appropriate for light and medium-weight fabrics, especially washable wovens.
2. **Stitched and pinked:** Suitable for knits and other fabrics that do not ravel.
3. **Seam binding:** Appropriate for fabrics that ravel, also for bulky fabrics.
4. **Stretch lace:** Appropriate for all fabrics but especially suitable for knits.
5. **Single fold bias tape:** Appropriate for all fabrics; especially good for circular or very full skirts.
6. **Zigzag or multi-stitch zigzag:** Machine finish is required on sweater knits because of the necessity for stretch.

## FACED HEMS

A hem may be faced instead of finished if there is not enough fabric to make a finished hem, if the fabric is extremely bulky, or if the style of the garment is very full or circular. For example use:

1. **Bias facing**
2. **Wide stretch lace**
3. **Shaped facing**

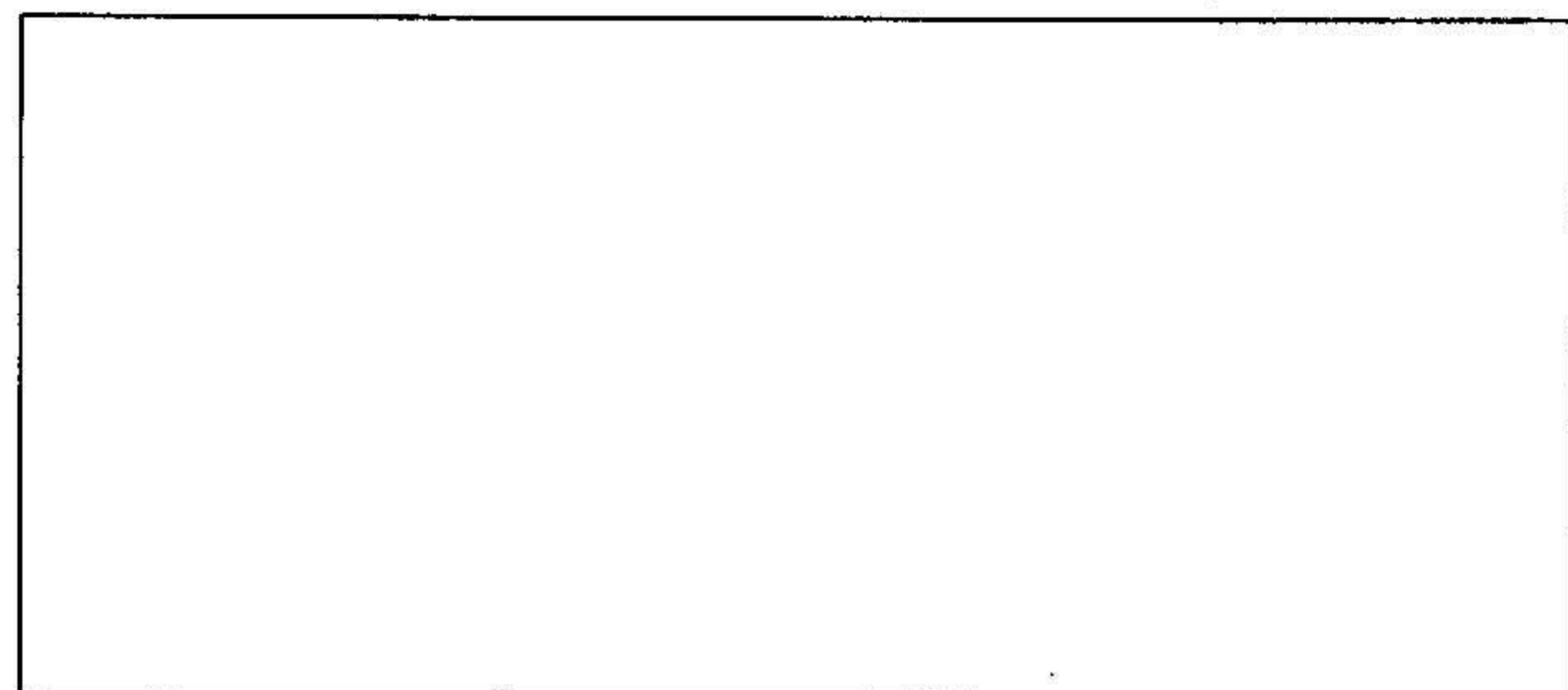
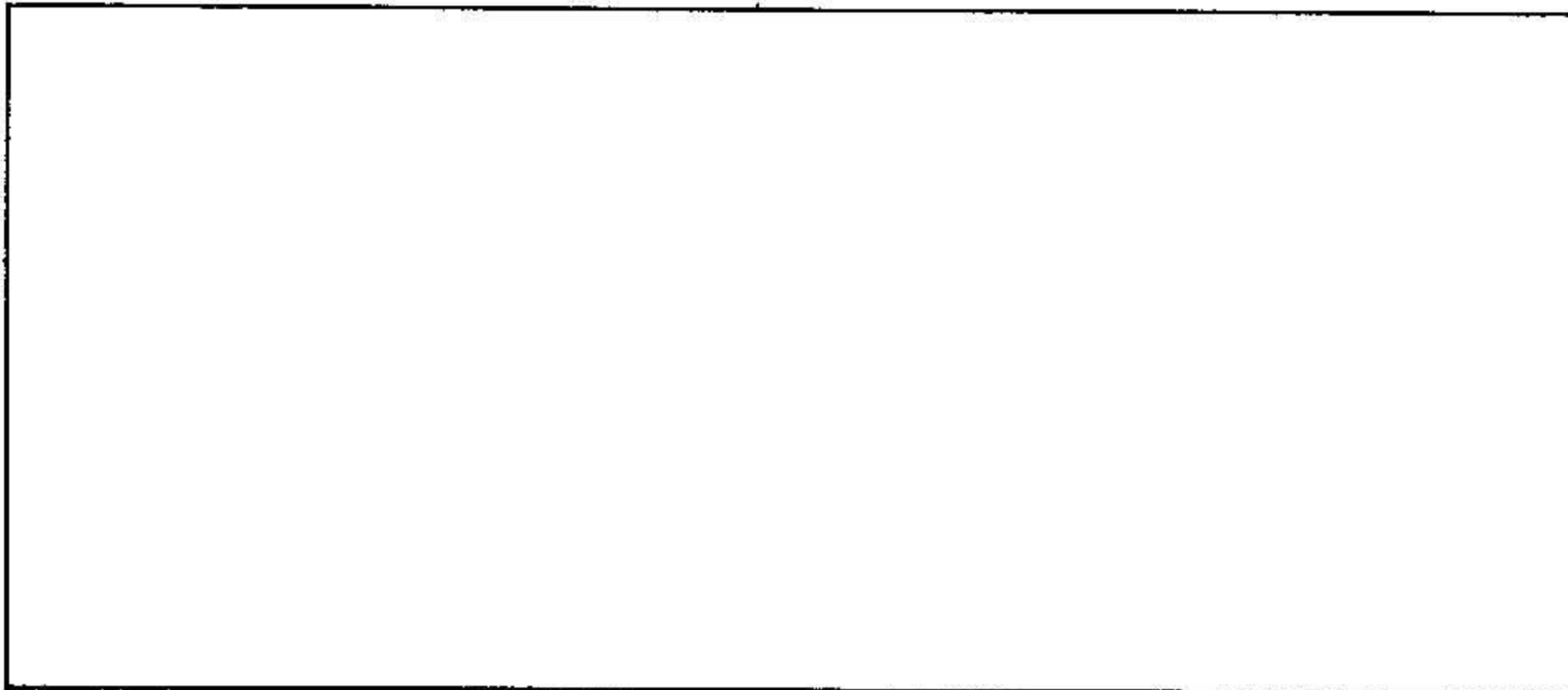
## SECURING THE HEM

The next step in making a hem is securing it to the garment, either by hand-stitching, machine-stitching, or fusing.

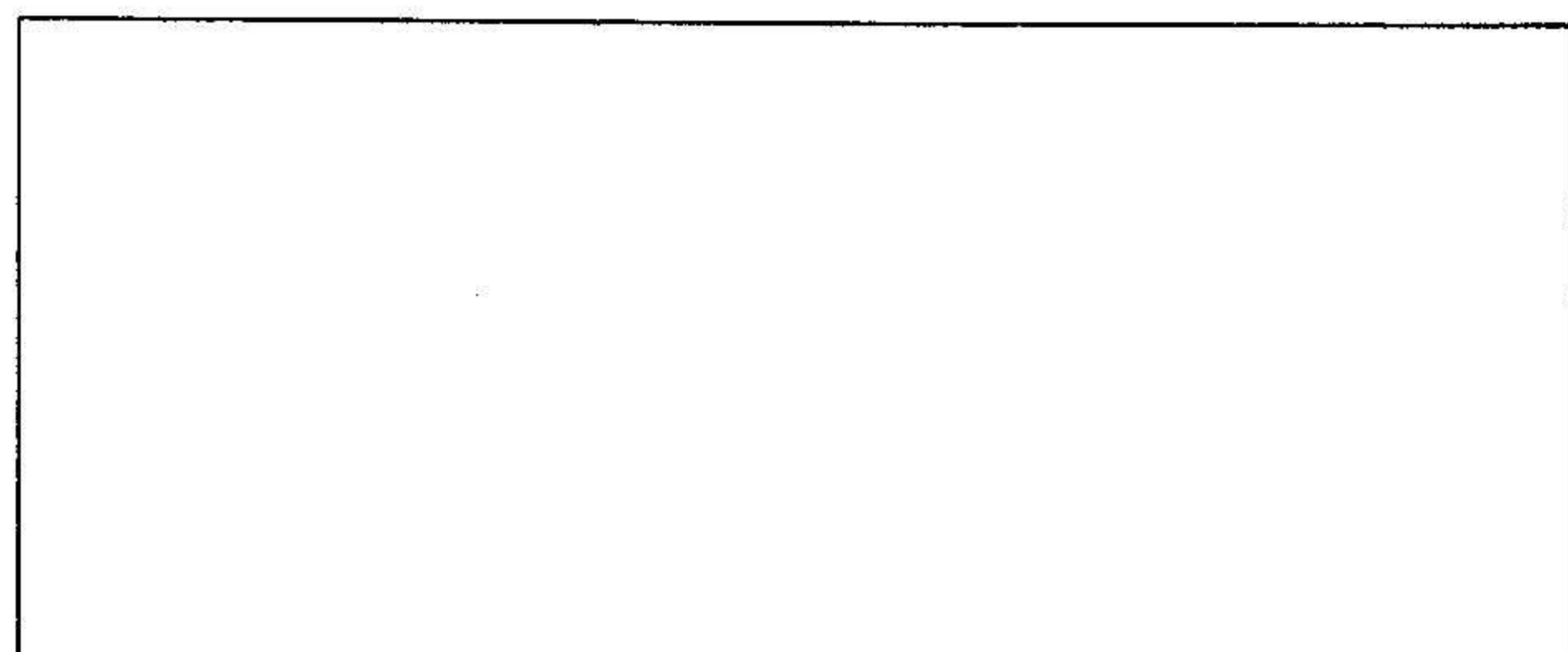
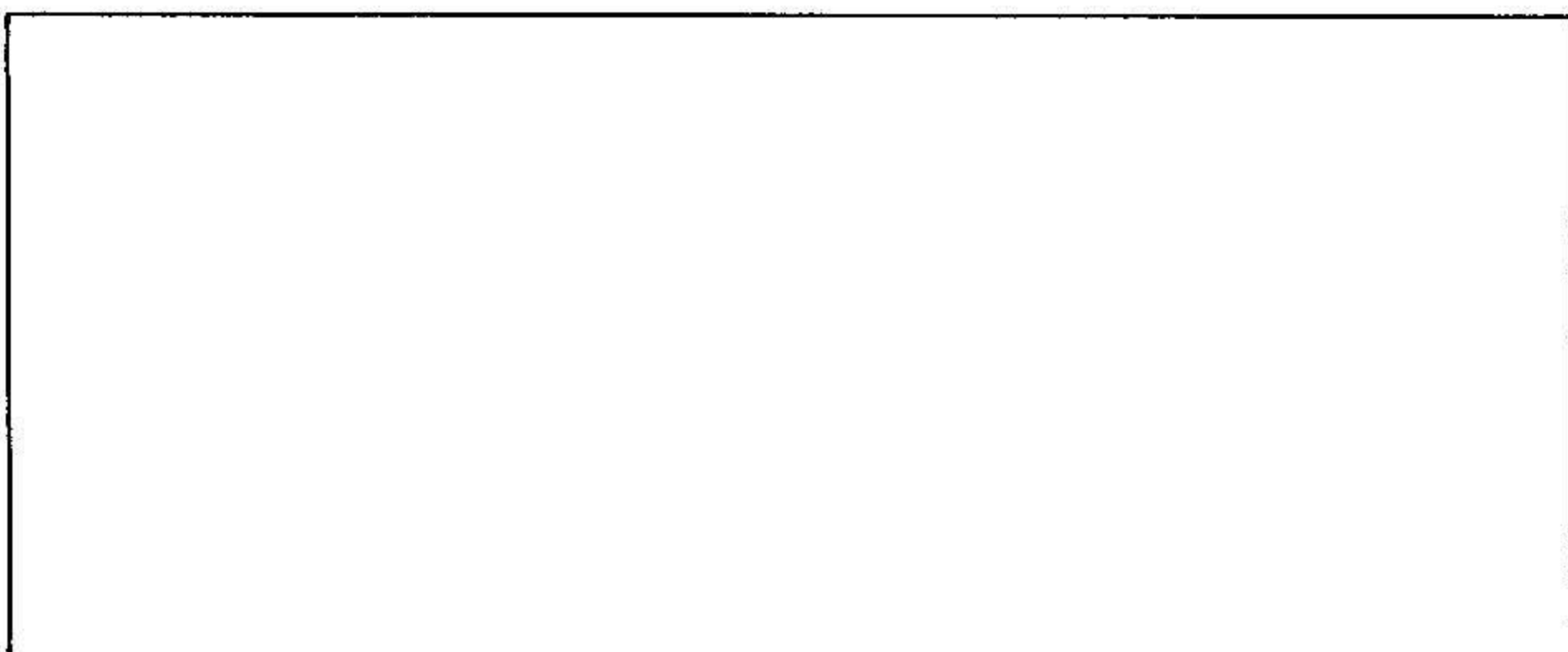
## THINGS TO DO:

- Demonstrate and mount:

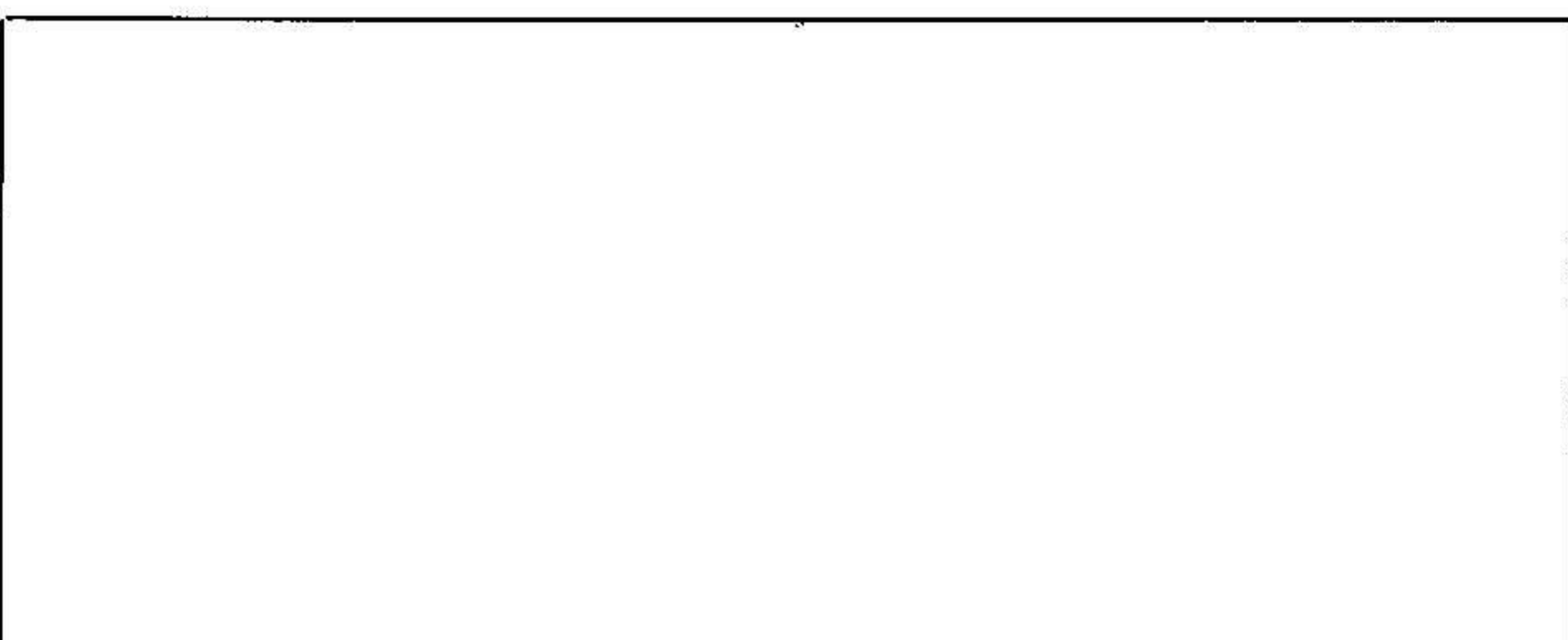
1. Two different hand stitched hems, such as "slipstitch," "blind stitch," "catchstitch," etc.



2. Two different machine-stitched hems, such as edge-stitched, top-stitched, blind-stitched, shell-stitched, etc.

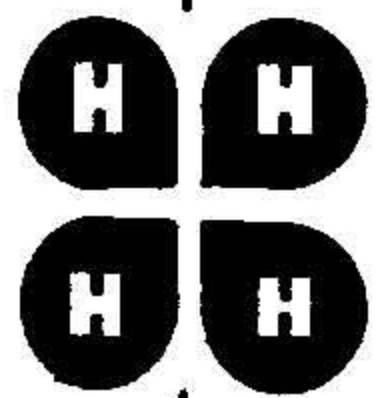


3. A fused hem.



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Date: \_\_\_\_\_



# 4-H CLOTHING PROJECT ACTIVITY

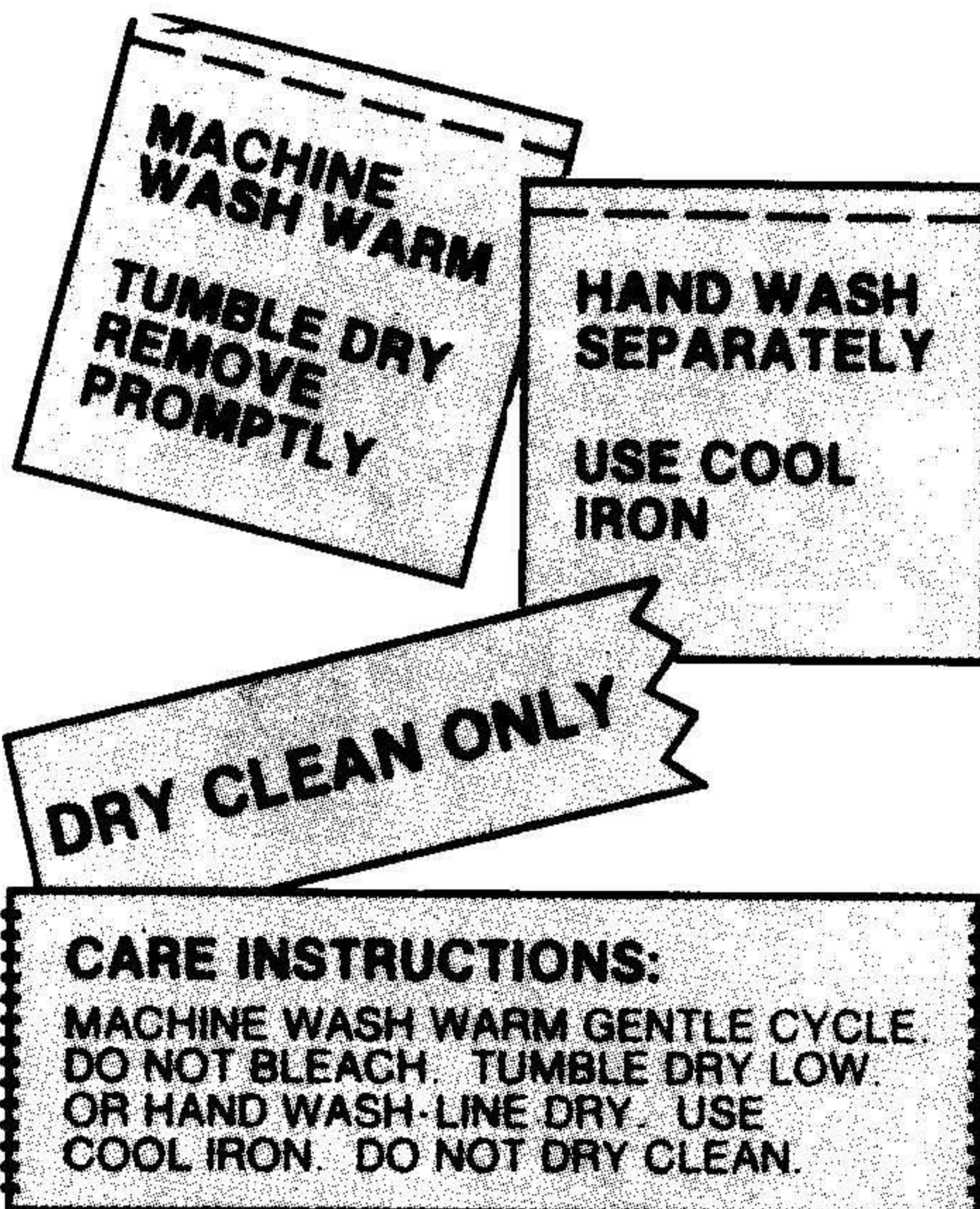
IN HOT WATER—MAYBE!

## Preparing Clothes for the Wash

Before you put dirty clothes into the family wash basket, you can help eliminate damage to your clothing and to others' clothes by:

- Taking everything out of all the pockets.
- Closing the zippers, hooks and eyes, and other sharp metal fasteners on each garment.
- Sewing on any snaps, buttons, or other fasteners that have come off or are about to come off.
- Fixing rips and tears in garments.

## Learning About Laundering



Learning about laundering—cleaning your clothes—can help you understand more about fabrics and the selection of clothes. Several things determine how clothes should be cleaned: the way the fabric was constructed, its fiber content, the dyes and finishes that were applied to the fabric, and the way the garment was made. In most cases, we cannot identify these processes to know what cleaning methods, products, and temperatures are safe to use, so the permanent care labels on garments are very important. Federal law requires that labels be permanently attached to most garments with clear instructions for washing or dry cleaning, drying, and pressing. The same information should be available for fabrics sold by the yard.



## Sorting

In the first important step in getting ready to launder clothes, “sorting,” you group clothing by the kind of care needed to keep them looking nice and wearable for a long time.

To learn how to group laundry sort your own dirty clothes. Read the permanent care labels and group together those garments that have the same care instructions (such as water temperatures and spin speed). When you have finished, you may have one, two, or three of the following:



Next, divide your group or (groups) of clothes by color and amount of soil. White permanent-press, nylon, and polyester fabrics pick up color very easily. If you mix very dirty clothes with clothes having light to medium amounts of soil, the heavy soil can cause the whole wash load to look or feel not clean.



When you divide your clothes by color and amount of soil, you may have some of these groups:

|   |   |
|---|---|
| <b>White, permanent-press and manmade fabrics</b> | Medium to light soil<br><i>or</i><br>Heavy soil                                   |
| <b>Dark-colored fabrics</b>                       | Medium to light soil<br><i>or</i><br>Heavy soil<br><i>or</i><br>Fabrics that fade |
| <b>Heavy fabrics</b>                              | Medium to light soil<br><i>or</i><br>Heavy soil                                   |

**THINGS TO DO:**

- Mount a care label for a garment that can be laundered and one for a garment that can only be drycleaned:

- Do the family laundry for one week and list any problems you encounter.

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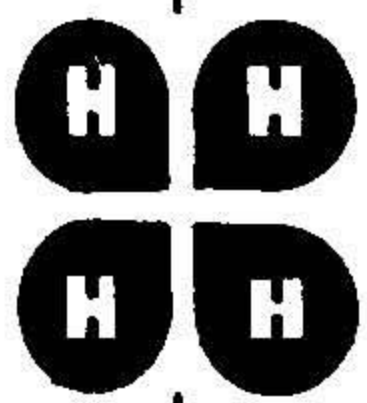
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4-H Member: \_\_\_\_\_

Date: \_\_\_\_\_



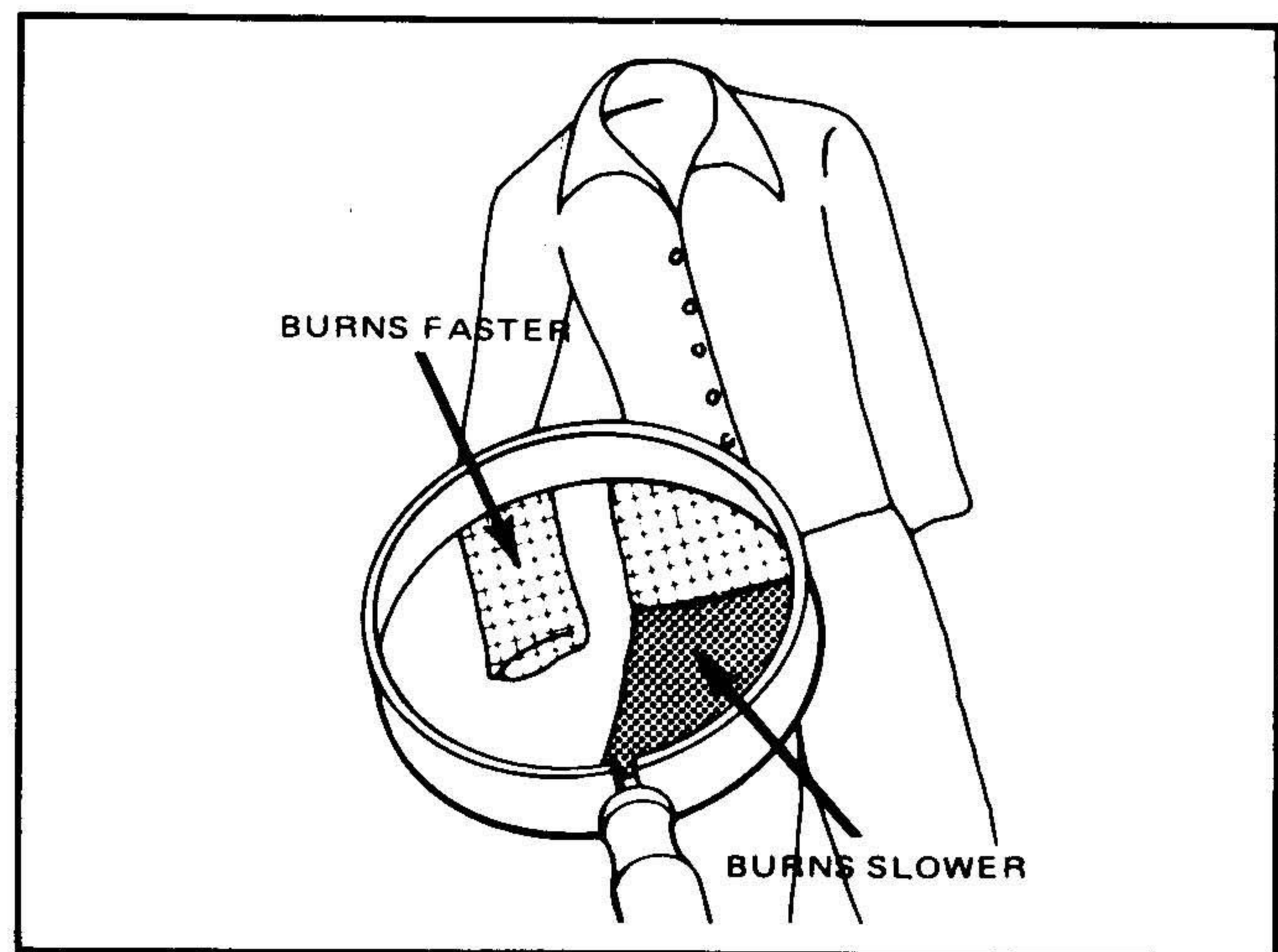
# 4-H CLOTHING PROJECT ACTIVITY

## FIRE, FABRICS, AND YOU

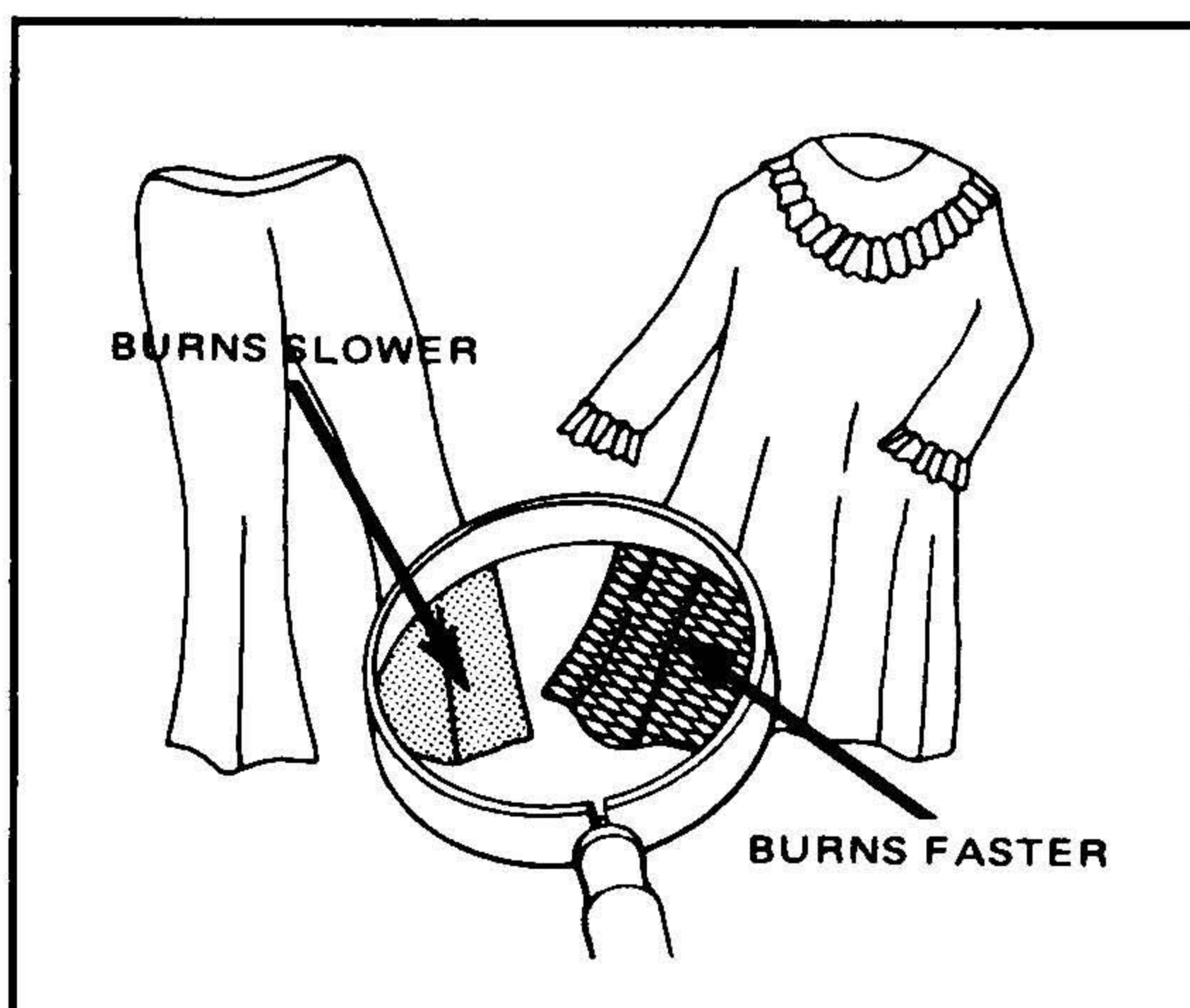
There are many factors to consider in purchasing garments that are not flame resistant:

**A. Construction of material.** Flammability of garments varies considerably, depending upon construction of the fabric.

**Fabric weave and weight.** Tightly woven, heavy fabrics burn more slowly than sheer, lightweight, and loosely woven fabrics. For example, cotton fiber used for such a fabric as broadcloth (in shirts) is lightweight and burns rapidly. On the other hand, cotton used for such a fabric as denim (in jeans) is more tightly woven, heavier weight, and will not burn as rapidly as cotton broadcloth.

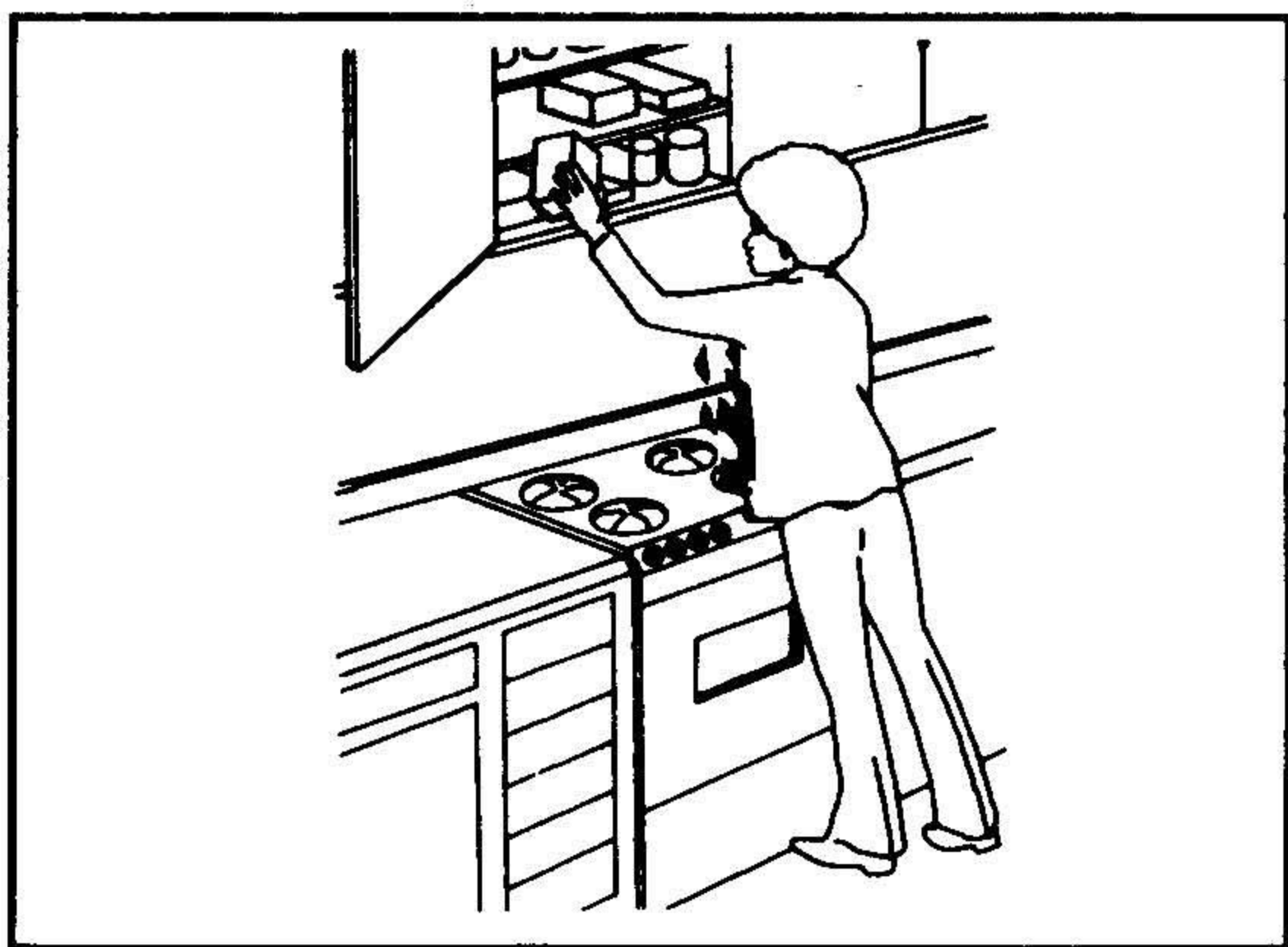


**Surface finish.** Napped fabric (such as cotton terrycloth) with air spaces between the loose fibers, will ignite much faster than a smooth surfaced material (such as denim).



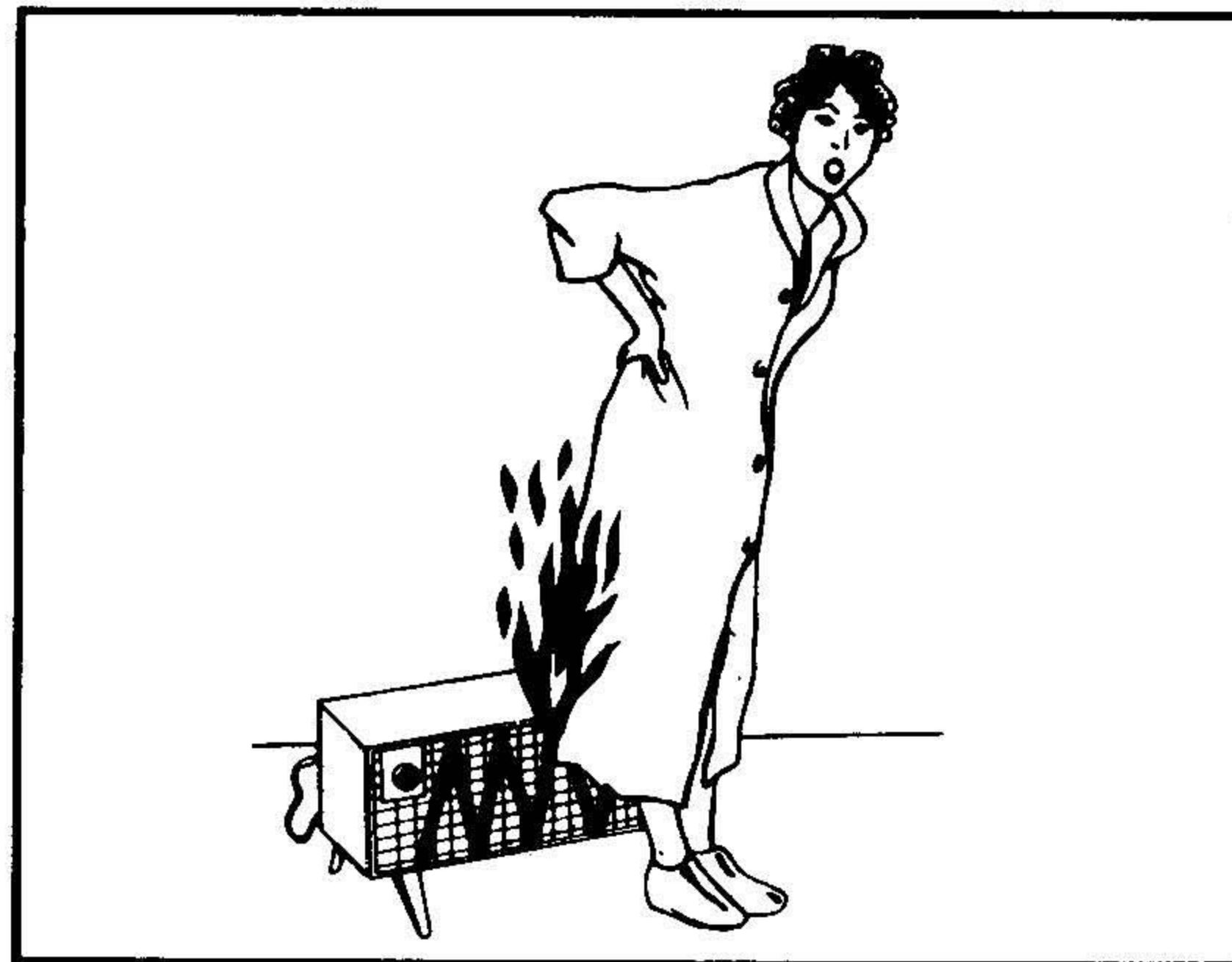
- *Find examples of garments that would be extremely flammable.*
- *Discuss sources of ignition and how to dress safely when you will be near them.*

**B. Design.** Tailored or close-fitting garments are less likely to ignite than are loose-fitting garments.



**Loose-fitting blouses and men's shirt-tails** can catch fire when one reaches across a lit burner or reaches for an object over the stove.

**Long gowns, especially nightgowns,** can catch fire when they come in contact with fireplaces, space heaters, and stoves.



**Clothes with bell-type sleeves, ruffles, and trims** (such as robes or housecoats) are most likely to catch fire when they come in contact with the lit burner of a stove or other sources of ignition.

#### **TOPICS FOR DISCUSSION OR DEMONSTRATION:**

Flammability characteristics of various fabrics.

- Federal and state flammability laws
- Flame retardancy in fibers and finishes
- How fabric construction affects flammability
- Flame-retardant finishes used
- Flammability of fabrics by burning several samples—record burning time, amount of flame, kind of ash or residue
- Care of garments with flame retardant characteristics

#### **THINGS TO DO:**

Visit a Beginning or Intermediate Clothing group:

- Tell members how the design of clothes, the fabric, and weave can make clothes less flammable.
- Take examples of clothing with you for discussion.

4-H Member: \_\_\_\_\_

Date: \_\_\_\_\_

### **Acknowledgments**

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Portions of this publication, including illustrations, have been adapted from basic clothing textile books, current periodicals, trade publications, and Cooperative Extension literature from other states.

To simplify information, trade names of products have been used. No endorsement of named products is intended nor is criticism implied of similar products which are not mentioned.

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