



A 4-H Clothing Leader's Guide

"School Dress and Leisure Wear"
"Tailored Garments"
"Wool Garments"

4-H Member's Clothing Construction Project
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4-H CLOTHING LEADER'S GUIDE for "School Dress and Leisure Wear" "Wool Garments" and "Tailored Garments"

You Are A 4-H Project Leader

As a 4-H clothing project leader you have a most important and rewarding role. You are dealing with an enthusiastic group which is interested in learning and in working with others. You can contribute to their development of Head, Heart, Hands, and Health by encouraging their learning experiences, not only in clothing projects but in the total 4-H program.

A 4-H clothing project leader has many wonderful opportunities to work with young girls. During this age range, 14-19, girls are extremely interested in clothing. They want to know how they can select and wear apparel that will be attractive, appropriate, and yet distinctive. For you to assist them in this decision is a big job, one you will find most challenging and exceedingly rewarding.

Girls enrolled in the clothing project series, "School Dresses and Leisure Wear," "Wool Garments," and "Tailored Garments," will learn many new sewing techniques with your guidance and encouragement. They will have opportunities to practice and improve old methods in order to create professional-looking garments. In addition, these girls will gain knowledge and experience in buying fabrics, coordinating fabrics and patterns, selecting becoming accessories, modeling their outfits, presenting themselves and their ideas by speaking before a group, judging their garments, and applying information concerning quality of a garment in buying ready-to-wear items. You will be helping them to acquire knowledge and habits that will benefit them the rest of their lives.

Your Responsibilities as a 4-H Clothing Leader

In order to do your best job as a 4-H clothing leader you will want to fulfill your responsibilities:

1. Be aware of and have a thorough knowledge of the subject matter you are teaching. The Extension Agent, Home Economics, can help you through leader training sessions and reference materials. Keep up with new and approved clothing construction techniques.
2. Recognize how the clothing construction project contributes to the objectives of the National 4-H Clothing Program. Help develop desirable attitudes of members toward 4-H and their project work.
3. Understand the characteristics of the age group with whom you are working.

4. Assist 4-H members in planning activities according to their levels of skill, their interests, their needs, and their ages. Let them have a voice in their own planning, but inform them of the opportunities offered in the project.
5. Inform parents of project work and activities. Keep them up-to-date on 4-H members' activities and programs, so that you may secure additional parent cooperation. Visit 4-H'ers in their homes.
6. Hold worthwhile project meetings. Evaluate each 4-H member and her progress in the clothing project.
7. Incorporate a sense of good sportsmanship in group participation and judging of garments. Help them realize that what they learn in the process is more important than the color of ribbon earned.
8. Assist 4-H members in completing records and see that they are turned in at the appropriate time. Encourage 4-H'ers to assemble accumulated 4-H achievement records.
9. Help 4-H members to evaluate their own project work.
10. Be enthusiastic and encourage 4-H members to participate in activities, such as modeling, tours, exhibits, fashion shows, serving as junior 4-H leaders for a clothing project, or other capacities for which qualified. Help them develop and give demonstrations and illustrated talks that exceed "minimum project requirements" to contribute to the member's total development.
11. Help 4-H'ers realize the life-long values of this educational learning experience. Help them develop a sense of pride in 4-H membership.

Objectives of the National 4-H Clothing Program

A 4-H clothing leader contributes to the national 4-H clothing program through her teaching and guidance. Before you begin your experiences as a project leader, you should realize the national objectives toward which you are working.

Through this clothing project, in addition to teaching clothing construction skills, you will be helping the club members to

1. Develop leadership talents and to work toward achieving the broad objectives of character and effective citizenship.

2. Build self-confidence and poise through developing:
 - a. Skills in choosing clothing they make or buy.
 - b. Appreciation of and skill in making the most of one's personal self.
 - c. Appreciation of and skill in care of clothing.
 - d. Appreciation of and skill in use of the decision-making process.
 - e. Judgment and creativity in planning clothing and accessories.
 - f. Ability to evaluate what they have done and to plan for continued progress.
 - g. Attitudes of wanting to share with others their knowledge and skill.
3. They want and need a strong voice in planning their own programs. Allow group planning of project work and special activities associated with project. Offer suggestions and alternatives, but not detailed instructions.

What To Do at Project Meetings

Project meetings are held in addition to the regular organizational 4-H club meeting. During a project meeting the members join together to plan and carry out learning experiences in the area of clothing construction. Project meetings should be held at a time that is convenient for you and the members. The group should be small so that each member can receive individual help when necessary. A junior 4-H clothing leader can offer much assistance to you and the members as they complete garments and activities in the project.

Preliminary Project Meetings

Regardless of which project guide the member will be using, there are certain things that are usually done at a preliminary project meeting. During this meeting project guides are distributed and reviewed with the 4-H club members to stress these points:

The Age Group

There is no definite requirement of age for this series of the 4-H clothing construction project. The member enrolled in any of these 3 projects, "School Dresses and Leisure Wear," "Wool Garments," and "Tailored Garments," must be advanced enough to possess the level of skill that is required in the activities and learning experiences in that guide. She must understand and be capable of completing all activities in the series "Little Virginia Miss," Units I, II, III, before she can enroll in intermediate work in "School Dresses and Leisure Wear." If she joins 4-H at 14 years of age and has had clothing construction work previously, she could review the "Little Virginia Miss" project and make certain she is skilled enough to begin a more advanced unit. After "School Dresses and Leisure Wear," the next step, when she is able, is "Wool Garments," followed by "Tailored Garments."

The age of the girl enrolled is not a major requirement because of the step-by-step organization of the clothing construction project. Ability and experience, rather than age, determine whether or not the member is ready for the next step. However, for the member to complete successfully Units I, II, and III of "Little Virginia Miss" and to reach the stage of the intermediate and finally the advanced projects, she usually falls within the age range 14 to 19 years.

These are characteristics of the age range with whom you probably will be working, and implications for their use in the clothing project are:

1. Social needs and desires are high; they are quite interested in coeducational activities. The time is ideal to capitalize on interest they have in the importance of clothing as it relates to their personal appearance. Plan dress revues which provide time for boys and girls to work together in modeling, as well as in staging the show.
2. Areas of interest are more restricted; patterns of interest more definite. Interest in clothing project may develop as the member's primary project. More depth in subject matter and additional references and activities related to clothing project should be included. These girls can take your directions and instructions and put them to use with some guidance.

1. What she can expect to learn.
2. Project requirements
 - a. Encourage girls to complete more than the minimum requirements.
 - b. What is expected of the 4-H members.
 - 1) Attend all project meetings.
 - 2) Keep work up to date.
 - 3) Bring all needed supplies to meetings.
 - 4) Participate in all activities.
 - c. Complete project records.
 - d. Give demonstrations and/or illustrated talks.
3. Any new equipment needed.
4. Arrangements for future meetings
 - a. Time and length of meetings
 - b. Place for meeting
5. Ways mothers can help with project at home. If mothers are invited to this preliminary meeting and attend, then you will be able to see who is interested in helping. These mothers, along with others, can be called upon later to help with planning programs, recreation, exhibits, and dress revues; assisting you in teaching or arranging for teaching; providing transportation to club meetings or for special events.
6. Time limit of project

Explain to girls that each guide in the series can be carried for more than one year. In many cases this is recommended since it is not the number of garments a girl makes, but their quality, the level of skill necessary for their construction, and the knowledge gained through the girl's experiences with a variety of fabrics and styles.

During this preliminary project meeting members should be given an opportunity to plan their own activities. Through discussion, they should reach some conclusion of what types of

things they are most interested in learning. You can explain to them the different types of meetings which can be held and how they can play a vital role in these meetings.

Some of these different activities and types of project meetings which can be held include:

Demonstration and/or Work Meetings

As the girls gain in experience, you will be able to demonstrate a new sewing technique to them at the project meeting. They can take your instructions and complete the step at home with little assistance. It is not always necessary to have the girls work on their garments at the club meeting.

Sometimes it is wise to have the girls do the actual construction at the meeting so you can check their accuracy. This is often recommended when the girl is inexperienced or when the technique is difficult and involves many steps.

The 4-H members' project guide serves as a helpful reference, but you will need to demonstrate the new techniques or provide them with adult publications to supplement this guide. A junior 4-H clothing leader can assist you in teaching by giving a demonstration or by answering questions. Encourage each member to fulfill her project requirements by giving demonstrations or illustrated talks at this type of project meeting.

Tours

Tours can be educational as well as interesting, provided they are planned with a purpose. You, the parents, the junior leaders, and the members should plan these tours together.

Some suggestions for tours include:

1. Tour of garment factory to see how garments are made commercially.
2. Tour of fabric store to see fabric displays, pattern catalogs, notions, linings, interlinings, and interfacings available.
3. Tours of department stores to see labels on garments, to judge quality in ready-to-wear garments, to evaluate displays of apparel, to recognize colors, lines, and textures which are fashionable in season, to select becoming accessories, or to see a fashion revue.

The 4-H club members can be given the responsibility of planning all the details of the tour, including contacting a person at the store and making arrangements so that the group will be expected.

Exhibits and Dress Revues

After anyone has worked so diligently on a garment, she needs an opportunity to display it. Exhibits and dress revues are ways she can show others what she has learned. This is also a good time to help each member evaluate her garment and the outfits of her fellow members.

Again, members should be given responsibilities for the planning and conducting of a dress revue or an exhibit day with your guidance. Parents and friends should be invited. Boys can be included as escorts for the girls in the dress revue. Refreshments may be provided by this group or perhaps a foods and nutrition project group would like to share in the festivities.

Discussion

Occasionally members can bring the garments they are constructing to the project meeting. A discussion of progress with their garments is a good method of teaching to bring out problems they are encountering and to share ideas.

Conducting Project Meetings for School Dresses and Leisure Wear

This guide in the series of the clothing construction project provides opportunities for the intermediate seamstress to practice handling new fabrics and to learn new techniques while she improves the old. She probably will want to enroll in this project for more than 1 year, but no longer than 3, in order to proceed to the next step "Wool Garments."

The first garment the girl selects to construct should be simple, involve few pieces, and little detail. The fabric should be selected according to the requirements of the project with the individual and the pattern in mind.

After the preliminary project meeting you can plan your demonstrations for the rest of project meetings.

THINGS YOU CAN DO AT THE FIRST PROJECT MEETING

1. Discuss pattern selection; consider popular styles and becoming lines for the individual.
2. Discuss fabrics
 - a. Becoming to individual
 - b. Coordinated to pattern
3. Illustrate points of fit.
4. Review procedure to use in taking 4 body measurements to select pattern type and size.
5. Help girls make list of supplies they will need for first garment.

The second project meeting might include a tour of a fabric department to purchase supplies.

THINGS YOU CAN DO FOR A THIRD PROJECT MEETING

1. Begin pattern alteration.
 - a. Show method for taking body measurements.
 - b. Show method to use in taking pattern measurements.
 - c. Discuss "ease."
 - d. Complete worksheet.
 - e. Decide where alteration is necessary.

THINGS YOU CAN DO AT FOURTH PROJECT MEETING

1. Complete pattern alteration.
2. Try-on-pin-fitting to check pattern fit.
3. Demonstrate cutting. Cutting fabric can be an assignment for girls to finish for next project meeting or can be done at a project meeting.

Activities and time schedules for following club meetings will depend on the garment being made, how often and how long you meet, and how quickly the girls work. Much of the work can be done outside club meetings so that project meetings can be devoted to leader and member demonstrations, discussions, and individual questions and problems. Let the girls share in each other's progress by having them bring their garments to the meeting. You may find that occasionally you will want to schedule a longer project meeting so that the girls can get together and sew. The benefit 4-H members receive from working in a group is highly important.

Conducting Project Meetings For Wool Garments

"Wool Garments" is the next guide in the 4-H clothing construction project. To be qualified to enroll in this next step, the club member must have completed successfully "School Dresses and Leisure Wear."

The first opportunity the girls have had to work with wool fabric is offered now. Sewing with wool fabric is fun, but requires special precautions and additional skill. Much time is spent at the ironing board pressing pieces and, finally, the garment. Good pressing equipment and the procedure to use in pressing wool are extremely important.

Suggested Leader Demonstrations for Wool Garments

1. Selection of pattern and fabric
2. Review of proper fit
3. Importance of muslin test garment
4. Preparing wool fabric for sewing
5. Selection and attachment of lining
6. Pressing equipment
7. Techniques to use in pressing wool
8. Additional construction techniques
 - a. Hems
 - b. Closures
 - c. Zipper by hand

Conducting Project Meetings For Tailored Garments

"Tailored Garments" is the next level for the 4-H club members. Girls enrolled in this proj-

ect are more mature and experienced in construction skills. They can use many publications designed for adults. With your or the Extension Agent's assistance and the instructions in the publications they can complete the tailored wool garment. However, this places a responsibility on you to be able to answer their questions, offer them advice, and help solve their problems. The Extension Agent, Home Economics, can offer you much assistance, training, and guidance to help you do this.

Construction techniques which you probably will have to demonstrate or explain in tailoring are:

1. Selection of and cutting interfacing
2. Attaching interfacing
3. Making tailored buttonholes
4. Pressing
5. Preparing and attaching collar
6. Setting in the sleeves
 - a. Shoulder lift
 - b. Bias sleeve roll
7. Hemming for wool coats and suits
8. Selection of and attaching lining

Final Project Meetings

In each of the 3 series of the clothing project the 4-H club member will need time to evaluate her work. Provide one club meeting for the girls to complete project record sheets and to score their garments, as well as fellow members' garments. Points discussed in MC-281 "Quality Look in Clothing Construction" serve as a guide. They can use "4-H Dress Revue Scorecard for Judging" to evaluate their finished garments. Now is the time to offer suggestions for improvements and possibilities for continuing in the clothing project next year.

Don't forget to plan an activity in which the club member can show her results. Parents and friends should be invited so they may see what the 4-H club member has been learning and may meet her friends and fellow club members. This event, which might be a tea, a dress revue or fashion show, a picnic, or a special program as part of a county 4-H or a Home Demonstration Club Achievement Day is a most enjoyable climax to a successful year in the clothing construction project.

Resource Material for Leaders

(available from Extension Agent, Home
Economics)

- MC-67—Pressing
MC-101—Selecting Pattern Sizes for a Better Fit
MC-249—Interfacings
MC-250—Lining a Garment
MC-274—Interlinings
MC-281—Quality Look in Clothing Construction
Bulletin 274—Hems
Circular 611—Tailor's Ham
Circular 868—Getting Ready To Sew for the Professional Look
Circular 923—Buttonholes
Circular 927—Tailoring
Circular 943—A Smooth Look in Sleeves
Leaflet 137—Proper Fit of a Garment
MC-287—How To Sew on Hooks, Eyes, and Snaps
MC-289—How To Sew on a Button
MC-234—Score Card for Judging 4-H Dress Revue
- Published by Simplicity Pattern Company—"It's Fun To Be a Model at Your Dress Revue" members' and leader's guide
Printed by Singer Company—"Know Your Sewing Machine"
Circular 1047—Line in Clothing
Circular 1039—Color in Clothing
MC-252—Texture in Clothing
Circular 1058—Pattern Alteration
Leaflet 54—Planning To Buy Foundation Garments
Extension Form 62—4-H Member Demonstration and/or Illustrated Talk Scoring Aid
Bulletin 270—Virginia 4-H Club Leader's Handbook
Circular 1043—4-H Demonstration and Illustrated Talks for Senior 4-H Members
Circular 1040—Leader's Guide—4-H Demonstration and Illustrated Talks
RB-30—4-H Leadership Project for Senior Members
Leaflet 325—Measurement Charts for Selecting Pattern Sizes