

ANNUAL NARRATIVE REPORT

December 1, 1953 - November 30, 1954

CLOTHING WORK

IN

VIRGINIA

Iva Byrd Johnson

Subject Matter Specialist In Clothing

34  
72

## TABLE OF CONTENTS

	<u>Page</u>
COVER PAGE	
TABLE OF CONTENTS	1
RESULTS AND ACCOMPLISHMENTS	2
Appraisal In Terms of What Was Planned	2
Planning and Buying Techniques Need Strengthening	3
Dickenson and Warwick Counties	4
Story Of Otelia Westbrook	5
Result of Joint Effort	7
Enrollment of 4-H Projects	7
WORK ON STATE, AREA LEVEL	9
ASSISTANCE GIVEN COUNTY EXTENSION WORKERS	12
Spot Check With Home Agents	15
Observation of 4-H Club	17
Study of Leadership	17
<b>MAPS</b>	
Home Demonstration - White	20
Home Demonstration - Negro	21
4-H - White	22
4-H - Negro	23
SPECIAL	24
Farm and Home Unit	24
Special Interest Groups in Tailoring	24

### III. RESULTS AND ACCOMPLISHMENTS

Appraisal in terms of what was planned -

The original requests by district agents for clothing specialist as set up in the plan of work was for 36 adult leader training meetings and agent training on adult program for 39 agents, send material to 39 on adult programs, and in the 4-H, 3 leader training--3 agent training and material to 2 agents. These requests needed to be changed to adult leader training by specialist in 58 counties and 4-H in 3 counties. More agent training was needed in order to get information to all or in the case of 4-H leaders not yet secured to be trained later by agent. A total of 42 agents were trained on adult rather than 39 and 9 agents rather than 3 on 4-H program.

Help was given by specialist working in 32 different counties, 69 white and 13 Negro. A second trip was made to 20 counties to give additional leader training and meet special interest groups. In addition to this, joint training was given to 29 agents and individual training to 36 on adult program and 7 on 4-H. Additional joint training was given 5 Negro agents.

At leader training meetings, a total of 1,109 were in attendance from the adult program and 23 on 4-H program. Special interest groups in 4 counties with 70 present from 24 clubs were also a part of the specialist's contribution. Some of the agent training was given to help with special interest groups also.

34  
72

Leaflets on judging for leaders and agents were prepared and eight regional or area meetings were planned in the state. The specialist prepared two kits of illustrative material and trained Amelis Fuller, who did the clothing section in 4 of the meetings with the second team. Two teams covered these meetings in one week. A total of 168 attended the eight clothing sections. The information sheets from these were tabulated and analyzed by the clothing specialist for district agents' reference. These women are to be called on to help judge exhibits and garments at fairs, revues, and contests.

As an attempt to analyze existing conditions and check the suggestions made, the specialist attended two 4-H club meetings. Several attempts were made to get to observe an adult leader in action; something happened each time, agents were carrying the 4-H programs, no leaders present. The specialist did observe a District Federation meeting in Culpeper and attend and assist with the Amelia County Planning Adult Program. No 4-H planning meeting was observed due to change of dates.

Poise and self-confidence in the women in these groups was outstanding. They were well and appropriately dressed in most cases.

#### Planning and Buying Techniques Need Strengthening

The chief weakness yet seems to be getting folks to take time when shopping to ask questions and read labels as to what garments or yard goods are made of and the manufacturers' suggestions for care. With many new finishes and old fibers and the new fibers developed, as well as blends of various fibers in a fabric,

this step in shopping is even more important than ever. Much money can be wasted if one does not know how to give wearing apparel the correct care to prolong its life and service.

Too little time or too much attempted in a club meeting is still a problem in the clothing program. For example, Buying Clothing for The Family, not Buying Shoes, Suits or Dresses, is scheduled for one meeting, or Making Family Clothing or a Dress in one or two meetings. Some progress is being made, as club members learn they need time to work with the leader and learn by doing a process to really get the technique. For example, Dickenson County came back with a request for a two-day workshop for leaders who will in turn work with small groups in their neighborhood. This year's program had allowed only time enough to study selecting fabric and patterns and the adjustment of the pattern to body measurements and interpreting pattern helps to members. At the planning meeting for 1955, the two-day work meetings on cutting, checking fit, and how to make was included. The specialist trained these leaders this fall. One group has met, and two leaders report helping 8 women, although they really plan to do most of this during January, February or March.

Warwick County makes good use of the sewing center at Extension Agent's office. Two Singer, a Kenmore and Necchi sewing machines and two tables were purchased with 1953 bazaar money. The district agent was able to get an iron and ironing board.

34  
72

With this equipment, much was done by Extension Agent:

Two classes for beginners sewing (5 meetings each) at which 20 women made garments.

Three tailoring groups (series of 5 meetings each) with 20 women attending - one group for children's coats.

March was sewing month and Fridays were open for women to bring individual problems and for their learning to use sewing machines.

The county summary gives an idea of accomplishments in home sewing among these women: 578 children's wash dresses, 62 children's coats, 55 adult coats, 232 adult better dresses, and 495 adult wash dresses. In addition, 205 reported they were more careful of quality in fabrics and construction. A total estimated savings of \$4,693 was made.

Bedford, Princess Anne, Roanoke, Botetourt, Floyd counties already have room which a committee might furnish, for such type of work and also house furnishings specialist's special interest groups. Norfolk, Fairfax, Arlington, Henrico are others who might work on this idea.

### III. B.

The Story of Otella Westbrook, 4-H Club Member, Chuckatuck Club, Hansemond County

To have a Virginia girl win a National Award in the Clothing Achievement Contest, a \$300 scholarship and to have her selected to preside at the National Banquet for this group is an honor, we are justly proud.

To have the privilege of working with her and watching her grow from a flaxen hair little girl of 12 years in beginning 4-H clothing project to a poised, well

34  
72

groomed, enthusiastic leader, all star, and state and national winner is one of the many rewarding features of being an extension worker. If in some small way we helped in this development, we are grateful.

Let's tell some of the things which kept Otelia busy eight years. This may seem like ages to some of you. Time flew for her, keeping busy working on projects, county committees, enjoying the friendships built in club and camp and in helping others. Yes, she had time to help others--she was a junior leader in no time, 6 years experience, she helped in club on projects, and in camp, as junior leader in projects, as camp councilor and leader of colony a year and as cashier another camp year.

4-R assembly programs in high school had her help in planning and frequently she took a part on the program.

Other planning experiences were for 4-R Sunday, Achievement Day programs, and exhibits.

After becoming an all star, she helped to organize a county chapter.

At State Short Course this year, she was helpful in looking after the 4-R girls from her county in the absence of the agent.

Her enthusiasm and effort resulted in four All Stars from the county attending the Inter-State All Star Conference at VPI in August, 1954.

All phases of homemaking have interested Otelia. She has completed projects in Food Preparation, Food for Pep, Personal Laundry, Housekeeping, Room Improvement, So You'd Like To Sew, Looking Your Best, and Make or Remake our Clothing. She estimates a saving of \$1,720 in her 8 years of club work, \$750 of this on clothing.

She has given 8 radio programs on the value of her project, trips to camp, State Short Course and to Camp Miniwanca, Michigan, a leadership training camp. A TV appearance in the garment she exhibited in state contest, a black sheet wool basic dress, was made this summer. With the use of accessories she demonstrated how the dress could be made to meet the need for various occasions and activities.

It is not the number of garments, though they add up to 173 new and 45 remodeled for self, family and friends, but what is gained by learning to make the best better, to be a good competitor and when others win to come back to give stiffer competition because of having competed. She represented her district four times, on the 4th she won.

Those experiences helped her to become a participating member of the college group. She serves on YWCA Vespers committee, Recreation committee, Vice-President of Home Economics Club and Student Fellowship committee in college.

If her plans work out, we look forward to working with her as a trainee next summer--a part of her preparation for a position as Home Agent in Extension Service.

As a result of joint effort of 3502 voluntary local leaders, agents and specialist, 91215 persons were contacted individually or through meetings with information regarding clothing the family. It is estimated that 57073 different homemakers and other persons were assisted directly or indirectly to adopt recommended practices.

Areas in which they reported being helped are:

In selection and buying clothing 25,418

With care and mending of clothing 19,059

With clothing construction 28,937

In selection, use and care of sewing and pressing equipment and with sewing centers 13,520

With good grooming and posture (personal appearance) 20,540

Included in these figures are 4-H figures. To keep some continuous figure for comparison the following summary of 4-H figures on the year is included:

The 3,027 members enrolled in 4-H clothing projects reported 28,558 <sup>~50</sup> articles and 27,832 <sup>15.00</sup> garments made; an estimated savings of \$153,435.00

To learning to plan, buy and care for clothing and be well groomed is a part of the objectives of the clothing projects with 4-H members.

Enrollment according to projects in 1954 is:

	Number Counties		Number Members		Total Number Members	Total No. Counties Reporting
	White	Negro	White	Negro		
Looking Your Best	58	8	4631	407	5038	66
Make Or Remake	68	13	3532	452	3984	81
So You'd Like To Sew	20	14	7651	1342	9043	84
	Total Enrollment				18,065	

34  
72

#### IV. WORK ON STATE, AREA LEVEL

A. On program planning with state supervisors, the specialist had three conferences. Written suggestions and outlook material, the clothing program objectives and philosophy was expressed. County programs were analyzed and topics included in programs were discussed as to thinking of county groups, with district agents.

A week in March and 3 days in October were set aside for joint study: First on improving existing program planning with Miss Hogen in March, and in October to analysis of new programs with follow-up requests by district agents.

Frequent conferences have been held with 4-H state staff on the youth program, and in preparation of material for agents' handbook, as well as in assisting with the week's state short course and making a study of the district winners, exhibits, and records and writing each member regarding these.

B. A complete set of all material for adult and 4-H program and plans for those yet to be provided during the year were sent to the resident staff member teaching clothing. Too little time was given to a study of these to get from her how the material and philosophy of each compared. I was disappointed in this attempt.

The cooperation of Miss Fuller in the Judging Training of clothing leaders was shown under III, this was excellent. The specialist has tried to give help in return on the clothing area of the Farm and Home Development Phase of the Extension program.

The Housing Specialist has been very cooperative in working on storage for clothing and is now developing ideas for a variety of home sewing units. We want

to stress the best use of and arrangements for sewing equipment and supplies. We hope by use of chests, trunks, shelves, closets to help folks who own their homes or those who rent and those with limited room and time.

A sheet giving suggestions for agents and clothing leaders on follow up of "Tops Clubs" in 8 counties on your weight to adjust present clothing to changed figures was prepared.

The specialist answered an urgent request of A. G. Smith of Landscaping Department to act for a day as hostess to Home Demonstration group of 100 from West Virginia on tour of the campus and arberaterim.

Homecoming breakfast for Home Economics group and days activities another day to cooperative work.

Worked on the program planning committee for Farm and Home Development Phase with Dr. Skelton, Chairman.

The In-Service Training committee, with Dr. Duncan as Chairman, and specialist as Secretary, are other contributions to the general over-all planning of the specialist. Much time and thought has gone to work in these committees.

7. Alice Linn was requested in April. At this time the revision of the clothing agreement "was due." Her suggestions on the trial run were helpful. We had number of problems on the types of research and programs underway and discussion materials which were developed on a cooperative basis with shoe and foundation panies. We found slides were being developed by Miss Benson of Pennsylvania  
8 follow up of Wisconsin and that our Men's Suit series was about completed.

SUGGESTIONS TO CLOTHING LEADERS FOR "TOPS GROUPS"

Hambone said: "De ole 'oman don' hatter t' watch her figger--enny d'rection she lock she bon't t' see it enny how!

Congratulations to those of you who have taken yourselves out of this type! The right clothing can help you make the most of your appearance.

Look over the clothing you now have and decide what are the possibilities for restyling. Perhaps refitting is all that is needed. Again there are garments which will be of more value if the design is simple but becoming.

How have the changes in your figure affected the texture, color and line you can wear today?

Have you a figure in good proportion now, or do you need to use line in dress to help you appear in good proportion?

Let's check and see what our measurements tell us about the type of pattern or dress we can use with fewer adjustments. Compare body measurements with pattern measurements in varying types.

Do we need to wear the same shape collar or neckline?

Analyze current fashions for becoming lines which may be used on present garments. As we refit we may want to restyle.

Check for fit:	The shoulders	Hem line
	Waist line	Sleeve at wrist or bottom
	Hip line	Neckline

Darts, tucks, sheering or deeper seams may be used to get a good fit.

Present seams in skirt front and back may be taken deeper and side seams left as they are to avoid removal of zipper.

Waist may be too long. If neck line and sleeve line would be better changed, rip and re-cut blouse. If neck line is to be used as is, rip at waist line and place skirt up on blouse to desired length. Baste and check before cutting blouse off. Darts or tucks at waist line of blouse help to give a smooth waist line. If back needs blouse for softness, use short tucks to give ease rather than darts which may show rolls of fat or sway-back.

Anchor skirt at waist line so that weight of dress will not hang from shoulder to get an easy blouse.

The blouse should be easily fitted so that when fastened, two inch tucks can be taken in front and back of blouse at fullest part of bust. This easy drape prevents the bust from seeming large or small. It gives comfort and durability as well as a good appearance.

About the same amount of fullness should be allowed through hip line in a straight skirt to allow for spread of hips when sitting without strain on fabric or seams.

Check the hemline--keep it the same distance from the floor and at a becoming place for your figure. Narrow skirts are usually longer than wider skirts.

34  
72

The specialist put in full time to Mr. Frank Teuton from Research Division, United States Department of Agriculture, obtained 15 models and accessories for garments he wanted shown at the Institute of Rural Affairs. Produce and other items from local market were obtained and help for setting up and putting away exhibits were other contributions. He is a joy to work with and I consider it a very rich experience. Many of these exhibits related to textile development and finishes on fabrics today.

The Singer Sewing Machine Company's regional offices have been very cooperative helping with leader training or special interest groups on the use of attachments.

The specialist, with specialists from North Carolina and South Carolina judged the junior contest on a regional basis at Charlotte, North Carolina. A very thoughtful arrangement was made by the company's representatives at Charlotte, North Carolina. They had Miss Seabrook from South Carolina, only about 30 miles away, come in to the hotel and the group of 4 specialists had the time from 6 p.m. until midnight to eat and talk over programs and plans. We were going strong again at breakfast, after which the company representatives joined us and we went to work with them.

The National Institute of Cleaning and Dyeing and the Ohio Textile Testing Group have been helpful in giving information on problems in clean or laundering. The "brown spot and hole" sequence showed up in several areas, Orange and Newport News. Several factors seem to be involved but a letter suggesting what



Mr. Teuton, Research Department, USDA, and two models at exhibit at the Institute of Rural Affairs.

COOPERATIVE EXTENSION WORK IN AGRICULTURE AND HOME ECONOMICS  
VIRGINIA POLYTECHNIC INSTITUTE AND THE UNITED STATES  
DEPARTMENT OF AGRICULTURE COOPERATING

STATE OF VIRGINIA

V. P. I. AGRICULTURAL  
EXTENSION SERVICE

July 3, 1954

BLACKSBURG, VIRGINIA

To All Home Demonstration Staff Members

Recently a cotton dress was sent me from Orange County which developed holes after laundering. We have sent you some releases which indicated this was caused by aluminum. Some suspicion the slide fasteners which are constructed from two different metals, therefore, I sent the dress to one of the companies for a laboratory technician examination. I would like to give you the reply which I received. I think it is something that each of us would want to follow through on with the folks with whom we work. It has been only recently that folks have been having this trouble. Since the same materials have been used in zippers for over 20 years without damage, the manufacturers set about trying to find what might be causing the damage today.

The one basic condition that is necessary before such fabric deterioration can take place is an electrolyte, or a substance that will conduct electricity, and the tests determined that an electrolyte can be added in various ways: by liquid starches, by improper rinsing of synthetic detergents, or by the use of soft water that has recently been regenerated.

Thus it becomes obvious that within the recent past some new factor or element has been introduced into home washing that makes water conduct electricity. Of further interest is the fact that commercial laundries who handle thousands of garments have never, to the best of our knowledge, been confronted with any deterioration such as that under discussion.

To all of the above must be added the fact that manufacturers have reproduced in their laboratories, similar brown spots or deterioration in cotton garments which were constructed without a zipper. As we mentioned before, aluminum must be present as well as water or dampness to conduct electricity. Manufacturer technicians proceeded to wash cotton fabrics in much the same method that the average housewife does at home and added a substance to the water that would make it conduct electricity. In the course of washing and subsequent ironing the necessary aluminum to cause deterioration was found present in the following places:

In the agitator of the washing machine.

In the shoe of the iron itself, both hand iron as well as mangle.

Check your laundry methods for:

The use of thorough rinsing of synthetic detergents.

The use of liquid starches

The use of soft water that has recently been regenerated

Sincerely,



Iva Byrd Johnson  
Extension Clothing Specialist

An Educational Service of The Virginia Polytechnic Institute and the United States Department  
of Agriculture with County Governments Cooperating

lbj/sp

might be causes went out to agents and the specialist took a garment to Teuton at the Institute of Rural Affairs to show and discuss.

The Bureau at Beltsville is very cooperative this year through correspondence. I have not visited them during the year.

#### V. ASSISTANCE GIVEN COUNTY EXTENSION WORKERS

A. Teaching outlines on all topics in the adult programs were prepared by the specialist to help Extension Agents to train leaders or to take the group themselves. This material was used by specialist on field trips.

B. The project, Looking Your Best for 4-H groups was revised to appeal to boys and girls. The project is designed for short joint meetings in school or for a limited time. Approximately 4000 copies of each topic were multilithed. 27 news articles were prepared, 19 radio programs, 4 special articles, 17 circular letters, 65 leaflets, 880 individual letters and illustrative models and flannel-graph materials were prepared by specialist to help Extension Agents with the planning, organization and conducting their programs which contained clothing.

C. In Lynchburg the specialist made arrangements with a local department store and a manager of a chain store to assist in training a group of 10 agents on what is on the market today in yard goods,--fibers, finishes, prices and in the ready to wear department for teen agers.

The objective here was to prepare agents for help to adult and 4-H groups on buying fabrics, selection of garments or patterns for garments to be made at home.



## Clothing Unit 1

### LOOKING YOUR BEST

#### Requirements and Objectives

Topics Include Those For Boys and Girls Meeting Together

**For Completion** - Select 6 Topics and do each for a period of 4 months. Keep notes on these in your record book and the number of demonstrations or help given others.

**Objectives:** To help you improve your general appearance.

To make good grooming a habit with you.

To help you look your best, by taking care of your skin, hair, and hands, and by being neat and clean at all times.

To learn to look your best by wearing clean, well-pressed clothing and by keeping shoes shined and in good repair.

To teach you how to use certain equipment and supplies.

Remember that your appearance is your message to the world.  
Make it a good one.

Choose 6 From These Topics - Do Each For Four Months To Complete Your Project.

Circular 601 How Do You Rate - a check sheet.

Circular 613 Your Hands Tell.

Circular 603 Care of Sweaters for Year Around Wear.

Circular 575 Storing Your Clothing Seasonally.

Circular 602 How To Make Quick Repairs.

Circular 598 Your Posture - Your Voice.

Circular 600 Your Hose - for boys and girls.

Circular 599 Watch that Hemline.

Leaflet No. 12 Your Skin - Its Care:

Leaflet No. 15 You Smile in Every Language - Care for Your Teeth.

Leaflet No. 17 To Look Your Best, Hang up Your Clothes.

Leaflet No. 10 Your Hair Can Have Eye Appeal.

Leaflet No. 16 Pressing - Your Slacks or Skirts

Leaflet No. 13 Your Best Foot Forward.

Leaflet No. 14 Some Dry Cleaning Can Be Done at Home.

Leaflet No. 2 Member's Report

Leaflet No. 3 Leader's and Agent's Summary Sheet

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Leaflet No. 18

October, 1954

Virginia Polytechnic Institute and the United States Department of Agriculture Cooperating:  
EXTENSION SERVICE, L. B. Dietrick, Director, Blacksburg, Virginia

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## YOUR SKIN - *Its Care*



We disagree with the saying that beauty is only skin deep. We believe that you cannot hope to be attractive without sparkling health and pep. You miss too much fun if you cannot keep up with the gang in tennis, picnics, dances, or other social activities. However, certain health rules help to give you pep and also keep your skin clear.

### REST

We need to relax. We need about eight hours' sleep. The best and most restful sleep is supposed to be before midnight. If you fool around and don't get to bed for fear you will miss something, you will miss more the next day. If you have a habit of rest, occasional breaks for special events do not make as much difference because you are ready for them.

### EAT THE RIGHT FOOD

We need three meals a day. Do not skip breakfast. Generally, you use the most energy in the morning. Avoid snacks between meals, if they interfere with your regular well-balanced meals. Try to learn to like all foods. Each type of food has a very definite place in body growth and health. You feel better when you have a well-rounded diet. Too much candy or sweets and starches may help produce skin blemishes. Eat plenty of fresh fruits and vegetables.

### EXERCISE IS NECESSARY

Take exercise in fresh air. Get plenty of sunshine at playtime. Hike and swim. Develop an outdoor hobby.

### SCRUB UP

Scrub not only behind the ears but all over with good old soap and water!

One function of the skin is to give off moisture to cool the body. This is perspiration. Perspiration helps to get rid of body waste, too. From 1-1/2 to 2 quarts of water are given off by the body daily as perspiration.

Another function of the skin glands is to produce oil to keep the hair glossy and the skin smooth.



(over)

Left on the body, perspiration and oil make unpleasant odors. Prevent "BO" by washing often and by using a deodorant after your bath. If you perspire freely under arms, protect your clothing from rings and loss of color by choosing a deodorant which both deodorizes and checks perspiration. Try buying small containers of a variety of deodorants and decide which is best for you. Read the ads and be sure your best friend will not need to tell you!

If your feet perspire freely, use a foot powder, put on fresh socks, and change and air shoes.

Keep undergarments neat and clean.

Always wash or cleanse your face and neck before going to bed. Rinse with cold water to close the pores.

If baths, deodorants, and fresh clothing do not solve your problems, see your doctor.

BE CLEAN ON THE INSIDE

Inside cleanliness is important to health and to the skin. Drink plenty of water. Let body waste be carried off by kidneys. Have a daily elimination from the intestines. Waste left in your body is absorbed and gives a tired feeling, headache, or skin pimples.

HELP YOURSELF FIGHT ACNE

Overactive oil glands make the face shine. If not thoroughly washed, the pores become clogged and form black or white heads or other skin trouble. If pimples stay with us, the condition is called acne. Acne is caused by dirt or bacteria lodged in the oil ducts. If not washed out, congestion forms a blackhead, which may later become infected to form a pimple. Teenagers need to be especially careful, as nature seems to increase the amount of oil manufactured at this time. Clean your face perhaps twice a day with warm water and pure soap. Rinse thoroughly. Always use a clean wash cloth and carry a clean handkerchief to avoid infection. Do not pick or squeeze pimples; they may be very sore and leave your skin scarred. Keep your hair clean. Dirt and dandruff fall on your face and shoulders and cause pimples. To avoid pimples on shoulders and back protect your shoulders with a towel or cape when you brush your hair.

If cleaning your face carefully, eating right foods, exercising, and resting do not keep your skin clear, ask your doctor what will solve your particular skin problem.

Leaflet No. 12

September 1954

Virginia Polytechnic Institute and the United States Department of Agriculture Cooperating: Extension Service, L. B. Dietrick, Director, Blacksburg, Va.

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## You Smile in Every Language



A friendly smile is your best introduction. Even if you and a visitor from another country do not speak the same language, each of you understands a smile. For a charming smile, take care of your teeth every day. Folks have been telling you, "Brush your teeth twice daily and see your dentist twice a year." Daily care does not stop with brushing. What you eat daily is another important part in their care. Sugar and starches decaying on the teeth may cause trouble. Do you drink enough milk? What about your in-between meal snacks?

We are told that at 16, the average youth has 7 decayed, missing, or filled teeth, involving 14 tooth surfaces. Are you above average?

Some towns are treating water with flourine as a possible means of preventing tooth decay. Much research is now underway by tooth powder and paste manufacturers. To control tooth decay, some manufacturers are adding an anti-enzyme to cut down the rate of acid formation on the tooth's surface for as much as 12 hours. Time will tell if these experiments really do save teeth.

### You May Need to Check Your Brushing Habits



Place bristles of brush toward roots of teeth. Move brush so that bristles sweep over gums and teeth in direction of biting surfaces. Brush down on the upper teeth and up on the lower teeth. Pay especial attention to teeth which are hardest to keep clean. Brush, do not scrub, two minutes twice a day. If possible, brush your teeth after each meal. Gums should be massaged with brush or finger tips to keep them healthy.

For a good homemade "tooth powder" mix equal parts of salt and baking soda and add a few drops of peppermint or wintergreen for flavor. Just salt alone is good for teeth and gums. Warm salt water is a good mouth wash or gargle.

(over)

## You Smile in Every Language

Perhaps we need to use our teeth more. Bite raw vegetables, such as carrots and fresh fruit, instead of eating them chopped or cooked. There is a cartoon of a dentist telling a patient, "Get your butcher to give you a small bone, Mrs. Jones. Take it upstairs and just gnaw!"

A friendly smile will "let you in" where others, without one, may never be known! Take good care of your teeth and make your smile attractive too.

Your permanent teeth, all 32, are "set for life", so take good care of them and see your dentist before too late.



Some factors for brushing teeth with fluorine as a possible source of preventing tooth decay. Your research is now underway by dental schools and public health workers. To control tooth decay, some manufacturers are adding in their tooth paste to not only fluorine but also calcium fluoride to the tooth paste for a total of 10 percent. This will tell if these experiments really do pay off.

You may need to check your brushing habits. Please practice of brush teeth twice a day. Move brush so that bristles sweep over side and teeth in direction of biting surface. Brush down on the upper teeth and up on the lower teeth. Pay special attention to teeth which are hardest to reach. Brush at one minute and shake twice a day. If possible, brush your teeth after each meal. Teeth should be checked with brush or flossing like to keep them healthy.

Leaflet No. 15 October, 1954

Virginia Polytechnic Institute and the United States Department of Agriculture  
Cooperating: Extension Service, L. B. Dietrick, Director, Blacksburg, Virginia  
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## *To Look Your Best*

### *Hang Up Your Clothes*

#### **WHY HANG UP YOUR CLOTHES?**

When properly hung your clothes look better and are often ready to wear. Some clothing loses wrinkles while hanging in shape.

You save yourself work on pressing.

You protect your clothes from soiling and from extra wear due to pressing, washing, or dry cleaning.

You save money on dry cleaning and laundry bills.

Your clothes are ready to wear and easily found, no waiting for the cleaner or for Saturday to launder them.

Your room looks better if you hang promptly, clothing you plan to wear again or put soiled clothes in the laundry bag or hamper.

If you share a room, your roommate will appreciate your being tidy.

You will look better and your friends will like your appearance.

#### **HOW CAN YOU DO THIS WITH A LIMITED CLOSET SPACE OR NO CLOSET?**

Until you can do better, get a garment rack to hook over your door. Make or buy a garment bag to protect your clothing from dust and light-fading.

Plan to get your dad, brother, or friend to help you put up a shelf and a rod and use a curtain. See Extension Leaflet MK-115. For other ideas, read Extension Leaflet MI-48.

#### **BEDROOM AND CLOTHING STORAGE**

Another clothes closet plan is in Circular 422. This gives suggested measurements if there is sufficient space. If you are in temporary or rented quarters you can buy a wardrobe or a garment rack for hanging your garments. You have a choice of casters or rubber tips on the garment racks of chrome on steel. The racks can be taken apart for moving. Racks and wardrobes come in various sizes to fit spaces you may wish to use. Garment bags which zip can be hung on these racks and protect your garments from dust and insects. Boxes placed on the shelf above the rod can be used for hats.

Where are your shoes now? Have a rack or bag to keep them off the floor. If you have the shelf space, stack your shoes in shoe boxes and label them. This is especially good for out of season shoes such as summer sandals.

A window seat or chest will help if chest of drawers is shared or space is limited. Use these for sleeping garments, undergarments, hose, shirts or blouses and sweaters. Pack away out of season garments in boxes, wrap and label. Be sure they are clean and protected from clothes moths. Ask your leader or agent for directions. The space you save in packing out of season clothes will give you more closet space.

**WHAT DO YOU DO WITH YOUR SCHOOL WRAPS?**

Place a hook, clothes tree, or rack near the door with hangers to hold outer wraps after school. On rainy days all year this will be handy. Providing a place for overshoes and galoshes may be a good job for you. A chest on porch or window seat in kitchen may be a help. If you keep overshoes indoors, they will not be cold when you put them on. During the summer keep rubber wear in a cool dry place. Wash off all dirt and soil and stuff the overshoes with newspapers to keep their shape. Use a talcum powder to prevent some plastics from sticking together.

**HAVE YOU TRIED -**

Using trouser hangers for your slacks or skirts?

Using clothes pins on wire hanger to hold skirts or slacks?

Padding a wire hanger for jackets, coats, and dresses to keep from making a sharp edge at shoulder of garment? Better still, buy a shaped wood hanger for coats and heavy garments.

Sharing the excess of coat hangers at your house with those who may not have enough?

Bringing some clothes hangers to the next club meeting and letting other club members have them? Plan to use them at school if there are not enough already.

**SUMMARY**

Hanging up your clothes and storing your overshoes help you and your mother:

- To keep your home neat.
- To prevent extra wear on clothing.
- To avoid work, extra washing, ironing and pressing
- To save money on clothing care, repair, and replacement.
- To look your best at all times.

## YOUR HAIR CAN HAVE EYE APPEAL



"She's real gone," or, "He's catty," (meaning today you're well groomed and neatly dressed) may be said about any one of you if you keep your hair healthy, clean, and becomingly arranged. Have your own comb and brush. Always carry a comb so that you will never need to use one belonging to another person. Remember, your comb is just as personal as your toothbrush. You would never borrow a toothbrush.

Brush your hair every night to remove the dust picked up during the day. If your hair is very oily, try using a cleansing tissue, cheese cloth, or clean old sock over the brush to help absorb some of the oil. Be sure to change covering frequently and keep clean sections in touch with the hair. If your hair is hard to keep arranged, try using a lotion or cream which does not leave oil on furniture or pillows.

Keep scalp free and flexible. Scrub with a soft brush regularly. Massage your scalp often if it seems tight.

Shampoo as often as necessary - every ten days to two weeks. An easy way to do this is to use a suds from mild soap which has been chipped or grated and dissolved or use a commercial shampoo that suits your type of hair. Most commercial shampoos condition the hair. Wet the hair first with warm water. A hand spray is convenient. Pour on a little liquid soap or shampoo and rub well into the scalp and hair. Rinse and apply more shampoo or liquid soap. Rinse again until the hair feels clean or squeaks as you handle it. Several rinses will be necessary to remove all soap.

Some like to use special rinses, vinegar, lemon, or a commercial product for cutting out soap. In using a prepared rinse, follow the directions for the best results. For a lemon rinse, use the juice of one lemon to a cup of water and apply after the shampoo and water rinses. Follow lemon rinse with a clean water rinse. This adds glint to dark hair, gives highlight to blond hair, and helps to make oily hair fluffy. Vinegar is used on dark hair - add 1 tablespoon to 1 pint of water. Use as directed for lemon. Vinegar has a tendency to darken blond hair.

A hot oil treatment at home is done by rubbing hot olive oil into the scalp and wrapping the head with towels wrung out of hot water. Apply these for ten minutes; then shampoo, set, dry, and comb. Hot oil treatments are more often used on dry hair and scalp but are good for all types.

If the hair is straight, try giving it a good brushing after a shampoo. This distributes the natural oils and makes the hair easy to manage. You may use a hair dressing or try a permanent to help keep your hair arranged.

### Arrange in Most Becoming Style

Study current hair styles and select the one best suited to your height, ears, shape of your face, and length of your neck. Thin out and shorten your hair as needed. Many folks have too much hair.

### Test Hair Styles to Find Those Most Becoming to You

Look in a mirror, and with a sharp edge of soap outline your face on the mirror. What shape is it? Now let's frame it becomingly with your hair. Here's how:

1. Try combing or brushing your hair straight back. This brings out every line and feature - good for a perfect face. Do you have one?

(over)

2. Do a side part, comb top flat, and fluff at sides. Your face will seem shorter and wider now - good on you if your face is long: Not so good for a broad face.

3. How about a part in the middle? If your nose is a problem or your features are uneven, avoid this line.

4. Brush hair up and away softly at temples - a very youthful, fresh line - good to balance a heavy jaw.

5. Comb your hair close to your head on one side and up from the neck in back, hold and get the effect of a very short hair cut. Notice how it puts emphasis on a too-long chin or heavy jaw.

6. Try your hair combed forward at temples, ears, and forehead. This tends to make one appear older, crowds glasses, and emphasizes skin defects.

7. Comb your hair in the various current hair styles and decide which is best for you, remembering what the various lines do for your face.

8. Consider your neck and body proportions, too. In general, a short neck looks better with a short bob or hair brushed up or swirled to side and up.

9. If you are tall and have a long neck, a fluffy style, flat on top and partially covering the neck, will help.

10. A receding chin needs hair lifted and brushed from the temple to show ears and give more distance between ears and chin.

11. For a long nose, try some interest at the lower back part of the head and soft arrangement over forehead to give better proportion.

12. If you wear glasses, any becoming line which does not come close to your glasses to give a cluttered-up look may be just right. Try a pompadour or high bangs.

13. Is your head large in proportion to your body? Try a close-to-the head arrangement which shows the neck.

14. Shoulders narrow? Keep to medium bulk in hair do.

15. Are you a roly-poly? A soft but well-brushed-up bare neck style is becoming.

#### SUMMARY

Brush daily - up and out as well as down and then into position.

Shampoo as often as needed. Use lotion or cream to keep in position if necessary.

Comb in most becoming style.

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Cooperating: Extension Service, L. B. Dietrick, Director, Blacksburg, Virginia

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## SUGGESTED ACTIVITIES FOR GIRLS IN SEPARATE MEETING

1. Have a club member show how to put in a pin curl; another, how to do a wave; and third, how to roll ends on socks or aluminum cylinders. Suggest use of a scarf to cover or the use of colored yarns or ribbons for rolls to be attractive while hair is drying.

2. Select the girl from the group who has what you think is well-cared for and pretty hair. Find out how she cares for it.

3. Choose the girl with a good hair cut. Help others decide why it is good. Warn against keeping too much hair.

4. Have girls with faces of different shapes come up front and let them help the group decide if the arrangement they are wearing is the best for the shape of face, length of neck, and texture of hair.

5. If there is time for drying the hair, give demonstration on how to shampoo.



2. Made with fingers by pressing hair into lines of natural wave - hold with bobby pins, or cover hair with net. Stroke wave into place. Wear net overnight.

### ROLLED ENDS

1. Pin curls for decided rolls. See Figure 1, below.
2. Roll ends in socks for loose roll. See Figure 2, below.
3. Ends turn under as in Figure 3.



### PIN CURLS



1. Divide hair in sections.
  2. Twist around finger to form a curl.
  3. Fasten with bobby pin.
4. Turn curls toward face for pageboy and toward back for long curly ends.

### WAVES

1. Made with pin curls by turning one row toward face, next row toward back.



To make your own wave lotion, boil 5 minutes 3 tablespoons flaxseed and 3 cups water. Strain and cool. Dilute with water as desired.

## Your Best Foot Forward

TREAT YOUR FEET WITH CARE, THEY ARE PRICELESS, THEY HAVE A HARD JOB.



Fit your shoes carefully. The shoe that is right for you feels good.

1. Is the length right? Stand up. Measure with your weight equally on both feet. Measure both feet, as one foot may be longer. Can you move your big toe freely when standing? Is there pressure at the end or top of toe? There should be about 3/4" beyond the longest toe (1/2" is allowed on an adult foot).

2. Is the widest part of the shoe at the ball of your foot? Raise your heel and see if the bend in the shoe comes directly under the big joint. You should be able to gather a small fold of leather there between your fingers. If you can pinch it into a crease, the shoes are too wide. If you can't squeeze up a fold, they are too tight.

3. Look at the heel. Does it rub or pinch?

4. Do you feel support at the instep?

5. Does the top set to the foot without cutting or puckering?

6. Test by walking on floor.

7. If your feet swell, allow for swelling.

Protect your feet by bathing them often. Trim the nails to prevent pressure on toes, wear on hose, or ingrowing toenails.

Try to shop in the non-rush hours when you and the shoe salesman are not hurried. Use clean anklets or hose. They protect your feet and your friends! They feel and look better too. Change shoes frequently for comfort and wear.

### To Help Foot Troubles

If your feet ache and are very tired, try contrasting baths, two basins big enough to put both feet in, with water

up to your ankles -- hot in one, cold in the other. Alternate soaking a minute in each for ten minutes. Some like to add salt, Epsom salts or alum to foot bath. Foot powder, boric acid or foot ice help to rest feet and prevent odors.

Exercise, wiggle your toes; rotate your feet in circles at the ankles; pick up marbles with your toes; walk barefoot on sand or grass but not on hard floors or sidewalks.

Rest your feet occasionally by propping them up above hip level.

Avoid ingrown toenails by trimming straight across. If you have one, already cut a "V" in the tip. This causes the nail to grow up rather than down into the cuticle.

### Take Good Care of Your Shoes

1. Letting shoes rest adds to their life.

2. To keep their shape, stuff shoes with paper or put them on a shoe tree.

3. Keep them in good repair. Take shoes with thin soles, turned heels, or ripped seams to a repair shop. This prevents loss of shape, and makes for comfort, service, and good appearance.

4. Shine your shoes often, at least once a week and buff them as necessary between times to keep a nice-looking foot. How about giving this a try for four months? After this we believe it will be a habit.

### Items You Will Find Helpful in Shoe Shining.

1. A box, a drawer, a pocket in a shoe bag will be helpful. Perhaps you can get your dad or shop teacher to help you build a shoe shine box, which is a stool when not in use. The family would enjoy it too. For instructions for making a shoe shine kit, see Extension Circular 468.

(over)

2. Saddle soap helps to clean off "road scum".

3. Polish cleans and replaces color and oil. It helps to cover scars and to keep leather soft.

4. A soft cloth or brush for applying, if dauber is not included with polish.

5. A wool strip or woolen buffer covered with fleece for shining.

#### What These Do

The saddle soap helps to clean.

Polish cleans and replaces color and oil. It helps to cover scars, and to keep leather soft.

The wax helps to protect from dampness and dirt.

Wax on two tone helps to prevent white or light polish going into dark leather. Put wax on dark portions when shoe is new and occasionally thereafter.

#### Your Shoes Tell Things About You

A well cared for shoe shows that you want to look your best. It shows that you are interested in getting your money's worth, that you are thrifty, and that you are careful about details. When you apply for a job, your interviewer will notice these things. Your appearance is an indication of how you may succeed professionally and socially.

#### **In Summary**

- \* Bathe feet often.
- \* Give your feet rest and exercise.
- \* Give your shoes rest and air.
- \* Protect your health by having well-fitted shoes kept in good repair and protected by overshoes.

# Pressing Your Slacks or Skirts

Clean, well pressed slacks and skirts are important if you are to "look your best". Hang garments carefully when they are not in use. Wrinkles disappear, and the garment regains its shape. This cuts down on the amount of pressing necessary.

Learning to do good pressing at home can save you money. You don't have to pay it to your cleaner and presser.

With a few simple pieces of equipment, you can press gabardine trousers without making them shiny. You can press pleated skirts without over pressing.

Pressing is a different process from ironing. You use steam and lift the iron up and down. You do not press dry. In ironing you slide the iron over the surface and in most cases iron dry.

Remember that you can damage a garment by over pressing. Over pressing is done in two ways: too much heat, which may melt, fuse or scorch the fiber, or too much pressure on the iron which may press too dry.

The amount of heat, moisture, and pressure that your clothes need depends upon the kind of fabric. Wool and most man-made fibers are not pressed dry. Cotton, linen, silk and rayon (a man-made) are pressed dry.

## Equipment Needed for Pressing

1. A well padded board. This is essential. It gives you freedom from wrinkles. You avoid marks on the garment.

2. Your iron. A regular dry iron is all that you need. One with temperature control dial is desirable. A steam iron is convenient and speeds up your work, but use it carefully. Only half the soleplate has steam vents. The other part can over press. A press cloth used with a steam iron will help protect the garment. It is especially helpful on right side pressing. Whenever possible, press from the wrong side. Glide the steam iron lightly over surface, leaving it damp. Hang the garment to dry.



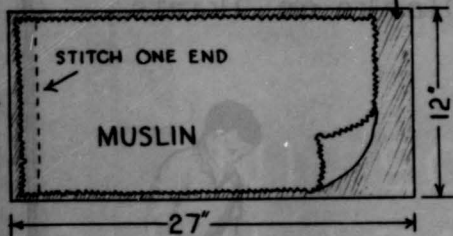
3. A press cloth. To avoid over pressing, use the right press cloth to protect from heat and supply moisture for steam from heat of iron.

When pressing lightweight fabrics such as rayons, acetates, nylons, etc., use a lightweight piece of muslin, tissue paper, an old pattern, or one of the non-woven press cloths. Dampen these with a sponge or spray to produce steam. Press from the wrong side. When pressing wool, dacron, orlon, or blends of these materials, you will find that a wool press cloth is most efficient. You may use a heavy cotton or a treated press cloth of cotton. The wool distributes the steam and moisture without making wet spots on the garment.

To make a press cloth, you will need a piece of wool about 12" x 27", preferably of a light color that will not fade. A good nap is best. Flannel is excellent. A piece of medium weight muslin the same size will be fitted over this and sewed together along one end. See drawing.

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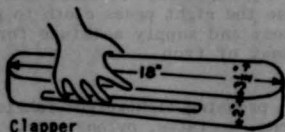
## WOOL FLANNEL



**Press Cloth**

### To Use This Cloth

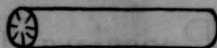
Dampen the cotton by dipping it into water and wringing it out. Place it over the wool press cloth and steam from the cotton side. Remember, lift rather than slide the iron. Steam should rise from the garment when you lift the cloth. If there is none, you are over pressing and garment may become shiny. Keep top cloth moist enough to produce steam. You may use a sponge to add moisture to this cloth.



4. A clapper is a piece of wood 12" to 18" long,  $3\frac{1}{2}$ " wide and about 2" thick (or 2" x 4"). Round and sand ends and make a shallow groove on both sides for fingers to grip. Use it when putting in a crease or a pleat. After steaming, raise press cloth and put clapper on edge being pressed. It keeps steam in and forms crease without damage to fabric.

5. A tailor's cushion or ham is used on curved seams, in shoulders, and lapels. One of these will help you press jackets or suit coats at home. (See Circular 611 for directions and uses).

6. A pressing mitt helps you in pressing collar and shoulder areas and hard-to-get-to pockets or fullness. You can use it on your hats too. (See Circular 610 for how to make.)



**Magazine Roll**

7. A tailor's roll or magazine roll can be used as a substitute for a sleeve board. Roll tightly one larger magazine or two thinner ones to about 2" diameter, starting with back or edge at which leaves are attached. Tie with sewing thread or hold with a rubber band until you slip magazine roll into a muslin tube or wrap several thicknesses of muslin over it. A rolling pin, cut in two lengthwise, will lie flat on the board and may be used with or without a cover. Be sure that the rolling pin is free of grease.

If you roll a clean towel around mother's rolling pin, it will lie fairly still and you can press your sleeve.

You can use a roll to press seams and avoid edge imprints on right side.

Press corduroy and velveteen on a folded turkish towel. Steam without pressure. Use fingers to press seam down.

### Press Slacks (from right side)

1. Brush - remove spots.
2. Press with wool and cotton press cloth. Remove cloth while it is still steaming.
3. Steam knee area flat.
4. Fold with leg seams together.
5. Sharpen crease with clapper.
6. Hang to dry in shape.

### Press Skirt (on wrong side if possible)

1. Brush, remove spots.
2. Steam from wrong side and hang to dry in shape.
3. Press pleats from right side. Use heavy paper under edge to prevent imprint in garment. This is good under pocket flaps too.
4. Use small cushion for curved or unpressed pleats, darts or pockets.

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## Some Dry Cleaning Can Be Done at Home

Some manufacturers of the newer finishes for wool and blends of wool with man-made fibers recommended that they be washed at home. When you choose between laundering or dry cleaning garments, consider:

1. The Design. Many fabrics when draped, sheered, or plaited press more easily if they are dry cleaned rather than washed. Cleaning top coats, suit coats, and padded jackets at home is impractical.

2. The Size. Dry cleaning is less apt than water to cause shrinkage in fabrics which have not had a finish to prevent shrinkage or stretching.

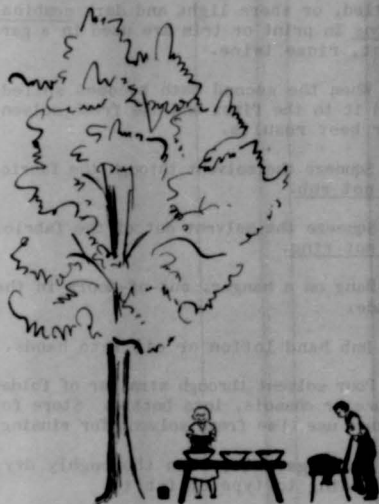
3. The Weave. Plain, smooth, even weaves, such as gingham are usually washable. The novelty weaves and crepes are rarely washable. The highly twisted yarns which are woven into crepes are affected by water, unless they have a special finish.

4. The color. Some colors are tubfast; others fast only when dry cleaned. Read the label on the garment and on end of the yardgoods bolt before you buy and file notes on care recommended.

### Where and When to Dry Clean

Always dry clean out of doors. Choose a sunny, breezy day. The breeze takes away the fumes, any fluid which may drop on ground or porch, evaporates, and odors disappear quickly. Garments dry quickly, and the breeze helps to take out wrinkles put in by squeezing fluid through and out of garments.

There is not as much danger of being near an open fire when you work outside. Do not let anyone smoke near you when you are dry cleaning. Working in the open will keep you from getting a headache from the fumes.



### How to Dry Clean

First clip off buttons, if they are decorative or made of plastic or any material which will be damaged by solvent. Some buttons lose color or stones and some soften and may lose shape in dry cleaning fluid.

Mark any area which has spots or should have special attention. If there are milk spots, sponge them with water. Dry cleaning does not remove milk stains.

Use plenty of fluid. This is as important as having plenty of water in laundering. What is left can be strained, bottled, and stored for use another time.

The first bath loosens the grease and dirt. The second helps to cleanse the garment of loosened dirt and oils. If a

(over)

good quantity of solvent is used, the third bath (second rinse) may not be necessary. When garments are especially soiled, or where light and dark combinations in print or trim are used in a garment, rinse twice.

When the second bath becomes soiled, add it to the first and use fresh solvent for best results.

Squeeze the solvent through the fabric.  
Do not rub.

Squeeze the solvent out of the fabric.  
Do not ring.

Hang on a hanger, out-of-doors in the shade.

Rub hand lotion or oil into hands.

Pour solvent through strainer of folded gauze or chamois, into bottle. Store for future use. Use fresh solvent for rinsing.

Press garment, when thoroughly dry, according to type of fabric.

Although pressing may not seem necessary if no wrinkles were in the garment, it takes out fumes and oil vapors, which may be very dangerous. Also pressing freshens the fabric.

Perspiration Stain

Smelling salts may restore color chang-

ed by perspiration. Another method is to hold the stain over a bottle of ammonia. The alkaline fumes may bring back the color affected by acid in perspiration.

On the other hand, old perspiration stains may become alkaline by decomposition and need an acid treatment to restore color. In this case, try sponging with diluted lemon juice, followed by water. On white material, old perspiration stains often bleach out easily with hydrogen peroxide to which a few drops of ammonia have been added. Lay the stain over a bowl of steaming water and apply the solution with a medicine dropper. Follow this with a thorough rinsing.

You Will Need

Two gallons of solvent for any work, three when cleaning dresses or skirts. (This is strained and kept for use again. Next time only one gallon may be needed.)

Three pans, preferably agate or enamel.

Coat hangers.

Old towels, number depends on the number of garments.

Funnel, if small mouth jugs are used for solvent.

A small piece of chamois or gauze which can be folded several times for straining solvent.

A hand lotion, cold cream, or vaseline.

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## Your Posture = Your Voice



Your score can be high if you are sure that you stand and sit well. The way you stand or sit affects not only how you look and how your clothes look on you, but also how you feel and how your voice sounds to others.

You may be well-groomed and have attractive clothes, but if you do not walk, sit, and stand well, or if your voice is not pleasing, you will not give a good appearance.

People you meet on the street judge you by your appearance, even if you do not talk to them. By a person's posture and walk, you know who is coming long before you can see his face.

If you want to interest people, develop a good carriage and voice. You can help yourself by checking what you need to work on.

Stand with your back against the wall or door and your feet about four inches away. What part of the body touches the wall or door? Put your arm between your back and the wall or door. If you can do this easily, you are sway-backed. Try to push your neck and your lower back close to the wall. Press with both hands against your abdomen until you feel as though your stomach is against your backbone. Hold that position and walk away from the wall. Take a look in the mirror to see how tall and straight you are.

Try walking with a book on your head. Soon you will find that you have a smooth, gliding walk and better posture. Beauty experts often give this exercise. Movie actors, who must have a nice walk and posture, practice it. The next time you go to the movies, study actors carefully to see how they walk and move their hands.

Check your walking and sitting posture often. Give your organs space to breathe. Sit on that part of your body designed for sitting, your hips and buttocks. Never let your bones of your back make an "S" curve. Bend from the hip rather than from the shoulder when you study or write. Ask your friends to remind you when you forget. A good sleeping posture is easy if you lie flat without aid of pillows.



When you walk, walk with toes straight ahead, never out. Step lightly. Do not drag your feet. When asked how he chose show girls, Mr. Ziegfeld said, "It is the way a girl carries herself that counts most."

Is your voice pleasing to others? Have you ever made a recording of your voice? Was the tone good? Did you chop off the endings of words or run them together? If you have no recording, you and your friends can check on these questions.

Is your voice high and squeaky or smooth and distinct? Is your laugh a merry chuckle or a rippling showing joy, or do you give a horse laugh and turn on a giggle?

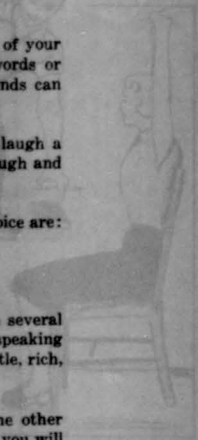
Points to remember which can help all of us have a nice speaking voice are:

Stand tall. Breathe deeply.

Pitch your voice low.

Test yourself by saying the word "food" or "room" in a low tone several times. Then say a sentence in the same tone. Is it the usual speaking voice? If your voice is high and squeaky, practice to develop a gentle, rich, distinct voice. Avoid being affected or coarse.

Listening is important. Listen and appear interested in what the other person has to say. You will be interested before you know it, and you will be fun to be with.



Virginia Polytechnic Institute and the United States Department of Agriculture  
Cooperating: Extension Service, L. B. Dietrick, Director, Blacksburg, Virginia

PRINTED AND DISTRIBUTED IN FURTHERANCE OF THE ACTS OF CONGRESS OF MAY 8 AND JUNE 30, 1914

# Your Hands Tell



## WHAT DO THEY SAY TO OTHERS?

That you are neat or careless.  
That you are tidy or lazy.  
That you have not recognized how they affect your appearance.  
What are yours telling right now?

## WHY IS IT IMPORTANT?

Clean, neat hands are as necessary as a clean body to good appearance and good grooming.  
Your hands can be one of your greatest assets if they are clean and neat and used gracefully.  
They are nearly always in view and attract attention.  
Your hands can detract from or help your appearance.

## HOW TO CARE FOR YOUR HANDS

**Daily care** - use soap and water, a brush, a lotion, cream, or oil. When you dry your hands or apply hand lotion, push the cuticle back with the towel. This will prevent hang nails which are unsightly and may become sore or infected.

**Weekly care** - File and shape the nails to prevent breaking. Soak and brush. Remove stain and push up cuticle with orange stick. Remove polish before filing. Soak the nails in warm soapy water and scrub with soft brush. Apply cuticle remover, if necessary. Scrub again. Dry each finger carefully, pushing up cuticle with towel. Apply polish according to shape of nail (see sketch), two coats with an overcoat for hard wear, one coat for a special occasion such as a night or weekend. Polish must be smooth and unchipped to be a help to your appearance.



Oval  
(Tip and moon)



Round  
(Full length, sides not polished)



Spade-like  
(Small moon, narrow tip)



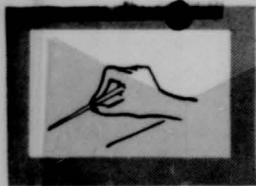
Square  
(Deep moon, curve tip. Blend to side, darker from tip to tip)

Circular 613

April 1954

Virginia Polytechnic Institute and the United States Department of Agriculture  
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Do your hands cramp after being held in one position for a time? Try extending the arms full length. Make a tight fist, next spread and stretch your fingers wide, and then relax.



Protect your hands by the use of gloves while out of doors and when at work. Keep them dry in cold weather. Use hand lotion, cream, or olive oil to prevent chapping or rough hands. Apply at bedtime if only once a day.



When you sew or become excited, are your hands moist? Try powder, liquid or cream antiperspirant. Work to gain courage and poise. If necessary, see your doctor.



If you twist your neck, scarf, handkerchief or a lock of hair, you are telling everyone of your inner feeling. Relax your hands in your lap, on the arm of a chair or desk and keep them still to help you develop poise and control.



A gentle curve of all fingers rather than a little finger position as on the teacup shows a feeling of ease and poise. Keep arms and wrist flexible by exercises.



You show lack of poise if you grasp the speaker's stand, roll up the program or your notes or clinch your hands. To help develop grace and poise try extending the arms with wrist relaxed and swing them slowly into a wide figure 8.

# MEMBER'S REPORT ON "LOOKING YOUR BEST"

## Clothing Unit 1 - 19\_\_

NAME	ADDRESS	DATE
Club _____	Grade in School _____	Years in club work _____
Club offices I held this year _____		
Number of 4-H meetings I attended: Club ____ Achievement ____ Camp ____ Picnic _____		
Number of demonstrations I gave _____ Number of exhibits I made _____		
List topics in this unit studied _____		List those completed _____

### A. CHECK IF YOU STUDIED AND MADE IMPROVEMENTS IN THE CARE OF:

1. Feet \_\_\_\_\_
2. Hands \_\_\_\_\_
3. Hair \_\_\_\_\_
4. Skin \_\_\_\_\_
5. Posture \_\_\_\_\_
6. Voice \_\_\_\_\_
7. Teeth \_\_\_\_\_

### B. CHECK IF YOU DID ANY OF THE FOLLOWING AS A PART OF YOUR 4-H PROJECT:

1. Provided shoe shine kits \_\_\_\_\_
2. Stored clothing seasonally \_\_\_\_\_
3. Dry cleaned unwashables \_\_\_\_\_
4. Pressed woolens \_\_\_\_\_
5. Made quick repairs \_\_\_\_\_
6. Replaced hems \_\_\_\_\_
7. Practiced care of hosiery \_\_\_\_\_
8. Hung up clothing when removed \_\_\_\_\_
9. Improved rating sheet by number \_\_\_\_\_ points.
10. Number of sweaters \_\_\_\_\_

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EXTENSION SERVICE, L. B. Dietrick, Director, Blacksburg, Virginia

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72

**Leaders and Agent's Summary Sheet on**

**"Looking Your Best" Project**

NAME	COUNTY	DATE
Number clubs taking project _____		Number of leaders _____
Number members enrolled _____		Number completed _____
Number who gave demonstrations _____		Number who made exhibits _____
List different topics in this unit included in program _____		

A. Number of members improving care of:

- |                |                  |                |
|----------------|------------------|----------------|
| 1. Feet _____  | 2. Hands _____   | 3. Hair _____  |
| 4. Skin _____  | 5. Posture _____ | 6. Voice _____ |
| 7. Teeth _____ |                  |                |

B. Number of members:

- |                                    |  |
|------------------------------------|--|
| 1. Provided shoe shine kits _____  | 2. Stored clothing seasonally _____    |
| 3. Drycleaned unwashables _____    | 4. Pressed woolens _____               |
| 5. Made quick repairs _____        | 6. Replaced hems _____                 |
| 7. Practiced care of hosiery _____ | 8. Hung up clothing when removed _____ |
| 9. Improving rating sheets _____   |  |
| 10. Number of sweaters _____       | Laundered by number of members _____   |

Virginia Polytechnic Institute and the United States Department of Agriculture Cooperating:  
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Extension Agents who have little time to shop were especially enthusiastic on this type of training. They were prepared for this day by specialist giving objectives and suggesting they look for informative tags, ask questions of buyer, and to get ideas as to popular items among teen agers, of what they were made and how trimmed, if at all.

Material was developed and sent to 79 counties.

Sears' Fabric Exhibit was scheduled on Buying Fabrics and representative fabrics purchased locally for leaders to take samples to clubs for study of fabrics today. Leaders were also asked to bring any family clothing made of a new fiber, blend or finish to be used as illustrative material. Incidentally, this proved to be a good method as it helped to point up the importance of reading labels for content and care to get the best wear.

In Culpeper, as a part of their day's training, the specialist asked the owner of a store who had a good selection of fabrics to give a period of time to the group on what is available, what was most popular with the folks who used Culpeper as a shopping Center. She was well informed and glad to answer questions-- in fact, delighted that she could have a part in helping and the agents felt they knew they could depend upon her for quality fabrics.

D. The chief contribution on selection of leaders has been on suggestions to agents as to some of the qualities desirable in a clothing leader.

The largest proportion of the specialist's time in the field has been given to requests for leader training.

34  
72

Training of 1,090 adult leaders in 58 counties and 23 4-H in 3 counties, from 597 adult and 24 4-H clubs was one contribution of the specialist.

The 32 agents who were trained in 8 groups and 43 agents trained individually was done not only to strengthen the agents in subject matter relative to clothing, but in order that agents would feel prepared to train her leaders when it was convenient or when agent secured leaders, in some cases while specialist was in the district this was not possible. Another factor was the agent wanted to cover in the one day more than could be effectively done with leaders. The specialist believes that more effective training can be done by agent if she has the subject matter, suggested methods, and ideas developed for visual aids. In most cases, if the agent is preparing to give the leader training, she will be better informed than if she is being trained along with leaders, for she can adopt the material to various groups in the county and to youth or adults.

E. The specialist has helped agent plan follow-up with radio or news or in other cases use either as a lead to stimulate interest of members and inform listening and reading audience of Extension activities.

News on leaders activities regarding Negro work was published in Extension Service News.

Style Trends and Clothing News Items were sent periodically to aid agents in counties to prepare news columns and radio broadcasts even if there was no clothing scheduled in the county, and agents who had programs in which clothing topic received. In addition, leaflets and outlines or letters giving suggested steps for demonstration, illustrative material, flannelboard ideas, and use of charts.

## Clothing Leaders Doing Good Job

By I. Byrd Johnson,  
Clothing Specialist

Results are already being observed on the activities of Negro leaders in clothing topics, however this is just a beginning, reports Blanche Harrison, district agent, Virginia State College.

Initial training was given agents and leaders in January. Work was done through home demonstration clubs and special interest groups. Dress revues, fashion shows and exhibits were held to let others see activities of the groups. Members were able to see their own work as a part of the total work of club members. Young mothers were more conscious of the economy in sewing for small children and buying wisely when time is not available for home sewing. At these special events recognition was given to clothing leaders. One of the state goals — "Reaching More People" was also realized through this program.

Here is how some of the counties gave information to others:

Norfolk, Nelson, King & Queen, Lancaster, Henrico and Westmoreland had special clothing demonstrations or meetings, exhibits, revues with member and group participation.

Southampton county had a window display showing nine tailored suits and two coats made by 11 different women in special interest groups supervised by the home agent. Much interest was shown by those who stopped to see this and favorable comments made.

King William county studied sewing to meet the family needs for January through May. Garments included cotton house dresses, cotton better dresses, children's dresses, and two summer suits. During the learning process 75 garments were completed. Others are to follow as a result of this experience. Many of the club members had never attempted any sewing before and were thrilled to be able to complete a garment with a little assistance. Members were taught how to take measurements, adjust and fit a pattern, cut and make a garment.

As a result of this project, a request has been made for an organized club in Lester Manor community. In this club a new member had never sewn on a machine before but with leaders' help was able to complete a dress. She was so interested that she purchased a new electric sewing machine and is learning how to make clothing for herself and her four children.

This introductory study in clothing was climaxed during May. A crowd of 250 persons saw 56 club members model garments which had been made at club meetings.

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 a... large... familiar...  
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### Farm, Farmhouse In Should Be Planned

By Mary...  
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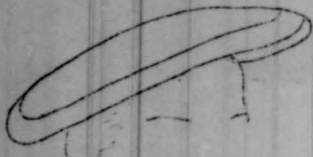
Side



Back



Soft



Forward



Bloused Crown



Profile

FALL 1954 - HAT TRENDS  
Top News - "Ease and Fit"

Easy but small and deep, hats fit snugly. The angle at which they are worn vary - shapes too. Cloche, bonnet, berets (all sizes), and profile are some shapes now being shown.

Fabrics in which these are designed are:  
felt, fur, suede, velvet, satin, velours.

Colors: Mauve to purple  
Moss to bottle green  
Teal to royal blue  
Rose, rust and beige

Occasional hats are being promoted—  
Draped turban for cool weather  
Felt for sports and early autumn  
Embroidered dress hats  
Fur for mid-winter

Trim: Draped or shaped fabrics  
Grosgrain ribbon  
Leather bands  
Buckles, covered of fabric, leather or bone  
Barnyard feathers

Sketches from Woman's Wear Daily  
MD-228  
7/54

Virginia Polytechnic Institute and the  
United States Department of Agriculture  
Cooperating, Extension Service, Blacksburg,  
Virginia.

Clothing News Letter - March 1954

Dear Co-Workers,

Spring is here and with it let's have this letter on an over the Clothing Specialist's and Agent's Desk Items.

With spring cleaning let's do a note in your news columns on spraying the clothes closets for clothes moth and carpet beetle protection. Pull out Home and Garden Bulletin #24 and review it. It gives you the how, including EQ-53 for washable woolens, and the use of DDT, Fluoride solutions, Paradichlorobenzene and Naphtelene for the vapor protection, Chlordane and Lindane as a surface and contact spray and the use of aerosols, also dusts as insecticides. Be sure and review the precautions. Approximately 350 million dollars are lost due to fabric damage yearly. Let's help reduce that figure in 1954.

#### As To Program Planning

Remember to interpret to the program development chairman and club members the objectives of clothing study - to help the family group to be well dressed; and the broad meaning of clothing study - to stretch the money available and meet the needs of the family, One must know and apply the principles of good planning; careful buying; excellent care of garments and articles purchased; and for those interested in learning to sew or increasing their skills in making some of the family clothing.

Do you recall the figures on families of USA spending 21 billion on clothing yearly? That of this amount 19 billion was on ready-to-wear and 2 billion on home-made clothing?

Suggested questions for program development leaders or members:

1. Which clothing items are taking most of your money?
2. What are two or three of your problems in buying family clothing?
3. What would you like to know about newer fibers, finishes and blends in fabrics today?
4. a. Do you get a professional job in homemade clothing?  
b. What two or three things would you like to know how to improve in making garments?

Good News And Its Very Important That You Follow Through On This

Mary Owen writes me in reply to my request as to how many sent in their acknowledgement sheets on Fashions and Fabrics, Spring and Summer 1954, that she can make available a copy for all offices. I am sending her an up-to-date list of agents, as many of you tell me you did not get your copy. You will not get the fall issue, unless you mail back to her the coupon on her letter to you. Please do this the day you receive your copy and you will receive the fall issue.

Short Course in Rayon in three sections, Know Your Rayon Fabrics, How to Sew with Rayon, and How to Care for Rayon, Leaflet #153 on Fashion Flash with wardrobe planning guide, News of Finishes and News Rules about Fibers are available in quantity from American Viscose Corporation, 350 Fifth Avenue, New York 1, New York. This company also has a leaflet, Tailoring Rayon Fabrics. Since the handling of rayons vary from wool, I believe you would like copies of these for your folks who tailor.

For those of you who have calls for ideas for bazaars, fairs or gifts one can make, I ran across a booklet, Smart Sewing, Country Fair Issue, 57 things to make without patterns, with steps for making. Mine came from one of the chain 5 & 10. They may be ordered as Smart Sewing 7th Edition, from Universal Publishing & Distributing Corporation, 211 E. 37th Street, New York 16, New York.

Have you written for or clipped a coupon for the new wall charts and teaching aids available from the pattern companies? Each have a different approach, so write all and bring your illustrative materials from them up-to-date.

In summer, many 4-H members will be doing Make or Remake your Clothing. For sleeping, work or sports clothes the use of gripper fastners are a neat and durable closure. You can get packages of these at your notion counters and mail order houses, and good illustrative charts and information on their uses from Oakville Company Division, Scovill Manufacturing Company, Oakville, Connecticut.

Attached are copies of Come To Our Square Dance and the 1954 Girls Suit Dress (4-H Uniform). You may obtain extra copies of each of these leaflets by writing direct to the companies there on.

MC - 234 Virginia Polytechnic Institute and the United States Department  
Iva Byrd Johnson of Agriculture Cooperating. Extension Service, Blacksburg, Va.  
2-25-54  
Enc.

## CLOTHING NEWS LETTER - TIMELY TOPICS

Recently I did tape recordings on Rayon's Newest Achievement--Permanent Washability--a new registered finish, "Avcoaset"--quality control program which adds permanent washability to rayon. This means shrinkage control for the life of the garment. Avcoaset tags or labels on garments is your assurance that garments can be washed by any method without fear of excessive shrinkage or color loss. Chlorine bleaches may be used; however, rayon is naturally a white fiber and strong bleaches are usually not needed. Chlorine bleaches should never be used on colored fabrics.

Avcoaset fabrics wear longer--the finish preserves the fabric strength and slows down natural wearing-out processes and seam fraying. These fabrics are easy to iron, stay fresh longer, have ability to revive after wrinkling when hung up and when subjected to normal wear, and they will stay cleaner longer than similar untreated fabrics. Men's shirts worn for over two years and commercially laundered have not shown even the appearance of wear at cuffs and collars--they remain in excellent condition as to size and color. Let's look for the Avcoaset tags and labels.

Another recording on Buying a Sewing Machine carried information gained from exhibitors at Virginia Home Economics Association, from April "What's New in Home Economics," and other sources. There are twenty or more different makes of electrically powered home sewing machines on the market today. We suggested the following:

Before you shop for a machine, consider the kind of sewing you will do. For plain sewing, patching, mending and darning, a straight sewing machine is very satisfactory. Many women prefer it for fine dressmaking and tailoring where machine-made decorations are not used.

The swing needle or zigzag-type machines are for specialty sewing, such as decorative stitching, embroidering, making mats and napkins, finishing seams and buttonholes. These machines in part do what the attachments which come with your straight sewing machines do but which are seldom used.

Will the amount of specialty sewing justify the extra \$75 to \$100 needed? I found by talking with the exhibitors that all zigzag models are of European origin and do not carry as long a period of guarantee as an American made machine. It is possible that service on these will not be as good and replacement of parts may be difficult.

One can choose from many models--portables, table or cabinet. If money is a factor, choose the good head and a cheaper table or portable case and later when cash is plentiful, get this exchanged for one you prefer--a difference of from \$25 to \$100 or more.

The choice of knee or pedal foot control is also yours.

The use the machine will get--constant or occasional--and accessibility of parts and reliable service are important items to consider. Sew on several machines yourself rather than watch a demonstration, after you have considered the other items, and decide for yourself what fits your need and pocketbook.

Have you tried sewing with Dacron thread? It is now being put on the market in 18 colors besides black and white.

MC-232

Iva Byrd Johnson

IN COOPERATION WITH THE VIRGINIA POLYTECHNIC INSTITUTE AND  
THE UNITED STATES DEPARTMENT OF AGRICULTURE. EXTENSION  
DIVISION, BLACKSBURG, VIRGINIA

The newer man-made fabrics, such as dacron, orlon and nylon, are a natural for it as it has a quick-drying period and in pressing it responds to the same temperature as the fabric upon which it is used. Although recommended for use on rayon, acetate, wool and silk, one might well question, or experiment with one garment, before using it on fabrics which take high temperatures. Although you press correctly you may send it to a cleaner who treats it with too high a temperature, and with what results, we do not know.

To use this thread effectively, the manufacturer suggests that you--

- a. Slip a felt pad over the spool pin and then
- b. Place the spool with the notched side up. (Felt pads are available in sewing machine supply stores.)
- c. Press seams after stitching using 250° iron temperature.

Dacron thread resists stretching during sewing, thus eliminating puckering of the fabric and reducing creeping at seam end. It gives a nice appearance in top stitching.

Report on Study of the Psychological Effect of Clothing

Mary S. Ryan of Cornell University has done a series of studies on this subject.

Part I. A Survey of Opinions of College Students (girls). Cornell University Experiment Station. Bulletin 882 - 1952.

Part II. Comparison of College Students with High School Students, Rural with Urban, and Boys with Girls. Bulletin 898 - July 1953.

Part III. Report of Interviews with Selected Sample of College Women. Bulletin 900 - August 1953.

Because of its importance and its relationship to family clothing and L-H clothing in our Extension programs, Part II is selected by your specialist to brief in this issue.

On Confidence in Appearance - All seemed to have a good deal--almost all felt as well dressed as the average of their group.

Causes of dissatisfaction:

Lack of money - all gave as first

Lack of time - for grooming and care of clothing - second by college group

Clothing chosen unwisely - second by high school. (We have an opportunity and responsibility here)

There was no great difference in the number of college and high school students who choose their own clothing.

In both groups the urban girls reported more garments owned than rural students. (This may be influenced by varied activities or economic level.)

The boys of rural and urban groups did not vary.

As to Feeling of Security, the high school girl showed greater interest in clothing than the college girl. High school boys feel the same way about clothes as the high school girl.

The high school students were embarrassed more often because of their clothing than the college group. The high school girls became quieter because of not feeling well dressed. The college girl was more likely to feel well dressed and thus happier and more talkative. The mood of the college girl was more often affected by color, type and texture of clothing.

The Attitudes of all students toward being well dressed were similar. Reasons given most frequently:

Social Achievement - people judged by appearance, 40% of all of the reasons were given in this category and 50% of the reasons given by the boys.

Social Contribution was a reason given by 1/3 of the girls, pleasing others, and contributing more to the group by being confident of looking well.

The boys reported more often than the girls that clothing is a way of expressing personality.

#### Something Else To Look For

"Mylor" (a polyester film) very thin and very strong, used in a fragile appearing leather is a tough non-tarnishing metallic yarn, in a decorative acoustical tile, and in a new type of furniture. It is said to be low cost but with the service and beauty of high quality types.

In shoes it is durable not only because of its strength but its abrasion-resistance. It is not effected by mildew and can be spot cleaned with cleaning fluids without affecting color or sheen.

The non-tarnishable metallic Mylor yarns withstand washing, pressing with hot iron, and drycleaning.

"Mylor" has formerly won international fame in the field of sound-recording tape. Other uses being "explored" are TV cabinets, wallpaper, and wall paneling.

Looking for a brush? A nylon filament called "Typex" is used for downy-soft complexion and hair brushes to rugged, dirt-chasing household brushes. The brushes are resistant to most cleaners, can be sterilized, do not pick up odors, will not mat or become soggy. Maybe this will be just what one needs for hair and complexion care? But they need to be powdered daily by arm and will power!

What next? Well it is a Big Wide Wonderful World!

Clothing News Letter--Summer Fashion Trends, Basic To Good Planning

To: All Home Demonstration Staff

From: Iva Byrd Johnson, May, 1954

We have had a sample of what we can expect in hot weather for another four months. Many have gotten from storage the family summer clothing. You have cleaned and protected woolens or blends of wool from moth damage. If you have not, do not put this off for over 3 1/2 billion dollars damage is done to woolens yearly in the U. S. A.

It is a good practice to go over last season's clothing before one buys new items. If there are good garments which are outgrown, study fashion trends or combination of fabric. Plan a way to use the garment. If it cannot be used for its original purpose, one might use the fabric for a blouse, shorts, a jumper, or skirt. It might be useful for the bloomer-type sun or swim suit. The newspapers and fashion magazines give many fresh new ideas.

The general trend is toward a covered midriff and often shoulders are covered by a small sleeve in the garment or a tiny jacket to protect from too much sun and making a garment usable for more occasions.

Fabrics are delightful in both ready-to-wear and yard goods. They are colorful and cool, have finishes to help resist soil and wrinkles and are easy to care for. Cottons in crinkletone, seersucker and terry cloth for casual wear make a good appearance without aid of an iron.

Nylons give a crisper finish and are woven to give air space for coolness. If you are interested in this fabric for ease of care, but object to how it feels on hot days, wearing a cotton, rayon or rayon-nylon blend slip or undergarments which absorb moisture on hot days makes nylon seem cooler.

Summer lines are simple. The straight and full skirts are equally popular. Your choice may depend upon your figure and the uses for which you plan. A full skirt requires a full petticoat, or several, this season.

Necklines are cut low, wide, high and most frequently finished without a collar for comfort. A necklace, flower, bracelet or pin makes for variety. The low neckline dresses are made to serve a variety of uses by the addition of a brief jacket which may be of the dress fabric or a contrasting color. Sweaters are used over these necklines for the same purpose--a white one or a color keyed to many dresses and skirts, and is a good investment. Full length coats, slightly flared or pencil slim and made of cotton, rayon or linen, provide another popular trend to give variety and get more use for a dress.

Plan to cut down on complicated fashions or clothing which need protection or pampering. Fewer garments used interchangeably will keep them in constant service. You will get more wear out of them, and they are less likely to be outgrown or caught in a style change. Few of us like to iron in 85 and 90 degree temperatures.

Another way to give variety to a wardrobe without extra money is to study designs and fabrics and choose those which can be interchanged. Some two-piece designs give the appearance of a one-piece garment. This makes use of the mix or match idea in designs. This makes for easy packing on a weekend trip or vacation and prevents overcrowded closets while garments are in use and out of season storage.

MC-233

Iva Byrd Johnson  
1954

VIRGINIA POLYTECHNIC INSTITUTE AND THE UNITED STATES DEPARTMENT  
OF AGRICULTURE COOPERATING. EXTENSION SERVICE, BLACKSBURG, VA.

If you are planning a vacation, take a few well-planned clothes. Be sure to check what is being worn or will be needed according to the weather and the locality you choose. For example, there is a big difference in clothing needs at a mountain camp and one at the seashore in Virginia. Some camps will send a list of what is worn by groups attending as well as your bedding needs. If everyone at a mountain camp wears jeans, skirts and sweaters and you arrive in shorts you will be uncomfortable and unhappy. You could be equally so with blue jeans at a seashore where most of the folks are dressed in shorts. No one wants to be conspicuous. Your leader or agent can be of help. Ask her what the group is wearing. Do not forget a sweater or jacket for the cool evenings or rainy days. Camping is fun but it is not every day we see the sun!

Take along a simple wash dress for the special events at camp. Something to "cover you" for meals, such as a skirt or blouse. This is considered essential at most camps and is certainly a very good practice.

A newer trend in casual work and play clothes is the longer Bermuda shorts. These are about two inches above the knee. Another high style is the fitted pedal pusher or "fancy pants", adopted from Spanish dress. The pedal pusher takes on a new look in its fit and the use of brighter colors or designs.

The Bermuda shorts worn with shirts are newest in khaki, charcoal or grey color. They are very pleasing, practical and protective for most uses--at home or camp. Long 18" socks, shorter 10" socks, anklets or no socks are used with them and low heel shoes, such as loafers.

The short or about knee length terry cloth coat is being used for study, beach, a light weight wrap over summer casuals, and for a robe after baths.

A pretty colorful shirt is a must for use with shorts or skirts. Shirtwaist dresses are made in every type of fabric for many uses. Consider the softer line in these for flattery.

Dresses are selected for continuous performance as well as sport clothes. The two piece designs are very popular this season.

Mothers tell me they are finding it very practical to make little girls a "dress up" dress of nylon. These are easy to wash and need no ironing. One or two is all that is needed before they are outgrown. They say both time and money is saved by this practice. I see in this a good trend. Mary will feel all dressed up but will not have a desire for a change for every occasion as too many girls today seem to have. Mary can be more like mother and dad--have one costume for a variety of uses when she goes out. At home for summer, nothing seems to rival the knit skirt and shorts and blue jeans or a simple sun suit in Mary's wardrobe. It's a good trend--no petticoat to be laundered and comfort is especially important.

Keep comfortable but look chic (pronounced shek). Basic to this is careful planning.

There is money involved, of course, but even on a limited amount, this is true today and every season in the year.

"There are two kinds of clothes available at your price level--some smart and some not, and whether you end up in fashion or out of it is simply a matter of choice"--Vogue

# CLOTHING NEWS LETTER

## LOOK AHEAD - PLAN FAMILY CLOTHING

Consumer expenditures on clothing have risen steadily.

In 1953 they totaled more than three times the average of the thirties. During this same period clothing expenditures are taking a declining percentage of consumer income. This does not mean that textile and clothing manufacturers will go out of business. There are more folks to clothe. Let's take a look at the population trends. As compared with an increase in population of 20 million in the 1940-50 and an increase of 37 to 52 million between 1950 and 1970.

\* "It is interesting to note that the men's wear market, including men 15 years of age and over, will increase by 15 million men or from about 55 million in 1950 to 70 million in 1970. The middle age group, 40 to 64 years of age, seems to be the most important segment and its fastest growing segment is the very young men's market, the 15 to 24 years of age.

"The women's wear market, 15 years or over, is growing slightly faster than the men's market. The total is expected to increase by 18 million women, or from 56 million in 1950 to 74 million in 1970. The market for age group over 40 is expected to increase somewhat faster than the corresponding men's wear market, the reverse is expected of age groups under 40 years of age."

In Virginia the 1953 figures available indicate that 9 to 10% of the spendable income was used on clothing the family. These figures indicated that the middle of the road (or median) family spent \$375.97 on clothing and was made up of four members. This amount of money is seldom divided evenly among the members of the family but according to their needs--based upon activities and growth.

In 1954 the average price paid for wearing apparel rose slightly; about 1% higher than a year ago. A few declines in prices of women's clothing and yard goods were noted, restricted to items made of man-made fibers. Prices of cotton apparel and men's and children's shoes increased a little.

\* From address by Ruth Jackendoff, Director of Economics and Statistics, Wool Bureau, Inc. at annual meeting of National Association of Wool Manufacturers, New York City.

\*These prices can be used as a guide in planning the use of family clothing money.

MEN'S CLOTHING

ITEM	1952		1953	
	U.S.	Va.	U.S.	Va.
Work shirt, cotton	1.93	2.12	1.90	2.06
Gloves, canvas, per pair	37.1	40.0	36.1	40.0
Socks, cotton work, per pair	30.2	29.0	30.1	29.0
Shoes, work, per pair	6.98	6.72	6.88	6.70
Boots, rubber, knee length, per pair	6.17	6.10	6.16	6.22
Hats, felt, each	6.00	5.20	5.99	5.30
Undershirts, sleeveless, each	65.5	64.7	64.6	63.8
Shorts, per pair	77.2	77.3	76.9	78.0
Heavy winter union suits, cotton, each	2.72	2.50	2.68	2.40
Dress shoes or oxfords, per pair	8.68	8.25	8.62	8.05
Overshoes, rubber with buckle or gripper	5.33	5.10	5.32	5.20
Shirts, broadcloth	3.03	2.99	3.03	3.01
Suits, wool, 1 pair pants	42.6	43.1	42.8	42.2
Extra trousers:				
Wool	11.2	11.2	11.2	11.6
Cotton	4.06	3.90	4.00	3.90

BOY'S CLOTHING - U.S. figures only

ITEM	1947-49		March, '54
Overalls, waist - per pair	\$ 1.99		2.12
Suits - Wool, 6-12 years	\$ 14.3		16.7
Shoes or oxfords - per pair size 2-6	\$ 4.53		5.38

WOMEN'S CLOTHING

ITEM	1952		1953		March 1954
	U.S.	Va.	U.S.	Va.	U.S. only
Dresses:					
House, percale, each	3.06	2.91	3.10	3.16	3.06
Street, cotton, each	5.94	5.90	6.06	5.92	5.94
Rayon, each	7.79	7.88	7.87	7.65	7.94
Nightgowns, cotton, each	2.43	2.28	2.41	2.29	—
Shoes or oxfords, per pair	5.51	5.10	5.41	5.08	—

\*USDA Agricultural Marketing Service - Agricultural Prices, April 15, 1954

May 28, 1954

June 15, 1954

74  
72

3

WOMEN'S CLOTHING, (Cont'd)

ITEM	1947-49	1952		1953		March, '54
	U.S. only	U.S.	Va.	U.S.	Va.	U.S. only
Hose: Cotton, per pr.	\$ 48.7	5.36	.50	53.4	49.2	53.1
Nylon, per pr.	\$ 1.40	1.20	1.15	1.17	1.15	1.13
Coats: Lightweight,	\$ 23.3	--	24.9	--	--	--
full length						
Slip: Rayon	\$ 2.53	2.43	2.16	2.44	2.19	2.43
Panties or briefs	\$ 70.5	65.3	.61	63.7	.61	61.7

GIRL'S CLOTHING - U.S. figures only

ITEM	1947-49	March, '54
Dresses: Cotton, each	\$ 2.53	3.15
Size 7-14		
Coats: Heavy, all wool	\$ 16.2	15.0
Shoes or oxfords, per pr.	\$ 3.87	4.39
12-3		

YARD GOODS

ITEM	1947-49	1952		1953		March, '54
	U.S. only	U.S.	Va.	U.S.	Va.	U.S. only
Percale, per yd. 36" wide	\$ 47.3	46.8	.49	46.8	.49	45.6
Gingham, per yd.	\$ 67.3	--	--	--	--	68.2

Have you seen, used or heard of Taslan?

When you shop for men's half-hose or girl's socks of nylon, you may see a new trade-mark--"Taslan". This is a textured yarn, recently developed. Socks made of these yarns are described by the manufacturer as exceptionally soft, more absorbent, free from pulling, lofty but not heavy, long wearing and resistant. The textured yarn introduced about a year ago is made up of many tiny loops mechanically introduced in each filament of <sup>the</sup> basic yarn, giving a boucle-like appearance. The textured yarn has a cashmere-like feel and lightweight bulk. The socks are made in a wide range of color for men and girls. However, the triple roll bobby socks are in white only.

CARE OF FINISHED COTTONS

The finish as well as the fabric needs to be considered for successful removal of spots and stains, textile specialists of the U. S. Department of Agriculture advise. Many of the new cotton fabrics this year are finished with resin, either to give them resistance to wrinkles and soil or for such decorative effects as a glazed sheen or raised designs that give a sculptured or embossed appearance. The resin finish thus may add to the attractiveness of the goods and also save cleaning and pressing.

But if a bleach is to be used on resin-finished cottons and linens, the specialists as well as textile and bleach manufacturers advise a perborate bleach rather than a chlorine bleach. The resin absorbs chlorine, and then the fabric discolors and weakens. The label on the garment or the goods should give this information, especially if the fabric is white.

Grease spots on finished cottons also may need special attention to come out satisfactorily. The specialists suggest sponging such spots with cleaning fluid (grease solvent) before laundering to make sure of getting all the grease out.

When finished cottons are purchased as yard goods, the homemaker can try laundering a sample to learn how to treat the fabric to keep its appearance. Informative labels on both ready-made garments and yard goods are especially helpful. Not all finishes on cotton include resin. Many cottons that look like silk are mercerized—a permanent finish that calls for no special care. Most special finishes except mercerizing are gradually lost by wear or laundering. Some may lose their finish in the first laundering; others may last at least for a season.

MC-233 Virginia Polytechnic Institute and the United States Department  
7/54 of Agriculture Cooperating, Extension Division, Blacksburg, Va.  
IvaByrdJohnson/sp

## FALL FASHION TRENDS

### Fashion For The Choosing

Adapted from Vogue

There's some money involved, of course.

But even on a pittance, this is true today,  
and every season in the year:

There are two kinds of clothes available at your price level--  
Some smart and some not--and whether you end up in fashion  
or out of it, is simply a matter of choice.

What's better for that fallish look, though the temperature may reach summer average, than dark cottons? There are prints, stripes, plaid or plain nubby weaves to choose from in colors of green, gold, navy, charcoal and red, or yellow.

They are made into two piece suit-like dresses, coat dresses and jumpers. The jumper with a jacket, a blouse of cotton or wool jersey may be added for cool days. A princess sleeveless dress has a quilted jacket or a sweater in contrasting color. Separate skirts and two-piece dresses makes it possible to mix and match and thus gives greater variety to ones wardrobe without too many purchases.

Cottons in corduroy and velveteen are gay in color and new printed designs. These are being designed in dresses, jumpers, jackets, coats and accessories.

Cotton skirts are used with matching jackets or a full length coat. The coat is lined in a strong contrasting color and the blouse is made of the same cotton fabric as the lining.

The dark cottons are often trimmed with a touch of white pique, silk, linen, rayon or other man-made fiber. Black braid is another trim used on these fall fashions. With velvet or felt hats these dark cottons will be seen far into the fall and for year round wear where weather permits.

**Fabrics** - Blends of fibers will continue popular in a variety of weaves--wool in tweed, jersey in light weight wool and blends of wool with silk, rayon and acetate have been shown; flannel, pinstripe, silk worsted are other popular fabrics. For late day and evening add to this list lame, brocade, velvet, silk, satin, chiffon and taffeta.

**Lines** - Soft and comfortable is the key--achieved by curved hip yokes; folded cowl necklines; front drapery or sherring, drawstring necklines. Inverted tucks to below the hip line is another way to add fullness to a softly tailored dress. Large inverted unpressed plaits on the back give softness to an otherwise straight skirt.

Bloused backs to waist rather than the molded midriff is another point in fashion softness and comfort. These easy lines will be more becoming to those without tiny waistlines.

Necklines are finished too with set in yokes, collars, dickies or large bertha like collars and square sailor collars. Many shapes are available; choose the one best for your neck, face or shoulder line. Fur, velvet, braid or white fabric are used as trim as well as self fabric.

Sleeves are 3/4 length even in very low cut necklines--some with cuffs, some without, some plain, some sheered. There are fewer short and full length sleeves shown to date. Longer sleeves may come for winter days. The 3/4 lengths are good the year around.

Skirt lengths are remaining at the becoming line to you--about midcalf. Some skirts are straight in appearance with walking room provided. Some are fitted closely to about the knee and flare or bell shape from there to hem. Double flares are on a few stiff fabric skirts, deep folds or unpressed plaits are grouped in others. None of the skirts seem to be exaggerated in either fullness or slinness this fall.

**Color** - Larkspur, steel, turquoise, royal and china blue, rose, nude, taupe, purple, mulberry, violet, plum, grey, black, navy, red, rust, gold, bottle green and bay leaf, a subtle green will be found in dresses, suits and coats. Espresso brown, a deep, almost black color, is new and can be used effectively with black accessories. Amber and garnet are teamed this fall.

Color will be used in three ways in fall costumes:

1. A one color look with interest in contrasting textures.
2. A monochromatic or tone on tone--for example, a bright blue and a pale blue or red or plum with pink.
3. A sharp contrast such as bright yellow or red with charcoal or a bottle green or plaid coat over a black dress.

The costume look for fall is achieved by the use of:

1. A dress with a jacket. The jacket semi-fitted, box, or bloused is interesting in crepe, jersey or soft tweed. For dress up--velvet, faille, satin, brocade and chiffons.
2. Coat and dress costume--the princess line and soft shirtwaist dresses are leaders. Easy skirts with low gores, tucks or low flounced trumpet and sheath with back fullness.

**Coats** - With blue, red, brown and platinum highest in popularity followed by black and navy. The length varies from full to 3/4 and 7/8th. Chesterfield, trench and fly front top coats are newer. Some coats are semi-fitted other loosely fitted with easy flares.

**Trim** - Blouses have hand knit neck and cuff treatment. Leather buttons on fall shirts (use studs or humpback safety pins). These shirts are being made up in wool flannel, jersey, tweed and orlon and wool broadcloth, dacron and felt. Fringes, braid, beads, fur, plain or printed corduroy and velveteen and contrasting textured fabric are used as trim for dresses, blouses, suits, and coats.

**Accessories** - With tweeds, pigskin and wool jersey gloves are being spotlighted, either in a neutral or one of the tweed tones. White cotton shortees are for youthful touch with tweeds. Charcoal gloves are also being featured. Sheer scarfs are suggested as interesting contrasts in texture. These come in plain color, stripe, or paisley print. Look for them in the new greens, oranges and violets.

A new child's garment - the madelein is something new in children's wear - a dress as becoming as a pinafore, strong and washable. It is made of blue denim, fastens on each shoulder with a stand offish band, which is double stitched to the straight gathered skirt. The deep pockets, usually three across the front at hem are similar to those in a cobblers apron. Why not use twistaline for these? It is colorful, durable and needs no ironing.

MC-226  
7/54

Virginia Polytechnic Institute and the United States Department of  
Agriculture Cooperating, Extension Division, Blacksburg, Virginia.

HOMEMAKERS' ITEM

Quilon - A New  
Water Repellant

There's a new word in the fashion vocabulary - "quilon."

Miss Iva Byrd Johnson, clothing specialist at VPI, says it is a water-soluble water repellant, which is permanent - it won't wash or dry-clean out.

Suede leather jackets and other articles of suede sheepskin can be treated to stand a minimum of 30 minutes of needle spray under heavy blasts, while untreated swatches and those treated with conventional wax repellants under the same conditions take it for varying periods up to only 30 seconds.

Standard methods of cleaning can now be used on garments treated with quilon without loss of softness or color - while dry-cleaning of suede heretofore has been undertaken by only a few cleaners. It was considered a ticklish art. Soiling of suede now is reduced as the water repellant gives stain resistance.

About half the fur felt hats made in the country today are treated with quilon for water repellancy. It has been proved by leading hat manufacturers that even in a downpour of rain, the hat picks up very little water.

The finish now available to the clothing industry was first developed during the World War II by chemists in paper finishes. By 1949 the paper industry was using it in quantity for meat wrapping, ice cube bags, outdoor signs, and for use in the building trade.

This water repellant finish is now being considered for the uppers, and in some cases the soles, of heavy-duty army shoes, golf shoes, hunting boots and similar outdoor footwear.

Look for the word "quilon" on the tag or label of your next purchase of fur felt hats, outdoor footwear, suede jackets or garments or articles trimmed with suede for a permanent water repellant finish.

###

For release January 27, 1984  
or thereafter

#### HOMEMAKERS' ITEMS

Why do knit goods shrink? It's the size and shape of the loops rather than the yarn, says Miss Iva Byrd Johnson, clothing specialist at VPI.

She says this was the discovery of U. S. Department of Agriculture researchers who studied knit goods made from cotton, rayon, acetate, or nylon. They found that fabric stability depends mainly on the size and shape of loops made in knitting the yarn.

Most people believe that laundering causes changes in the length of yarn in knit fabrics. In the USDA study, however, in the fabrics tested, yarns were found to shrink or stretch very little.

The experts said knitted fabrics are pulled lengthwise in the knitting process. If not properly relaxed in finishing, the final length and width of the knitted loops will not be in the proper proportion and garments made from the fabric will shrink or stretch out of shape.

On the basis of those findings, adjustments can be made as necessary in the manufacturing process to get properly shaped loops in the finished knit fabric.

When buying knit fabric or underwear homemakers should examine the size and shape of loops to see if the garment will keep its shape. Examine carefully rib and plain knit fabrics. If the loops are elongated, too much shrinkage in the length and width may occur. Knit goods of the type in which the width of the loops (wale spacing) is greater than the length of the loops (course spacing) are more stable and will not change greatly in the laundry. Remember, this applies to rib and plain knit fabrics only. Research is now under way on triest fabrics.

# # #

For release August 11, 1954  
or thereafter

HOMEMAKERS' ITEMS

Clothes Still  
Important Item

Women still think of clothes as tops on the important list.

I. Byrd Johnson, clothing specialist at VPI, reports that in 1953 consumer expenditures on clothing were more than three times that of the average for the 30's.

But during the same period, clothing expenses took a lower percentage of the total income. "This doesn't mean the textile and manufacturing business will stop..there are more people to clothe," she says.

The men's-wear market (including 15 years of age and over) will increase by 15,000,000 by 1970. The women's-wear market (15 years or over) is growing slightly faster than the men's market. The total increase is expected to be 18,000,000 by 1970. The market for the age group over 40 is expected to increase somewhat faster than that for younger people.

"In Virginia," Miss Johnson says, "the 1953 figures available indicate that 9 to 10% of the spendable income was used on clothing the family. The middle of the road (or median) family consisted of four members and spent \$375.97. This amount of money was seldom divided evenly among the members, but according to their needs - based on activities and growth."

In 1954 the average price for wearing apparel has risen slightly, about 1% higher than a year ago. A few declines in prices of women's clothing are noted, restricted to items made of man-made fiber. Prices of cotton apparel and men's and children's shoes have increased a little.

###

HOUSEWIVES' ITEMS

Allow for Growth When You Buy  
Or Make Children's Clothes

Children have a way of growing up - and out of their clothes.

But a little care when buying or making clothes can help cut down on the number of garments outgrown before they are well worn, says Miss Iva Byrd Johnson, clothing specialist at VPI.

Here are her tips:

Avoid buying an article to be "grown into," with the idea that it will fit next year. While the garment is new, pretty in color and style, is the time to enjoy it. Pick design and "let-out" features which will give good appearance and allow for growth.

If the skirt is too long, do not cut it off, but turn up the hem to the correct length. Then run a tuck by hand underneath the hem so the edge of the tuck just misses the bottom of the skirt. Finish the hem at top by hand or with a hemming attachment. Keep it invisible from the right side. The tuck can be let out if necessary without disturbing the hem.

If you make the garment, allow 6 to 8 inches extra in the skirt length for graduated tucks above the hem, or two extra inches for a tuck in the hem.

Add embroidered inset bands, such as peasant types in plain fabric, or strips of plain fabric in stripes, check or plaid, above the hem and about yoke line to give extra length in dresses without let-out features.

An eyelet yoke and an inset eyelet band at hip or knee of skirt is another way to make a garment longer.

If you are making the garment, the waist can be cut two inches longer than needed. After the skirt is put on in the usual manner, take a one-inch tuck in the blouse at waistline by hand. This will run under the belt or waist line on the wrong side. Or a group of graduated tucks can be repeated in the blouse at yoke.

(more)

The hem in a blouse or shirt of a boy's dress suit can be wider by two inches and the buttons set high and lowered as needed. Or the hem can be faced for more rapid growth.

Two-piece garments lend themselves well to growth. Adjustable straps are good on skirts and pants. Choose or cut straps about 2 to 3 inches longer than needed. Wide or deep crotch seams are featured in shorts and some slacks. A tuck at the waistline in one-piece snow-suits allows extra length from shoulder to crotch.

A raglan sleeve will be comfortable for some time as the shoulder simply moves further out on the seam line. Here sleeves shorten, so try a tuck in the sleeve hem, or use longer knit wristlets. Doubled back at first, they may even last until straightened out completely. The raglan sleeve is especially recommended for play suits, overcoats, and rainwear.

Sleeves which are cut in with the yoke are good for the fast-growing groups. They are easy to iron or press. A very deep armhole is another good feature, even though the sleeve is cut separately.

There is an advantage in choosing a double-breasted coat, or jacket, for children. As they grow, buttons set over give added ease through neck, chest, and waistlines. In cold weather the double front gives more protection.

Belts can be set in for added length in dresses and snow-suits. Other ideas: face the top hem in shorts or snow-suit pants; face the hem in boy's shirts; add a yoke of contrasting color, or perhaps combine two knit shirts. A collar, sleeve, and yoke of one color may be combined effectively with the lower part of a second sport shirt.

Miss Johnson says to encourage children's interest in high style, the fad of the day, for the expected wear of clothing for the young is short. After they are grown is the time to make long-time investments in clothing. Color is important. Bright colors do not soil as easily as white or pastels; and furthermore in traffic they are more easily seen by drivers and act as a safety factor.

HOMEMAKERS' ITEMS

If you press clothes "by the rules" you'll find it much more effective.

Clothing specialists at VPI have these tips for various fabrics:

**COTTON.** Sponge lightly and press on right side, except on dark colors. Dark colors should be pressed on the wrong side and touched up on right, using cheese cloth to protect garment from iron and to prevent slick places. Use a hot iron, and press dry.

**LINEN.** Sponge lightly and press on wrong side. Press dry. Use a hot iron. Linen can take the highest temperature on dial.

**RAYON.** Press on wrong side with low temperature. If moisture is needed, cover garment with dry press cloth and sponge lightly, or lay damp lighter muslin on dry press cloth. The steam goes through the second press cloth without leaving a sheen.

**SILK.** Press on wrong side, using a light press cloth, and dampen slightly if necessary. Use medium or slightly higher temperature than on rayon.

**WOOL.** Press on wrong side when possible, as in skirts, dresses, or blouses. Lay wool press cloth on board next to right side of wool garment. Press with a damp heavy cloth and leave steam rising when cloth is removed. Never press wool dry. On jackets, coats, or trousers, press on the right side. Place the wool press cloth on the right side of garment, and place the damp, heavy press cloth over it. Let steam go through to garment and pat with hand, a clapper of wood, or pressing mitt along front edges, shoulders, and lapel. Press lapel and shoulders over a tailor's cushion.

Trousers or slacks are first pressed over the knee section to shrink out any fullness. Then lay with seams together and steam. The wool press cloth should be between the the trousers and the heavy damp cotton cloth. Creases in front and back of trousers and the edges of pleats in skirts should be clapped with wood clapper or palm of hand while steam is still rising to make a good sharp edge. Hang in place to dry before wearing.

**NYLON.** Press seams with a warm iron. A damp cloth may help give a smoother seam.

# #

HOMEMAKERS' ITEMS

KEEP UP WITH WHAT  
TEEN-AGERS LIKE

What do teen-agers like in the clothing line?

Mothers who help select clothing will be interested in answers given by teen-agers all over the country in a survey conducted by a pattern company, and reported by Miss Iva Byrd Johnson, clothing specialist at VPI.

First for fall and winter came the jumper with the full swing princess line, or the straight skirt. The jumper gives an opportunity to add and/or subtract accessories to fit mood and occasion.

The suit with hip line jacket and two skirts - one full, one slim - was favorite for dressy wear. For casual wear, boxy jackets were favored as comfortable for all day.

Skirts, vests, blouses or shirts, sweaters or jackets to mix and match for variety rated high.

Full-skirted dresses for dates, with many petticoat ruffles, some with three-quarter length sleeves, were chosen. A variety of collars, from wide puritan in pique or linen, to small pert angora-knits, were liked. Others liked short sleeves for dates, and stand-up collars, or plain necklines for change of accessories.

Separated to mix for dressy occasions are popular too. Included are jersey tops with tafeta skirts, or velveteen blouse and jersey, tweed, satin or breasted skirts. Also liked are lace, printed wool or nubby cottons.

Patterns are designed for chubby girls, and fit those who have had to cut down on teen-size or add to girls'-size patterns. They are comparable to womens' half sizes. The designs are slimming to help Miss Chubby appear thinner and taller.

Winter cottons are available in lovely designs and finishes, Miss Johnson says. They are popular and come in colorful, easy-to-keep designs.

For jersey blouses of wool, the washable finishes are available. It's advisable to consider shrinkage control for all members of the family, especially those at the rapidly growing stage. Buy woollens treated with moth repellent or use a product containing EQ-53 on washable woollens.

# #

OUTLINE FOR AGENTS AND LEADERS ON MAKING THE BASIC PATTERN

First - Find out how many in your club need a basic pattern (no type of commercial pattern can be adjusted to fit them).

Second - Are there enough to form a special interest group for a longer work period?

Third - If not, could the few who do be combined with a few from a nearby club or on a county wide special interest group?

If there is a need to make a basic pattern rather than to adjust one of the many types of commercial patterns now on the market, these are the suggested steps:

1. Obtain a basic pattern nearest your bust measurement, that has a plain blouse with set in sleeves and a plain two to four piece skirt pattern.
2. This will be adjusted to your body measurements.
3. Then you will cut from firm muslin and baste up by machine.
4. Make any other necessary adjustments to get a good fit.
5. Wrip carefully and make up a pattern from strong wrapping paper, marking each piece as to grain of fabric, seam allowance and notch and number areas to be matched in the order in which the seams are to be made.

One can readily see from the outline a 40 to 50 minute period will not be enough for all members of a group to make a basic pattern. One doubts that a club will have many members interested in making a basic pattern when if they determine their body type they can find a variety of patterns which will fit. Therefore, it is recommended that this type of demonstration be left to special groups for active participation of everyone and allow time for all to accomplish their objective--a well fitted basic pattern.

MC-8  
7/54  
IvaByrdJohnson/sp

Virginia Polytechnic Institute and the United States Department  
of Agriculture Cooperating, Extension Division, Blacksburg, Va.

## SEWING ON NEWER FABRICS

New wash materials may mean cottons, rayons, acetate, wools or linens with new finishes or it may include many of the so-called miracle fabrics or man-made fibers.

### Why We May Need To Make Changes In Our Sewing Habits:

The fabrics which have a wrinkle repellent finish, for example, cannot be creased easily as we have made a habit of doing with cottons without the wrinkle repellent finish. Puckered seams are more often found in the newer man-made fibers than in the fabrics we are accustomed to sewing on. Threads come loose in the end of the seams, also on these fabrics or may be easily broken. This indicates that there must be some machine tension adjustment when sewing on these synthetic fibers.

First you must know the fabric or material on which you are preparing to sew--of what fiber it is made. These vary in the amount of elasticity, thickness, and weight. You will choose the stitch length, kind of thread and size of needles, based on these differences.

### How To Do This:

Length of Stitches--Eighteen to 20 stitches per inch is best for sheer, closely woven fabrics. Fourteen to 16 stitches per inch is used on less sheer fabrics. Shorter stitches, using a fine needle, make seams stronger and give more beauty of stitching.

Kind of Thread--Use size "A" nylon thread or size "A" silk thread. On extra sheer fabrics, cotton, thread, size 100, gives satisfactory results for seams having little or no strain.

Size of Needles--Use small needles size 9 or 11. A size 9 is better for sheer, closely woven fabrics. The needle must be perfectly smooth and sharp.

Winding Bobbins--The bobbin should be loosely wound when using nylon thread. There must be no tension on nylon thread when winding the bobbin. Allow the thread to lie across the top of the tension disc to produce a loosely wound bobbin.

Tension--When you use nylon thread both top and bottom tensions must be as loose as possible to still do satisfactory stitching. A little tighter tension is required for silk thread. Number 100 cotton thread requires a slightly tighter tension than the silk thread.

Other Suggestions:

Starting Line of Stitching—When starting a line of stitching and using nylon or silk thread, hold the ends of the top and bobbin thread straight back. These threads have a tendency to mat up at the beginning of the seam. All seams should be back-tacked or retraced to eliminate ripping.

Hold Fabric While Stitching—Stretch the fabric slightly with one hand behind the presser foot and hold back slightly with the other hand in front as the material feeds into the machine. The slightly stretched fabric springs back into place when the seam is properly pressed.

Watch The Speed—The machine should be run at moderate speed. It is difficult to keep the machine properly threaded at high speed when using nylon or silk thread.

Sewing On The Blended Fabrics

By this we mean a fabric in which natural and man-made fibers are combined; for best results:

1. Choose a pattern where the majority of seams can be stitched on the partial bias of the fabric. Less puckering of seams will result in this design.
2. Select sharp pointed pins, they go into the fabric easier.
3. Use sharp sheers.
4. Allow wide seams because of excess raveling.
5. Finish edges by edge-stitching, stitching with zig-zagger or turn under edges and stitch.
6. Use light weight zippers in sheer fabrics.
7. Work button holes in sheer fabric by machine.
8. Press with low temperature or iron set on nylon or rayon, using wet press cloth over seams or a steam iron may be used satisfactorily with a thin press cloth over the seams to be pressed.

MC-72  
IvaByrdJohnson/sp  
8/31/54

Virginia Polytechnic Institute and the United States  
Department of Agriculture Cooperating. Extension  
Service, Blacksburg, Virginia

## GROOMING IS A SYSTEM

Good grooming is very important to one's appearance and professional and social success.

We often confuse the term grooming with becoming or appropriate dress. Just to define clearly the term good grooming, let us take a few minutes and think of a person in our acquaintance whom we consider well groomed. Make a list of why you think he or she is well groomed.

Give about three minutes for the group to make individual lists. Ask for a volunteer to read his list and suggest to all the others to check off all items read which are on their lists. These items may be listed on the blackboard or placed on a flannel board as read. Ask other members of the group to give any left unchecked on their list.

If such items as nice colors, right for occasion, etc. come up, put in a separate grouping. They contribute to a good appearance but are not necessary to good grooming. For example, I may arrive at a party in the wrong type of dress but it does not keep me from being well groomed, nor does an unbecoming color keep me from being well groomed. The former will make me feel conspicuous and embarrass me perhaps and the latter will keep me from looking my best, but neither would keep me from being well groomed.

Now that we are in agreement as to the term grooming, what can we do about it? Wash up as often as necessary. A good bath is basic. To insure that freshness, let's use a deodorant, for most of us are active and need to prevent offending others. We want to protect our clothing from discoloration as well as odors.

Let's see what we brought today from our family deodorant supply. (We should find creams, powders, sprays, and stick or solid types.) Some of these are designed for different uses. Some simply take out odor, others check perspiration and protect from odor. Men and boys seem to prefer the plastic squeeze container for underarm and powder for feet. (Our guess is that they do not like to put their fingers in paste or dab on liquids!)

Now that we are "scrubbed and insured" what next?

It may be clean undergarments and hose.

It could be a well pressed, spotless skirt or slacks.

Hair clean and well brushed (and we hope becomingly arranged, though **not** essential to good grooming)!

Teeth and mouth clean and odorless.

Hand care, nails clean and neatly shaped, some oil added to dry hands and cuticle pushed back after washing clothes, dishes, etc., avoid hang nails and sore or infected fingers.

Remove unwanted hair from legs and arms as needed.

Remember the ads, "Even Your Best Friend Won't Tell You", and keep your teeth clean and breath odorless. You can offend those who do not smoke if your breath smells of stale smoke.

Shoes clean, neat and in good repair. Hose without runs and seams straight. No straps or slips showing, all a part of being well groomed.

How you care for your body and clothing and how you put your clothing on is basic to good grooming. You can think of others.

YOU CAN MAKE AT HOME:

Tooth Powder

Mix together equal parts salt and soda and add a few drops of peppermint or oil of wintergreen for flavor. To this may be added finest precipitated chalk. To 1 table-spoon each of salt and soda add 1 teaspoon of chalk.

Hand Lotion -- I

Soak 1 oz. of quince seed over night in 1 1/2 qts. of soft or distilled water. Next morning boil this solution 5 minutes, strain through a jelly bag. When cold, add 3 oz. bay rum and 4 oz. glycerine. Put into sterilized bottles.

Hand Lotion -- II

- 4 oz. glycerine, 2 drams oil wintergreen
- 2 drama gum tragacanth and 1 1/2 pts. boiled water
- \*4 oz. alcohol and 10 drops carbolic acid
- \*May be left off, they give a softer lotion.

Put the tragacanth into the water after it has been cooled to blood heat. Stir occasionally to avoid lumping. After it is thoroughly dissolved add other ingredients. Makes about a quart of lotion (at 1954 prices about 4¢ an oz.).

Notes:

Tragacanth or acacia or gum arabic are used as a carrier or base (4¢=1 dram). Lanolin, olive oil, or castor oil may be used as a substitute for glycerine in case of an allergy.

Wave Set

Boil together for 5 minutes 3 tablespoons of flaxseed and 3 cups of water; then strain and cool the mixture. If it is too thick, dilute with water.

All of these things cannot be done in one evening, but form a habit of following a schedule and make grooming a system with you.

Other Closely Related Items Which Affect Appearance And Comfort:

Your posture affects your appearance and your health. Check your habits of sitting, standing, walking and sleeping posture. Try little pillows, if any; toe ahead and swing from the hips, rather than your knee when you walk. Try walking with a book on your head as the movie stars do and make a habit of head high rather than leading. Try getting up and sitting down easily and gracefully. Sit with your back against the back of chair and lean forward from the hips rather than from the shoulders.

(Soak tired feet in salt, alum or epsom salts water, protect any irritated spots or calloused with moleskin tape. Massage or elevate to rest them.)

From "Live Alone and Like It" - By Marjorie Hillis

"It takes a genius to make an impression in rundown heels and an unbecoming hat. You need good clothes and grooming - unless, of course, you think of yourself as a poor thing: in which case, it's nothing to us whether you get far or not."

"Do have some really smart costumes - surprisingly, they can cost as little as dowdy ones, and practically no one's morale can overcome an outfit that's all wrong."

SUGGESTED SERIES OF MEETINGS FOR SPECIAL INTEREST GROUP ON MAKING A GARMENT

Each of these meetings can be applied to "when you make or buy".

1. a. Plan for garment to be made, study style trends, fabrics used, select the best lines for your figure and use.
- b. Determine size and type of pattern (whether brief, half or regular) suited for your figure and use. Take and save body measurements.
- c. Make out shopping list including supplies and thread to match the background of fabric. A period of time allowed here for shopping.

2. Study pattern markings and guide and check your body measurements against your pattern corresponding body measurements. Make note of questions which need to be cleared with leader or agent. Adjust pattern as necessary. Select layout on your pattern guide for the view you select and the width of your fabric--mark this. Prepare fabric, straighten ends, if not torn by drawing a thread, fold right side in, to prevent unnecessary handling. Pin edges together across end and down selvage, lay pattern pieces designed for the view selected on fabric according to diagram on layout. Check with grain, by measuring from selvage to arrows or perforations, pin securely and after all pieces are checked, cut, pointing the notches out. Leave pattern on fabric and fold with markings in sight. Lay pieces which go together in separate piles and put these into box with the group to be worked on first on top. Mark before putting away if there is time.

Discuss uses of stay stitching and demonstrate where and how they are made.

Teach line of direction for stitching seams (from widest to narrowest). Some printed patterns show this by arrows. This prevents stretching of seams and insures even hemlines and good shoulder and necklines.

The length of stitch used is important. Set the stitch 15 to 20 stitches per inch for most garments. Blends and some man-made fibers need a longer stitch--10 to 15 per inch. Check tension and needle to see that it is adjusted and needle sharp. Emphasize the importance of accuracy in seam width-- $1/2$ " to  $5/8$ " depending upon a pattern. For beginners, suggest use of seam or stitching guide or use adhesive tape or fingernail polish on the throat plate of machine marking  $1/2$ " and  $5/8$ " distance from the needle as a guide.

If fabric is firm and good results can be gotten by pinning, do not baste. Area over armseye and around zipper most often need basting for accuracy and good effect.

Press as you go. Never cross a seam, dart or plait which has not been pressed.

A method of stitching all possible darts and seams and pressing these at one time, ready for next stitching period, is recommended rather than stitching one or two seams and stopping to press.

Check fit to see if adjustments are correct as early as possible to prevent wrinkling.

Do as much of this as you can before next meeting.

3. Leader checks each garment to see progress and help with problems.

Begin finishes - Neck and front, buttonholes, zipper or gripper closures, sleeves and shoulder pads if in design.

Put skirt to blouse if needed before closures are done.

Add underarm zipper

Do hem. Show different finishes.

Decide upon belt if not stitched in or added as a part of garment.

Add belt guides.

4. Complete garment. With beginners a 4th meeting will be highly desirable. If

a full day is spent on 3, one might complete. It is very important to keep beginners relaxed. Give them time for questions and individual help so that they understand all steps, gain confidence and get good results. They are then ready to try another article on their own, with leader to be called upon only in an emergency or for a new technique. Teach accuracy, principles, and good effects. Give beginners time to gain skill--do not expect perfection.

Have group model finished garments in club.

Do news article on achievement of group.

Exhibit these locally or on a community or county basis to show others what beginners can do with guidance.

COOPERATIVE EXTENSION WORK IN AGRICULTURE AND HOME ECONOMICS  
VIRGINIA POLYTECHNIC INSTITUTE AND THE UNITED STATES  
DEPARTMENT OF AGRICULTURE COOPERATING

STATE OF VIRGINIA

V. P. I. AGRICULTURAL  
EXTENSION SERVICE

BLACKSBURG, VIRGINIA

March 27, 1954

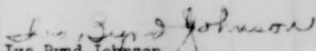
To All Home Demonstration Agents

Dear Agents:

Attached you will find directions for making the Tailor's Ham and the Pressing Mit and commercial patterns for Making Small Pressing Equipment. You will notice that these are not only for those who tailor, but are also used in construction of any garment, while ironing blouses and dresses, or pressing suits or coats.

Please put these in your file for reference, make a set for your own use, and order the number of any additional copies you may need for your leaders or interested members.

Sincerely,

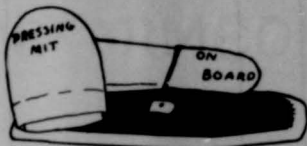
  
Iva Byrd Johnson  
Extension Clothing Specialist

ibj/sp

attachment

# Pressing Mit

Make yourself a pressing mit. You will find many uses for it. Use it on the hand or slip it on the end of a sleeve board to leave both hands free.



In ironing or pressing garments at home, use your pressing mit at the top of the sleeve, on curved seams, at shoulder where unpressed plaits, gathers, or darts give fulness. It helps a great deal on pockets too. Use it when you make a garment. It will help to give your sewing a professional look.

## YOU WILL NEED:

1/4 yard heavy, unbleached muslin with all sizing removed. Wash material thoroughly or soak it for several hours. Then iron it.

Wool or dry sawdust for stuffing. Cotton has a way of lumping and developing an odor with use. You may use old wool socks or sweaters unraveled or a wool bat. Place a pan of sawdust in oven to dry it before using.



## HOW TO CUT A PATTERN FROM PAPER

To make a pattern, take a  $9\frac{1}{2}$ " x 8" strip of paper and fold it lengthwise. Measure it from a corner  $1\frac{1}{2}$ " to guide you in making curved end. Cut from folded side to about half way down unfolded edge, hitting the mark  $1\frac{1}{2}$ " from corner. Your pattern should look something like the drawing on the left.

## NOW YOU ARE READY TO MAKE IT

Unfold pattern. Cut two sections from pattern. Cut another section  $3\frac{1}{2}$ " shorter with dotted edge placed on selvage. Pin this short piece between the two long pieces, with the rounded edges even. Stitch  $1/2$ " from rounded edge. Leave straight edge open. Press seam open, notch along curved edge, and turn right side out. Stuff until very firm. Turn in and whip together the edges of the opening.

# Tailor's Ham

To Cut  
Enlarge drawing for pattern. (See dimensions)  
Allow  $\frac{1}{2}$ " for seams.

Cut one side of hard surface worsted, grey or tan.  
Cut other side of pre-washed cotton drill or canvas.

To Make

Place right sides together and machine stitch around edge, leaving a 6" opening. Press seam open and turn right side out. Pack solidly with wool batting, wool ravelings, or dry sawdust.

Place on bias here

14"

USE

To Press:

1. Curves in seam lines
2. Darts and tucks
3. Rounded fullness, as in sleeve cap

1. Jacket, dress, or blouse shoulder. Place shoulder on ham right side out. Press with 2 cloths on top. Check progress as you go. Press on right side with care. Press lightly

To Iron:

1. Blouses and dresses
2. Some skirts and pockets - if of special design

Circular 611

February 1964

Virginia Polytechnic Institute and the United States Department  
of Agriculture Cooperating: Extension Service  
L. B. Dietrick, Director, Blacksburg, Virginia

Printed and distributed in furtherance of the Acts of Congress  
of May 8 and June 30, 1914

SUGGESTIONS FOR PREPARING FOR STYLE DRESS REVUE

1. Find out the types of dresses to be shown.
2. Group these according to use, fabric or cost.
3. Prepare comments: Examples--
  - Call attention to style for action, comfort, safety, ease of care on work and play dress.
  - Changes possible to vary with occasion.
  - Becoming lines - color texture in a better dress.
  - Special feature of pocket sleeve or neckline or detachable trim.
  - Compare cost and value.
4. Rehearse
5. Stage setting should be planned in advance.
6. Objectives of the club program topic should be studied and included in the comments as related to the various garments.

MC - 293  
3/11/54

VIRGINIA POLYTECHNIC INSTITUTE AND THE UNITED STATES DEPARTMENT  
OF AGRICULTURE COOPERATING. EXTENSION SERVICE, BLACKSBURG, VA.

72

SUGGESTIONS TO CLOTHING LEADERS FOR "TOPS GROUPS"

Hambone said: "De ole 'oman don' hatter t' watch her figger--enny direction she look she bon't t' see it enny how!

Congratulations to those of you who have taken yourselves out of this type! The right clothing can help you make the most of your appearance.

Look over the clothing you now have and decide what are the possibilities for restyling. Perhaps refitting is all that is needed. Again there are garments which will be of more value if the design is simple but becoming.

How have the changes in your figure affected the texture, color and line you can wear today?

Have you a figure in good proportion now, or do you need to use line in dress to help you appear in good proportion?

Let's check and see what our measurements tell us about the type of pattern or dress we can use with fewer adjustments. Compare body measurements with pattern measurements in varying types.

Do we need to wear the same shape collar or neckline?

Analyze current fashions for becoming lines which may be used on present garments. As we refit we may want to restyle.

Check for fit:   The shoulders           Hem line  
                  Waist line                Sleeve at wrist or bottom  
                  Hip line                    Neckline

Darts, tucks, sheering or deeper seams may be used to get a good fit.

Present seams in skirt front and back may be taken deeper and side seams left as they are to avoid removal of zipper.

Waist may be too long. If neck line and sleeve line would be better changed, rip and recut blouse. If neck line is to be used as is, rip at waist line and place skirt up on blouse to desired length. Baste and check before cutting blouse off. Darts or tucks at waist line of blouse help to give a smooth waist line. If back needs blouse for softness, use short tucks to give ease rather than darts which may show rolls of fat or sway-back.

Anchor skirt at waist line so that weight of dress will not hang from shoulder to get an easy blouse.

The blouse should be easily fitted so that when fastened, two inch tucks can be taken in front and back of blouse at fullest part of bust. This easy drape prevents the bust from seeming large or small. It gives comfort and durability as well as a good appearance.

About the same amount of fullness should be allowed through hip line in a straight skirt to allow for spread of hips when sitting without strain on fabric or seams.

Check the hemline--keep it the same distance from the floor and at a becoming place for your figure. Narrow skirts are usually longer than wider skirts.

COOPERATIVE EXTENSION WORK IN AGRICULTURE AND HOME ECONOMICS  
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DEPARTMENT OF AGRICULTURE COOPERATING

STATE OF VIRGINIA

V. P. I. AGRICULTURAL  
EXTENSION SERVICE

BLACKSBURG, VIRGINIA

September 11, 1954

To: Home Demonstration Agents

Attached are suggested score sheets using checks rather than points. I believe these could be used advantageously by 4-H club members in scoring each other in preliminary contests at club, county, area or district contests.

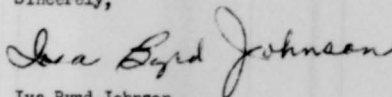
They determine the runners-up and judges can score these on the point system. This, I believe, will help the club members be more informed on good and poor points in their costumes.

As many groups are divided into junior and senior groups, I am giving a different check sheet for each group.

Please let me know if you like the idea and if so how many sheets you desire.

With good wishes, I am

Sincerely,



Iva Byrd Johnson  
Extension Clothing Specialist

ibj/sp

Attachment (2)

MC-10 (9/54)  
VPI and the USDA  
Coop. Ext. Div.  
Blacksburg, Va.

SUGGESTED SCORE SHEET FOR 4-H DRESS REVUE - TEEN-AGE

CLASS \_\_\_\_\_ CLUB \_\_\_\_\_  
NAME \_\_\_\_\_ ADDRESS \_\_\_\_\_  
AGE \_\_\_\_\_ YEAR IN 4-H \_\_\_\_\_ YEAR IN CLOTHING WORK \_\_\_\_\_

HOW DO I RATE?	Well	Need	Good	Comments
	done	some	much	
<u>My appearance -</u>			Improvement	
I practice good posture.....				
I try to be at ease in all situations.....				
I am as neat, clean, and attractive as I know how to be.....				
<u>How I look in this outfit -</u>				
Style of dress suitable for me.....				
Style suitable for how I will use it.....				
Color of fabric good on me.....				
Fabric appropriate to occasions where I will wear it.....				
Fits neatly and smoothly - (neckline, waistline, neckline, shoulder seams, side seams, sleeves)				
Undergarments are effective but not conspicuous.....				
Accessories complete the outfit.....				
<u>The outfit I made -</u>				
Trimmings are appropriate to material and style.....				
Upkeep of the garment will be appropriate to its cost and use.....				
Seams and finishes suitable to style of outfit and material.....				
Workmanship is efficient but not obvious - gives "bandbox" look.....				

(For use by club members in checking club, county, and district contests.)

NC-11 (9/54)  
 VPI and the USDA Coop.  
 Ext. Div.  
 Blacksburg, Va.

SUGGESTED SCORE SHEET FOR 4-H DRESS REVUE - JUNIOR

GARMENT \_\_\_\_\_ CLUB \_\_\_\_\_

NAME \_\_\_\_\_ ADDRESS \_\_\_\_\_

AGE \_\_\_\_\_ YEAR IN 4-H \_\_\_\_\_ YEAR IN CLOTHING WORK \_\_\_\_\_

HOW DO I RATE?	Well done	Need Some	Good much	Comments
<u>My appearance -</u>				
I try to walk, stand, and sit with good posture.....				
I enjoy meeting people and talking to them.....				
I am as neat, clean, and attractive as I know how to be.....				
<u>How I look in this garment -</u>				
Color - Garment goes well with the rest of the things I am wearing...				
The color goes well with my skin, hair, and eyes.....				
<u>Design</u> - Design in fabric goes well with the other things I am wearing.				
(One patterned fabric in the whole outfit.)				
<u>Fabric</u> - Fabrics are similar in weight and texture.....				
Colors go together.....				
Fabric is suitable to where I will wear it.....				
<u>Accessories</u> - The things I wear with the garment are good in color...				
and texture and complete the outfit.....				
<u>The garment I made -</u>				
Seams are suitable to the fabric - (pressed open - same width).....				
Hem is straight, even, neatly done.....				
Length is good for me.....				
Blouse fits smoothly at neckline, sleeves, and waist.....				
I will be able to wash and iron my garment.....				

(For use by club members in checking club, county and district contests.)

COOPERATIVE EXTENSION WORK IN AGRICULTURE AND HOME ECONOMICS  
VIRGINIA POLYTECHNIC INSTITUTE AND THE UNITED STATES  
DEPARTMENT OF AGRICULTURE COOPERATING

STATE OF VIRGINIA

V. P. I. AGRICULTURAL  
EXTENSION SERVICE

BLACKSBURG, VIRGINIA

April 5, 1954

To All Home Demonstration Agents

Dear Agents:

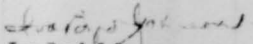
The supply room has forwarded to you a file copy of USDA Home and Garden Bulletin #31, Buying Women's Coats and Suits. Some of you have a part of your program devoted to this topic. Others may in the future, or you may use points therein on which to base a radio or television program. I suggest that you file this for reference.

Enclosed you will find 10 copies of Sewing with Cotton Bags.

Check your fair list and see if there are some which have listed Sewing With Bag Contest. I suggest that you call this to the attention of 4-H and Home Demonstration club members.

If you need extra copies, write direct to the company.

Sincerely,

  
Iva Byrd Johnson  
Extension Clothing Specialist

1bj/sp

F. Attempts at evaluation of methods and results

Spot Check With Home Agents

Agents suggestions on what was helpful from the clothing specialist in planning and carrying out programs:

Every fifth agent on list was sent the sheet attached with three questions. 24 agents, 5 of these Negroes, were sent these and they were returned 100%!

In many cases the problems expressed by 4-H and adult members were answered from the agent's point of view. For example, "We need more workshops in which to work directly with the people and have more time," "Try to get young mothers interested."

However, such leads as - To learn to buy and know materials, mentioned more frequently, was to get a better fit in ready to wear and in homemade garments (16), Although clothing was used to indicate planning, buying of ready to wear, and care as well as construction, agents seemed to think in terms of the latter; How to finish or construction, another runner-up (15); Clothing selection and care, mentioned by 10, and Buying by 6; Poor labeling, Too much spent on clothing, Lack of information by sales person, mentioned by one each.

On how specialist can be of more help in keeping agent up to date:

Continue Style Trends, News Letters, releases on what's new in finishes, more workshops, more "look and see" trips with agents.

How specialist can help in preparing materials seemed to be largely doing for rather than helping them to do.

Examples: Prepare kits and samples for use in county.

Illustrative material on loan for demonstrations and TV.

More of type of material for radio and news columns.

Clothing models which could be cut out for flannelboards.

A list of materials described in each demonstration to be put in hands of each member.

Send duplicate material when possible.

List of places where things for different projects may be obtained (usually at own shopping center considered best as they have same as the women with whom they work).

Addresses for obtaining illustrative material.

Leaders' Guide

Make or Remake project worked out on a learning series such as the other projects are now (planned to do this year)

How specialist can help in county program:

Workshops for leaders and special interest groups.

Agent training, leader training meetings.

A monthly letter for clothing leaders.

Continue clothing outlook

Ideas or list of different subjects or types of programs that are "offered" in clothing.

What has been most helpful in carrying out program:

The plan for So You'd Like To Sew - excellent and most helpful.

Leader training and agent training

Helping with special interest groups.

Tailoring training - excellent training.

Use of flannelboard

Current news and style trends - Outlook material

Subject-matter material provided.

Good illustrative material.

Samples we make to show.

COOPERATIVE EXTENSION WORK IN AGRICULTURE AND HOME ECONOMICS  
VIRGINIA POLYTECHNIC INSTITUTE AND THE UNITED STATES  
DEPARTMENT OF AGRICULTURE COOPERATING

STATE OF VIRGINIA  
September 1, 1954

V. P. I. AGRICULTURAL  
EXTENSION SERVICE

BLACKSBURG, VIRGINIA

To: Certain Extension Agents

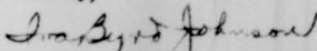
Subject: Clothing Problems in 4-H and Adult Program

Your reply is important to me. Please send it as soon as your program calendar is developed at your county planning meeting this fall.

I plan to use these in strengthening the 1954-55 program. It will be of most help if received by October 15. Should you fail to do it before then, send it on by October 30. You will get the benefit of the contribution of all.

1. What are the big problems expressed by 4-H or adult club members on clothing?
2. How can your clothing specialist be of more help to you in:  
Keeping you up to date:  
  
Preparing materials:  
  
The county program:
3. List what has already been most helpful to you in developing and carrying out the clothing programs in your county.

Sincerely,

  
Iva Byrd Johnson  
Extension Clothing Specialist

An Educational Service of The Virginia Polytechnic Institute and the United States Department  
of Agriculture with County Governments Cooperating

ibj/sp

34  
72

It is very helpful to know that certain media is proving helpful. We will plan to continue and hope to be able to do a better job of this if help to specialist is given.

#### Observation of 4-H Club

Another chance for ideas was given as the specialist observed a 5th grade 4-H club. She asked for their ideas on the So You'd Like To Sew Project--"What would you like to make?" to 21 girls. 7 wrote tea towels, 4 head scarf, 3 doll clothes, 2 wash cloths, 2 crochet, 1 a stuffed toy (a cat), 1 an apron and 1 clothes! Strange as it seems, all were in project, with the exception of doll clothes and crochet, but not in the program.

Here the idea of doll clothes may be good, as it is an age group averaging 10 - 11 years. A small amount of fabric would be needed. Many have dolls and interest in them. The idea occurred to me that we might try a mother, doll apron, make one for your doll and yourself. It is planned to investigate further the possibilities along this line to be added. A question which comes to my mind is why wasn't the program keyed more nearly to club members' interests as there is an opportunity for choice.

#### Study of Leadership

A total of 1,336 leaders were trained on adult clothing in 59 counties reporting and 625 on the 4-H program.

#### Who gave the training?

The agent to	763 adult and 499 4-H leaders
The specialist to	954 adult and 54 4-H leaders
Others	119 adult and 72 4-H leaders

What did these leaders do?

In adult program -

Demonstrations - 1,681 leaders gave 1,114 demonstrations alone. They assisted the agent with 312 demonstrations and the agent gave 653 demonstrations alone. 35 clothing demonstrations were given by others, making a total of 2,114 demonstrations in the 59 counties.

Talks and Discussions - In addition, 518 talks and discussions were made on clothing by leaders, 283 by agent and 22 by others.

Special Interest Groups - In special interest groups, 282 leaders assisted with 251 meetings. There were 1,287 club members and 158 non-club members participating.

Leaders in some cases carried the special interest group or relieved the agent from club demonstrations in order that she be free to take the responsibility with these groups and with some assistance from leaders.

In 4-8 club program, activities on leadership was reported by 71 counties with 584 adult and 321 junior leaders. They worked with 732 clubs or/and 469 project groups with an enrollment of 12,449 members.

Demonstrations were given by:

Adult leaders	1,200	) 1970
Junior leaders	770	
Agent with leaders	1,383	
Agent alone	1,937	
Others	58	

Talks or Discussions were given by:

Adult leaders	532	) 780
Junior leaders	248	
Agent	954	
Others	0	

34  
72

About as many 4-H demonstrations were given by agent alone as by all 905 leaders. The agent gave 954 talks while leaders did 780. Apparently too little leader training is given to 4-H leaders by agents or they could take a greater responsibility for the demonstrations. Very little help was requested for the specialist's assistance on the 4-H program. Only 8 leader training and that was changed to 3 during the year, as leaders were not yet provided for project or too early when specialist was in district.

Some special interest groups have leaders especially trained for that work. Again a special interest group may be on a county-wide clinic basis at which interested people in the topic only attend to get the information. These are held by agent, specialist, or leader under guidance of agent who does the organizational work.

Leaders already trained are used in certain special interest groups such as Beginners Sewing or Tailoring groups.







**4-H Clothing - White - 1954**

**75 different Counties with 621 Clubs and 10,745 Members**

<b>Unit I, Looking Your Best</b>	<b>45 Counties with 198 Clubs and 3,808 Members</b>
<b>Unit II, Make Or Remake</b>	<b>43 Counties with 175 Clubs and 2,508 Members</b>
<b>Unit III, So You'd Like To Sew</b>	<b>49 Counties with 248 Clubs and 4,429 Members</b>



**4-H Clothing - Negro - 1954**

**12 different Counties with 98 Clubs and 2,309 Members**

<b>Unit I, Looking Your Best</b>	<b>2 Counties with 12 Clubs and 496 Members</b>
<b>Unit II, Make Or Remake</b>	<b>4 Counties with 14 Clubs and 638 Members</b>
<b>Unit III, So You'd Like To Sew</b>	<b>8 Counties with 75 Clubs and 1675 Members</b>

34  
72

VI. No opportunity to do this year.

VII. SPECIAL

As a member of the Program Committee on Farm and Home Development Phase of Extension Program, the specialist assisted in setting up objectives and giving specific suggestions as to approach to the job.

Assistance will be given during the next week in training of field personnel selected to put special emphasis on this phase of the program.

The specialist has developed suggestions and subject matter related to planning for Family Clothing, Relative Costs and subject matter outlines on Buying and Care of Clothing. A list of materials as reference materials is also included.

As has been shown in the case of Warwick County under Section III, when women find they can develop techniques which give a professional job, they make a tremendous contribution in cutting costs of family clothing items. This experience also helps them do better buying as they learn to judge quality in fabric and workmanship.

Interest in construction seems to be growing as there is less money available for clothing due to drought and lower prices of certain farm enterprises.

Special interest groups meet for a series of 4 to 6 meetings. For example, Basic Sewing or Beginners are trying a hand and succeeding on house dresses and children's cotton garments. Other groups with some experience do better dresses of cotton, wool, rayon or blends or other fibers.

LIST OF REFERENCE MATERIAL FOR THE FARM AND HOME DEVELOPMENT GROUP

Planning and Buying

Buying Sweaters for The Family, Home and Garden Bulletin #16  
Planning The Family Wardrobe, Mimeograph Leaflet, MC-232  
Buying Ready-To-Wear Better Dresses, Mimeograph Leaflet, MC-202  
Know Your Fabrics, Mimeograph Leaflet, MC-224  
Fabrics Today, Mimeograph Leaflet, MC-185  
Costume Slips, Mimeograph Leaflet, 25,290  
Buying and Care of Hosiery, Mimeograph Leaflet, 24,565  
Shoes - Selection and Care, Mimeograph Leaflet, MC-67  
Buying Women's Coats and Suits, Home and Garden Bulletin #31  
Cotton Shirts for Men and Boys, Farmers' Bulletin #1837  
Buying Men's Suits, Miscellaneous Publication #683  
Dresses Designed for Little Girls, USDA Leaflet #255  
Child's Self-Help Overall, USDA Leaflet #251  
Children's Clothes, Ext. Circular 483  
Leather Shoes - Selection and Care, Farmers' Bulletin #1523  
Quality Guides in Buying Women's Cloth Coats, USDA Leaflet #117  
Fabrics and Designs for Children's Clothes, Farmers' Bulletin #1778  
Women's Dresses and Slips - A Buying Guide, Farmers' Bulletin #1851  
Buying Your Home Sewing Machine, Home and Garden Bulletin #38  
Judging Fabric Quality, Farmers' Bulletin #1831

Care and Repair

Clothes Moths, USDA Leaflet #145  
Preventing and Removing Mildew - Home Methods, USDA Bulletin #A1S-72  
Silverfish, USDA Leaflet #149  
Stain Removal from Fabrics - Home Methods, Farmers' Bulletin #1474  
A B C's of Mending, Farmers' Bulletin #1925  
Fireproofing Fabrics, Farmers' Bulletin #1736  
Aids To Pressing, Ext. Circular 416  
Care of Sweaters for Year Around Wear, Ext. Circular 603  
Some Dry Cleaning Can Be Done at Home, Ext. Leaflet #14  
The Child's Wardrobe, Ext. Circular 418  
Clothes Closets for Adults, Ext. Circular 422  
Mending Men's Suits, Miscellaneous Publication #482  
Closets and Storage Spaces, Farmers' Bulletin #1865  
Sewing Machines - Cleaning and Adjusting, Farmers' Bulletin #1944

Making at Home

Pattern Alteration, Farmers' Bulletin #1968  
Fitting Dresses, Farmers' Bulletin 1964  
Making A Dress at Home, Farmers' Bulletin #1954  
Work Clothes for Women, Farmers' Bulletin #1905  
Dresses and Aprons for Work in The Home, Farmers' Bulletin #1963  
Fitting Coats and Suits, Home and Garden Bulletin #11  
Coat Making at Home, Farmers' Bulletin #1894  
How To Tailor A Woman's Suit, Home and Garden Bulletin #20  
Make-Overs from Leather, Fur, and Felt, Miscellaneous Publication #614  
Make-Overs from Coats and Suits, Miscellaneous Publication #545  
Tailor's Ham, Ext. Circular 611  
Pressing Mit, Ext. Circular 610

(OVER)

LIST OF REFERENCE MATERIAL FOR THE FASHION AND HOME DEVELOPMENT

Publications on Clothing Which Will Help Keep You Up To Date

- Put your name on their mailing lists for teaching materials, too.
- Modern Miss - Published by Simplicity Pattern Company four times a year--  
Fall, Winter, Spring and Summer
- McCalls School Stylist - Published twice a year--Spring and Fall--February  
and September
- Fashions and Fabrics - September and February
- J. C. Penny Company and Advance Patterns
- Butterick Pattern Company - Leaflets on Line, Fabric, and Construction
- Forecast and What's New In Home Economics

Addresses of Pattern Companies Who Will Send Wall Charts on

Construction and Pattern Adjustment, Some Line and Pattern Selections

- |   |   |
|---|---|
| Advance Pattern Company<br>331 East 38th Street<br>New York, New York   | Miss Sarah Letzing<br>Educational Director                          |
| J. C. Penny Company<br>330 West 34th Street<br>New York, New York   | Miss Mary Omen  |
| Coats and Clarks, Inc.<br>430 Park Avenue<br>New York 22, New York  | Miss Joan Frye  |
| Simplicity Pattern Company<br>200 Madison Avenue<br>New York, New York  | Miss Caroline Hutchins<br>Miss Ada Mae Marshall<br>4-H Club Stylist |
| Butterick Pattern Company<br>Butterick Building<br>New York 13, New York  | Miss Marjorie Corbin<br>Vice President                              |
| Vogue Pattern Service<br>8 West 40th Street<br>New York 18, New York  | Miss Margaret Fallon  |
| Mail Order Department<br>Den River Fabrics<br>Economy Fabric Shop<br>3223 14th Street, N. W.<br>Washington, D. C. |   |

Clothing Plans Are Based On:

The amount of money available - average about 9 to 11% of the spendable income.

The number in the family.

What they do - and their age (growth factor considered here).

What clothing they have.

The condition of this clothing - outgrown, worn, or out of style?

What they need.

How it will be provided - will it be bought ready-to-wear, or some of it be made by family members or a dressmaker?

When You Buy:

Plan wisely to prevent waste. Add clothing which goes with what one has already in color, texture, and design.

Choose clothing which can be interchanged for greater variety and to get more wear from it while in style or before it is outgrown.

Let every member have a fair share of the clothing money. This will be varied among members for peak growth or special activity wear.

If any money is left after needs are met, let each member have a choice of something he wants to perk up his wardrobe and spirits.

Know what you buy and how you are to care for it. Read labels!

Check Your Habits:

Is every member of the family really wearing everything he has?

Does any article need alteration or remodeling, or should it be given to another who will enjoy wearing it?

(OVER)



34  
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VPI & the USDA Coop.  
Ext. Div., Blacksburg,  
Va.

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H-202

#### WHEN TO MAKE OR BUY

Consider: The amount of time needed to make the garment.

How much skill the one who makes the garment has.

What effect sewing has on her.

Can her time be spent to better advantages on other areas of homemaking?

If sewing can be fitted into the schedule and the home-maker is not tense, some items of clothing can be made at a saving--children's dresses and coats, women's better dresses, coats and suits, for example. Blue jeans, work shirts, and knit undergarments may best be bought ready to wear.

With skill, a mother may shop during sale seasons and save a great deal in both yard goods and ready to wear.

About 1/3 to 1/2 of the cost of garments may be saved by one who sews well. Many attempts to save end in failure to complete the garment or dissatisfaction in fit, or finishing. While we are not advocating perfection, an acceptable job must be done or unhappiness, disappointment, tension, and loss of money and time result.

Study and know fabrics on the market to get your money's worth, whether you buy or make clothes for your family.

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H-203

#### FABRIC DEVELOPMENT AND SATISFACTION IN END USE

Many full-color pages in our magazines, and announcements in our newspapers, radio, and TV programs, on the so-called "miracle" fibers are based upon laboratory tests.

Man-made fibers and our natural fibers go through many processes before they can be used in clothing or house furnishings. The fiber can be affected at any step along the way.

There are 8 basic steps:

1. The fiber manufacturer or grower. These fibers may be cotton, wool, linen, silk, rayon, acetate, nylon, daeron, orlon, vicara, or others.
2. The converters twist, combine, cut and spin fibers or filaments into yarns for various effects. Blended yarns of two or more fibers are becoming very popular.
3. The weavers make the yarns into thick or thin, smooth or rough, soft or crisp, crepe or plain, stripe or check, standard or novelty fabrics. How the yarns are woven sometimes effects washability.
4. The dyer, by the type of dye and fixing agent, determines how fast the color will be to washing, dry-cleaning, sun, and perspiration. Printed designs are applied at this stage. Color is sometimes added at the liquid stage or built in as certain man-made filaments are developed.
5. Finishes vary from year to year. You are familiar with those which control shrinkage; repel moths, wrinkles, or water; the fine retardant and permanent starchless finishes. Another to give permanent washability to rayons has just been completed. Work is now being done on an anti-static finish. These processes make it possible for the natural and man-made fabrics to meet our every need.

(OVER)

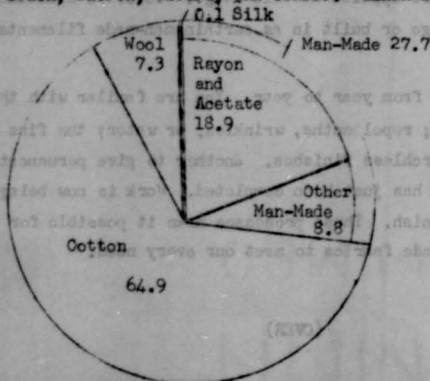
6. The designer of ready-to-wear may take fabric, otherwise easy to care for, and make it impractical to use often or care for easily.
7. The garment manufacturer affects the satisfaction in quality by the cut, width of seam, type of stitches, interfacing, trim or finish used.
8. The consumer (you and I) may misuse or fail to follow manufacturers directions for care and cause failure of an otherwise good purchase.

It is suggested that because we are interested in the new fibers and finishes to all fibers, we are apt to forget that during the pilot stage, the real performance of a new fiber or finish has to be proved by consumers. It is a relatively expensive stage.

We need to keep informed on all developments in fibers to choose that which is best suited to our needs and to the care we will give it. Sometimes this will mean a change in habits of care. Check labels for this information.

Why not keep a file on garments or fabric made from newer fibers or with newer finishes as to manufacturers suggestions for care? This can be the tag itself or facts noted from the label on the end of the bolt of yard goods.

Take a look at the utility poundage of Fiber Consumption in 1953 from Textile Organon 3/54. This will show cotton leading, as we in Virginia would expect for our needs. Of the man-made fibers, a total of 27.7%, almost 19% is rayon and acetate. Other man-made (8.8%) includes nylon largely and orlon, dacron, vicara, and others. Linen was not included in this study.



CLOTHING PRICES PAID BY FARMERS

Apparel items commonly bought by farmers (September 15, 1954 prices) averaged about 1% higher than a year ago.\*\* Shoes, woolen items, and some cottons remain high. Some man-made fibers, rayon and acetate, declined.

\*\*These prices can be used as a guide in planning the use of family clothing money.

MEN'S CLOTHING

ITEM	1952		1953	
	U.S.	Va.	U.S.	Va.
Work shirt, cotton	\$ 1.93	2.12	1.90	2.06
Gloves, canvas, per pair	\$ 37.1	40.0	36.1	40.0
Socks, cotton work, per pair	\$ 30.2	29.0	30.1	29.0
Shoes, work, per pair	\$ 6.93	6.72	6.88	6.70
Boots, rubber, knee length, per pair	\$ 6.17	6.10	6.16	6.22
Hats, felt, each	\$ 6.00	5.20	5.99	5.30
Undershirts, sleeveless, each	\$ 65.5	64.7	64.6	63.8
Shorts, per pair	\$ 77.2	77.3	76.9	78.0
Heavy winter union suits, cotton, each	\$ 2.72	2.50	2.68	2.40
Dress shoes or oxfords, per pair	\$ 8.68	8.25	8.62	8.05
Overshoes, rubber with buckle or gripper	\$ 5.33	5.10	5.32	5.20
Shirts, broadcloth	\$ 3.03	2.99	3.03	3.01
Suits, wool, 1 pair pants	\$ 42.6	43.1	42.8	42.2
Extra trousers:				
Wool	\$ 11.2	11.2	11.2	11.6
Cotton	\$ 4.06	3.90	4.00	3.90

BOY'S CLOTHING

ITEM	1947-49	March '54
	U.S. only	U.S. only
Overalls, waist - per pair	\$ 1.99	2.12
Suits - Wool, 6-12 years	\$ 14.3	16.7
Shoes or oxfords - per pair \$ size 2 1/2-6	\$ 4.53	5.38

\*Agricultural Prices, September 15, 1954

\*\*USDA Agricultural Marketing Service, Agricultural Prices, April, May, June, 1954

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WOMEN'S CLOTHING

ITEM	1947-49	1952		1953		March '54
	U.S. only	U.S.	Va.	U.S.	Va.	U.S. only
<b>Dresses:</b>						
House, percale, each	\$ 3.06	2.91	3.10	3.16	3.06	
Street, cotton, each	\$ 5.94	5.90	6.06	5.92	5.94	
Rayon, each	\$ 7.79	7.88	7.87	7.65	7.94	
Nightgowns, cotton, each	\$ 2.43	2.28	2.41	2.29	--	
Shoes or oxfords, per pair	\$ 5.51	5.10	5.41	5.08	--	
<b>Hose:</b>						
Cotton, per pair	\$ 48.7	5.36	.50	53.4	49.2	53.1
Nylon, per pair	\$ 1.40	1.20	1.15	1.17	1.15	1.13
<b>Coats:</b>						
Lightweight, full length	\$ 23.8	--	24.9	--	--	--
<b>Slip:</b>						
Rayon	\$ 2.53	2.43	2.16	2.44	2.19	2.43
Panties or briefs	\$ 70.5	65.3	.61	63.7	.61	61.7

GIRL'S CLOTHING

ITEM	1947-49	1952		1953		March '54
	U.S. only	U.S.	Va.	U.S.	Va.	U.S. only
<b>Dresses:</b>						
Cotton, size 7-14, each	\$ 2.53					3.15
<b>Coats:</b>						
Heavy, all wool	\$ 16.2					15.0
Shoes or oxfords, per pr. size 12-3	\$ 3.87					4.39

YARD GOODS

ITEM	1947-49	1952		1953		March '54
	U.S. only	U.S.	Va.	U.S.	Va.	U.S. only
Percale, per yd. 36" wide	\$ 47.3	46.8	.49	46.8	.49	45.6
Gingham, per yd.	\$ 67.3	--	--	--	--	68.2

34  
72

VPI & USDA COOP.,  
EXT. DIV.,  
BLACKSBURG, VA.

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H-205

#### SEWING ON NEWER FIBERS

New wash materials may mean cottons, rayons, acetate, wools or linens with new finishes, or it may include many of the so-called miracle fabrics or man-made fibers.

#### Why We May Need To Make Changes In Our Sewing Habits:

The fabrics which have a wrinkle repellent finish, for example, cannot be creased easily as we have made a habit of doing with cottons without the wrinkle repellent finish. Puckered seams are more often found in the newer man-made fibers than in the fabrics we are accustomed to sewing on. Threads come loose in the end of the seams, also on these fabrics or may be easily broken. This indicates that there must be some machine tension adjustment when sewing on these synthetic fibers.

First you must know the fabric or material on which you are preparing to sew--of what fiber it is made. These vary in the amount of elasticity, thickness, and weight. You will choose the stitch length, kind of thread and size of needles, based on these differences.

#### How To Do This:

Length of Stitches--Eighteen to 20 stitches per inch for sheer, closely woven fabrics. Fourteen to 16 stitches per inch is used on less sheer fabrics. Shorter stitches, using a fine needle, make seams stronger and give more beauty of stitching.

Kind of Thread--Use size "A" nylon thread or size "A" silk thread. On extra sheer fabrics, cotton thread size 100 gives satisfactory results for seams having little or no strain.

Size of Needles--Use small needles size 9 or 11. A size 9 is better for sheer closely woven fabrics. The needle must be perfectly smooth and sharp.

Winding Bobbins--The bobbin should be loosely wound when using nylon thread. There must be no tension on nylon thread when winding the bobbin. Allow the thread to lie across the top of the tension disc to produce a loosely wound bobbin.

(OVER)

Tension--When you use nylon thread both top and bottom tensions must be as loose as possible to still do satisfactory stitching. A little tighter tension is required for silk thread. Number 100 cotton thread requires a slightly tighter tension than the silk thread.

Other Suggestions:

Starting Line of Stitching--When starting a line of stitching and using nylon or silk thread, hold the ends of the top and bobbin thread straight back. These threads have a tendency to mat up at the beginning of the seam. All seams should be back-tacked or retraced to eliminate ripping.

Hold Fabric While Stitching--Stretch the fabric slightly with one hand behind the presser foot and hold back slightly with the other hand in front as the material feeds into the machine. The slightly stretched fabric springs back into place when the seam is properly pressed.

Watch the Speed--The machine should be run at moderate speed. It is difficult to keep the machine properly threaded at high speed when using nylon or silk thread.

Sewing On The Blended Fabrics

By this we mean a fabric in which natural and man-made fibers are combined; for best results:

1. Choose a pattern where the majority of seams can be stitched on the partial bias of the fabric. Less puckering of seams will result in this design.
2. Select sharp pointed pins, they go into the fabric easier.
3. Use sharp sheers.
4. Allow wide seams because of excess raveling.
5. Finish edges by edge-stitching, stitching with zig-zagger or turn under edges and stitch.
6. Use light weight zippers in sheer fabrics.
7. Work button holes in sheer fabric by machine.
8. Press with low temperature iron set on nylon or rayon, using wet press cloth over seams or a steam iron may be used satisfactorily with a thin press cloth over the seams to be pressed.

CLOTHES MOTHS AND CARPET BEETLE DO DAMAGE  
YOU CAN PREVENT THIS

Clothes moths and carpet beetles are held responsible for \$350,000,000 damage to fabrics each year. They are busy the year around in the modern heated homes of today.

The insects may get into your home by way of furniture, rugs, or clothing, especially second-hand clothing containing wool or other animal fibers. Be careful in exchanging woolen scraps for use in making rugs.

Practice good housekeeping constantly by removing dust, lint, and hair on which the insects feed. Clean especially the hard-to-get-to places.

Check storage for scraps of wool material.

Protect fabrics by keeping them clean, and using crystals, flakes, dusts, and sprays to kill insects or repel them, or make the fabrics "insect proof." Kill insects living in the structures of the home, mainly by spraying surfaces.

When you put away winter woollens, protect them by using vapors from paradichlorobenzene and naphthalene crystals, or by flakes in trunks, storage boxes, or closets.

Protect washable woollens with EQ-53. On non-washable woollens use DDT, 5% in oil solution, as a spray. Let treated woollens dry thoroughly before storage. Either of these methods is effective until the fabric is washed or dry-cleaned. Both materials should be removed from baby sweaters before they are worn.

Your dry cleaner will apply a temporary moth-resistant treatment to your woollens which do not have permanent moth-resistant finishes applied by the fabric manufacturer.

Flouride solutions are available to use on clean woollens to protect them from feeding damage, not to kill insects. Used in storage they are effective a year or more. In use, they are effective a year unless the garment is washed. They will withstand several dry-cleanings before becoming ineffective.

(OVER)

VIETNAM VETERANS  
MAY, 1971  
MEMPHIS, TN

VPI & VERA  
Ext. 314  
Blacksburg, Va.

CLOTHES MOTHS AND CARPET BEETLES DO DAMAGE

A household spray containing 5% DDT, 2% chlordane, or 1/2% lindane is good on surfaces to eliminate insects from the home. A good time to spray walls and floors is when you clean the closet. Do not use chlordane or lindane on clothing, blankets, furniture, or rugs (except along the edge of the wall-to-wall carpets), and do not use them for over-all spraying of the interior of rooms.

Cedar chests are good pest-proof containers because of their tight construction. Be sure the woolens are free of larvae when stored. The cedar oil vapor is not effective against larger larvae; it does kill small larvae. Scatter flakes or crystals between layers of articles for protection in chests that are several years old. New cedar chests should be at least 70% of 3/4" red cedar heartwood to be effective.

Dry-cleaning kills all stages of clothes moths and carpet beetles, but does not give protection against reinfestation.

Use household sprayers that produce a continuous coarse mist. Aerosols form a fine mist that floats in the air for a while. In a closet they kill flying clothes moths, and also larvae on clothes that are exposed to the mist. They do not give lasting protection. Few aerosols are strong enough to control carpet beetles.

Most insecticides are poisonous to people and animals. Keep them out of reach of children and animals. Do not breathe too much of the spray mist or dust. Wash off immediately any spilled on the skin. Change your clothes if you spill insecticide on them.

Tobacco and newspaper ink is no protection against moths. Camphor, used before 1920, has been replaced by the more effective methods--paradichlorobenzene, surface and residual sprays--discussed above.

Details are available in Home and Garden Bulletin #24. "Clothes Moths And Carpet Beetles--How To Combat Them." Ask your county agent, or write the VPI Agricultural Extension Service, Blacksburg, for a copy.

34  
72

Big savings come with those doing tailoring. Tailoring training continues to be used.

Frederick County asked the specialist to train 12 Home Demonstration leaders 8 years ago. About 3 years ago the present agent received joint agent training on Tailoring by specialist

Each year some good tailoring has been done. Last year three groups with 19 members met 4 days each and tailored garments. They passed on help to 94 others and tailored 65 garments for family and friends. This year leaders continued to work with others in groups or as individuals and report 87 garments completed and techniques and help passed on to 110 others.

In Wythe County, a group of 9 trained by the specialist this year, made 6 suits and 3 coats. Already two members of the group have made 17 suits and 5 coats. A total of 54 garments were reported by this group since April training meeting. Some of this group are increasing family income through home sewing and tailoring.

In Warwick County, 62 children's and 55 adult coats were added this year by tailoring group.

The method of training Extension Agents to teach groups to tailor is much better than for the specialist to train leaders. Meetings can be scheduled at the convenience of the group, women can work at their accustomed speed, extra meetings can be held for slower members of group, and agent has the confidence of the group and agent remains in county as resource person.

Organization of follow-up groups by leaders becomes the agent's job and cooperative plans are worked out with leaders and agent as to who will be responsible for what portion of training.

The experience again this year in Wythe helps to prove the soundness of the method. In 1955 the specialist will use her time with a group of 13 agents who have not had the training.- Newer members of the staff and some who want a refresher course.

In Goochland each year the program is planned so that the agent can work with special interest groups on construction in which leaders take club programs in February and March. Three tailoring groups were formed this year. Some beginners learned to tailor a blouse or skirt, others a dress and the advanced group coats, and suits. 43 women made 57 garments. They learned to appreciate the many fine details of tailoring and the value of accuracy, the type of equipment needed for a professional job. The 43 women reported helping 252 other homemakers with sewing problems this year. They made 339 garments and 249 household articles including draperies and slip covers.

VIRGINIA AGRICULTURAL EXTENSION SERVICE

CLOTHING PLAN OF WORK

for

Calendar Year 1954

Major phases of project  
or subdivisions of  
project covered \_\_\_\_\_

Name of Worker\*

Percentage of time  
devoted to entire  
project by each worker

Clothing -

Adult and 4-H

Iva Byrd Johnson

100%

Date submitted: Dec. 18 .1953

Signed: Iva Byrd Johnson  
Project Leader

Date approved: MAR 9 1954 .1954

Signed: W. H. Doughty  
Acting State Director of Extension

Date approved: MAY 14 1954 .1954

Signed: C. W. Ferguson  
Director of Extension Work  
U. S. Department of Agriculture

\*If phases of project are divided between two or more workers, indicate assignment to each.

I N D E X

THE SITUATION	1-4
MAJOR PROBLEMS	5-9
MAPS	9 a
NUMERICAL GOALS	10-12
METHODS OF PROCEDURE	13-14
MATERIALS TO BE PREPARED	14-16
CALENDAR OF WORK	17-25
Pivot Schedule	25 a

PLAN OF WORK - 1953--'54

THE SITUATION

The net income realized by farm operators in 1954 is likely to be close to 1953 we are told by economists. Little change in farm prices or income is expected. Business and industry seems to be going through what they call a "rolling-adjustment." The time has come for "selling consumers." According to a Michigan University Research Survey, "consumers are willing but retailers must woo them."

Careful planning, intelligent buying and sales resistance will be needed by customers in 1954.

Prices of clothing bought by farm families are continuing to rise--they are up 2% in the last month. Services such as dry cleaning and laundry will take a larger amount of cash.

Consumers will find no shortages of fabrics for family clothing. There will be new finishes and blends which will need adjustments in laundry practices to get value in service.

Virginia farm families may come up with less cash for clothing. If some members of the family can avail themselves of the opportunity for off farm work in expanding and new industries coming to Virginia, there may be more cash available for family living.

Manufacturing expansions expected to boost State's payroll by \$20,000,000 was announced by Chris H. Whiteman of the Virginia State Chamber of Commerce on November 29, 1953, with the employment of 5,000 persons annually. A total of more than \$100 million is expected. Practically all new units are to be out of metropolitan areas and located in various parts of the state. Many types of products are included, oil synthetics, electrical equipment and clothing.

The industries are backed by solid firms of long standing reputations such as, General Electric, Westinghouse, Industrial Rayon, Allied Chemical and Dye, Levi Strauss and Pan American Oil.

Women and men will be employed, the payrolls should help farmers income from products and supplement this by some family member doing off farm work.

Figures by the Department of Commerce interested the specialist and seemed to point up a need for further emphasis on men's and boy's clothing as a part of family planning. These figures show that approximately 7% of the consumers dollar goes to apparel. Of this 7%, the American family spends on apparel, 4% goes to women's wear and 2% to men's wear. Whether these figures include girls with women and boys with men I do not know.

Another fact brought out by the Department of Commerce is important, namely when compared with 20 years ago both women's and men's wear was getting twice as much of the consumers spendable dollar as it is today. Perhaps this is due

to better clothing, better buying or better care. The change to more casual wear that is less expensive may be a factor. For example, the sport coat and two pairs of slacks replaces two suits. Blue jeans are replacing slacks, dresses and slips for the teen-agers and some young men and women.

The specialist will need to continue to try to help the consumer to keep perspective--the newer fibers are interesting to follow as they are developed into various fabrics, but none are miracles, they are high and still in the experimental stage. Their relationship to the total fabric production is very small. More important to the majority are the new finishes and blends. There seems to be a trend away from fabrics of all one never man made fiber to blends which many consider their chief destiny. It has been predicted by representatives of the wool industry that by 1963 most suiting will be of blends.

Certainly all will be interested in and affected by the newer finishes to cottons, wools and rayons. From November, 1953 Textile Organ we interpret, I hope correctly, the following percentages of the total yardage woven, bleached, dyed or printed, and finished by types. The end use for women's and girl's dresses and underwear, men's and boy's shirts and underwear, suiting, slacking and work clothing as follows -

Cotton	76.6%	Nylon	3.2%
Rayon and Acetate	19.5%	Silk	.4%
		All other man-made	.3%

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Of this group, in actual use by the majority of our Virginia families, we will find cotton, rayon and acetate, some wool, nylon, silk, linen and a small amount of newer man made fibers used mainly in blends.

Help Needed

Research on -

1. Virginia farm family clothing needs
2. How Virginia families spend clothing money
3. What help is wanted on family clothing

Assistance for the state Specialist in clothing

MAJOR PROBLEMS

A few chips are falling from the proverbial log. Some county programs for 1954 show progress, topics are included which can well be of interest to the total membership. Some carry a sequence and others a series of meetings on a given topic. Much more of an educational nature can be accomplished. There is a long way to go yet. Regardless of the amount of money available for clothing the family, careful planning of wardrobes and wise buying are the keys to success in meeting family clothing needs. Buying without a plan or on the spur of the moment can cause trouble.

Sampling or taking one or two forty minutes of study to a topic needing five or six meetings is a weakness still showing up in programs. So often a smattering results in loss of interest or the feeling of we "have had that," when the surface has only been scratched. Very little that is basic on certain segments can be achieved in this manner. It reflects too on our Virginia Agricultural Extension educational programs.

Much interest in learning fabrics and how to buy and care for them is indicated by 34 counties including Buying of Fabrics in 1953 programs - in 524 clubs. In 1953, 24 counties with 239 clubs studied How To Buy Yard Goods. In each case we will apply the teaching to whether you buy ready-to-wear or yard goods, so that all members of the group will be interested.

Few of us, today, are able to distinguish one fiber from another when woven

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and finished or made into a blend. Study by these will be supplemented and followed up by news, radio and other items on how some of the difficulties or limitations are being overcome. Progress by chemists, for example, on eliminating static electricity will be followed with interest. It is fascinating to follow chemists in search of such finishes and in development of other uses and blends of fibers into new fabrics.

The relative cost, changes necessary in habits and care and the adaptability of these newer textiles and finishes to individual needs must be kept in the minds of consumers.

There is evidence showing up in county programs which may indicate that new members, young mothers and perhaps some of the former members are ready to begin developing techniques in making some of the family clothing. It can be valuable use of time, for with skill, time and interest, one can produce garments of good quality, fit and design with considerably less money invested or more clothing can be obtained for the same amount of money.

Analysis of the programs show the following meetings related to construction scheduled:

- 16 counties on Beginners Sewing
- 16 counties on Use of Patterns
- 13 counties will do children's clothing

8 the House Dress

13 are including the Better Dress and

20 Finishes

Tailoring is included in 14 county programs.

Remodeling clothes in 8 counties and

Restyling Hats in 15 counties.

Care and Repair of Clothing in 12 counties are other means of extending the use of clothing and money available for family clothes.

Other items included are: Buying of Coats and Suits in 5 counties; Wardrobe Planning in 7 counties; the Study of Line and Design in 15 counties; Clothing Alteration in 2 counties; the Well Fitted Garment in 3 counties and the Buying and Use of Accessories in 8 counties are applied by those buy or make. If the line is right, perhaps the addition of a current fashion trend in an accessory is all that is needed to bring one's outfit up-to-date. The Buying of Foundation Garments, in Franklin Plan. Grooming is important to one's families' appearance and to the length of service one gets from clothing. 14 counties have scheduled phases of good grooming.

A total of 89 different counties with 1654 clubs and 44,307 members in Home Demonstration work are including Clothing in their 1954 programs. Of this total 87 counties with 1,313 clubs and 33,079 members are white and 22 counties with 314 clubs and 6,228 members are Negro.

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4-H Enrollment To Date

8 counties have no 4-H programs in the state office yet. Some of these are, or have been without Home Agents and programs delayed. They are all white--Caroline, King William, Washington (Inc.), Lancaster, Brunswick, Arlington, Grayson and Scott.

A total of 12,324 members from 710 clubs in 90 different counties are enrolled in Clothing Projects.

Of these 74 counties with 612 clubs and 10,487 members are white and

12 counties with 98 clubs and 1,837 members are Negro.

By Projects and Race the Enrollment is:

	Locking Your Best		
	Counties	Clubs	Members
White	42	196	3,768
Negro	<u>2</u>	<u>12</u>	<u>248</u>
Total	44	208	4,016

	Make or Remake		
	Counties	Clubs	Members
White	43	175	2,508
Negro	<u>4</u>	<u>14</u>	<u>183</u>
Total	47	189	2,691

So You'd Like To Sew

	Counties	Clubs	Members
White	43	241	4,216
Negro	<u>8</u>	<u>75</u>	<u>1,450</u>
Total	51	316	5,666

Maps Showing Distribution of Clothing Topics Over the State

The amount of clothing being done, however, is not indicated. For example, in the Southeastern district there are 16 counties scheduling a total of 100 meetings and Southwestern district with 16 counties with a total of 49 meetings scheduled. The Eastern district with 15 counties has 73 meetings and Central district with 13 counties planned 86 meetings. Northern district has 22 counties scheduling 144 meetings on clothing and the Negro programs have 118 meetings in 27 counties on Clothing Topics.







4-H Clothing - White - 1954

74 different Counties with 612 Clubs and 10,437 Members

Unit I, Looking Your Best 42 Counties with 196 Clubs and 3,763 Members

Unit II, Make or Remake 43 Counties with 175 Clubs and 2,508 Members

Unit III, So You'd Like To Sew 43 Counties with 241 Clubs and 4,216 Members

Programs Out

Lancaster  
Caroline  
King William  
Remover  
Arlington

Washington (Inc)



NUMERICAL GOALS

Apparently from District Agents requests most of the Specialist's time in the field will be spent on Leader or Agent Training.

1954 Request for Clothing Specialist by District Agent

	Leader Training		Agent Training		Send Material	
	Adult	4-H	Adult	4-H	Adult	4-H
Southeastern	18	1	6	0	5	2
Southwestern	4	2	9	0	8	0
Northern	29	3	9	0	6	0
Eastern	9	2	4	0	16	0
Central	17	0	2	3	4	0
Harrison and Hewlett (Negro)	9	0	9	0	4	0
	—	—	—	—	—	—
Total	86	8	39	3	39	2

There are many more for whom material must be prepared and sent than shown above. From an analysis of the programs by the specialist, for example, 4-H Clothing Projects are scheduled in 80 different counties. Some of these counties have more than one clothing project scheduled. District Agents requests were for only 3 Leader Training, 3 Agent Training and 2 material sent.

It seems to the Clothing Specialist much more help is needed and should be given the 4-H Program.

The adult programs have clothing scheduled in 89 different counties.  
Request for help from District Agents on this program are 86 Leader Training,  
39 Agent Training and 39 to be sent material.

There are approximately twice as many 4-H members as adult members enrolled  
in clothing.

The Specialist would like to give:

Leader Training to -

Adult 70

4-H 11 2 in each white district  
1 in the Negro district

Agent Training -

Adult 42 in 7 groups

4-H 60 in 10 groups 2 days each

Special leader and agent training on Judging Fairs 6 field days

Observe one Home Demonstration Club meeting (a leader in action, if possible.)

Observe one 4-H Club meeting.

Observe one District Federation meeting.

Attend one Achievement Day on adult

Attend one Achievement Day on 4-H

Attend one County Program Planning meeting adult

Attend one County Program Planning meeting 4-H

Plan to go back to three counties to see what was done and try to help analyze procedure (good and weak points) Make contacts with Retail merchants in three key shopping areas and gain cooperation for method in teaching groups.

Materials for demonstration and Visual Aids will be developed so far as possible on topics included in '53 programs and outlines for agents and leaders will be supplied.

Other objectives -

- 4 News Letters prepared
- 2 Style Trends - Spring and Fall
- 6 Radio
- 2 TV
- 10 News Articles
- 3 Summer Groups - prepared for and committee work, 4-H Short Course,  
Institute of Rural Affairs and Annual Extension Conference.
- 1 In-Service Group - Committee Work February
- 1 Series of 4 meetings - a week in field in March on Fair Judging, Agent  
and Leader Training.

34  
72

METHODS OF PROCEDURE

With one specialist on such a full program it will be necessary to depend upon contacts with agents through news releases, Clothing News Letters, Fashion Trends, Radio recordings and outlines for subject matter.

Group training of agents will need to be done.

A larger percentage of the Specialist's time apparently will be given to Leader Training. There is a question here in my mind as to the effectiveness of this in relation to Agent Training of leaders. An attempt was made to get figures on this late in 1953. It is our hope that more accurate ones which can be used for evaluation will be available in 1954.

The specialist has purchased a camera with the hope of getting some slides on some of the various methods used and on results of some of the programs.

Help on cleaning and adjusting sewing machines and the use of machine attachments have been requested, on the latter commercial help has been obtained for 1954.

A cooperative approach is now under way for meeting the request for joint leader training and agent training on judging exhibits and at fairs.

Some of these standards should carry over for judging of Extension Clothing Projects. Others will necessarily be on articles in fair catalogues only.

Materials prepared for News and Radio as well as that for program development leaders and Home and District Agents will be pointed to situation and

34  
72

outlook and trends in clothing. Any studies which may interest those who lead to consider the possibilities of certain topics for the good of all members, will be channelled to them.

Personal contact with agents and leaders is used to get ideas as well as to give ideas. This is one of the surest ways to keep ones feet on the ground.

The pivot plan for specialist will be continued, with adjustments, for 1954. This year the Negroes are given a block - one month in which each specialist will be available during the year. Certainly with 27 counties scheduling clothing topics or sequences it is highly desirable to have this time for work with Negro Agents. Formerly the white District Agent in whose district the Negro Agent scheduling clothing had to make adjustments in the time scheduled for her district.

With this system though, there are limitations. Seldom is a specialist able to give to the district with the heaviest clothing programs any more time than to the district having much less clothing scheduled. It is our hope that this will not continue to be the policy.

#### MATERIAL TO BE PREPARED

Approximately 7,000 copies on 18 topics for Home Demonstration Leaders and Home Agents will be needed on the 1954 programs.

The 4-H Program will need amounts as follows:

Looking Your Best more than 4000 copies  
Make or Remake approximately 3000 copies and  
So You'd Like To Sew almost 6000 copies

34  
72

During 1953 the unit So You'd Like To Sew was revised and gotten back on multilith, during 1954 it is our hope to do the same to the unit Looking Your Best and in another year following, the unit Make or Remake.

The above materials will be sent to agents for leader training by agent or specialist.

Other preparation planned -

4 quarterly News Letters

2 Style Trends

6 Radio

2 TV

10 News Articles

3 Summer groups - 4-H Short Course, Institute of Rural Affairs and  
Annual Extension Workers Conference

1 In-Service Group - Judging Fairs for Agent and Leader Training

By Topics Home Demonstration Material -

Number Counties	Topic	Number Copies Needed
7	Wardrobe Planning	460
15	Line and Design	450
3	The Well Fitted Garment	110
2	Clothing Alteration	50
16	Beginner's Sewing	575

Number	Counties	Topic	Number Copies Needed
16		Pattern Use	500
13		Children's Clothing	400
6		House Dress	250
13		Better Dress	200
20		Finishes	525
34		Buying Fabrics	700
4		Home Made Gifts	250
14		Tailoring	500
15		Restyling Hats	475
8		Remodeling Clothes	200
8		Accessories	160
5		Buying of Suits and Coats	120
1		Buying Foundation Garments	50
14		Grooming	525
12		Care and Repair	500

Arrange for -

7 Sewing Machine Attachments

8 Sewing Machine Cleaning and Repair

CALENDAR OF WORK

December -- Annual Report

Plan of Work

Prepare for Agent Training in Group at Tazewell

Bland, Tazewell, Scott and Buchanan on Better Dress

Send material to Washington, Buchanan, Bland, Tazewell, Scott,  
Giles, Dickenson, Floyd and Mecklenburg.

Prepare for January 2 weeks field trip

Establish February dates and check material for each

Plan with Secretary work to be done

2 Committee meetings on Fair

Conference with Ballard, Pictorial Report to Complete

January --

Work with Negro Agents

Nottoway and Charlotte - joint training, Home Demonstration

Henrico - Leader Training, Home Demonstration

King and Queen - Leader Training with King William Agent  
attending

Hanover - A.M. Leader Training Home Demonstration, P.M. Agent

Training with Dinwiddie Sussex, Henrico, King William

King and Queen and Hanover

Lancaster - Agent Training, Home Demonstration  
Brunswick - Leader Training, Home Demonstration  
Dinwiddie - Leader Training, Home Demonstration  
Sussex - Leader Training, Home Demonstration  
Halifax - Leader Training, Home Demonstration  
Henry - Leader Training, Home Demonstration  
Enroute  
Extension Staff - Home Economics Staff Meetings  
Committee and office work

February --

Field Work

Lunenburg - Leader Training, Home Demonstration  
Surry - Leader Training, Home Demonstration  
Isle of Wight - Leader Training A.M., Agent Training P.M., Home  
Demonstration  
Prince George - Leader Training, Home Demonstration, Conference  
with agent after Home Demonstration  
Sussex - Agent Training, Home Demonstration  
Princess Anne - Leader Training, Home Demonstration A.M., Agent  
Training P.M. Home Demonstration  
Norfolk - Leader Training, Home Demonstration

Greensville - Leader Training, Home Demonstration  
Dinwiddie - Leader Training, Home Demonstration  
Powhatan - Leader Training, Home Demonstration A.M.  
Agent Training, Home Demonstration P.M.

Staff Conferences

Committee work for In-Service Training group - Recreational  
Preparation for March field trip

Also: April as one week in March of office time to be given to  
Fair Judging Training.

March-- Answer requests for March as follows in the best combinations  
possible, as too many for time to be given

Botetourt - Leader Training, Home Demonstration

Alleghany - Leader Training, Home Demonstration

Roanoke - Leader Training, Home Demonstration

Nelson - Leader Training, Home Demonstration

Campbell - Leader Training, Home Demonstration

Cumberland - Leader Training, Home Demonstration

Fluvanna - Leader Training, Home Demonstration

Fluvanna - Agent Training, Home Demonstration - May not be able  
to do )

Pittsylvania - Agent Training, Home Demonstration - May not be  
able to do ) Tailoring

Buckingham - Leader Training, Home Demonstration  
Pittsylvania - Leader Training, Home Demonstration  
Bedford - Leader Training, Home Demonstration - believe agent can do  
Coochland - Agent Training, 4-H  
Appomattox - Agent Training, 4-H  
Cumberland - Agent Training, 4-H  
Staff Conferences  
One week to field on Fair Judging Training  
State Home Economics Association Meeting

April --

Field Requests

Montgomery - Leader Training,  $\frac{1}{2}$  Home Demonstration,  $\frac{1}{2}$  Agent Training 4-H  
Russell - Agent Training, Home Demonstration  
Pulaski - Leader Training, Home Demonstration  
Wythe - Leader Training, 2 days on Tailoring, Home Demonstration  
Floyd - Leader Training, Home Demonstration  $\frac{1}{2}$  day, 4-H  $\frac{1}{2}$  day  
Sayth - Agent Training, Home Demonstration  
Dickenson - Leader Training, Home Demonstration  
Dickenson - Agent Training, Home Demonstration  
Send Material to Pulaski, Floyd, Giles, Washington, Buchanan, Bland,  
Tazewell, Scott, Dickenson, in December  
Staff Conferences  
Get some office work done and my breath after March schedule

34  
72

Prepare for May and June field trips

4-H Club preliminary plans

May—

Field Requests

Albemarle - Agent Training, Home Demonstration

Augusta - Agent Training - Home Demonstration - Send material agent  
ready

Culpeper - Leader Training, Home Demonstration

Fairfax - Leader Training, Home Demonstration

Fauquier - Agent Training, Home Demonstration

Frederick - Leader Training, 4-H (2 units )

Greene - Leader Training, Home Demonstration

Louisa - Leader Training, Home Demonstration

Madison - Leader Training, Home Demonstration

Orange - Leader Training, Home Demonstration

Prince William - Leader Training, Home Demonstration

Rockbridge - Agent Training, Home Demonstration

Rockbridge - Leader Training, 4-H

Rockingham Special Interest (will get local person)

Home Demonstration District Federal meeting - attend one

54  
72  
June --

Field Requests

Accomac - Leader Training, Home Demonstration

Essex - Leader Training, Home Demonstration

Hanover - Leader Training, Home Demonstration

Henrico - Leader Training, Home Demonstration and 4-H - Agent should  
give Home Demonstration and give full day to 4-H

Northampton - Leader Training, Home Demonstration

Spotsylvania - Leader Training, Home Demonstration (if Judging Training done in March should not be needed)

Westmoreland - 4-H Leader Training

Caroline - Leader Training, Home Demonstration

James City - Leader Training, Home Demonstration

King William - Leader Training, Home Demonstration

Hampton & York - Agent Training, Home Demonstration

Written material to go to Hampton & York, Lancaster, Charles City,  
and New Kent

4-H Short Course one week

Preparation in advance of this week

July -- Office to prepare materials for Summer and into Fall

Office to prepare for Institute of Rural Affairs

Office to prepare for Annual Agents Conference

Preliminary plans for August, September and October field requests so as to miss conflicts with camps, achievement, Program Planning meetings and fairs.

One week to Institute of Rural Affairs

Some Vacation

August --

Field Requests

Amelia - Leader Training, Home Demonstration

Brunswick - Leader Training, Home Demonstration

Chesterfield - Leader Training, Home Demonstration

Princess Anne - Leader Training, Home Demonstration

Try for some work on 4-H this month

Also Program Planning meeting for 4-H

Perhaps at least the new Agents in District on 4-H in group training meetings. Camps and vacation plans may forbid.

A week to Extension Conference

September --

Field Requests

Henry - Leader Training, Home Demonstration

Franklin - Leader Training, Home Demonstration

Roanoke - Leader Training, Home Demonstration  
Prince Edward - Leader Training, Home Demonstration  
Amherst - Leader Training, Home Demonstration  
Appomattox - Leader Training, Home Demonstration  
Halifax - Leader Training, Home Demonstration  
Why not try for Home Demonstration Program Planning meeting and  
group training of certain agents on 4-H?  
Agriculture Extension District Conference - Home Economics Staff  
Office - general and begin plans for analysis of Program Calendars,  
Home Demonstration and 4-H

October --

Field Request

Before October if possible

Wythe - Agent Training, Home Demonstration  
Bland - Material to agent, Home Demonstration  
Carroll - Agent Training, Home Demonstration  
Washington - Material to agent before August  
Patrick - Material to agent before August  
Why not do 4-H Training especially with new agents in District?  
Perhaps get some of Northern Virginia requests?  
Complete Home Demonstration Program Analysis - for Home Economics  
Staff Meeting

34  
72

November --

Field Request

Do requests on new Programs for 1955 - not in until October 15  
or there about

Pivot Plan For Home Economics Specialists

1953-54

District	November	December	January	February	March	April	May	June	July	August	September	October
Southwest	Alverson		Cameron Peery	Jamison	Thompson	Johnson	Alverson	Peery Cameron			Thompson	Johnson
Central	Cameron Peery		Jamison	Thompson	Johnson	Alverson	Cameron	Jamison		Thompson	Johnson	Alverson
Southeast	Jamison		Thompson	Johnson	Alverson	Cameron Peery	Jamison	Thompson		Johnson	Alverson	Peery
Eastern	Thompson			Alverson	Cameron Peery	Jamison	Thompson	Johnson	Alverson		Cameron Peery	Jamison
Northern	Johnson		Alverson	Cameron Peery	Jamison	Thompson	Johnson		Cameron Peery		Jamison	Thompson
Negro		Thompson	Johnson				Peery	Alverson	Jamison			Cameron