

# Wool Garments



*4-H Member's Clothing Construction Project*

*Extension Division Virginia Polytechnic Institute  
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### To the Parent and Leader:

“Wool Garments” is the project guide 4-H members will use to continue their learning experiences in clothing construction. For the first time, the 4-H members will be working with wool fabric. Their enthusiasm will be high as they learn new techniques to use in working with wool. You can contribute to the member’s learning experiences and enthusiasm by providing encouragement and assistance wherever necessary.

A 4-H parent needs to know what is being done by the member. You could attend a project and regular 4-H meeting to see how you can help the 4-H’er by providing materials for project work, by assisting with plans for demonstrations or illustrated talks, and by encouraging her to keep up-to-date project records. Encourage your 4-H’er to participate in all activities and events associated with this project and the total 4-H program.

The Extension Clothing Specialists

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To the 4-H Member:

You are progressing in your knowledge and skills of clothing construction and are about to begin an exciting experience in the 4-H clothing project. You will be working with wool for the first time! As you proceed with this 4-H project, "Wool Garments", you will discover that wool fabric has certain properties which make it easy to work with, but which at the same time make it necessary to take certain precautions in handling the fabric in order to achieve good results.

In addition to learning how to handle and press wools, you will gain experience with some new construction techniques such as attaching linings, making tailored buttonholes, applying a zipper by hand, and making the garment of muslin to check fit of your pattern before cutting the wool. You will use these new techniques in working on your wool garments. As you complete your garments you should apply all you have learned up to this point, in addition to the new skills you will learn in "Wool Garments." You might like to make an exhibit showing a new skill you have learned for a county fair or another special event.

In order to profit from this project you will follow the specific requirements for completion listed under "Minimum Project Requirements." You should do more than the minimum requirements to finish the project successfully. You and your 4-H leader can decide the pace at which you will proceed so that you can learn the most and do your best work. When you have mastered the skills in this project, you are ready to move to the next level--"Tailored Garments."

You will be given the opportunity to share with others what you have learned by presenting a demonstration or illustrated talk to a group, such as a 4-H or Home Demonstration Club meeting, an achievement day, a Parent-Teachers Association meeting, a parents' night program, etc. The construction techniques which you will learn in this project are all suitable topics for these presentations. Your 4-H project leader or Extension Agent may be able to offer ideas of ways you may organize and present your demonstration or talk most effectively. You will want to refer to Circular 1043 "4-H Demonstrations and Illustrated Talks for Senior 4-H Members."

Good luck to you in this project and as you continue to become involved in all 4-H activities and events!

The Extension Clothing Specialists

# Wool Garments

## 4-H Clothing Construction Project

### Minimum Project Requirements

You will do much practicing and will have many experiences in working with wool fabrics by the time you finish this 4-H clothing construction project. Therefore, the following requirements are only minimum ones you should do to complete the project successfully.

1. Make at least one outfit of wool.

Some of the wool garments you can construct include:

skirts	skirt and weskit
jumpers	dresses - one or two-piece
shifts	jacket dresses

2. Give at least 2 demonstrations or illustrated talks to your club or another group.
3. Model and present your outfit before a group such as 4-H Club Dress Revue, achievement program, home demonstration club meeting or parents' night program.
4. Judge and score outfits of other 4-H members and yourself.
5. Obtain and use proper pressing equipment for woolens.
6. Share with others what you have learned by serving as a junior 4-H clothing leader.
7. Keep accurate and up-to-date records of your activities and progress in this project.

# Wool Garments

*Prepared by  
Barbara W. Laughlin  
Extension Specialist, Clothing and Textiles*

## Wool Qualities

Wool is a most enjoyable fabric with which to work. You will experience a sense of satisfaction as you sew on wool fabric and learn to manipulate the garment pieces carefully to create a successfully finished product.

Wool fibers can be woven or knitted into many different weights, types, and textures of fabrics which are suitable for costumes for a variety of occasions. Wool is porous and allows air to pass through the garment. Therefore, a wool garment is comfortable to wear in the summer as well as in the winter. The insulative qualities of wool make it a comfortable fabric to wear for all seasons.

Wool is elastic and after stretching usually will return to its normal length. If a wrinkled garment is allowed to hang between wearings the resiliency of the wool fiber will result in the garment's returning to its original shape. Wool can be shaped and molded into a desired form through the use of steam. Since wool can be shrunk and stretched, it is extremely important that special precautions be observed in handling the fabric. Preparing wool for sewing and pressing the garment during construction are 2 stages where you must remember the properties of wool.

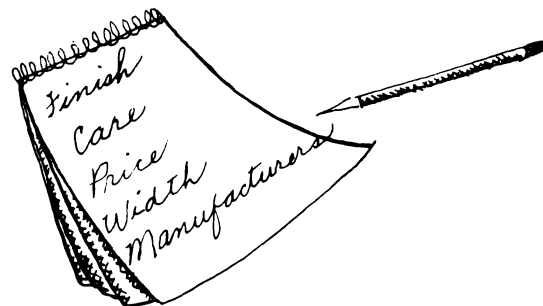
## Buying Fabrics and Notions

You will want to consider the weight, texture, color, and design of the fabric in order to coordinate pattern and fabric. Since wool is available in many different weights and weaves you can select a pattern which will do the most for your fabric. Consider

your personal coloring and figure to select fabric and a pattern for your garment.

As you work with wool for the first time you will want to choose a simple pattern with few seams and details. Your second wool garment can be more complex as you gain skill in handling the fabric.

When you purchase the pattern for the garment you are going to construct, remember what you already have learned in your past experiences. Read the pattern envelope carefully for the amount and suggested types of fabric to use. If the pattern is not suitable for certain fabrics, it will be indicated on the envelope. Be sure to check the width of the wool fabric and buy your fabric accordingly. Record any information you find on the end of the bolt concerning finishes, care to give fabric, price, and manufacturer.



You are now ready to buy additional supplies. Plan a trip to a fabric department or store to see the different types of threads, linings, and interfacings which are available. Remember that a nice looking garment depends on a wise selection of all sewing supplies, not just the wool fabric and pattern.

## **Threads**

Try sewing on wool fabrics with a silk thread. Although silk is fine, it is strong and has the elastic properties of wool since it is also a protein fiber. Silk thread is especially good for hand sewing, since stitches will not be so obvious. A synthetic thread with elastic qualities and heat resistance is a good choice when working with wool knits.

## **Linings**

A wool garment should be lined to prevent sagging and stretching of the wool and to give a nice finish. You can select a lining fabric from a variety of products on the market such as china silk, rayon or silk crepe, rayon tafetta, or some of the newer rayon blends especially designed for linings. Rayon sheath lining is not so durable and seams have a tendency to fray and ravel more than in some of the other lining fabrics. Refer to the publication which the Extension Agent, Home Economics or adult 4-H project leader has to select a method to use in lining your wool garment.

## **Interfacing**

Your garment may need additional support and strength in certain areas. Choose an appropriate interfacing to give this support and shape to the garment where necessary. Refer to the publication on interfacings which your Extension Agent, Home Economics, or adult 4-H leader has to select type and amount of interfacing to buy.

Hint: to save unnecessary trips to the store, buy all the notions you will need at one time, including thread and closures.

## **Preparing the Fabric for Sewing**

Most wools on the market today have claims of shrink resistance, but there are some wool fabrics that do not possess this feature and have had no treatment to prevent the wool from shrinking in the finished garment. Although the wool fabric may have been treated to resist shrinkage, it is still a good practice to pre-shrink your fabric before beginning construction.

To prepare the wool for cutting you will first straighten the ends of the fabric, fold fabric lengthwise and baste ends together.

Then you can pre-shrink the fabric by using the "London-Shrunk" method to prepare wools for sewing. Your adult 4-H leader can help you with this "London-Shrunk" method.

## **Checking the Fit of Your Wool Garment**

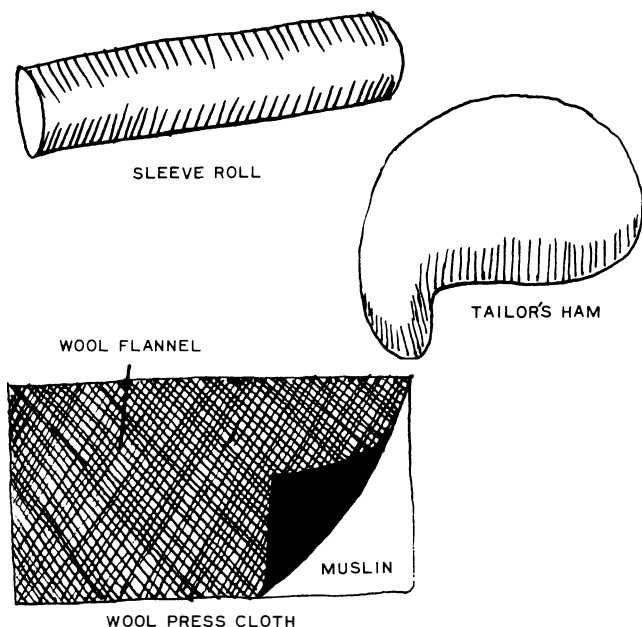
As you work with wool you will need to be sure that the pattern fits correctly so that no alterations will be necessary in the finished product. Ripping and restitching seams and details are not good techniques to use in working with wool. Review the points of fit before you begin.

You have learned how to alter a basic pattern so that it will fit. You can double-check the pattern before you cut the fabric by making a test garment. To do this, use unbleached muslin or any other inexpensive fabric. Make the muslin with any changes that you normally need in that size and brand of pattern. Try on and check the test garment for fit so that any necessary change can be made in the pattern before cutting the wool.

In addition to helping you fit a garment properly the test garment also is an aid in sewing. By putting the pattern pieces together once, you will know how to put them together more easily in the actual garment. The muslin test also will reveal how the final garment will look. Perhaps the lines are not as pleasing on you as they appeared on the pattern envelope. Now is the time to select another pattern before you cut the wool fabric.

## **Pressing Wool With Special Care**

The joy of working with wool is that you can do much shaping and molding of the fabric at the ironing board. In order to press wool you need the proper equipment. If you do not already have a wool press cloth, tailor's ham, and sleeve roll, you will want to obtain these. You can follow the instructions for making them yourself or you can buy them at many department and/or fabric stores. Instructions for making these pressing supplies are available from your Extension Agent, Home Economics or your adult 4-H project leader.



To press wool, treat it with care. Press with steam, using a wool press cloth, and practice shaping the garment pieces over a tailor's ham. Much of your shaping can be done by finger pressing to manipulate the warm fabric into the desired position. Allow the garment to cool and dry thoroughly before moving. Always use an up and down motion with the iron. You will find that very little pressure is actually needed to give the soft, rounded look you desire. You do not want to ruin the nap of the wool and the beauty of the design and the fabric by having a harsh, flat product.

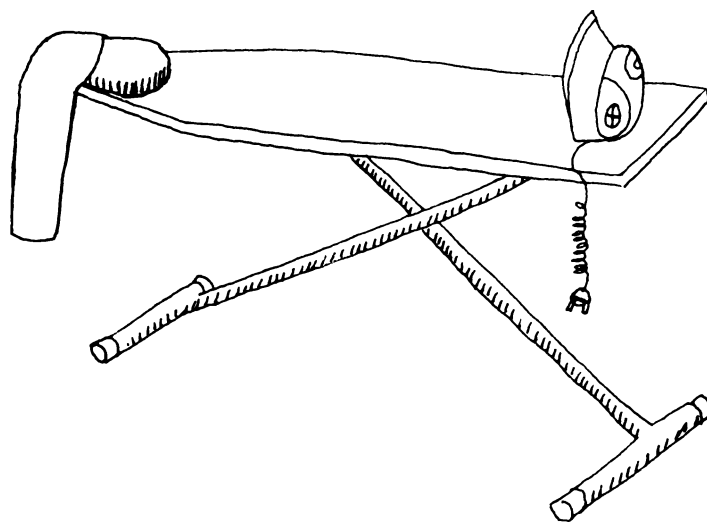
A good job of pressing will involve time and requires patience. Do not expect to rush the pressing of your wool garment. You must press well as you go along. Before putting in the lining be sure to give the garment a final pressing. In order to have the professional-looking garment you desire you will find that as much of your time is spent at the ironing board as is spent at the machine.

## Learning New Sewing Techniques

As you work with wool you will learn new sewing techniques. Many of these techniques are similar to those you already have learned, but there may be some variations.

## Sleeves

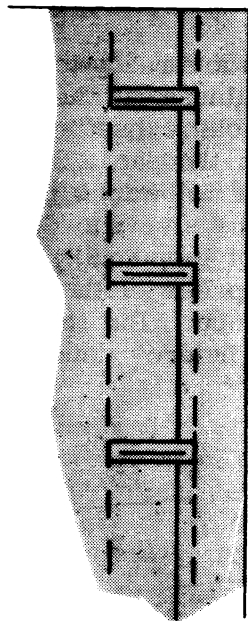
When you are ready to set in the sleeves, ease the fullness at the sleeve cap by 2 rows of machine basting stitches as you have done in the past. Shrink the fullness in the seam allowance of the sleeve cap by placing the sleeve over a tailor's ham at the end of the ironing board. Use the iron with a press cloth to press only the seam allowance. Pin the sleeve to bodice and baste before doing final machine stitching.



## Tailored Buttonholes

For a nice appearance in the garment you have spent time constructing you will want to have professional-looking closures. If you decide on buttons and buttonholes you can complement the garment with tailored buttonholes. There are many different methods you might use in constructing a tailored buttonhole. The method you select will depend on your preference and the method which gives the best results for you.

You will need to make several practice buttonholes to learn the method. Before you actually put a buttonhole in any garment, you should make a sample. Different fabrics may affect the final product and this will determine the method you choose. Refer to the publication on buttonholes available from the Extension Agent, Home Economics or your adult 4-H leader for the steps in making tailored buttonholes.



No matter which procedure you select, you are striving for a good product. Check the quality. Judge the buttonholes you make. A good quality buttonhole . . .

- . . . is in correct position.
- . . . is spaced evenly and becomingly.
- . . . has interfacing behind it for support.
- . . . has square corners.
- . . . is durable.
- . . . has lips of equal width.

### Zippers

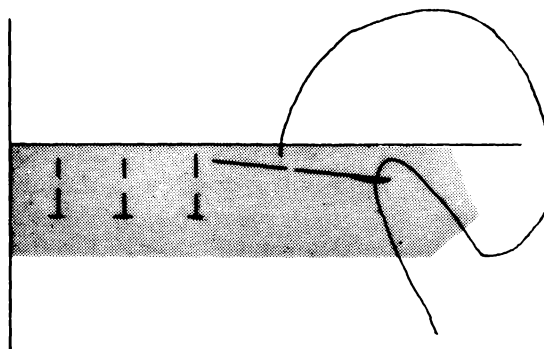
You already know how to put in a zipper by the time you reach this stage in your sewing experience. For wool fabrics or sheer, lightweight fabrics, you can create a nice looking zipper that is not visible from the right side if you do the last step by hand. Follow the steps given on the zipper packet for a lapped application until you come to the last instructions. Instead of placing the final row of machine stitches on the outside across the bottom and up the lapped side of the zipper, you can do this by hand. Use a fine needle and silk thread if possible. From the right side make a small back-stab stitch catching the outer fabric and zipper tape. Pull thread so it does not show on right side. Many higher priced wool garments have the zipper applied in this manner.

### Hems

Remember that hems should be even in width and parallel to the floor. The raw edge of the hem allowance should be finished so that it will not ravel. The hemming stitches should not show from the right side. Check the publication on hems so that you can select a good method to use for your wool garment.

### Evaluating Your Garment

Now that your garment is complete you will want to evaluate it in order to see where you made improvements and where



you may continue to improve. With each wool garment you make you will gain new skills and will learn how to select appropriate and becoming accessories to make a stunning outfit. Use the enclosed "4-H Dress Revue Scorecard for Judging" to evaluate your own and other 4-H members' wool garments.

You will want to highlight your experiences in this phase of the 4-H clothing construction project by presenting a dress revue. You can model your new wool outfits for parents and friends to see. Ask your adult 4-H project leader or Extension Agent, Home Economics, for information on modeling and presenting your garment before a group.

Now that you have experimented with handling wool fabric and know different techniques to use in constructing wool garments, you have learned a great deal. Record what you have learned on the enclosed 4-H project record sheet. You should continue your experiences with different styles and types of garments so that you gain further knowledge in working with wool. Your next step will be a big and most enjoyable one-- "Tailored Garments."

# 4-H DRESS REVUE

## Score Card for Judging

Name \_\_\_\_\_ County \_\_\_\_\_

Age \_\_\_\_\_ Club \_\_\_\_\_

No. Years in Clothing Project \_\_\_\_\_ Date \_\_\_\_\_

See reverse side for suggestions to consider before scoring.

FACTORS FOR SCORING	5	4	3	JUDGES' COMMENTS
I. The Girl (25 points) A. Posture B. Poise and Gracefulness C. Grooming D. Attitude E. Modeling of outfit				
II. Outfit on the Girl (40 points) A. Fabric suitable to style B. Style and fabric suitable for occasion and girl C. Color becoming to girl D. Color combination pleasing E. Accessories appropriate for outfit F. Accessories becoming to girl G. Appropriate undergarments H. Garment clean				
III. Construction as it Affects Appearance (25 points) A. Fit of garment B. Construction detail appropriate to fabric and style of garment C. Quality of construction D. Appropriate findings used E. Well pressed				
IV. Knowledge of Subject Matter (10 points) A. Shows evidence of understanding subject matter B. Construction techniques used appropriate for age and experience				

TOTAL \_\_\_\_ + \_\_\_\_ + \_\_\_\_ = \_\_\_\_\_

Final Rating: Blue Red White (Circle Appropriate One)

## POINTS TO CONSIDER WHEN JUDGING 4-H DRESS REVUE

- I. The Girl (25 points)
  - A. Posture--Stands tall with head erect, chest and rib cage high, stomach flat and knees relaxed. Maintains a graceful and flattering position with weight balanced on both feet.
  - B. Poise--Girl appears to be at ease and wears garment to best advantage. Answers questions with confidence and is free from excess gestures.
  - C. Grooming--Clean and neat hair, well-groomed nails. Shoes clean and well polished.
  - D. Attitude--Presents outfit with pride, smile. Pleasing relation with audience. Personality revealed.
  - E. Modeling of Outfit--Walks correctly with poise, good posture, and a smile. Turns gracefully and slowly so that garment details can be seen.
- II. Outfit on the Girl (40 points)
  - A. Fabric suitable to style--Fabric texture, weight and design are appropriate for design of garment.
  - B. Style and fabric suitable for occasion and girl--Style and fabric becoming to the individual and suitable for intended purpose.
  - C. Color becoming to girl--Color becoming to the individual's personal coloring, figure and personality.
  - D. Color combination pleasing--Color combinations used in garment and accessories pleasing and becoming.
  - E. Accessories appropriate for outfit--Accessories suitable to outfit and for intended purpose.
  - F. Accessories becoming to girl--Style, color, texture of accessories, including hats, gloves, jewelry, shoes and hose, becoming to girl.
  - G. Appropriate undergarments--Undergarments appropriate for the individual and the garment.
  - H. Garment clean--Garment is clean, free from stains, body soil and is generally neat and well pressed.
- III. Construction as it Affects Appearance (25 points)
  - A. Fit as it relates to appearance--Enough ease to permit body movement but snug enough to stay in position on figure. Design lines of the garment fall becomingly on the figure.
  - B. Construction detail appropriate to fabric and design of garment--consider grainline, seams, darts, pleats, gathers, closures, facings, collars, sleeves, and hem.
  - C. Quality of construction--Quality of construction techniques gives a pleasing and well-made appearance to garment.
  - D. Appropriate findings used--Consider buttons, thread, zipper, linings, and interfacings when needed.
  - E. Well pressed--Correct pressing method used during construction of garment.
- IV. Knowledge of Subject Matter (10 points)
  - A. Shows evidence of understanding subject matter--Girl shows evidence through conversation that she has an understanding of why she has chosen outfit and construction techniques used.
  - B. Construction techniques used appropriate for age and experience--Girl has chosen to make a garment that was not too difficult for her age and experience, yet has chosen one that presents some challenge and new learning experiences.

# Wool Garments

## 4-H Clothing Construction Project Record Sheet

(Give your completed record to your adult 4-H project leader)

Name \_\_\_\_\_ Age \_\_\_\_\_ Date \_\_\_\_\_

Address \_\_\_\_\_

Club \_\_\_\_\_ Leader \_\_\_\_\_

Parents' Name \_\_\_\_\_

Parents' Address \_\_\_\_\_

List 4-H offices held and committees worked on in 4-H \_\_\_\_\_

Number of 4-H meetings you attended this year \_\_\_\_\_. List the other 4-H events and activities, such as achievement programs, parents' night programs, contests, 4-H camps, exhibits, State 4-H Club Congress, etc., in which you participated. (Include any awards or ribbons received.) \_\_\_\_\_

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When you served as a junior 4-H leader, what did you do? (such as number of 4-H'ers with whom you worked, what you taught on clothing construction, keeping records, etc.)

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List the garments you have completed in this project.

Garment	Approximate Cost
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

As you think of your learning experiences in this project what construction skills did you find to be . . .

the easiest and most enjoyable- \_\_\_\_\_

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the one(s) you need to improve- \_\_\_\_\_

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Briefly outline the demonstrations or illustrated talks you gave to complete "Wool Garments." List the groups to which you gave demonstrations and illustrated talks.

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What were your feelings about your experience? (Include what you wore, before what group, etc.)

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What are your plans to continue working with wool fabrics? \_\_\_\_\_

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# Wool Garments

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(Give your completed record to your adult 4-H project leader)

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Address \_\_\_\_\_

Club \_\_\_\_\_ Leader \_\_\_\_\_

Parents' Name \_\_\_\_\_

Parents' Address \_\_\_\_\_

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When you served as a junior 4-H leader, what did you do? (such as number of 4-H'ers with whom you worked, what you taught on clothing construction, keeping records, etc.) \_\_\_\_\_

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