



ADVANCED

Purdue University Cooperative Extension Service, West Lafayette, IN 47907

CONSUMER CLOTHING



Advanced Consumer Clothing

We all invest a lot of time and money in clothing. The Consumer Clothing manuals have been planned to help you make wise clothing decisions. This manual is for 4-H'ers ages 16 and older. You can use it for one to three years.

What you'll learn

- * to recognize patterns, fabrics, and colors that are becoming to you
- * to make needed clothing repairs
- * to plan and select clothes for your total wardrobe
- * to analyze cosmetic advertising claims and read labels

Exhibit Requirements

* Complete one activity from each group in the manual. Write your results or answers in a notebook. Label each activity. This will help you talk to the judge easily.

* Choose an outfit and accessorize it. You may purchase or select from items you already own.

* Model your outfit before a group. Tell them about your activities in this year's project and how you plan to use this year's purchases in your future wardrobe. Take your manual and notebook with you because they will help you talk with the judge.

Activities

Complete one activity in each group. Describe your results or findings. If you take Advanced Consumer Clothing again, you can complete different activities in each group.

Notebook

Find a notebook or scrapbook for describing your activities and answers. Begin this notebook with a title page. Include your name, county, project, division or year, and age. Put the activity number and letter on a separate page with your answers.

The last section of the notebook should tell about the outfit you're modeling. You could tell how you decided what you needed, why you chose specific items, whether it goes with other things in your closet, and how you feel about your outfit.



Lois Gotwals, Extension Specialist --
Clothing;

Lois Maddox, Extension Specialist --
4-H and Youth

Clothing reveals individuality

Describe a friend to someone who doesn't know him or her. What features did you describe? Could the listener use your description to pick your friend out of a crowd?

Everyone has distinctive qualities that set them apart from others. Individuality means being yourself, doing your own thinking, and saying "no" when you don't agree. It means you don't wear uncomplementary fashions. You don't dress like everyone else. And you don't echo the latest "in" words. Individuality is the opposite of conformity. Teenagers want to conform to what others are doing. They want to dress alike and copy the speech and mannerisms of their peers. As you mature it may be easier for you to do what you know is right for you.

Individuality means being a little different from everyone else. It may be the way you wear your hair, the dimple on your cheek, or a crooked tooth.

You express yourself with your clothing. Clothes tell others about you and your emotions. As you develop, your clothing personality takes shape as well. You may prefer tailored tweeds over figure-revealing styles. Then again, you may like bright, kooky clothing. The trick is to learn to wear clothing that matches your individuality.

Later, you'll probably adapt your clothing to your job. Jeans and a shirt may be suitable for school, but not a secretarial job. Bank tellers may yearn to wear sweatshirts, but few customers would trust their judgement with money. It's more appropriate for a male bank teller to wear a shirt, tie, and jacket.

A dress code is a statement or an agreement about what people should wear. Codes may be written and strictly enforced. Or they may be unwritten comments from a boss or coworker about appropriate dress. Some employers have strict dress codes, while others are very casual about how employees dress. The same is true for colleges and trade schools.

If you are changing life-styles, getting a new job or going to college, consider how the dress code differs from your current wardrobe. Will a change mean new clothes? Or will existing garments be suitable? If you want to get ahead at the new job or college, consider dressing like others. If you aren't sure what is worn, ask before you begin your job. Don't purchase too many items until you're sure what to wear.

Activity Group 1

Choose one of these activities. Tell what you did, and put the results or findings in your notebook.

- A. Have your feelings about clothing changed during the last five years? Has clothing and the way you look been more important during some years than others? When was it most important to dress like your friends? Has your attitude changed? Discuss some of these questions with a

Individuality is the opposite of conformity. Teenagers want to conform to what others are doing. They want to dress alike and copy the speech and mannerisms of their peers. As you mature it may be easier for you to do what you know is right for you.



group of friends or a parent. Have they noticed these changes in you? In your notebook describe your feelings. List the changes in your life.

B. If you have a job, describe how the clothing you wear to work differs from what you wear to school? How will your clothing change after high school? Discuss these differences with a parent. When shopping for new items, do you consider whether you'll wear them after high school? Answer these questions in your notebook.

C. Interview two or three adults with different jobs. Ask them if they have written or unwritten dress codes at work. How do the dress codes differ with the job? Have any of the adults had to dress differently after a promotion? If so, how did the code change? Answer these questions in your notebook.

Proportion and body types

No one thinks their body is perfect. But then again, imperfections make us unique. Everyone has some body parts that are out of proportion—even your favorite movie star. No matter whether your body is heavy or slim, you'll look best when bust, waist, hips, and thighs are in proportion. Emphasizing your best features can camouflage figure imbalances. Use color, details, and accessories to draw attention to the areas you want people to notice. Jewelry, a flower, or a colorful tie at the throat draw attention to an interesting face. Belts with large, contrasting buckles draw attention to a slim waistline.

If you think one area of your body is too flat, select garments with gathers in that area to add fullness. Women who are small in the bust look better in blouses and dresses with gathers or a series of unpressed pleats across the front bodice. Jackets made of bulky fabric, sweaters, and loose vests all help hide a flat chest. Bulky jewelry and flowers worn at the center front also help fill out a bustline.

Bulky sweaters and jackets make men look fuller in the chest. Men also can have extra interfacing and padding sewn into their suits and jackets to make them appear robust.

If you are fuller than average through the bust and chest areas, the opposite techniques apply. Select clothing with few gathers or pleats in the front bodice. Unpressed pleats and gathers at the waistline seam of the bodice are more flattering than darts. Don't wear bulky jewelry. You can wear flowers and pins high on the body—close to the throat or on the shoulder.

In other areas, a small amount of fullness can soften a curve. Pleated pants make a full stomach and round thighs less noticeable. Skirts with a few gathers at the waistline hide a full stomach. Tapered or tight pant legs emphasize heavy thighs. But slightly fuller pant legs or a flared skirt can camouflage them.

Fabrics can also create the illusion of



added height or width. Use them to balance figure proportions. Bulky and fuzzy textures add weight to the body. Examples are bulky knits, wide-wale corduroy, boucle, tapestry, terry cloth, quilted fabrics, angora, and mohair. The weight of these fabrics can dwarf very thin and very small people. But a tall, slender person can wear them successfully.

A seersucker may not add pounds, but a rough, nubby-wool tweed probably will. A bulky sweater looks good on a figure that is small through the chest. A heavy, wool tweed looks great on a person with a narrow hipline and full bustline. Very heavy sweaters may look great on a tall man, but they may dwarf a small man.

Crisp or stiff fabrics stand away from the body and add width. They are more flattering on a thin figure because they give the illusion of added weight. Examples are brocade, tapestry, leather-like fabrics, tulle, plastic, and heavy denims. Moderately stiff or crisp fabrics are becoming to almost all figures. Examples are linen, twill, durable press fabric, medium-wale corduroy, some double knits, and denim.

Coarse or rough fabrics are good choices for average-to-slim figures. But they make heavy figures look even larger, and petite figures appear lost. Examples are monk's cloth, hopsacking, wide-wale corduroy, heavy tweeds, bulky knits, fleece, and mohair.

Clingy fabrics reveal the silhouette. They can emphasize minor figure irregularities. They are attractive on well-proportioned figures, and they can add width when gathered very full. Sometimes soft clinging

fabrics are draped diagonally across the figure. The slant of the drape and how vertical it is determines whether the figure appears taller or heavier. Some examples of fabrics that cling are chiffon, satin (except slipper satin), thin silk or rayon, most nylon knits, batiste, thin T-shirt knits, velvet, lightweight crepe, and lawn.

Dull or matte finish fabrics absorb light and may make a figure look smaller. They are suitable for all figure types. Examples are wool crepe, gingham, raw silk, wool flannel, cotton suiting, denim, chambray, linen, wool jersey, challis, pique, sailcloth, and broadcloth.

Shiny fabrics make people appear larger, and they call attention to figure irregularities. They emphasize body curves and angles. The average-to-slim figure can wear them successfully. Some examples are plastic, velvet, cire, patent leather, satin, sateen, polished cotton, and sequins.

Medium-weight fabrics and smooth or slightly textured fabrics are flattering on most figures. Examples are serge, gabardine, wool jersey, flannel, gingham, percale, broadcloth, velveteen, crepe, linen, shantung, chambray, and challis.

Stripes create horizontal or vertical lines, making the body appear taller or wider. Sometimes they fool the eye, depending on the width of the stripe and the spacing. The eye moves across or up and down evenly spaced lines. Evenly spaced vertical lines add width as well as height. Evenly spaced horizontal lines add height as well as width.

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Stripes with wide color variations and lots of contrast stand out more than narrow stripes with closely related color schemes. These bold stripes are more noticeable than muted stripes or those with little color variations.

To determine how a stripe directs the eye, stand away from the fabric or garment and squint.

As the details fade, dominant lines stand out. You can determine whether the stripe directs the eye horizontally or vertically.

Prints and patterns are similar to stripes. Pattern motifs in closely related colors generally do not add width to the body. But when colors contrast more, they are more apt to add width. Keep prints in proportion to the size of the body. Small people generally look more pleasing in small-to-medium sized prints. A large print may overpower them. The opposite is true for large people.



(natural color), eyes, and skin (without makeup). Skin tone is the most important factor in determining the best colors for you, although hair and eye colors are important, too. Look at yourself in natural daylight. People with cool coloring have more blue or blue-pink tones, while those with warm coloring have more yellow (even orange) tones. Whether you are Caucasian, Asian, Latin, or Black, your skin has either a blue or yellow undertone.

The same underlying pigmentation is in your hair, the whites and iris of your eye, and even your teeth. As you grow older, your natural coloring fades, but the undertones always remain the same.

To determine hair and eye color, examine yourself in front of a mirror in daylight. What do you see? Ask a parent or friend to help you. Color is subjective. We don't all see or interpret color pigments the same way. One person may see the color turquoise as blue, but someone else will call it green.

The undertone in your personal coloring clues you in on your best colors. If your undertones are blue, all colors with an undertone of blue will be good for you. If you belong to the yellow group, the colors you wear should be those with yellow undertones. The challenge is to see the undertone in your own coloring.

This ability is particularly important. In the fashion world, tints and shades have new names each season. Blues can be called powder, cornflower, bluebell, ice, navy, sapphire, turquoise, or aqua. You must be

Color

Some colors complement your personal coloring. The secret is to learn which colors make the most of your appearance and which colors to use in moderation.

Start with your personal coloring—hair



able to see which blues flatter your coloring. Don't just rely on this year's fashion names.

The dominant values of your skin, hair, and eyes may be light, medium, or dark. There may be a great contrast in value between your skin and hair color, or they may be similar. Your hair and eyes may be very bright or more neutral.

People with pale coloring and little value contrast between hair and eyes look best in medium- or low-intensity colors. They should avoid bright intensities and strong value contrasts. Someone with neutral coloring should be careful not to choose overpowering colors in either value or intensity. Also, neutral colors that match personal coloring too closely neither complement nor enhance one's appearance. Wearing a dark value or splash of medium-color will add interest.

The opposite is also true. People with strong natural coloring and a strong value contrast between hair and skin can wear a wide range of colors, values, and intensities. People with dark hair and dark skin can also wear a range of color values and intensities.

Activity Group 2

Choose one of these activities. Tell what you did, and put the results or findings in your notebook.

A. Work with a few friends and collect fabrics with different textures, stripes, and patterns. For each fabric, decide whether it would make the body appear wider or taller. Label and mount or describe each fabric in your notebook. Discuss the garments made

from these fabrics. Summarize the discussion with your friends.

B. Make a personal coloring chart (similar to the one below). Have a parent or friend help you determine your personal coloring.

Personal Coloring and Colors

(for both guys and gals)

My skin color is: (Circle one in each category.)

Tone:	Light	Medium	Dark
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Undertone:	Yellow	Blue	
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My hair color is: (Circle one in each category.)

Tone:	Light	Medium	Dark
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Color:	Blonde	Brown	Black
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My eye color is: (Circle one in each category.)

Tone:	Light	Medium	Dark
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Color:	Blue	Gray	Green
	Brown		

C. Collect different colored garments, pieces of fabric, and/or bath towels. Remove your make-up. Drape the items around your shoulders, close to your face, and study yourself in a mirror in daylight. Have a friend or two assist you in determining your best colors. List your most flattering colors in your notebook.

Grooming products

Claims and labels

People have always used cosmetics to enhance their appearance. The tombs of ancient Egyptian kings revealed evidence of

perfumed hair oils. In 17th- and 18th-century Europe, the fashionable gentlemen used cosmetics lavishly, as did the ladies. Today, in the United States, we spend billions of dollars on everything from lipstick to shaving

cream, from face creams to suntan lotions. As a consumer, you need to be concerned about the accuracy of the claims these products make as well as safety and cost.

The Food and Drug Administration (FDA) regulates cosmetics, under the authority of the Food, Drug and Cosmetic Act passed in 1938. This law prohibits interstate commerce of adulterated and misbranded foods,

drugs, cosmetics and medical devices. Another law affecting cosmetics is the Fair Packaging and Labeling Act. Its purpose is ensuring that packages and labels provide consumers with accurate information about the identity of the product, the net contents, and the name and address of the distributor.

The Food, Drug and Cosmetic Act defines cosmetics as articles that may be "rubbed, poured, sprinkled, or sprayed on, introduced into, or otherwise applied to the human body for cleansing, beautifying, promoting attractiveness, or altering the appearance without affecting the body's structure or functions."

Some products, like antidandruff shampoos and antiperspirants that affect body functions are legally classified as drugs, even though we generally think of them as cosmetics. Drugs must be proven safe and effective before being placed on the market,

while cosmetics generally do not require testing. Even though the law does not require such tests, most cosmetic manufacturers test their products for safety before putting them on the market.

To provide greater consumer protection, the FDA has taken a number of important actions regarding labeling. Listing ingredients on cosmetic labels is important for two reasons. First, consumers have a right to know what is in the product. Second, the requirement helps promote truth in advertising. Ingredient names may be puzzling and hard to understand. However, the listing can help you compare competing brands.

Advertising affects our purchase decisions. There are many claims, packages, and prices on store shelves. So deciding what to buy may be confusing. Many terms used to promote cosmetics are not well defined. Cosmetic manufacturers may claim their products contain some secret ingredient or magic formula. However, a chemical analysis may show that two face creams are similar. Packaging, promotion, or fragrance may account for major differences in cost.

Keep an open mind as you try different cosmetics. Your own satisfaction is your best guide. If a cosmetic causes you no problem and is pleasing to you, it probably serves a useful purpose. But just how useful it is, in terms of cost, only you can decide.

Activity Group 3

Choose one of these activities. Tell what you did, and put the results or findings in your notebook.



A. While looking through magazines, listening to television, or reading product labels, make a list of words used to describe cosmetics. How helpful and meaningful are those words to consumers? Record your answers in your notebook.

B. Look for cosmetics or toilet articles in the store or at home with warning labels. Remove or copy these labels and place them in your notebook. Are these products adequately labeled? Write out your answers.

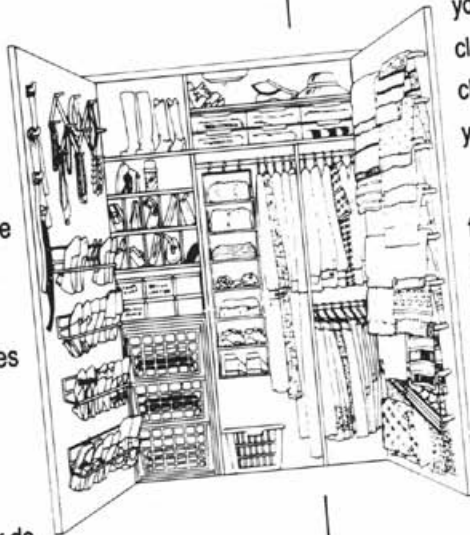
C. Compare the cost of five brands of the same product. Write why you think the cost varies. Which do you think is the best buy?

Managing clothes

The place to start managing your clothing resources is with what you have. When you look inside your closet, do you see an odd assortment or

collection of clothing? Or do you see a planned, coordinated wardrobe? Can it be easily updated? Does it contain outfits for all phases of your lifestyle?

Do you have trouble deciding what to wear? Or do you think you have nothing to wear? If so, you probably have a clothing collection. And your wardrobe needs to be reworked. The first time you tackle this job, it may be traumatic. But you'll have



clothes to fit your needs, and you'll know they look good on you. Relax a bit. Invite a friend to help you. Choose a friend whose clothing opinion you value. Plan enough time with this friend to do a thorough job. Use your favorite music to create a pleasant atmosphere.

You can't organize clothing and accessories if your closet is full of unwearable and unfashionable clothing. Take an honest, objective look at your life-style. Do you have clothes for every activity? Consider what you do, where you spend your time, where you live, the climate, and the clothes worn in your community or city. Sometimes it helps to chart your specific activities (day and length of time) for a week or month. Keep track of the garments you prefer to wear for each

activity. These records will help you to evaluate your present clothing. The key is to have clothing that meets your needs.

Step 1 — Remove everything from your closet and drawers. Now you are ready to begin. You want clothes that are becoming, fit well, are comfortable, and are up-to-date. If you have clothes for several seasons, work with only one season at a time.

Step 2 — Try on everything to evaluate the fit and comfort. Is the style current? Is the garment becoming to you? Consider line, color, texture, and fabric design. Be honest. If you don't like some-



thing, try to figure out why, so you won't make the same mistake again. As you evaluate each garment, place it in one of the following groups.

- Wear as is.
- Keep but needs new accessories, alterations, or repairs. Keep these garments only if you actually make the changes.
- Discard. The garment is no longer in style or worn out. If you have not worn the garment for two years (unless it's "special occasion" clothing), think about discarding it.

Step 3 — Record everything. For each item you plan to keep, give complete information. Keep an inventory and record specific information about the clothes that require some mending or alteration.

Are there items in the discard pile that you could exchange with friends, sell at a garage sale or thrift shop, or donate to a charitable group? You may need to throw away worn out clothing.

Step 4 — Plan combinations. You are left with the wearables you plan to keep. Now, you can plan the various combinations for wearing each item. Try on the clothing items again to check out all possible combinations with the garments and accessories you presently have. Make a list of these combinations for quick reference.

Step 5 — Plan for "leftovers." You may have a few items that don't seem to fit with other garments. Plan how these items can be adapted to coordinate with your wardrobe. If

you can't make these items coordinate, re-evaluate whether or not to keep them.

Step 6 — Plan for needed items. The final step in your inventory is to make specific plans for needed items. Decide how these items would extend and add to your present wardrobe. Think about the information you have learned so far about selecting clothing. Consider styles and how they look on your body type, color, fabric, and accessories you need or already own.

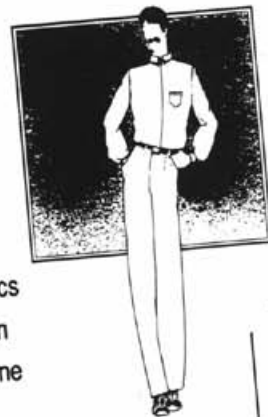
What is a basic wardrobe?

Doing a wardrobe inventory helps you look at what you have and how items can be worn together. A basic wardrobe is the core. Does your basic wardrobe look pulled together? Do you have clothes for a variety of activities? If so, you have a versatile group of garments.



A basic wardrobe can include:

- classic styles,
- mix-and-match items,
- transitional fabrics that can be worn for more than one season,
- one or two becoming colors that go together, and/or
- quality garments.



Often, a basic wardrobe is built around a collection of separates that coordinate in

color and fabric. They can be worn in many combinations. Look at the clothing in your closet. Is there is a color or group of colors that coordinate well together and are complementary to your coloring?

Investment dressing

Investment dressing means that you get the best clothing value for your dollars. Investment dressing relates to the life expectancy of the garment. Also, this term refers to classic garments of quality that will be in style for several years. People shopping for investment clothes are more concerned with selecting garments based on function rather than current fashion. The key to investment dressing is to plan and gradually add basic clothing items to your wardrobe.

These basic garments will be of classic style, quality fabric and workmanship, and becoming colors. These pieces also will mix and match based on color, style, and texture. Investment dressing makes it seem as if you have an extensive wardrobe.

Each season, you'll add a few garments and accessories to update your look, be fashionable, and give variety to your wardrobe. Consider these simple guidelines.

- First, decide on the most expensive garment you plan to buy. Then, plan additional purchases.
- Choose a basic, becoming color.
- Select classic styles and fabrics.
- If you're using printed fabrics, select simple designs. Save large, bold designs for fashion items. Spend less

money on these items, because they can become tiring.

- Before purchasing or sewing a garment, decide how it fits in with your wardrobe.
- Be sure you really like the garment style and feel comfortable wearing it.
- The garment should fit properly.
- Each garment should be of quality workmanship.
- Consider how to care for the garment. Dry cleaning is more expensive than laundering.

What are classics?

Certain fashions have become well known for their classic styling. These styles are always fashionable when they're made of quality fabric and with quality workmanship. Some classics include the following.

- **Skirt styles:** dirndl, front pleated, bias cut, hip-stitched pleated, and straight.
- **Pant styles:** straight legs from the hip or knee, plain finished or hemmed bottoms, hemmed at top of foot in front and longer in back.



- **Dress styles:** shirtdress, shirtwaist, wrap dress, and chemise.
- **Jacket styles:** blazers (either single or double breasted), square-cut jackets, shirt jacket, and cardigan jackets.
- **Blouse styles:** tailored with medium-width collars or tied at the neck; plain set-in or raglan sleeves that are hemmed or set on to a barrel cuff.
- **Sweater styles:** V-neck, turtleneck, and cardigan.
- **Women's shoe styles:** saddle, closed pumps, and sling-back pumps.
- **Men's shoe styles:** loafers and wing-tips.

Check the fit

Good fit means paying close attention to the overall appearance and to details such as seams. The neckline should lie smoothly around the neck without gaping or exposing underwear. If the garment has a collar, it should roll nicely and frame the face.

The shoulder seam should lie either on top of the shoulder or toward the front if the garment has a forward shoulder

seam. Set-in sleeves should cross the outer end of the shoulder bone and curve gently around the arm. The underarm seam should be cut high enough to allow movement without binding.

The waistline seam or belt should sit right on the waistline. When you wear a belt, it should not slip above or below the waistline seam. For guys, the waistline seam should rest just above the hip bone. Bend to one side to find your exact waistline.

Seams should be in the proper places. Side seams should hang straight to the floor, neither swinging toward the front or back. There should be no strain along the stitching line. Center-front and center-back seams should be straight down the garments center.

Buttonhole closings should lie smoothly. There should be no pulling or straining on either the buttons or between the buttons. If the garment pulls, it's too tight.

Pants should fit smoothly with no diagonal wrinkles. Waistbands should be comfortable and allow for bending and stooping. The pants should fit in the seat area and hang free below the seat without drooping. The width of the leg and the location of the hem should follow the fashions and look attractive on the body.

The length of trousers for men depends on how they're finished. Cuffs or plain finishes

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are traditional. Your choice relates more to your body proportions than fashion. If you choose cuffs, the depth of the cuffs should be similar to the waistband, parallel with the floor, and just touch the top of the shoe. Plain finish trousers should touch the top of the shoe in front and be 1/2 to 3/4 inch longer in the back.

The hemline of skirts and dresses should be even. If the garment is full, circular, or draped, the folds should fall into place evenly. The length of skirts and pants should be pleasing in relation to the length of the shirt or top. The dividing line between skirts or pants and tops is more pleasing when it divides the figure unequally. For example, a thigh-length top, sweater, or jacket calls for an extra long (mid-calf) or very short (at the knee or above) skirt.

A skirt should lie smoothly at the waist and hip areas. A skirt that rides up over the hips and forms an ugly roll around the waistline is too tight in the hip area. There should be enough ease, so the garment hangs straight from the hips and stomach. The grainline should parallel the floor at the hipline of all garments, except for flared and circle skirts.

Suit jackets should fit comfortably over shirts and blouses. A few are cut to fit over bulky sweaters. The collar should fit low and close around the neck. There should be no wrinkling below the collar in back. Lapels should lie flat without curving at the points.

For men, the jacket should cover the seat, and the hem should be even and parallel to the floor. Determine the correct length by standing with arms at your side. Curl your

fingers. The bottom of the jacket should fall into that curl. Jacket sleeves should cover the wrist bone, which allows about 1/2 inch of a shirt or blouse sleeve to show.

Coats and jackets should be cut full enough to be worn over other garments. People generally purchase winter coats and jackets in the fall. Make certain that they fit comfortably over other jackets and bulky sweaters. Coat sleeves should be 1/2 to 3/4 inch longer than the sleeves you'll wear underneath.



Activity Group 4

Choose one of these activities. Tell what you did, and put the results or findings in your notebook.

A. Remove all clothes for one season from your closet. Try them on. Separate items into the following piles.

- You like the garment as is.
- You like the garment, but it needs mending or altering.
- The garment is out of style or worn out. You'll discard it.
- You don't like the garment. It's unbecoming. You'll discard it.

Prepare a wardrobe chart for your notebook (similar to the chart on next page). Record whether each item fits into the "wear

Wardrobe Chart

Season	Pants Skirts	Shirts Blouse	Dresses Suits	Coats Jackets	Accessories	Items needed
Casual clothes for school, dates, 4-H meetings, etc.						
Dressy clothes for dates, parties, church, etc.						
Special activities clothes for sports, work, or other personal interests.						

as is," "keep but needs mending or altering," or "discard" categories. Complete the chart.

B. Prepare a wardrobe chart for a different season than you used for Activity A.

C. Try on two or three jackets. Check the fitting points on each. Compare how styles fit differently. In your notebook, describe how the different styles fit. Note areas where the fit needs improvement.

Care

Dry-cleaning

Some items in your wardrobe will need to be dry-cleaned. You can help dry cleaners do a better job if you follow these tips.

- Take soiled clothes to the cleaner promptly. Spills and spots may become

permanent stains if they're allowed to remain on fabric a long time.

- Mark the stain with a piece of paper telling what it is—chocolate, gravy, etc. The dry cleaner uses different spot removers for different stains.
- To prevent dry-cleaning mistakes, know the fiber content of the garment. Spot cleaning acetate with acetone will dissolve the fabric.
- Don't ask the cleaner to clean a garment labeled "Do not dry-clean." You'll find this label in some acrylic sweaters and on rayon garments.
- Inspect cleaned garments promptly before wearing or storing them. Promptly discuss any unsatisfactory cleaning with the cleaner. Dry cleaners should have insurance

covering lost, stolen, or damaged items.

- Save the tags, labels, and sales receipts for ready-to-wear clothing. Copy the information from bolt ends and save receipts for purchased yard goods. Then, you will have all the information you'll need if a question about the dry-cleaning arises.

Coin-op dry cleaning

Coin-operated or self-service dry cleaning is a great money saver. You do many of the steps, such as pre-spotting and pressing yourself. In addition, you pay for coin-operated dry cleaning by the pound rather than the piece. Most coin-ops have assistants to help you.

Coin-ops use the same cleaning solvents as commercial dry cleaners. The standard machine cycle treats all garments in the same way. It's usually sufficient for garments with oily stains, even if you haven't pre-spotted them. Garments usually require little or no pressing if you promptly remove them from the machine and place them on hangers.

For satisfactory coin-op dry cleaning, follow these guidelines.

- Remove plastic buttons and other trim, so they won't melt. Empty pockets. Turn them wrong side out, and brush away lint.
- If spotting fluid is available, use it to pre-treat heavy soil and spills. If you need to use spotting fluid, ask the attendant for help.

- Sort clothing into light and dark colors. Separately clean anything that fades.
- Follow directions for using the dry-cleaning equipment.
- Remove clothing promptly after the machine stops. Put slightly damp clothes on hangers to air-dry.
- Never press clothing immediately after cleaning. Dry-cleaning solvents are flammable, and the fumes may be toxic. Air the garments thoroughly as a safety precaution. You may want to wait a day or two before pressing or storing them.

Hand washing

Washing machine action may be too rigorous for some sweaters and delicate garments. Wash them by hand using cool to warm water and a mild liquid detergent. Rinse thoroughly and dry according to the label instructions. Rolling sweaters in clean towels absorbs excess water. Lay sweaters flat to dry. Block to original measurements while still wet.

Mending

Mending includes all types of repairs to damaged garments. Threads weaken, seams split, elastic stretches to its limit, elbows and knees of shirts and pants wear thin, zippers



break, buttons are lost, and hems ravel. It's disappointing when something happens to your favorite garment. Some mishaps can be avoided by preventive mending.

Before weak areas wear through, reinforce or strengthen them. Preventive repair may be as simple as ironing a patch. It all depends on the fabric and look of the garment. When a button is "hanging by a thread," resew it before you lose it. Small rips are easier and faster to repair than big ones.

One of the most common mending tasks is repairing a split seam. First, try to determine why the seam split. Repair the garment to strengthen the seam. Some stress seams in garments wear out and split before others. Examples include seams in the crotch, underarm, and pockets. As a preventive measure, reinforce these seams.

Some seams may split because the garment is too tight. Let these seams out for a bit of extra space. The thread in seams may wear out and break, especially if the thread is all cotton and the fabric is long-wearing polyester. Seams in knits often split because they were sewn with a straight stitch instead of a stretch stitch, or were sewn with thread that wasn't strong enough to

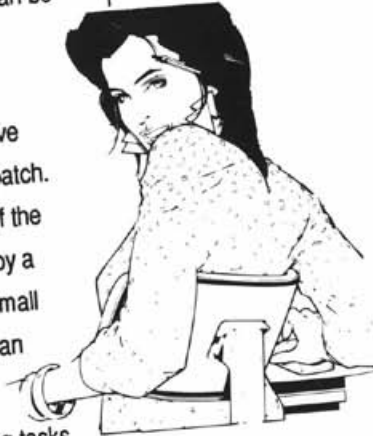
give with the fabric. Generally, you repair seams by machine, although you can hand sew them. When you restitch a seam, check the whole garment for other needed repairs.

Repair hems with hand or machine stitching. Machine stitching takes less time and is sturdier than hand stitching. A machine blindstitch provides a nearly invisible hem. If you

stitch the hem by hand, follow these steps.

1. Carefully take out hemming stitches on both sides of the rip until you have enough thread to thread a needle easily.
2. Thread a needle and take several small stitches at each end of the rip. Run the needle through a fold in the fabric or underneath the top layer. Pull the thread taut. Clip it close to the fabric.
3. Pin the hem in place. Stitch using a hand-hemming stitch. Use matching thread.

Repair rips, tears, cuts, and holes with fusible interfacing, iron-on mending tapes, or fusible web and a patch of matching fabric. The fusible material prevents further tearing or raveling and will be barely noticed on most fabrics. However, on lightweight or sheer fabrics, fusible materials add stiffness and bulk. Always test the fusible material on a



hidden area of the garment before making a repair.

Patches can make your clothes look new. Use bright-colored appliques or quilted patches for a decorative effect. Consider machine stitching if fusing the patch would add too much stiffness. Machine stitching takes longer but is softer than using fusible material. Hard-to-reach areas requiring patching may have to be handstitched with a backstitch or blanket-stitch.

Taking the time to make these repairs early helps your clothes last longer, improves your appearance, and saves you from the



frustration of discovering an obviously needed repair when you're in a hurry.

Activity Group 5

Choose one of these activities. Tell what you did, and put the results or findings in your notebook.

A. Check the hems, buttonholes, seams, fasteners, (buttons, snaps, hooks, and eyes), pockets, and stress areas of three recent wardrobe additions. Describe what you found in your notebook.

B. Select a garment needing a major repair. Examples might be a large tear, an unusual missing button, or a spot or stain. Find a creative way to make the garment wearable again. Describe what you did in your notebook.

C. Interview three people. Ask them about frequent clothing repairs. What items do they find most often need repairing? Summarize their responses in your notebook.



Notes

Record Sheet

4-H 751

CONSUMER CLOTHING

DIVISION ____ NUMBER OF YEARS IN THIS DIVISION
INDIANA 4-H CLUB RECORD

Name _____ Age _____ Year 19 ____

Name of Club _____ Number of years in 4-H _____

I have reviewed this project and record and have made comments about progress and project completion.

Signature of leader _____ Date _____

Record of Activities

Activities	What I Learned

front

Record of Purchases

What I Bought	Fiber/Material - Care Required	Total Cost	Reason(s) for Purchase

Consumer Clothing skills I learned this year

What I did to improve my appearance, grooming, and care of clothing

back

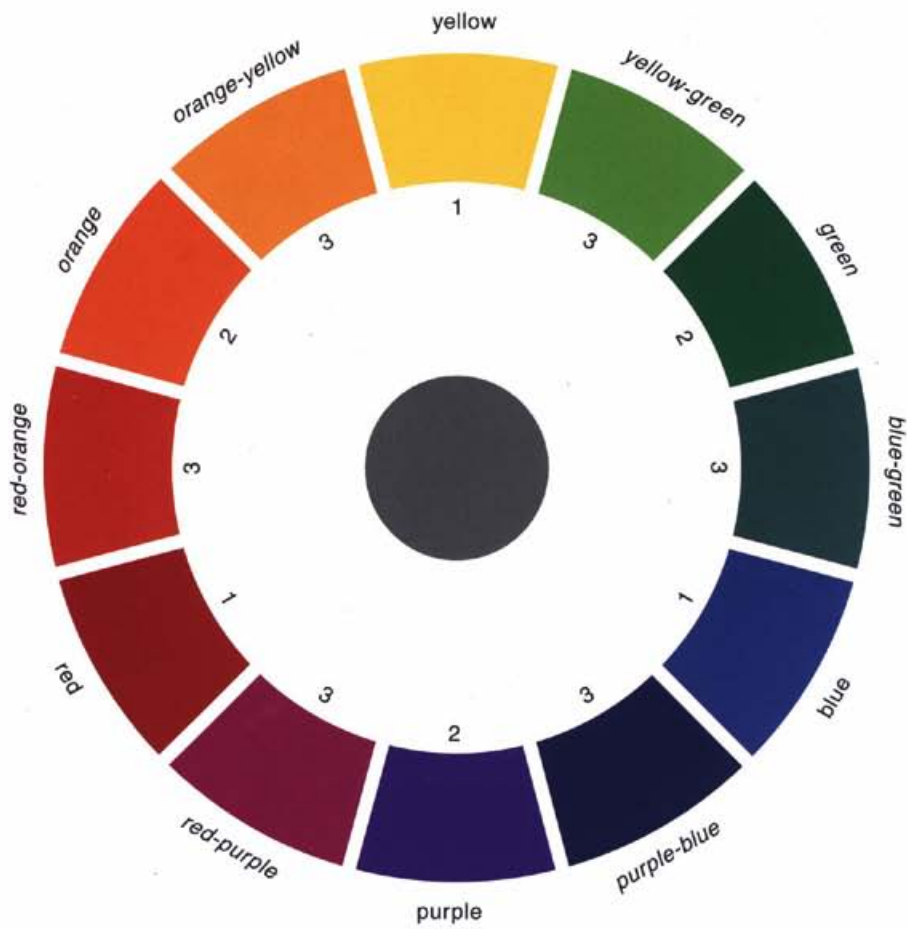
Scorecard

4-H 752

CONSUMER CLOTHING SCORECARD

	Excellent	Good	Fair
The Notebook (40%)			
* Includes one activity from each group			
* Answers are complete and well-written			
* Reflects apparel needed (Advanced only)			
* Other (specify)			
The Interview (30%)			
* Explanation of project is complete			
* 4-H'er appears at ease and presents project with pride			
The Garment(s) on the 4-H'er (30%)			
* General appearance of individual Posture, poise, and grooming			
* Fit is attractive and comfortable			
* Accessories and garments coordinate well and are appropriate			
* Color, style, and fabric are suitable for individual's size and body build			
* Purchases are a good buy in terms of actual cost, durability, and upkeep			

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