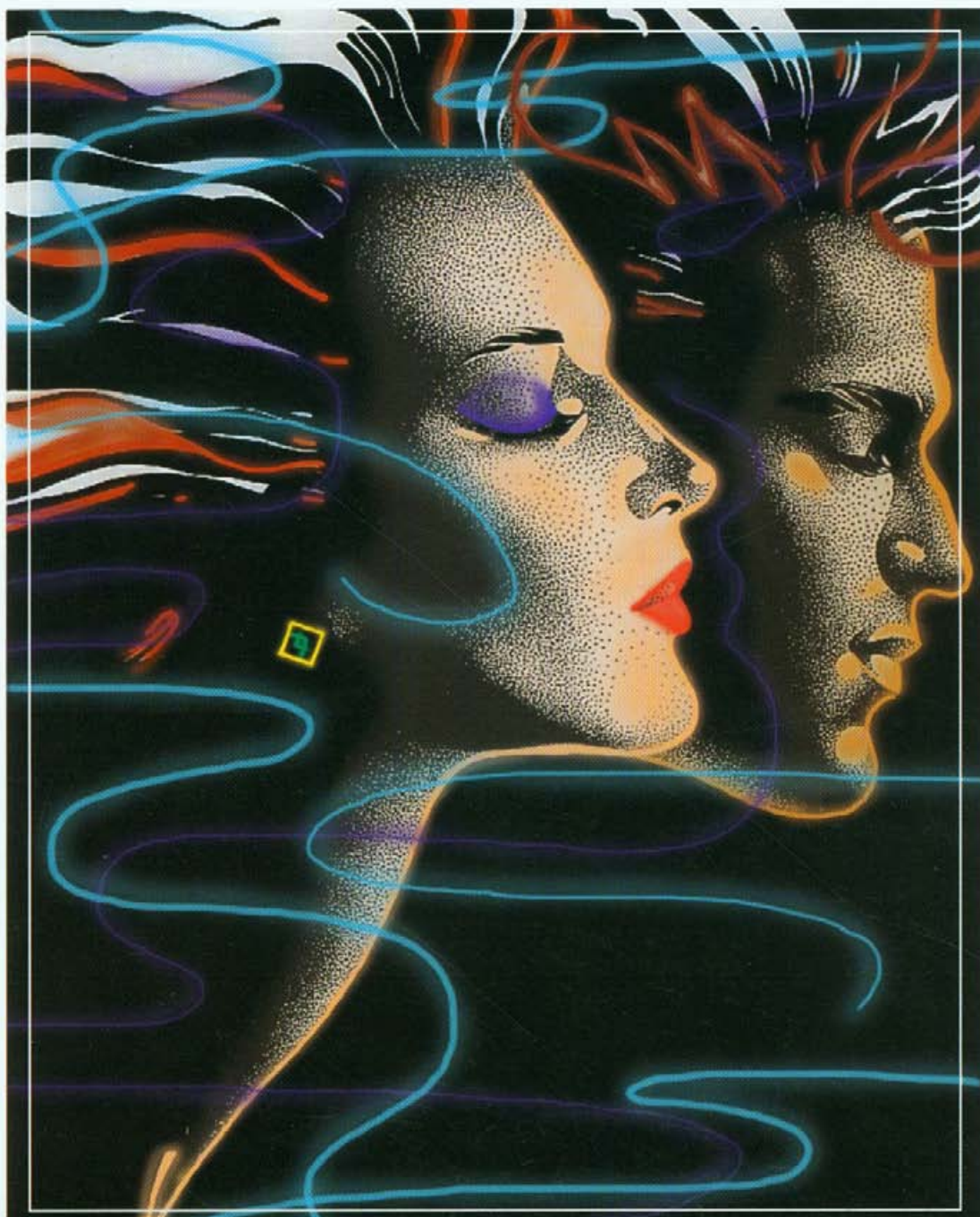


BEGINNING



Purdue University Cooperative Extension Service, West Lafayette, IN 47907

CONSUMER CLOTHING



Beginning Consumer Clothing

We all invest a lot of time and money in clothing. The Consumer Clothing manuals will help you make wise clothing decisions. This manual is for 4-H'ers ages 10 to 12. You can use it for one to three years.

What you'll learn

- * to identify characteristics of good fit
- * to identify primary and secondary colors
- * to read and understand labels
- * to practice clothing care
- * to practice good grooming habits

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.

* Help purchase an item of clothing that you'll wear with other clothes in your wardrobe. Examples might be slacks, blouse, jeans, shirt, sweater, or sweatshirt. Choose an accessory to go with your purchase. Examples might be shoes, sweatband, belt, jewelry, or socks.

* Model your purchases. Tell the judge about them, what you learned, and about the activities you completed. 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 Beginning Consumer Clothing again, you can complete different activities.

Notebook

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

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 they go 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

Choosing clothing

Have you ever been told, "Dress up," or "Put on your old clothes"? Old clothes may not be any older than some other items in your closet. The phrase usually refers to clothing you wear at home or when having fun outdoors.

Clothing does more than cover the body. Some clothes are for playing with friends. Some are for going to school. Other clothing is for church or special events. Your clothing and accessories should match the activity. When you dress for a special party, choose a nice shirt, slacks, and leather slip-on shoes or oxfords—not athletic shoes. And you probably don't want to wear a Western shirt with a suit or patent leather shoes with jeans.

Clothes also protect you from the weather. It's more comfortable to wear a raincoat or water repellent jacket on a rainy day. And you'll probably choose a heavy jacket or coat during the winter. You choose indoor clothing for comfort as well. You don't want to be too warm or too cool.

Color

Can you imagine living in a world without color? All your clothes would be white, black, or gray. You wouldn't be able to look your best.

Color helps us feel cheerful and lively or quiet and thoughtful. The color of your clothing is the first thing people

notice when they meet you. The colors you choose add to your appearance. Becoming colors help you feel and look your best.

All colors come from the three primary colors—red, blue, and yellow. Mix two primary colors, and you'll get one of three secondary colors—green, orange, or purple.

Intermediate colors are the third step. To get these colors, mix a primary color with its neighboring secondary color. Combining yellow and green gives you yellow-green.

Colors arranged in a circle or wheel help us understand how they mix together to form new colors. Study the color wheel on the back cover. Find the primary colors. Remember that you mix two colors to get secondary colors. You'll find the secondary colors between the primary colors.

Do you enjoy bright colors? Wearing them is stimulating and fun. Combining bright colors makes attractive sportswear. Wearing a sweater or jacket with equal blocks of yellow and red would be fun.

Combining patterns with plain fabric is easy. Patterns could be prints, checks, or stripes. For the plain fabric, choose one of the colors in the patterned fabric. You might wear a red sweater with navy and red pants.



Activity Group 1

Choose one of these activities. Describe what you did. Put your results or findings in your notebook.

A. Identify items in your closet that go together. Separate play clothes from school clothes. Put dress-up items together. Do you have some items or accessories that you wear with both play clothes and school clothes? Do you have some things you wear with school clothes and dress-up clothes? Most of us do. They are called multipurpose items. Describe your multipurpose items in your notebook. Tell about the clothes they go with.

B. Select a basic color such as tan, gray, blue, or red. See how many variations of the color you can find in your home.

Look at garments worn by every family member as well as bath towels and other household fabrics. Describe your findings in the notebook.

C. Take an article of clothing made in a patterned fabric. Describe this fabric in your notebook, and write down all of the colors you could wear with it.

D. Choose one of the primary colors on the color wheel. Find clothes with several variations of this color. In your notebook, tell

whether it is a true primary color. Or does it lean toward a neighboring color? For example, you might have pants in dark primary blue. But your blue top has a bit of green, so it's blue-green.

Good grooming habits

Good grooming makes the most of your appearance. Clean hair, skin, and clothes are good assets. Developing a routine can make good grooming practices a habit. Fashions change, but the clean, well-groomed look is always in style.

Take a shower or bath every day.

Bathing every day removes perspiration, oil, and dirt. A quick once-over with water may not be enough. Use soap and scrub. Then rinse well and dry thoroughly.



Use a deodorant or antiperspirant under the arms every day. As you become a teenager, your body changes in many ways. You may notice that you perspire more. As you mature, perspiration odor may be a problem.

Did you realize that the body gives off about a quart of perspiration every day? We perspire all the time. Usually it's not noticeable because perspiration evaporates from your skin. Perspiration odor occurs where the moisture cannot evaporate, especially in the underarm area.

Baths prevent perspiration odor from becoming noticeable. A deodorant or antiperspirant also helps. A deodorant eliminates perspiration odor. An antiperspirant checks the flow of perspiration and controls the odor.



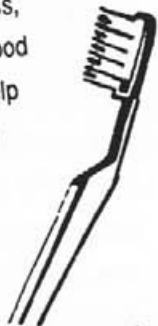
Perspiration may also be trapped between the body and clothing. You've probably noticed that "locker room" smell and have realized why clean clothes are necessary.

Keep hair cleaned, groomed, and trimmed. Wash your hair at least once a week—more often if it's oily or if you've been exercising a lot. If you have dandruff or oily hair, use a special shampoo for these conditions. If your hair is dry, don't wash it every time you take a shower. Brush your hair often, and have it trimmed as needed. A dirty brush and comb will make clean hair dirty. Make sure yours are clean.

Take care of your teeth. Brush your teeth after every meal and before going to bed. Frequent brushing whitens teeth and helps prevent cavities and bad breath. See your dentist at least every six months. Learn the correct way to use dental floss, and use it daily. Following good mouth hygiene today can help ward off gum disease in the future.

No smoking—it discolors your teeth and causes bad breath.

Check on hands. Wash your hands often during the day. Scrub fingernails. Gently push back the cuticles, and file nails to an oval shape. Use a hand cream before doing dirty jobs. This keeps dirt from getting ground into the skin.



Remember your feet. Trim toenails weekly. To prevent ingrown toenails, cut nails straight across. Wear clean socks every day. If possible, have two pairs of well-fitting shoes, so you can alternate wearing them.

Use the chart in Activity Group 2 to help you set up your personal grooming schedule. Following the routine is up to you.

Activity Group 2

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

- Make a chart like the one below in your notebook. Complete the chart, and follow the routine until it becomes a habit.
- After the first year, check your grooming chart. Make necessary changes. Also, write your definition of a well-groomed person.
- Not all good grooming habits are included in this chart. Observe others, and think about yourself. What would you add?

Good grooming makes the most of your appearance... developing a routine can make good grooming practices.

My Grooming Schedule

	Several times a day	Once a day	Twice a week	Once a week	Once a month
Brush teeth
Use mouthwash
Use dental floss
Take a bath or shower
Shampoo hair
Comb/brush hair
Wash face and hands
Trim fingernails
Trim toenails

Buying clothes

So you want to purchase some new clothes! A good rule is to buy neither the first thing you see nor the latest fad. Consider the cost of the purchase and its quality. Also, how many other items can you wear with it?

You don't need to spend much money building your wardrobe if each purchase goes with clothes you already own. You might buy new pants because they go with four different shirts or tops. Instead of increasing your wardrobe by one pair of pants, you now have four different combinations.

You might also buy a new pullover sweater that goes with the four tops, the pants, and another pair of pants or a skirt. Now you have nine new looks. Your choices are:

- the sweater and pants with one of the four shirts,
- the pants and one of the four shirts, or
- the sweater and pants alone.

Don't cheat. Make sure that each of the items fits. Also, you should enjoy and look good in all the clothes.

Coordination is the key to a workable wardrobe. Try to buy clothes that go with at least two other items that you already own.

The same goes for accessories—jewelry, watchbands, braces, sunglasses, or shoes. Make sure that each item goes with several other items in your wardrobe.

Labels

Most clothing you buy is mass-produced in factories. One seamstress sews only straight seams. Another makes pockets. A third sews in zippers, and so on. As a garment moves along the production line, labels are sewn into the neckline and side seams. Reading labels is part of being a good shopper.

Size labels

The U.S. Department of Commerce has attempted to set sizing standards for clothing, but companies still vary in the way they size garments. That's why a size 12 jeans in one brand name fits you, but the same size in other brands doesn't.

It's also important to know that sizing standards for boys and girls are based on body measurements and weights at different ages. They are developed for people of average size at each age. Many young people and adults are smaller or larger than "average." That's why buying by age alone is not a good way to determine the size you need. Sometimes, teenagers can wear "adult" sizes. And some adults can wear boys' or girls' sizes.

It's often hard to know what size to look for. Different types of clothing—dresses,



sweaters, and coats—are sized according to different standards. So don't use your sweater size as a guide for buying a coat.

Girls' sizes. A girl should know her figure type, approximate size, and some of the brands of clothes that fit her best. Figure types describe the different kinds of girls' and women's body builds. They are based on overall height, weight, and width of shoulders as compared to width of hips. Companies may use somewhat different names to describe figure types in their clothing lines, but these names are common.

- * Girls: sizes range from 7 to 14. They are designed for the just-developing figure.

- * Young Juniors or Teens: sizes range from 5/6 to 15/16. They are cut for the early adolescent figures, with a small, high bustline. The waistline is more defined as size increases.

- * Juniors: sizes range from 3 to 15. The junior figure is less developed and has a shorter back waist length (higher waistline) than the misses figure.

- * Misses: sizes range from 6 to 16. (Some manufacturers make clothing up to size 18.) The misses figure is fully developed and is considered the average figure type for women.

- * Petites: sizes come in both juniors and misses proportions. Juniors petite is meant for short junior figures. Misses petite size (size 1 and larger) are for short women with the misses figure type.

Boys' sizes. Boys' clothing is sized by height and weight for boys from 8 to 20 years. They come in regular, slim, and heavy sizes. Sizing for boys and men is less complicated

than that for girls and women. Boys' sizes are more standardized.

- * Suits and separates: jackets are sized according to chest measurements and length—R (regular), S (short), and L (long).

- * Jeans and trousers: sized by waist and inseam measurements.

- * Dress shirts: sized by neck (collar) measurement and sleeve length.

- * Sports shirts: usually sized small, medium, large, and extra large.

- * Sweaters: sized in small, medium, large, and extra large. These sizes usually refer to chest sizes: S (34-36), M (38-40), L (42-44), and XL (46-48). Some sweaters and sport shirts may come in extra small (XS),

- small (S), medium (M), large (L), or extra large (XL). But manufacturers may not be consistent regarding these sizes.

Brand names

All manufacturers want customers to prefer their brands. Experienced shoppers learn the brands of clothing that fit with few, if any, alterations. Learn those brands, and remember to ask for them when shopping.

Private brand labels. Many manufacturers agree to make clothing for large department and chain stores that sell them under their own brand or private label. They may put one store name on everything they make. Or they may use different names for each clothing line.

Designer labels. A few designers own all or part of the companies and labels bearing their names. Some of these designers are



Gloria Vanderbilt, Calvin Klein, Bill Blass, Laura Ashley, Ralph Lauren, and Liz Claiborne. The garments produced by designer-owned firms are usually high-priced. However, some designer names also appear on lower-priced lines. Designers may "license" the use of their names on jeans, sunglasses, jewelry, perfume, scarves, and even household linens. Designer jeans are often manufactured by companies that pay for the right to use the designer's name on their labels.

Care labels

Almost every garment is required by law to have a "care label." This label tells how to wash and iron or dry-clean the item. Look for care labels before you buy clothing. It will be more expensive to dry-clean garments than it is to launder them. If the care label states "hand wash," the garment may take more time and care than machine-washable clothes.

Check care labels when doing laundry to make sure that you are caring for the garments correctly. If you do not follow the instructions on the care label, laundering problems, such as shrinking, fading, or running of colors, may be your fault.

Fiber content labels

Textile products are required by law to state fiber content on a label or hang tag. A label listing one fiber indicates that the garment is made only of that fiber. For example, "cotton" on a label indicates that it is 100 percent cotton.

If the fabric is made of a blend or combination of fibers, the label should give the generic name of each fiber and the percentage. For example, a label might read "65 percent Dacron polyester, 35 percent cotton." In this example the term "polyester" is the generic or family name, and the term "Dacron" is the brand or type of polyester.

Giving brand names on the label is not required by law. Many companies do include brand names because they take pride in producing these special fibers.

Union labels

If the garment is made by people belonging to a union, a label with the name of the union is often sewn in the side seam. An example is the International Ladies Garment Workers Union (ILGWU).

Country where manufactured

Some ready-to-wear clothing is totally produced in the United States. Other garments are completely produced (fabric and sewing) in a foreign country or completely or partially sewn abroad. Items produced abroad may be cheaper than those made in the United States. Or they may be more expensive because they are unique and especially desirable, such as Scottish cashmere sweaters or English tweeds. Most clothing is labeled, so you can tell where it was produced.

Hang tags

Hang tags are larger, more colorful, and easier to locate than sewn-in labels. A hang tag usually gives additional information to help



shoppers choose and care for the garment.

Guaranteed performance labeling. The manufacturer sets standards for quality and performance of the item, and sees that this quality is maintained.

Wear-dated programs. Some garments carry a "wear-dated" tag. This tag means the garment is guaranteed for a specific time under normal wear conditions. If it doesn't meet these guaranteed standards, the item can be returned (with the tags and the sales slip) for a refund or replacement.

Licensed trademark programs. Textile manufacturing processes can be licensed. Their use may be purchased by other companies. If the term "licensed trademark" or a T or R symbol appears on a label, the fiber, fabric, or finish has been produced under quality-control standards. The original company and the licensed manufacturer regulate standards.

Activity Group 3

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

A. Look in your wardrobe for one type of garment of which you have several examples: T-shirts, jeans, shirts, or blouses. If you don't own enough different brands, borrow some from a friend, or try on a garment in a store. Compare at least three different brands of the same type of garment. Look for the manufacturer's label and size label in each item. Compare the brands for fit. Describe the differences in your notebook. You may want to

Clothing Brands

	Name of garment _____		
	Name of manufacturer	Size	How does it fit?
Garment A	_____	_____	_____
Garment B	_____	_____	_____
Garment C	_____	_____	_____

Describe how these garments fit differently.
Which garment fits best? Why do you think so? _____

make a chart similar to the one above.

B. Make a collection of brand-name clothing labels. Mount them in your notebook. Add new labels to your collection from time to time. This activity will help you become familiar with many brand names.

C. In your notebook, describe one of your favorite brands of clothing. Tell why you like it.

D. Search for labels that tell the names of the countries where your clothing was manufactured. Put these labels in your notebook, and describe the garments. If you don't want to cut out the labels, list the countries where the garments were produced.

Trying on clothes

The only way to be sure that clothing fits is to try it on. Look at the front, side, and back views in a three-way mirror. Check for fit and comfort while you are standing, sitting, and walking. Clothes should not restrict body

movements. Be sure you can swing your arms, bend, and sit. Reach your arm over your head to see if you can touch your opposite ear. Cross your arms and touch your shoulders. Touch your toes, squat, and bend.

Shirts and blouses should be large enough for you to move your arms freely. The sleeves should feel comfortable, and if full length, reach your wrist bone. Tails on blouses and shirts should be long enough to stay in place when tucked into a waistband.

Pants and skirts should be comfortable when you sit. If they are too tight, they will feel uncomfortable. Skirts will wrinkle, and pants will pull in the front crotch area. Pants should also fit in the seat area without unsightly creases and bagginess. Long pants usually brush the top of the shoe.

Before buying, consider how quickly you are growing and how fast your body is changing. Knit fabrics have the ability to stretch and expand a bit. So knitted garments are

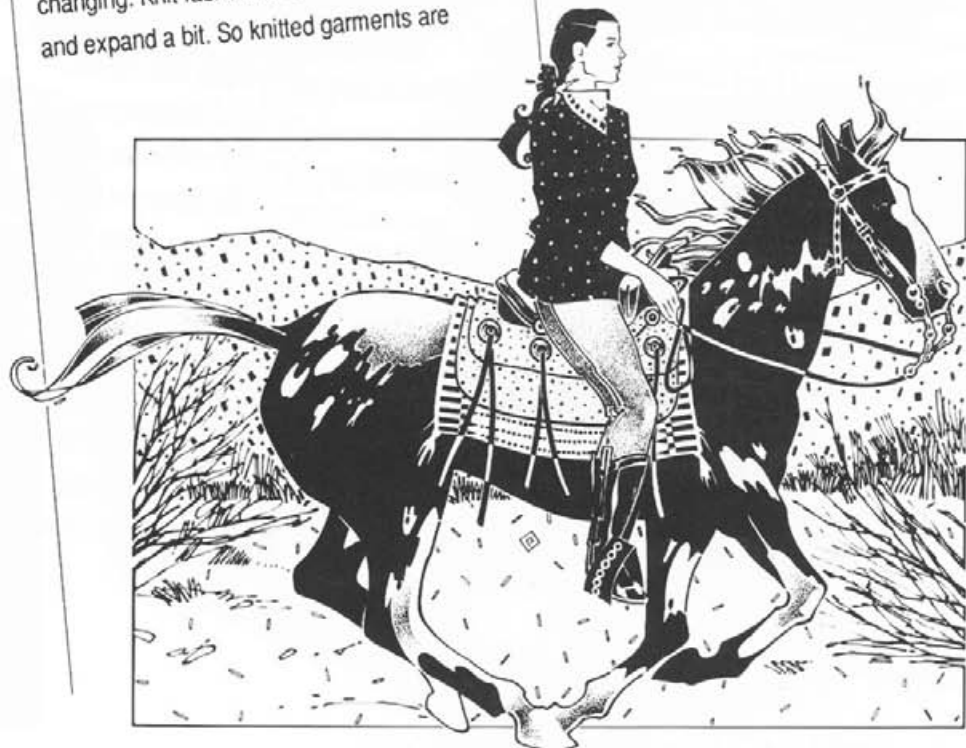
comfortable for a longer period of time than garments made of woven fabrics.

If you are at the stage where you are filling out rapidly, consider styles that are cut full through the chest and bustline. You can usually wear clothes with raglan, dolman, and dropped shoulders a few months longer than styles with high set-in sleeves. Sleeves aren't as great a problem for guys. However, shirts need enough room through the chest to be comfortable and allow space for growth.

A bigger problem for young men and women is keeping garments the right length. Wearing short sleeves and sweaters that can be rolled at the cuff may be one solution. Hems can seldom be "let down" successfully. Another solution may be purchasing one or two pairs of pants that can be worn with many shirts and tops. Wear them practically every day until you outgrow them.

Good fit means clothes don't bind or limit movement, and they have space for growth.

Clothes should not restrict body movements. Be sure you can swing your arms, bend, and sit.



Activity Group 4

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

A. The next time you are shopping, try on a garment. See if you can swing your arms, touch your opposite ear, squat, bend, and sit. In what areas does the garment allow you to move? In your notebook, describe some of the problems and good points about the fit.

B. Shop and compare two clothing items—one with limited features for your growth and one with additional features. Describe the differences in your notebook.

C. Try on a garment you wore last year. Notice how it fits. Is it still wearable? In your notebook, describe how your body has changed during the year?

Caring for clothing

As you learn about and practice good clothing care, you'll acquire useful skills for your lifetime. You will also improve your appearance and save time.

How many times have you heard: "Pick up your clothes"? Picking up your clothes not only keeps your room clean, but it also helps your clothes last longer and look better.

A good place to begin is hanging up your clothes. Do this daily. Hanging up clothes keeps more wrinkles from forming and helps the garments keep their shape. Hanging clothes outside the closet for a few hours to air

will make wrinkles, moisture, and odor disappear. Make sure garments are hanging straight on hangers and that they're not crowded in your closet.

Activity Group 5

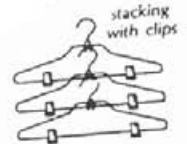
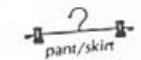
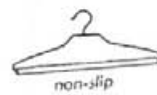
Choose one of these activities. Tell what you did, and put the results in your notebook.

A. Look for different types of hangers in your house and in a store. In your notebook list the types and discuss their purposes. (This topic would be good for a demonstration.)

B. Conduct an experiment on the effect of storage on wrinkling. Fold a blouse or skirt carefully, and put it in a drawer. Throw another one carelessly in a drawer. Compare them after one week. Slightly dampen a third garment. Crumple it into a ball, and let dry. The damp garment will react similarly to garments wet with perspiration. Write the results in your notebook.

C. Make or install closet and/or drawer storage items. Some suggestions are drawer dividers, sweater bags, storage boxes, and racks for belts, ties or scarves. Describe what you did.

D. Analyze different closet storage systems in magazines, catalogs, and books. Plan or arrange your closet to make the best use of space. In your notebook, list some of the things you did.



Washing your clothes

Many of your clothes can be washed. The first step in learning about laundry is sorting. Careful sorting is important for a clean, lint-free wash. Incorrect sorting can cause clothing to become gray or stained. These problems require more work and energy to solve.

Sorting laundry

Combine items of similar color, construction, and soil level into loads of the proper size for the washer you're using. Sorting makes it easier to select the right laundry products, water temperature, and wash cycle. Use the sorting chart to help you.

While you're sorting clothes, check for items left in pockets, like ball-point pens, tissues, or lipstick.

Sorting by color

- Wash whites with whites.
- Wash light colors with light colors.
- Wash dark colors with dark colors.

Sorting by amount of soil

- Wash lightly soiled clothes together.
- Wash heavily soiled clothes together.

Sorting by fabric type

- Follow recommended procedures on the care label, such as washing in hot water.

Sorting by tendency to lint

- Don't wash lint givers, such as towels, with lint receivers, such as corduroys or dark colors.

Activity Group 6

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

A. Sort your family's laundry. Ask an older person to check if you sorted it correctly. Then, complete the following sentences in your notebook:

The dirtiest garment was:

The darkest color was:

The lightest color was:

A garment that needed to be washed on gentle cycle was:



B. Find three garments with different instructions on the care labels. Can all the garments be washed in the washing machine? Describe each garment in your notebook. Tell how they should be cleaned.

C. Ask a family member or adult for a scrap of white fabric. Choose a dark or brightly colored garment such as dark blue jeans, red sweatshirt, or bright green T-shirt that has never been laundered. Rub the white cloth against the colored garment. Check for any tinge of color on the white cloth. The transfer of color (dye) to the white cloth is called "crocking." Not all dyes will crock. Next, wet the white cloth with water. Rub it again to check for wet color transfer. Record the results. Indicate the problems color transfer might present when you wear and care for the garment.



Notes

Notes

Writing your report
The first part of your report should be an introduction to the topic. This should include a brief history of the topic and a statement of the purpose of your report.

Next, you should discuss the methods you used to collect your data. This should include a description of the equipment you used and the procedures you followed. You should also discuss any potential sources of error.

Then, you should present your results. This should include a table of your data and a graph of your results. You should also discuss any trends or patterns you observe in your data.

Finally, you should conclude your report. This should include a summary of your findings and a discussion of their implications. You should also suggest any further research that needs to be done.

Conclusion
The conclusion of your report should summarize the main findings of your study. It should also discuss the implications of your findings and suggest any further research that needs to be done.

References
You should include a list of references for any sources you used in your report. This should include books, articles, and websites.

Appendix
You should include an appendix for any additional information that is relevant to your report. This could include raw data, calculations, or other supporting materials.

Index
You should include an index for your report. This will help readers find the information they are looking for more easily.

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/Wear - Care Required	Type 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

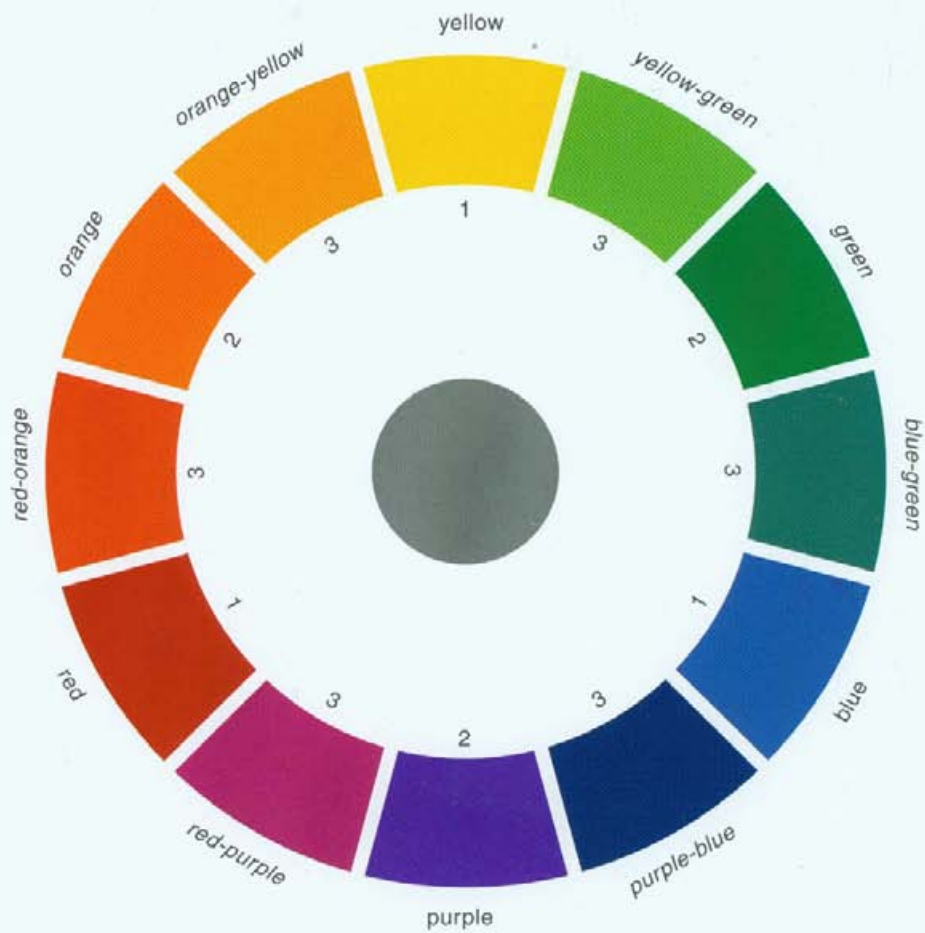
Scorecard

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, pose, 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			

These forms are shown for reference only. Please obtain actual copies for use from your Extension agent.



New 1/91

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4-H 730