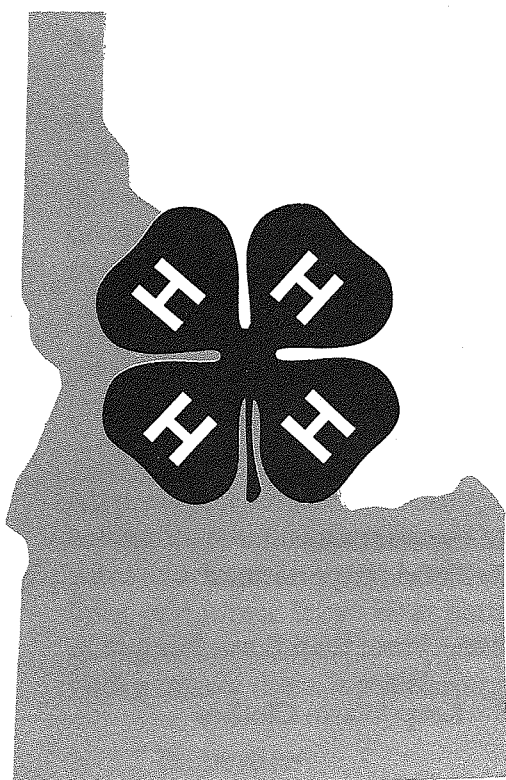


University of Idaho
Cooperative
Extension System



Member's Manual and Record

19 ____

Name _____ Age ____ Birthdate ____/____/____
Mo. Day Yr.

Mailing address _____

School grade completed _____

Club _____ Year in 4-H ____ Years in project ____

Office(s) held _____

Committee(s) served on _____

Member's signature _____

Parent's signature _____

Leader's signature _____

College of Agriculture

This is the member's manual and activity book for textiles and clothing consumer skills project "The Total Look" for 11 to 12 year olds.

Do you buy and use goods and services to satisfy your personal needs and wants? If so, you are a consumer. Do you want to get the most for your money? If so, you need to become a wise consumer.

Being a consumer means making choices and taking risks. A consumer must decide what to buy, where to buy, and how much to spend. This is difficult because many clothing choices are available. For example, items often are similar in quality yet different in price, or vice versa. Once there were only a few brands; now there are many. Advertising is everywhere and it further complicates decision making.

If you are like most teens, your clothing budget is limited. Therefore, your decisions as a consumer of clothing are important. As you take on adult responsibilities, decisions become more frequent and complex, and your need to be a competent consumer will become even more important.

As you complete this project, place a check by each activity you complete. This will help you keep track of which activities you have finished and which you still need to do.

You will exhibit:

The completed member's manual (lessons 1 through 7, demonstration and pictures of member in outfit with and without accessories)

Exhibit

___ An energy-efficient outfit with appropriate accessories. (Items may be purchased new or may come from your existing wardrobe.)

___ A poster (8¹/₂" x 11") or display (11" x 16") of photographs or illustrations showing something you have learned.

Lesson 1 Personal Appearance

___ Activity 1—Art Principles
___ Activity 2—Texture

Lesson 2 First Impressions

___ Activity 3—Posture Check
___ Activity 4—Making Impressions

Lesson 3 Consumer Skills

___ Activity 5—Comparison Shopping and
___ Activity 6—Clothing Sales

Lesson 4 Fabric Expectations

___ Activity 7—Fabric Expectations

Lesson 5 Clothes—More than Something to Wear

___ Activity 8—Keep-Warm Clothes

Lesson 6 Clothing Care

___ Activity 9—Care
___ Activity 10—The 5 R's? What Can I Do to Help
___ Activity 11—A Stitch in Time
___ Activity 12—Outfit Upkeep

Lesson 7 Clothing Careers

___ Activity 13—What's My Career

Helping Others Learn

___ Club Demonstration

Looking at My Work

___ How Did I Do?
___ My 4-H Story
___ Picture Evaluation
___ 4-H Activity Report

Judges Score Sheet

Art Principles

After working individually with the design elements, including color, texture, line, and form, you will find that they all work together to create an outfit. The principles of art are harmony, proportion, balance, rhythm, and emphasis. There are ways to organize color, texture, line, and form into attractive designs.

1. Harmony

All parts of a harmonious design seem to belong together. Harmony is what you'll want to achieve in using textures, colors, lines, and forms. It can be as simple as recognizing that wearing a sporty pair of shoes with a dressy dress is not harmonious.

2. Proportion

Proportion is the relationship of spaces to each other. Equal proportions are less interesting than unequal ones. Colors, textures, and lines can create different proportions. For instance, if the length of your skirt is equal to the distance from your waist to the collar of your blouse, this proportion will cut your figure in half. A slightly longer skirt would be more interesting in proportion.

3. Balance

Balance is equal attraction on both sides of a central line.

Formal balance is the use of the same lines, colors, or textures on both sides of a central line.

Informal balance is the use of lines, colors, or textures placed in a position that looks balanced but is not exactly the same.



4. Rhythm

Rhythm forms an easily connected path along which the eye can travel. It may be the arrangement of lines, colors, or textures. Repetition is a part of this.

5. Emphasis

Emphasis first attracts your eye to the most important point of interest and then to other parts of the design. There should be only one center of interest.



Find examples of these art principles in a magazine or catalog. Mount them below, and describe how the art principles are used. Add extra pages as needed.

A large empty rectangular box intended for students to mount and describe examples of art principles from magazines or catalogs.

Activity 2

Personal Appearance

Texture

Texture is the look and feel of a fabric. Fabrics reflect and absorb light differently, and each fabric surface has a unique feel.

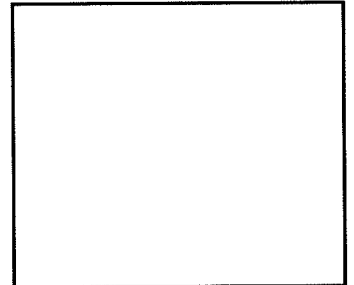
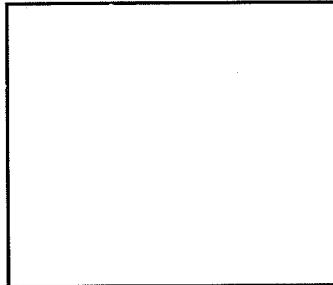
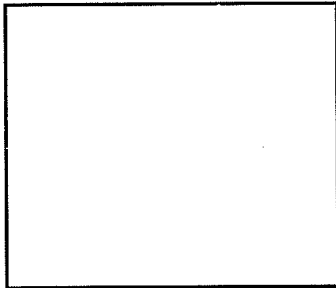
Words that describe textures include:

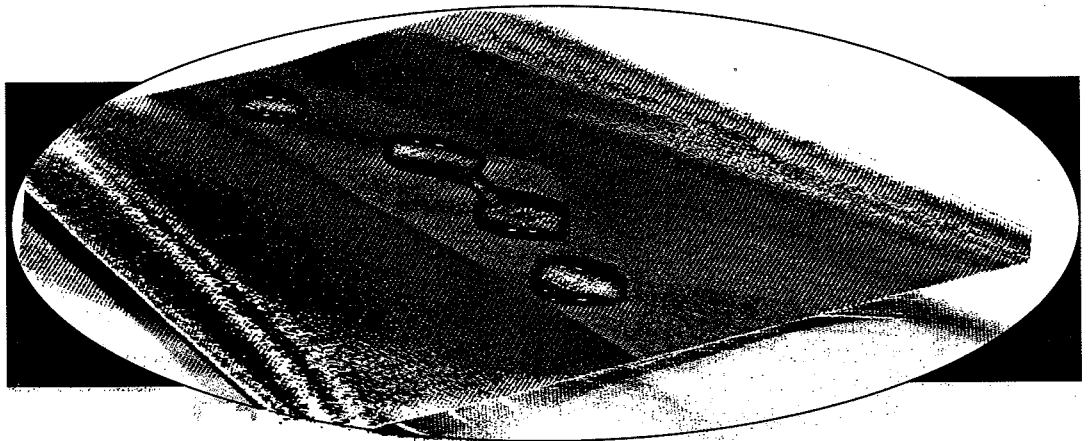
clingy or rigid
cold or warm
crisp or limp
dry or moist

opaque or transparent
pliable or stiff
rough or smooth
shiny or dull

firm or flexible
stretchy or stable
heavy or light
thick or thin

Mount swatches of three fabrics and describe their textures.





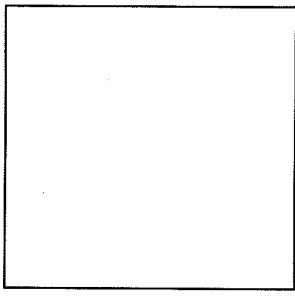
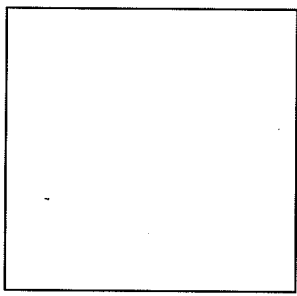
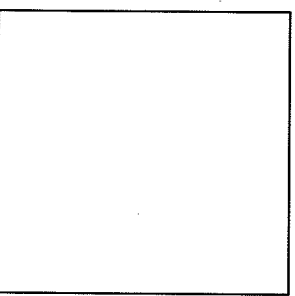
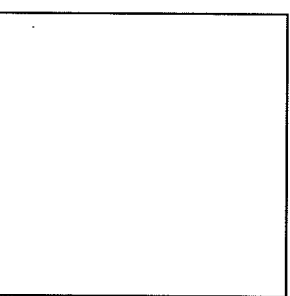
SDNY 11

Texture affects size and shape. Some textures make people look larger while others make them look smaller.

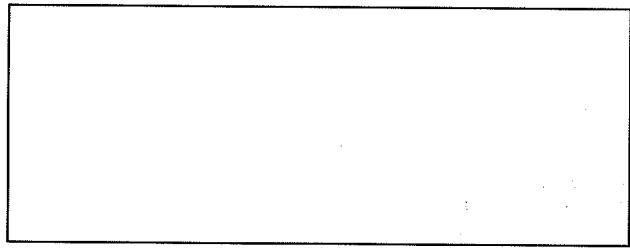
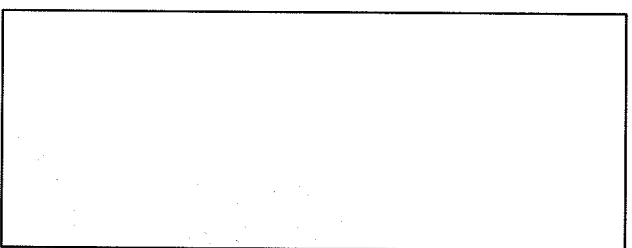
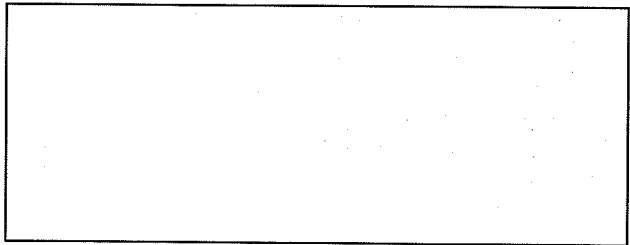
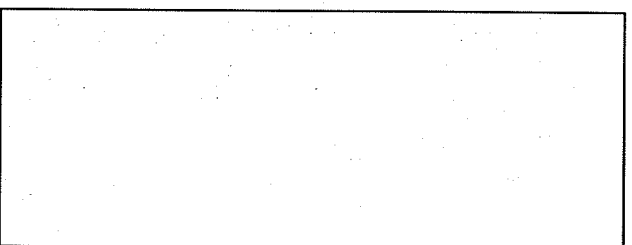
- | Increase apparent size | Decrease apparent size |
|-------------------------------|-------------------------------|
| Shiny, smooth fabrics | Dull, textured fabrics |
| Deep-pile, bulky fabrics | Short-cut pile |
| Crisp, stiff fabrics | Soft-flowing fabrics |

Medium-weight fabrics with no luster are not eye-catching, so they don't attract attention to the figure.

Mount swatches of four fabrics below and tell whether they will increase or decrease apparent size.

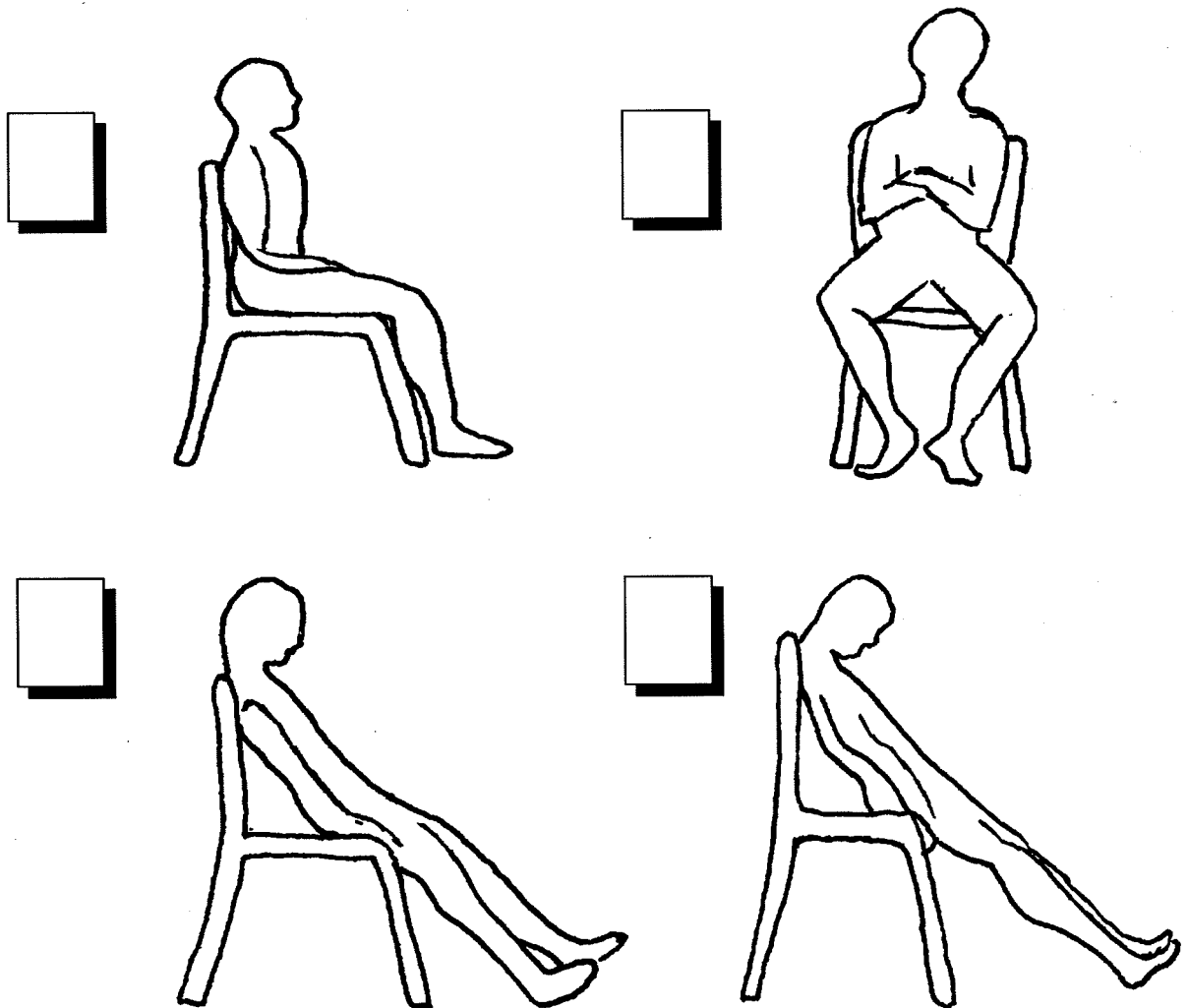
			
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For a more interesting look, combine garments with several different textures. An effective texture mix might include knit fabric used in active sportswear, stretch terrycloth for sweatbands, and canvas for sneakers. Choose four fabrics that make a pleasing texture mix and mount swatches below.

Posture Check

Which of the figures below most closely resembles your sitting posture?



Remember, when you sit:

- Keep your head, chest, and hips aligned, one directly over the other.
- Keep your knees and feet as close together as possible.

Activity 4

First Impressions

Making Impressions

Most people, especially teenagers, are concerned about how they "come across" to others. However, they fail to realize that their appearance, body posture, and mannerisms are sending out all types of messages.

Research shows that first impressions are formed between 20 seconds to 4 minutes. In this short time, some ideas about a person's educational level, sex, occupation, religion, personality, and status are developed. This is all the time it takes to develop ideas about a person.

Although it is extremely important in today's society to elicit favorable impressions from others, it's just as important that we have good impressions of ourselves!

An individual's unique characteristics aren't always observable after 20 seconds but you never get a second chance to make a first impression.

How are first impressions made?

How important are first impressions?

Attach a picture from a magazine or catalog that shows a person doing something.
What does the picture tell you about the person?

Comparison Shopping and Making Clothing Decisions

Get more for your clothing dollars by shopping around. If you can afford the time and expense of comparing ready-to-wear clothing in several sources, you may find excellent value at reasonable cost.

Do some comparison shopping and see if you agree. Choose an item that will mix with the clothes you already own. Visit three stores that carry this or a similar item. Examine merchandise carefully, noting characteristics of workmanship. Complete the chart below, rating the characteristics of all three items: 3 = excellent, 2 = good, and 1 = poor. Judge each item individually.

Clothing item chosen

Points to Compare	Store #1 Name	Store #2 Name	Store #3 Name
Overall appearance			
Fabric quality			
Grain			
Sewing			
Seams			
Buttonholes			
Buttons			
Hems			
Fit			
Trim			
Care information			
Care required			
Other (name these)			
Total points			

Making Clothing Decisions

Garment _____

Price: \$ _____

Factors	Comments
Fabric: Natural/synthetic Characteristics/qualities	
Construction: Patterns/designs Closures Reinforcement Stitching/seams Inside look	
Cost: Initial cost Care cost Cost per wear Cash vs. credit	
Classic/fad: Lines/style Color/pattern/fabric	
Care labels: Washable Dry-clean Low labeling	
Fit: Does it need alternations?	

Would you purchase this garment? (Y/N) _____

Why/Why not?: _____

Note: Use one worksheet per garment. You may want to make copies of this worksheet if you are comparing more than one garment.

Which store offered the greatest value?

List some advantages and disadvantages of comparison shopping:

Advantages

Disadvantages

Activity 6

Consumer Skills

Clothing Sales

Clothing stores have sales for many reasons. Nearly all stores have certain regular sales, sometimes to move leftover merchandise at the end of a season to make room for new clothing items. Some sales offer more real savings than others.

Understanding the various types of sales will help you take advantage of them. Watch for sales announcements and be ready to profit from the following:

Seasonal sales: Held by stores regularly at the end of a fashion season. Since these sales are timed with the seasons, you can plan for them. Seasonal sales can save you 25 to 50 percent of the regular price.

Clearance sales: Similar to seasonal sales, these sales get rid of old fashions and make way for new ones. Items may be shopworn; color selection, styles, and sizes are limited. Clearance sales usually offer a 25 to 50 percent reduction.

Annual sales: Items reduced 10 to 15 percent for short periods of time. When sale is over, items are returned to original price; size range and color choice are limited.

Special purchase sales: Products bought especially for sale. These sales occur at odd times, may offer larger selection in product line, and may be for charge customers only. Items may be of lesser quality than the store usually carries. Special purchase sales do not offer great price reductions—usually 15 to 20 percent.

Anniversary sale: Annual sale in honor of the store with some regular stock and some specially purchased stock. You must know store's merchandise in order to save on an anniversary sale.

Stimulation sales: Used to promote the store during slow periods, these sales are known under names such as "back-to-school sales" or "sidewalk sales." You may save as much as 10 to 15 percent on regular stock and 15 to 20 percent on specially purchased merchandise.



Look in recent newspapers and find five stores advertising clothing sales. Check the advertisements and fill in the chart below:

Name of store	Type of sale	Savings advertised	Month advertised

Usually there is a reason for a markdown in price. Recognize that these reasons do exist. Ask these questions:

- Is the style on the way out?
- Is the garment soiled, damaged, or shopworn?
- Is it irregular?
- Is the color true or faded?
- Is the construction poor?
- Is it a special purchase by the store?
- Is it a seasonal change?
- Is it a hard-to-sell size?



Can you get a bargain at a sale?

A good buy is anything that meets your needs at a price you want to pay. If you can get what you want for less money than usual, or if you can get better quality for the same money, you have a good buy or a bargain. But just because you saved money on purchasing an item, it is not a bargain if you cannot use it. Some items in your closet that you seldom wear maybe seemed like bargains when you bought them.

If the garment does not fit right, is not the right color, its quality is poor, or if you don't have anything to wear with it or nowhere to wear it, then your sale garment was not really a good buy after all.

Shopping at sales is one way to stretch your clothing dollar, providing:

- You need the garment,
- It coordinates with your present wardrobe,
- It fits correctly and does something for YOU,
- You evaluate the merchandise carefully in relation to quality and your spending plan,
- You remember that sales items seldom can be returned,
- You know when a sale is really a sale.

Activity 7

Fabric Expectations

Fabric Expectations

Can you look at a garment or a piece of fabric and tell which fiber it is made of and how to care for it? Probably not. Even people who work with textiles every day have difficulty identifying fabrics by sight or touch. Since there are so many ways to change fibers, giving them completely different looks, you need to look at labels to identify them.

Federal legislation helps us know what the fabric is and how to care for it.

Textile Fiber Products Identification Act

In 1960, the Federal Trade Commission ruled that all yard goods and clothing must be labeled with: (1) the fiber name, (2) the percentage of any fiber present, (3) the manufacturer's identification, and (4) if the fabric is imported, the name of the country where it was made.

Permanent Care Labeling

Decisions made by the Federal Trade Commission in 1972 and 1983 require that clothing and over-the-counter fabrics be labeled with instructions on care. Labels are sewn into clothes, and fabric care information is provided on the bolt ends.

The characteristics of fibers most frequently used in clothing can serve as a guide for your decisions in purchasing fabric and garments.

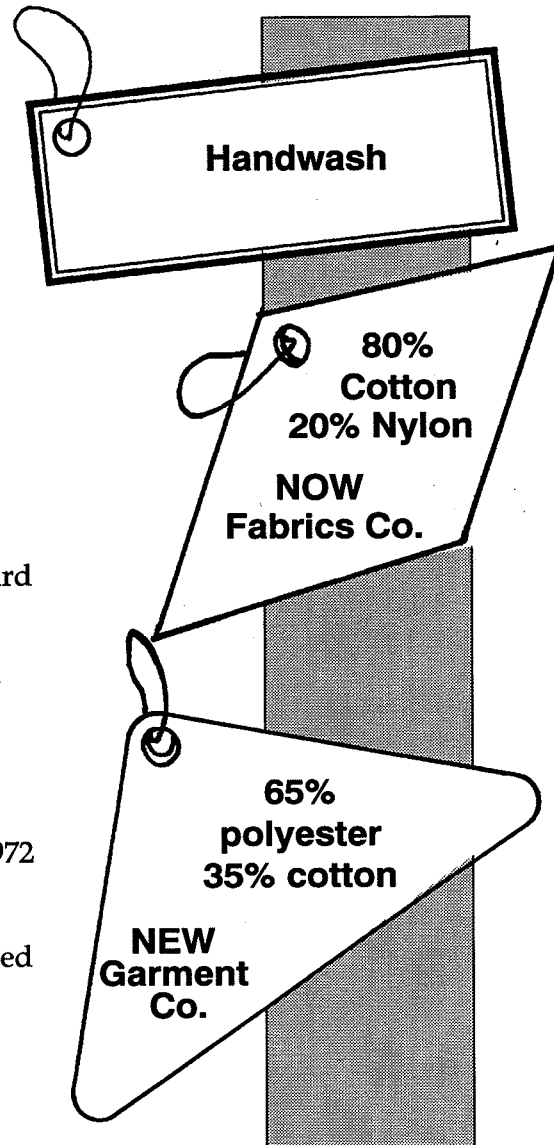
Abrasion resistance—how well a fabric withstands rubbing against itself or other fabrics.

Absorbency—how well a fabric soaks up moisture and allows it to evaporate; more absorbent fabrics are more comfortable because they allow air and moisture to pass through them.

Heat sensitivity—how easily the fabric is affected or damaged by heat.

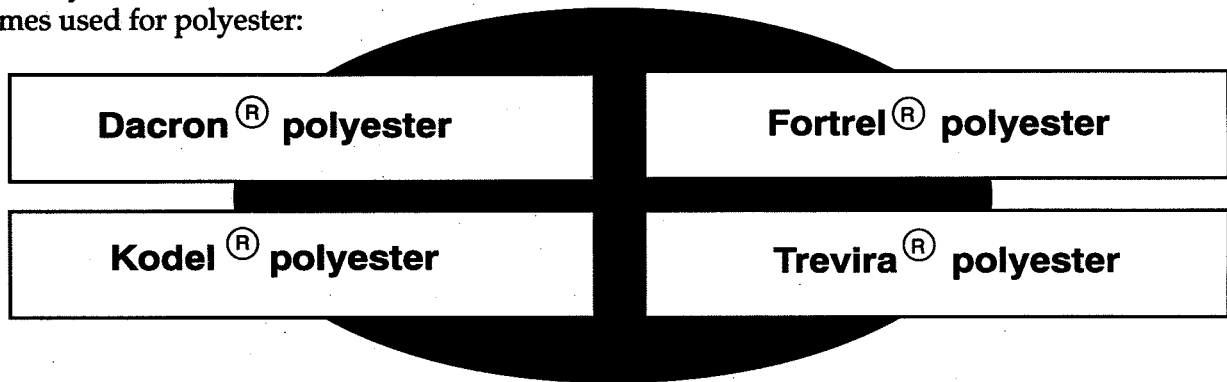
Resilience—how well a fabric springs back after being crushed.

Stretch recovery—how well a fabric goes back to its original shape after being stretched.



Of this list of fibers, cotton and wool are made directly from natural sources with chemical additions. All the other fabrics listed are made completely from chemical substances; they are given trade names by the companies that make them.

You may be familiar with some of the trade names used for polyester:



Acetate

- "Silk-like" appearance
- Inexpensive
- Weak fiber, low abrasion resistance
- Dry cleaning usually recommended
- Press at low temperature

Polyester

- Easy care
- Strong and durable
- Low water absorbency
- Resilient

Acrylic

- Most "wool-like"
- Warmth without weight
- Wash and dry
- Durable

Rayon

- Inexpensive
- Absorbent
- Weak to moderately strong

Cotton

- Absorbent
- Washable
- Wrinkles, poor resilience
- Resistant to high temperatures

Spandex

- Elasticity (used in blends to give stretch)
- Stretch recovery
- Lightweight
- Harmed by chlorine bleach
- Wash and dry at low temperature

Modacrylic

- Inherently flame resistant
- Very heat sensitive
- Warm
- Wash and tumble dry warm; do not iron

Wool

- Warm
- Dry-clean or cold-water hand wash unless treated to be machine washable
- Naturally water repellent and flame resistant
- Absorbent
- Resilient

Nylon

- Strong and durable
- Low absorbency
- Wash and dry
- Press at low temperatures

Tradenames are used to simplify the information presented. Use of these names neither implies endorsement of products nor criticism of similar products not mentioned.

Remember that the fiber name, such as polyester and all the manmade fibers on the chart, is the name required on the label. Sometimes this is called the “generic” name. Usually you will find a trade name there also but the generic name will be your guide to fiber characteristics.

With labels telling how to care for fabric and garments and with the fiber content identified, you should have about all the information needed on care and performance.

Since most of the fabric used today is a blend of more than one fiber, knowing the characteristics of each fiber will help you determine how the fabric will perform. The greater the percentage of a fiber used, the more like that fiber the fabric will be. Small percentages affect texture and feel more than they affect the durability or care characteristics. The only exception to this is spandex. There can be less than 5 percent spandex used and the main characteristic of stretch will still result.

Select one piece of clothing from your wardrobe. Write the name and fiber content below. List the wear and care characteristics you might expect based on the fiber content.

Examine other labels on the garment and note whether they provide all the information required by federal regulations.

Keep-Warm Clothes

If you wear the right clothes, you can lower your thermostat this winter and save on home heating costs without feeling uncomfortable. Clothes help because they trap warm air and hold it near your body.

The best way to keep warm is to layer your clothes. Each layer traps more warm air.

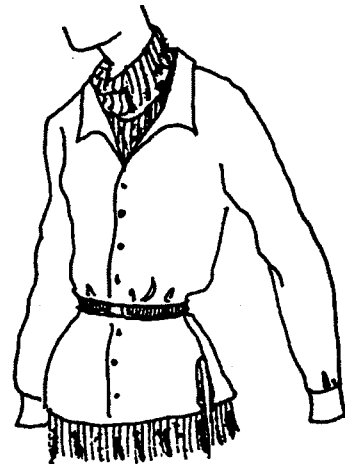
- A vest and jacket over a shirt
- An undershirt, shirt, and sweater
- Lined garments
- A shawl or jacket over a blouse or dress
- A sweater over a dress



The warmest styles are loose-fitting, but not too large, with close-fitting openings. Look for style features that trap warm air around the torso. Only when the torso is well insulated will hands and feet stay warm.

Some examples are:

- Turtleneck or cowl-neck sweaters
- Shirts tucked in or belted at waist
- Elastic or button cuffs
- Tapered pant legs

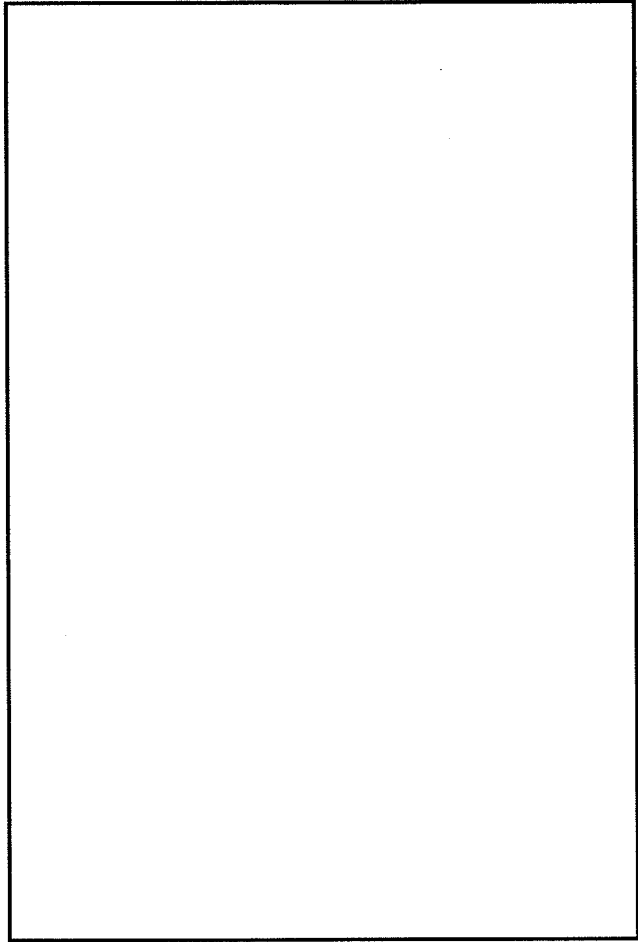
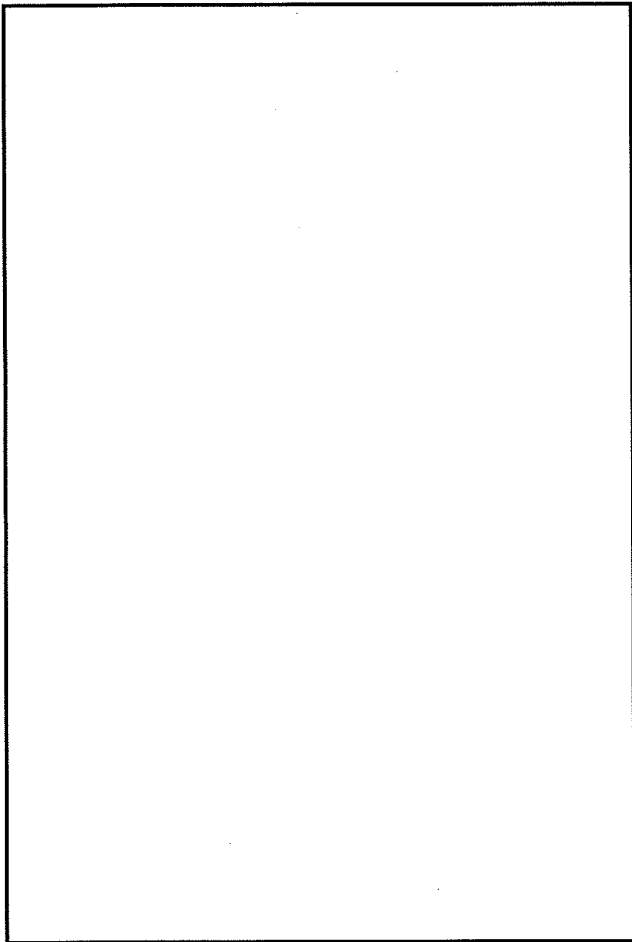


Skin-tight clothes have no room to trap layers of warm air and they restrict circulation. Select loose-fitting clothes for warmth, freedom of movement, and good looks too!

Shopping

An energy-efficient ensemble

Using a catalog, find pictures of two examples of layered ensembles that are especially good insulators. Paste them in the following chart. Explain the reasons for your choices in the spaces below the chart.



Laundry additives

Supermarket shelves are lined with a variety of laundry additives developed to remove stains, improve the cleaning efficiency of detergents, and reduce static cling.

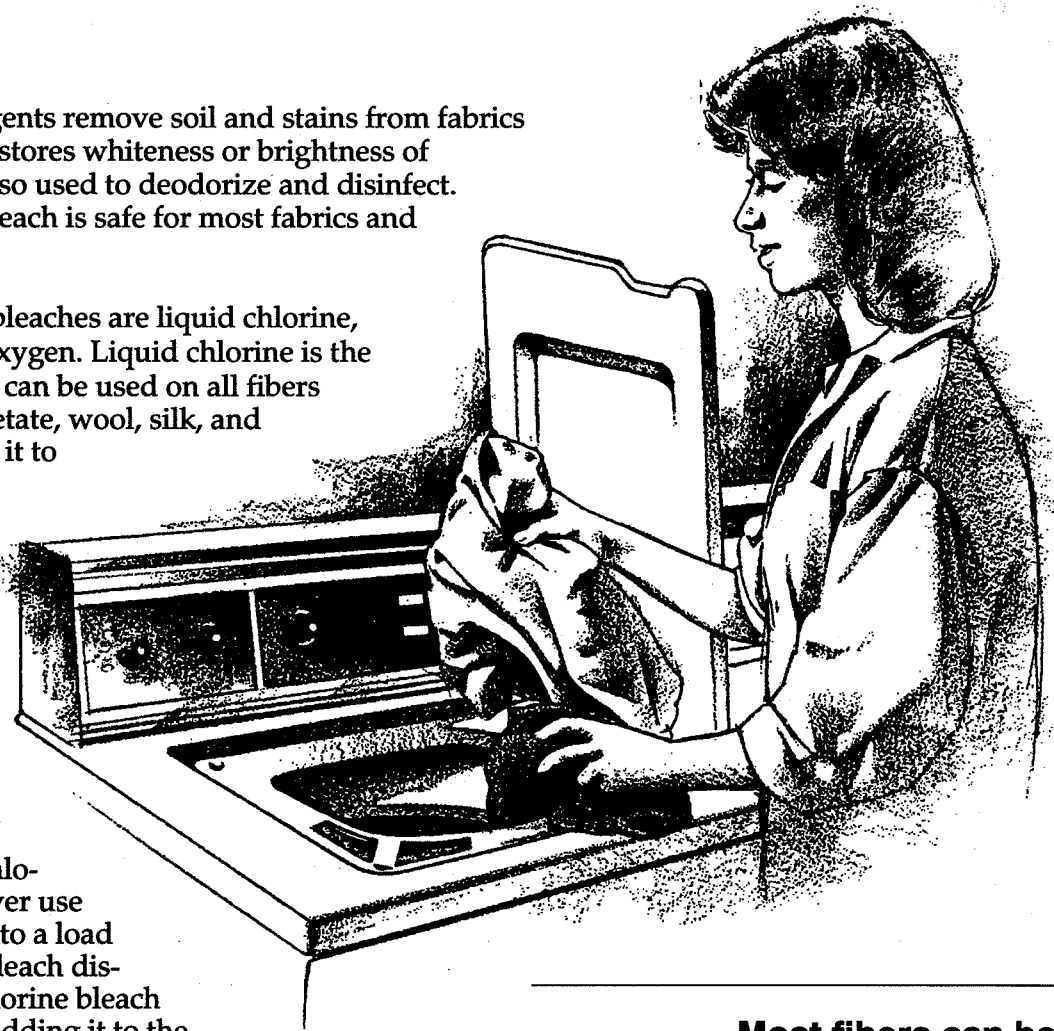
Laundry additives increase the cost of home laundry, but when used correctly they also improve results. Understanding the special benefits of the various products and the correct procedures for their use will enable you to be more selective in purchasing them and more satisfied with the appearance and cleanliness of laundered fabrics.

Bleach

Bleach helps detergents remove soil and stains from fabrics and preserves or restores whiteness or brightness of clothes. Bleach is also used to deodorize and disinfect. If used correctly, bleach is safe for most fabrics and finishes.

The three types of bleaches are liquid chlorine, dry chlorine, and oxygen. Liquid chlorine is the most powerful and can be used on all fibers except spandex, acetate, wool, silk, and mohair. Do not use it to remove rust stains or if your water contains iron, unless you first use a non-precipitating water conditioner. (Water conditioners are discussed on page 22.)

Always measure chlorine bleach, but never use more than one cup to a load of laundry. Use a bleach dispenser or dilute chlorine bleach with water before adding it to the washer. Never pour undiluted bleach directly onto clothes; rips, holes, and tears may develop at a later time. For best results, use chlorine bleach in hot water. If you do not have a bleach dispenser, add bleach a few minutes into the wash cycle so that detergent brighteners have time to do their job.



Most fibers can be safely bleached.

Don't use bleach alone. Use with detergent.

Many garments can be safely bleached without losing color. However, when using chlorine bleach make sure color will not fade. To test for colorfastness of fabrics to chlorine bleach, make a solution of one tablespoon of bleach to 1/4 cup of water. Add one drop to an area where fading wouldn't be noticed, should it occur. Wait one minute and check for a light spot. If there is none, the item can be safely bleached with chlorine bleach.

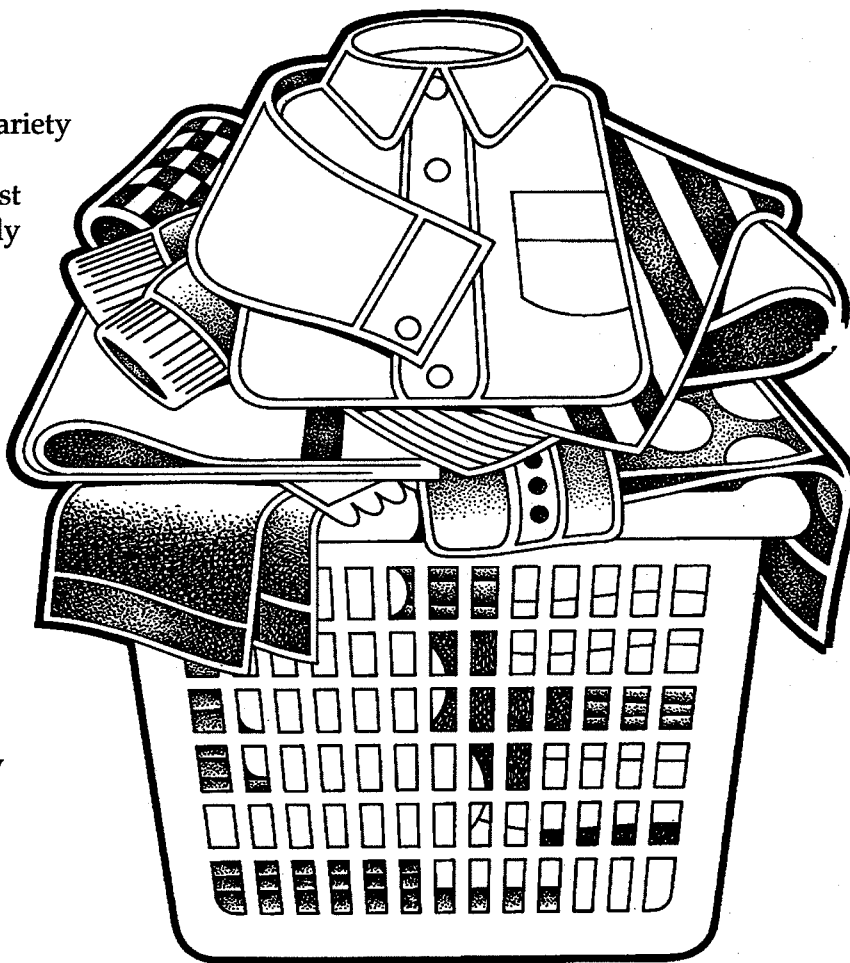
Oxygen bleach is milder than chlorine bleach, and is effective in maintaining overall whiteness at certain water temperatures. It is a preventive bleach and must be used regularly to be effective. Follow manufacturer's recommendations in using this and all bleaches.

Enzyme presoaks

Enzyme presoaks break down a variety of soils and stains and make them easier to remove. Presoaks are most effective on protein foods and body stains such as egg, gravy, milk, blood, perspiration, urine, fruit juice, felt-tip ink, and chocolate.

Dissolve the product in water and soak the soiled area before washing, following instructions on the product package. A soak time of 30 minutes is usually long enough for new stains; old stains may require longer.

Enzyme presoaks are intended to be used before washing, but they may be used with all laundry products except chlorine bleach. The bleach will inactivate the enzyme action.



Use presoak for heavily soiled laundry.

Prewash sprays

Prewash sprays are particularly effective in removing oily food stains and perspiration stains. Apply prewash sprays to soiled portions of the dry garment before washing. Then launder as usual. Prewash products perform equally well in a cold, warm, or hot wash, with liquid or granulated laundry detergent. The addition of bleach or fabric softener does not alter the performance of prewash sprays.

Follow the manufacturer's recommendations, and use caution with prewash sprays. They contain potent solvent that can dissolve appliance finishes, nail polish, and others.

Fabric softeners

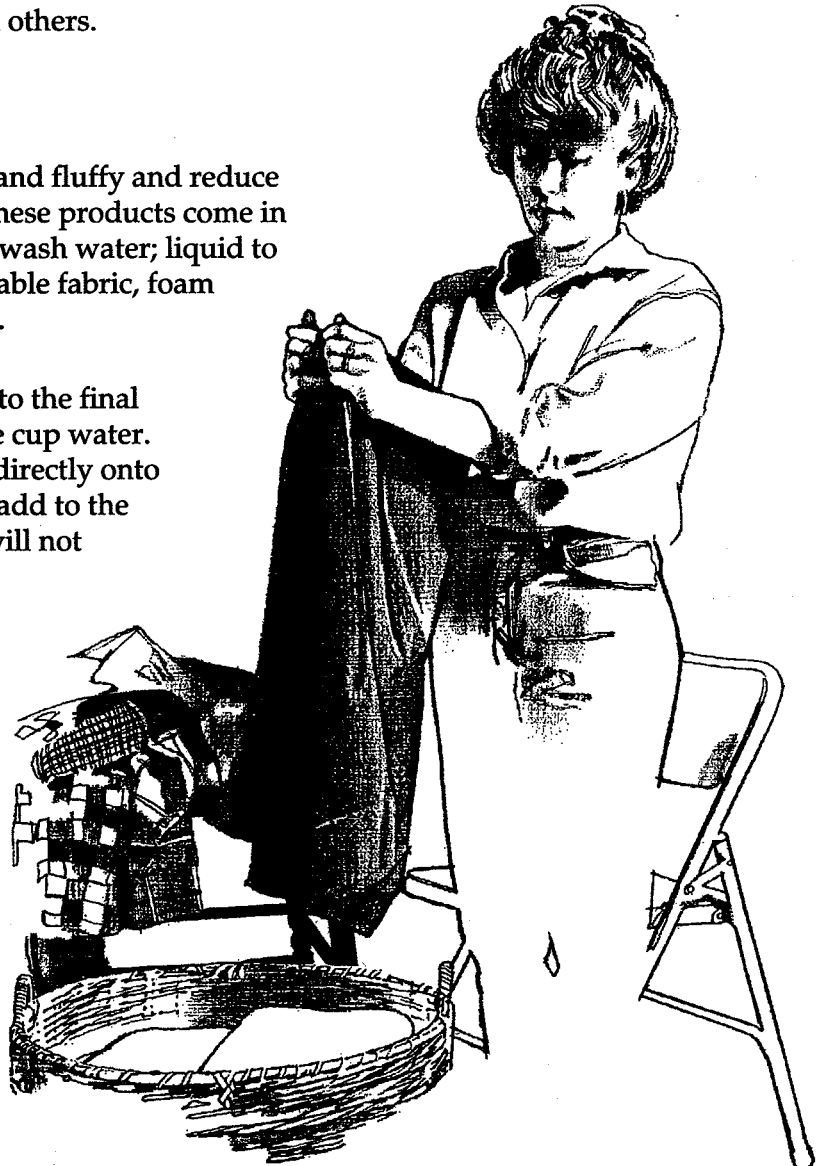
Fabric softeners make fabrics soft and fluffy and reduce static electricity and static cling. These products come in many forms—liquid to add to the wash water; liquid to add to the rinse water; and disposable fabric, foam sheets, or pads to add to the dryer.

If you add a liquid fabric softener to the final rinse, dilute it with one-half to one cup water. Undiluted fabric softener poured directly onto clothes may stain clothes. Pads to add to the dryer are heat-activated, so they will not work on a "no-heat" setting.

If used excessively, fabric softeners may reduce absorbency of such items as towels. If this happens, decrease the amount of fabric softener or omit it for one or two wash cycles.

Use spray right before washing.

Fabric softeners reduce static cling.



Water Conditioners

The best cleaning action takes place in soft water. Water conditioners soften water, enabling detergents and soaps to work more effectively. There are two types of water conditioners: non-precipitating and precipitating.

The nonprecipitating water conditioners—usually contain phosphates (phosphorus), hold minerals in the water so they can't cause soap scum, keep water clear, may make the water feel slippery, do not harm fabric or skin, work well in both automatic and nonautomatic washers.

The precipitating water conditioners—settle out the minerals that make the water hard, allow water to become cloudy, work better in wringer (nonautomatic) than in automatic washers (because you lift the clothes out of the water instead of spinning the water out of the clothes), does not perform well in automatic washers—may cling to fabrics and leave a deposit that makes fabrics stiff.

Starches and fabric finishes

Starches and fabric finishes are sizing agents. They restore body and crispness to fabrics, help keep fabrics fresher and cleaner longer, and make soil easier to remove.

They coat the surface of the fabric and "catch" the dust and dirt. They come in dry, liquid, or spray form.

Starch or fabric finish restores body and crispness to fabrics.



The Light Touch—Hand Laundry

When you want to clean fine washables or if you don't have ready access to a washing machine, hand wash clothes. The following guidelines may help:

- Light-duty detergents and all-purpose soaps and detergents can generally be used. But be aware of special needs, such as cool water detergent for woolsens.

- Be careful of rough fingernails and rings when washing fragile fabrics.

- Sort clothes by color and by type of soil. Similar items may be washed together.

- Pretreat stains and heavy soil by rubbing with bar soap or with a paste of the detergent the garment will be washed in.

- Keep agitation of sensitive fabrics like wool and silk to a minimum. Soak colored items only a few minutes. Squeeze suds gently through fabrics. Don't wring or twist fabrics.

- Rinse fabrics at least twice to remove all soil and suds. Add fabric softener to the last rinse to prevent clinging.

- Blot excess water from clothes with a terry towel or hang them to drip dry.

- Dry sturdy items on a plastic or rust-free hanger or over a rack. Fabrics that might stretch should be dried flat on a towel or plain clean paper (not newspaper), away from direct heat.

Touch-up Pressing for that Neat Look

A neat look goes hand in hand with being well dressed. Most clothes need some ironing or pressing to keep them looking neat. Use a regular

or steam iron and follow these tips for better pressing:

- Keep ironing equipment in good condition. Replace a soiled or scorched ironing board cover with a new one and about $\frac{1}{2}$ inch of firm, smooth padding. Clean the soleplate of the iron as needed.

- Prevent scorching and melting by setting the iron to a temperature appropriate to the fabric. Garment labels will help you decide whether to press with steam or dry heat.

- If necessary, use a press cloth between the iron and fabric or press the garment from the wrong side to prevent a shine.

- Untreated cotton and linen fabrics can be pressed before they are completely dry or they may need to be dampened before they are ironed. Sprinkle them liberally with water. Then fold and put them in a plastic bag until moisture penetrates them evenly. If ironing must be postponed a day or so, store the bag of clothes in the refrigerator to prevent mildew.

- Press with the lengthwise or crosswise grain of fabric. Move the iron parallel to these yarns to keep clothes in shape.

- Press collars, cuffs, waistbands, facings, and the like from the wrong side first, then from the right side.

- Iron facings and sleeves before you iron the body of a garment.

- Iron around buttons and other fasteners so these items won't be melted, scorched, or perhaps torn from the garment.

- Slide the point of the iron into gathers.

- Before storing freshly pressed items, hang them or lay them flat until they are thoroughly dry.

Stop at the laundry products center of your supermarket. In the chart below, list some of the laundry aids you find. Note the type of product, the price, and net weight. Calculate the cost per ounce or per unit measure.

Name of product	Type	Cost	Net weight or volume	Cost per unit measure
Softee	Water conditioner	\$1.75	5 fl. oz.	\$.35/fl. oz.

Assume the responsibility of your family's aundry for one month. Describe below your laundry duties.

Clothing Care

Activity 10

The 5 R's: What Can I Do to Help

REDUCE:

Clothing: _____

Cleaning Products: _____

Cleaning Equipment: _____

REUSE

Clothing: _____

Cleaning Products: _____

Cleaning Equipment: _____

RECYCLE

Clothing: _____

Cleaning Products: _____

Cleaning Equipment: _____

REJECT

Clothing: _____

Cleaning Products: _____

Cleaning Equipment: _____

RESPOND

Clothing: _____

Cleaning Products: _____

Cleaning Equipment: _____

Activity 11

Clothing Care

A Stitch In Time

Taking good care of your clothes will make them look better and last longer. Besides, learning how to repair and care for clothing really isn't hard. In fact, it can be fun.

Mending tears and holes by machine

Mending tears and holes can be done by machine or hand. When mending sport clothes and work clothes, strength is usually more important than appearance. You'll probably want to mend sport clothes and work clothes by machine.

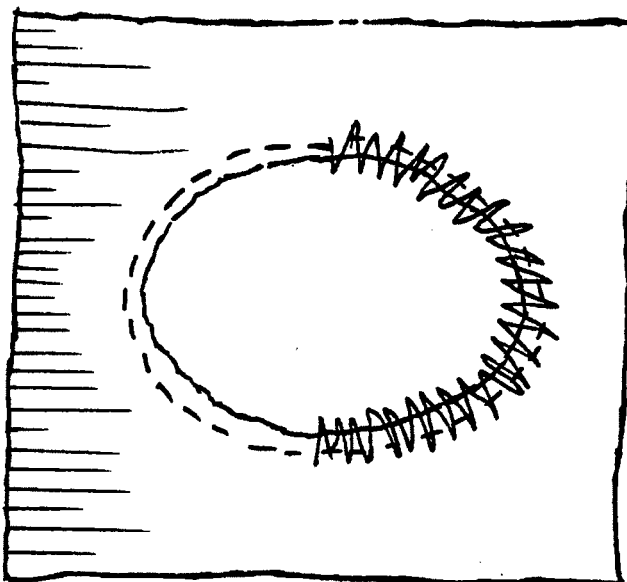
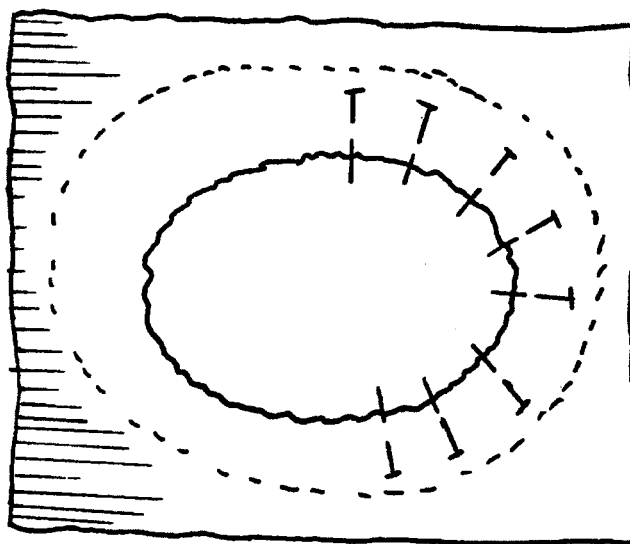
The directions below are for mending holes in garments like jeans and jean jackets. Follow the same directions for mending tears of any shape. Use matching thread when stitching, or contrasting thread if you wish to work a decorative design around the patched area.

Cut away any ragged or frayed edges around the torn or worn area. Cut a patch of similar fabric 1 inch (1.3 cm) larger than the hole. If the fabric has a pattern, try to match it.

Keep the garment being mended right side up. Slip the patch underneath it (right side up). Match grainline and pattern.

Hold the patch in place with pins.

On the right side, sew the patch in place $\frac{1}{8}$ inch (3 mm) from the edge of the hole. Remove the pins.



Stitch back and forth over the edge of the hole. Stitch to at least $\frac{1}{4}$ inch (6 mm) each side of the raw edge. Stitch in the direction of the grainline. On the wrong side, trim off raw edges of patch.

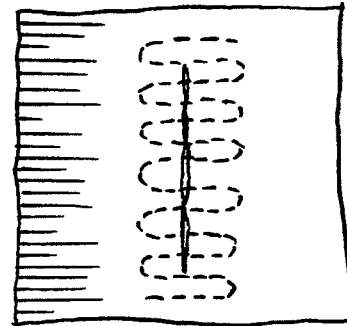
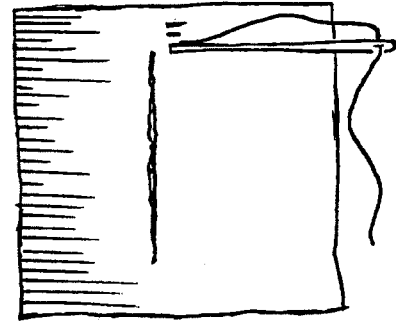
Mending tears by hand

Hand mending is usually the best way to repair dressy clothing. Use a fusible interfacing of the appropriate weight to hold torn edges together. Hand stitches take more time but they are less noticeable than machine stitches. To repair tears in dressy clothes, follow these directions:

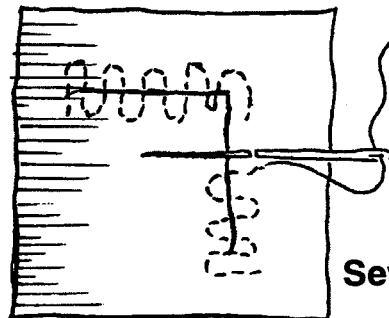
Find a thread that matches your garment. Use a short thread and fine needle. Look closely at how the fabric was made. Try to make the mend look as much like the fabric as possible. To start, attach thread by making several small stitches about $\frac{1}{2}$ inch (1.3 cm) from one end of tear (on right side of fabric).

Make tiny stitches back and forth along each side of the tear. The stitches should extend into the fabric $\frac{1}{4}$ inch (6 mm) to $\frac{1}{2}$ inch (1.3 cm) beyond the tear. To secure stitches, weave thread over and under stitches on wrong side of fabric.

If the tear is a corner tear, start at one end and mend to corner. Then start at the other end and mend to corner. Double mending stitches at corners will strengthen the torn area.



Sew from here to corner.



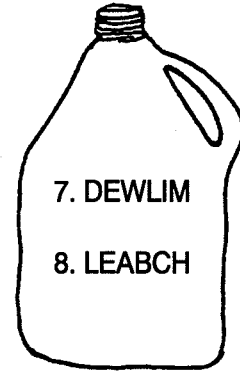
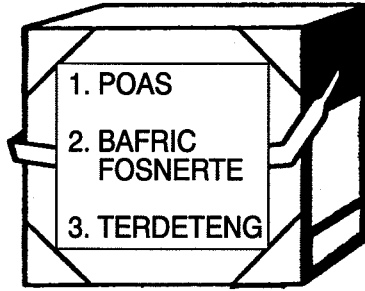
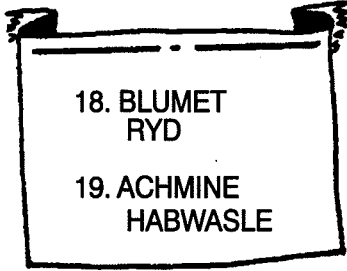
Sew from here to corner.

Select a garment from your wardrobe that needs repairing. Use machine or hand mending procedure to repair. Why did you select this procedure?

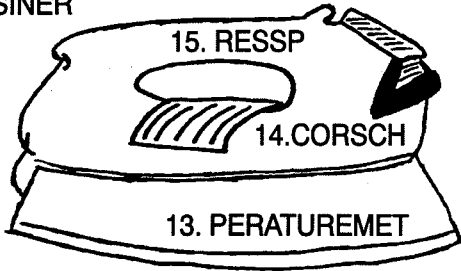
Activity 12

Clothing Care

Outfit Upkeep



20. SINER



4. SUREAME

12. DAUNRYL

5. NILT

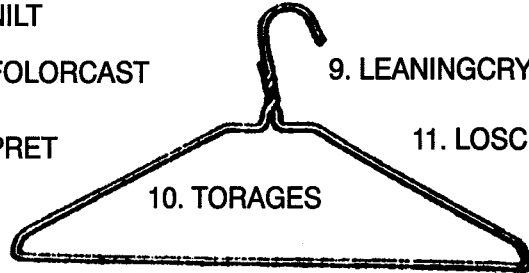
6. FOLORCAST

9. LEANINGCRYD

16. REATPRET

11. LOSCET

17. DOAL



From hangtag to hanger, closet to cleaning, can you unscramble these words and give their meaning?

1. _____

11. _____

2. _____

12. _____

3. _____

13. _____

4. _____

14. _____

5. _____

15. _____

6. _____

16. _____

7. _____

17. _____

8. _____

18. _____

9. _____

19. _____

10. _____

20. _____

Clothing Careers

Activity 13

What's My Career?

There are many people who work in a field related to clothing and textiles. Select one career to study. Then complete the resume below as if you would be applying for that career.

My Career Choice _____

What education or skills will you need for this career?

Career Resume

Name	_____
Address	_____
City/State/Zip	_____
Telephone	_____
Date of birth	_____
Health condition	_____
Work experience	_____

Extracurricular activities	_____

Achievements	_____

Interests/hobbies	_____

Skills	_____
References (3)	_____

Helping Others Learn

Club Demonstration

Learning to show others how to do something is an important part of your 4-H textile and clothing project. You will learn many things that you can show other 4-H members and your family. Your leader may ask you to give a "club demonstration" as part of a lesson or your club may have a special meeting just for giving demonstrations. Check with your county Extension office to see if there is a county demonstration contest.

Some ideas you can use for demonstrations:

- Combining textures attractively
- Judging fabric expectations
- Energy-saving clothes
- Laundry products

Or, if you like, choose another topic included in this project.

Demonstration Outline

1. What equipment will I need? (posters, clothing examples, fabric examples, soap and detergent examples, etc.? Add an additional page if needed to outline.

2. What am I going to do?

3. How will I do it? (step-by-step instruction)

4. Why will I do it that way?

5. Review what I have done or shown and ask for questions.

Looking At My Work

How Did I Do?

List ready-to-wear article(s) and garment(s) you selected as part of your energy efficient project this year. Include accessories you selected to wear with your project.

Date purchased	Article or garment purchased	Description of article or garment, fabric, design	Purchase price
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What lesson or activity did you enjoy the most? Explain why.

Total cost _____

Looking At My Work

My 4-H Story

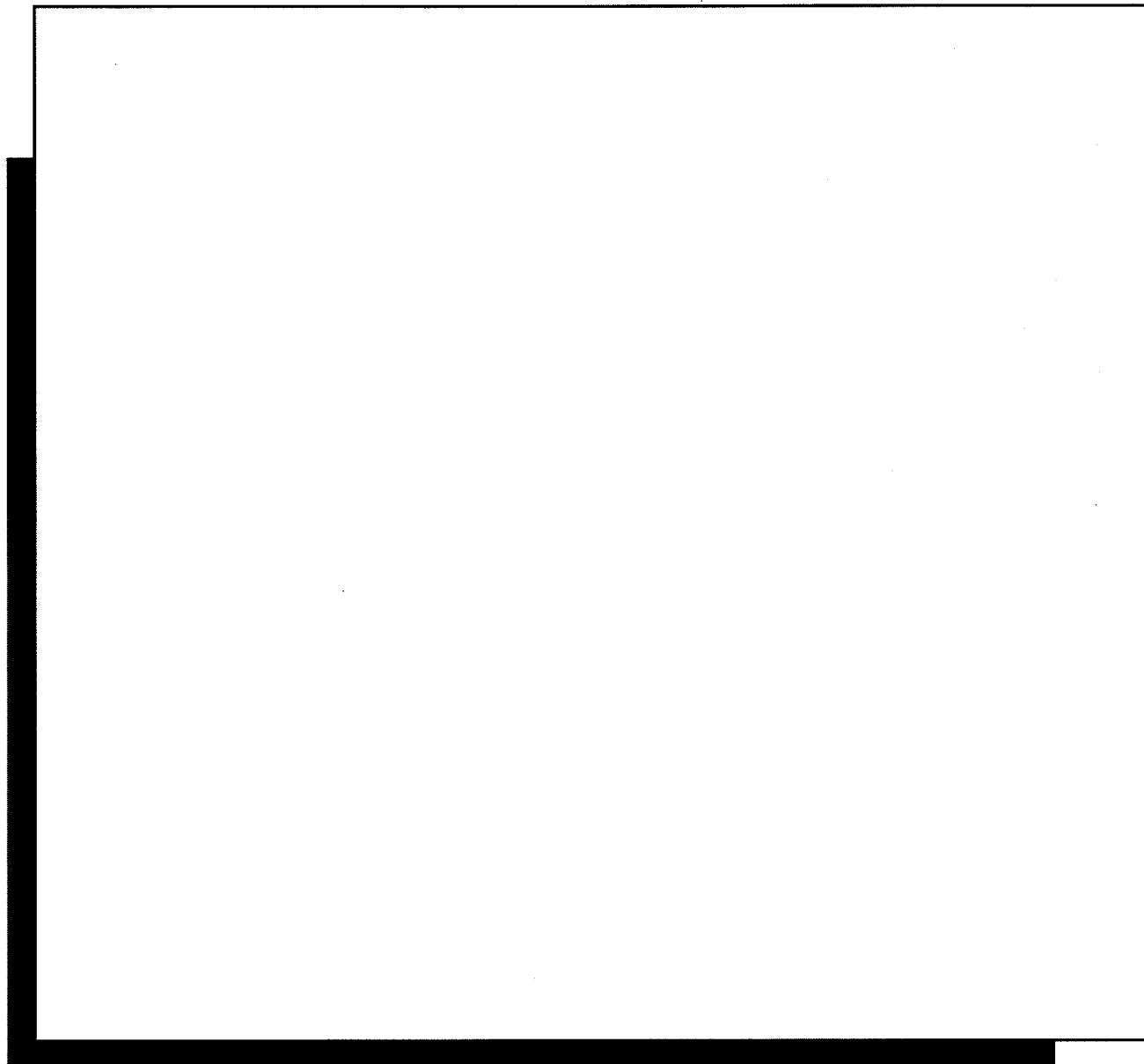
Here is an example of a brief story. On a clearance sale I purchased a scarf, a sweater, and a shirt that went well with skirts and slacks already in my wardrobe. I combined rough, smooth, and shiny textures in different layered fashion. Combining textures gives each outfit an interesting look. These warm fashionable looks will be perfect when I return to school in fall weather.

Now, write your story on the lines below.

Looking At My Work

Picture Evaluation

Attach a picture of you wearing your outfit. What makes your outfit energy-efficient?



Looking At My Work

4-H Activities Report (not required)

This report will help you keep a better record of your club activities. Fill it in as you complete each activity. Refer to this record when you are entering county, state, and national programs. Ask your local leader to explain these programs to you.

My 4-H activities report for
the 19__ club year

Projects taken: _____

Offices held or committees served on:

Club _____

County _____

Demonstrations given to:

Family _____

Friends _____

Local club _____

County _____

District _____

News articles

Radio _____

TV _____

Community service or citizenship work done:

By myself _____

With club _____

Number of meetings your club held this
year ____

Number you attended ____

Check the events you attended and tell how
you helped:

____ 3- or 4-day camp _____

____ 1-day camp _____

____ Club or county tours _____

____ County fair _____

____ Achievement programs _____

____ Style Revue _____

____ Modeling workshops _____

____ National 4-H week _____

____ District events _____

____ Others _____

Judging Score Sheet

Name of member _____

Exhibit Score—To Be Completed by Judge

Member's Manual	Top Score	Your Score
Member's story demonstrates understanding of subject matter.	5	_____
Member's Manual is neat.	5	_____
Member's Manual is complete and requirements are done.	15	_____
Member's work is appropriate to age and skills.	5	_____
Member's Manual has parent and leader signatures on the front cover.	5	_____
Total score	35	_____

Judge's comments:

Garment and Accessories

Personal appearance		
Use of art principles	5	_____
Use of texture	5	_____
Use of accessories	10	_____
Total score	20	_____

Judge's comments:

Judging Score Sheet *(cont'd)*

Garment(s) or Outfit(s)	Top Score	Your Score
-------------------------	-----------	------------

Consumer skills

Quality	15	_____
Price	15	_____
Durability	15	_____

Total score	45	_____
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Judge's comments:

Overall

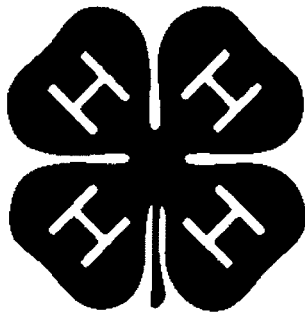
Member's Manual	35	_____
Garment(s) and Accessories (Personal appearance)	20	_____
Consumer skills	45	_____
Total score	100	_____

Ribbon _____	Your Total _____
---------------------	-------------------------

Judge's comments:

Notes

The author—Prepared by Ernestine Porter, Textiles and Consumer Environment Specialist, University of Idaho. Adapted from 4-H Clothing and Textiles project by Pennsylvania State University, College of Agriculture, Cooperative Extension System. Special thanks go to the Idaho 4-H Clothing Curriculum Committee chaired by Ernestine Porter, Extension textiles and consumer environment specialist. Committee members include Barbara Morales, Extension educator, Jerome County; Celia Marchant, volunteer, District III; Beverly Healy, Extension educator, Owyhee County; Susan Huter, volunteer, District II; Ruth Van Slyke, Extension educator, Nez Perce County; Mary Key Law, volunteer, District I; Janice Stimpson, Extension educator, Fremont County; Sharlene Woffinden, Extension educator, Bear Lake County; and Beverly Colvin, volunteer, District IV.



Pledge:

I pledge—My HEAD to clearer thinking,
My HEART to greater loyalty,
My HANDS to larger service, and
My HEALTH to better living,
For my club, my community, my country,
and my world.

Motto: "To make the best better."

Colors: Green and white.

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