

Florida 4-H Clothing Skill-a-thon Study Guide and Contest Guidelines *for* *Intermediates*



Clothing Selection, Construction and Fashion Revue

Welcome to a new and exciting 4-H event that provides an opportunity for you to:

- ' make or select an outfit for competitive evaluation in one of five categories;
- ' model your ensemble with chosen accessories for a "Total Look";
- ' demonstrate your knowledge and skills in clothing skill-a-thons.

Fashion Revue Divisions

This event is designed for 4-H'ers who like to sew as well as for those who like to learn to select, buy and care for their clothes. You can enter the contest in one of two divisions:

☉ **Construction:** you make your outfit.

☉ **Selection:** you select ready-to-wear outfit.

Once you've decided which division you want to enter, you need to decide which **category** you plan to enter. The categories for the clothing construction and clothing selection competitions are:

Fashion Revue Categories

Intermediates (ages 10-12) may enter *one outfit or ensemble* in the following categories of entries in *either* the selection or construction division. If you need help in determining what to make or select in these categories ask for help from your 4-H leader or your Extension 4-H Agent.

Active Sports Wear:

One or two piece outfits from coordinated fabrics for a total look for your favorite leisure activities. No swim wear is permitted.

School/Informal Wear:

Non-tailored, casual outfits of one or more garments, coordinated for a total look acceptable for nonformal events like school, youth activities, etc.

Special Occasion:

Dressy ensembles appropriate for special occasions.

My Choice:

Costumes, western wear, lounge wear or other garment that do not fit another category.

What else do you need to know or do?

With the new contest you will enter your outfit to be judged for its quality; model your outfit with your chosen accessories; and then you will participate in a clothing selection and construction skill-a-thon activity.

What's the Skill-a-thon?

The clothing skill-a-thon is where you learn all about clothes...the fabrics, how they are made, how to care for them, how to select clothes and how to get the best buy. You will get a chance to:

- identify and select fabrics
- demonstrate laundry and care know-how!
- make clothing choices and decisions on how to look your best;
- look beyond the label— by selecting quality clothing!

and depending on your division demonstrate your additional expertise and skill in either:

- Construction Decisions, or
- Consumer Buying

Here's how it will work. There will be three skill stations for you to complete.

- Station 1: Fabric ID (odd years) or
Clothing Care (even years).
- Station 2: Clothing Choices (every year)
- Station 3: Construction Decisions (every
year) or
Consumer Buying (every year)

Contest Scoring

Your score is based on the three parts of the contest:

- 1- Garment/outfit Evaluation
(35 percent)
- 2- Modeling and Presentation of
Total Look
(35 percent)
- 3- Clothing Skill-a-thon Score
(30 percent)

See the Garment and Modeling Scorecard at the back of the book..

There is a Leader's Guide to the Contest with examples of how the skill-a-thons might be presented. If you are not a member of a 4-H Clothing Club or your leader has not helped you with this part of the contest, ask your 4-H Agent for a copy of this booklet to help you prepare for the contest.

The remainder of this booklet is a study guide for the topics you will need to know for the skill-a-thon activities. Hopefully, you have learned about some of these things through your other 4-h project and activities. Remember, you will not be tested on your knowledge of both clothing care and fabric identification within the same year—they alternate years. Also, you are only responsible for Construction skills if you are entering the Construction Division and making your garment.



Know Your Fibers and Fabrics!

Knits and Wovens Fabric Identification

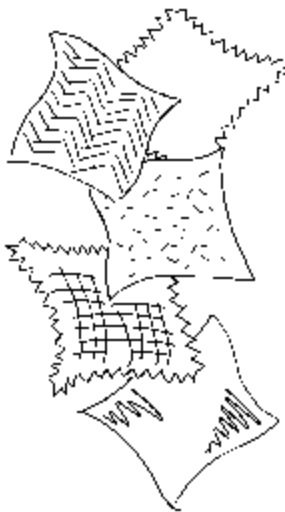
Learning about fabrics gives you confidence to make wise fabric choices, whether you are buying your clothes or making them. Which fabric should you buy? Which fabric will still look and feel good, even after you've worn it many times? How will you need to care for a garment made from this fabric? Or, how will you know if this fabric's performance will match the design of your selected pattern?

Knowledge of fabrics begin with learning how they are made. Fabrics begin with fibers that are either natural (plant or animal) or man-made(manufactured from chemicals). Let's take a closer look at fiber content of fabrics.

Fiber Facts!

Natural Fibers

Natural fibers come from plants and animals. The most common types of plant fibers are cotton, linen (flax), and ramie. The most common animal fibers are wool (from sheep) and silk (from silkworms). Natural fibers -- cotton, linen, silk and wool are usually water-loving (very absorbent, and are not heat sensitive). They tend to soil easily but are easily cleaned. Here are some specific characteristics of natural fibers.



- C Cotton is a medium strength fiber and is very absorbent.
- C Wool is the most resilient, is naturally absorbent, has a tendency to shrink, and is the most wrinkle resistant natural fiber.
- C Linen has good absorbency, a natural luster, and is strong for a natural fiber, but wrinkles very easily.
- C Ramie is very strong, has unusual resistance to mildew, but is a stiff fiber so if repeatedly flexed will break.
- C Silk is a very fine fiber, moderately wrinkle resistant, and is weakened by sunlight.

Man-Made Fibers ¹

Man-made fibers are made from chemicals or a combination of natural materials and chemicals. Rayon and acetate are the most common of these combinations of natural materials and chemicals. The most common manufactured fibers made from chemicals are polyester, nylon, spandex, and acrylic.

- C Rayon is the most absorbent man-made fiber, is inexpensive, wrinkles easily, weakens when wet, and may water spot.
- C Acetate is very sensitive to heat, wrinkles easily, is inexpensive, takes color easily, and is not very durable.
- C Polyester is easy care, wrinkle-resistant, is heat sensitive, and is oil-loving.
- C Nylon is lightweight, very strong, easy care, heat sensitive, and accumulates static electricity.
- C Spandex has a high degree of stretch and resists abrasion.
- C Acrylic is made to look and feel like wool, resists fading, is heat sensitive, and may “pill” (form small balls of fiber on the surface).

Most manufactured fabrics (you may know them best as man-made or synthetic) are usually strong, heat sensitive, and susceptible to static electricity. They do not readily absorb moisture, so they are quick drying.

Any of the fibers, natural or manufactured may be made into a variety of fabrics. Today, there is not one best fiber. Each fiber makes a contribution to the world of textiles. Each has its own use. Often times more than one fiber is put together to make a fabric -- the fabric is then called a *fabric blend*. An example is cotton and polyester blended together.

The Federal Trade Commission (FTC) is responsible for approving new fibers. When they are approved they are given a generic (a family) name. All fibers with the same generic name have similar chemical structures, compounds, and characteristics. The manufacturer of a generic fiber may also use a trademark name to identify who made the fiber (such as Trevira® polyester, Celebrate® acetate).

Fiber Content Labeling

The Textile Fiber Product Identification Act was passed in 1960. The purpose of this law is to protect consumers and producers from false advertising and mislabeling of the fiber content of textile fiber products.

At the point of purchase, fiber content information must be available either as a hangtag, printed on the packaging, or it can be on a permanent label. It must list the generic (family) names and

¹The use of tradenames in this publication is solely for the purpose of providing specific information. It is not a guarantee, warranty, or endorsement of the products' names and does not signify that they are approved to the exclusion of others.

percentages of all fibers in the product in amounts of 5 percent or more listed in the order or predominate by weight. Less than 5 percent may be listed as "other fiber" or "other fibers."

On a permanent label the textile item must name the manufacturer OR give a registered identification number that has been filed with the Federal Trade Commission

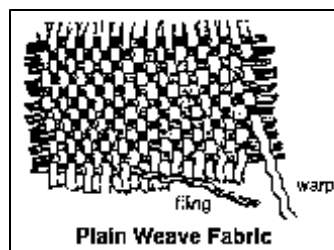
FABRIC CONSTRUCTION

A *fabric* is any woven, knitted, plaited, braided, felted, or non-woven material made of yarns. The two most common methods of making fabric are by *weaving* and *knitting*. The way a fabric is constructed affects its durability, use, warmth or coolness, and appearance.

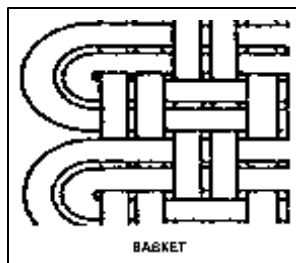
Woven Fabrics

A woven fabric is made by interlacing two sets of yarns. They go over and under, back and forth. Lengthwise (warp) yarns form the foundation of the fabric and are usually stronger (more tightly twisted), and there are more of them per inch. They run parallel to the selvage, which is the finished edge. Crosswise (filling) yarns are at right angles to the selvage. The selvage is made by doubling the number of lengthwise yarns.

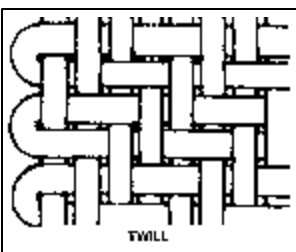
A *plain weave* is the most common method of making fabric. It is a basic one-under and one-over combination of a lengthwise and crosswise yarn. When yarns are woven closely together you will have a strong, dense fabric. Examples are: percale, broadcloth, seersucker, organdy. Plain weaves may use an even number of yarns in both directions, representing a *balanced weave*. A variation of the plain, balanced weave is the *basket weave* which is two or more yarns that are carried together under and over weaving. An example is oxford cloth.



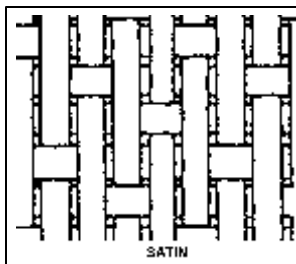
Plain weaves may use an uneven number or size of yarns then the weave is referred to as an *unbalanced weave*. The *rib weave* is a variation of the plain weave that is unbalanced because it uses a larger, thicker crosswise (filling) yarn. This creates the "rib" or the crosswise ridge in the fabric.



A *twill weave* is very strong, has good shape retention, and is durable. It is formed by the crosswise yarns going over one or more lengthwise yarns and then under groups of lengthwise yarns. It gives the effect of a tiny diagonal line on the right side of the fabric. Examples are: denim, gabardine, flannel. A variation of the twill weave is the *herringbone weave* which gives a chevron effect.

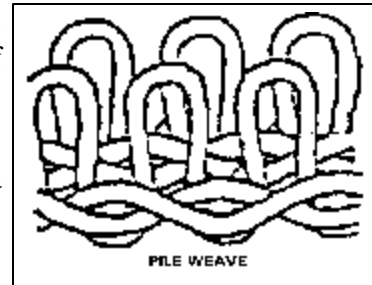


A *satins weave* creates a fabric with beautiful luster, but it is easily snagged. In this weave, the crosswise yarns cross the lengthwise yarns in a pattern of under one and over four or more. In reality, it is a variation of the twill weave, but the diagonal effect is not present because the point at which the yarns cross are more widely spaced. The smooth, shiny surface is caused by the right side being almost entirely composed of yarns that run in only one direction. Examples are satins (in a variety of different fibers both natural and man-made).



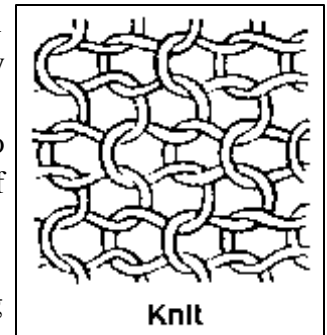
A variation of this weave is the *sateen weave*. In this weave, the process is reversed with the crosswise yarns showing on the right side. An example is polished cotton.

A *pile weave* interlaces three sets of yarns in such a way that one set forms loops or cut ends on the surface. There are two sets of yarns woven either in a plain or twill weave with another set of yarns woven in at the same time to form loops. These loops may be cut as in corduroy and velvet or left uncut as terrycloth. This weave makes a "soft to the touch" fabric that tends to crush and flatten with wear. Examples are: corduroy, velvet, velveteen, terrycloth.

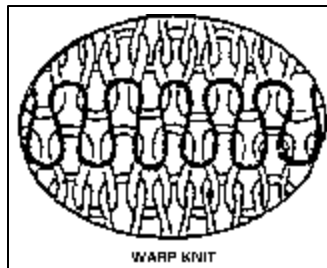


Knit Fabrics

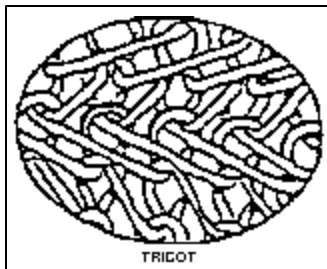
The two basic methods for making knitted fabrics are *weft* and *warp* knitting. You can usually tell a weft knit from a warp knit by the way it stretches. Weft knits stretch both crosswise and lengthwise equally well. Warp knits stretch more crosswise than lengthwise. Another way to identify a warp knit is by the continuous line of W's on the wrong side of the fabric.



Warp knits have parallel yarns and are formed by loops running lengthwise of the fabric. These loops interlock and connect one lengthwise row with the next. Each needle makes a separate chain stitch and the chains are tied together by the zigzag of the yarns from one needle to the other. They are firmer than double knits and are less likely to snag. The two most common types are *tricot* and *raschel*.



Tricot (a type of warp) knits can be recognized by the fine vertical ribs (wales) on the right side and crosswise ribs (courses) on the back. The greatest stretch is across. It is runproof, snag resistant, and does not ravel. Variations of tricot include velour and a wet, leather-like look.



Raschel (a type of warp) knits are usually noted for their lacy, open-work appearance, but they may also be compact and close-knit. They are a more complex warp knit. They are not as durable as other knits. Examples are: hairnets, bridal veils, power net, some laces, dishcloths, and some curtains.

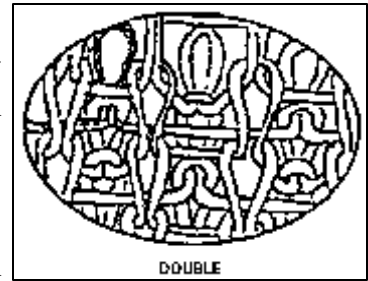
Weft knits have one continuous strand of yarn that runs crosswise to form a horizontal row of interlocking loops. The yarn is carried back and forth to make a flat fabric, or knit around to make a circular fabric. Hand knitting is a simplified form of weft knitting. Weft knits drape well and may have a high degree of stretch. These fabrics may be unraveled. There are four main types of weft knits -- single, rib, purl, and double.



Single knits (sometimes referred to as plain or jersey) are like hand knitting. There is a definite right and wrong side. They have lengthwise ribs on the outside and cross ridges on the back. They are usually lightweight, economical to produce, and therefore less expensive.

Rib knits have lengthwise ribs that alternate on the front and back of the fabric. It gives controlled stretch. They are used in tank tops, waistbands, cuffs, crew and turtlenecks.

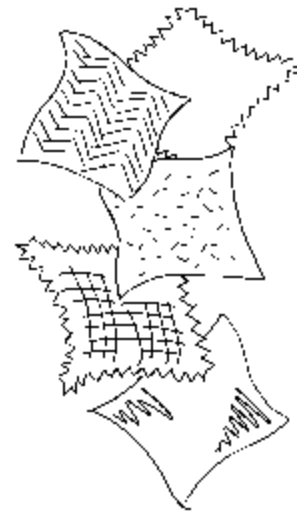
Purl knits are made of purl stitches, which cause the right and wrong sides to look the same. Purling is done by reversing consecutive stitches in a course so that loops, which would appear on one side, appear on the other. These knits are known for their lengthwise elasticity.



Double knits have two interlocking layers which cannot be separated. Two single layers are knitted together. This interlocking gives built-in stability with comfort stretch. They are more durable than single knits and hold their shape better. These fabrics look the same on both sides, unless one has texture or pattern.

Fabric Identification

Knowing your fabrics is an important element of becoming a savvy consumer, whether you are purchasing fabric for a garment, a home decorating project or purchasing ready-made items. This knowledge will give you a “head start” in knowing the performance of the fabric for your purchase. This is especially critical if you are ordering clothing or home decor items from catalogs or on-line when only the name of the fabric is given in the description. Remember, by law, the fiber content should also be given, since many fabrics can be constructed from blends of fibers. Here are a few common fabrics to become acquainted with as you become a more wise consumer.



The fabrics in this section represent those that you would most often find in garments you might purchase or make. The Advanced Section has additional ones that might expand and challenge your knowledge.

Burlap is a coarse, plain-woven fabric made from jute. Rough-textured, burlap dyes well but fades in the sun. It is often used for totes, summer purses and shoes.

Broadcloth is a plain woven fabric with very fine crosswise ribs. It is similar to poplin but is lightweight, has finer ribs and a higher thread count.



- Chiffon** is transparent soft and light silk. Can also be woven of cotton or man-made fibers.
- Calico** [KAL-i-koh] Lightweight, coarse cotton fabric often printed with small designs. Used in summer clothes.
- Canvas** Heavy, closely woven, stiff fabric. Made from cotton, linen, or manufactured fibers. Used for sportswear, sails, awning, and home furnishings.
- Chintz** Glazed cotton fabric, brightly printed or solid colored. Used in clothing and home furnishings.
- Challis** Can be a wool, cotton, hair fiber, rayon or a silk warp with a plain weave. It is very soft and light weight. This fabric is often washable and is typically dyed or printed with small geometric designs or flowers.
- Chambray** is a lightweight woven fabric, formed by weaving colored warp and white filler yarns.
- Corduroy** Sturdy fabric with “ribs” of cut pile. Made of cotton or cotton blends. Used in sportswear and upholstery.
- Crepe** It is a plain weave made from wool, worsted cotton, silk, and man-made synthetics. It has a crinkled, puckered surface or soft mossy finish and has a dry feel. It can come in many degrees of sheerness and weight. If the fabric is fine it drapes well with very good wearing qualities. It has a very slimming effect.
- Denim** is a twill-woven, sturdy cotton or cotton-blend fabric. It is formed by weaving colored warp yarns and white fillers. Used for jeans and sportswear.
- Double Knit** Has a flat-needle bar type or circular weave made from cotton, wool, silk, rayon and synthetics. It is a two faced cloth, either face may be utilized as the right side.
- Duck** is a heavy, durable tightly woven fabric. Heavy weight duck (drill) is used in awnings, tents, etc. Lighter duck is used in summer clothing.
- Gauze** is a sheer, lightly woven fabric similar to cheesecloth. Is also made in silk.
- Gingham** is a lightweight, washable, stout fabric that is woven in checks, plaids or stripes.



Felt

fabric is a compact sheet of entangled, non woven wool, fur, sometimes cotton fibers. The felt is produced by processing a mat of fibers with moisture, heat, and pressure. It does not need to be hemmed or finished because it does not fray at the edges like most fabrics.

Flannel

Flannel can be made from wool, worsted cotton or rayon in twill and plain weaves. It originated in Wales and has a soft, napped surface that cancels out the weave. Flannel must be pre-shrunk and it sags with wear if it is not underlined. It does not hold a crease and has a very dull finish.

Flannelette

is a soft cotton fabric with a nap on one side.

Outing flannel

is a soft, twill or plain weave fabric napped on both sides. Used for baby clothes, diapers, and sleepwear.

Fleece

It is a plain, twill, pile weaves or knitted from wool, especially hair fibers, and cotton. It has a deep, soft nap or pile that is obtained by heavily napping with wire brushes or with a pile weave. This provides air space giving good insulating properties without too much weight. The material is often cumbersome and bulky, therefore it may be difficult to manipulate and sew. Also it ranges from cheap to expensive, so quality should be gauged since the cheaper fleece fabrics wear poorly.

Gabardine

is a tightly woven wool, worsted cotton, rayon, or mixtures in the twill weave. It is rather lustrous and is inclined to shine with wear even though the material can be given a dull finish. This fabric is excellent for tailoring and wears well yet it is difficult to press.

Grosgrain

[groh'-grayn] Ribbed, closely woven fabric that is made in ribbon width as well as fabric widths.

Hopsacking

is made from wool, worsted cotton, linen, rayon, silk, hem and jute in a basket weave. It is made from coarse yarn so a rather rough texture but is a very durable material.

Jersey

is a lightweight knit of cotton, wool, silk, or man-made fibers. It is knitted in the tricot pattern giving the right side lengthwise ribs (wales) and wrong side has crosswise ribs (courses). The material is very elastic with good draping qualities and special crease-resistant qualities due to its construction. It was first made on the Island on Jersey off the English coast.



Khaki	Light yellowish brown fabric, usually cotton or wool. Used in military uniforms and sportswear.
Linen	a fabric made of flax, known for its strength, coolness and luster.
Muslin	is a sheer to coarse plain woven cotton fabric. Muslin comes in "natural" color or is dyed.
Organdy	is a very thin, transparent cotton with a crisp finish.
Oxford	is shirting fabric with a lustrous, soft finish. It is characterized with narrow stripes and can be woven in plain or basket weave. Also a term used for wool fabric that has black and white fibers.
Percalé	is a light weight, tight, plain- woven, sturdy fabric. Percale feels like a finer grade of muslin, often used in sheets and dresses.
Polished Cotton	is either a satin weave cotton or a plain weave cotton that is finished chemically to appear shiny.
Poplin	is a plain weave fabric with a cross-wise rib.
Sateen	is a satin weave cotton fabric.
Seersucker	is a lightweight cotton fabric crinkled into lengthwise stripes.
Suede	is a leather with a napped surface. Suede cloth is a plain-woven or knitted fabric of wool, cotton, or synthetics that is napped on one side to resemble leather suede.
Swiss	is a sheer, very fine cotton that can be plain or decorated with dots or other designs.
Satin	Any one of many smooth, slippery fabrics of natural or manufactured fibers.
Taffeta	[TAF-ut-uh] Crisp, tightly woven fabric with a dull luster. Made of natural or manufactured fibers.
Moire taffeta	[mwaah-ray] Means watered. Obtained by passing through engraving rollers, producing crushed "watermark" patterns that reflect light differently. Moire taffeta is taffeta with a moire finish that has been heat set.

Terry Cloth	is a looped pile fabric that is either woven or knitted. Very absorbent and used for towels, etc. French terry cloth is looped on one side and sheared pile on the other.
Tricot	is a plain, warp knitted fabric of nylon, wool, rayon, silk or cotton with a close inelastic knit. It is often used for undergarments.
Tulle	[tool] Fine mesh made in cotton, silk or manufactured fiber.
Velour	[vuh-LOOR] Soft fabric with a pile surface similar to velvet. Made of cotton, wool, silk or manufactured fibers.
Velvet	Soft lustrous fabric with a short pile. Made of silk, wool or manufactured fibers.
Velveteen	is an <i>all cotton</i> pile fabric with short pile resembling velvet.

When selecting your fabrics for constructing garments or buying a new garment, always read the fiber content. Remember, by law, the fiber content should be given since many fabrics are made from blends of different natural or manufactured fibers. The care of the fabric and thus your care of the garment depends on this information. Now, let's take a closer look at caring for your clothing and how the fabrics affect this.



Clothing Care

Laundering

Laundering your garments appropriately is an important step in maintaining your garments and making sure you keep your clothes looking nice for as long as you can. You know how to wash your garments correctly by reading the permanent labels on your garment.

Care Labels

Begin the care of your clothing by reading the labels and hangtags. Because of new fibers, fabrics, and finishes used on your clothing, you need to take the time to carefully read how to launder each time you purchase a new garment. By law, clothing must have a permanently attached label that tells you how to care for the item. This label is the manufacturer's guarantee. If you follow the directions and have a problem you should return to the manufacturer. If you do not follow the directions and have a problem -- then the problem is yours.

Care labels must be readable for the life of the garment. For fabric the care is given on the end of the bolt. It is your responsibility to copy the information for future reference.

As you shop for clothing, labeling should be used in making a decision of whether to purchase the item. There are several factors that are considered in the care information you find on labels: fiber content of fashion fabric, interfacing, lining, fabric construction (woven, knitted), trims, notions, special fabric finishes, and dye.

Care labels will list only one method of care a garment or a fabric need. This will include washing, drying, ironing, drycleaning, and using bleach. They do not have to warn against cleaning procedures that would harm the garment. Other methods may be suitable, but you must assume all responsibility, if the garment is damaged. Care labels must be legible, permanent, and available to the consumer when purchasing a garment.

Notice that care labeling is based on the warning system. If the label says "machine wash" then any temperature of water can be used. Otherwise it will tell you to use hot, warm, or cold water. The Federal Trade Commission is responsible for checking to be sure that care labels are not misleading.

Terms Found On A Label

For washing by machine: machine wash, machine wash, warm, machine wash cold, delicate or gentle cycle, durable press or permanent press cycle, separately, with like colors, wash inside out, warm rinse, cold rinse, rinse, no spin or do not spin, no wring or do not wring.

For washing by hand: hand wash, hand wash warm, hand wash cold, separately, with like colors, no wring or twist, rinse thoroughly, damp wipe only.

For drying, all methods: tumble dry, medium, low, durable press or permanent press, no heat, remove promptly, drip dry, line dry, line dry in shade, line dry away from heat, dry flat, block to dry, smooth by hand.

Ironing or pressing: iron, warm iron, cool iron, do not iron, iron wrong side only, no steam or do not steam, steam only, steam press or steam iron, iron damp, use press cloth.

For bleaching: bleach when needed, no bleach or do not bleach, only non-chlorine bleach when needed.

For washing or drycleaning: wash or dryclean any normal method

Laundry Procedures

After **reading the garment's label**, then take the time to **read the laundry product's label** before washing. Frequently manufacturers are making changes to their product -- and still using the same name.

Careful sorting of clothes is essential for a clean, lint-free wash and for saving energy and money. If problems occur because they were not carefully sorted, you will need to do them again -- which will cost you in time, energy, and dollars. Also, sometimes you cannot "undo" the problem. Take time to sort your laundry according to:

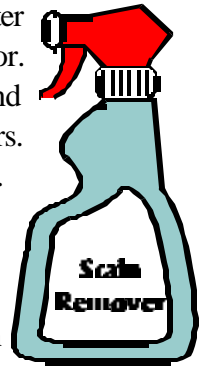
Color - Whites with whites, lights with lights, darks with darks.

Soil - lightly soiled with lightly soiled, heavily soiled with heavily soiled.

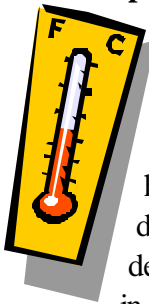
Fabric type - delicates with delicates, heavy with heavy.

Tendency to lint - lint receivers from lint givers.

If whites are washed with pastels or heavily soiled whites they may look dingy after washing. Man-made fibers, such as nylon and polyester, are scavengers of color. Restoring to whiteness takes time, more water, detergent and energy. Towels and cottons are lint givers. Man-made fibers, such as polyester are lint receivers. Permanent press fabrics and knits containing man-made fibers especially attract lint.



Always carefully **check your garments** while you are sorting. Check all pockets, zip all zippers, and close other fasteners. Check carefully for any stains and **pretreat/remove stains** before putting into the washing machine. Turn knits, napped, and man-made fibers wrong side out. Turn down any cuffs. Mend all rips and tears



Select the most appropriate water temperature. The general rule still holds true that the hotter the water the cleaner the clothes and the colder the water, the more difficult the cleaning job. Hot water is 130 degrees or hotter, warm water is 110-120 degrees, and cold water is 80 degrees or cooler. However, you must follow the care label in the garment as to the water temperature to use. All three temperatures have a place in today's laundering.

Select the best size and type of fabric cycle for your wash load. Most washers have at least two fills in relation to the size of the wash load. They usually have two or more water temperature selections. Most washers have more than one cycle for you to select such as normal, permanent press/knit, and delicate.

Be sure to always **use the recommended amount of detergent**, do not overload the washing machine, always pretreat heavy soil/stains, and select the appropriate water fill, temperature and cycle for the load of clothing you are washing. Then, remember to **remove promptly** to minimize wrinkling.

Laundry Products

Detergents come in two forms - liquid and granular. They may be low, controlled or high sudsers. Remember suds are not needed to clean clothes. One problem that may occur when using granular detergents is they may not completely dissolve. It is important that you make sure they dissolve -- otherwise you will have a white residue on your clothing when you remove from the washing machine. A detergent booster helps maintain the whiteness or brightness of laundry.

Bleach is a laundry additive. It is formulated to be used with detergent. Good laundry techniques and the correct use of bleach complement each other. Purposes of bleach are to clean better, help remove soil and stains by breaking up dirt through the process of oxidation, help remove the color from some soil and stains, help to clean bleach-safe colors and whiten whites. It can also serve as a deodorizer and disinfectant agent.

There are two types of bleach: chlorine and oxygen. Chlorine comes in liquid form. Oxygen comes in liquid and granular forms. Always carefully follow directions for using. Never pour bleach directly on clothing.



Liquid chlorine bleach is the most powerful bleach. It is most effective when used with a detergent. It deodorizes and disinfects. Never use on wool, 100% cotton flame retardant (FR) sleepwear, silk, mohair, acetate, spandex, or non-fast colors.

Oxygen bleach is a milder bleach. It is a preventive bleach and is most effective when used regularly. It is effective in maintaining overall whiteness at certain water temperatures.

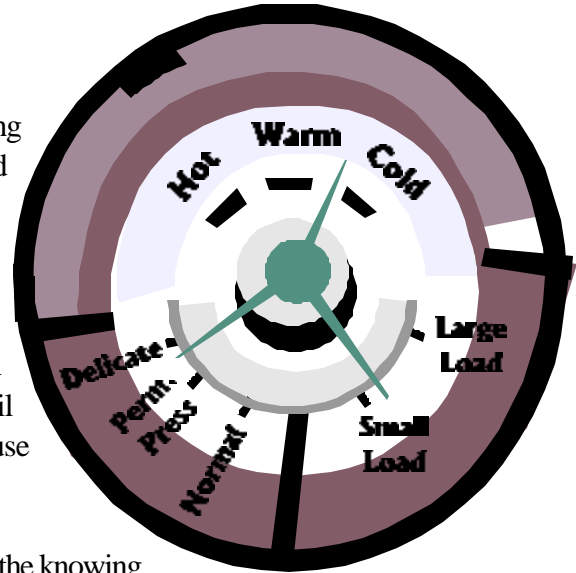
Laundry bar soaps are good for pretreating heavy soils and stains prior to laundering. Handwashing lingerie and hosiery are other uses. Soaps give excellent cleaning results if used in "soft" water. In hard water, like Florida's, if a water conditioner has not been added it forms a soap curd, which sticks to the fabric. The fatty acids in soaps have combined with the water hardness minerals, calcium and magnesium. This makes cleaning difficult.



Fabric softeners are available in liquid, sheets, or as part of the detergent. Some are formulated to be used in the washer, some in the dryer. Follow directions for use. They work well in cold or warm water temperatures. It is possible to overuse. This will cause garments and towels to be less absorbent. Their purposes are to soften fabrics, make fabrics fluffier and bulkier, minimize wrinkling in dryer, make ironing easier, impart a fragrance, reduce drying time, and lubricate fabrics so they will shed water.

Washer Option Selection

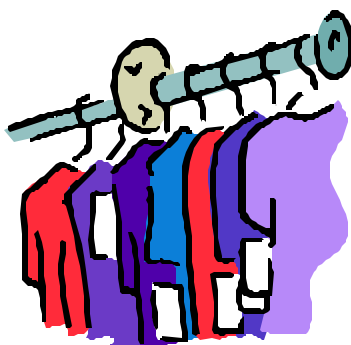
Select the available options on your washing machine, such as water temperature for wash and rinse; cycle, such as delicate or permanent press; and water level, such as small or normal. These decisions should be made on each load of clothes to be washed. If using a cold water wash selection -- wash longer. Select the longest cycle on your washer or add agitation time to a short cycle. For the greatest soil removal, agitate the wash load 12 to 14 minutes or use a presoak to give extra washing.



In summary, care of your clothing begins with the knowing what care is required by the fabric content; following the proper laundering procedures necessary, including the appropriate products; selecting the washer and drying options and remembering to promptly remove and store the garments appropriately.

References and Activities:

- T *Sew and Have Fun (4HCCS BU-7179)*; Laundry Lingo; 4-H Cooperative Curriculum System
- T *Clothing Capers*; Lesson 6 - Temperature Scramble & Going, Going, Gone; University of Florida



Clothing Choices and Selection

Wardrobe Planning with Line, Color, Texture

Fads and Fashion

There are many fashion terms which will help us evaluate the clothing we have. A *fashion* is the current mode of dress and will last one or more years. A *fad* is a short-lived fashion, a passing fashion. *Style* refers to the current fashionable way of dressing. A *classic* is a style that remains in fashion. Over the years certain fashions have become known for their classic styling. These garments, from a design viewpoint, are always fashionable when made in quality fabric and quality workmanship. Some examples are straight skirts, straight leg pants, shirtwaist dress, blazer, cardigan jackets or sweaters, tailored blouse, and v-neck sweater. They are usually of simple lines and fairly straight. Changes are made to bring them to current fashion such as the color and type of a fabric and changes in design details such as width of lapel, collar and sleeve design.

Choosing Clothing For Occasions

Before deciding what clothes to wear for an occasion, you have to determine where you are going and what you are going to do. Your clothing and accessories should reflect your lifestyle and activities. Clothing worn to a wedding would not be the same as what you would wear for an outing with your friends.

The occasion and activity influence the types of clothing to be worn. Attending a wedding may require dressier clothing. When going to a sporting event, casual clothes are the accepted dress. As your interests and activities change, your clothing may need changes.

In addition to considering the occasion and the activity, you may need to consider the weather and how your friends will be dressing. If you feel insecure about your clothing selection, ask a friend to help you.

Also, remember that each school or community may have an influence over how people dress for various occasions. If you are going to visit another town or school for a special occasion, you may want to ask someone from that town what is appropriate to wear to the event. Because of warm weather and tourist atmospheres, many places in Florida have a more casual approach to dressing than does most of the United States.

Choosing the right garment for the occasion can be easy with a few helpful guidelines. Athletic activities usually require clothing appropriate to the sport. Whatever the activity, one should be able to move comfortably without restrictions. Breathable fabrics like cotton also help to keep our bodies cooler and comfortable during exercise and activity. Proper shoes are also important.

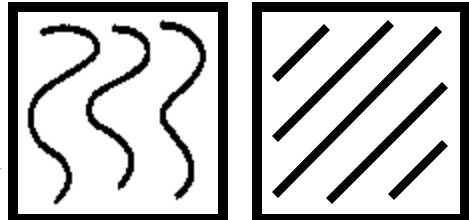
The first rule of casual dressing to remember is that casual does not mean sloppy. Casual clothing is more relaxed and comfortable than formal wear, but is still neat and presentable. Our casual wardrobe may include pants, skirts, dresses, shirts, sweaters, shorts, jackets, wind breakers, and more. These are the clothes that go with us to school, church, after-school functions, the movies, and shopping. These clothes may be cotton, cotton blends, corduroy, polyester, denim and made of woven or knitted fabrics. They should be easy to care pieces that are washable.

There are many occasions when it is appropriate to wear clothing that is dressy. These events are special and a place where you want to look extra nice. Such occasions may be church, banquets, or weddings. For these occasions choose fabrics and styles that are dressier than casual or school dress. Fabrics like polished cottons, jacquard cottons or polyesters, washable silk and velvet are nice for dressy occasions. Details like lace collars or a special belt often make a simple design look dressy. Choose an outfit that you can wear to a variety of events. Accessories like a pearl necklace and earrings are classic for dressy occasions. Young men would choose dress pants, shirt, and tie with dress shoes and socks. A blazer or suit would also be appropriate for certain events.

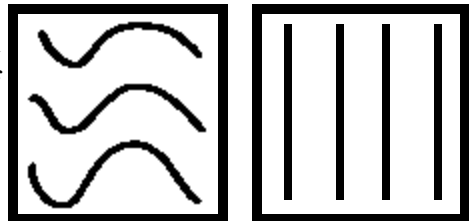
When dressing for any occasion, remember to strive for a complete look. Make sure your individual pieces form one polished look. Become familiar with fabric and design styles as well as accessories by looking through fashion magazines or clothing stores. Let's consider some basic principles in choosing becoming clothing ...these are line, design and color.

Lines

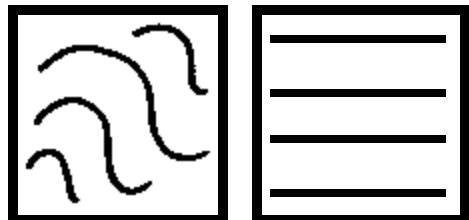
Lines create the silhouette or shape of clothing. The lines you wear can help you create your desired look. There are two categories of lines -- structural and decorative. Structural lines are seams or construction details that hold the garment together. Decorative lines are used to emphasize a feature, such as topstitching or piping in a contrasting color.



Lines can help you create optical illusions. An optical illusion "fools the eye." Lines can be used to create images of your figure. A fine line creates a dainty look while a heavy one appears bold, and a tightly curved one looks ready to spring.



An understanding of line directions and line combinations is necessary before you can create effective design. Lines can go in many directions: vertical, horizontal, diagonal and curved. Vertical lines are dignified and usually carry the eye upward creating an illusion of taller and slimmer. Horizontal lines are restful and usually carry the eye across creating an illusion of wider and heavier. Diagonal lines slant,



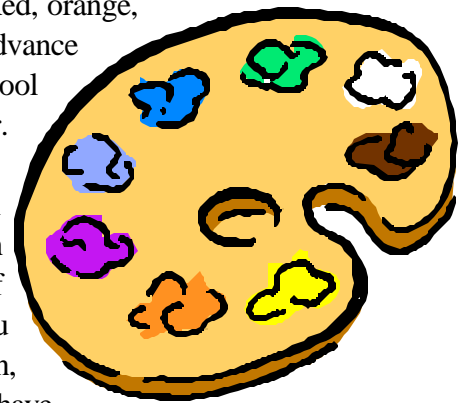
are read from left to right, are active and require caution when using. Try to determine if the slant is more horizontal or vertical to determine the appropriate illusion desired. Curved lines are gay and graceful. They are soft when slightly curved, and bold when tightly curved.

The lines in a garment become more dominant when they are accented by stitching, trim or contrasting fabric. Use this to your advantage in creating a desired look. The eyes tend to follow the dominant line. Details of a garment also create lines. Therefore, look carefully at size and placement of pockets, size of cuffs, width of collar, width and kind of belt, length of skirt, and kind of buttons used.

Choosing Becoming Colors

Color communicates a feeling, a message, a mood. Red, orange, and yellow are referred to as warm colors. They appear to advance and make objects look larger. Blue, green, and violet are cool colors. They appear to recede and make objects look smaller.

Each of us either has a warm skin tone or a cool skin tones. Warm skin will have warm color undertones --yellowish or golden. Cool skin tones will have bluish undertones. One of these groups of colors will be the most becoming to you. If you have warm skin, then warm colors (such as brown, orange, tan, warm greens, golds) will be more becoming to you. If you have cool skin, then cool colors; such as blues, black, pure white, pinks, cool greens, or cool reds will be more becoming to you.

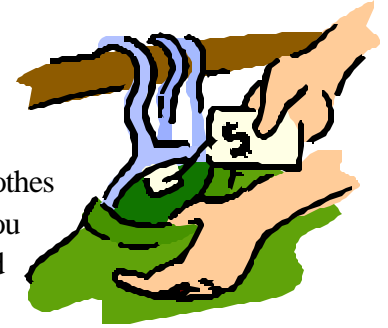


To check for accurate skin tone, you must look at skin at the waistline or midriff, or other area that has not been exposed to the sun. The warm or cool nature of skin tone is true regardless of ethnic/cultural backgrounds.

Color can have an effect on your moods and feelings. Most individuals have likes and dislikes about certain colors. Wearing colors that you like tend to make you feel better about yourself. We need to think about why we like and dislike certain colors. While you can determine more becoming colors, always remember that color choices is an individual and personal one -- what you feel good about and are happy wearing is just as important.

Consumer Buying

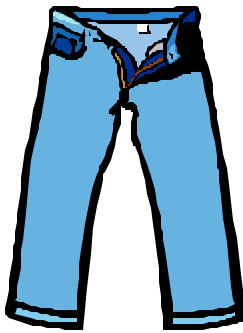
Jeans



Too cheap to last? So expensive it's a rip-off? How do you buy clothes that are worth the money? Once upon a time, when you bought clothes, you got what you paid for. It was simple. Well-made clothes were expensive and poorly made clothes were cheap.

Now, however, you can find different levels of quality at different prices. You can't go by cost alone. You can spend money for a lot of different things when you buy a garment. Some are easy to see - color, style, a designer name, etc. Others - fabrics, seam construction, interfacing, etc. - are more difficult to see but make a big difference in quality.

What you want is to balance quality and style. You want a garment that looks as good after a few months of washing and wearing as it did in the store. How can you tell? Look for the details of quality. Here are several things to look at when buying clothes in general.



Buying Jeans

Jeans are a central part of your wardrobe. You probably wear them more than any other clothing item you own. There are numerous brands of jeans to choose from. You probably have a favorite brand that you like to wear.

What are the differences between brands of jeans? Fit and style are two differences that are important when you choose jeans. But it is also important to choose a quality pair of jeans. Because you wear them so much, they need to be strong and durable. Study the details given to determine quality in the jeans you choose.

Fabric Quality ...

A good quality garment must start with a good quality fabric. Often you can upgrade the quality of a garment by changing buttons or restitching some seams. But you cannot upgrade the fabric. Judging the quality of fabric is often difficult. The fiber content will give you some clues as to the durability of the fabric.

Durability also depends on the construction of the fabric. Smooth surface fabrics such as denim will usually stand up to harder wear than soft napped fabrics like corduroy. Also, the more yarns used or the

BUYING JEANS

Fabric. Denim is a twill fabric which is very strong. It comes in several thicknesses from light weight to heavyweight. In most cases, the heavier the denim, the stronger the fabric.

Most denim is made of 100 percent cotton. Sometimes you will find denim that is made from cotton and rayon. The rayon makes the fabric softer and more comfortable to wear without having to break in the jeans. As a general rule, rayon isn't quite as strong as cotton. Therefore, you may have to decide which is more important comfort or strength.

Look for denim that is firmly woven with no thick or thin areas. The fabric should be even in color and be suitable in weight for the garment.

closer the yarns are in woven or knitted fabric, the more durable the fabric should be. Also, look at the dyeing and/or printing of the fabric. Is it an even color throughout, is the printing perfectly in place?

Construction Quality ...

If the quality of the fabric is acceptable you are now ready to judge how well the garment is made. A variety of techniques can be used to construct a quality garment. The important thing to remember is that the technique used should be compatible with the fabric, garment design, and intended use. Look for adequate hems, even width and finished hems, seams that are flat and finished, garment cut on-grain, matched designs in plaids and stripes, firm buttonholes, secure fasteners and trims, secure stitching.

General Condition and Appearance...

Another indication of quality is the overall appearance of the garment. Has it been properly pressed? Do the trims add or distract from the garment. If your first impression of the garment says poor quality, that's what it will say to others.

Price...

Price is not always an indication of the quality of a garment. You can find good quality fabrics and construction at all price levels. Learning how to determine a good quality garment will help you get your money's worth.

In Jeans Look for....

Seams. The strongest seams you will find on jeans are flat-fell seams. Flat-fell seams are turned in and fully enclosed with two rows of stitching. Mock flat-fell seams look the same on the outside of the garment, but the raw edges of the fabric can be seen on the inside of the jeans. Look closely to be sure the seam is finished with overcasting or serging to prevent the fabric from raveling. Make certain that seams match at the crotch and back yoke.

Pockets. Pockets should be double stitched and the corners and other stress points on the garment should be reinforced with rivets or bar tacking (zig-zagging several times in one spot). Pocket lining materials should be firmly woven and durable enough to survive heavy use.

Belt Loops. There should be enough belt loops on jeans to prevent your belt from riding up in back or pulling up on the middle loop. A minimum of five belt loops is preferred. There should be one in the center back and a loop directly over each back pocket. Two should be near the center front.

Topstitching. Topstitching should be straight and even with no loose threads.

Waistbands. A waistband with an interfacing reduces stretching in the waistband. Look for a neatly finished waistband that has well turned corners and is consistent in width.

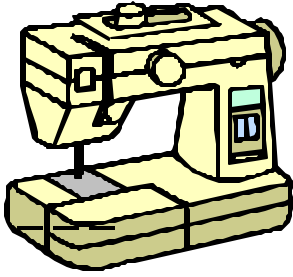
Zipper. The zipper should be made of brass or stainless steel. Raw edges on zipper inserts should be folded over and stitched down or serged for comfort and strength. The placket area should be smooth and free of puckers

Examining the different aspects of consumer choices in selecting clothes will help you to become a better consumer in the future. This is a good skill to learn at an early age so that when you make bigger purchases in the future you will be more informed on how to make the best decision.

References & Activities:

T *Clothing Capers*, Lesson 5- Consumerism, University of Florida

T *Clothing Capers*, Lesson 5 - Activity 4 - *Wise Buys in Jeans*, University of Florida



Clothing Construction

Reading a Pattern

A vital part of being able to sew is learning how to read a pattern. This, combined with construction skills will enable you to create your own garment. Patterns provide a lot of information needed to sew your garment. Inside the pattern you will find pattern pieces and the direction sheet which tells you step-by-step how to make the garment.

One of the things included on the direction sheet is the pattern layout which may also be called the **cutting layout**. This tells you how to arrange the pattern pieces on the fabric. Knowing how to read a pattern layout will help you cut out your pattern correctly. Following a layout is as simple as doing a puzzle. There are certain symbols and terms you will need to know.

Layout Legend ...

The symbols and markings used in a layout diagram are standardized for most major pattern companies. A white pattern piece indicates that this piece is to be cut with the printing facing up. A shaded piece should be cut with the printing facing down. A dotted line indicates that the pattern piece should be cut a second time. When a pattern piece is shown half white and half shaded, it should be cut from folded fabric.

Layout Choice...

There are several pattern layouts on the direction sheet. To choose the correct one, answer the question.

- T Which view are you making?
- T How wide is your fabric?
- T Is your fabric with nap or without nap?
- T What size pattern are you using?

Now that you have answered these basic questions about your pattern you are able to begin your pattern placement.

Know Your Pattern Symbols and Lingo

Pattern Symbols

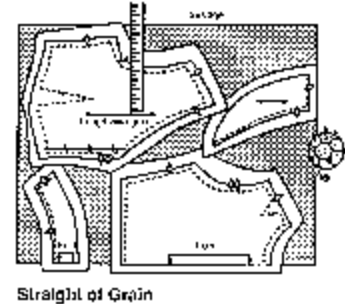
- | § Solid lines at the edge of pattern pieces are the cutting lines.
- | § Seam lines are a broken line, usually 5/8 inch from cutting line.
- | §
- Dots help match seams and other construction details.
- Notches help match pattern pieces to be joined.
- Arrows on seam line show direction for stitching.
- } Buttonholes are shown by this symbol.
- ==== Parallel lines indicate where to lengthen or shorten the piece.

Place on Fold ...

Certain pattern pieces need to be placed on the fold of the fabric. This is indicated on the pattern piece and on the pattern layout. The pattern piece will have a **long bracket with arrows at each end**. The pattern layout will show these pattern pieces placed on the fold of the fabric.

Grainline ...

Pattern pieces should be placed straight of grain on the fabric. The grainline is indicated on the pattern by a **heavy solid line with arrows at each end**. Pattern pieces are placed correctly when the grainline arrow is parallel to the selvage. Measure from each end of the arrow to the selvage. Shift pattern pieces until the distance is equal at each end of the arrow.



With nap / without nap ...

Pattern layouts on the direction sheet are identified as either being cut from fabrics with a nap or without nap. This means that some fabrics are directional. Directional fabrics are those that look different from different directions. Directional fabrics require all pattern pieces be placed with their tops facing the same direction. For example, think about a fabric with a design of animals. What would the garment look like if part of the animals were upside down on the garment?



With Nap



Without Nap

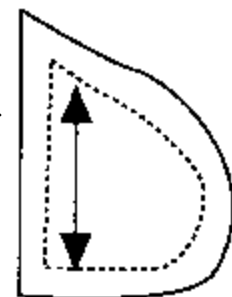
Directional fabrics include napped fabrics such as corduroy; plush fabrics such as fake fur; shiny fabrics such as satin; and print fabrics that have one way designs. If the fabric permits, it is better to place the pattern pieces with their tops facing the same direction. This prevents your finished garment from having two-toned look or having its design run in two different directions.

Pattern Pieces ...

Each pattern layout includes pattern pieces needed to make the garment. Make certain that you have all of the pattern pieces you will need. If you leave out a pattern piece you may not have enough fabric to finish the garment. It is important to remember to read the pattern to see what pieces you will need for your garment because often times you do not need all of the pieces provided in the pattern for your garment.

Special Instructions ...

Pattern pieces can vary in how many times they need to be cut out from the fabric. As a general rule, you only place each pattern piece on the fabric once. If a pattern piece needs to be cut more than once, special instructions are given on the pattern piece. For example, if a garment has pockets, you need four pockets (two for each pocket) to complete the garment. This means you will have to cut the pocket pattern twice from double thickness fabric in order to have four pocket pieces. The pattern piece would say below the pattern name "Cut 4."



Pocket Pattern
Cut 4

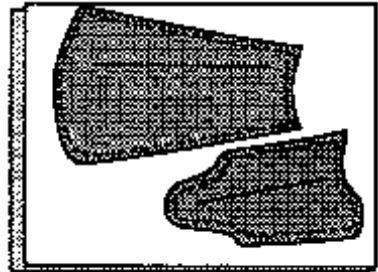
Fabric Placement ...

The pattern layout will show you a picture of how to fold your fabric. Your fabric may be cut in a single layer or folded lengthwise, crosswise, double, or partial. Look at the illustrations below to see which layout is best for your pattern. Here are examples of the different ways to fold fabric.



Lengthwise fold

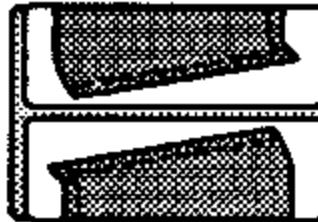
Lengthwise Fold - fabric is folded in half lengthwise with right sides together



Crosswise fold

Crosswise Fold - fabric is folded in half crosswise with right sides together

Double Fold - fabric is folded in half twice along the lengthwise grain. The selvages will usually meet in the center.



Double fold

Partial Fold - fabric is folded on the lengthwise grain, right sides together, only wide enough to fit the widest pattern piece.



Partial fold

References and other activities:

- T *Clothing Capers*, Lesson 1- Creativity and Youth Workbook Activity- *Pattern Directing*, University of Florida
- T *Junior High 4-H Clothing Judging Guide*, Lesson 3, University of Tennessee
- T *Sew Much More*, Chapter 2, 4-H Cooperative Curriculum System



Name: _____

County: _____

Clothing Construction, Selection and Fashion Revue Score Sheet

E G F CONSTRUCTION CRITERIA & SCORE

T	T	T	Fabric Quality	JUDGES COMMENTS
			<ul style="list-style-type: none"> — Fabric content and fabric texture is suited to garment design. — Balanced grain — No flaws in fabric construction — Matching designs, centered, and balanced. — Evenness of dyes. — Care of fabric appropriate for garment function and design. 	<div style="border: 1px solid black; width: 40px; height: 40px; margin: 0 auto;"></div> <p>15 Points</p>
			<p>Construction Quality</p> <ol style="list-style-type: none"> 1. Construction neat in appearance. 2. Appropriate techniques for fabric. 3. Appropriate and neat seams, seam finishes and seam treatments for fabric and design. 4. Accurate, even stitching, matching of designs using balanced tension and matching thread. 5. Appropriate interfacing for fabric and design. 6. Smooth, even, and flat edges on collars, jackets, lapels, cuffs. 7. Inconspicuous facings and hems. 8. Enclosed seams graded. 9. Curves and points same shape and length. 10- Darts merge into fabric. 11. Smoothly set-on collar and set-insleeves 12. Appropriate and neat hem well- pressed. <p>Fasteners</p> <ol style="list-style-type: none"> 13. Neat and secure. 14. A appropriate for garment design. <p>Notions/Trim</p> <ol style="list-style-type: none"> 15. Appropriate for fabric and design 	<div style="border: 1px solid black; width: 40px; height: 40px; margin: 0 auto;"></div> <p>20 Points</p>

E G F PRESENTATION CRITERIA & SCORE

T	T	T	Appearance	10 Points	JUDGES' COMMENTS
			<ol style="list-style-type: none"> Smiles Well groomed, clean and neat Poised with good posture Garment becoming to individual Appropriate inner garments and accessories used to complete look Modeling confidence in presenting garment 		<input type="checkbox"/> 10 points
			Design	10 Points	
			<ol style="list-style-type: none"> Fashionable Becoming style Appropriate notions and trims for fabric and function. Appropriate pattern and fabric coordination A total look Pleasing proportion 		<input type="checkbox"/> 10 points
			Fit	15 Points	
			<ol style="list-style-type: none"> Adequate ease Hangs evenly Smooth fit with no wrinkles or pulls. 		<input type="checkbox"/> 15 points

CONSTRUCTION AND SELECTION SKILL- A-THON SCORE

Station 1: Fabric ID		
Identify 10 Fabric Samples		<input type="checkbox"/> 10 points
Station 2: Clothing Choices and Selection		
Respond to a Clothing Decision-making Situationrank choices among four options given.		<input type="checkbox"/> 10 points
Station 3: Construction Skill-A-thon	Station 3: Consumer Buying Skill-a-thon	
Respond to a Construction Decision-making Situation <input type="checkbox"/> 10 points	Consumer Buying Situation and Judging Class - Four garments Based on age: Juniors = t-shirts Intermediates=jeans Seniors= shorts <input type="checkbox"/> 10 points	