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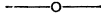
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ADULT CLOTHING DEMONSTRATION

First Year---Demonstration No. 2



PLANNING AND MAKING A HOUSE DRESS

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Adult Clothing Demonstration

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PLANNING AND MAKING A HOUSE DRESS

To be well dressed while at home and doing one's house work means to be well dressed for the greater portion of the housewife's time. And for most women there is a feeling of satisfaction and pleasure in being attractively and appropriately attired. The well dressed woman is the one who chooses her costumes with reference to appropriateness, color harmony, design, durability and cost. These principles can be applied as easily to house dresses as to party and street frocks, and too often we find women who present a charming appearance in public are far from attractive when in their own homes. They think it permissible to wear for house work garments too shabby or too old fashioned for other uses, and fail to realize the importance of suitable and appropriate costumes for all occasions.

The characteristic of the house dress should be its perfect adaptability to the type of work to be done. It must be comfortable, allowing freedom of action for every part of the body. **It must be durable**, easily laundered, and simple in construction. The house dress should also be beautiful and becoming which means that it will fit its purpose, be well made and becoming in line, texture and color. **It should be** made so as to require a minimum of time for putting on and fastening. There should be no collars and cuffs to tack or pin in place after laundering and no necessity for hunting a belt.

Ready-made Versus Homemade Dresses

It is possible to purchase rather inexpensive ready-made house dresses and when the housewife's time is more limited than her purse it may be advisable to use the ready-made garments. It must be remembered, however, that the cheap ready-made article is made of cheap material that will shrink, fade and soon wear out, and that it is usually rather carelessly constructed. It sometimes happens that the

homemade garment lacks a certain style and attractiveness that the ready-made garment possesses. The skill and ability of the worker in producing a desirable finished product and the value of the worker's time will determine which procedure is advantageous. But very often it is economical to make the house dress because of the added wearing quality and increased satisfaction due to better workmanship and wiser choice of material. Regardless of whether the dress is made at home or bought ready to wear, its success will depend upon the design, material and construction.

Selection of Design

The design for the house dress should be one that is suitable in line to the individual's figure, that is suitable to the purpose for which the dress is intended and suitable to the material that is to be used. The first step in the designing problem is to study one's individual proportions and the effect of different arrangements of line, mass and color with relation to the figure. One satisfactory means of studying one's own figure is the gummed paper dress form. Material may be draped and fitted upon this and seen from all sides as it looks to others. The triple, full-length mirror is also valuable in studying the figure as it gives the entire front, back and side views in a normal position.

Line.---The proportions of the individual's figure should determine the lines of the dress regardless of the prevailing mode. The person with the extreme figure, either stout or thin, tall or short, needs to adopt the costume design which will not accentuate such characteristics. The individual must decide what lines contribute most to her attractiveness. Desirable lines of face and figure may be emphasized by a repetition of the same lines in the costume or by using lines of contrast. The lines of the costume should conform to the structural lines of the body. All divisions of the garment, whether by seam or decoration, should be made in relation to structural parts and areas. Parts of garments should be supported at structural points as shoulders and waist line.

Selection of Material

As an aid in the selection of clothing it is highly desirable that the purchaser know something of textile fabrics. The weaves, the width and price of material, the various kinds of cotton and linen cloth, the wearing qualities and the suitable use of materials should be a matter of study and common knowledge.

Good materials are economical in any garment that is to receive hard wear. Fastness of color and wearing qualities are important considerations in choosing materials for the much worn and frequently laundered house dress.

The materials most frequently satisfactory for house dresses are of cotton and linen. The durability of these fabrics may be determined by an examination of the yarn and weave. Break pieces of the yarn from both warp and woof; they should be of equal size and strength to give good service. Examine the weave of the cloth; it should consist of threads of uniform size; evenly and firmly interwoven so that the threads cannot be easily pushed out of place with the thumb and finger. Cord effects produced by an uneven distribution of threads and by heavy yarns are not satisfactory, particularly when arranged to form stripes. They cause the finer and weaker yarns to break and also are hard to iron.

The firmness of the fabric and the kind of weave are also factors determining the durability of the material. The plain or tabby weave as found in gingham and domestic is good but not so strong as the twill weave used in galatea. Fancy weaves increase the cost of the fabric and often decrease the wearing quality.

Color is an important consideration in selecting fabrics for house dresses. With recent improvements in dyeing it is possible to get fast colors in both cotton and linen. These cost more than the less permanent ones but where colors are desired it is an economy to buy those that will last as long as the material. The fastness of a color may be tested by giving a sample the same laundry treatment the garment would get.

Before combining two materials or using white trimming the material should be tested for running or bleeding by plaiting a strip of the colored material with one of white and washing the two together. If the color shows in the white it will not be advisable to use white trimming.

Design of Fabric.---The design of the fabric should be suited to the lines of the individual for whom the garment is planned. Bright colors, broad stripes, large plaids and large figured materials have a tendency to make a stout person appear even larger and should be avoided. The very small person should also avoid the large designs because they do not seem to be in harmony with her make-up. While

horizontal lines have a tendency to decrease the apparent height of a person, it is well to have the main lines of a costume conform to the structural lines of the body which are perpendicular. The practice of combining contrasting colors in layer-cake fashion is not a commendable one although it does tend to decrease height and increase width.

Selection of Pattern

The pattern for the house dress should be very simple and plain with as few pieces as possible. It is not wise to select a pattern requiring a great deal of time and work in making. When making several dresses the same plain pattern may be used for all with possibly a few variations in trimming and finish. The one-hour bungalow type is easily cut and made and is very comfortable if the sleeves are left short. Before purchasing a pattern its pieces should be studied with reference to the width of material to be used and plans should be made so as to economize on material.

The dress may be planned so as to require no hand-work and still be very attractive. Machine sewing is better suited to work garments and should be used as much as possible.

Suggestions for Economy of Time and Energy in Sewing

1. Use of tested and carefully labeled patterns.
2. Having all necessary materials on hand before beginning work.
3. (a) Place all parts of the pattern on the material before cutting so that no material shall be wasted. Patterns may be held down with weights or small objects instead of being pinned.
(b) Cut all bindings, facings and trimming parts when cutting the main part of garment.
4. Pinning for all first lines of stitching before taking material from cutting table.
(a) Place pins at right angles to line of stitching, putting pin in from right to left so that it can be removed easily while stitching. Keep pins in box.
5. Complete all first lines of stitching first.
6. Trim seams.
7. Press creases for all second lines of stitching. The substitution of pressing and pinning for basting will be found an economy of time and energy.

8. Finishing accessories:
 - (a) Bias binding in different widths, qualities and colors should be kept in the sewing basket or machine drawer for trimmings and finishes.
 - (b) Remnants or scraps from wash garments, if cut into bias strips one or one and one-fourth inches wide and rolled on card board may be used as an economical trimming. Use of guage in cutting bias.
9. Gathering by lengthening the stitch or loosening the tension saves time when only a small amount of gathering is to be done.

