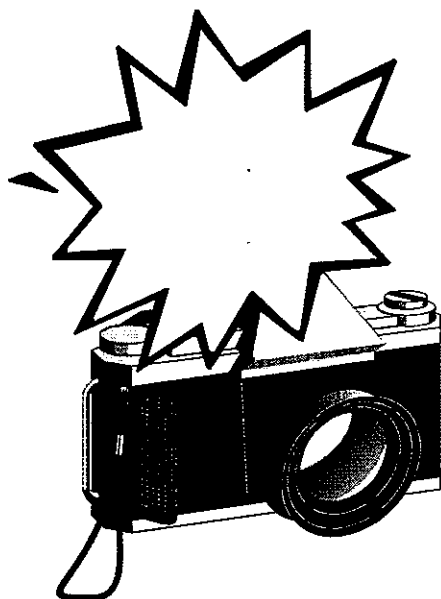




WORKBOOK

4-H Clothing and Textiles Program





Clothes That “CLICK”



Clothing plays an important role in the lives of most teenagers. It's a time when you want to 'fit in' with your chosen groups of friends or classmates while expressing your own sense of self and individuality. Right? Yes, we all have experienced the conflicts of doing this at some point in our lives. Of course, as you get older the more independent you will become and the conflicts between peers and parents lessen with regard to your appearance. By then, the clothing choices relate to your job, career needs and employer expectations.

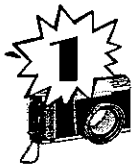
Clothes That Click is designed to help you now, and hopefully throughout life, with making the best choices for you, your interests and needs. You will be introduced to:

- ☐ a variety of fun and creative techniques to express your individuality,
- ☐ personal assessments to help you make clothing decisions,
- ☐ how to comparison shop for the best buys,
- ☐ how to care for your clothes and appearance to look your best, and
- ☐ how to appreciate international and cultural influences

Special Thanks and Acknowledgements

The authors wish to acknowledge the contributions of 4-H Clothing and Textile Publications from the states of Alabama, Arizona, Kentucky, Oklahoma, Kansas, Pennsylvania and Texas to this document.

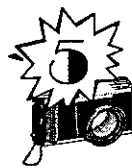
Table of Contents



Creativity

Pages 1-6

Creativity in a Vest
Embellishments & More!
Create Your Own!



Consumerism

Pages 19-24

Quality Counts
Shopping Savvy
Store Savvy
Zoom In On Shoes



Communication of Self

Pages 7-10

Capture the Message
Values & Clothing
What Is Your Favorite Outfit?



Care

Pages 25-32

Focus on Laundry
Laundry Scavenger Hunt
What Did You Find?
Careful Decisions
Stubborn Stains



Cutting Edge

Pages 11-14

Fabulous Finishes
Experimenting With More Fabric
Finishes



Culture

Pages 33-38

The World Is Around You
A Gallery of Cultural Influences
Batik. . . An Indonesian Art
Be A Photojournalist...and
Travel the World!



Choices

Pages 15-18

Figuring Your Assets
Disguise or Emphasize
Get an Angle on What Flatters



Careers

Pages 39-42

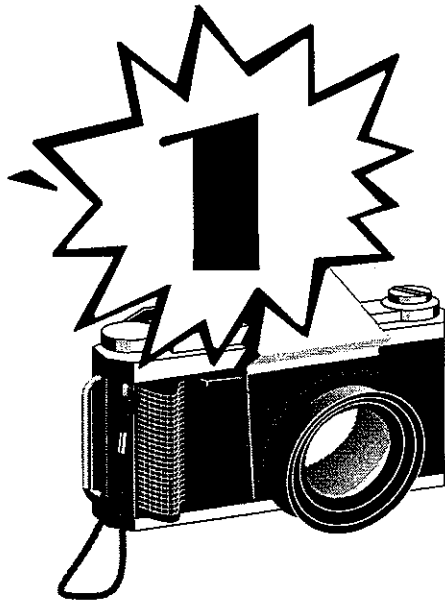
Snapshots of Career Opportunities
Dress for Success
Choices for the Interview Scene



A Photo Finish!

Pages 43-44

A Storyboard of Experiences!



Creativity

Vests are a popular item and are fun and easy to make. They can be very simple and plain or they can be a "designer" version---a "one-of-a-kind" you create for yourself or someone else. In this project you will learn to create and "embellish" such a vest.

Embellishment is any type of decorative addition you wish to add to your vest. Certain types of embellishments are done in early stages of the construction process and others can be added after completing the vest. You are only limited by your creativity and interests.

If you are not part of a group that is making a vest, you can still choose a simple ready-made vest to which you can add embellishments, making it a very special one-of-kind vest of your own design!

Pattern Success!

Selecting the correct pattern size and pattern figure type are both important in helping you to have a vest that will fit you. Sizes in pattern companies are similar to each other, but they have NO relation to ready-to-wear sizing. This means that just because you bought a vest last year that was a small you should not necessarily buy that size pattern. Also, since you are still growing, you need to take your measurements each time you make a garment.

Accuracy is very important in taking body measurements. Get the help of a friend or family member to make sure you are accurate.

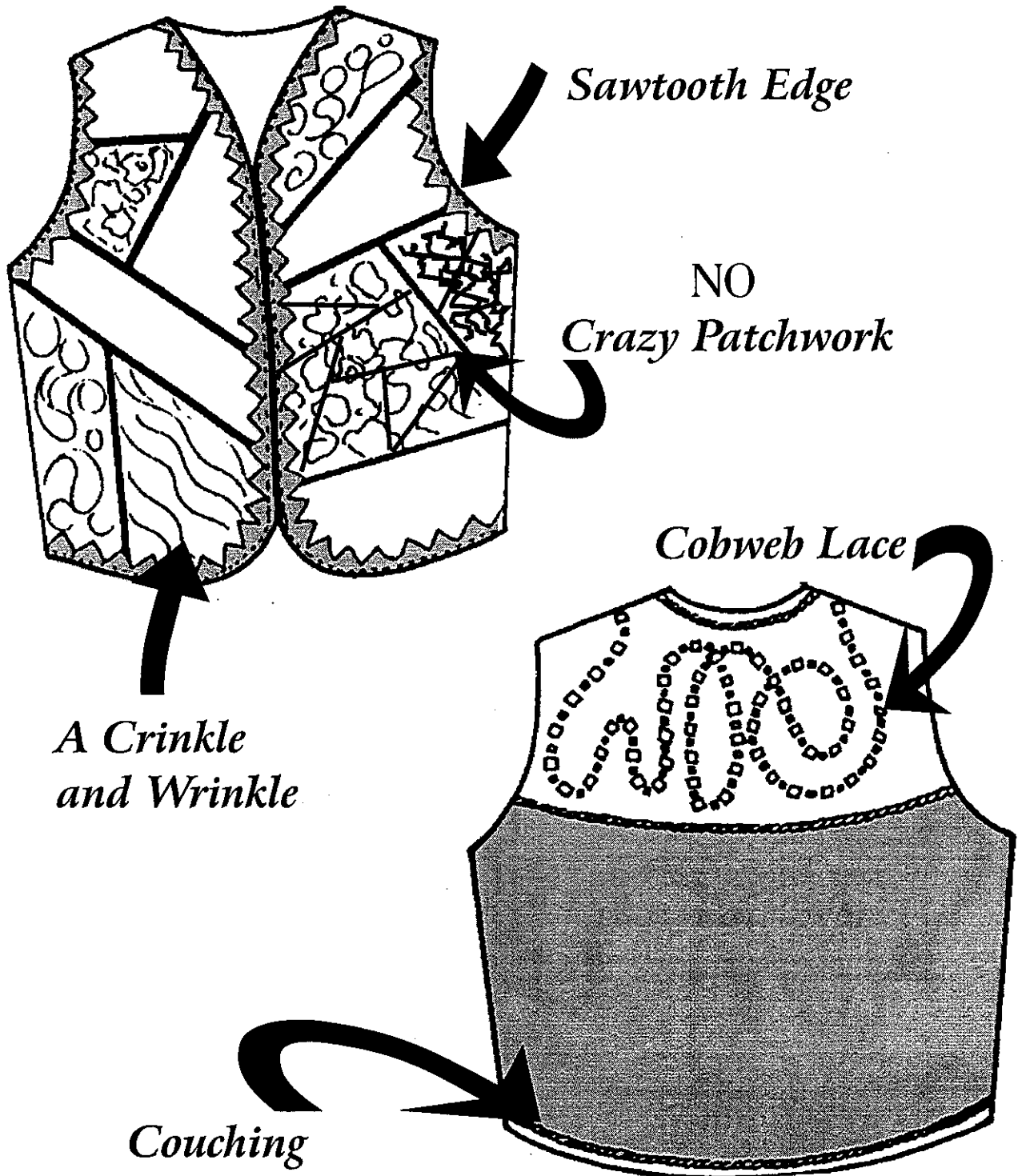
What measurements do you need to take to determine your figure type?

Vertical measurements - the height and back waist length (from the base of the neck to your waistline).

What measurements will determine the pattern size?

Horizontal measurements - bust/chest, waist and hip measurements.

in a Vest



Embellishments

COUCHING

- < Select a combination of different threads and washable yarns in one or several colors and textures.
- = Thread sewing machine with transparent thread on top and matching thread (to fabric) in bobbin.
- > Set sewing machine for wide zigzag and long stitch length.
- ? Add fusible interfacing to wrong side of fabric and draw design with soap slivers or marking pen/pencil.
- @ Tie knot in one end of "threads".
- A Place at the edge of fabric and machine "tack" in place. Lower presser foot (use a cording foot if available), twist yarns and stitch slowly.
- B Continue this process following your design until complete. Machine "tack" at the end.

CAUTION: Pressing with a hot iron may melt transparent thread.

COBWEB LACE

- < Cut very small pieces of fabric (same color or different colors) -- ½ inch by ½ inch -- and one piece 2 inches by 2 inches.
- = Using the 2 inches by 2 inches piece, begin stitching a chain (1 to 2 inches) then add a small fabric piece. Continue until all pieces have been added.
- > Arrange the chain on your fabric in a creative design.
- ? Cover with tulle and do decorative thread stitching with different colors of thread or metallic thread.

STITCH & SLASH

Basic:

- < Sandwich four layers of firm woven washable fabrics together.
- = Draw a stitching pattern -- parallel lines on the bias about 1 inch apart making a box design. Pin.
- > Stitch (matching or contrasting thread) along these lines, removing pins as you come to them.
- ? Use your scissors to cut the top three layers (do not cut the bottom layer).

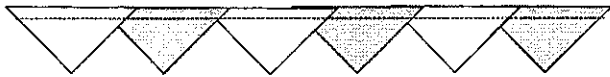
NOTE: To make the fabric "bloom," machine wash and dry sample.

Creative: Create different patterns of cutting the design.

and More!

SAWTOOTH EDGE FINISH

- < Cut two-inch squares of matching woven fabrics.
- = Fold in half diagonally and press.
- > Place over edge of fabric surface lapping over each one. Pin in place.
- ? Machine stitch 1/4 inch (or wherever you desire) from edge. You can use regular thread (matching or contrasting), a decorative thread, or couching.



Button Ideas



- < Stack buttons and arrange in a design.
- = Use buttons to hold colorful squares of fabric in place.
- > Tear strips of fabric into squares, then into smaller squares. Attach to garment with buttons.
- ? Create a pin effect with buttons hanging down from a larger button.

Crinkle • Wrinkle

- < Wet the fabric and wring out.
- = Hand gather fabric, then twist as tightly as you can. It should roll back on itself.
- > Fasten with cotton string or fabric scrap. Let air dry or toss in dryer with a heavy towel (will take several hours to dry). It MUST be completely dry!
- ? Untie, carefully unfold to the shape you desire.

@ Fuse lightweight fusible interfacing to

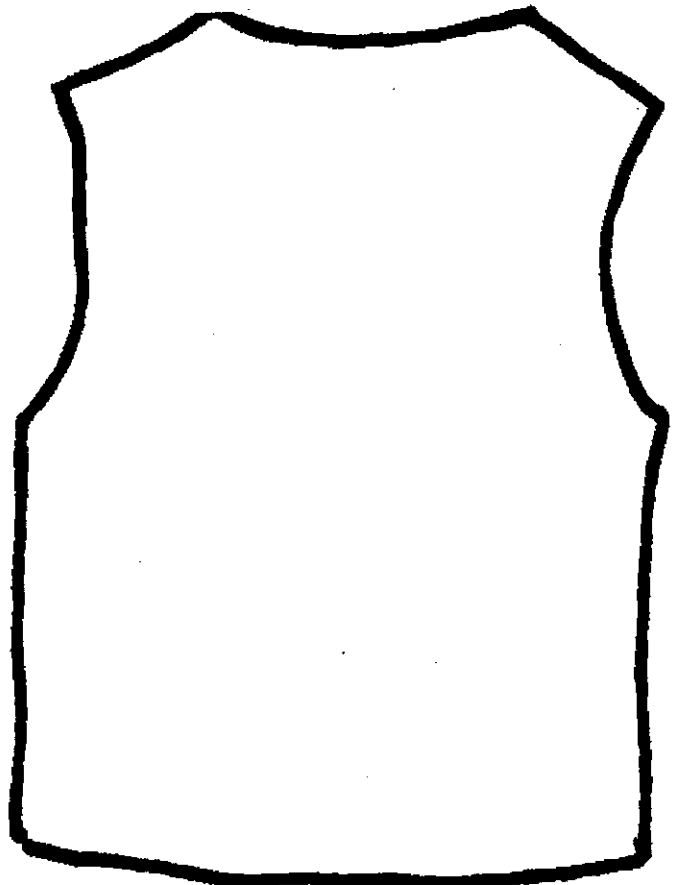
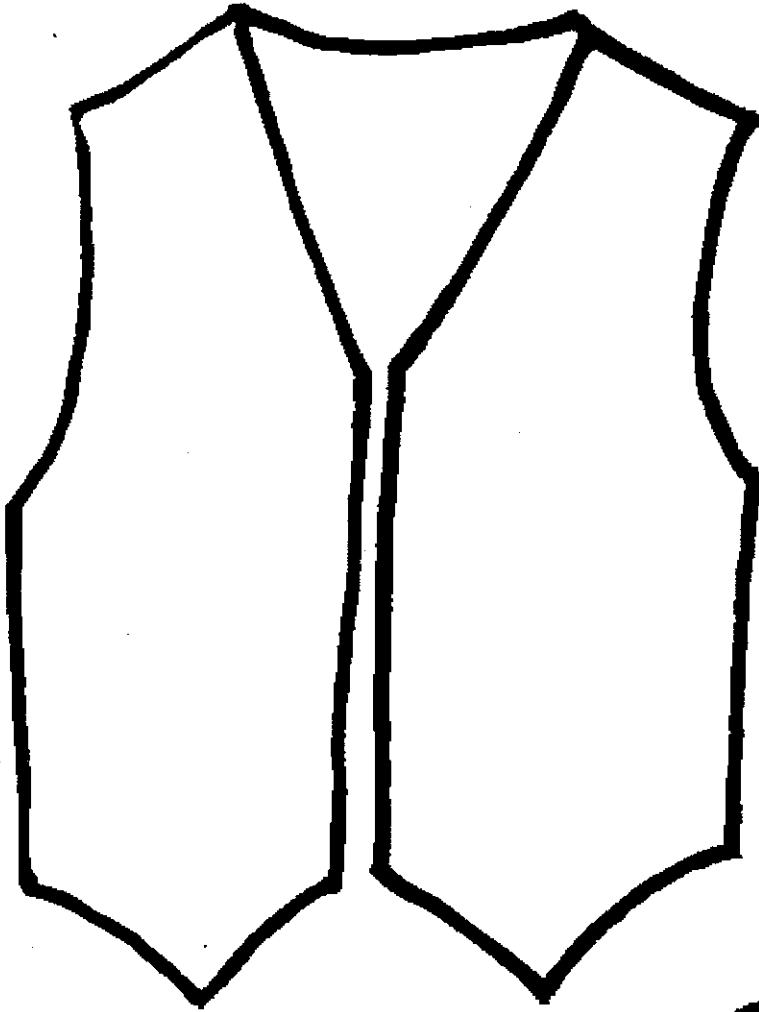
Crazy Patchwork

- < Crazy patchwork will need a variety of small fabrics in various shapes, which will be used to cover design.
- = Pin a fabric scrap at a right angle to one corner of your fabric square.
- > Lay the next scrap right sides together over the first scrap and stitch a 1/4 inch seam on one side of fabric scrap. Flip scrap to right side.
- ? Continue to sew scraps to the fabric scrap, clipping curved seams as needed.
- @ Change direction of sewing as desired.

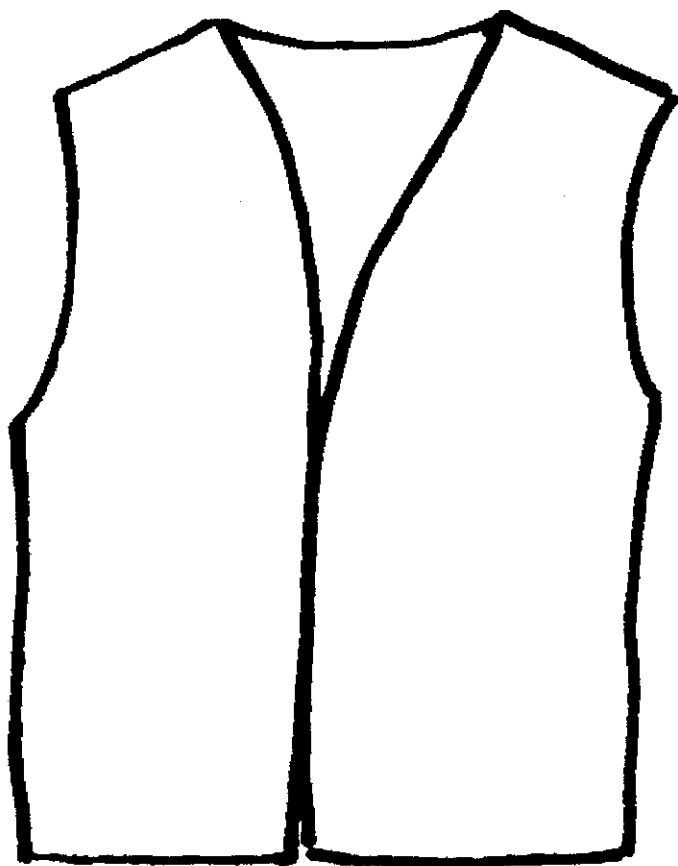
Create

Design 1

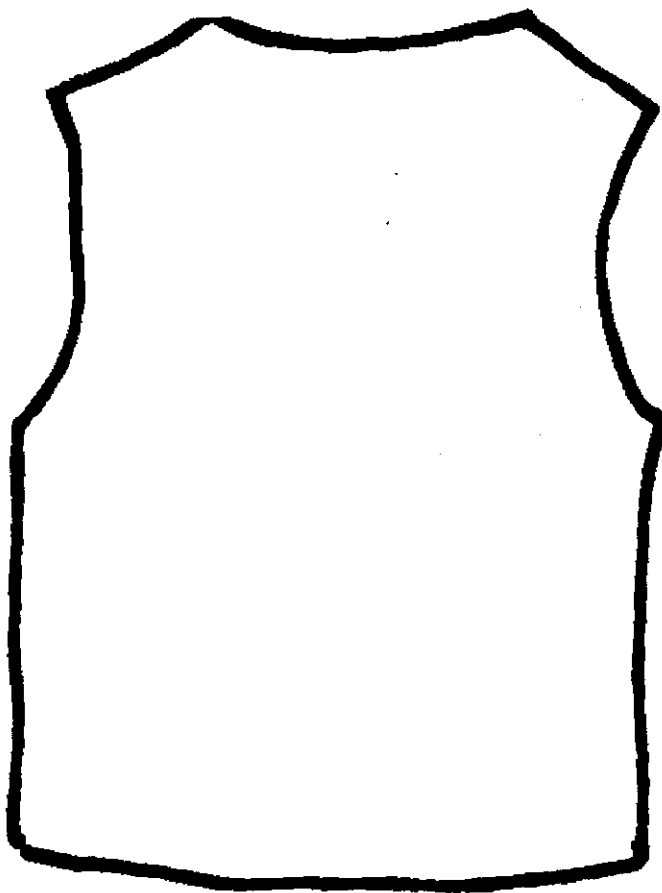
Using the various embellishment ideas on the previous pages or ideas you have gathered from other sources, create your own vest designs. Label the techniques being proposed.

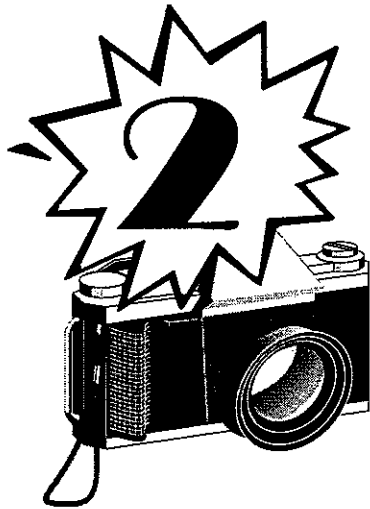


Your Own!!



Design 2





Communication of Self

Have you thought about how your clothing and appearance communicate? What messages are you sending to your friends, family, teachers or even strangers? You can communicate your emotions through color or advertise your position and attitude by the type of clothing you wear.

Your clothing can also reveal your interests and values, such as casual or being very organized. Clothing does have a language of its own. Learning to understand how clothing "speaks" as you observe others is the focus of the activities in this section of your project. Then you can apply these observations to yourself to create the image you want others to have of you.



TRY THIS:

Write 10 words that best describe your image to a stranger.

Now, ask your best friend, a parent, teacher, a neighbor (or others from different areas of your life) to do the same for you.

Did they use the same words?

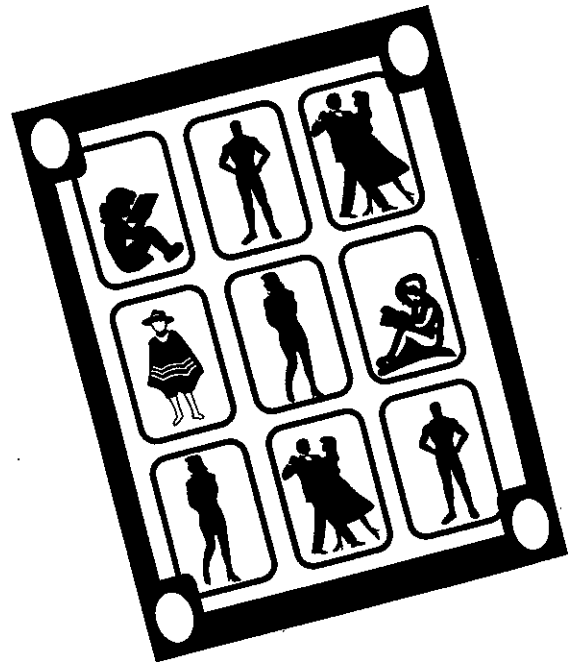
What words were similar?

Different?

Capture the Message

Clothing messages are nonverbal. They can send a lot of clues to others. The old adage "you can't judge a book by its cover" may be true, but you often select one by its cover! Your "cover" is how you appear to others through your clothing and how you present yourself through your personal grooming, posture and other forms of body language.

Here are a few views communicated by clothing choices. Capture the message by cutting out examples of the clothing clues using magazines, catalogs, advertisements or your own film and camera.



Clothing may present clues as to the wearer's approximate **age**.

The way one dresses may express one's **attitudes and interests**.

Clothing may enhance or obscure the wearer's **gender**.

Body posture and movement within clothing communicate strong **emotional messages**.

Clothing may reflect the individual's **occupation**.

Special kinds of clothing produce special kinds of **behavior**.

Clothing may reflect one's **economic status**.

The clothing selected and the way it is worn can be expressions of **personality**.

Clothing items of dress (in some groups/cultures) might indicate **marital status**.

Certain clothing choices may reinforce **stereotypes** held by certain types/groups of people.

Many people dress in a particular way at a particular time to show **organizational membership**.

Clothing choices is an indication of many **special occasions** in a person's life.

Values and Clothing

"Beauty is in the eye of the beholder"

Values are beliefs about what is important. From a very early age you have values that affect your behavior. Some values concern attitudes and behaviors in the area of clothing selection.



Influences of Advertisers on Values?

There are many different reasons that people wear certain types of clothing. Here are a few:

Individuality

Physical Comfort

Attraction

Modesty

Protection

Belonging/Group Memberships

Status/Influence

Conformity/Fitting in with Peers

Creativity

Economy

Circle the ones that influence YOU the most. Put a box around those you think influence your friends. Do they differ? What about adults---what would influence them?

What values are being appealed to, or discounted, by advertisers?

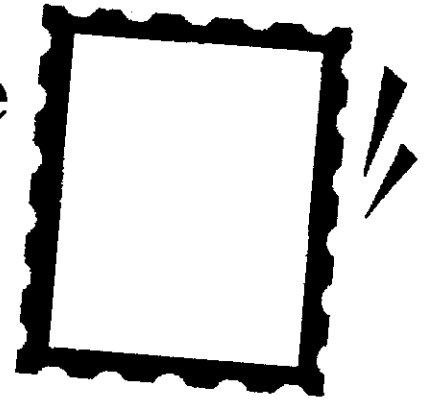
Choose a popular magazine and evaluate the advertisements in terms of the values portrayed. What did you discover?

Types of Advertisements

Quantity/No. Times

Type of Values

What is your favorite outfit?



What clothes do you wear when you want to....



relax:



dress up:



look older:



feel attractive:

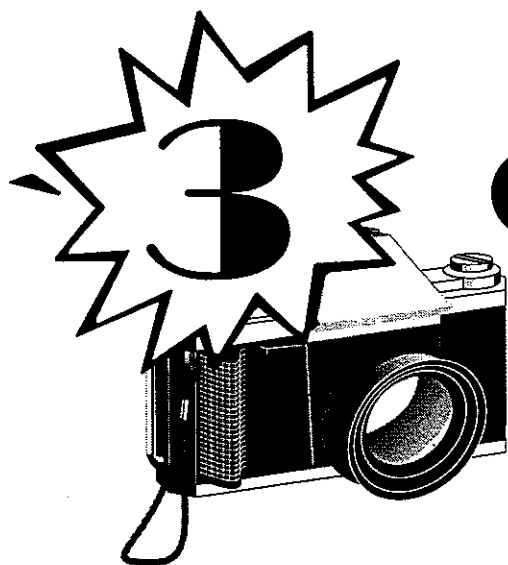


hang out with
your friends:

What clothes do you wear when you just want to be you?

What do you want your clothing to do for you?

What do you want to communicate to others by what you wear?



Cutting Edge

Have you ever bought a new garment that rubbed off onto another garment you were wearing or on you? What about one that turned out to be a lot lighter after that first wash? This means the fabric the garment is made of was not *colorfast*. Colorfast means that the fabric retains its color. None of us like surprises when it comes to clothes we have chosen!

Learning about the different properties of fabrics in choosing your clothes helps you get the most for your money and the time it took to find that right outfit. Nothing is worse than days of shopping to find the perfect match for an outfit that "clicks" than to wear it or wash it and it no longer looks like it did in the store.

Comfort in your clothes, especially in hot weather, is another plus for summertime good looks. Here again the fiber content and fabric finish of the fabric determines its *absorbency*. This is its ability to attract and take-up liquids (like perspiration!).

Did you know that almost all fabrics have some type of finish? Why? Finishes are used to change the appearance, hand, or performance of the fabric.

"Wrinkle Free", "Permanent Press" or "Water Repellant" are some fabric finishes on garments you often purchase.

Let's Experiment!

WHAT YOU NEED:

One 3 x 3 fabric swatch with the following finishes:

- flame resistant/retardant
- water repellant
- soil & stain resistant
- permanent/durable press
- colorfast fabric
- noncolorfast fabric

Four 3 x 3 fabric swatches of fabrics without finishes

Candle in holder and match

Aluminum Foil

Eyedropper or 1/2 tsp. measuring spoon

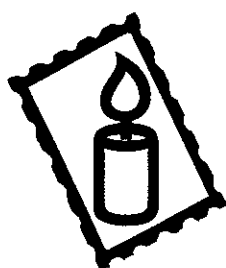
Tweezers White cloth or

Water paper towels

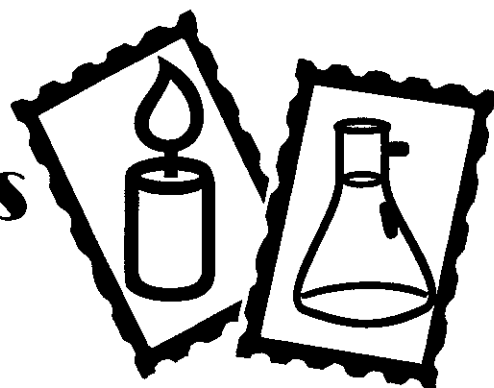
Catsup Detergent

Bowl Timer or stop watch

Fabulous Finishes



What will happen?



Before starting, record your expectations! Will it burn?

What do you do?

Place aluminum foil on table and place candle in middle of the foil.

Unravel four yarns from length of the fabric with the flame retardant finish.

Do the same for the unfinished fabric.

Grasp one set of yarns at one end with the tweezers, and move toward the flame from the side, but not into the flame.

Observe what happens as the fabric approaches the flame.

Now, move the yarns into the flame and then out of the flame.

Record what happens.

Extinguish the yarns if still burning and sniff fumes by immediately waving them under your nose. DO NOT inhale.

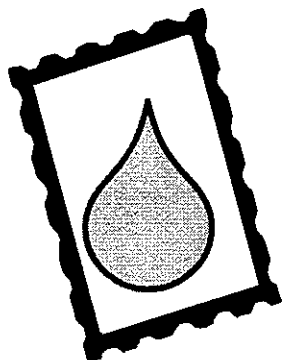
Record your observations of odor and the kind of ash or residue.



Record Your Results

Finish	Your Expectations	What Happened?			
		Near Flame	In Flame	Odor	Ash
<i>Flame resistant finish</i>					
<i>No finish</i>					

Experimenting With



WATER REPELLANT OR RESISTANT FINISH

Place the water repellant fabric side by side with the fabric swatch without the repellant finish.

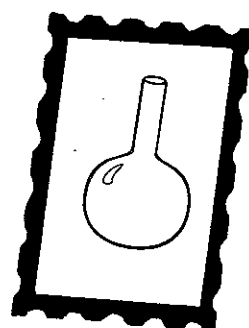
Drop four drops or 1/2 teaspoon of water on each one. Record what happens.

Wait 5 minutes and record any changes.

PERMANENT OR DURABLE PRESS FINISH

Simulate washing a garment in the washing machine using detergent and lots of twisting and wringing with each fabric swatch (one with the finish and one without).

Record what happens. Wait 5 minutes and record any changes.



Record Your Results

Finish	Your Expectations	What Happened?	
		Immediately	Five Minutes Later
Water Repellant			
Permanent/Durable Press			
Soil and Stain Resistant			
Colorfastness			

More Fabric Finishes

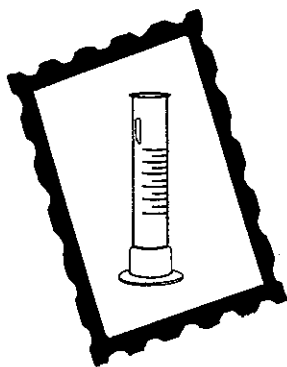
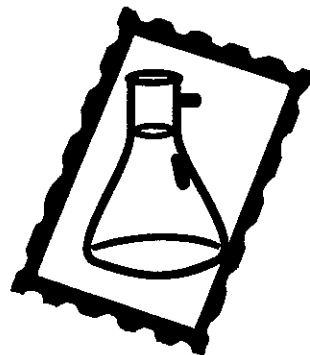
SOIL AND STAIN RESISTANT

Place fabric swatches (one with finish and one without) side by side.

Drop 1/2 teaspoon catsup on each one. Record what takes place.

Wait 5 minutes and record any changes. Wash fabric with detergent and warm water, if a stain is evident.

Record results.



COLORFASTNESS

With a dry white cloth or solid white paper towel, lightly rub across fabric and record what happens.

Now, repeat by dipping cloth or paper towel in water and rubbing lightly across fabric.

Record what happens!

What You've Learned!

How did the comparisons meet with your expectations?

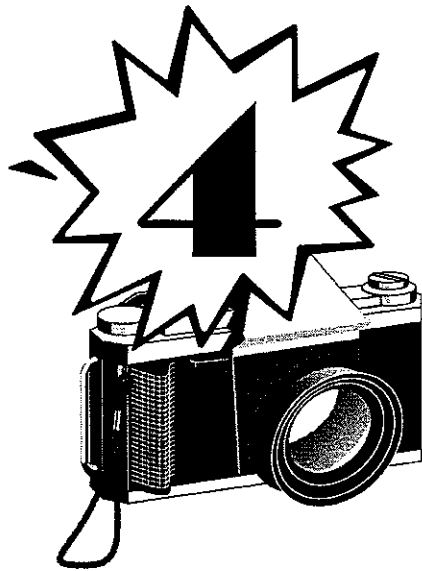
How did the comparisons NOT meet with your expectations?

How dramatic were the results?

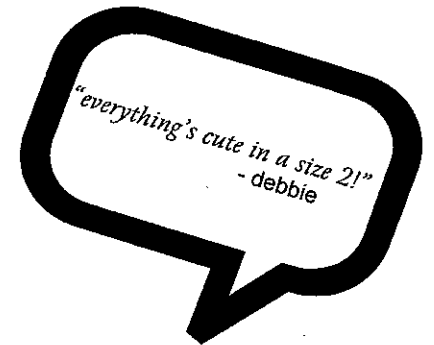
What did you learn from doing these experiments?

Which of these finishes are more important to you? Why?

How will you use this information in selecting fabrics/garments in the future?



Choices



Just as a photographer “composes” a good picture with elements of design for good composition, choosing flattering clothing involves a variety of artistic principles. Design principles include proportion, balance, emphasis and rhythm (yes, clothes can have a little movement!). When design principles are used appropriately they will give harmony to an outfit.

Have you ever seen an outfit on one person and it looks great but on another it is not so appealing? This is an example of these principles at work. Each individual has unique body proportions. Some people look tall while sitting but aren't, others have long legs compared to the rest of their body.

Learning to direct your eye to look for a center of emphasis, balance, proportion and rhythm is one of the secrets to making good clothing choices to match your figure shape and size. Of course, don't forget as we learned in Communication of Self--what makes you feel good, what's comfortable to you, and the look you want-- are also important considerations.

Most people wear 10% of their clothes 90% of the time. What percentage of your clothes do you wear? Identify the features of the clothes you wear a lot. Write a memo to yourself for future clothing choices!



FIGURING YOUR ASSETS

Everyone is unique. Accepting your distinctive characteristics and developing positive attitudes about yourself are important steps toward developing an attractive self.

Making the most of your appearance means learning to see both the things that are attractive and those things that could be changed for a more becoming look.

Body Characteristics:

Height:

- ☐ Tall
- ☐ Average
- ☐ Short

Contour:

- ☐ Thin
- ☐ Plump
- ☐ Stocky
- ☐ Angular

List other distinctive body characteristics which influence the clothing styles you select (long arms, long legs, muscular arms, etc.)

According to my body characteristics, my most flattering garment styles are:

Less flattering styles would be:

Personal Coloring:

Skin:

Tone:

- ☐ Light
- ☐ Medium
- ☐ Dark

Undertone:

- ☐ Yellowish
- ☐ Blue-Pink

Hair:

Tone:

- ☐ Light
- ☐ Medium
- ☐ Dark

Color:

- ☐ Blonde
- ☐ Brown
- ☐ Black
- ☐ Red

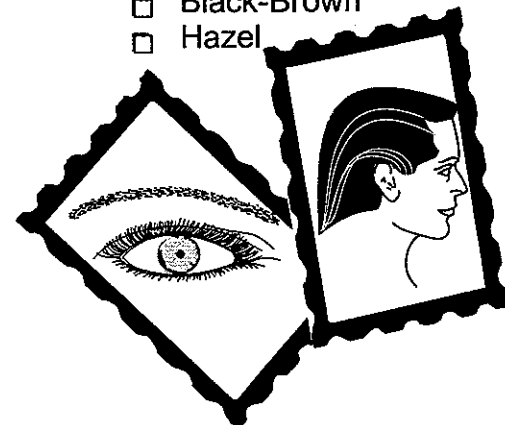
Eyes:

Tone:

- ☐ Light
- ☐ Medium
- ☐ Dark

Color:

- ☐ Blue
- ☐ Grey
- ☐ Green
- ☐ Black-Brown
- ☐ Hazel



Disguise or Emphasize!

You can look attractive without an ideal figure by making choices in clothing that enhances your body build. In other words, an illusion can be created to conceal the things about your body that you find less appealing. Knowing how to effectively use line, color, texture, and design is the secret to accenting or de-emphasizing various body features.

Job Success

James is considered good-looking, but rather small for his age. Therefore, he doesn't look old enough for his job as an assistant manager in a sports shop at the mall. Help him create the best look for his job.



A Fall Football Game

Tasha is short and has a full bust, large hips and thick midsection. She is shopping for an outfit to wear to a school football game in November. What would you choose for Tasha?



Movie and Pizza Date

Demetrius is a very tall, thin star basketball player for his high school. He likes to dress casually and wants to look like he weighs more. What could he choose that would fit his needs?

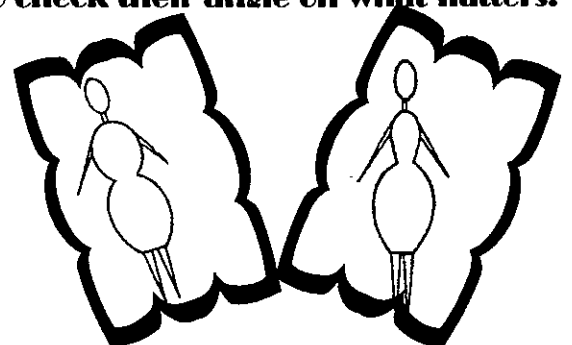


A Summer Wedding

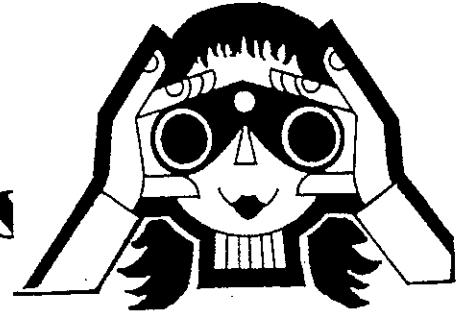
Nicole has broad shoulders and narrow hips, and is normal weight. She needs to buy a dress for a wedding she is to attend in August. What style of dress, what color, and what fabric type would you choose?



Create your own situations for these two silhouettes and ask someone else to check their angle on what flatters!



Get an Angle on What Flatters



What kind of angle do you have on selecting and matching figure types?
Mark each "Yes" or "No" if you think the choice is a good one.

- | | | |
|----------------------------|----------------------------|---|
| <input type="checkbox"/> Y | <input type="checkbox"/> N | 1. A bold plaid skirt would be a great addition to a short girl's wardrobe. |
| <input type="checkbox"/> Y | <input type="checkbox"/> N | 2. Betty has a "bean-pole" figure. Should she wear a slinky, black knit dress to the class dance? |
| <input type="checkbox"/> Y | <input type="checkbox"/> N | 3. Too many milkshakes have made Jack 10 lbs. overweight. Should he wear straight-legged pants, instead of wide-legged pants? |
| <input type="checkbox"/> Y | <input type="checkbox"/> N | 4. A medium length jacket with pockets and yokes is a good choice for a tall figure. |
| <input type="checkbox"/> Y | <input type="checkbox"/> N | 5. Mary is tall with a great-looking figure. Can she wear a bright red dress in a soft, drapeable fabric? |
| <input type="checkbox"/> Y | <input type="checkbox"/> N | 6. A yoked cowboy shirt would look good on a top-heavy figure. |
| <input type="checkbox"/> Y | <input type="checkbox"/> N | 7. Brightly colored print pants flatter a "hippy" figure? |
| <input type="checkbox"/> Y | <input type="checkbox"/> N | 8. Should a tall, skinny guy wear a pin stripe suit with wide lapels? |
| <input type="checkbox"/> Y | <input type="checkbox"/> N | 9. Are widely spaced tucks a good addition to a garment if you want horizontal line interest? |
| <input type="checkbox"/> Y | <input type="checkbox"/> N | 10. Is satin fabric a good choice for a full figure? |
| <input type="checkbox"/> Y | <input type="checkbox"/> N | 11. Would a mohair suit be a good choice for a slim figure of average height? |
| <input type="checkbox"/> Y | <input type="checkbox"/> N | 12. A chubby guy bought a bright orange plaid sports jacket. Was it a good choice? |

For each correct answer, give yourself 5 points. If you score 45-60, you have fashion smarts; 30-45, you're on the right track; 0-30, you'd better give this lesson another glance!

Answers: Yes: 3, 4, 5, 8, 9, 11
No: 1, 2, 6, 7, 10, 12

Wardrobe Planning

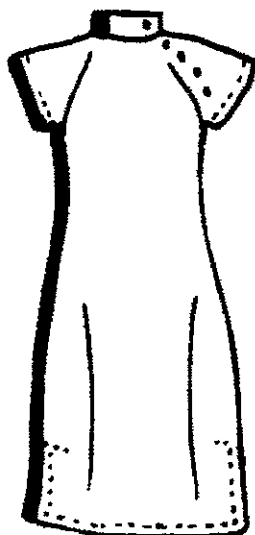
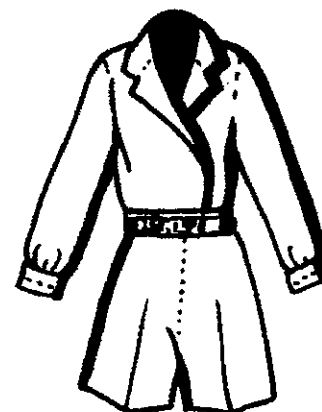
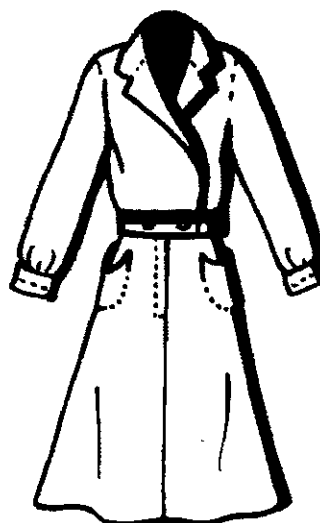


How many clothes do you have in your closet that you no longer wear? Take a look at your wardrobe and list some reasons you no longer wear certain items.

ITEMS	REASON
_____	_____
_____	_____
_____	_____
_____	_____

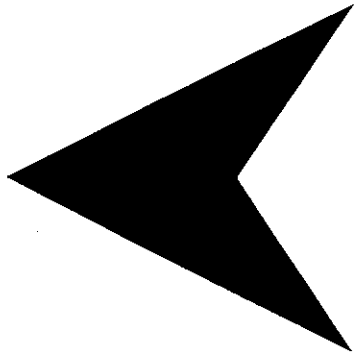
To expand your wardrobe possibilities and discover new ways to use that garment you never wear, consider some of these options:

DIVIDE and CONQUER: Do you have a two-piece suit or outfit you never wear anymore? Just because you bought it that way doesn't mean you have to wear them together forever! Try mix and matching a few things to discover some new combinations. Jackets take on a completely new look combined with T-shirts and jeans!



DESIGN A NEW LOOK FOR A CLASSIC: Some things never go out of style. Long skirts can be shortened for a great new look, accessorized with the latest in footwear!

Can This Garment be Saved?



ANALYZE YOUR LIST AND CREATE NEW WAYS TO REWORK OR CHANGE THE LOOK OF THE GARMENTS YOU DON'T WEAR.

HOST AN IDEA EXCHANGE: get your friends or club members to help you create new looks. Record your results below!

CHANGES MADE

_____	_____
_____	_____
_____	_____

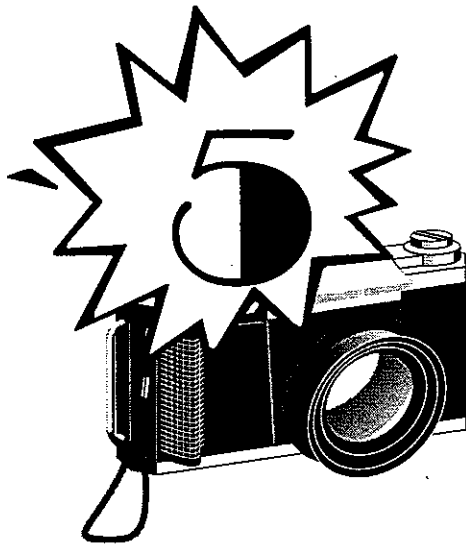


CREATE A FRESH MIX: That velvet vest you only wore once at the holidays can be a fabulous new outfit some evening with a turtleneck or white shirt and jeans!



Or, mix and match different fabrics and textures—chiffon skirt and that wonderful long cotton sweater you got on your last birthday and never wore may be just the new outfit for the right occasion!

KNOW WHAT TO TOSS or GIVE AWAY!
Not everything can be saved or reworked. Anything you never felt good in should be the first things to go!



Consumerism

Learning about quality standards before you shop will help you get the best buy for your money. It also means you would consider the use of the garment ---how often do you plan to wear it. Take some time to do some comparison shopping and read clothing labels.

The quality needed in a garment should relate to the use of the garment. Quality means that the garment you buy is functional for a long period of time. It is well-made and durable to wear and to care.

QUALITY COUNTS CHECKLIST

FABRICS:

- ☒ balanced grain.
- ☒ no flaws in fabric construction.
- ☒ matching designs, centered or balanced.
- ☒ evenness of dyes.
- ☒ durable, for intended use.

FASTENERS:

- ☒ work easily.
- ☒ securely stitched.
- ☒ appropriate for garment design.

TRIMS/DECORATIONS:

- ☒ well attached.
- ☒ harmonize.

CONSTRUCTION:

- ☒ finished, flat and smooth seams and hems.
- ☒ sturdy construction of seams and hems.
- ☒ concealed zippers.
- ☒ concealed, flat and smooth facings.
- ☒ well-pressed.
- ☒ interfaced facings, cuffs, waistbands, buttons, buttonholes.
- ☒ gathers, if any, evenly distributed.
- ☒ no loose threads.



Quality Counts...

Will you know it when you see it?

Choose 3 garments you recently purchased. Evaluate them on the key points below. How do these garments rate?



	GARMENT 1	GARMENT 2	GARMENT 3
FABRIC			
CONSTRUCTION			
FASTENERS			
TRIMS/ DECORATIONS			


Shopping Savvy

Shopping for "**Clothes That Click**" means also looking at cost and care in addition to the quality of the garment. Becoming a good comparison shopper means that your clothing purchases will last AND you will make better use of your clothing dollar. This activity will help you make the best use of your money.

Have you ever thought about how much a garment costs based on the cost-per-wear? Jack spends \$200 on a down ski jacket and lives in South Florida and only gets to wear it for one week of winter vacation in Colorado. As a comparison, Jawanda spends \$80 on a new swimsuit that she uses almost all year.

Do a cost-per-wear analysis of 5 garments in your wardrobe. Record the results below:

Garments	Cost (including tax)	Fiber Content	Care 	Cost-Per-Wear 

 \$.25 estimate per washing; check your local prices for drycleaning.

 Formula for Cost -Per-Wear:
$$\frac{\text{Cost} + \text{Cost of Care}}{\text{No. of Wearings}}$$

Store Savvy

You are headed to the prom and need an outfit. You don't have hundreds of dollars with which to make this purchase. Which merchandising outlet would you choose using the information provided?

Consignment shop: _____

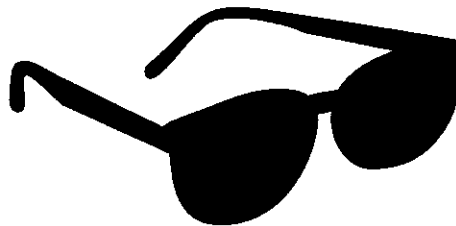


Department Store: _____

Which one did you choose?

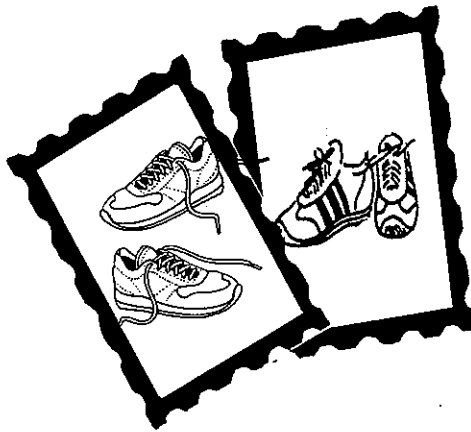
You and your family are going on vacation at the beach. You have spent your allowance on a new bathing suit so you only have a few dollars left to buy sunglasses. Which merchandising outlet would you choose using the information provided?

TV Shopping: _____



Speciality shop in the mall: _____

Which one did you choose?



Zoom In On Shoes

Almost everyone shops for athletic shoes. They also can be a major clothing purchase. Do you know how to comparison shop for them? How do you judge their quality ...they are certainly different than T-shirts and jeans!

A few years ago it was easy to shop for shoes for exercise and active sports because there weren't that many choices. Today there are literally dozens of different types and styles. Many of which are designed for special athletic activity since the foot and ankle go through different motions. Therefore, you must be better prepared for that next trip to the store for athletic shoes.

CONSTRUCTION CHECKLIST

- ☒ Sole firmly attached to upper.
- ☒ Toe box size adequate.
- ☒ Striping used.
- ☒ Adequate padding on sides and tongue.
- ☒ Innersole soft and resilient.
- ☒ Adequate arch cushions.
- ☒ Heel counter sturdy, resilient and reinforced.
- ☒ Toe guard used.
- ☒ Ventilation holes present.
- ☒ Stitching neat and even.
- ☒ Double stitching used.
- ☒ Heel slightly raised and cushioned.
- ☒ Flexible outer sole.
- ☒ Smooth seams.

MATERIALS

There are several materials used in uppers.

Nylon:

- ☒ is lightweight
- ☒ breathes well
- ☒ washable

Canvas:

- ☒ is lightweight
- ☒ breathes well
- ☒ is more flexible
- ☒ is washable

Leather:

- ☒ conforms to shape of foot
- ☒ gives good support
- ☒ is more expensive

TYPES OF SOLES

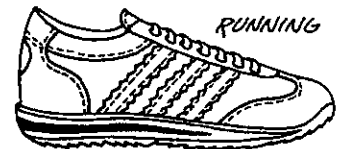
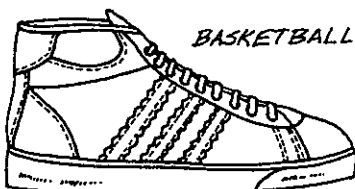
There are three types of soles.

Waffle Soles: are soft, give better cushioning and are good for use on dirt and hills.

Textured Soles: absorb contact stress and may pick up small stones.

Crepe Soles: have less traction and are most durable.

STYLES

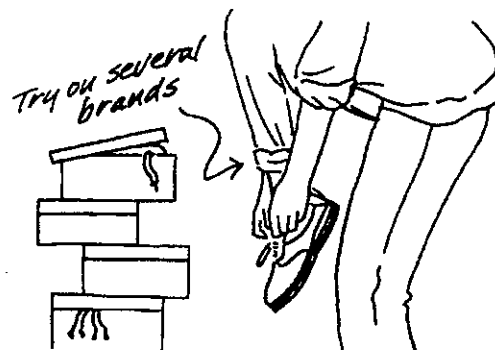


Focus on Fit!

The most important consideration in purchasing athletic shoes is fit. It is better to shop at the end of the day when your feet are slightly swollen or at the same time of day of the athletic activity.

Remember:

- ☑ to buy by fit and feel---not by size.
- ☑ to wear the socks that you will be wearing for the activity.
- ☑ to tell the salesperson your activity habits
- ☑ to explain the features you are looking for in an athletic shoe
- ☑ to try on both shoes
- ☑ that feet expand about 1/2 size during activity.
- ☑ that usually men's shoes have higher arches and narrower heels.
- ☑ to walk, run, jump on a hard surface in shoes to check for fit and comfort.
- ☑ to never buy shoes that you have to "break in" or have stretched.



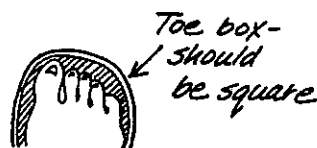
***IMPORTANT: WEAR SOCKS TO CHECK FIT!**



CHECK CAREFULLY THE FOLLOWING FITTING POINTS:

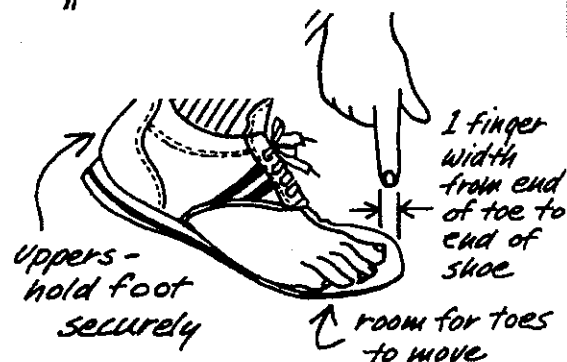
Toe Box

Check for 1/2 inch between the end of your toes and the end of the shoe when you are standing, except for soccer shoes. Soccer shoes should barely touch your longest toe and there should be room for you to move your toes independently.



Uppers

should hold the foot securely in place.



Heels

should not slip out of the shoe.

Instep

wide enough for your foot.

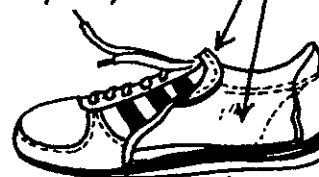
Flexibility

bends with foot, gives sense of support.

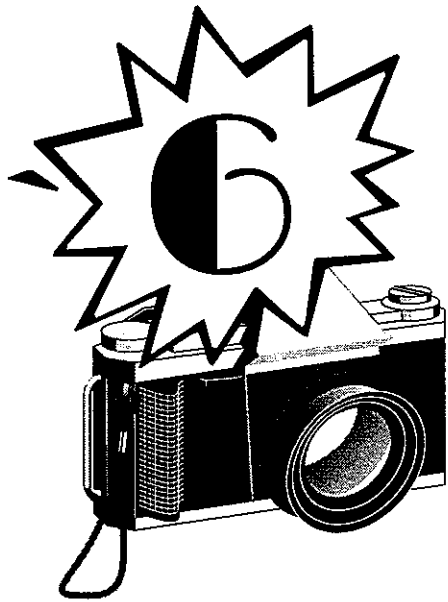
Arch

has good support.

Tongue & Side Padding



Inner Sole - adequate arch



Care

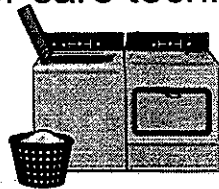
"A place for everything and everything in its place."

Clothes That Click means more than just the right garments to make a good-looking outfit. To have great looking clothes you also have to make sure they are clean, well-pressed and don't have missing buttons or rips that need mending to look great when you wear them!

Being very knowledgeable of all the care instructions and options is really important **BEFORE** you buy as well as after. In these project activities on clothing care you will learn what to look for when you next shop for a new outfit as well as learn the right techniques to care for your clothes.

Proper care of clothes includes several key responsibilities. They are:

- 1** Using proper laundry or care techniques.



- 2** Treating and removing stains immediately from clothing.



- 3** Pressing and mending items that need it.



- 4** Storing garments to maintain neat, ready-to-wear clothes.



Focus on Laundry!

Doing laundry may be physically easier than in the days of your grandparents but you have more decisions to make today! Every year there are changes in fibers, fabrics and laundry products. Knowing how to make the correct decisions becomes an important process in the proper care of today's clothes.

① First things first--- Read the Label!

By law your clothes must identify fiber content, country of origin and have permanent care labels. You may discover in your scavenger hunt on the next pages that you have lots of clothing with very different or very similar requirements. Regardless, following these recommendations will extend the life of your clothes.

② Pre-wash Prep!

Empty pockets, zip all zippers, turn down cuffs, unbutton buttons, hook all fasteners, detach unwashable trims/decorations and turn garments made of manufactured (man-made) fibers, like polyester and rayon, knits and napped (such as corduroy) garments wrong side out.

③ Mend It!

Mend all tears and rips or replace those missing buttons before you wash!

④ Conduct a Stain Check!

Pre-treat stain and heavy soil. Refer to your Stubborn Stains Fact Sheet from your group leader's guide for stain removal tips.

⑤ Sort It!

Careful sorting is essential if you want a clean, lint-free wash. Also, it prevents more time and energy to correct problems if you are not careful! And you've probably have had experiences where some mistakes are NOT correctable! Be sure to sort by:

Color!

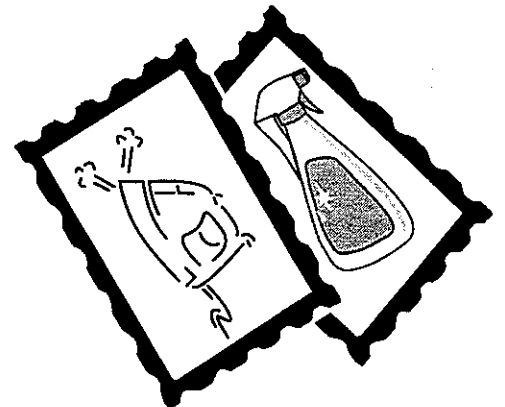
Soil!

Figure Type!

Lint "ability"!

⑥ Check that water!

Water temperature and water softness/hardness affect your clothes! Check the care label for the water temperature. There's a reason a certain temperature was recommended: shrinkage, wrinkling, or dye transfer can result.



Laundry Scavenger Hunt

Today's ready-to-wear clothing must have a permanent label with a symbol and/or writing indicating how to properly care for it to keep it looking good. How often do you check care labels when sorting the laundry? Are you aware of the many different instructions that are given? Focus in on the clothes in your closet with this scavenger hunt for clothing care instructions.

Look for items that fit this list:

3 garments that can be washed in cold water.

3 garments that can be washed in hot water.

3 garments that can be washed in any water temperature.

2 garments that must be dried flat.

2 garments that can be washed in warm water.

2 garments that require dry cleaning.

1 garment that must be washed by hand.

1 garment that requires a delicate wash.

1 garment that should not be placed in the dryer.

1 garment that should be turned wrong side out.

1 garment that is not colorfast.

Others:

How did you do?

Check the boxes for each garment.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	
<input type="checkbox"/>	<input type="checkbox"/>	
<input type="checkbox"/>	<input type="checkbox"/>	
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

What Did You Find?

What were common characteristics of items that require:

Hot water wash?

Cold water wash?

Placed in the dryer?

Delicate wash?

Hand washing?

Dry cleaning?

What type of laundry care do you do for most of your clothes?

Why is it important to pay special attention to laundry specifications?

When do you need to read the symbol or writing on the garment care labels?

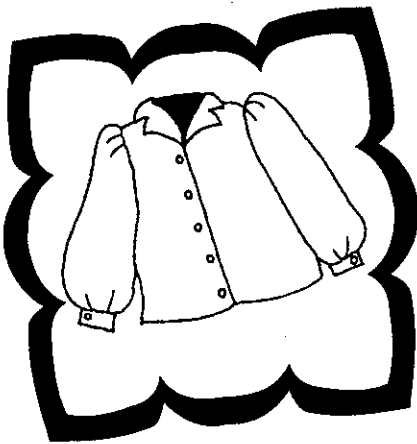
1

2

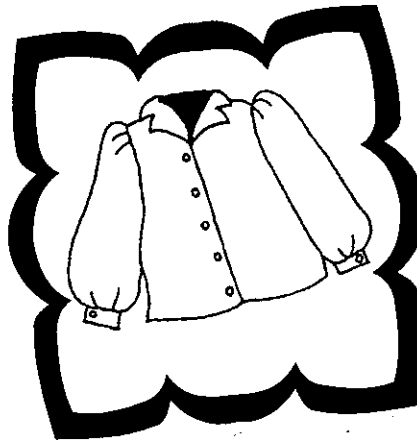
What kind of care instructions will you look for the next time you buy clothing?

CAREful

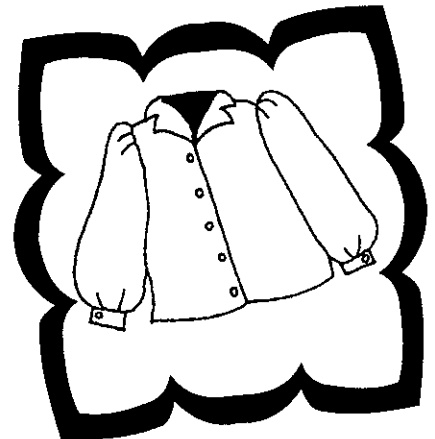
John and Ellen have decided to purchase a blouse for their mother for Mother's Day. After shopping in three stores they found three blouses which they like and which they think she will like. Now they need to make a decision of which is the best buy.



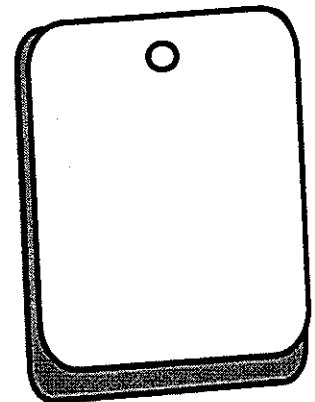
1



2



3

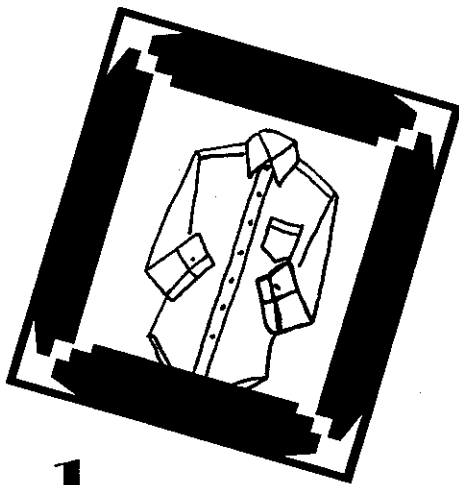


Which one would you buy?

What characteristics influenced your decision?

Decisions!

Carlos and Isabel have decided to purchase a shirt for their father for Father's Day. After shopping in three stores they have found three shirts they like and which they think he will like. Now they need to make a decision of which is the best buy.



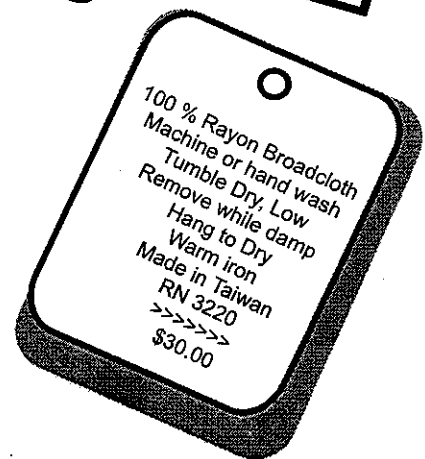
1



2



3



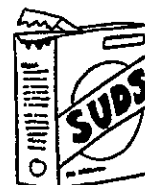
Which one would you buy? _____

What characteristics influenced your decision?

Stubborn Stains

Accidents happen, right? Stains are a common occurrence in daily life. Removing stains requires special care, certain techniques and using products carefully. You need to take care of these stains quickly so you can keep your clothing looking new and clean. The older a stain---the more difficult to remove!

What You Need:



1 Fabric Swatches (2 in. by 2 in.):

- 100% cotton T-shirt knit
- 50/50 cotton/polyester T-shirt knit
- 100% cotton woven fabric
- cotton/polyester blend woven fabric

2 Staining Substances:

blood	lipstick/cosmetics
grease	grass
rust	ballpoint pen ink
soft drink	

3 Stain Removal Products:

- Liquid detergent
- Granular detergent
- Drycleaning solvent
- Chlorine bleach
- Oxygen bleach
- Pre-wash stain removal product(s)

4 Other Supplies:

- Jars with tight lids
- Measuring spoons
- Hair dryer
- Paper towels or newspapers

What You Do:

Stain Prep:

- ☐ Choose 1-2 stains from the list above that often happen to your clothes.
- ☐ Choose 1-2 fabric types for each stain for your experiments.
- ☐ Choose the Stain Removal Product(s) you want to test.
- ☐ Stain one set of fabric swatches with stains at least 24 hours prior to your test, stain one set one week prior to your test.
- ☐ Stain the others immediately prior to removal testing.

Setting Up Your Test Area:

- ☐ Cover your work area with newspaper or paper towels.
- ☐ Organize the Other Supplies needed.
- ☐ Read the instructions carefully on the chosen Stain Removal Products.
- ☐ Prepare your recording sheets as directed on the next page.

DO NOT
mix
Chlorine Bleach
with
Oxygen Bleach!



A Laundry Experiment

Data Chart

Create a chart like this for each fabric and stain you are testing.

Fabric: _____

Stain: _____

CONDITION OF STAIN	PRODUCTS USED	WATER TEMP.	OBSERVATIONS
# 1 Dried in Dryer			
# 2 Stained Overnight			
# 3 Just Happened			
# 4 Stained a Week ago			

**Test stains that are one week old and compare to the ones above.
Is it true--the older the stain---the less success in removing it?**

What did you discover?

What stain did you use? _____

Which laundry/stain removal products did you use? _____

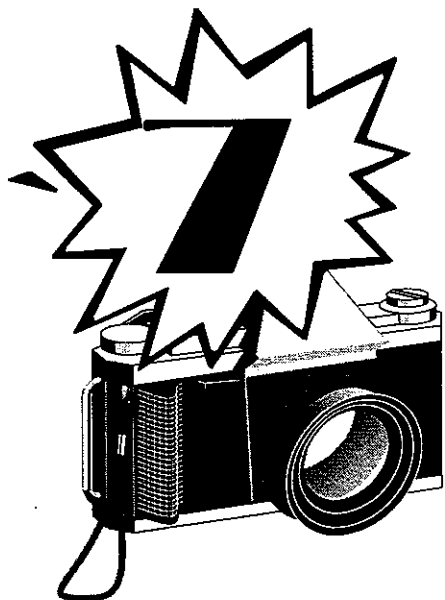
Which was the most effective product you used to remove the stain? _____

What happened when the stain had set for too long? _____

What effect did drying have on the stain? _____

What was the most important thing you learned from this activity? _____





Culture

Look around you....the international and cultural influences of countries around the world can be found in our homes, the clothes we wear, the accessories we choose, and the art we enjoy.

The World is Around You!

Conduct a cultural or ethnic scavenger hunt within your own neighborhood, school or immediate area surrounding home. What items did you find that have a historical and cultural story behind them?

- ☞ List the items you found.
- ☞ Choose one to share with your group at the next meeting.
- ☞ Research the culture or ethnic group the item/design originates from, the period of history it represents and any other interesting findings about the people that created the design or the use of the item.

Interview friends and classmates from different ethnic backgrounds to learn more about any cultural influences on clothing. Record some things you learned here:



The people of different countries and cultures from around the world have provided us with many wonderful art forms that have influenced textile and clothing design. Many of the decorative arts in textile design originated in China, India or Egypt. Some of these early methods included wood block printing, batik and tie dyeing. Hand stenciling is also another method that has become quite popular in recent years, especially for home furnishings.

Two of these early forms of fabric design featured in the project activities are *batik*, a wax resistant dyeing technique, and *molas* created by the Cuna Indians of the San Blas Islands. Molas are a type of appliqué using colorful blocks of geometrical or animal motifs. They are often used on yokes of shirts and jackets or the backs of vests.

Have fun trying these techniques on the next 3 pages. Create and display your "Art Gallery" of samples from the following activities. Research and add other culturally influenced printing and dyeing methods.

The molas on the next page are an adaptation using today's quick methods.

A Gallery of Cultural Influences

Molas.. from Panama

What You Need:

- ☒ 100% cotton fabrics, in bright colors
- ☒ paper-backed fusible web
- ☒ 100% cotton or rayon coordinating thread
- ☒ iron-on transfer marking pens
- ☒ suitable design for mola



What You Do:

- U Select a design and foundation fabric. A dark color should be selected for the design layer and a lighter color is suitable for the foundation layer.
- U Fuse the paper-backed web to the design layer.
- U Trace your mola design with the iron-on transferable pen, lay design face down on the fused paper side of the design layer. Transfer design with heat. It is best to hold iron in place a few seconds then pick up and move to another area of design, hold and move. Do not slide side-to-side.
- U Cut design layer according to where you wish to see foundation layer or inlay fabric. Remove paper backing of the design layer.
- U Lay design layer over foundation layer, but DO NOT fuse yet! Decide where and what colors will be the inlay appliqué.
- U Place inlay fabric between the design layer and the foundation layer. Cut inlay pieces so that there will be no foundation uncovered in that area. However, be careful not to overuse the inlay or you will loose the effect of the foundation color.
- U Authentic molas use several hand stitches that are available on many of the newer models of machines. The most typical stitches found on molas are the cross stitch, blanket stitch, chainstitch and embroidery or satin stitch.
- U Frame the mola design with a solid coordinate that is 1 1/2 inches wide and 3 inches longer that the side it will bind. Stitch the binding on with a 1/2 inch seam allowance with right sides together.
- U Pin the mola in a desired placement to a shirt, jacket or use it on your next vest! Using a straight or decorative stitch, apply your completed design.

Batik... An Indonesian Art

Batik is a process of creating fabric designs by applying liquid wax to the fabric which is then dipped into the dye. The areas covered in the wax "resist" the dye and retain their previous or original color.

The working process is repeated with each new color. This means you have to think ahead and plan your design and colors -- beginning with the lighter colors and adding darker colors. Yes, each color will affect the previous color dyed! Do you remember your color

Materials Needed:

- ☒ A piece of white 100% cotton fabric with a smooth finish, like percale.
- ☒ Dye, liquid or powder, preferably cold-water dye
- ☒ Large flat container for the dye
- ☒ Latex gloves
- ☒ Newspapers
- ☒ Canvas stretcher, old picture frame, or heavy cardboard
- ☒ Iron
- ☒ Assortment of batik design tools
- ☒ Wax (paraffin, beeswax) or old candles
- ☒ Melting container, metal can in pot or electric skillet

Fabrics

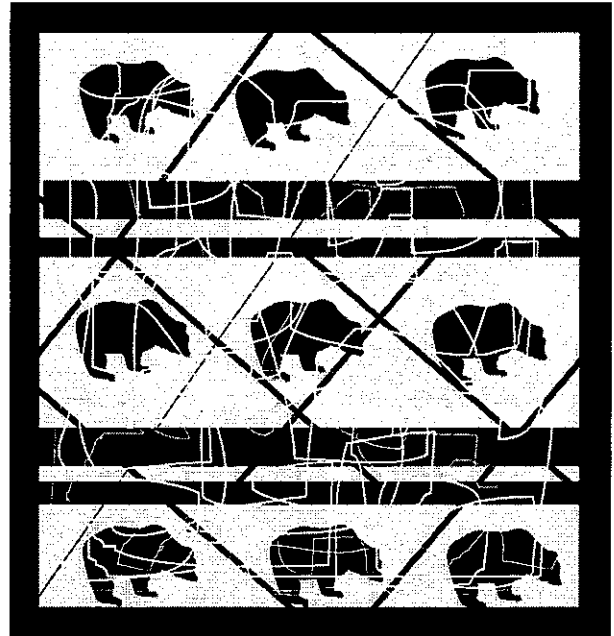
A variety of fabrics can be used for batik, each providing different results. Here's a few:

Cotton Percale: 100% cotton is recommended. An old cotton bedsheet absorbs dye well!

Batiste: a sheer, lightweight fabric with a smooth finish. Absorbs dye very well.

Muslin: can be used but must be washed several times to remove sizing. Muslin is inexpensive and a good choice for beginners.

Others: Broadcloth (100% cotton), linen, organdy, silk, voile, chiffon, and even corduroy and velveteen can be used depending on your desired end product.



Waxes

There are four types of waxes:

Paraffin: available from grocery or craft stores. Paraffin is brittle and creates the crackling effect typical of batik.

Beeswax: can be purchased at craft stores or from a beekeeper. The unprocessed beeswax works the same, it just leaves some residue of pollen that will collect in your melting container.

Sticky wax: is an inexpensive substitute for beeswax, also available from craft stores.

Batik wax: sold at craft stores is a mix of beeswax and paraffin. You can mix your beeswax or sticky wax with paraffin. A 2/3 to 1/3 mix of beeswax to paraffin or a 50/50 ratio of sticky wax with paraffin will give the effect of Batik wax. The mixing limits the amount of cracking that allows the dye to seep into your design.

Batik Design Tools:

The Tjanting



The traditional tool of Indonesian batik is the tjanting (jon' ting). It is a wax pen resembling a pipe with a spout, that is used to apply the wax to the fabric. The size of the lines depends on the spout size of the tjanting used.

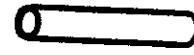
The bowl of the pen is made of brass or copper for heat conductivity and has a wooden handle. The wax is chipped and placed in the bowl then melted over an alcohol lamp.

Brushes



A variety of natural bristle brushes can be used to apply the wax to fabric. Plan on using the brushes exclusively for batik since it is most difficult to remove all the wax. They will stiffen when dry but will become flexible and useable again when placed in heated wax.

Stamping Tools



Anything can be used to stamp shapes and patterns onto your fabric. The traditional tool of Indonesia is called a tjap (jap'). It is like a printing block, made of wood and copper with a wooden handle.

Repetitious stamping is typical of batik designs. Corks, bamboo, wooden blocks, dowels, cardboard rolls, nails pressed into corks or wooden blocks are all interesting possibilities. Look around the house and gather several different tools!

Stretcher, Frame or Cardboard

When the wax is applied it will penetrate through the fabric therefore you need to prevent your fabric from sticking to your work surface. Tacking your fabric to an art stretcher, old picture frame or stiff cardboard will help prevent this. You may still have to lift your fabric periodically. Waxpaper works well under your fabric.

What You Do:

Be sure to wash and dry your fabric before starting your project. All those finishes you learned about in Cutting Edge must not be present for the fabric to absorb the dye.

Cover work area with newspaper.

Lay fabric out and create your own design or trace patterns and shape desired.

Prepare wax by melting in metal can in pot of boiling water, or in an electric skillet where you can regulate the heat easily.

Tack fabric to art stretcher, frame or cardboard.

Apply wax to design areas. Wax hardens in seconds. Wax must penetrate fabric, be sure to lift the fabric every few strokes to prevent sticking, if using cardboard.

Prepare dye according to package instructions. Some dyes require additional "fixers" like vinegar or

salt to help the dyes bond to the fibers. Read dye directions before using.

WARNING: Dye should be cool or cold before dyeing fabric since wax will melt, if it is hot.

Rinse the waxed fabric in warm water and place it unfolded in dye bath. The warm water prevents blotching and uneven dyeing.

Rinse carefully to not break wax.

Remove and gently blot your batik with paper towels or newspapers to absorb excess.

Hang in shade to dry on a clothesline. Always hang batiks loosely from line; do not drape over the line.

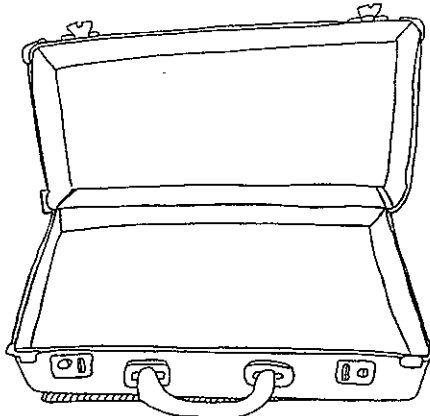
Let dry completely before rewaxing and continuing the dyeing process.

Finally, remove wax, press the batik between old newspapers (no color). Place 5-6 layers on bottom and 1 layer on top. Gently press.

Be a Photo Journalist and

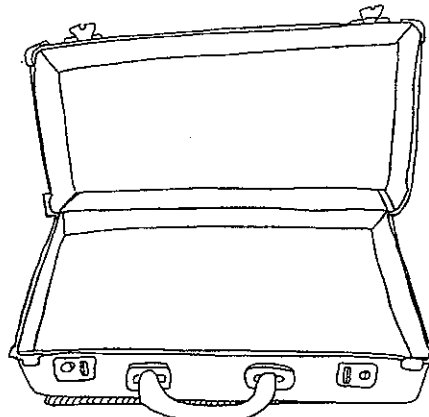
Summer time is here and you have the opportunity to travel around the world as an intern with a photo journalist. Your first stop will be a safari in South Africa. From there you will go to the heart of the Middle East -- Saudi Arabia. Finally your journey will take you to a bustling Japan. What will you pack to wear on your trip? Why?

Read each of the country descriptions for hints for cultural influences on clothing. Using the garments on the "Packing List" select and record which clothes you would pack for each place.

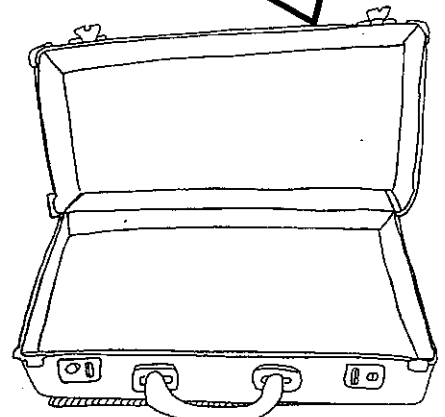


SAUDI ARABIA

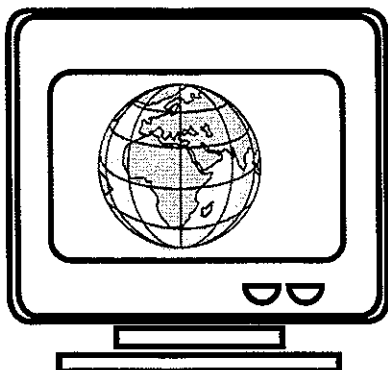
What else would you recommend and why?



SOUTH AFRICA



JAPAN



DISCOVER the WORLD of
the **WORLD WIDE WEB...**

Travel the Information Super Highway and research other countries of interest. The Internet is your vehicle to make your travel plans for anywhere in the world!

Travel the World!



SAUDI ARABIA



The religion and customs of the people of Saudi Arabia follow the rule of a more conservative look for both men and women. Many times foreigners are given some leeway about what they wear in general. But out of respect, foreigners are required to follow the local customs in public places.

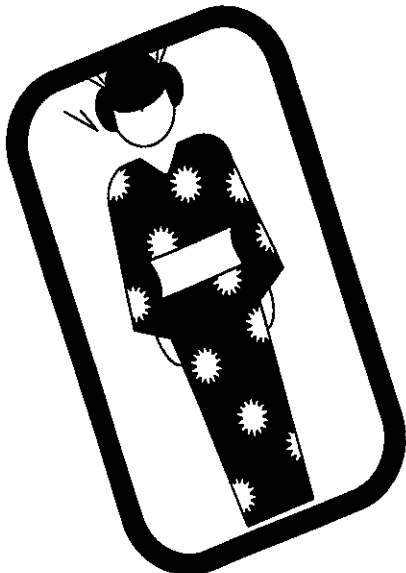
As a general rule, foreign men should wear long trousers and shirts that cover the upper torso. Foreign women should wear clothes that are loose fitting. This should mainly consist of skirts that are well below the knee, neckline should be quite modest, and sleeves should at least be to the elbow.

SOUTH AFRICA

South Africa is a wonderful country full of sights to see. South Africa's cultural diversity is one of its most dynamic components. If you were to take a stroll down the street you would pass an uniformed brigade, socialites wearing French dresses, cloaked Islamic women, beaded and blanketed Zulus, and students in faded jeans.

One of the things that dictates what one should wear is the climate which is generally sunny and pleasant. Since South Africa lies south of the equator the seasons are the reverse of those in the northern hemisphere. Lightweight cottons and linens in sun reflectory colors are recommended. Warmer clothes are needed for the winter months.

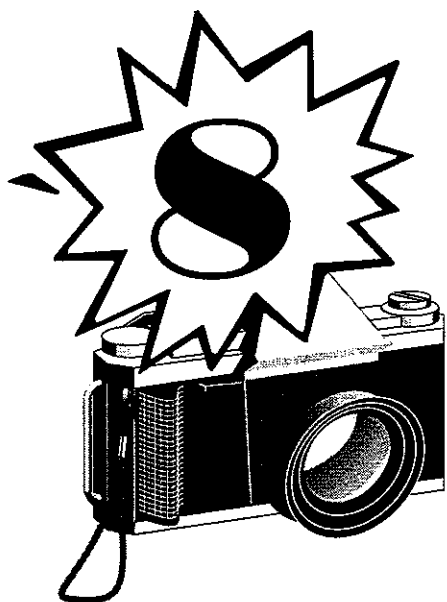
JAPAN



Traditionally people in Japan wear what is called a kimono. The cut, color, fabric, and decorations of a kimono may vary according to the sex, age, and marital status of the wearer, the season of the year, and the occasion for which the kimono is worn. But nowadays, the kimono is only worn during formal functions such as a wedding.

Buying clothes in Japan can prove to be quite difficult. First of all, the sizes run small, prices are high, and the fabrics are not what we are used to. One of the main things to remember when packing to go to Japan is to bring clothes made from man-made fibers or durable material. Japanese washing machines are not very sensitive to delicate fabrics.

For winter time, since most places do not have central heating but rather a large kerosene stove, warm clothes are recommended (flannel, turtlenecks, long underwear...etc). Most importantly, pack shoes that you can slip on and off easily. Japanese culture dictates no shoes in the house as a sign of respect.



Careers

Perhaps you already have an interest in career opportunities in the clothing and textile field. Now is a time to explore these interests. There is a wide variety of career options for men and women in these areas. The diagram illustrates the many areas or "clusters" of jobs available in the clothing and textile industries. Knowing your own interests and skills is important in developing career goals. Project activities in this section will help you compare your interests with various career opportunities and make appropriate clothing decisions for job success!

Exploring the job opportunities available to you is one of the early stages of career planning. What possibilities exist for you in clothing and textiles near you? Can you identify types of jobs in your geographic area to match the career areas in the diagram? If you have trouble, pull out the Yellow Pages of your local phone book for further reference or contact your local Chamber of Commerce for business listings.

How does moving to new cities and states interest you? Will this be something you need to consider as you explore your career possibilities? What other considerations do you need to think about?

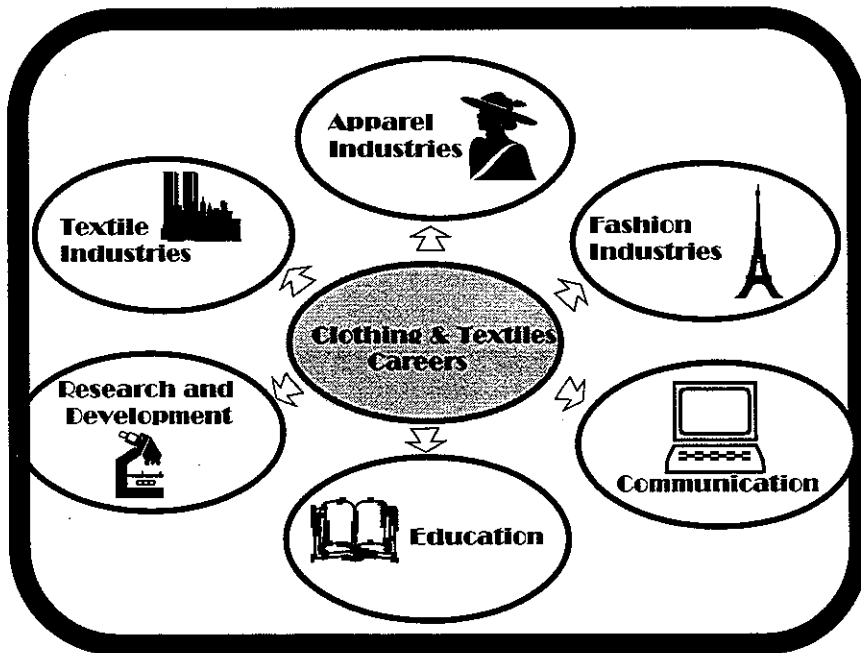
Research and Development:

Textile Industry:


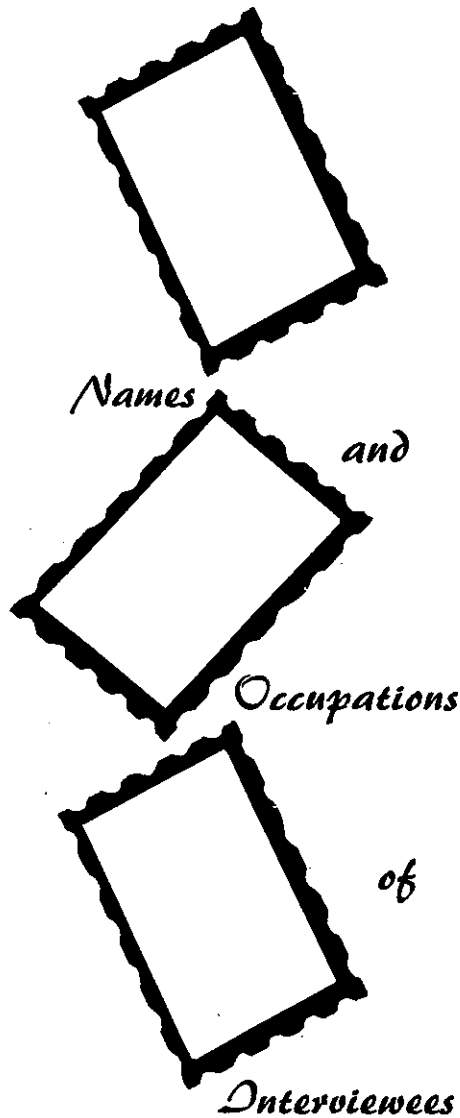
Apparel Industry:

Fashion Industry:

Communication:



Snapshots of Career Options!



- < What are some things about your work that you like best?

- = What skills and education are needed for your job?

- > What courses in school helped you the most?

- ? What experiences helped you the most?

- @ Does your job require more physical or more mental work?

- A Does your job require you to travel? How often and how long are you away from your family?

- B What hours does your job require that you work?

- C What kind of education did you get after high school?

- D What is the starting salary for a job like yours?

Identify at least 3 different people who work in some phase of the textile and clothing industry. Schedule an interview with them. Prepare your questions in advance. Listed above are some to get you started.

What did you learn?

Dressing for Success!

Throughout earlier activities you've learned that clothing influences your feelings and how people react to you. Don't you feel good when you know you look good? There is probably no other place where this is more important than the JOB INTERVIEW. Your personal self-confidence at this time is a major portion of the image you project!

Dress codes are seldom put in writing but management usually sets them by implication. You might get the job, but how you dress may limit your advancement in the company.

Earlier you focused in on Values and Clothes. From the view of the working world, what images could these views project to your employer?

Sloppy Appearance	=	_____
Neat, Appropriate Appearance	=	_____

You are trying to get a summer job. Your mom has helped you get an interview at the office where she works. Rate these choices as ☐ A Appropriate or ☐ NA Not Appropriate if you were dressing for your job interview?

- | | |
|---|---------------------------------------|
| . Dressy outfit | . Revealing necklines |
| . Flashy fabrics | . Lots of makeup/cologne |
| . Simple styles | . Hair that's unkept or dirty |
| . Jangling jewelry | . Chewing gum |
| . Conservative appearance | . Well polished shoes |
| . Slacks too long or short | . Well-groomed hands |
| . Hosiery that blends with outfit and shoes | . Clothing that reveal under garments |

Choices for the Interview Scene!

Read each of the scenes below and describe what would be an appropriate choice for each. Identify why you chose the outfit.

Jackie is going to apply for summer jobs at several of the women's specialty dress shops in town. How should she dress for her trips for applying for these jobs?



Juan is going to apply for a job at the local nursery. He plans to major in landscape design and wants the experience for the summer to help in his future studies. What would be appropriate for Juan to wear for applying and interviewing for his summer job?



Mike is applying for a summer job at the local YMCA for a summer lifeguard. What should he wear for his interview?

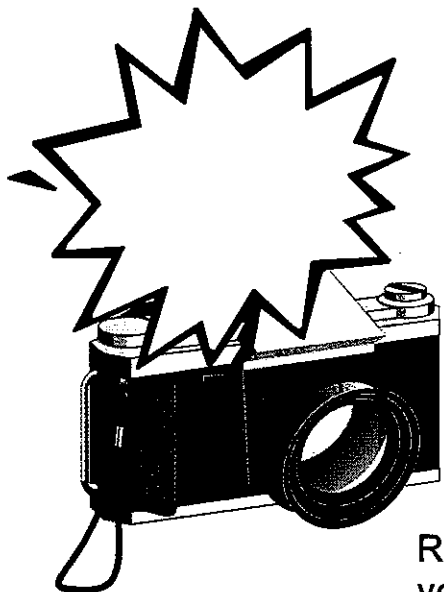


Priya has an opportunity to work at the local library this summer. She has been asked to come in for an interview with the librarian to determine her interests and abilities. What should she wear to this interview?



What characteristics of the jobs were similar or different in these situations?

How do the job environments affect clothing choices and expectations?



A "STORY BOARD"

Reflect on the many experiences and significant things you've learned in this project.



What were the most significant things you learned that will help you now?



What skills did you learn that will help you in the future?



What changes have you made in your appearance or clothing choices as a result of the project?



What consumer skills have you practiced as a result of this project?



of Experiences!



You are encouraged to use your creativity and photography skills to design and display a true storyboard of your project activities from **"Clothes That Click."**

What clothing care practices have you conducted resulting from the project?

Check if you completed the following experiences:

- ☐ **Constructed a vest.**
- ☐ **Embellished a vest or other item.**
- ☐ **Comparison shopped for your clothing purchases.**
- ☐ **Read care labels as you've shopped.**
- ☐ **Treated stains on your clothes immediately.**
- ☐ **Designed and appliqued a mola.**
- ☐ **Created a batik product.**
- ☐ **Conducted 3 job interviews.**

