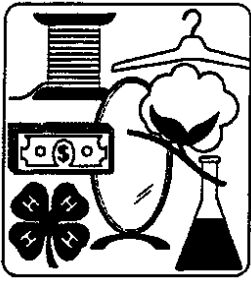


OKLAHOMA COOPERATIVE EXTENSION SERVICE

4-H Fabrics & Fashions

Consumer Education

*Beginning Level
(9-11 Years)*



4-H Fabrics & Fashions

Consumer Education

Beginning Level (9-11 Years)

Buying Your Own Clothes

There are many ways to obtain the clothes you need. You may:

- Sew your clothes.
- Buy your clothes.
- Receive gifts of clothing.
- Receive hand-me-downs.

Can you think of other ways you receive clothing? List them in the blanks below:

Whether you make or buy your clothes, look for good quality workmanship. Clothing will look better and last longer if it is of good quality.

Wise shoppers avoid buying mistakes by planning their shopping trips ahead of time. Before you go shopping, decide what you need and how much you can afford to spend.

First make a list of the clothes you need. Making a list keeps you on track when you go into a store. If you have a list you are less likely to buy something you don't need.

Look through your closet and drawers at home. Think about the kinds of clothes you wear every day. The chart below may help you decide what clothes you need.

	<i>What I have</i>	<i>What I need</i>
Everyday shirts		
Everyday pants		
Dress-up Clothes		

Of course, you will need money for the clothes you decide to buy. The amount of money you need depends on how much you buy and where you buy it.

Make a budget. Look in catalogs and newspaper ads, or go to some stores to look at price tags.

You may be surprised at how much clothes cost. If they cost more than you have to spend, decide which article of clothing you need most and then save for the other things you need or want. Setting aside a certain amount of money for an item you need and can afford to buy is called making a budget.

Talk to an adult in your family about how much money you should spend. Remember you are just one person in your family. Other family members have needs and wants, too.

In the spaces below, write down what money you might receive over the next few months.

Money from Allowance \$ _____

Gifts of Money \$ _____

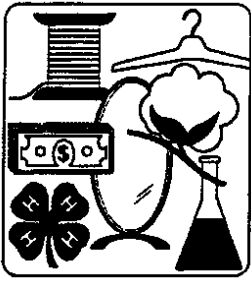
Money from Jobs \$ _____

(paper route, lawn work, baby sitting)

There are other ways of getting clothes besides buying them new.

- Wear clothes your older brothers or sisters have outgrown.
- Make your own clothes.
- Wear clothes you receive as gifts.
- Buy or swap clothes at garage sales or used clothing stores.

Most likely you will use a combination of ways to get the clothes you need.



OKLAHOMA COOPERATIVE EXTENSION SERVICE

4-H Fabrics & Fashions

Consumer Education

Beginning Level (9-11 Years)

Garment Quality

Learn to judge quality in the clothes you buy to get the most for your money.

The quality you look for will depend on how you are planning to use the garment. For example, if you are simply indulging in a fad item, it isn't necessary to look for the best quality. Coats, suits, and other basic items are a different matter. Since you will probably wear these items often for a long period of time you should look for the best quality you can afford. Look for these signs of quality before you buy.

Fabric

Fabric should resist wrinkles and fading and have overall durability. Squeeze the fabric and then look at it to see if the wrinkles stay in or fall out. Check the label for care instructions suited to your situation. The fabric should be cut and sewn on grain.

Tailoring

Look for sturdy construction, with finished seams. Seams and hems should be generous. Concealed zippers, reinforced seams, and concealed facings are also good signs of quality.

Linings

Look for a fabric lining with a firm weave in most sports jackets and coats. The

lining should not show on the outside of the garment or be attached so tightly that parts of the garment seem pulled out of line.

Fasteners

Zippers, buttons, and hooks should work easily and not detract by color or construction from the looks of the garment.

Trims

Should be well attached and not detract from the appearance of the garment. Should require the same care as the garment fabric.

Brand Names

Labels of a familiar, well established company may not indicate the very finest quality but can be a guarantee the company will stand behind the product in case of problems.

From your observations and personal shopping experiences, you will learn which stores carry high-quality clothing. Read labels, study brand names, and look for the signs of quality to help you make good selections. Be aware that sometimes you pay for the label.

Activities

1. Look at similar type garments in two different stores – a discount store and a specialty shop. Compare quality and price.

Discount Store	Specialty Store
<i>Quality</i> <input type="checkbox"/> Excellent <input type="checkbox"/> Fair <input type="checkbox"/> Poor	<i>Quality</i> <input type="checkbox"/> Excellent <input type="checkbox"/> Fair <input type="checkbox"/> Poor
<i>Price</i> \$ _____	<i>Price</i> \$ _____

Would either garment be a good buy or should you shop around more? Why?

2. Compare two t-shirts – one a well-known name brand and the other a little-known brand. What difference did you find in quality? Price? Explain.

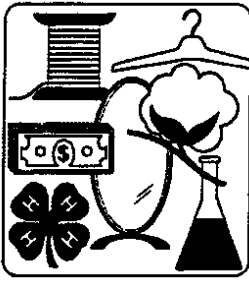
Name Brand Shirt	Other Brand Shirt
<i>Quality</i> <input type="checkbox"/> Excellent <input type="checkbox"/> Fair <input type="checkbox"/> Poor	<i>Quality</i> <input type="checkbox"/> Excellent <input type="checkbox"/> Fair <input type="checkbox"/> Poor
<i>Price</i> \$ _____	<i>Price</i> \$ _____

Would either garment be a good buy or should you shop around more? Why?

3. You are going shopping to buy a dress for yourself, a blouse for your mother, and a pair of jeans for yourself. Rank the following considerations in order of importance for each garment.

Dress for Yourself	Blouse for Your Mother	Jeans for Yourself
___ Color ___ Price	___ Color ___ Price	___ Color ___ Price
___ Fabric Care	___ Fabric Care	___ Fabric Care
___ Brand ___ Other	___ Brand ___ Other	___ Brand ___ Other

Were they all the same or different? Why?



OKLAHOMA COOPERATIVE EXTENSION SERVICE

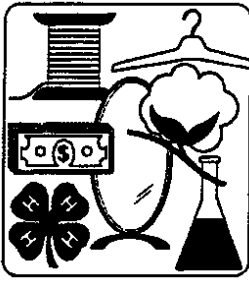
4-H Fabrics & Fashions

Consumer Education

Beginning Level (9-11 Years)

Buying Dresses and Skirts

- Check to see if dress or skirt is cut with enough fabric so it does not look skimpy.
- Zippers should work smoothly and have a lock tab.
- Stripes and plaids should be matched at the center and side seams.
- Buttons and other fasteners should be secure.
- Hem should hang straight and even and should be deep enough to allow alterations, if needed. Hem stitches should not show.
- Seams should be wide enough to alter, if needed.
- The length should be flattering, according to the current style and the body type of the wearer.
- The fit should be smooth and not too tight, with no gaps.
- The style should flatter the figure.
- Pleats should lie flat and smooth.
- Seams should be straight and not puckered.
- Fabric should be cut on the grain.
- When buying a skirt, make sure you have tops, shirts, etc., to coordinate with it.
- Dress should be appropriate for the occasion to which you plan to wear it.
- Neckline should be smooth.
- Dresses should have interfacing in appropriate places.
- Buttons and buttonholes should line up so the dress will lie smooth when buttoned.
- Fabric lines should match at front.
- On long-sleeved dresses, buttoned cuffs should not be too tight or too loose.



4-H Fabrics & Fashions

Consumer Education

Beginning Level (9-11 Years)

Should I Buy My Clothes or Make Them?

When you buy your clothes, you know exactly how much they cost. When you make them, it's not that simple. Adding up the cost of the pattern, fabric, and notions will give you some idea, but you must also determine how much your time is worth.

Think about how you would spend your time if you were not sewing and then decide which is the more valuable use of your time.

Before you decide whether to buy or sew a garment, consider the following:

- The time you have available.
- The difficulty of sewing the garment.
- The time it will take you to shop for the

garment.

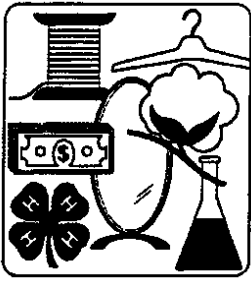
- The cost of acquiring equipment to sew the garment.
- The quality of the finished garment.
- The skills you will need to sew the garment.
- The skills you will acquire by sewing the garment.
- The clothing needs of the rest of your family.
- Whether the garment is simple or complicated.

Top 10 reasons for sewing your clothes

1. You can usually make the garment more cheaply than buy it.
2. You would rather mend an old favorite than replace it.
3. You need to alter something you bought on sale.
4. You want to use fabrics and colors that are becoming to you.
5. You enjoy sewing and find it relaxing and satisfying.
6. You want to be creative and express your individuality.
7. You can sew a garment of better quality than what you can buy.
8. You need to match a difficult color to complete an ensemble.
9. You want a better fit than you can get with the clothes you buy.

Top 10 reasons to buy your clothes

1. The garment is made of a fabric that is difficult to work with.
2. The garment is made of fabric that is difficult to find.
3. You can't find a suitable pattern.
4. You don't have time to sew.
5. You want details, such as topstitching and pockets, which require special skills.
6. You want details that require special equipment.
7. You don't know how to sew and aren't interested in learning.
8. You don't like to sew.
9. You want to see how the garment looks on you before investing time and money.
10. The garment is on sale and you don't think you can make for less money.



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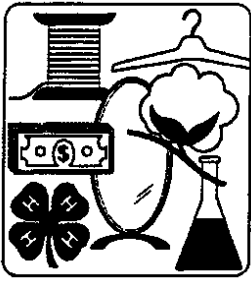
4-H Fabrics & Fashions

Consumer Education

Beginning Level (9-11 Years)

Buying a Sports Jacket

- The jacket should fit across the back shoulders smoothly with no wrinkles or bunching.
- Armholes should be large enough to wear a shirt or sweater underneath.
- Top-stitching should be smooth and even.
- Jacket, when buttoned in front, should fit smoothly.
- Pocket corners should be reinforced.
- About ½ inch of the shirt cuff should show below the jacket sleeve.
- Collar should fit close to the neck without gaping.
- Any pattern in the fabric should match at center, side seams, and pockets.
- Buttons should be sewn on securely with a shank so they button smoothly.
- Seams should be straight and not puckered.
- The hem of the jacket and sleeves should be even and not puckered.
- The length of the jacket should be appropriate to your height and figure type, as fashion dictates.



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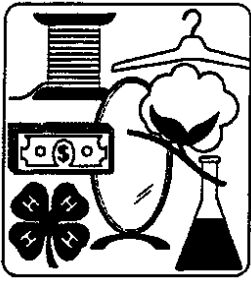
4-H Fabrics & Fashions

Consumer Education

Beginning Level (9-11 Years)

Buying Jeans and Slacks

- Jeans or slacks should fit comfortably and smoothly.
- Waistband should have double thickness of fabric.
- Zipper and top and bottom of pocket corners should be reinforced with extra stitching.
- Zipper should have locking pull tab so it will not unzip by itself.
- Seams should be straight and not puckered.
- Any pleats should lie flat.
- If the pants are made of wool, they should be lined.
- Length of pants should be appropriate to the style of the pants and the height of the wearer. The classic length breaks over the top of the shoe and meets the top of the heel in back.
- Jeans or pants style should be becoming to the individual.
- Fasteners (buttons, hooks) should be securely sewn and should not pull when the garment is put on.
- Hem depths should be generous in case alterations are needed.



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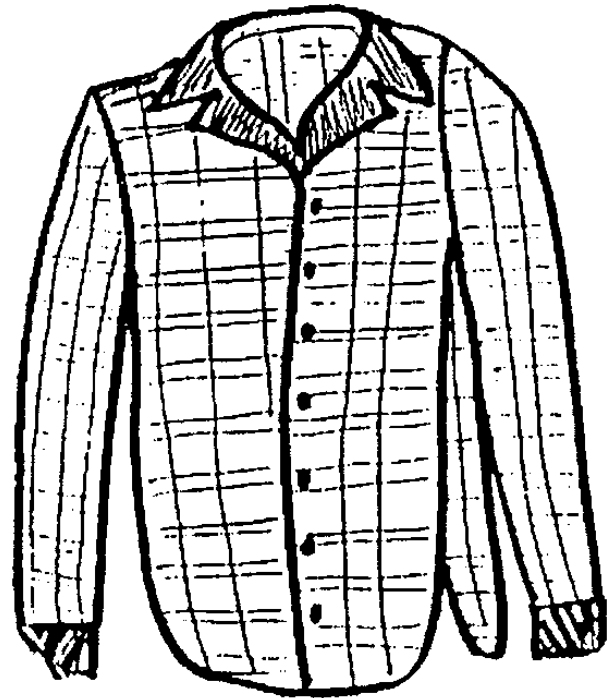
4-H Fabrics & Fashions

Consumer Education

Beginning Level (9-11 Years)

Buying Shirts and Blouses

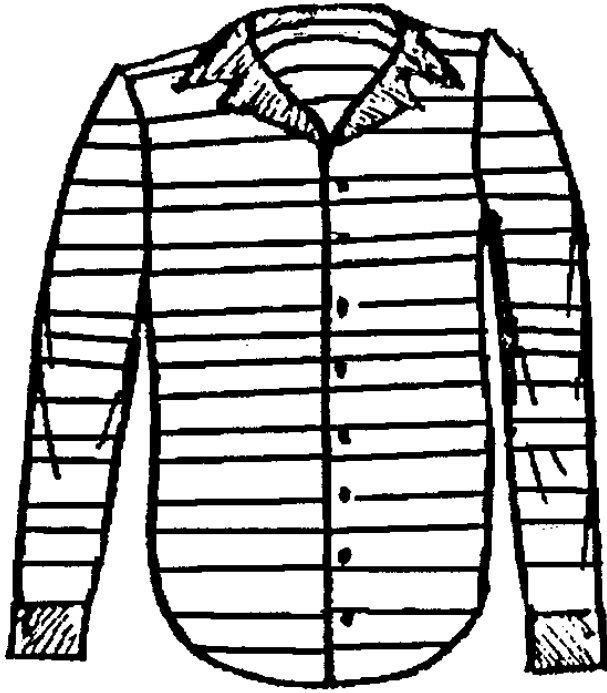
- Shoulder seams of set-in sleeves should come to the end of the shoulder bone.
- Tops should be long enough to stay tucked into jeans, skirts, or slacks.
- Collars should have even, sharp points.
- Top stitching should be smooth.
- Buttonholes should be well-made.
- Seams should be secure, with no rips or weak areas where thread is raveling.
- Sewn buttons should be sewn securely.
- Horizontal stripes or plaids should match at side seams and center.
- Seams should be straight and not puckered.
- Set-in sleeves should not be puckered. Fullness should be well-distributed. Gathered sleeves should have fullness evenly distributed.



A. Good buy Bad buy

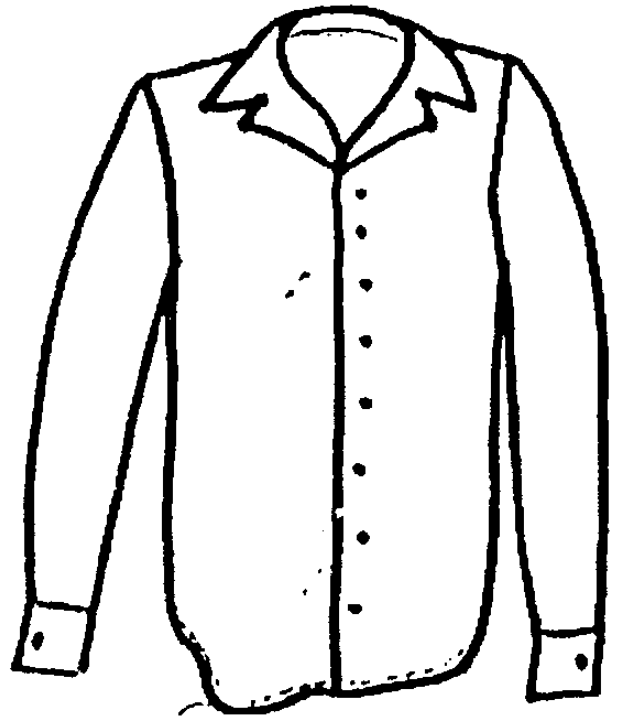
Why? _____

Look carefully at the shirts pictured to the right and on the back of this page. Review the points you should consider before buying a shirt. On the line below each shirt, circle “good buy” if you think the shirt would be a good buy and “bad buy” if you think it would be a bad one. Then tell why you would or would not buy the shirt.



B. Good buy Bad buy

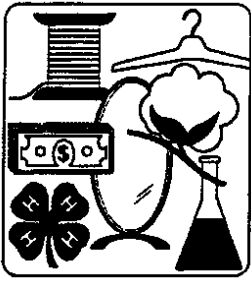
Why? _____



C. Good buy Bad buy

Why? _____

Shirt A - Bad Buy: The side seam is crooked, which indicates the shirt is cut off-grain. Plaids do not match.
Shirt B - Good Buy: Stripes match and the shirt hangs straight, which indicates the fabric is cut on grain. Collar even. Buttons evenly spaced.
Shirt C - Bad Buy: Hem is torn.



OKLAHOMA COOPERATIVE EXTENSION SERVICE

4-H Fabrics & Fashions

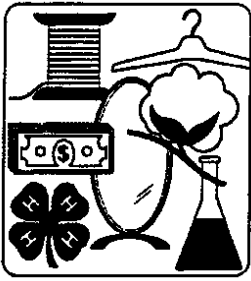
Consumer Education

Beginning Level (9-11 Years)

Shopping Manners

When you shop alone or with friends, be sure to take your best manners along with you.

- Make sure you are well-groomed and well-dressed when you go shopping. Better-dressed customers receive better service from sales persons than sloppily-dressed ones.
- When you look through the displays of garments, handle the garments as carefully as you would handle your own.
- Make sure your hands are clean before you touch or try on the clothes.
- Most stores allow only a limited number of garments in the dressing room. If you want to try on more than the limit, ask the dressing room attendant to hold them for you.
- Do not struggle to get into clothes that are too small for you. Always walk and sit down in the garment to see if it will feel comfortable. You also need to look at yourself from all angles in a three-way mirror.
- Put items back where you found them.
- Don't unfold large numbers of sweaters, jeans, blouses, etc.
- Wear your own socks or hose when trying on shoes.
- Pull garments on over your head, not over your hips.
- Take off your shoes to try on clothes.
- If you're wearing makeup, be careful not to get it on the clothes you are trying on.
- Hang merchandise up when you are finished looking at it. Don't throw it on the floor or wad it up.
- Don't mix up sizes.
- If you are trying on a garment and find a tear or a button missing, take it to the salesclerk so it won't get put back on the rack.



OKLAHOMA COOPERATIVE EXTENSION SERVICE

4-H Fabrics & Fashions

Consumer Education

Beginning Level (9-11 Years)

Going Shopping

Ask one of your parents to let you buy one item of clothing all by yourself. When you get to the store ask a salesperson for help.

Check the workmanship on the garments you select, using the following checklist.

- Are seams straight, with unbroken stitches?
- Do stripes and plaids match?
- Are buttons and fasteners sewn securely?
- What do the labels say about washing?
- Are the hems straight?

If the garment passes your first inspection, you're ready to try it on. The dressing room or in front of the mirror check the fit:

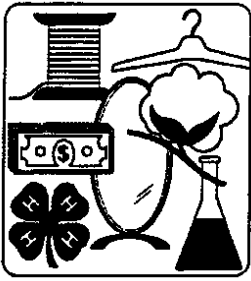
- Is it comfortable or is it too tight or too loose in some places?
- Bend, squat and sit down in the clothing. Is it still comfortable?
- How does the color look on you?

-
- Before you go shopping, plan your trip by listing the items you need and making a budget.
 - Always try on clothing before you buy it
-

After you answer all the above questions, decide if you really want the clothing and if you can afford it.

If the garment measures up to your quality standards, feels comfortable, looks good on you, and is affordable you can probably be sure you have made a wise selection.

On the back of this page. Write a short story about your shopping experience. You can tell your 4-H club members about it at your next meeting.



OKLAHOMA COOPERATIVE EXTENSION SERVICE

4-H Fabrics & Fashions

Consumer Education

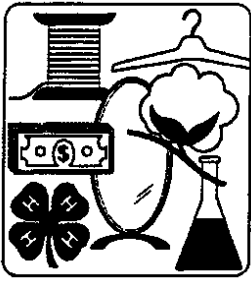
Beginning Level (9-11 Years)

Where to Shop

No one store is the best place to shop for all your clothing needs. There are advantages and disadvantages to each. Consider the following advantages and limitations before you decide where to shop.

<i>Kind of store</i>	<i>Advantages</i>	<i>Limitations</i>
<i>Variety Store</i>	<ul style="list-style-type: none"> • Prices moderate to low. • Excellent source for fad items. • Open longer hours. 	<ul style="list-style-type: none"> • Self-service only. • Usually cash-only. • Quality must be carefully checked. • Usually difficult to return items. • Few, if any, dressing rooms. • Little variety. • No alteration service.
<i>Discount Store</i>	<ul style="list-style-type: none"> • Usually low price merchandise. • Excellent source for fad items. • Open longer hours. • Parking is usually plentiful. • Regular sales. 	<ul style="list-style-type: none"> • Little variety. • Many items poorly constructed. • Fabric quality may be poor. • Limited fitting rooms. • Self-service only. • No alteration service. • Limited charge account services.
<i>Large Department Store</i>	<ul style="list-style-type: none"> • Greater variety. • Convenient locations. • Reasonable prices. • Regular sales. • Usually have their own charge account service. • Usually offer alteration service. • Preferential customer sales for charge account customers. 	<ul style="list-style-type: none"> • Merchandise may be shop-worn. • Items not sold in other stores may be transferred. • Stock may not be locally appealing. • Finance charges may be high. • Personal service is limited.
<i>Boutique</i>	<ul style="list-style-type: none"> • Source of hard-to-find items. • Specialize in the unusual. • Personalized service. • Usually offer alteration services. • Very luxurious decor and relaxed atmosphere. 	<ul style="list-style-type: none"> • Usually high prices. • Not always conveniently located. • Limited number of sizes. • Open fewer hours.

<i>Kind of store</i>	<i>Advantages</i>	<i>Limitations</i>
<i>Outlet Store</i>	<ul style="list-style-type: none"> • Low prices for fashion items. 	<ul style="list-style-type: none"> • Self-service only. • Merchandise may have flaws. • Sizing may not be standard. • No alteration service. • Limited hours. • Limited or no fitting rooms. • Usually no returns allowed. • Usually operated on a cash-only basis.
<i>Chain store</i>	<ul style="list-style-type: none"> • Many sizes and styles. • Usually moderate cost. • Usually easy to return merchandise. • Usually have their own charge account service. • Regular sales. 	<ul style="list-style-type: none"> • Self-service only. • Merchandise may have flaws. • Sizing may not be standard. • No alteration service. • Limited hours. • Limited or no fitting rooms. • Usually no returns allowed. • Usually operated on a cash-only basis.
<i>Mail order</i>	<ul style="list-style-type: none"> • Many sizes and styles. • Moderate prices. • Easy to return merchandise. • Good buys on basic clothing. • Charge accounts usually available. • Regular sales. • 24 hour service. • Do not have to drive in traffic. • Greater variety of merchandise. 	<ul style="list-style-type: none"> • Can't look at merchandise before buying it. • No alteration service. • Local economy doesn't benefit from your business.
<i>Garage sales, attic sales, yard sales, Thrift shops</i>	<ul style="list-style-type: none"> • Usually low prices. • Garments may be a source of nice buttons, trims, and fabric. 	<ul style="list-style-type: none"> • Garment may need to be washed and repaired. • Garment may not have a care label. • Garment may need altering. • Cash only. • No place to try garment on. • Unsatisfactory items can't be returned. • Garment may have insect damage.
<i>Specialty stores</i>	<ul style="list-style-type: none"> • Usually offer alteration services. • Personalized service. • Variety of merchandise. 	<ul style="list-style-type: none"> • Usually high cost. • Open fewer hours. • Usually operate on a cash only basis or limited charge account services.



OKLAHOMA COOPERATIVE EXTENSION SERVICE

4-H Fabrics & Fashions

Consumer Education

Beginning Level (9-11 Years)

Shopping Activity

Name stores in your area that match the following descriptions:

Men and Boys' Wear

Shoe Stores

Women's Apparel and Accessories

General Merchandise

Family and Other Apparel

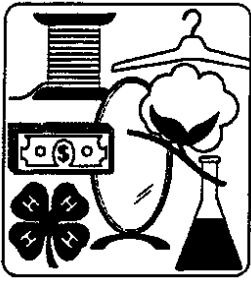
Department Stores

Mail Order House

Second Hand Store

Variety Store

Discount Store



4-H Fabrics & Fashions

Consumer Education

Beginning Level (9-11 Years)

Clothes Care

Storage

You probably have a drawer that is always messy because you have too many things in it and have to dig around to find things. Maybe you don't like the way you keep your sweaters. Look around your room, and think about some way you'd like to improve the storage of your clothes or accessories (scarves, ties, etc.)

You'll have to use your imagination to decide how to improve your space. Here are some ideas to help you get started.

- Rearrange the clothes in your closet. Hang all your tops in one section and your pants or skirts in another. Hang all your long garments at one end. If you hang all your short clothes in one place, you'll have room for shoes or boxes underneath or for another clothes rod.
- Store garments you wear most where they are easy to reach or find.
- Store together things that are alike, such as underwear, socks or hose, and sweaters.
- Put hooks on closet doors or end walls to keep belts or ties organized. Store seldom-worn garments in garment bags that can breathe (not airtight) or drape them with cloth such as muslin or old sheets to keep them from getting dusty. Keep them in a less handy part of your closet.

- Sew a shoe bag, build a shoe rack, or make shoe shelves with bricks and boards to keep your shoes organized.

If your clothes are crammed into your closet, find somewhere else to store some of them. Discard clothes you never wear. Crowded clothes may need pressing before you can wear them. They need air moving around them to stay fresh and unwrinkled.

- Sew a laundry bag or fix a box for your dirty clothes.
- Organize your dresser drawers by putting all one type of garments together. Roll your socks with their mates when you put them away.
- Look at your dresser top. Could some of those items go into a drawer or into a decorative box?

Boxes

Cardboard boxes make good storage. Place acid-free tissue paper or an old sheet between the walls of the box and the clothes. That way the acid in the wood pulp used to make the box won't destroy your garments.

What do you do with your clothes after you wear them?

Throw them on the floor?

Yes No

Hang them in the closet?

Yes No

Hide them under the bed?

Yes No

Lay them across a chair?

Yes No

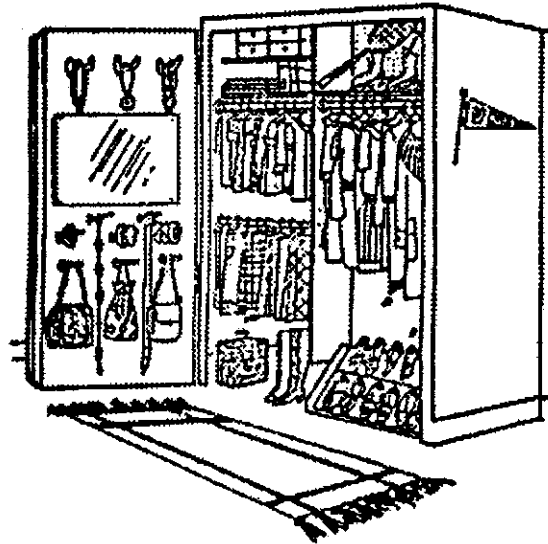
Fold them and put them in a drawer?

Yes No

Put them in the laundry hamper?

Yes No

Does your room look like the room on the right or the one on the left? (Circle one.)

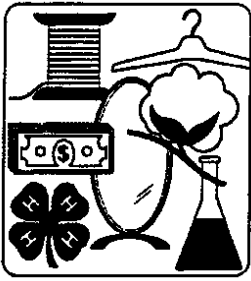


If you take care of your clothes they will last longer. After you have worn your clothes:

- If they are clean, hang them in the closet or fold them and put them in a drawer.
- If they are dirty, put them in a laundry hamper.

To make wash time easier for your family:

- Use a separate box or basket for each load of clothes. Use separate boxes for delicates, dark clothes, white clothes, and heavily soiled clothes.
- Label the boxes and then sort clothes into the right box as they become soiled.



OKLAHOMA COOPERATIVE EXTENSION SERVICE

4-H Fabrics & Fashions

Consumer Education

Beginning Level (9-11 Years)

Be Safe; Be Seen

Children and adults who are out after dark should wear clothing that will reflect light. Whether you are jogging, walking, working, biking, or delivering newspapers, you need to wear clothing that is easy to see.

Color is important in clothing worn at night. White or silver clothing is easier to see than dark colored clothing. A person walking along a road at night in dark-colored clothing can only be seen about 55 feet away. This does not allow the driver enough time to react without causing an accident.

Red clothing can first be seen at about 80 feet, yellow clothing at approximately 120 feet, and white clothing at close to 180 feet. By wearing clothing trimmed with retro-reflective materials, a person can first be seen at approximately 500 feet.

The shape and placement of reflective

tapes and decals on clothing is important. The National Safety Council recommends wearing white and using retro-reflective materials when walking, jogging, or cycling at night. For maximum visibility:

- Place reflective material so it outlines the body.
- Locate trims on the most mobile parts of the body – the backs and fronts of your arms and legs – to catch and reflect more light from oncoming vehicles.
- Do not place reflective patch where it will interfere with movement.
- Use large shapes. Large shapes tend to be more visible than smaller shapes, especially when used on broad, flat areas of the garments such as the chest and back.