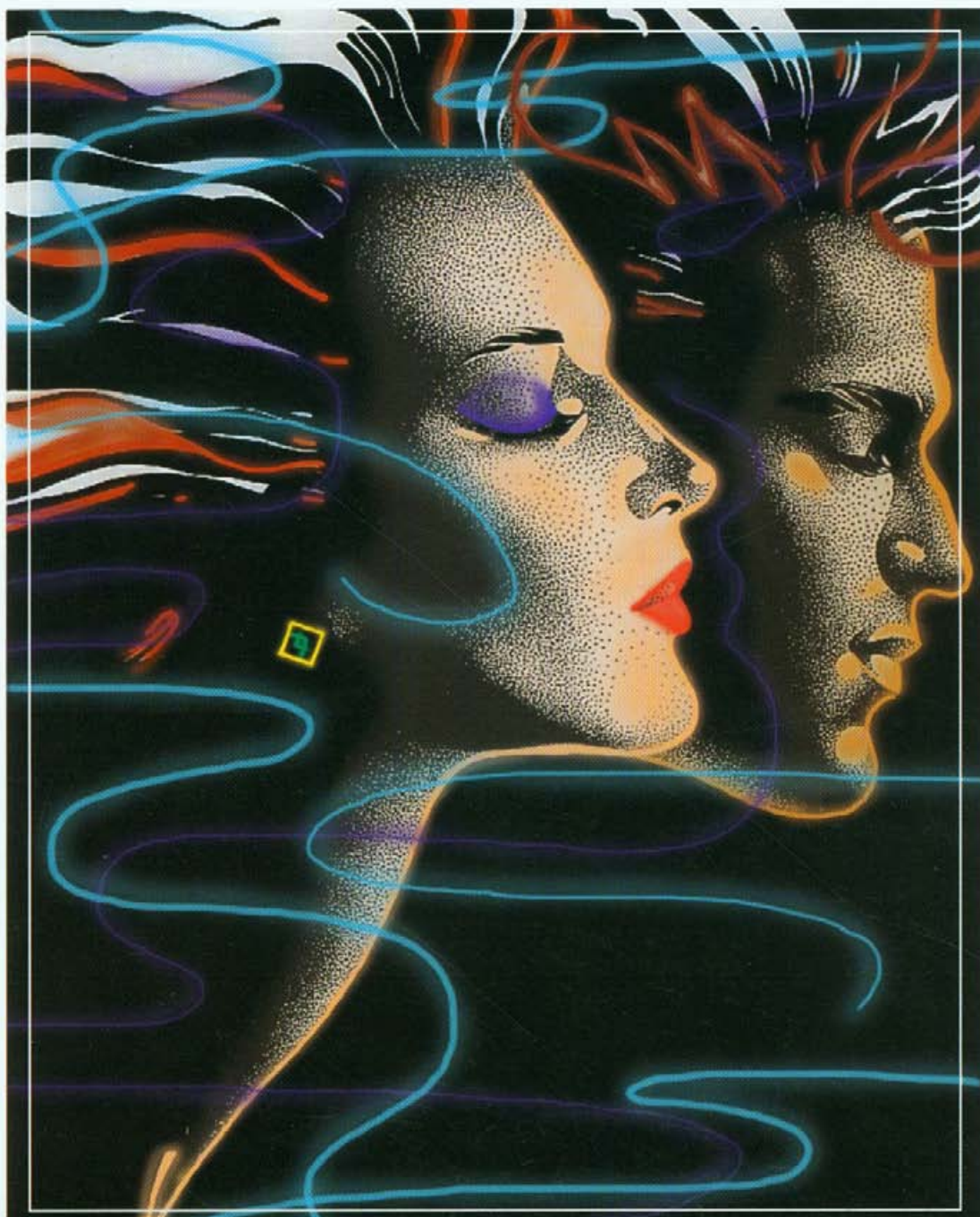


BEGINNING



Purdue University Cooperative Extension Service, West Lafayette, IN 47907

CONSUMER CLOTHING



Beginning Consumer Clothing

We all invest a lot of time and money in clothing. The Consumer Clothing manuals will help you make wise clothing decisions. This manual is for 4-H'ers ages 10 to 12. You can use it for one to three years.

What you'll learn

- * to identify characteristics of good fit
- * to identify primary and secondary colors
- * to read and understand labels
- * to practice clothing care
- * to practice good grooming habits

Exhibit Requirements

*Complete one activity from each group in the manual. Write your results or answers in a notebook. Label each activity. This will help you talk to the judge easily.

* Help purchase an item of clothing that you'll wear with other clothes in your wardrobe. Examples might be slacks, blouse, jeans, shirt, sweater, or sweatshirt. Choose an accessory to go with your purchase. Examples might be shoes, sweatband, belt, jewelry, or socks.

* Model your purchases. Tell the judge about them, what you learned, and about the activities you completed. Take your manual and notebook with you because they will help you talk with the judge.

Activities

Complete one activity in each group. Describe your results or findings. If you take Beginning Consumer Clothing again, you can complete different activities.

Notebook

Find a notebook or scrapbook for describing your activities and answers. Begin with a title page. Include your name, county, project, division or year, and age. Put the activity group number and letter on a separate page with your answers and descriptions.

The last section of the notebook should tell about the outfit you're modeling. You could tell how you decided what you needed, why you chose specific items, whether they go with other things in your closet, and how you feel about your outfit.



Lois Gotwals, Extension Specialist --
Clothing;

Lois Maddox, Extension Specialist --
4-H and Youth

Choosing clothing

Have you ever been told, "Dress up," or "Put on your old clothes"? Old clothes may not be any older than some other items in your closet. The phrase usually refers to clothing you wear at home or when having fun outdoors.

Clothing does more than cover the body. Some clothes are for playing with friends. Some are for going to school. Other clothing is for church or special events. Your clothing and accessories should match the activity. When you dress for a special party, choose a nice shirt, slacks, and leather slip-on shoes or oxfords—not athletic shoes. And you probably don't want to wear a Western shirt with a suit or patent leather shoes with jeans.

Clothes also protect you from the weather. It's more comfortable to wear a raincoat or water repellent jacket on a rainy day. And you'll probably choose a heavy jacket or coat during the winter. You choose indoor clothing for comfort as well. You don't want to be too warm or too cool.

Color

Can you imagine living in a world without color? All your clothes would be white, black, or gray. You wouldn't be able to look your best.

Color helps us feel cheerful and lively or quiet and thoughtful. The color of your clothing is the first thing people

notice when they meet you. The colors you choose add to your appearance. Becoming colors help you feel and look your best.

All colors come from the three primary colors—red, blue, and yellow. Mix two primary colors, and you'll get one of three secondary colors—green, orange, or purple.

Intermediate colors are the third step. To get these colors, mix a primary color with its neighboring secondary color. Combining yellow and green gives you yellow-green.

Colors arranged in a circle or wheel help us understand how they mix together to form new colors. Study the color wheel on the back cover. Find the primary colors. Remember that you mix two colors to get secondary colors. You'll find the secondary colors between the primary colors.

Do you enjoy bright colors? Wearing them is stimulating and fun. Combining bright colors makes attractive sportswear. Wearing a sweater or jacket with equal blocks of yellow and red would be fun.

Combining patterns with plain fabric is easy. Patterns could be prints, checks, or stripes. For the plain fabric, choose one of the colors in the patterned fabric. You might wear a red sweater with navy and red pants.



Activity Group 1

Choose one of these activities. Describe what you did. Put your results or findings in your notebook.

A. Identify items in your closet that go together. Separate play clothes from school clothes. Put dress-up items together. Do you have some items or accessories that you wear with both play clothes and school clothes? Do you have some things you wear with school clothes and dress-up clothes? Most of us do. They are called multipurpose items. Describe your multipurpose items in your notebook. Tell about the clothes they go with.

B. Select a basic color such as tan, gray, blue, or red. See how many variations of the color you can find in your home.

Look at garments worn by every family member as well as bath towels and other household fabrics. Describe your findings in the notebook.

C. Take an article of clothing made in a patterned fabric. Describe this fabric in your notebook, and write down all of the colors you could wear with it.

D. Choose one of the primary colors on the color wheel. Find clothes with several variations of this color. In your notebook, tell

whether it is a true primary color. Or does it lean toward a neighboring color? For example, you might have pants in dark primary blue. But your blue top has a bit of green, so it's blue-green.

Good grooming habits

Good grooming makes the most of your appearance. Clean hair, skin, and clothes are good assets. Developing a routine can make good grooming practices a habit. Fashions change, but the clean, well-groomed look is always in style.

Take a shower or bath every day.

Bathing every day removes perspiration, oil, and dirt. A quick once-over with water may not be enough. Use soap and scrub. Then rinse well and dry thoroughly.



Use a deodorant or antiperspirant under the arms every day. As you become a teenager, your body changes in many ways. You may notice that you perspire more. As you mature, perspiration odor may be a problem.

Did you realize that the body gives off about a quart of perspiration every day? We perspire all the time. Usually it's not noticeable because perspiration evaporates from your skin. Perspiration odor occurs where the moisture cannot evaporate, especially in the underarm area.

Baths prevent perspiration odor from becoming noticeable. A deodorant or antiperspirant also helps. A deodorant eliminates perspiration odor. An antiperspirant checks the flow of perspiration and controls the odor.



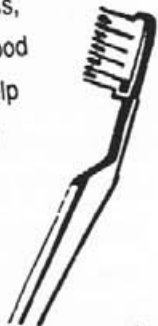
Perspiration may also be trapped between the body and clothing. You've probably noticed that "locker room" smell and have realized why clean clothes are necessary.

Keep hair cleaned, groomed, and trimmed. Wash your hair at least once a week—more often if it's oily or if you've been exercising a lot. If you have dandruff or oily hair, use a special shampoo for these conditions. If your hair is dry, don't wash it every time you take a shower. Brush your hair often, and have it trimmed as needed. A dirty brush and comb will make clean hair dirty. Make sure yours are clean.

Take care of your teeth. Brush your teeth after every meal and before going to bed. Frequent brushing whitens teeth and helps prevent cavities and bad breath. See your dentist at least every six months. Learn the correct way to use dental floss, and use it daily. Following good mouth hygiene today can help ward off gum disease in the future.

No smoking—it discolors your teeth and causes bad breath.

Check on hands. Wash your hands often during the day. Scrub fingernails. Gently push back the cuticles, and file nails to an oval shape. Use a hand cream before doing dirty jobs. This keeps dirt from getting ground into the skin.



Remember your feet. Trim toenails weekly. To prevent ingrown toenails, cut nails straight across. Wear clean socks every day. If possible, have two pairs of well-fitting shoes, so you can alternate wearing them.

Use the chart in Activity Group 2 to help you set up your personal grooming schedule. Following the routine is up to you.

Activity Group 2

Choose one of these activities. Tell what you did, and put the results in your notebook.

- Make a chart like the one below in your notebook. Complete the chart, and follow the routine until it becomes a habit.
- After the first year, check your grooming chart. Make necessary changes. Also, write your definition of a well-groomed person.
- Not all good grooming habits are included in this chart. Observe others, and think about yourself. What would you add?

Good grooming makes the most of your appearance... developing a routine can make good grooming practices.

My Grooming Schedule

	Several times a day	Once a day	Twice a week	Once a week	Once a month
Brush teeth
Use mouthwash
Use dental floss
Take a bath or shower
Shampoo hair
Comb/brush hair
Wash face and hands
Trim fingernails
Trim toenails