

Fashion and Color

Often there are new fashions that we like but that are not suited to our figure type. Before buying a pattern or commercial garment always ask yourself if the garment will be flattering to your figure.

Colors have an important role in fashion also. Colors will come into style and we tend to want whatever is "in". Remember that color is important to our appearance. Try different shades on yourself to see what looks good with your personal colors.

If you are wearing good colors and styles for yourself you most likely will look your best.

Sewing Machine Troubles and Causes

Reproduced by permission of
Mrs. Esther Cooley Page, University of California

Oil Sewing Machines After 8 Hours of Stitching

1. Upper Thread Breaking: 3. Needles Break:

- Dirt between tension discs.
 - Tension too tight.
 - Incorrect threading.
 - Needle bent or blunt point.
 - Thread coarse for size of needle and material.
 - Burr in throat plate of needle hole caused by breaking of needle.
 - Needle set wrong side out.
 - Needle too long, or not all the way up in clamp.
 - Take-up spring bent or broken. (Send for adjuster)
 - Tension discs worn so thread works in groove. (Replace)
 - Thread catches on shuttle.
 - Needle rubs against pressure foot, needle plate or shuttle.
 - Poor thread.
- Improper size needle for thread and material.
 - Too fine needle for weight seam.
 - Needle does not enter center of hole or hits presser foot or attachments.
 - Failure to raise needle to highest point before removing material and pulling to one side in taking from machine. This bends needle and causes it to strike side of hole.
 - Needle too long. Comes in contact with bobbin case, breaks and perhaps spoils the case.
 - Needles used were not manufactured for your machine.

4. Skipping Stitches:

- Needle not accurately set into the needle bar.
- Needle too small for thread used.
- Needle blunt or bent.
- Needle too short or too long.
- Oil on the needle.
- Incorrect threading.

5. Stitches Looping:

- Incorrect threading.
 - Improper tensions. Try out stitch on scrap material.
 - For loop on upper side, **tighten under tension.**
 - For loop on under side, **tighten upper tension.**
- Tension too tight.
 - Incorrect threading of bobbin case or shuttle.
 - Bobbin wound too full.
 - Spring bobbin case worn to sharp groove.
 - Burr on under side of throat plate. May be caused by sawing over pins or breaking needle.
 - Dirt, lint or thread in shuttle cavity.
 - Poor thread.

- Poor quality thread, or not right size for needle.
- Bobbin placed in case so that thread pulls from wrong side, shuttle unthreaded.
- Dirt, lint, rust or pieces of thread in upper or lower tensions.
- Shuttle too tight for carrier.

Tight bearings due to improper adjustment.

6. Machine Not Feeding Properly:

- Presser foot pressure too tight for material.
- Feed dog worn smooth. Run finger over teeth to determine if sharp. Replace if necessary.
- Feed dog set so low teeth do not come above feed plate.
- Stitch regulator turned back so far there is no feed action.

8. Puckered Seams:

- Tension too tight.
- Blunt needle.
- Rough place on feed.
- Stitch too long or too short.

9. Uneven Stitches:

- Dirt around feed works.
- Feed dog improperly adjusted.
- Improper pressure on presser foot.

10. Bobbin Won't Wind Correctly:

- Drive wheel on winder not bearing heavily enough on hand-wheel or belt.
- Rubber tire on bobbin-winder wheel loose, oily or worn.
- Thread guide on winder bent so thread piles up at one end of bobbin.
- Cam wheel operating thread guide not turning freely or correctly set.

7. Machine Working Heavily:

- Needs general cleaning. Idle machines gum up.
- Belt too tight. Puts excessive pressure on bearings.
- Belt so loose it slips on the balance wheel, causes operator to treadle more than necessary.
- Thread wound around hub of balance wheel and ends of band running and contact with oil, thread may work in next to the bearings so tightly it will make machine run heavily. Use stilette or other sharp instrument to remove thread.
- Lack of oil or wrong kind of oil.
- Bobbin too long or too short.

11. Handwheel Hard to Turn or Set:

- Thread jammed in shuttle race.
- Thread or dirt in bearings.
- Bearings rusted or gummed.
- Bearings too tight.

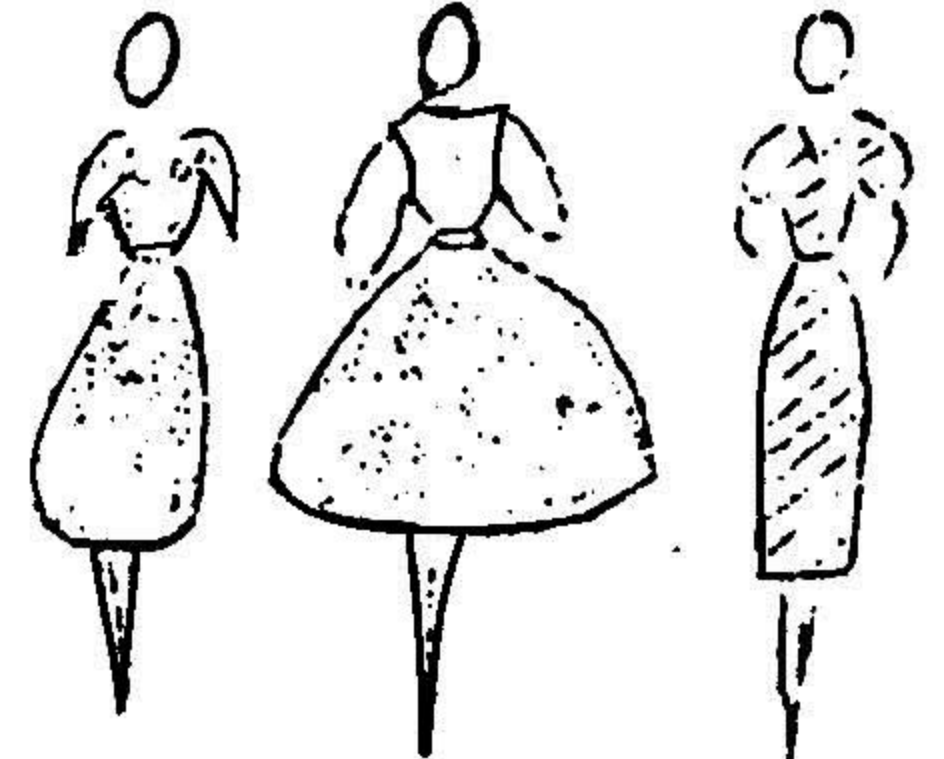
12. Noisy Treadle:

- Pivot screws need tightening.
- Release one of the screws by turning back nut. Place screw driver in screw slot. Advance enough to take up slack.
- Tighten, test treadle.
- Pittman bearings loose.

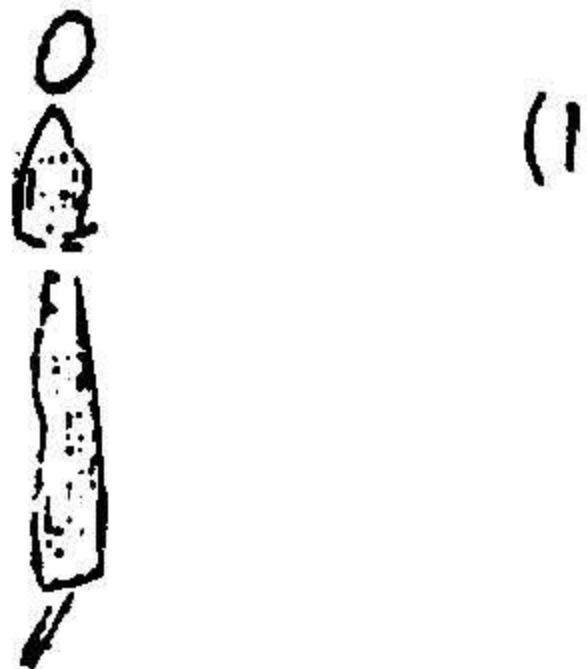
How To Select Patterns For Your Figure Type

if your.....

SLIM



DON'T



1. Don't wear tight-fitting plain styles.
2. Don't choose clinging fabrics.
3. Don't wear vertical lines or stripes.
4. Don't wear V or off-the-shoulder or deep U necklines.
5. Don't wear straight, tight skirts.
6. Don't wear long, fitted sleeves.

DO

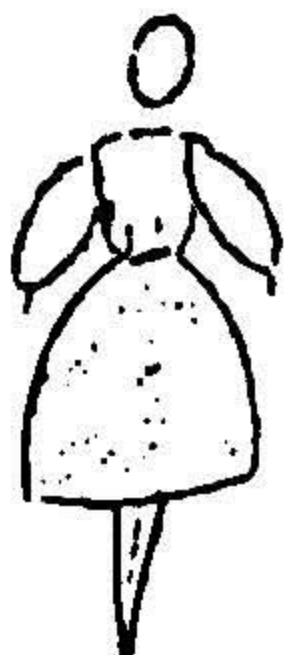
1. Do wear soft, fluffy feminine stripes with ruffles and jabots over the bosom.
2. Do wear full sleeves.
3. Do wear full, flaring skirts or wide swirly dirndle skirts.
4. Do emphasize your slim waistline with wide and contrasting belts.
5. Do wear horizontal lines and stripes.
6. Do wear round, high necklines with bows, collars.
7. Do wear light, bright colors.

ATTENTION PLEASE! Good posture will help fill out those hollows and make your clothes hang better, so you'll be proud of the way you look.

BROAD



DON'T

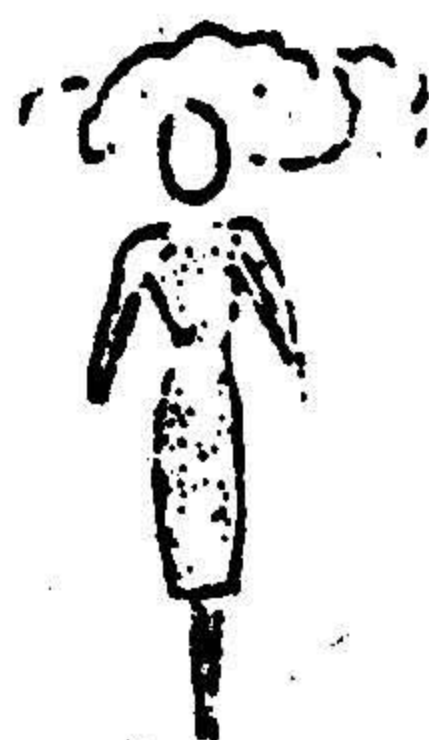


1. Don't wear clothes that fit too tight.
2. Don't choose a gathered waistline or belled skirt or all-around pleated skirt.
3. Don't wear light or bright shades.
4. Don't wear large prints or plaids or horizontal stripes or trim.
5. Don't wear high, round necklines or collars.
6. Don't wear skirt and bodice of contrasting colors.
7. Don't wear wide, contrasting belts.
8. Don't wear full sleeves.
9. Don't wear clinging fabrics or fabrics with shiny surfaces.
10. Don't wear frills or ruffles or peplums.
11. Don't wear short skirts or large patch pockets.

DO

1. Do wear vertical lines and simple styles.
2. Do wear slightly flared gored skirts.
3. Do wear your skirts a little longer than average.
4. Do wear tiny prints and vertical stripes.
5. Do wear a solid color in a darker shade.
6. Do wear narrow matching belts.
7. Do wear V necklines and small collars.
8. Do wear fly front or buttoned front dresses.
9. Do wear fitted, set-in sleeves.
10. Do wear soft fabrics with dull surfaces.

TALL



DON'T

1. Don't wear clinging, tight-fitting styles.
2. Don't wear V-necklines.
3. Don't wear vertical lines or stripes.
4. Don't wear straight, tight skirts.
5. Don't wear long, fitted sleeves without cuffs.
6. Don't wear boleros.
7. Don't wear beltless or princess style dresses.
8. Don't wear extremely long skirts.
9. Don't wear extremely simple dresses of one color.



DO

1. Do wear two piece dresses and suits, especially in contrasting colors to cut down your height.
2. Do break up the long line with some interest in the middle, such as peplums, tunics, and wide contrasting belts.
3. Do wear horizontal stripes and lines and drop shoulder yokes.
4. Do wear high circular necklines.
5. Do wear broad lines in yokes and collars.
6. Do wear full flared or circular skirts.
7. Do wear contrasting collars and cuffs.
8. Do wear patch pockets.

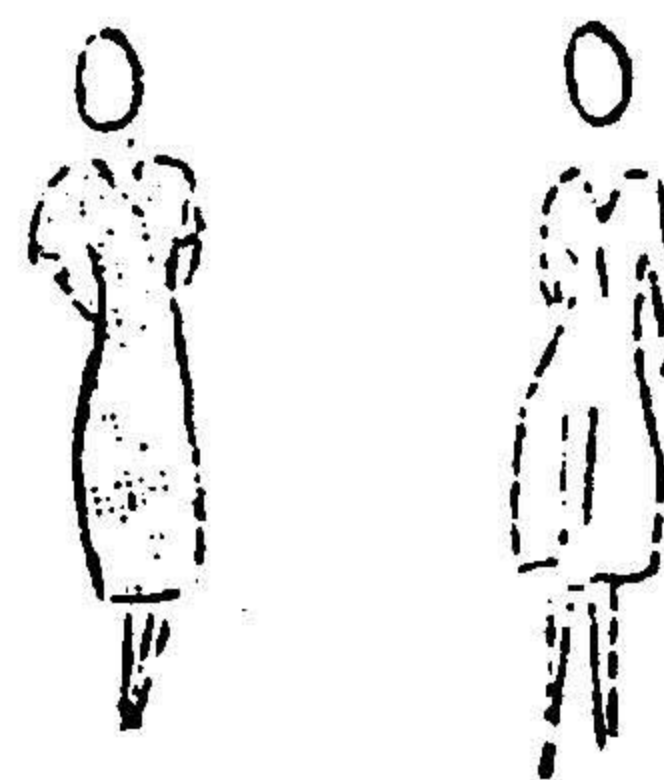
ATTENTION PLEASE! Never try to appear shorter by "stooping over." Be proud of that height. Show it off by standing erect. Wear your clothes fitted but not clinging.

SHORT



DON'T

1. Don't wear contrasting belts or seam lines below the waistline.
2. Don't wear horizontal stripes and lines.
3. Don't wear skirt and bodice of contrasting colors.
4. Don't wear large, bold prints, dramatic or mannish clothes.
5. Don't wear large patch pockets or peplums.
6. Don't wear long, full sleeves.



DO

1. Do choose one color fabrics or tiny prints.
2. Do wear princess lines.
3. Do choose soft, simple styles.
4. Do wear vertical lines or stripes.
5. Do wear narrow belts of the same color as the garment.
6. Do wear dainty pastels and medium colors.
7. Do wear skirts slightly longer than average.
8. Do wear button-down-the-front dresses.
9. Do wear cap or set-in fitted sleeves.
10. Do wear dainty bows and ties.
11. Do wear v-necklines.

ATTENTION PLEASE! Stand extra straight and tall. Keep your accessories keyed to your size - and dainty.

Evaluation Guides

CREATIVE SELECTION

Occasion. Where do you plan to wear your garment? Will it be appropriate?

Style. Is the style becoming to you? Is it appropriate for your age? Is the fabric suitable for the design of the garment?

Color. Is the color becoming to you? Is it a color that looks well with other items you are wearing?

Texture. Is the texture of the fabric (rough, shiny, fuzzy) suitable for you? Is it appropriate for the style and design of the garment and for the occasion for which you will wear it?

FIT

Is the garment well balanced so that the center front and center back form straight lines at the center front and center back of your figure? Are the shoulder seams the correct slant and length? Do the darts point to, but not beyond, the curved areas of your figure? Is the waistline of the garment located at your natural waistline or according to the design of the garment? Do the vertical seams form plumb lines? Is the hemline straight? Are the ease allowances adequate for comfort and appearance and for the design of the garment? (Check each of these points for bodice and skirt where appropriate.)

GROOMING

Are you as neat and clean as possible? If you use makeup, have you used it tastefully? Is your hair appropriately and becomingly styled? Are your hands and nails clean and well-cared for? Is your clothing (under and outer) clean, free of spots and odors, pressed, and in good repair?

POSTURE

Standing. Do you stand tall with back straight, head up, and chin in? Do you keep your shoulders back, your chest up, abdomen in, and buttocks tucked under?

Sitting. Do you sit tall, back in the chair with your back and hips touching the chair? If you cross your legs, do you do it becomingly? Do you get in and out of a chair gracefully?

Walking. Do you walk tall keeping your body erect? Do you take even steps geared to your size? Do you walk with your toes straight ahead? Do you use your arms for balance in a pleasing manner? Do you look well on stage at Dress Revue time?

POISE

Are you at ease? Do you avoid fidgeting with your hands and picking at your clothes or yourself? Do you wear your garment proudly and show it off to its best advantage?

UNDERGARMENTS

Are your undergarments suitable for your figure? Do they fit you well? Are they selected to improve the appearance of your clothing?

ACCESSORIES

Number. Have you chosen a pleasing number of accessories — enough to complement your garment but not overpower it? (Shoes may be the only accessory you need.)

Harmony. Does the color of your accessories complement your clothing? Is the color a pleasing value or intensity for you? Are the design and texture of your accessories in character with your garment and with each other? Are your accessories appropriate for your size?

CONSTRUCTION

Choice of method. Are the construction methods you used appropriate for the design of the garment, for the type of fabric, and for the type of wear you expect from the garment? For example, did you finish the seams in a way that will prevent raveling — will they wear well and not interfere with the design or general appearance of the garment? Did you select the type of buttonhole that will best complement the design and that is suitable for the fabric?

Remember — it is the overall result that is most important, not the method used.

Grainline. Did you cut your garment "on grain"? Some fabrics with wrinkle-resistant or stabilizing finishes can tolerate a small percentage of "off-grain" depending on their design and texture, but most fabrics, including knits, should be cut exactly on the grain to insure the best possible hang and fit. For designs with bias cut, the fabric should be cut on true bias.

Workmanship. How good a job did you do in making your garment? For example, are the stitch length and tension correct? Is the stitching straight and are the darts tapered, not blunt? Are the interfacings and facings neat and not bulky? Are the fasteners neat and secure? Is the collar neat — no undercollar rolling out or points poking up? Are the sleeves set in smoothly — the ease evenly spaced with no puckering? If the garment is lined, is the lining placed so that it does not distort the outer fabric and overall line? Is the hem as inconspicuous as possible and durable enough for the kind of care it will receive?

PRESSING

Underpressing. Did you press as you sewed? Did you press one seam before crossing it with another?

Top pressing. Did you do a good job of top pressing after completing your garment? Were you careful not to over-press, particularly on the right side of the fabric?

CARE

Consider how long you plan to wear the garment and for what occasions. Will the fabric or style require a minimum amount of time, effort, and cost to keep the garment clean, pressed, and in good repair?

HELPING HINTS

SHORT NECK:

Tops and dresses with v-neckline are good. Avoid turtlenecks, high collars, chokers, and scarfs at neckline.

NARROW SHOULDERS:

Wear dresses and tops that emphasize shoulder width with spread collars, extended or padded shoulders. Avoid raglan sleeves.

SMALL BOSOM:

Try lighter color tops with darker skirts and pants; wrap blouses and dresses; smock tops. Fabrics with some bulk are best; avoid anything too clingy. Consider the plus of a contoured bra.

LARGE BOSOM:

Start with a good bra. V, oval, and square necklines are becoming. Choose simple style tops and non-clingy fabrics. Balance top highness if possible by wearing skirts with some necklines. Avoid high necklines and fussy necklines.

SHORT-WAISTED

Look for easy cut tops and dresses because top and bottom size might not be the same. Beltless styles are good. If you must wear belts, do keep them narrow.

THICK MIDDLE/TOO MUCH TUMMY:

Unfitted silhouettes are best. Skip tight fitting skirts and pants; keep fashion detail above waist.

WIDE HIPS/HEAVY THIGHS:

Balance your figure with tops that add width. A bias-cut skirt with camouflage bulges; straight skinny skirts and pants won't. Jackets should stop at waist or cover derrier completely. Try pants with pleats. Wear control top panty hose for sleeker line.

HEAVY LEGS:

Pants in medium or dark tones and longer skirts are clever disguises. Wear simple shoes with enough bulk to balance the legs; choose hosery to match or blend with skirt, or fine texture stockings in a dark color. Bright knee socks and hose are no-no.

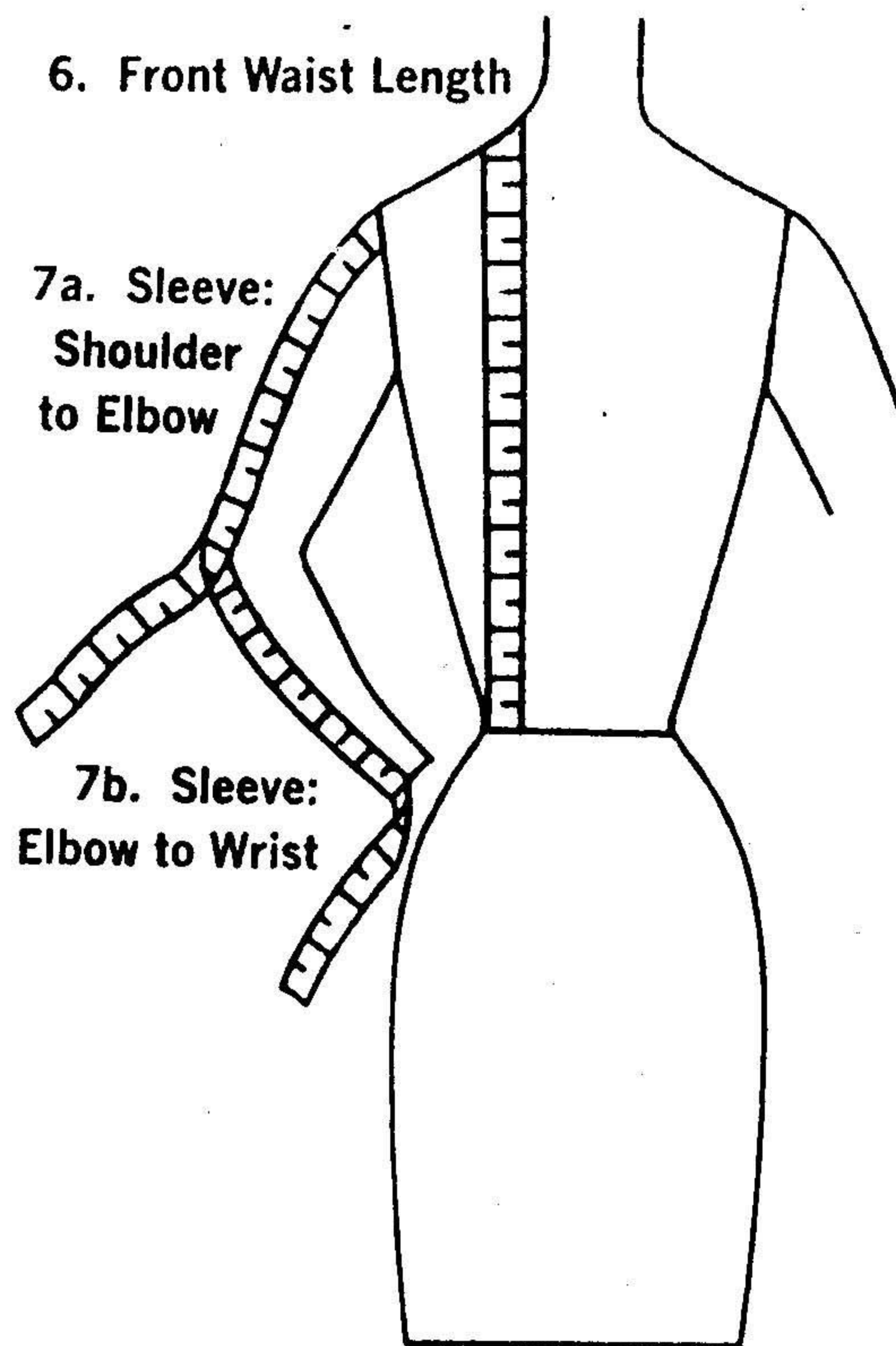
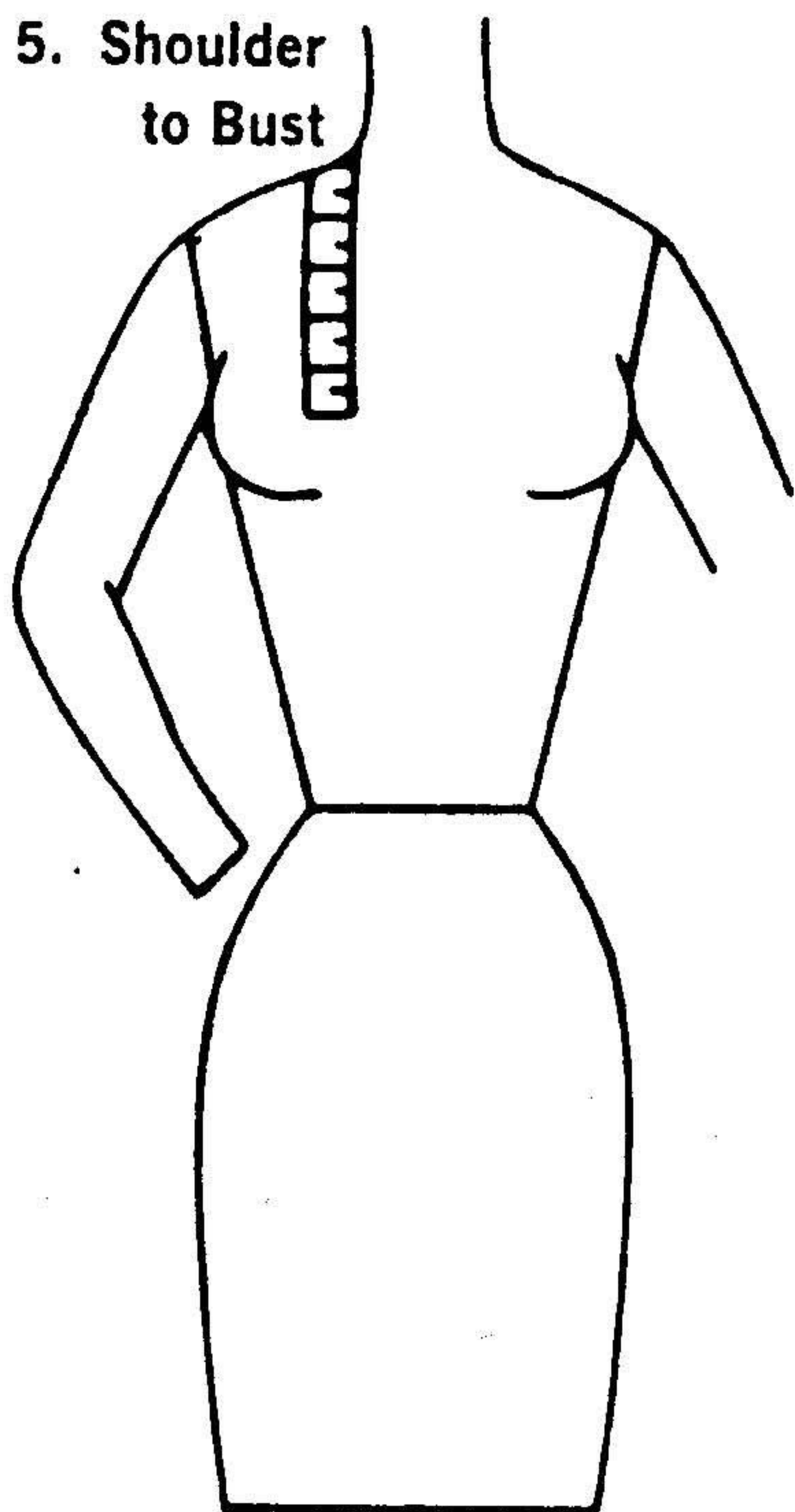
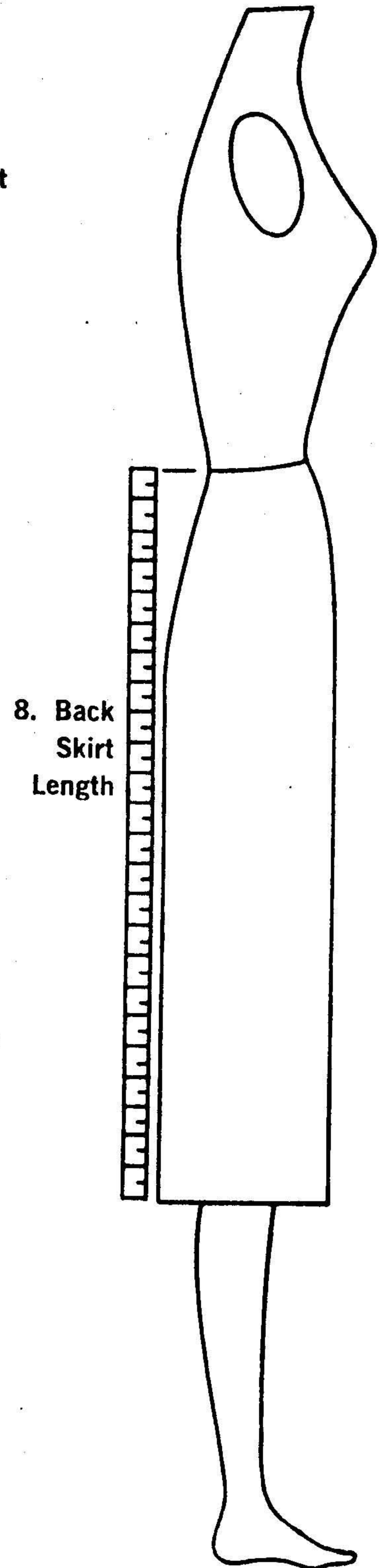
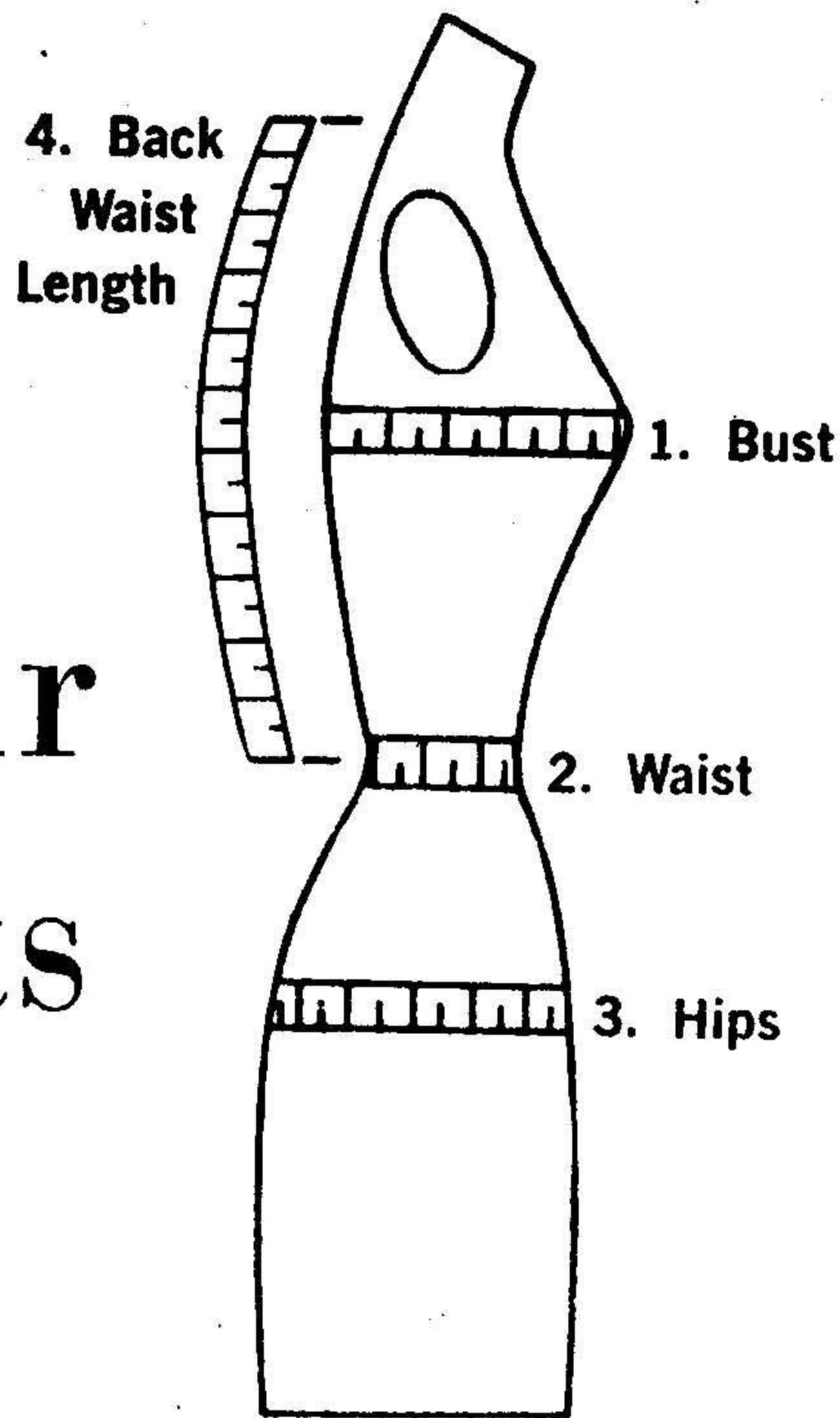
TOO-LARGE DERRIER:

ALWAYS but always wear control-top panty hose. Try easy but not full skirts. With pants wear long tops, sweaters, and jackets.

TOO-FLAT DERRIER:

GOOD NEWS: There are moldedback briefs to lift and shape the derrier to give a natural look under pants and dresses. Choose skirts with some fullness for a becoming look.

how to take your measurements



4-H Office, 1720 South Maple, Fresno, CA 93702 - Telephone: 488-3285

The University of California Cooperative Extension in compliance with the Civil Rights Act of 1964, Title IX of the Education Amendments of 1972, and the Rehabilitation Act of 1973 does not discriminate on the basis of race, creed, religion, color, national origin, sex or mental or physical handicap in any of its programs or activities. Inquiries regarding this policy may be directed to: Affirmative Action Officer, Cooperative Extension, 317 University Hall, University of California, Berkeley, California 94732 (415) 642-0903

CO-OPERATIVE EXTENSION WORK IN AGRICULTURE AND HOME ECONOMICS, U.S. Department of Agriculture
University of California, and County of Fresno Co-operating.

Your Personal Measurement Chart

Keep it up to date and watch your figure change

It's a good idea for anyone to take her measurements occasionally before buying a pattern. This is especially important if you are a growing girl whose figure has not yet attained its complete development, or a person who gains or loses weight easily; because in just two or three months your figure may change enough so you need not only a different size but also a different type pattern.

Listed below are the measurements you need for a continual check on your changing figure. Beside each one is space for recording your measurements 4 different times. Measurements numbered 1, 2, 3 and 4 are the *body measurements* on which your pattern type and size are based. When selecting a pattern, these are the ones you should compare with the measurements on the chart in the pattern catalog before deciding what type and size pattern to buy. And remember: You buy blouse, dress, jacket and suit patterns by bust measurement; skirts, slacks and shorts by waist measurement. On the other side of this sheet are illustrations showing just where to take the various measurements. Look carefully at these pictures before you start measuring.

MY NAME IS _____

MY MEASUREMENTS WERE TAKEN ON (fill in dates)	DATE	DATE	DATE	DATE
---	------	------	------	------

MY HEIGHT (without shoes)				
---------------------------	--	--	--	--

BODY MEASUREMENTS

1. BUST (around fullest part)				
2. WAIST (comfortably, at natural waistline)				
3. HIPS (7" below waistline)				
4. BACK WAIST LENGTH (from prominent bone at back neck base to waistline)				

OTHER MEASUREMENTS

5. SHOULDER TO BUST (from neck base at shoulder to a line even with the bust point. This is to establish the correct location of underarm dart.)				
6. FRONT WAIST LENGTH (from neck base at shoulder over fullest part of bust to waistline)				
7. SLEEVE LENGTH	a. Shoulder to Elbow (take with arm bent, to establish correct location of sleeve darts)			
	b. Elbow to Wrist (take with arm bent, to establish correct location of sleeve darts)			
8. BACK SKIRT LENGTH (from waistline to bottom of skirt down center back)				
THESE MEASUREMENTS SHOW THAT I NEED	{ Pattern Type ----- in size			

© Copyright 1968 by Simplicity Pattern Co., Inc.

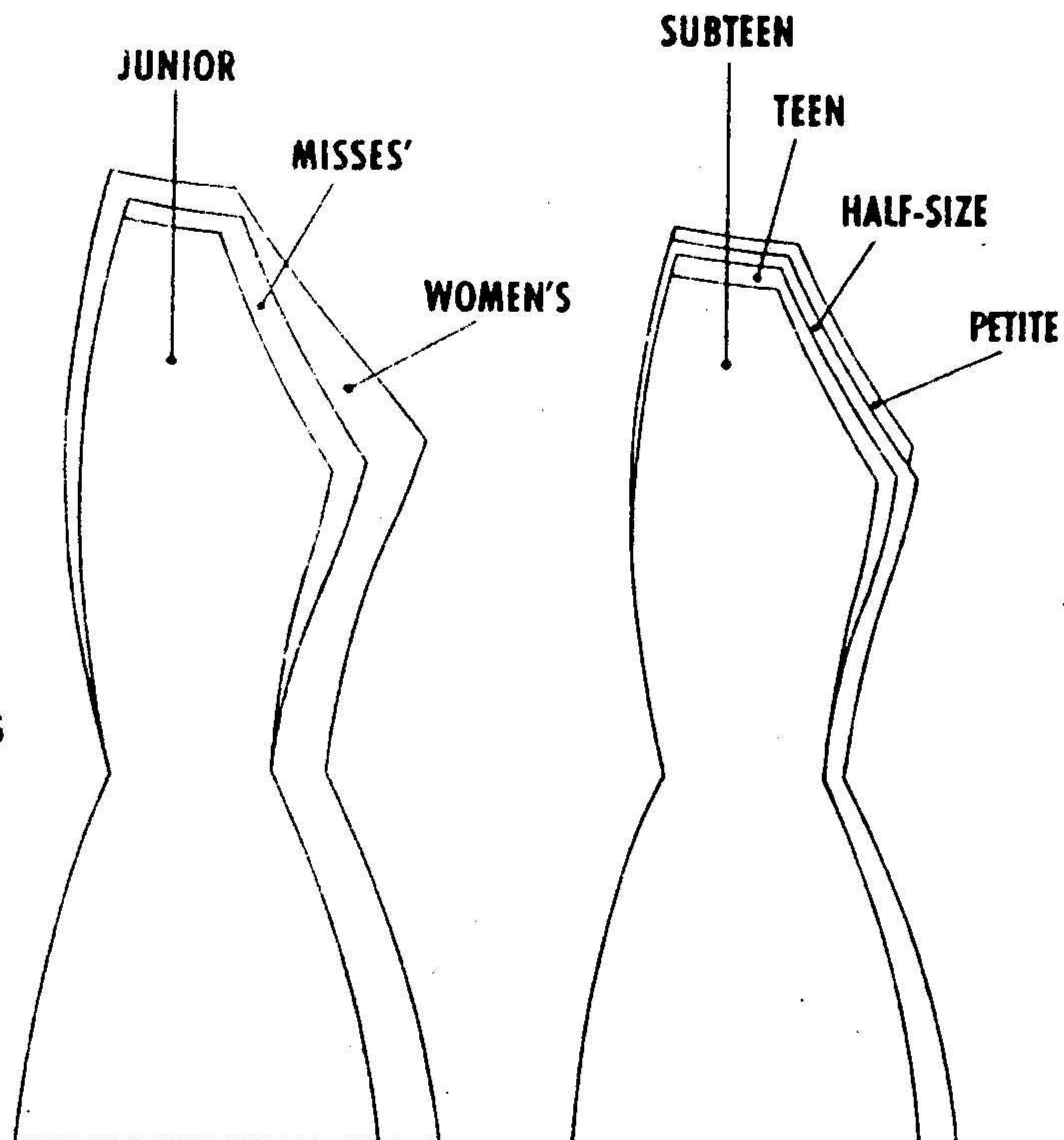


FIGURE YOUR TYPE

to pick the perfect pattern

Consider...

- your height
- your contour
- your body proportions



	SUBTEEN	TEEN	HALF-SIZE	PETITE	JUNIOR	MISSES'	WOMEN'S
HEIGHT	about 5'1"	about 5'3"	about 5'3"	about 5'4"	about 5'5"	about 5'6"	about 5'6"
SHOULDERS	narrow sloping	narrow sloping	wide	normal	normal	normal	wide
BUST	very small (just beginning to mature)	small high	fully developed	mature	mature high	mature normal	fully developed
WAIST	slightly large for height	slightly large for height	large for height	slightly large for height	normal	normal	large for height
HIP	slightly large for height	slightly large for height	full	slightly large for height	rounded	full	full
BACK WAIST LENGTH	short	short	short	short	short	normal	long

MCCALL'S SUB-TEEN SIZES

Buy Size	8s	10s	12s	14s
If Bust is	28	29	31	33
Waist	23	24	25	26
Hip	31	32	34	36
Back Waist Length	13½	13¾	14	14¼

MCCALL'S TEEN SIZES

Buy Size	10	12	14	16
If Bust is	30	32	34	36
Waist	24	25	26	28
Hip	32	34	36	38
Back Waist Length	14¾	15	15¼	15½

MCCALL'S HALF SIZES

Buy Size	12½	14½	16½	18½	20½	22½
If Bust is	33	35	37	39	41	43
Waist	27	29	31	33	35	37½
Hip	37	39	41	43	45	47
Back Waist Length	15¼	15½	15¾	16	16¼	16½

MCCALL'S PETITE SIZES

Buy Size	10	12	14	16	18
If Bust is	31½	33	34½	36	37½
Waist	25	26½	28	29½	31
Hip	33½	35	36½	38	39½
Back Waist Length	15½	15¾	16	16¼	16½

MCCALL'S JUNIOR SIZES

Buy Size	9	11	13	15	17
If Bust is	30½	31½	33	35	37
Waist	23½	24½	25½	27	28½
Hip	32½	33½	35	37	39
Back Waist Length	15	15¼	15½	15¾	16

MCCALL'S MISSES' SIZES

Buy Size	10	12	14	16	18	20
If Bust is	31	32	34	36	38	40
Waist	24	25	26	28	30	32
Hip	33	34	36	38	40	42
Back Waist Length	15¾	16	16¼	16½	16¾	17

MCCALL'S WOMEN'S SIZES

Buy Size	40	42	44	46
If Bust is	42	44	46	48
Waist	34	36	38½	41
Hip	44	46	48	50
Back Waist Length	17¼	17½	17¾	18

SELECT YOUR SIZE

to pick the perfect pattern

- LOOK at the sizes within your figure type.
- COMPARE your measurements with the sizes.
- REMEMBER, the measurements given in the size charts are *body* measurements, not garment measurements. McCall's Patterns have built-in ease for comfort and grace. If you fall between sizes within your figure type, choose the smaller size. Except for skirts, slacks, and shorts buy patterns by bust measure. Buy skirt, slacks, and shorts patterns by waist measurement, unless your hip size is larger than that given with your waist size; then buy according to bust measurement.

MY PATTERN SIZE AND FIGURE CHART			
DATE	PATTERN	SIZE	FIGURE TYPE
	DRESS		
	BLOUSE		
	COAT		
	SUIT		
	SKIRT		
	SLACKS		
	SHORTS		
	ROBE		
	PAJAMAS		
	NIGHTGOWN		
	LINGERIE		

4-H Office, 1720 South Maple, Fresno

Telephone: 488-3285

CO-OPERATIVE EXTENSION WORK IN AGRICULTURE AND HOME ECONOMICS, U.S. Department of Agriculture, University of California, and County of Fresno Co-operating.

The University of California Cooperative Extension in compliance with the Civil Rights Act of 1964, Title IX of the Education Amendments of 1972, and the Rehabilitation Act of 1973 does not discriminate on the basis of race, creed, religion, color, national origin, sex or mental or physical handicap in any of its programs or activities. Inquiries regarding this policy may be directed to: Affirmative Action Officer, Cooperative Extension, 317 University Hall, University of California, Berkeley, California 94732, (415) 642-0903.