

CLOTHING AND TEXTILES INTERMEDIATE PROJECT GUIDE

Unit I. Selecting What's Right for Me (Wardrobe Planning)

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Clothing and Textiles Intermediate Project Area Guide

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Activity 1: Determining the Quality of Your Clothes

Selecting What's Right for Me (Wardrobe Planning)

Project Outcome:	Determine quality in store-bought clothes.
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Have you ever had a garment where the seams split open after a few wears? If a garment fits well and is made well, this should not happen. Well-made clothing will last longer and look great after continuous wear!!!



To Get Started

Do you ever inspect your clothes before you buy them to see if they are made well?

____ Yes

____ No

Before working through this activity, **think of what it means to have a well-made garment and make a list below of the characteristics of a such a garment.**

(Don't worry if you don't know many; that is what this activity is all about!)

Characteristics of a well-made garment:

- 1.
- 2.
- 3.
- 4.
- 5.

What to remember when shopping for clothes:

- Look at how well an item is made.
- If it is on sale, the item may be of poor quality. Sometimes stores will make special purchases for sales to sell at a lower price. These garments may not be made well.

- If you plan to wear an item only a few times and the garment will not be stressed when worn, lower quality and price might be just what you want.
- **But**, if an item will be worn often or for a long time, paying a little more may, in the long run, cost less because you will still be wearing it when a cheaper item would have worn out.

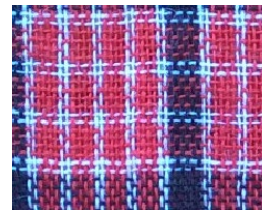
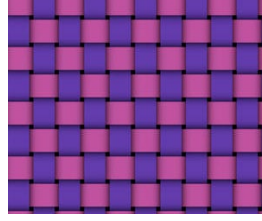
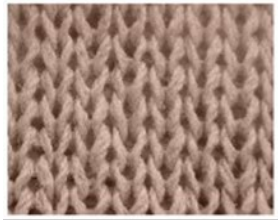
If you want to get the most for what you spend on your clothing or want your clothes to last longer, then you need to learn how to tell if a garment is well made!!



How can you judge quality? Here are some general guidelines to follow.

1. **Look at the label first.** Note that the label may be on the side seam, on the back of the neck or may be stamped into the back at the neck.
 - If the fiber content is 100 percent cotton, the garment might shrink if dried in the dryer and may wrinkle easily. So, you may want to buy a garment that is a little larger if you plan to wash and dry it with the rest of your clothes. T-shirts, in particular, tend to shrink.
 - Garments that are moderate to higher priced that are cotton/polyester blends won't shrink or stretch out of shape as 100 percent cotton garments, AND they don't tend to wrinkle. (Example: 50 percent cotton/50 percent polyester.)
2. **The tighter the construction (weave or knit) and the heavier the yarns, the better the quality of the fabric.**
 - For knit fabrics, stretch it to see if it is easy to look through. If so, it may not last as long and it may not hold its shape.
 - For woven fabric, hold it up to the light to see if you can see through it. Tug on the fabric and see if it holds firm.

Note: Some woven fabric may contain spandex which will make it stretch some. But that should not affect the quality.



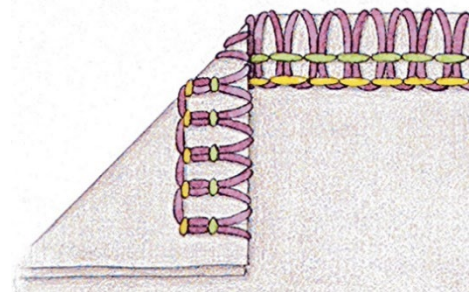
Firmly Knit Structure Thin Knit Structure Firmly Woven Loosely Woven

3. **Look at the stitches used on side seams and in the crotch area of pants and shorts.** Most stitches used today are made by a **serger**. This allows for the seam to be sewn and a seam finish to be made all in one sewing operation. However, sometimes these stitches are not close together or the tension is not correct, which will make the stitches less durable.

Serged edge tension too loose



Serged edge correct tension



4. **Check the hem of your garment** to make sure that it has a neat appearance. Be sure to try on the garment and make sure the hem hangs straight.
5. **Look at buttons.** Are they securely sewn onto the garment? If there are threads hanging out from the button, this may mean that the button is not secure.




6. **Are areas of stress reinforced with either interfacing and/or extra fabric thickness?** For woven garments, collars, cuffs and where buttons and buttonholes go should feel stiffer (this is the interfacing fabric on the inside). For knits, shoulder seams should have an extra strip of fabric or binding for reinforcement.

As you shop for your clothing, it is wise to learn all you can about quality details in all the products you buy. This will help you make the best possible choices and save you money in the long run.

Source: *Ready-to-Wear Apparel Analysis*, by: P. Brown and J. Rice

EXERCISE 1


Choose a T-shirt that you have and examine it using the following criteria.

CHARACTERISTICS	SIGNS OF QUALITY 	RATING Circle your Findings 1 = POOR 5 = SUPERB
1. STICHES	Are the stitches small (about 12 per inch) with a quality serged stitch used making the seams secure and sturdy?	1 2 3 4 5
2. SEAMS	Do the seams give when stretched and snap back in place?	1 2 3 4 5
3. FABRIC	Is the fabric closely knit so you can't see through it when held up to the light?	1 2 3 4 5
4. HEM	Does the hem have a neat appearance? If stitched on the right side of the garment, are stitches straight?	1 2 3 4 5
5. SHOULDER SEAM	Are the shoulder seams reinforced for durability?	1 2 3 4 5
6. SLEEVES	Are the seams that connect the sleeve to the shirt smooth with no gathers or puckers?	1 2 3 4 5
7. NECK BAND	Does the neck band stretch enough to easily slip over the head and then snap back in place?	1 2 3 4 5
8. POCKET	If there is a patch pocket, does it lay flat with straight and even topstitching and reinforced top corners?	1 2 3 4 5
OVERALL EVALUATION	How would you rate the overall quality of your T-shirt?	1 2 3 4 5

If your OVERALL EVALUATION was 4 or 5, congratulations — you have a well-made T-shirt that will last. If your overall evaluation was 1 or 2, your T-shirt may not last very long. You may want to use this tool when buying another garment.

EXERCISE 2

Choose a shirt in your closet (or from someone in your family) that buttons up the front and has sleeves and a collar. **Examine your shirt and rate it on the following criteria.**

CHARACTERISTICS	SIGNS OF QUALITY		RATING Circle your Findings 1 = POOR 5 = SUPERB
1. SEAMS	Are the stitches small (about 12 per inch), making the seams secure and sturdy?		1 2 3 4 5
2. HEM	Does the hem have a neat appearance? If stitched on the right side of the garment, are stitches straight?		1 2 3 4 5
3. COLLAR	Are collar points uniform (even)? Is there interfacing (added thickness) in the collar so that the collar has stiffness in order for it to lay flat and have body?		1 2 3 4 5
4. BUTTONS	Are buttons sewn on securely with no hanging threads and enough thread loops that the button will not fall off? Is there equal distance between buttons?		1 2 3 4 5
5. BUTTONHOLES	Are the buttonholes well-made with thread completely covering the edges?		1 2 3 4 5
6. REINFORCEMENT IN FRONT OF GARMENT	Is there interfacing (added thickness) down the front of your garment where the buttons and buttonholes are located?		1 2 3 4 5
7. SLEEVES	Are the seams that connect the sleeve to the shirt smooth with no gathers or puckers?		1 2 3 4 5
8. FABRIC	Is the fabric closely woven so you can't see through it when held up to the light?		1 2 3 4 5
10. POCKET	If there is a patch pocket, does it lay flat with straight and even topstitching and reinforced top corners?		1 2 3 4 5

OVERALL EVALUATION	How would you rate the overall quality of your shirt?	1	2	3	4	5
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IF YOUR OVERALL EVALUATION was 4 or 5, congratulations — you have a well-made shirt that will last. If your overall evaluation was 1 or 2, your shirt may not last very long. You may want to use this tool when buying another garment.

Activity 2: Knowing the Difference in Casual, Business Casual and Formal Wear

Project Outcome:	Define the following terms and clothing that fits into each: casual, business casual, formal.
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In the words of the great fashion designer Coco Chanel: "Dress shabbily and they will remember the clothes, dress impeccably and they will remember the person." This statement points out how important it is to know how to dress appropriately.

Have you ever been invited to go out with friends, a party or other special occasion or go for an interview and not known what to wear? When asking someone about appropriate attire, they may have said the 'dress' was either:

- casual
- business casual
- semi-formal or
- formal.



To have just the right look and be remembered for having a great look, you need to know what each of these terms mean. In this activity you will discover definitions for each and see examples. This will also help you know what is appropriate to wear to work, an interview and other occasions.

Casual Wear

Casual wear is the technical term for what you're probably wearing every day – jeans, casual pants, T-shirts, pullover tops, polo shirts, sandals, tennis shoes. However, when the dress to an occasion is said to be casual, consider it SMART casual.

Here are a few rules (with examples) to follow. Remember to dress conservatively!

1. Khakis or other slacks or capris with no holes or stains; if shorts are appropriate, wear longer versions (no short shorts); casual sweaters add a neat look to an outfit.



2. For tops, sleeveless is okay but no spaghetti straps, tank tops or tube tops; for T-shirts, make sure they are clean with no graphics.



3. If choosing jeans, wear dressier versions with no holes or stains.



4. For summer occasions, try peasant style, sun or T-shirt dresses.

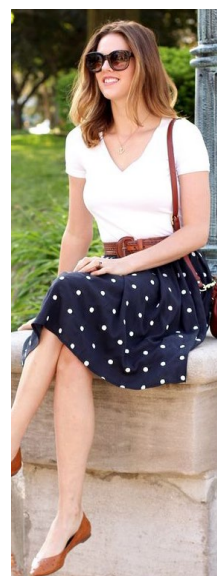


Business Casual

Business casual attire is a more relaxed version of professional dress, but it doesn't mean you're actually going to be casual! The term business casual is likely work dress code or for some interviews and events.

For **young women**, use the following guidelines when selecting what to wear for business casual:

- Wear business separates: rather than a full suit, wear a skirt with a cardigan or jacket.
- Tailored pants and a button-down shirt look great, no cut-outs, cleavage or bare midriffs. Colored shirts and blouses in solid colors or muted patterns like stripes or checks are recommended. Avoid bright patterns.
- Wear dresses that are well made with short or long sleeves. Keep the length of dresses and skirts to the knee or slightly above.
- Wear low-heeled shoes with no open toes.



Business casual guidelines for **young men**:

- Pullovers and sweaters worn over collared shirt or Polo shirt.
- Dressy slacks, such as black dress pants or pressed khakis in the summer.
- Sports jacket may also be used with colored shirt.
- No tie required, depending on the event.
- Polished dress shoes or nice loafers.



Exercise 1: Identify the following fashions as either casual or business casual.



1. _____



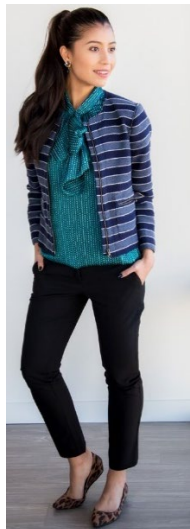
2. _____



3. _____



4. _____



5. _____



6. _____



7. _____

Answers: 1, 4, 6, 7-Casual; 2, 3, 5-Business Casual

Formal and Semi-Formal Wear

The term **formal wear** can mean a lot of different things. Often it depends on the occasion. As we explore formal wear, the term semi-formal will also be defined since many of the occasions in which you will be involved will require semi-formal instead of formal wear. There are some key ways to avoid the mistake of drastically underdressing or overdressing.

- **Semi-formal dress** tends to be more flexible than formal dress. However, many people (girls and guys alike!) think that means anything goes when there are some clear rules.
- For girls, a golden rule of wearing a semi-formal dress is that it can go to the knee or lower, but it should not touch the ground. A floor length dress would be considered formal, and you would probably be considered overdressed for the occasion. Of course, you don't want to wear simply any dress based on length so go for dresses that are made of fancier fabrics, such as silk, satin or velvet.
- For guys the expectation of **semi-formal dress** is a bit more straightforward: wear clothes that are just slightly less formal than a tuxedo. Dress slacks, jackets, blazers and suits are all good starting points. The colors, thickness of fabric and level of accessorizing is up to individual taste as well as the event details (location, time, etc.).



- **Formal attire** is what you would wear to the fanciest events on your calendar. If your invitation indicates the attire is formal, such as for evening weddings, prom and special dinners, here are some guidelines you should follow:

Women: Typically, formal dresses are floor length, though midi or knee-length options can work for certain occasions. Feel free to choose the neckline of your choice but avoid ultra-plunging options that show too much skin.

Specific categories of formal wear:

***Black tie:** wear a floor-length gown that is a simple fitted silhouette with beaded embellishments. Add sparkly earrings and bejeweled shoes and clutches.

***White tie** affairs are as formal as it gets. These are usually over-the-top galas, ultra-fancy wedding parties and state dinners. This is a time you can wear an exaggerated ball skirted gown or if you prefer form-fitting silhouettes, reach for a glittering metallic gown.

***Outdoor formal** doesn't necessarily make it laid-back and casual. While you have a bit more freedom to play with colors and prints during fancy outdoor affairs, like beach weddings and garden parties, you should still avoid looking informal and steer clear of mini dresses or revealing options. Examples of what to wear include a silky wrap dress or pretty printed frock that can be dressed up with fancy jewels or an embellished handbag. Stick with loose flowy options.



Formal

Black Tie

Outdoor Formal

Men: Typically, when the occasion calls for **formal wear**, a dark suit and tie with dressy leather shoes or a tuxedo is appropriate (depending on the occasion).

Specific categories of formal wear:

***Black tie:** wear a classic black tuxedo, including jacket, trousers with a satin stripe down the side, a cummerbund and a bow tie.

***White tie:** This is the most formal you can get. This requires the most formal outfit available: black or navy tailcoat, matching trousers with a satin seam running down the outer of each leg, a waistcoat, a white wing-collared dress shirt, a bow tie and a boutonniere.

***Outdoor formal:** Since the event will, as the name suggests, be outdoors, keep it light. A white, cream or light grey suit will look much more at home outdoors than a traditional black suit. For fabrics, opt for a cotton or linen suit, which will be much more forgiving if you're sweating in the sun. Feel free to leave the tie at home and try a patterned shirt.



Formal



Black Tie



Outdoor Formal

Use the QR code below to further explore what to wear for various occasions for varying dress codes.



What to Do with What You Have Learned

Now that you have learned appropriate dress for casual, business casual and formal wear:

1. **Explore the internet** and find examples of each that reflect your personal style.
2. **Create a fashion board** (using 1/2 sheet of poster board or online) that shows what you have found.
3. **Create a display board** or presentation and **share** what you have learned with other 4-H'ers.

Activity 3: How to Know What to Wear to Look Your Best

Project Outcomes: Analyze what looks best on an individual based on the garment features of line, color and texture.

Have you ever felt like you had nothing to wear? Even though you may have lots of clothes in your closet, you may not have those items that look the best on you, or you may not be putting them together for your best look.

In the Beginning Level of the Clothing and Textiles Project Activity 2, you learned about line, color and texture related to how they affect the way you look.

Refer to that activity as you learn more about how to LOOK YOUR BEST in this activity.

Fashion is probably extremely important to you. Being able to express yourself in your own unique way is fun and helps you make your own statement. Putting together great looks every day can be difficult.



To Get Started

Let's first explore some common mistakes that keep you from looking your best. Check if you have ever made any of these common fashion mistakes:

COMMON MISTAKE	YES, I have made this fashion mistake.	NO, I have not made this fashion mistake.
You spent all your money on the newest trendy clothes and accessories regardless of how they looked on you.		
You wore whatever your friends were wearing, even if it wasn't really your style.		
You wore something just because your mom or dad didn't want you to wear it.		
You bought clothes that didn't fit because you were worried about the size on the tag.		
You wore what your friend thought was hot.		
You were afraid to experiment with your style.		
You listened to what friends/magazines/others said about what you should or shouldn't wear.		

In order to develop your unique style while taking into consideration the lines, colors, and textures that work best, follow these guidelines.

TO LOOK YOUR BEST:

1. The first step to any good outfit is fit. When trying on clothes, make sure they aren't too tight or too loose.



2. Choose clothes that are comfortable and fit you well. Avoid buying clothes just because they're on sale! Always try them on first and make sure they fit you well. If the item is too long, loose, short, small or big for you, leave it on the rack.

Also, go through your current wardrobe and get rid of anything that doesn't fit you well.

- If you own clothes that are too small, donate them to charity or give them to a younger family member. Try to avoid keeping something that might fit you again one day if it's already too small.
- Toss out baggy clothing unless you think they can be tailored to fit you perfectly. It's usually only worth spending money on tailoring an item if it's something really nice, though.
- Keep in mind that some clothes are supposed to be loose or formfitting! However, if your clothes are dragging on the ground, or if you feel like your movements are restricted, the items don't fit well.

TO DO

Examine the clothes in your closet and take the first step in creating your best look by pulling out those clothes that fit in the above categories explained (too small, too baggy, fit but inhibit your free movement).

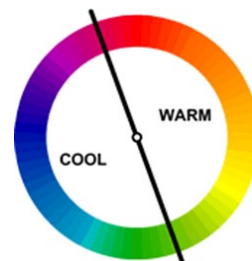
How many did you find of each?

_____ Too Small _____ Too Baggy _____ Fit but inhibit your movement

Determine how many you will actually get rid of and then take action. Alter what you can to fit.

3. Wear colors that look great with your skin's natural undertones. No matter what your skin tone is, your skin's undertones will fall into 1 of 3 categories: cool, warm or neutral. To determine which you are:

- Hold a sheet of gold foil (or paper) to the side of your face so it reflects light back on your skin.
- Now do the same with a piece of silver foil.
- If the gold foil looks best and creates a glow on your skin, you have warm skin tones. If the silver foil makes your skin glow, then you have cool skin tones.
- If you can't tell the difference, you likely have a neutral skin tone.



- Once you determine your undertones, choose clothes in colors that complement your undertones for a simple way to look polished and put-together.

*People with **warm undertones** look great in reds, oranges, yellows, ivory, browns and gold.

***Cool tones** match well with greens, blues, pinks, purples and silver.

*If you have **neutral undertones**, you can pull off almost any color! Go with medium shades of any color you want and avoid pastels.

What are your best colors?

After completing this exercise, which are you?

Warm

Cool

Neutral

4. Opt for pieces in contrasting solid colors to create visual interest.

Contrasting colors break up your outfit and keep it from looking uniform.

When choosing contrasting colors, try to stay within the same shade range. If you start with a neutral, pair it with a contrasting neutral.

- For example, if your base piece is pastel (light blue), choose a contrasting pastel (peach) piece to go with it.

- Pairing a white top with black print pants is a simple way to make your neutral outfit pop. Neutrals work in any season.
- Wear a navy shirt with forest green cargo pants for a great look.
- A mint green shirt with navy jeans is a classic look with a twist.



Which of these ideas will you use to add visual interest?
Circle the one above.

5. Use lines to create the ideal look. As you learned from earlier activities, vertical lines make you appear taller while horizontal lines make you appear shorter and emphasize specific parts of your body. So, **identify the illusion you want to create and make lines work for you.**

Pairing a blue and white striped shirt with a pair of jeans will make you look shorter and is a great look to emphasize your waist.

Think about how a slim cut pair of slacks is slenderizing. You can show your personal style by choosing interesting fabrics.



A contrast in color across the top of this shirt, emphasizes the shoulders for a great look for guys.

Wearing a solid color with a defined waist creates a Lengthening effect.

6. Choose a third layer in a complementary or contrasting color and texture. There are times when you NEED that third layer of clothes for warmth and other times when you just want to create a unique look.

Layers can quickly elevate any outfit and create a more stylish vibe. Cardigans, hoodies, tights, vests and jackets are typically considered to be third layers.

Select colors that tie into or contrast with your outfit, depending on your best colors and whether you look best with contrasting colors.

You can use fabrics with a different texture than your base item but be careful not to use textures that are too bulky.

- For example, pair a bright pink long knit cardigan with a navy dress.

- Elevate a basic white T-shirt and blue jeans with a black leather jacket.
- Top off your outfit with a safari jacket or fuzzy cardigan or knit scarf in a contrasting neutral color.

Which of these ideas work for you and why?



EXERCISE 1: Creating Great Looks

Now that you have learned about what makes great looks, use these examples and describe how you would use the items to **make great looks for the identified individuals.**

Be sure to select the colors that are appropriate for the indicated skin undertones. Note that neutral colors (black, brown, tan, white) can be worn by those that have both warm and cool undertones. They just need to blend in with the colors you choose. The answers are on the next page.

1. An individual with **warm undertones** who wants to look **taller and slimmer**.

List or circle items you would use from what is given:



2. An individual with **cool undertones** who is tall and skinny and **wants to look shorter and not quite so skinny.**

List or circle items you would use from what is given:



Answers: All colors work for warm undertones for both 1 and 2.
1. To make a person appear taller, dress in similar colors from head to toe and add contrasting accessories.
2. To make a person appear shorter and less thin, dress in contrasting tops and bottoms.

EXERCISE 2**Discover What's in Your Wardrobe Based on Your Best Style**

Now that you have learned more about how to dress for your best look, it's time to determine what you have that works and what you need to buy to complete your looks.

Identify your best colors, lines and textures. Then see what you have that fits into these categories. Use the scarecrow method of putting together garments by laying tops and then bottoms that go together on a surface. Make a note when you don't have an item that would make a great look. Also, mix and match when a bottom would go with several tops.

COMPLETE THESE STATEMENTS	CIRCLE YOUR ANSWER	DESCRIPTION OF WHAT YOU HAVE IN YOUR CLOSET FOR YOUR BEST LOOK*
My skin undertones are:	Warm, Cool, Neutral	
The colors that look best on me based on my skin undertones are:	(List the exact colors here)	
I need to wear _____ lines to create my best looks.	Vertical, Horizontal, Curved, Diagonal	
Textures that look best on me are:	Soft and Flowy Shiny, Sheer Bulky Knits, Crisp Smooth and Dull	

*List combinations of garments that make your best looks based on examples given in this activity.

Now make a list of garment items you would like to buy to give you your best looks:

Exercise 3: Explore More about Fit and Style

Use the QR codes below to further investigate what makes a garment fit well and styles that look good on you.

Resources:

Wardrobe Basics for a Great Fit and Look



Her Style Code Ideas for Teen Girls



Attire Club, Back to School Fashion Tips for Teenage Boys



Activity 4: Exploring Fashion Historically

Project Outcome:	Recognize popular styles in fashion that reoccur throughout history.
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Fashion has certainly come a long way from the top hats and petticoats era of the past. Clothes today have become a great combination of aesthetics (concepts of beauty) and function. You might think that fashion is always new and innovative. In fact, fashion cycles or recycles about every 15 to 20 years. **When an item comes into fashion each time, it is always a little different, maybe in color, fabric or length but** nonetheless inspired by a particular era.

Why does Fashion repeat itself?

- **Mass production:** factories making fashion quickly, so it is available quickly.
- **Famous personalities** (singers, actresses...) wearing a new style will make it popular.
- **Communications of new styles** being introduced by media (television, internet, social media).
- **People like something new and different** (we want change).

Since it does take about 15 to 20 years to appear again, you may not be aware of the old fashion since it is new to you. I'm sure you have heard your mom saying, "I used to have one like that when I was younger."

To Get Started

Ask an adult relative to give you an example of something that you now wear that is similar to what they wore 15-20 years ago and list below:

Here are examples of the repeat of fashion over the decades:

Emphasis on the Shoulders, 1930s and 1940s



Designer Elsa Schiaparelli, 1930s



Women working while men were at war, 1940s

Emphasis on Shoulders, 1980s and 2020



Women professionals in workplace, 1980s



2020

Other examples of fashion repeating itself include:

1. **Crop tops** were actually popular first in the 1940s worn with high-waisted skirts, then emerged again in the 1960s worn with bell bottom pants and became popular again in 2020.
2. **Leggings** were first created by DuPont in 1959 and they were worn in the 1960s under miniskirts. During the 1980s with the fitness craze, leggings began to spill over into fashion being paired with skirts or under long shirts. Since 2016, leggings have been a fashion staple.
3. **Denim shorts** became popular along with denim jeans in the 1970's, again in 1990 and then in 2018.



TRENDS FROM THE DECADES '60s-90s

Now that you have learned a little about how fashion reoccurs, we will look at the decades of the 1960s through the 1990s to explore the trends of these decades.

The 60s

What was popular:

- The miniskirt
- Leopard print
- The beret
- Tuxedos for women
- The babydoll dress
- Orange and brown
- Flares
- Pillbox hats



The 70s

- Floppy hats
- Platform shoes
- Jumpsuits, long dresses
- Wrap dresses
- Bell bottoms and bell sleeves
- Crop tops/tube tops
- Boots (thigh high/knee high/ankle boots/cowboy boots)
- Both fitted and flowing button-down shirts
- Denim shirts and jacket
- Vests



To Do: Examine the trends from the 60s and 70s. What similarities do you see? What differences?

The 80s

- Big hair
- Spandex
- Ripped knees
- Lacey shirts
- Leg warmers
- High-waisted jeans
- Neon colors
- Cut-off sweatshirts
- Oversized shoulder pads
- Oversized jackets
- Monochromatic power suit for women



To Do: Examine the Trends from the 80s. Which trends do you see today in fashion?

The 90s

- Animal print
- Velvet
- Slip dresses
- Small bags
- Leather blazers
- Combat trousers and boots
- Tube tops
- Plaid shirts
- Baggy clothes
- Halter tops



To Do: In examining the looks from the 90s, find one that you would wear and describe how you would change it to reflect your personality while keeping the look the 90s inspired.

What to do with what you have learned: Now the challenge is on!!!

- Look in your closet and pull out five outfits that you wear.
- Examine each outfit and determine what decade inspired them.
- If any of those you selected are not inspired by the decades studied in this activity, explain what you could add or change about the outfit that would make it reflect a specific decade in this activity.
- Be sure to take pictures of you examining your garments for your portfolio.

Description of outfit.	Decade which inspired outfit (explain why).	How might you change the outfit to reflect a specific decade if it doesn't already (indicate decade)?

Activity 5 - Get the Most from your Clothes: Refashion, Recycle or Swap

Project	Reuse, recycle or swap clothing for extended wear.
Outcomes:	

If you look in your closet, you probably see a lot of clothes that you don't wear very much or at all. Have you had the thought that you need to clean out your closet and get rid of what you don't wear? There are other options. You can refashion (reuse), recycle, sell or swap what you don't currently wear.



In this activity you will learn strategies for freshening up your wardrobe by using one of these techniques.

This will not only extend your wardrobe but save money and have a positive impact on the environment. In addition, you may find that you have more space in your closet so you can organize the clothes you have. Here are some additional reasons for repurposing your clothes:

- stretches family budget
- challenges the creative spirit
- makes an inactive garment active
- keeps wardrobe up to date
- preserves, protects and utilizes clothing
- provides creative satisfaction resources
- involves time, skill, creativity
- frees up dollars for other needs.

Before starting this project, it's very important to make some decisions. You must decide the following — especially if you will be refashioning (remaking) a garment:

- Am I willing to spend the time?
- Do I have the necessary skills?
- Am I enthusiastic about the project?
- Is it a reasonable cost — will it be worth it?
- Will I wear the remodeled garment in order to justify my time?



To Get Started

Once you have decided to jump in and recreate your wardrobe, first divide the clothes in your wardrobe by clothes you wear often (at least once a month) and those you haven't worn in over a month. (Hint: You may want to only look at clothes that are worn in the current season as well as those that span seasons.)

Use the chart below to answer the following questions for each article of clothing you HAVEN'T worn in over a month.

ITEM NAME	Questions to Answer:				
	Do I like the garment?	Do I like the color?	Do I like the fabric?	Is the garment in good condition?	Will it be worn if it's refashioned or repaired?
(Ex: Blue Polo)	___Yes ___No	___Yes ___No	___Yes ___No	___Yes ___No	___Yes ___No
	___Yes ___No	___Yes ___No	___Yes ___No	___Yes ___No	___Yes ___No
	___Yes ___No	___Yes ___No	___Yes ___No	___Yes ___No	___Yes ___No
	___Yes ___No	___Yes ___No	___Yes ___No	___Yes ___No	___Yes ___No
	___Yes ___No	___Yes ___No	___Yes ___No	___Yes ___No	___Yes ___No
	___Yes ___No	___Yes ___No	___Yes ___No	___Yes ___No	___Yes ___No

If you answered "no" to any of the questions for a particular item, then put the garment in a separate pile to either recycle, sell or swap with a friend.

Refashioning Strategies

Now that you have analyzed your clothes, it's time to look at the stack of those items that you want to refashion and develop some strategies. The term refashioning means to take a garment and make changes in it so you will wear it. You may also hear the terms up-fashion or up-cycle which mean the same thing. There are limitless ideas for changing up a garment to make it new and refreshing, from simply adding trims and buttons, cutting off the sleeves or legs of garments to more complex changes like disassembling and reassembling a garment. Really creative ideas can add the personal touch to items you may otherwise dismiss as useless.

Here are a few suggestions but your own creativity will help you visualize what will work for you.

TO DO: Make notes next to the ideas you like, identifying specific garments that you might make changes to or make a chart like the one below to indicate the item and change you will make.

Name of garment	Change I will make to the garment to refashion

Refashioning Ideas

Add a ruffle or lace to the bottom of a garment.



Use trims such as lace, beads, jewels, braid, fabric paint.



Add width by inserting bands of fabric or lace, pleats, gores, yokes or tucks.



Add new trendy fabric to back panels of a jean jacket.



Lengthen a skirt by adding wide lace, ruffles or other trim.



Split the back of a shirt and add a lace pleat.



Additional Refashioning Ideas

- Cut off sleeves and cover the raw edge with a complementary fabric
- Update with new buttons
- Convert dress into jumper (remove sleeves and lower neckline)
- Add an applique or vinyl press-on design to a T-shirt or dress
- Make a pair of pants or jeans into shorts by cutting off the legs and hemming (or turning up and hand sewing in place)
- Add a peplum (fabric extension that flairs) to a waisted jacket
- Reshape garment: create a new waistline, narrow pant legs
- Make knit hat or cap from old sweater
- Lengthen by adding bands of fabric (sewn on old hem line) repeat at sleeves or neckline to draw garment together
- Add contrasting patch pockets
- Turn short dress into tunic
- Change the neckline by re-cutting it and finish new edge with trim such as lace

Guide to Refashioning

You may be asking, where do I start in refashioning my outdated clothes? Here are some general principles that will help make your project a success:

- Try to keep the basic construction of a garment as it is, if possible, to save you time and effort. Major details like bodice shape or neckline treatment should fit well and be flattering because they may be too difficult or time consuming to be worth changing.
- When adding fabric to the garment, choose something that is compatible in weight, texture and care requirements. If you are adding contrasting colors, see how they look on the garment up close and far away.
- When you add topstitching, trims, fabric, etc., to one area of the garment, you may also want to add it somewhere else for pleasing repetition.
- You want a unified blend of color, line, shape and texture. The changes you make should look as though they were always part of the garment.



Selling, Trading or Donating Your Garments

Now that you have discovered how to refashion those garments that are worth refreshing, let's explore the pile of clothes that you put aside that you decided not to refashion. First divide this stack into two piles: the clothes that are in pretty good shape that someone else might want and those that may have holes and stains. Garments that are still in good shape can be useful to someone else.

Selling

In today's age of the internet and social media, it is easier than ever to sell the clothes you no longer wear. If you want to sell your clothes online, work with your parents to do this. Together you can discover sites such as eBay or swap/shop sites. Posting what you want to sell on social media sites is another quick way to sell items. (This may also be a way for you can help your parents sell other items around the house that are no longer useful.)

Another option is to have a **yard sale**. Keep in mind that you will only recoup a fraction (approximately 10 to 30 percent for formal wear) of the cost of the garment, whether it was worn a great deal or never. Used clothes sell for very low prices, and you need to consider this and the time it takes to prepare for the sale. You may want to join forces with someone else.

Consignment stores are another option where you can sell your clothes. These stores will give you a percentage of items sold or will outright buy your clothes to resell.

TO DO: Review the above information about options for selling the clothes you no longer wear. **Determine which of the options you would most likely do and why:**



Giving to charity: Most communities have nonprofit organizations that give or sell clothing at a low price to those who can't afford to buy them at retail stores. By giving your clothes to these organizations, you are helping your community (in addition to cleaning out your closet).

Note: You can deduct the value of the clothing on

your family's income tax if you receive a receipt from the charitable organization.

Giving to children for dress up: In addition to giving kids a fun time, giving your clothes to a children's center/day care/after school program or younger siblings or children in the neighborhood is another way you can contribute to your community.



Swapping clothing with friends and relatives works especially well for special occasion garments like formal wear that aren't worn often. Here's a fun idea: *have a clothing swap party!!* You will not only get rid of clothing and accessories you don't use, but you may find a few items that are perfect for your wardrobe and have fun in the meantime.

Here are a few rules to consider:

1. Start out small, inviting only a few friends.
2. When inviting your friends, either invite friends where there will be a good mix of sizes and make sure there's at least one match for each size or stick to inviting those who are within one or two sizes of each other.
3. Set some rules for the swap. Encourage your friends to bring in a minimum and maximum number of items in order to participate, at least five items and no more than 10. It's also important to stipulate that all items must be clean, quality clothes that are in good shape – no broken zippers!
4. You'll want to have enough tables or clear surfaces for displaying folded sweaters and shirts, clothing racks for hanging up dresses and skirts, hangers, shoe racks. Also provide a full-length mirror.



For more information about having a clothing swap party go to:



Recycle What You Don't Wear

For the clothes in your closet that you don't want to refashion, sell, give away or swap, there are other opportunities to put them to use without throwing them into the trash. Consider the following: The fashion industry is the second largest source of pollution in the world. When you buy a new cotton shirt, you're requiring new cotton to be grown, harvested, dyed, sewn and shipped to the store. Producing a single cotton tee and a pair of jeans can require up to 5,000 gallons of water.



Follow the QR code to learn more.

Here are some ideas for what to do with those unwanted clothes:

- Use the fabric to create patchwork or applique designs for other clothes.
- Use fabric for quilt making.
- Convert to dust cloths or cleaning cloths.
- Use fabric for craft projects/doll clothes.
- Make sock monkeys or other stuffed toys and donate to a community center or fire department/police department for them to give to children.
- Check with your local animal shelter. They may be able to use the fabric to clean, make beds and blankets, and help the shelter feel more like home for the animals.

TO DO: Try these creative ideas to recycle your unwanted clothes:

	<p>Try making this bag that can be used for groceries, or to take to the beach or pool. Simply cut out the sleeves and lower the neckline. Then determine the length you want cut off and make slits across the bottom. Tie together and enjoy!</p>
	<p>Take several T-shirts and cut the body of the shirt off just under the arms and remove the bottom hem. Cut your shirt into long continuous strips, about 4 inches wide by beginning at the bottom of the body panel and cutting in a spiral until you reach the top. Do this with three to four shirts and then braid together. Tie at the bottom leaving a 6-inch tail and then cut the remainder into smaller strips to make fringe.</p>
	<p>Use worn out jeans to make this necklace by cutting long strips in different lengths then looping around a necklace hoop.</p>

Congratulations!

You have now completed the first unit of the Intermediate Clothing and Textiles Project Area Guide. Throughout this project guide, you have learned about the most important things to get you started in the project.

More information can be found on the Tennessee 4-H Clothing & Textiles project page, including the project outcomes. Now you can move on to the second unit of this project, “The Economics of Clothing.”



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