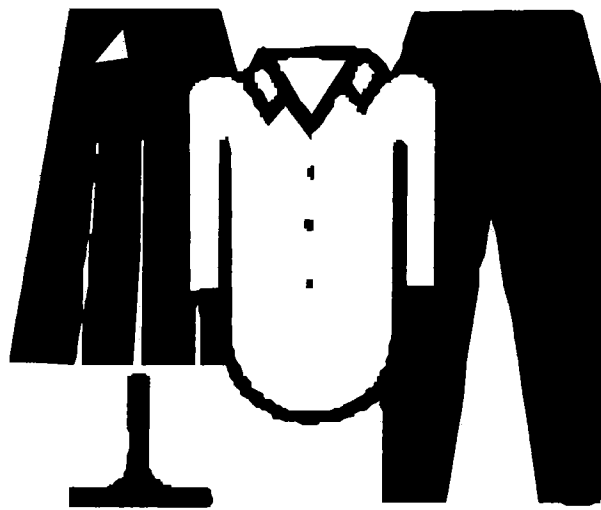


***LOOKIN' GOOD!***



***A Mini-Micropedia  
Activities for Real Life Learning***

*by*

***Marian B. Latzko***

# **LOOKIN' GOOD!**

## **ACTIVITIES for "REAL LIFE"**

These experiences are designed to go along with "*Lookin' Good! A Mini-Micropedia.*" \* or *I CAN DO IT! A Micropedia of Living On Your Own.* The sheets are designed to be used:

- with the Mini-Micropedia or *Micropedia* to apply and practice the knowledge offered in the book.
- by themselves as appropriate to the teacher and the learner.

**It is especially meaningful to allow the micropedias or mini-micropedias to go with the "students" after their training. In this way they can look up what they need to know when they need it.**

### **LEVELS OF LEARNING**

The experiences are designed for three different levels of understanding needed when grooming and buying and caring for clothing.

1. **MINIMAL:** This is for very basic knowledge needed. It includes: fabric types, clothing labels; removing simple stains; laundry steps; hand laundering; personal grooming.
2. **INTERMEDIATE:** This is for further knowledge and includes: creating a wardrobe inventory and clothing plan; making a clothing budget; ironing; simple clothing repairs; shoe care.
3. **ADEQUATE:** This unit offers more comprehensive knowledge needed. Included are: judging quality and fit of clothing; seasonal clothing storage.

### **ADDED SUGGESTIONS FOR LEARNING**

**The cover sheet for each level has additional ideas for teaching. These are added to enrich the learning and to apply the knowledge learned in different ways. They will expand the knowledge through real applications. This will be especially meaningful for different types of learners.**

### **TESTS ARE INCLUDED**

If you need to know where the learner's knowledge level is before training, pre-tests are included. They are in the form of oral tests. There are also post-tests that can help evaluate what was learned.

\* "*Lookin' Good! A Mini-Micropedia*" is taken from appropriate chapters of "*I CAN DO IT! A Micropedia of Living On Your Own*" by Marian B. Latzko M.S.

**NOTE: THESE MATERIALS ARE TO BE USED IN ONE EDUCATIONAL SETTING FOR EDUCATIONAL PURPOSES ONLY.**

# **LOOKIN' GOOD!**

## ***A Mini-Micropedia***

**(level 1, MINIMAL)**

**These experiences are designed for minimal knowledge needed clothing choice and care.**

- Persons teaching clothing and its care can use *Lookin' Good! A Mini-Micropedia* along with these added learning experiences.
- The learning materials can be used with the *Mini-Micropedia* or by themselves.
- There is a pre-oral test and an objective post test included.

**The objectives of this unit are to:**

1. Understand fabrics and their care (types of fibers, laundry products)
2. Interpret clothing labels
3. Remove simple stains from clothing
4. Demonstrate laundry steps at home and/or a Laundromat
5. Understand hand laundering steps
6. Plan and record personal grooming habits.

### **Suggested Added Learning Experiences**

**(These can be used according to the capability of the learner.)**

1. Create ads for laundry products.
2. Research stain removal on internet (i.e. [www.sdahq.org](http://www.sdahq.org))
3. Analyze full basket of normal laundry including linens.
4. Look at thread and fibers under a microscope.
5. Visit a Laundromat.
6. Create a laundry supply basket or box.
7. Set up a grooming school.
8. Create a puppet show depicting different fibers and their care process.
9. Visit a beauty parlor that services both men and women and learn grooming techniques.
10. Visit a dry cleaning store and laundromat.
11. Research how synthetic threads and fibers are made.



## WHAT CAN A MICROSCOPE TELL US?

If you look at a fiber under a microscope, each fiber looks different.



*Cotton* has a lumen down the center that was used to “feed” the cotton plant. *Wool* has scales. *Synthetics* are tube-like. They resemble a plastic straw.

Each fiber needs to be handled differently. Since there are so very many synthetics, it will be meaningful to understand how to care for them in a general way. Let’s explore!

Since synthetics resemble plastic straws, list the qualities you think a plastic straw has (i.e. consider strength, durability, absorption, heat, and shape.)

Since synthetic (man-made) threads are similar to plastic straws, what does this tell you about specific laundry processes of clothes made of synthetics? Relate to the following:

Water temperature

Ironing temperature

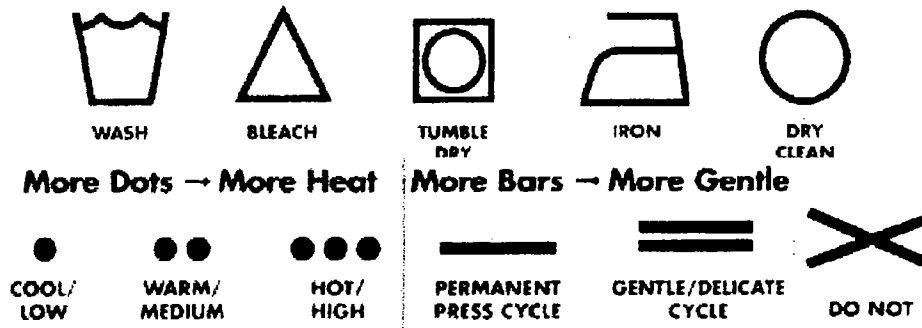
Drying process

Laundering process

Stain removal

(Now you might like to consider the handling of wool. (It resembles hair. Qualities of hair are that it tangles easily. It has oils that help its beauty. It can restore these oils. It can generally break off easily. ) How do these traits relate to the care of a wool sweater?

# MAKE YOUR OWN LABELS



**D**raw labels for clothes requiring the following care:

1. Machine wash  
Warm water  
Any bleach (when needed)  
Normal cycle  
Tumble dry any heat
2. Dry clean  
Do not wash
3. Machine wash  
Delicate/gentle cycle  
Cool/cold water  
Low tumble dry  
Iron- low (dry or steam heat)
4. Hand wash  
Do not tumble dry  
Drip dry  
Iron, medium temperature
5. Machine wash/permanent press cycle  
Only non-chlorine bleach (when needed)  
Tumble dry-medium heat setting  
Iron medium (Dry or Steam Temperature)

**Working in groups compare labels and see if labels agree.**

## **Discuss:**

- What can happen if label directions aren't followed?
- Where are clothes made?
- Why were simple symbol labels created?
- Do you know how to recognize different types of fabrics?



# STAIN PRESCRIPTIONS

Decide how to treat the following stains. Complete the chart below. You can describe or demonstrate.

<u>STAIN</u>	<u>MATERIALS NEEDED</u>	<u>STAIN REMOVAL METHOD</u>	<u>SUCCESS DESCRIPTION</u>
Chocolate			
Cola			
Grass			
Gum			



## STAIN PRESCRIPTIONS

Decide how to treat the following stains. Complete the chart below. You can describe or demonstrate.

<u>STAIN</u>	<u>MATERIALS NEEDED</u>	<u>STAIN REMOVAL METHOD</u>	<u>SUCCESS DESCRIPTION</u>
Lipstick			
Coffee			
Crayon			
Other			



# WHO WINS THE LAUNDRY GAME?



The objective of this game is to learn how to remove stains from fabrics.

Divide group into two teams.

Create a name for each team.

Create index cards with the names of stain problems listed below:

mustard	meat	lipstick	milk	egg
blood	nail polish	rust	coffee	cola
ice cream	chocolate	ink	candle wax	orange juice
vomit	grease	deodorant	mildew	mud

Create another set of index cards with stain removal processes listed along with the name of stain to be removed.

Set rules for time allowed to give the answer to removal process of the chosen stain card.

Team #1 draws a card from the pile of stain problem index cards.

Team #2 explains how to treat the stain. (One point is scored for a correct answer.)

Team # 2 then draws a card from the pile of stain problem index cards.

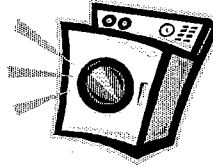
Team # 1 explains how to treat the stain. (One point is scored for a correct answer.)

Alternately draw a card from the pile of stain problems. The one with the most points for correct answers **WINS !**

<b>SCORE SHEET</b>	
<b>Team # 1</b>	<b>Team # 2</b>



# I DID THE LAUNDRY!



Help do the laundry at home or at a Laundromat.

Check off the items that were accomplished:

- Read the labels and analyzed the fabrics.
- Sorted the items by color and fabric.
- Prepared pieces for washing.
  - emptied pockets
  - closed zippers and hooks
  - knotted belts, strings, and long stockings
  - brushed lint from cuffs and pockets
  - repaired holes or tears
  - removed trims that could fade
  - turned inside out: permanent press garments with creases or prints, knits, jeans

Removed stains

Type of stain #1: \_\_\_\_\_

Prechecked stain remover on unseen part of garment? \_\_\_\_\_ (yes or no)

Process and products used: \_\_\_\_\_

Type of stain #2: \_\_\_\_\_

Prechecked stain remover on unseen part of garment? \_\_\_\_\_ (yes or no)

Process and products used: \_\_\_\_\_

Type of stain: #3 \_\_\_\_\_

Prechecked stain remover on unseen part of garment? \_\_\_\_\_ (yes or no)

Process and products used: \_\_\_\_\_

Washed clothes and linens

Load #1 Water temperature \_\_\_\_\_ Type of products \_\_\_\_\_

Load #2 Water temperature \_\_\_\_\_ Type of products \_\_\_\_\_

Load #3 Water temperature \_\_\_\_\_ Type of products \_\_\_\_\_

Load #4 Water temperature \_\_\_\_\_ Type of products \_\_\_\_\_

Garments that were hand laundered: \_\_\_\_\_

Dried and ironed items

Used dryer (Drying temperature of cycle \_\_\_\_\_)

Line dried

Ironed items

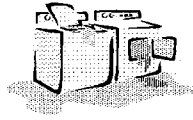
Folded items

Put items away

Handled correct money if using a Laundromat.

Problems I had:

\_\_\_\_\_  
Name of person observing \_\_\_\_\_ Date accomplished \_\_\_\_\_



## LAUNDRY PROCESS



How do you wash a pair of 100% cotton blue jeans?  
(The jeans are stained with oil and grass.)  
The label reads:

**Check the correct wash load to use:**

- white and colorfast
- light colors
- dark colors
- fluorescent colors
- hand painted, tie dyed, block print
- machine washable wool
- permanent press, synthetic
- terry cloth, lint creators
- hand washable, loosely knit, lacy knits

**Prepreparation steps:**

**Stain removal process:**

**Washing products that can be used:**

- chlorine bleach
- oxygen bleach
- enzyme presoak
- all-purpose detergent
- light duty detergent
- soap
- wool cleaners
- laundry detergent

**Water temperature to use for washing**

cold       warm       hot

**Water temperature to use for rinsing:**

cold       warm       hot

**Agitation speed:**

slow       medium       fast

**Drying process:**

**Ironing:**

Necessary       Not necessary

Iron temperature:

How do you wash a machine washable wool?  
(There is a tomato sauce pizza stain on the front.)  
The label reads:

**Check the correct wash load to use:**

- white and colorfast
- light colors
- dark colors
- fluorescent colors
- hand painted, tie dyed, block print
- machine washable wool
- permanent press, synthetic
- terry cloth, lint creators
- hand washable, loosely knit, lacy knits

**Prepreparation steps:**

**Stain removal process:**

**Washing products that can be used:**

- chlorine bleach
- oxygen bleach
- enzyme presoak
- all-purpose detergent
- light duty detergent
- soap
- wool cleaners
- laundry detergent

**Water temperature to use for washing:**

cold       warm       hot

**Water temperature to use for rinsing:**

cold       warm       hot

**Agitation speed:**

slow       medium       fast

**Drying process:**

**Ironing:**

Necessary       Not necessary

Iron temperature:



## *Washing Things by Hand. . .*

**Demonstrate or explain how to hand wash the following items:**

### **WOOL SWEATER:**

Product used:

Temperature of water:

Process of agitation:

Rinse process:

Drying process:

Other information:

### **SILK SHIRT:**

Product used:

Temperature of water:

Process of agitation:

Rinse process:






Drying process:

Ironing process:

Other information:



## MY GROOMING PLAN CHECKLIST

Grooming Area	I do this regularly	I need to know more about this	I need improvement
 <b>Body</b> Wash face twice a day. Shower or bathe daily. Wash hands after using bathroom. Wash hands before eating or preparing food. Use deodorant or antiperspirant when necessary.			
 <b>Hands and Nails</b> Trim and file fingernails weekly or as needed. Trim and file toenails weekly or as needed. Avoid nail biting. Remove chipped fingernail polish. Keep fingernails clean Push back cuticle after shower or bath.			
 <b>Hair</b> Shampoo hair as needed. Brush daily. Brush or comb as needed. Shave facial hair appropriately as needed. Style hair appropriately.			
 <b>Dental</b> Brush and floss teeth after meals. Visit dentist at least once a year. Rinse mouth with water after eating snacks. Limit carbohydrate intake between meals.			
 <b>Clothing</b> Wear clean and mended clothes. Wear clean or polished shoes. Wear clothes appropriate to the occasion. Wear clothes becoming to you. Maintain good posture so clothes look good.			

List any roadblocks you have that can keep you from good grooming habits.

List ways to overcome the roadblocks.

How can you find the information you need?

## MY "CHANGE A HABIT" PLAN

Looking back at your grooming chart, list items below that you want to improve.

<i>Items I want to improve:</i>	<i>How I'll improve them:</i>	<i>Date to accomplish:</i>
1.		
2.		
3.		
4.		
5.		
6.		
7.		

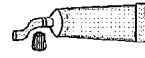
Signed: \_\_\_\_\_ Date: \_\_\_\_\_

***Evaluate your success!***

*Create a picture, rap poem, or poem about your successes and your failures.*



# GROOMING COSTS



When figuring budgets, costs of grooming can come as a surprise. The chart below will help to:

- \*analyze your personal grooming costs
- \*consider alternatives for cutting costs

GROOMING SUPPLIES I USE	COST	ALTERNATIVE
Hair (shampoo, mousse, conditioner, etc.)		
Face (soap, make-up, razor, lotion, medication, etc.)		
Body (lotions, deoderants, perfumes, soaps, etc.)		
Mouth (toothpaste, mouthwash, dental floss, etc.)		
Hands (nail polish, lotion, cleaners, creams, etc.)		
Professional help (hair cuts, permanents, etc.)		
Other things:		

**Oral Pre-Test**  
**“Lookin’ Good!”**  
**(Level 1 - Minimal)**

1. Why is it helpful to recognize fabrics in clothing? *(If labels are gone, you know how to care for items.)*
2. Do you recognize the meaning of the label symbols on your clothes? *(Answer yes or no. Should give examples.)*
3. Do you know how to remove the following stains from clothes: mustard, coke, ketchup, grass, mud? *(Answer yes or no. Should be able to explain products used and the method of removal.)*
4. Explain laundry products to use when doing laundry. *(enzyme pre-soak, detergents, starch, heavy duty detergent, oxygen bleach.)*
5. Have you ever done family laundry? *(Yes or no) What steps did you follow? (Read labels. Sort. Prepare by doing such things as: clean pockets, remove trims, zip zippers, repair seams. Remove stains. Wash with appropriate laundry products and wash/dry temperature. Iron if appropriate.)*
5. How do you do hand washing of:
  - a. A sweater *(Dry clean if recommended. Use cool water with special cold water cleansers. Gently squeeze solution through fibers. Rinse well. Press water out with hand. Roll in towel. Lay flat. Stretch to shape.)*
  - b. A silk shirt *(If hand washable, launder gently in lukewarm water with detergent compatible with silk. Rinse in lukewarm or cold water. Wrap in towel. Dry on gentle cycle or hand to dry or iron when damp.. Iron on reverse side at low temperature.)*
6. Do you have a regular grooming plan? *(Yes or no) How do you groom your hands, face, body, teeth? Is there any habit you should work on? Why is clothing care a part of grooming? (Image is given by condition of clothing.)*

## EVALUATION

1-5. Match the following symbols with their meanings:

- a. wash                      b. tumble dry                      c. bleach                      d. dry clean                      e. iron



6-11. Match the following codes to their symbol:

- a. cool/low                      b. warm/medium                      c. permanent press cycle                      d. hot/high  
e. do not                      f. gentle/delicate cycle



12-16. Match the following stain removal methods with the stain that is to be removed:

- |   |  |
|---|--|
| <p>___ 12. blood</p> <p>___ 13. chewing gum</p> <p>___ 14. lipstick</p> <p>___ 15. grease</p> <p>___ 16. cola</p> | <p>a. Pretreat with stain remover, liquid laundry detergent, paste of powder detergent, and water. Rinse. Launder</p> <p>b. Soak in cold water. Launder. If stain remains, use bleach safe for fabric.</p> <p>c. Soak in enzyme product. If stain remains, use bleach safe for fabric.</p> <p>d. Sponge or soak in cool water. Pretreat with prewash stain remover or detergent and water. Launder using bleach safe for fabric.</p> <p>e. Harden with ice, scrape off, saturate with cleaning fluid or prewash stain remover. Rinse. Launder.</p> |
|---|--|

Match the following product with its definition:

- |  |   |
|--|---|
| <p>___ 17. water softener</p> <p>___ 18. light-duty detergent</p> <p>___ 19. chlorine bleach</p> <p>___ 20. laundry detergent</p> <p>___ 21. oxygen bleach</p> | <p>a. detergent created for fragile garments</p> <p>b. dry bleach that works on most fabrics</p> <p>c. detergent created for many fabric types</p> <p>d. liquid sodium hypochlorite</p> <p>e. an agent that removes water hardness minerals</p> |
|--|---|

Place an "X" in front of all of the best answers:

22-26: Synthetic fibers should be:

- \_\_\_ washed in hot water to remove stains
- \_\_\_ dried in moderate heat
- \_\_\_ removed from dryer when cooled
- \_\_\_ ironed with cool to warm temperature
- \_\_\_ none of the above.

27-31: Labels were required by law because:

- \_\_\_ fibers can require different care
- \_\_\_ wool is not always washable
- \_\_\_ different fibers are sometimes blended together
- \_\_\_ it is difficult to judge types of fibers
- \_\_\_ all of the above.

32-36: When grooming you should:

- \_\_\_ cut toenails straight across
- \_\_\_ use lotion on skin when it is dry
- \_\_\_ brush hair daily
- \_\_\_ brush and floss teeth after every meal
- \_\_\_ all of the above.

37-41: Which of the following items can be safely washed together in hot water?

- \_\_\_ white cotton shirts
- \_\_\_ silk print shirt
- \_\_\_ plain white cotton sweat shirt
- \_\_\_ light blue color fast shirt
- \_\_\_ washable red sweater



42-46: Which of the following statements are general rules for all stains on washable items?

- If cause of stain is unknown, rinse in hot water
- All stains may not come out
- Launder garment after stain is removed
- Test fluorescent colors for color fastness
- Follow directions on any spot remover product.

47-51: Which of the following statements are general rules to use when drying clothes in a dryer.

- Don't over dry items.
- Use appropriate dryer setting for items.
- All types of items can be dried together.
- Total garments should dry when removed from dryer.
- All of the above.

52-56: Put an "S" in front of synthetic fabrics and an "N" in front of natural fibers:

- silk
- polyester
- wool
- nylon
- rayon

Place a "T" in front of the statements that are true. Place an "F" in front of the statements that are false:

- 57. Fabric blends should be treated as the stronger of the fibers.
- 58. Clothes that need gentle handling should be washed separately.
- 59. Skin does not need protection from the sun.
- 60. Enzyme detergents work well on protein based stains such as milk.
- 61. Cotton is stronger than wool.
- 62. Spray, stick, or liquid stain removers work on most small stains and soil lines.
- 63. If you choose to wash all types of clothes together, use cold water and cold water soap.
- 64. All bleaches are the same.
- 65. You should not overload a washer.
- 66. Jeans should be turned inside out for laundering.
- 67. Cuticles should be pushed back when washing fingers and toes.
- 68. Lifting corners of toe nails when trimming can help avoid ingrown nails.
- 69. Spandex is a natural fiber.
- 70. A liquid chlorine bleach can intensify a rust stain.
- 71. Stain removers can be mixed safely.
- 72. If two different stain removers are used, it isn't necessary to rinse between uses.
- 73. Ironing does not affect stains.
- 74. Laundry detergent should be added to water after items are put in the washer.
- 75. Clothes should be removed from dryer immediately to avoid wrinkles.
- 76. Silk garments should be ironed on the right side.

77-81: Explain how to dry clothing on a clothes line.

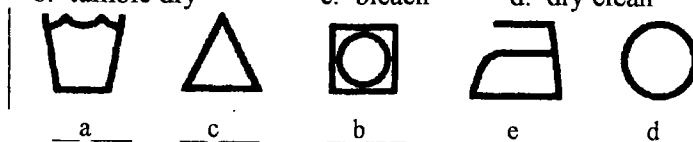
82-86: Explain process of laundering a wool sweater.

87-90: Explain why grooming is important.

## EVALUATION KEY

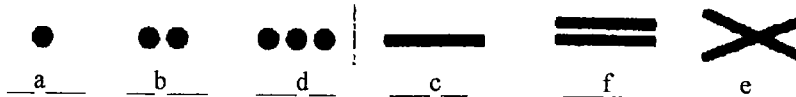
1-5. Match the following symbols with their meanings:

- a. wash      b. tumble dry      c. bleach      d. dry clean      e. iron



6-11. Match the following codes to their symbols:

- a. cool/low      b. warm/medium      c. permanent press cycle      d. hot/high  
 e. do not      f. gentle/delicate cycle



12-16. Match the following stain removal methods with the stain that is to be removed:

- b   12. blood      a. Pretreat with stain remover, liquid laundry detergent, paste of powder detergent, and water. Rinse. Launder
- e   13. chewing gum      b. Soak in cold water. Launder. If stain remains, use bleach safe for fabric.
- a   14. lipstick      c. Soak in enzyme product. If stain remains, use bleach safe for fabric.
- c   15. grease      d. Sponge or soak in cool water. Pretreat with prewash stain remover or detergent and water. Launder using bleach safe for fabric.
- d   16. cola      e. Harden with ice, scrape off, saturate with cleaning fluid or prewash stain remover. Rinse. Launder.

Match the following product with its definition:

- e   17. water softener      a. detergent created for fragile garments
- a   18. light-duty detergent      b. dry bleach that works on most fabrics
- d   19. chlorine bleach      c. detergent created for many fabric types
- c   20. laundry detergent      d. liquid sodium hypochlorite
- b   21. oxygen bleach      e. an agent that removes water hardness minerals

Place an "X" in front of all of the correct answers:

22-26: Synthetic fibers should be:

- washed in hot water to remove stains
- X   dried in moderate heat
- X   removed from dryer immediately
- X   ironed with cool to warm temperature
- none of the above.

27-31: Labels were required by law because:

- fibers can require different care
- wool is not always washable
- different fibers are sometimes blended together
- it is difficult to judge types of fibers
- X   all of the above.

32-36: When grooming you should:

- cut toenails straight across
- use lotion on skin when it is dry
- brush hair daily
- brush and floss teeth after every meal
- X   all of the above.

37-41: Which of the following items can be safely washed together in hot water?

- X   white cotton shirts
- silk print shirt
- X   plain white cotton sweat shirt
- X   light blue color fast shirt
- washable red sweater

42-46: Which of the following statements are general rules for all stains on washable items?

- If cause of stain is unknown, rinse in hot water
- All stains may not come out
- Launder garment after stain is removed
- Test fluorescent colors for color fastness
- Follow directions on any spot remover product.

47-51: Which of the following statements are general rules to use when drying clothes in a dryer.

- Don't over dry items.
- Use appropriate dryer setting for items.
- All types of items can be dried together.
- Garments should be totally dry when removed from dryer.
- All of the above.

52-56: Put an "S" in front of synthetic fabrics and an "N" in front of natural fibers:

- N silk
- S polyester
- N wool
- S nylon
- S rayon

Place a "T" in front of the statements that are true. Place an "F" in front of the statements that are false:

- T  57. Fabric blends should be treated as the stronger of the fibers.
- T  58. Clothes that need gentle handling should be washed separately.
- F  59. Skin does not need protection from the sun.
- T  60. Enzyme detergents work well on protein based stains such as milk.
- T  61. Cotton is stronger than wool.
- T  62. Spray, stick, or liquid stain removers work on most small stains and soil lines.
- T  63. If you choose to wash all types of clothes together, use cold water and cold water soap.
- F  64. All bleaches are the same.
- T  65. You should not overload a washer.
- T  66. Jeans should be turned inside out for laundering.
- T  67. Cuticles should be pushed back when washing fingers and toes.
- T  68. Lifting corners of toe nails when trimming can help avoid ingrown nails.
- F  69. Spandex is a natural fiber.
- T  70. A liquid chlorine bleach can intensify a rust stain.
- F  71. Stain removers can be mixed safely.
- F  72. If two different stain removers are used, it isn't necessary to rinse between uses.
- F  73. Ironing does not affect stains.
- F  74. Laundry detergent should be added to water after items are put in the washer.
- T  75. Clothes should be removed from dryer immediately to avoid wrinkles.
- F  76. Silk garments should be ironed on the right side.

77-81: Explain how to dry clothing on a clothes line.

*Can hang on line or special drying rack. Place clothespins so they avoid wrinkles. Straighten clothes as much as possible. Be sure clothes line and pins are clean.*

82-86: Explain process of laundering a wool sweater.

*Check label to make sure it is washable. Use cold water and special wool cleaning product such as Woolite. Squeeze water through sweater gently. Do not rub or twist. Rinse well. Press water out with hands. Make outline of sweater on paper that will not fade. Lay sweater flat on top of paper that has been laid on a flat surface. Stretch sweater to shape. Stretch or mold sweater to correct size.*

87-90: Explain why grooming is important.

*Personal grooming makes an impression on people. The way you look shows your values. Grooming keeps you looking better and is a part of a good health plan.*

# **LOOKIN' GOOD!**

## **A Mini-Micropedia**

**(level 2, INTERMEDIATE)**

**These experiences are designed for minimal knowledge needed for clothing choice and care.**

- Persons teaching clothing choice and care can use *LOOKIN' GOOD! A Mini-Micropedia* along with these added learning experiences.
- The learning materials can be used with the Mini-Micropedia or by themselves.
- There are pre-oral tests and objective post tests included.

**The objectives of this unit are to:**

1. Analyze reasons for clothing choices.
2. Create an appropriate personal wardrobe inventory and plan.
3. Understand how clothing purchases affect personal goals.
4. Create a personal clothing budget.
5. Understand how to do comparison clothing shopping.
6. Demonstrate ironing techniques.
7. Make simple clothing repairs of sewing on a button, mending a seam, and sewing a hem.
8. Demonstrate shoe care.

### **Suggested Added Learning Experiences**

**(These can be used according to the capability of the learner.)**

1. Develop a questionnaire to consider why people choose the clothes they do. Distribute the questionnaire. Tabulate and share results.
2. Research the internet for processes of shoe care.
3. Interview a military person about the value of caring for shoes.
4. Ask two or more older people about the clothes they wore when they were in their teens. Question about fads, forms of decoration, modesty codes, fabrics. Write a short report that includes information on any old styles that have been recycled to the present. Share reports.
5. Visit a shoe repair store to find prices and shoe care suggestions.
6. Figure the cost per wearing of a recently purchased item. Evaluate the purchase.
7. Create a poster of places where clothing can be purchased. In small groups, list advantages and disadvantages of shopping at each place. Share poster and ideas with other groups.
8. Collect ads that show sale terms and create a poster or bulletin board with them.



# Sharing Clothing Experiences



(Find one person who had one of the following clothing experiences. Have the person sign his/her name beside the item. Discuss the results.)

Made a poor clothing buy.
Bought a piece of clothing that doesn't fit well.... and it's supposed to!
Planned ahead for clothes needed for my job. Spent too much for an item that I wanted badly, then found it on sale at 50% off the next week.
Chose an item because it looked good on someone else.
Chose a piece of clothing because of a TV character.
Can read clothing labels.
Buy my clothes only because of the latest style.
Love fad clothes.
Buy only comfortable, loose clothes.
Only buy bargains.
Buy clothes for their sex appeal.
Hate to dress up.
Only wear jeans.
Own a good suit.
Never wear a tie.
Have a basic color that builds my wardrobe.
Have hemmed a skirt or pair of pants.
Buy only basic styles that will last a long time.
Have had a color analysis.
Have made a clothing budget.
Know how to iron a men's dress shirt.
Know how to wash a wool sweater.
Can judge the fit of a good suit.
Had a laundry problem at a Laundromat.



## ... AT CLOTHING MESSAGES

Define what you think a "clothing message" is.

List reasons why people judge by personal appearance as well as clothing.



Sit in a mall for at least 15 minutes to watch people. Take a small note pad and make the following observations using few words. List messages given by clothes and clues for your reaction. (i.e.

	<u>Message</u>	<u>Clues</u>
#1	Sexy, female	Tight shirt and pants, heavy make-up
#2	Rich, boss	Suit, tie, neat)

**OR**



**Turn on the television! Turn off the sound!** Watch for an hour or so and consider what you see. Observe the type of clothing and the messages sent by the clothes and grooming. Describe the messages and clues in a few words. Observe: Newscasters, weather men, sports announcers, teens, persons advertising products, game show hosts, actors, actresses.

(i.e. <u>Person</u>	<u>Message</u>	<u>Clues</u>
Newscaster	Professional, businesslike	Suit, tie, well groomed
Weatherman	Informal, friendly	Sport shirt)

### **QUESTIONS TO CONSIDER:**

1. Could you tell the type of audiences that advertisers were trying to sell to by the clothing messages?
2. Are the messages sent by clothing always correct?
3. Do clothes sometimes become barriers when trying to communicate ? How?
4. What type of clothing should be worn for a job interview?
5. How can a person find out about appropriate clothing for different situations?
6. How are clothing choices affected by values, attitudes, conformity, individuality, and personality?

### **Evaluate what you are wearing today.**

1. What messages does your clothing give?
2. What clues do people have to make the judgment?
3. Are you giving the real message of who you are?
4. For what type of environment is your clothing appropriate?
5. Would a communication barrier be put up with what you are wearing in a different environment?
6. What messages of your values, attitudes, individuality, and personality are you giving?
7. What clothes would be appropriate for interviewing for an office job? A construction job?





## WHAT ELSE SHOULD I CONSIDER?

Going to find a job? Going on for more schooling? Moving to a different community? “Aging out” of a program? Going out on your own? **You may find your new life or age doesn't match your present wardrobe or what you think you need!**

### IT'S TIME TO THINK AHEAD!

#### Review your personal goals.

What do you plan to be doing in the next two or three years?

How can you find out about appropriate clothes if you are entering a new environment, lifestyle, or age change?

How much money do you think you will have to spend for clothing during these years?

Next year \$ \_\_\_\_\_ Second year \$ \_\_\_\_\_ Third year \$ \_\_\_\_\_ ?

During the years when you are responsible for your own clothing purchases and other living expenses, there may not be as much money available for clothes as you would like. **Is there a way you can plan ahead to help?**

#### Review your “MY WARDROBE INVENTORY” again.

What kind of clothing might you need that you don't have?

Will the choices you made help you meet your next goals and lifestyle?

Are there any items you could change with the addition of accessories to meet your new needs?

Item Needed	Cost	Alternatives	Cost





## PLANNING MY CLOTHES BUDGET

**Can you balance the amount that you have to spend with what you want?**

**Review your "My Clothing Inventory".**

What is the difference between the amount of money you listed that you have for purchasing clothes and the amount you want for other clothing?

The amount I have to spend on clothes	\$	
The amount I would want for clothes	\$	
Difference	- \$	

**Now prioritize the clothing needs that you feel you need. Number 1 should be what you need the most. Number 2 what you need next, etc.**

ITEM NEEDED	COST
1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	
10.	
11.	
12.	
13.	
14.	
<b>TOTAL</b>	

**Now balance your clothing budget:**

Amount I have to spend	\$	
Amount I plan to spend	\$	
<b>TOTAL DIFFERENCE</b>	<b>\$</b>	



## KNOW YOUR SHOPPING TERMS

Match the following terms with their meanings:

- |                                     |  |
|-------------------------------------|--|
| _____ first quality                 | a. Can be misleading. Do comparison shopping to check claim                        |
| _____ comparable value              | b. Perfect condition   |
| _____ returns                       | c. Slight flaw   |
| _____ irregular                     | d. Merchandise that has been returned by customers or retailers                    |
| _____ seconds                       | e. Limited time price reduction. Items will be sold at higher price later          |
| _____ warehouse sale                | f. More flawed than irregular  |
| _____ sale                          | g. Regular prices are reduced for limited time                                     |
| _____ warehouse sale                | h. Merchandise is sold out of warehouse at lower than normal prices                |
| _____ special purchase              | j. Regular store merchandise is being sold at lower price to reduce stock of store |
| _____ samples                       | k. Merchandise not normally sold in store. Watch out for inferior merchandise      |
| _____ discontinued, cancelled goods | l. Merchandise that was shown to buyers before their orders were taken.            |
| _____ odd lots                      |  |
| _____ overstock                     |  |
| _____ samples                       |  |

Create a puzzle or game that includes the shopping terms listed above. Write the instructions below.



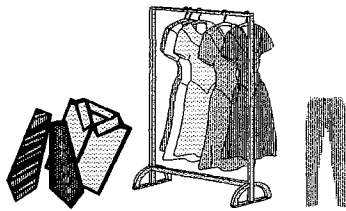
## COMPARISON SHOP !!!

1. List:
  - a. as many ways as you can to save money when buying clothes.
  
  - b. the types of stores that are available in your community for buying clothes.
  
2. In small groups, compare your lists. Discuss:
  - a. the ways to save money when buying clothes.
  - b. advantages and disadvantages of shopping in each type of store in your community.
  
3. Choose two items from your own clothing needs list. Compare prices for the items at three different stores.

<b>Item #1</b> _____		<b>Item #2</b> _____	
Store #1	Cost:	Store #1	Cost:
Store #2	Cost:	Store #2	Cost:
Store #3	Cost:	Store #3	Cost:

4. Now make decisions about where you would shop and why. Consider cost, quality and service, reputation, exchange policy, etc.

<u>Item</u>	<u>Store where I would buy the item</u>	<u>Why I'd buy there</u>
Item #1		
Item #2		

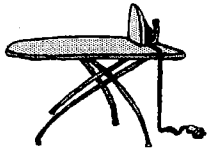


**Visit a thrift shop and choose three articles to evaluate.**

#1 Item \_\_\_\_\_  
\_\_\_\_ Style is appropriate for my environment and lifestyle  
\_\_\_\_ Seams are secure with small stitching  
\_\_\_\_ There are no holes visible  
\_\_\_\_ No signs of wear are present in the following areas:  
\_\_\_\_ shoulders      \_\_\_\_ neck      \_\_\_\_ back      \_\_\_\_ elbows      \_\_\_\_ seat  
\_\_\_\_ There is no odor present that is disagreeable  
\_\_\_\_ Labels are present  
\_\_\_\_ Washable                      \_\_\_\_ Dry-clean  
\_\_\_\_ Fits well  
Other comments:

#2 Item \_\_\_\_\_  
\_\_\_\_ Style is appropriate for my environment and lifestyle  
\_\_\_\_ Seams are secure with small stitching  
\_\_\_\_ There are no holes visible  
\_\_\_\_ No signs of wear are present in the following areas:  
\_\_\_\_ shoulders      \_\_\_\_ neck      \_\_\_\_ back      \_\_\_\_ elbows      \_\_\_\_ seat  
\_\_\_\_ There is no odor present that is disagreeable  
\_\_\_\_ Labels are present  
\_\_\_\_ Washable                      \_\_\_\_ Dry-clean  
\_\_\_\_ Fits well  
Other comments:

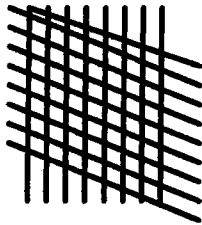
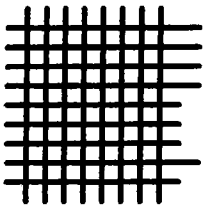
#3 Item \_\_\_\_\_  
\_\_\_\_ Style is appropriate for my environment and lifestyle  
\_\_\_\_ Seams are secure with small stitching  
\_\_\_\_ There are no holes visible  
\_\_\_\_ No signs of wear are present in the following areas:  
\_\_\_\_ shoulders      \_\_\_\_ neck      \_\_\_\_ back      \_\_\_\_ elbows      \_\_\_\_ seat  
\_\_\_\_ There is no odor present that is disagreeable  
\_\_\_\_ Labels are present  
\_\_\_\_ Washable                      \_\_\_\_ Dry-clean  
\_\_\_\_ Fits well  
Other comments:



## WHAT CAUSES WRINKLES WHEN YOU IRON?

Woven fabric is made of threads that are woven over and under each other in different patterns. If the threads are at perfect right angles to each other, the fabric is considered “on grain.” Clothes are designed and sewn so the threads are hanging straight up and down when they are worn. This makes clothes hang straight without sagging and wrinkles.

If the threads are pulled at an angle, they will stretch. When an iron forces the threads in the wrong direction, (not with the “grain”), wrinkles form. This is one of the reasons why clothes can be wrinkled when they are ironed.



Look at the clothes you are wearing to see how the threads form. You can also look at a piece of fabric and pull to see the threads go “off grain.” (Note that this is not true of knitted fabrics. They are formed by loops.)

When you iron, move the iron with the “grain” so the threads do not stretch and cause wrinkles.

### IRONING A GARMENT

1. Look carefully at the threads of an article of clothing.  
Notice the direction of threads in each area. The directions will direct the ironing process.  
Notice the number of thickness in some areas where pieces are sewn together.
2. Demonstrate the ironing of a piece of clothes by writing directions, telling someone how to iron, or by really demonstrating the process.
3. Look at the label for the following information: Type of fibers \_\_\_\_\_  
Special finish \_\_\_\_\_ Iron temperature \_\_\_\_\_
4. Check the appropriate preparation for ironing:  
Steam press \_\_\_\_\_ Pre-sprinkle \_\_\_\_\_ No preparation needed \_\_\_\_\_
5. Process listed in correct order:
  - 1.
  - 2.
  - 3.
  - 4.
  - 5.
  - 6.
  - 7.
  - 8.
  - 9.
  - 10.
  - 11.
  - 12.



## REPAIRS NEEDED!

### Replacing a button

(Replace a button on a piece of clothing that needs one, or sew one on a small piece of fabric.)

All pierced buttons need a shank to allow a buttonhole to fit smoothly under it. You can create a shank on a pierced button with thread. Use a mercerized "Regular" for light to medium-weight fabrics. Use "Mercerized Best Cord" for heavier fabrics. For very heavy fabrics use "Button & Carpet Thread."

1. Use thread single or doubled according to the thickness of the fabric. Draw it up evenly with each stitch. Make a small knot on the end.
2. Make a small stitch on the right side of the garment where the button will cover it. Pick up all thicknesses. Be careful not to let stitch show through facing of jacket or coat.
3. Take a second stitch across the same space.
4. Bring thread up through one hole of button. Center button over stitch.
5. Place a straight pin, bobbi pin, or toothpick between button and fabric.
6. Take three or four stitches through each pair of holes.
7. Bring needle and thread out between button and fabric.
8. Remove bobby pin or pick.
9. Wind thread a number of times around the attaching thread to form shank.
10. Take small stitch in fabric.
11. Take several small stitches under button, looping thread over needle to form knots.
12. Cut off remaining thread.



A smaller button inside is used for strength on a coat front.



### Making a hem

(Create a hem on a small piece of fabric, or hem a real garment.)

When you don't want stitches to show on front of garment, use a hemming stitch on inside of garment. Use matching thread of weight appropriate to fabric.

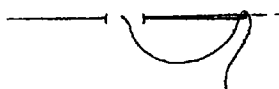
1. Fold fabric over from front to back for 1/4 inch and press, or sew with running stitches. (Can also use hemming tape.)
2. Turn fabric to the correct place for hemming and press.
3. Begin hem at a seam. Hide knot in seam.
4. Do not pull thread tight or puckers will show.
5. In garment fabric, pick up just a thread or two. Don't go through to outside unless necessary.
6. Finish a thread-length on hem or in seam. Use few over-and-over stitches. Cut, don't break, thread.



### Mending a seam

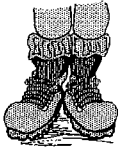
(Mend a seam in a real garment, or make a seam using two pieces of fabric to create a seam.)

Simple mending can be done on a sewing machine. To mend seams by hand, a simple back stitch is the strongest stitch of all. Use matching thread of appropriate strength for garment. Use a double thread.



# "JOE'S SHOE LAMENT"

## (WHAT JOE'S\* SHOES SAID TO HIM)



Create a rap or poem about a pair of poorly cared for shoes.  
Include what type of care the shoes would prefer and why . . . . .



Demonstrate shoe care by showing or telling someone how to polish and care for a pair.

Consider:

Type of material in shoes \_\_\_\_\_

Equipment needed:

---

Cleaning process:

---

---

---

---

---

What to do if shoes get wet:

Other suggestions:

---

\* Or write about "Josephine's Lament"

