



COOPERATIVE EXTENSION SERVICE
UNIVERSITY OF KENTUCKY • COLLEGE OF AGRICULTURE

Fashion Magic

WARDROBE PLANNING



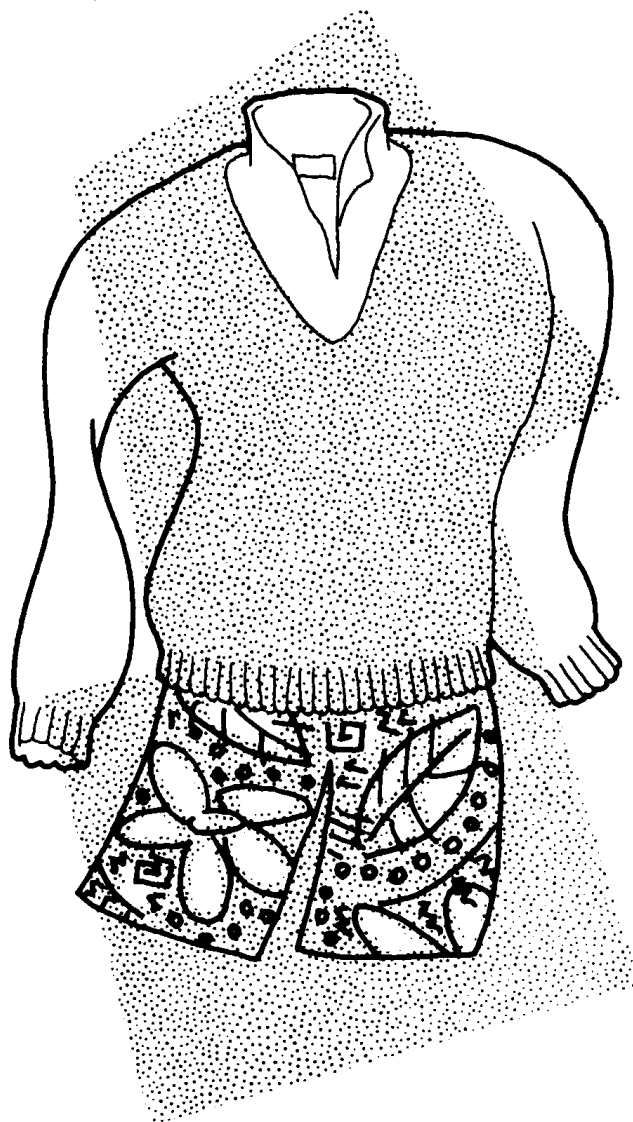
4-H CLOTHING SELECTION PROJECT SERIES



Revised by Bette Jo Dedic, Extension Specialist in Clothing & Textiles

Contents

Customize Your Clothing!	2
Welcome to Fashion Magic	3
Project Objectives	3
Project Requirements	3
Other Project Opportunities	5
Getting to Know Yourself	6
Color is...Magic!	13
Clothing and Your Life Style	13
Inventory—Taking Stock	18
Making the Most of Your Wardrobe	19
Evaluating Clothing Needs and Desires	19
Making a Wise Purchase	20
Summary	21
Leadership and Citizenship Activities	21
Activity Charts	
Getting to Know Myself	22
Wardrobe Inventory	26
Selecting Becoming Colors	28
Clothing Plan of Action	29
Garment Plan	30
Wardrobe Planning Scorecard	31



Customize Your Clothing!

A custom-made suit is especially tailored to fit one person. The pattern, the fabric, and the size are worked out to make a suit that fits only one individual. That is what we all try to do with our wardrobes; we try to choose clothing that fits us—our desires, our activities, our bank accounts. But we all seem to have a lot of clothes in our closets we don't wear, and usually it isn't because they don't fit—it's because we don't like to wear them.

This 4-H project will help you learn to customize your clothing—to choose clothing you like and enjoy wearing. There are several tricks to doing this. By the time you work through the project, you will know what they are and you will begin to know how to select clothing you really enjoy wearing. You will learn to plan your wardrobe or customize your clothing:

- *with styles that make the most of your figure type,*
- *based on personal style,*
- *with clothes that flatter your individual coloring,*
- *with clothes that fit your activities,*
- *by making the most of the clothes you already have.*

The last skill is very important. You can't just throw away clothes you don't like; instead, you can learn to add items or colors that make them work for you. (Well...there may be an item or two you really need to get rid of. But maybe you can give them to someone who would like to have them.) The project activity you complete to participate in competition incorporates all of the skills listed above.

Welcome to Fashion Magic

So...with that introduction, welcome to the Clothing Selection project series! The Fashion Magic options are designed for male and female senior 4-H'ers, ages 14 to 19, who have an interest in clothing and a desire to learn more about successful dressing. Fashion may create magic, but it isn't done with a magic wand. The Fashion Magic options will help you learn how to be a wizard at choosing, using, and caring for clothing.

The first option, Fashion Magic—Wardrobe Planning, is the entry-level project and must be completed before any of the other five. After completing this option, you may select and complete options in any order. You may enter only one option for competition during a given year and may repeat options if you desire. The three senior Clothing Selection options are listed below:

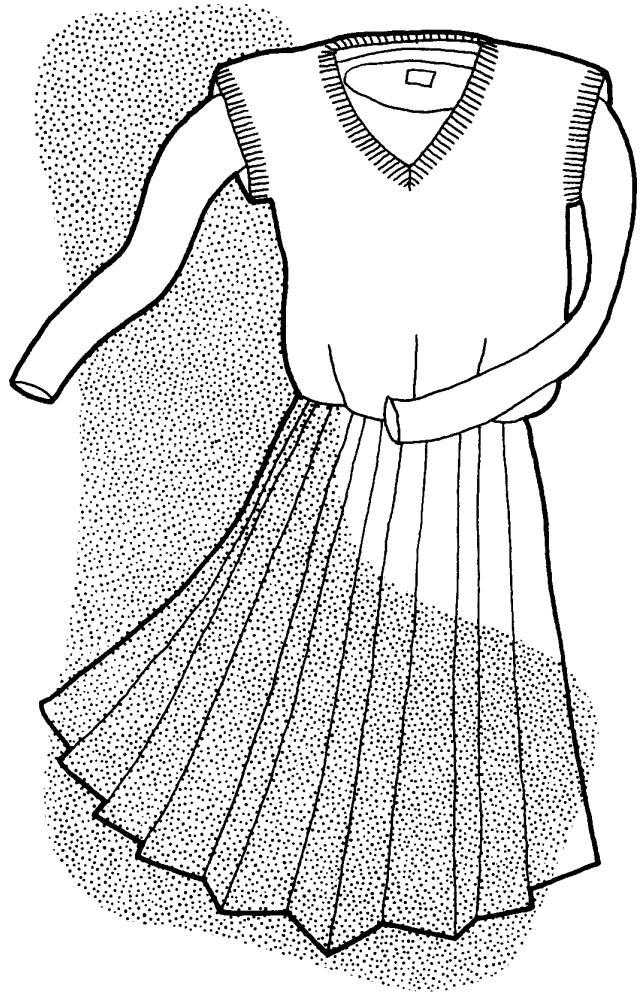
- **Fashion Magic—Wardrobe Planning**
Entry level project; getting-to-know-yourself activities, wardrobe inventory.
- **Fashion Magic—In the Marketplace**
Clothing buymanship, making the most of your clothing dollar.
- **Fashion Magic—Clothing Coordination**
Mixing and matching clothing to make the most of your wardrobe.

The first option in the Clothing Selection series is designed to help you get to know yourself and your wardrobe better. Clothing is said to be an extension of the self; that is, we tell people about who we are and what we like by the clothing we wear. It's important, then, to select clothing that reflects your real self and communicates a good impression! And, when you learn what type of clothing is best for you, you can make better wardrobe selections.

Project Objectives

To complete this project, you will do the following:

1. Analyze your body features in order to choose clothing with the best lines, designs, and textures for your shape.
2. Become more aware of the importance of clothing to personal style and begin to develop your own personal

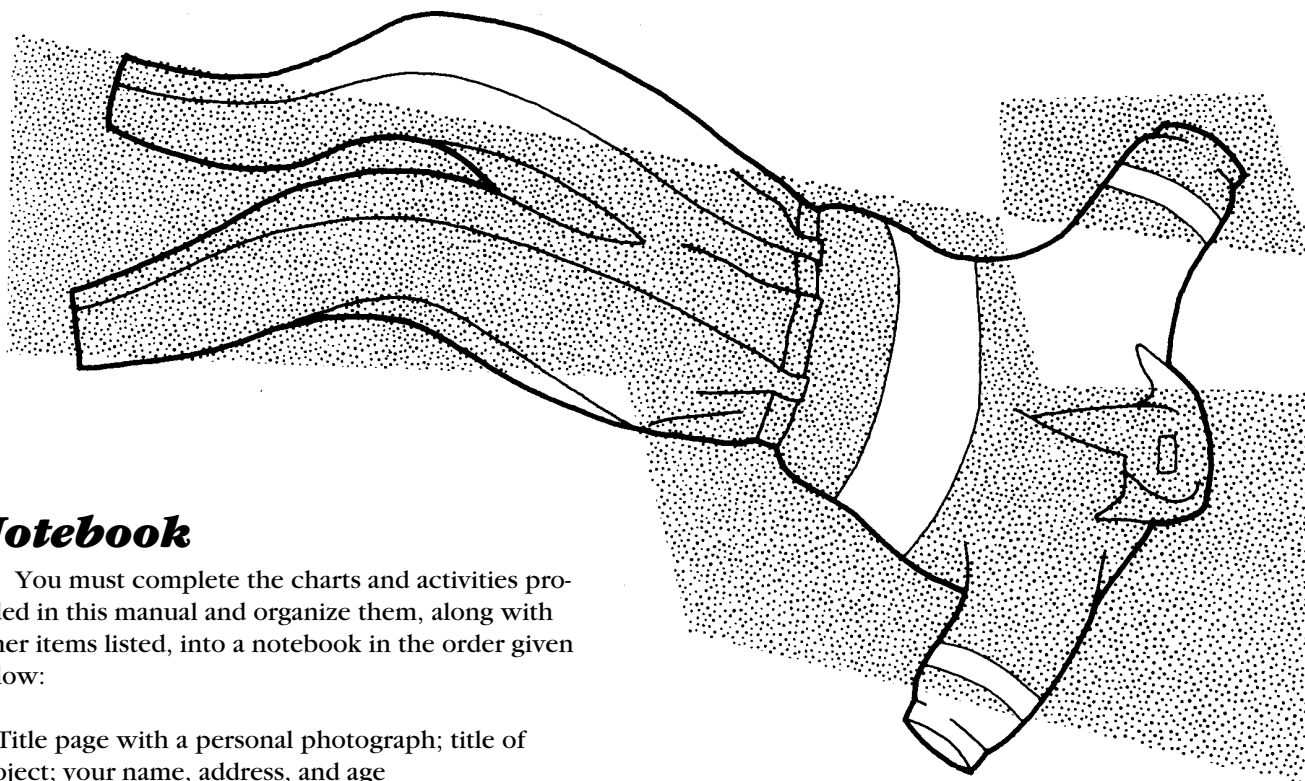


style according to your body type, facial features, interests, and activities.

3. Experiment with colors to determine which are best suited to your own personal coloring.
4. Begin to evaluate your life style and day-to-day activities as factors in wardrobe planning.

Project Requirements

It is important that you read the project book carefully and complete all charts and activities. You are strongly encouraged to work with a buddy, classmate, parent, or family member when completing many of the project exercises.



Notebook

You must complete the charts and activities provided in this manual and organize them, along with other items listed, into a notebook in the order given below:

1. Title page with a personal photograph; title of project; your name, address, and age
2. Getting To Know Myself (all sections)
3. Wardrobe Inventory
4. Garment Plan
5. Clothing Plan of Action
6. One to two pages of photographs which visually describe you as an individual. Include pictures of yourself involved with people and activities which help express who you are and what you enjoy doing. Also include one picture of yourself modeling the garment and/or accessories you acquired. (Include one picture per outfit. If items were purchased and/or made that do not coordinate with each other, include additional photographs representing the outfits with which they coordinate.) All pictures should be labeled and include descriptions of what they represent.

Garment/Accessories

You must purchase, construct, acquire, and/or recycle one or more garments and/or accessory items to complete at least one outfit based on your identified wardrobe needs and/or desires.

Interview

The items acquired and/or recycled and their use in your wardrobe must be demonstrated by wearing them during an interview/modeling session. During this session you will be asked to answer the following

questions:

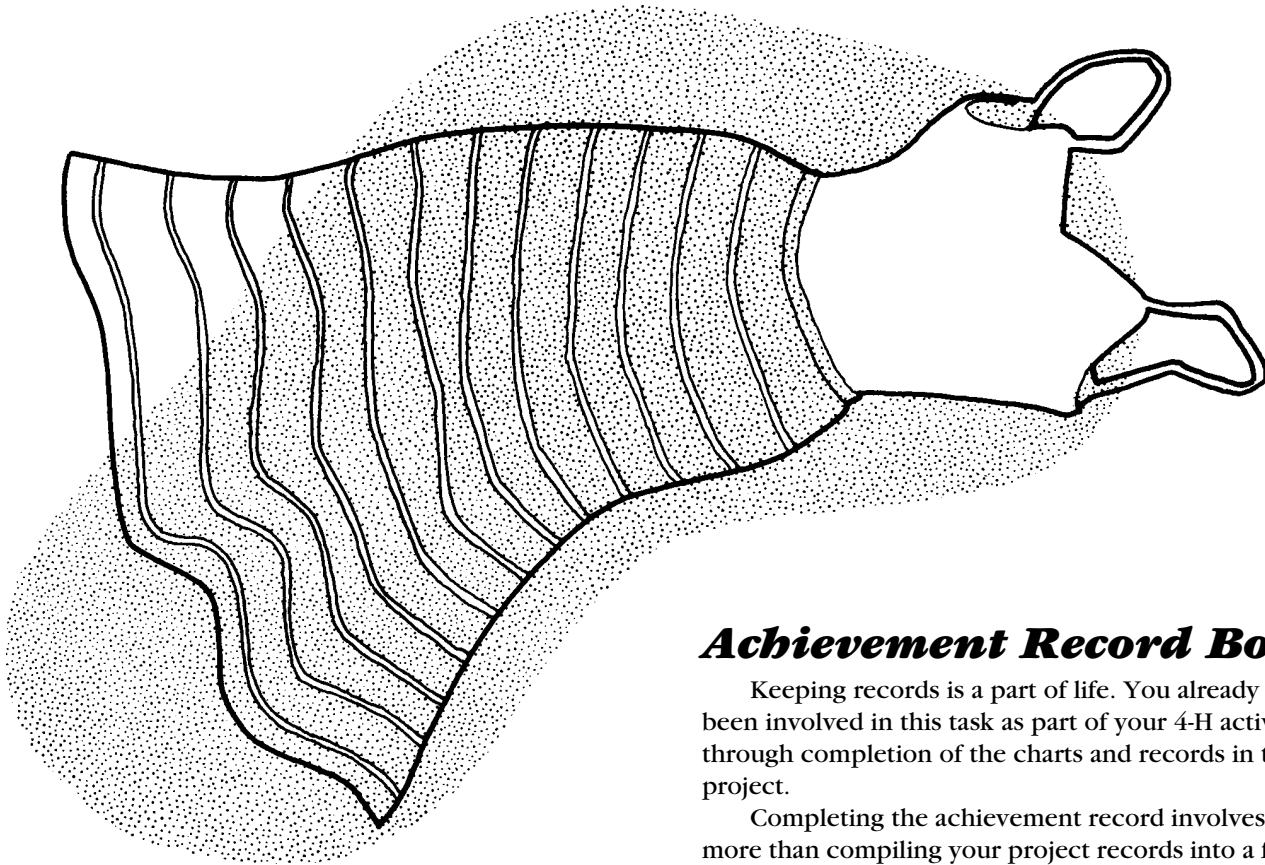
1. Which item(s) was (were) acquired? Explain why and how it was acquired.
2. How does the item fit into your wardrobe?
3. While doing your clothing inventory, did you identify other clothing items you need? If "yes," explain what items were identified and if you have plans to acquire the needed items.

Project judging will be based on the following:
(Refer to the scorecard on page 31.)

- The Notebook—completion of charts and activities, organization (40%)
- The 4-H'er's Presentation—response to questions, behavior, posture/poise, grooming (30%)
- The Item(s) on the 4-H'er—garment/accessory line and design, texture, color, fit, accessories, value for money spent (30%)

Project Exhibit

The project exhibit will consist of the notebook and the garment/accessories acquired.



Other Project Opportunities

Fashion Revue

Make plans to model your completed outfit at your local Fashion Revue activity. The county winner of the Clothing Selection project will be eligible to participate in the State Fashion Revue in the Clothing Selection category. A state Clothing Selection project winner will be selected from the participants and honored at the state Fashion Revue program.

Note: Clothing Selection projects are not eligible for the state Fashion Revue winner competition and a trip to National Congress. To participate in this competition, you must construct your garment and enter the competition through a senior clothing construction category (see 4-H Senior Clothing Construction, Intermediate or Advanced).

Achievement Record Book

Keeping records is a part of life. You already have been involved in this task as part of your 4-H activities through completion of the charts and records in this project.

Completing the achievement record involves no more than compiling your project records into a format that allows you to identify what you want to learn and what you have learned and seeing the total picture of what you have completed in the project. The strength of your achievement record is determined by your involvement in leadership and citizenship activities in your major project—as well as other 4-H projects and activities.

An achievement record for this project may be submitted in two categories: Clothing and/or Consumer Education. In deciding which category your record would best fit, keep the following in mind:

- To submit a record in Clothing, you must construct the clothing article or articles selected for your wardrobe.
- To submit a record in Consumer Education, your effort should be on consumer-related activities. You may or may not have constructed the selected clothing item for your wardrobe.

Nationally, Coats and Clark and Husqvarna Sewing Machine Company sponsor the Clothing project. The Consumer Education project is sponsored by Montgomery Ward and Company. These companies give financial support in the form of educational support materials, county medals, and scholarships.

Getting to Know Yourself

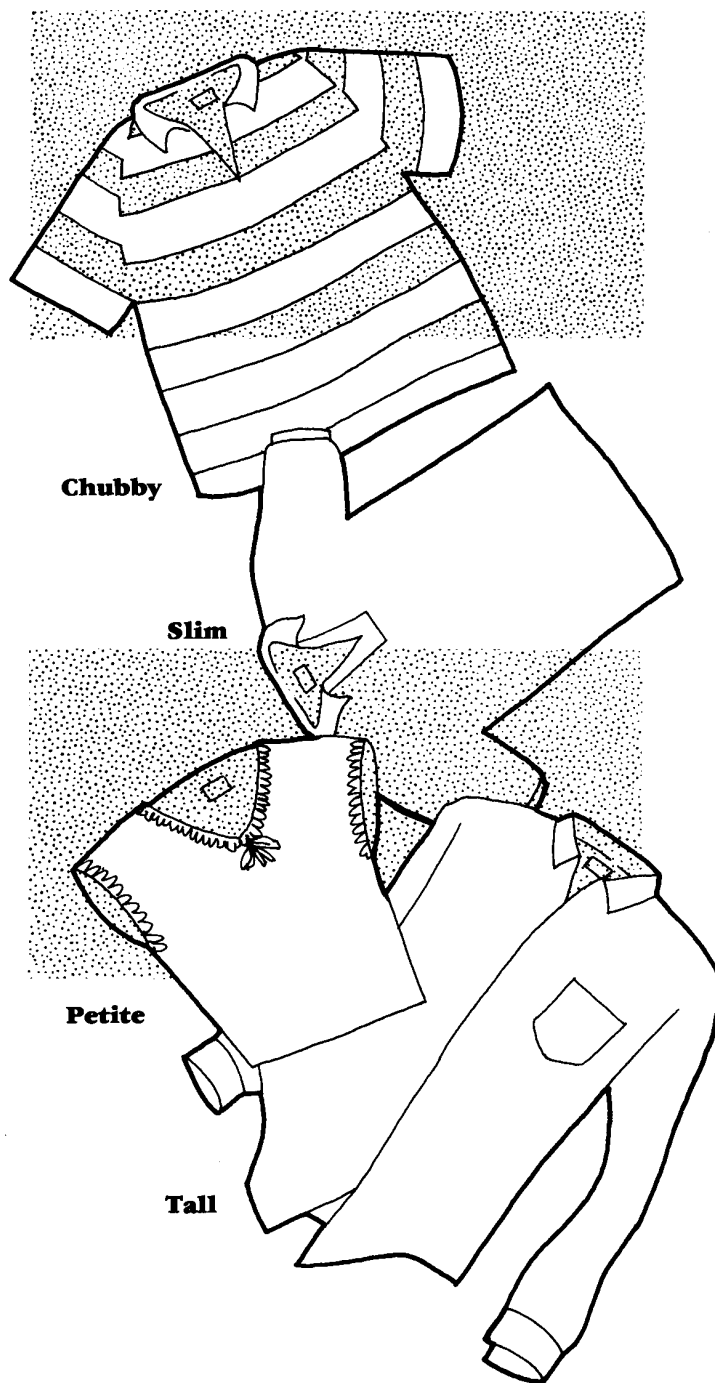
The most exciting and successful people are those who know who they are and feel comfortable with themselves. This feeling of self-assurance isn't reserved for mature adults only! It's easily within reach of those who take the time and effort to get to know themselves...really get to know themselves. That means knowing who you are physically and in terms of your personality and life style.

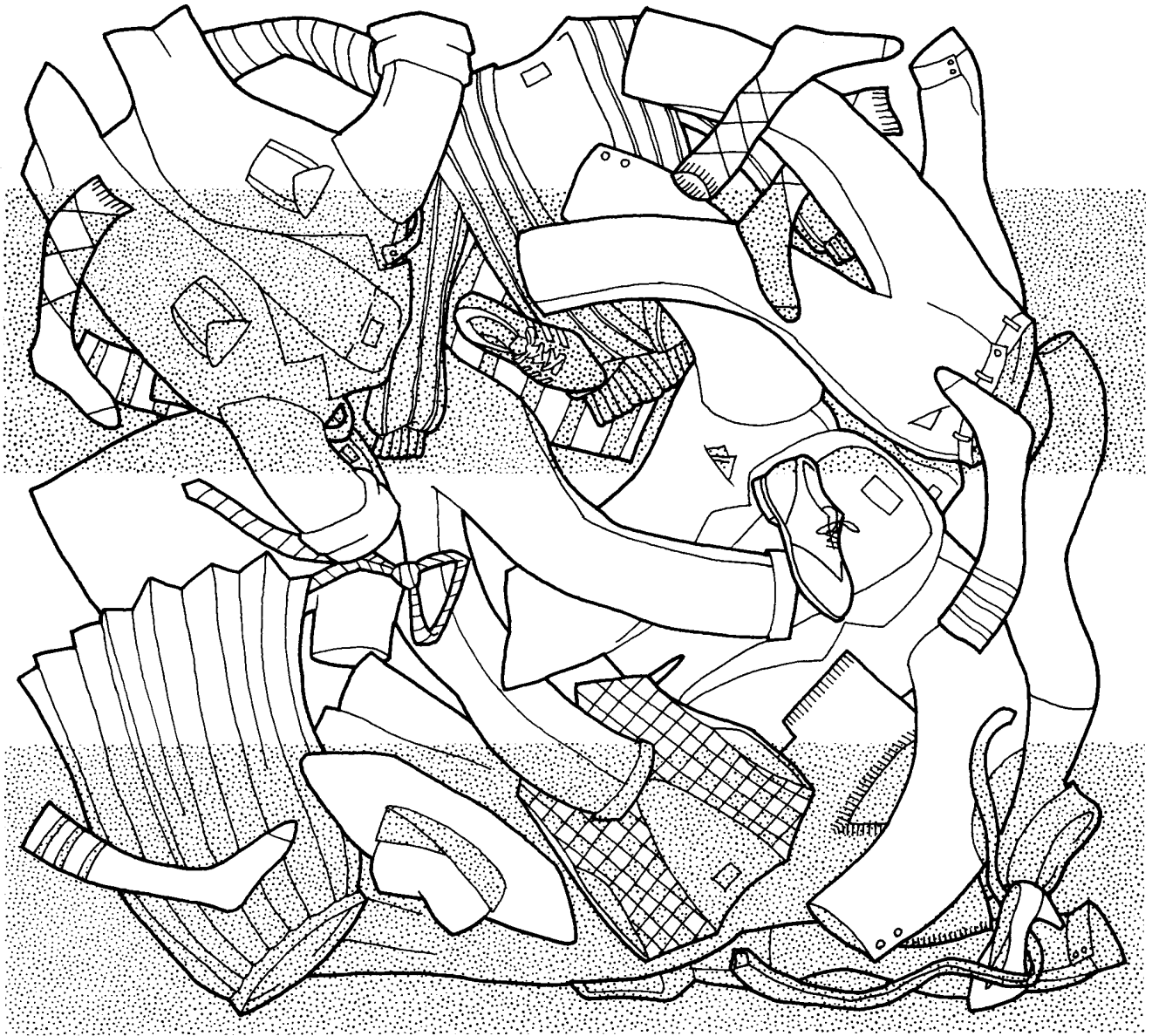
The clothing you select says a lot about the way you see yourself and how you want others to see you. By recognizing and incorporating your individual characteristics, you will select clothing that is right for you. In addition, you will be on your way to establishing your own personal style.

The Physical You!

The body is nature's foundation for clothing. Even though all girls and all boys are alike in many ways, they come packaged in a great variety of shapes and sizes. Some are tall, while others are petite; some have narrow shoulders, others have broad shoulders; the differences are too many to name. The so-called "ideal body" shape comes and goes with fashion. In the 1830 s, the female hourglass figure was considered ideal. More recently it was "Thin is in." Today's ideal shape for males and females alike is healthy and well exercised.

You need to have a sense of familiarity with your body's size and specific characteristics in order to choose clothing that flatters your shape as well as to be a successful shopper. If you have shopped for clothing and had the experience of trying on garments made by various manufacturers, you are aware that manufacturers do not use the same "ideal" set of garment measurements. That is why some brands tend to fit you better than other brands. In addition, some manufacturers construct clothing lines according to body shape categories. You may already be familiar with them.





Sizing Yourself Up!

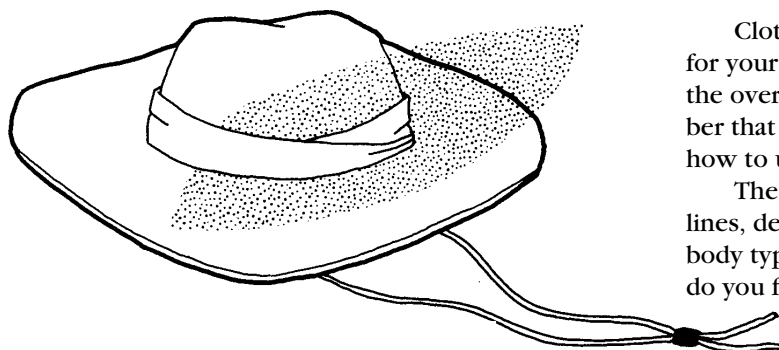
Start in front of a full-length mirror clothed only in your underwear, if possible. Start with your posture. No matter what you're wearing, posture greatly influences how your clothing looks on you. Practice standing, walking, and sitting straight and tall with the rib cage lifted up from your waist. Lift the rib cage by slightly flattening the stomach muscles. You may be surprised at how much better your posture becomes!

Next complete Section 1 (Analyzing Body Features) of the Getting to Know Myself chart on pages 22-23. Even if you have completed a similar chart in the past,

take the time now to analyze your features again as your body may have changed. It is important to have an accurate, up-to-date view of yourself. You may find it helpful to ask the advice of a buddy, parent, or family member—especially if you do not have a full-length mirror to examine your body proportions.

Note: Fill in only Section 1 of the chart now. You will find it helpful to read the next section of your project book (Making the Most of Your Body) before writing in an appropriate garment style. Include this chart in the notebook as part of your project record activities.

Making the Most of Your Body



Clothing serves as packaging or window-dressing for your body. It can be an excellent tool to help attain the overall effect you wish to accomplish. Just remember that clothing can work for you only if you know how to use it.

The charts below provide some information on the lines, designs, and textures most flattering to various body types. With the knowledge you have gained so far, do you fit in any of these categories?

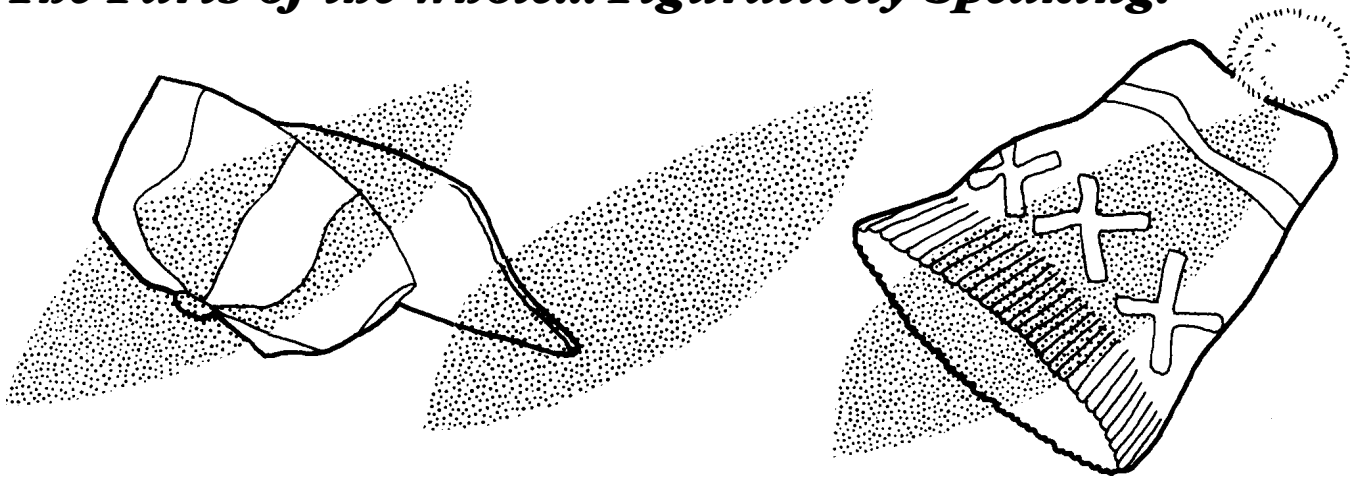
Guys: Find Your Physique!

Short Full	Short Slim	Tall Full	Tall Slim
Solid-color suits	Well-fitting styles	Shaped, two-button jacket	Shaped and fitted jackets
Single-buttoned suits	Shaped jackets	Straight jackets	Plain or pleated trousers
Shaped jackets, not fitted	Belted jackets	Medium-scale designs	Solid and patterned textures
Subdued stripes	Stripes and plaids in scale with body	Pleated trousers	Turtleneck, cardigan, V-neck sweaters
Pleated trousers	Vested suits	Cardigan sweaters	Vested suits
Tie scaled to body	Plain-top trousers		Can wear most items well!
	V-neck sweaters		

Gals: Find Your Figure!

Short Full	Petite	Tall Full	Tall Slim
Vertical lines	Empire, high-waisted lines	Easy-fitting styles	Soft silhouettes
Open or collarless necklines	Small-scale patterns, prints, and designs	Simple, understated designs	Bold prints
Narrow belts or solid-color belts	Small items, in scale to figure	Coat and jacket dresses	Skirts with gathers
Medium-to-small prints	Solid-color belts	Bold neckline scarves to direct attention to the face	Outfits of two (or more) colors
Smooth, straight, or slightly gathered sleeves		Medium-scale designs	Full sleeves
One-color tone-on-tone outfits			Wide-leg pants
			Can wear most items!

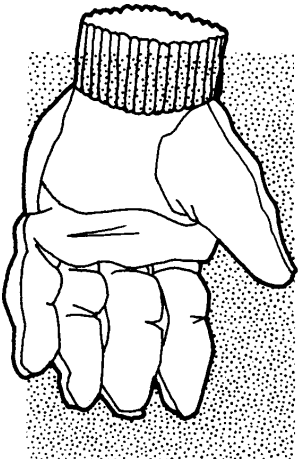
The Parts of the Whole... Figuratively Speaking!



You may have some additional questions about specific body areas such as broad shoulders, large hips, or long arms. Using the categories in the Analyzing Body Features chart, let's look at how lines, designs and textures can influence various features.

Face/Complexion		Neck	
Shape:	Texture:	Length:	Width: <i>(more critical for men than women)</i>
<p>Oval Ideal; can wear all necklines and collar shapes</p> <p>Round V-shaped necklines make the face look longer. Open-collar shirts, jackets. Square necklines. Avoid round collars.</p> <p>Square V-shaped, round scoop necklines. Round collars. Avoid square cut collars and necklines.</p> <p>Pear V-shaped, round, and square necklines. Avoid bows, horizontal necklines, and collar designs.</p>	<p>Smooth Ideal; can wear smooth, shiny, flat, pebbly, coarse, and rough-textured fabrics.</p> <p>Uneven Select fabrics with some surface texture such as denim, small tweed design, taffeta, suiting. Avoid fabrics with very smooth, shiny textures (satin, polished cotton, chintz) or very rough and coarse textures.</p> <p>Clear Ideal; can wear all fabric textures. See list under smooth.</p> <p>Pimpled Select fabrics with some surface textures. Avoid fabrics with raised dots or designs with very rough or very shiny surface textures.</p>	<p>Long Keyhole and high-rounded puritan, funnel high-bias roll, and mandarin collars. Tie or bow necklines. Blazers and tailored jackets. Bow ties.</p> <p>Average Ideal; wear all collar shapes that are suited to your face shape and texture. Bow tie, long tie.</p> <p>Short Scoop, V-shape, square, and cardigan necklines. Convertible collar is best. Cardigan jacket. Long tie. Avoid V-shape if short.</p>	<p>Narrow Bow ties, long tie, Windsor knot. Contrasting collar color. Collar pins. Average-to-narrow jacket lapels. Contrasting collar scarf at neck.</p> <p>Average Ideal; can wear all the styles, long tie knots, collar shapes, and colors. Any width jacket lapels.</p> <p>Wide Same color collar as shirt. Four-in-hand or half-Windsor tie knot. Sweaters without collars. Pointed shirt collars. Medium width jacket lapels. Avoid collar pins.</p>

The Parts of the Whole... Figuratively Speaking!

<p>Shoulders</p> <p>Width:</p> <p>Pitch:</p>	<p>Arms</p> <p>Length:</p> <p>Size:</p>
<p>Broad Ideal for men. Women: Kimono sleeves are good; avoid puff sieges, square necklines, empire silhouettes, and bolero jackets. Vertical lines in bodice.</p> <p>Average Ideal for women. Men: Jackets with shoulder padding. Plaid sports jacket or shirt with solid color trousers.</p> <p>Narrow Women: Square and yoke necklines. Garments with cap, puffed, and raglan sleeves. Avoid puritan and shawl necklines. Avoid vests, asymmetrical closings, and chemise designs. Men: See Average category.</p>	<p>Sloping Jacket with shoulder pads. Avoid diagonal lines in bodice, raglan, and kimono sieges.</p> <p>Average Ideal; no limitations on styles.</p> <p>Square Raglan and kimono sleeves. Asymmetrical closings and diagonal lines in bodice.</p>
	<p>Chest</p> <p>Muscular Full-cut shirts. American-cut suits and jackets. Avoid tailored-cut and European-cut jackets and suits.</p> <p>Normal Ideal; no limitations on styles.</p> <p>Slim Tailored-cut shirts. European-cut jackets and suits.</p>
<p>Long Sleeves with some fullness. Avoid close-fitting sleeves.</p> <p>Medium Ideal; no limitations on styles.</p> <p>Short Straight-line or fitted sleeves. Avoid contrasting cuffs.</p>	<p>Heavy Kimono sleeves or sleeves with cuffs. Avoid cap, short, and sleeveless garments.</p> <p>Average Ideal; no limitations on styles.</p> <p>Thin Kimono sleeves or sleeves with cuffs. Avoid sleeveless and cap sleeves.</p>
<p>Bust</p> <p>Placement:</p> <p>Bra Cup Size:</p> <p>High Exercise caution when selecting items with low-cut necklines, cardigan styles, bodice yokes, garments with bust darts.</p> <p>Average Ideal; no limitations on styles.</p> <p>Low Exercise caution when selecting items with empire styles and garments with bust darts. Chemise style.</p> <p>Small (A) Raised waist, empire, and shirtwaist. Bolero and short, fitted jackets. Vests and capes. Avoid blouson style. Round and scoop necklines.</p> <p>Average (B) Ideal; no limitations.</p> <p>Large (C and larger) A-line, shift, sheath, asymmetrical closing, and shirtwaist. Shawl and convertible collars. Avoid yokes, neckline bows, and middy collars.</p>	

The Parts of the Whole... Figuratively Speaking!

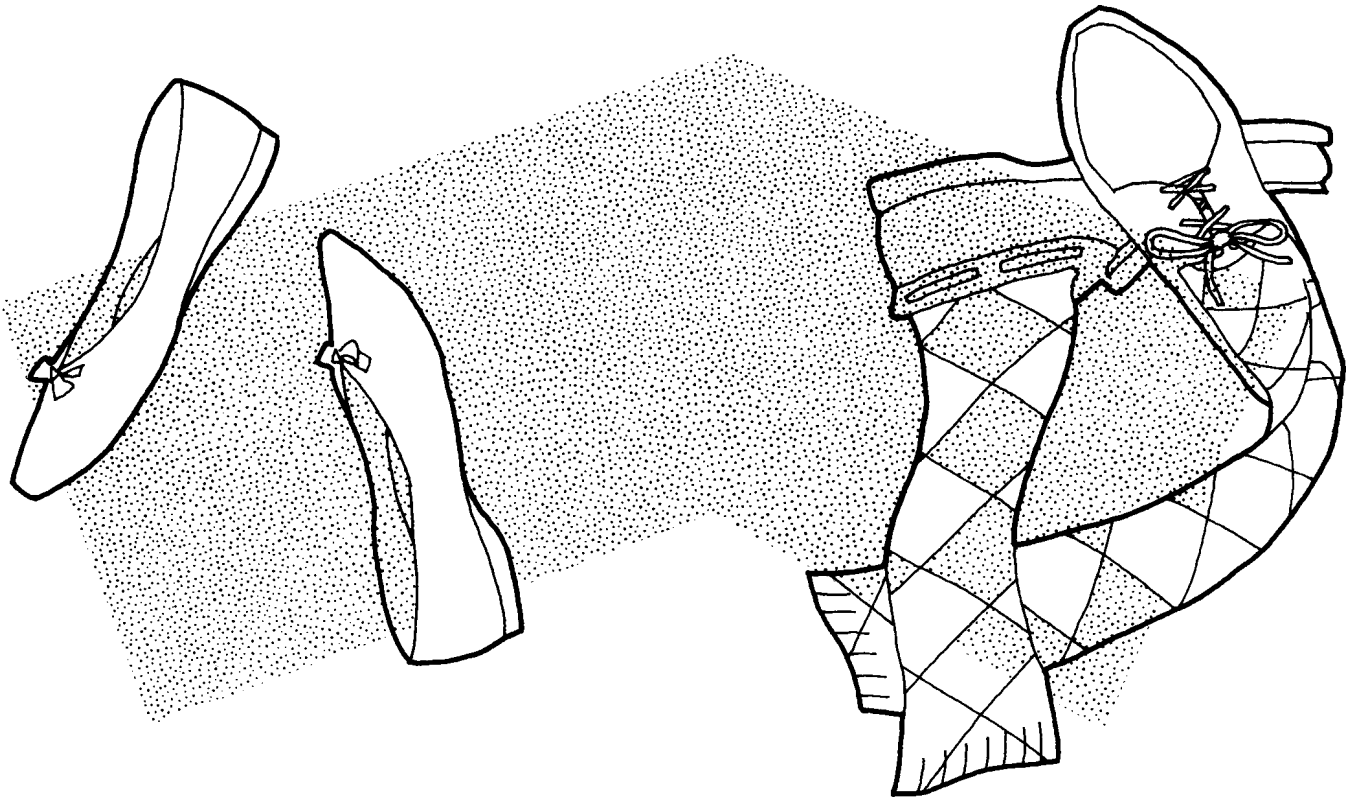
Waist Placement:	Waist Width:
<p>High (short) A-line, chemise, empire, princess, and low-waisted styles. Avoid gathered skirts.</p> <p>Average Ideal; no limitations.</p> <p>Low (long) A-line, chemise, raised-waistline style. Gathered skirts.</p>	<p>Large Women: Chemise, empire, princess, and low-waisted styles. Average-width belts same color as garment. Avoid contrasting shirt/blouse and skirt/pants which meet at waist.</p> <p>Average Ideal; no limitations on styles.</p> <p>Small Women: Accenting a small waist will make bust and hips appear larger. Loose jackets. Narrow to average width belts. Sleeve lengths that end at waist.</p>



Want to Learn More?

There are a number of other activities through which you can learn about clothing for your body type. These include determining the best lines, designs, shapes, and textures for you. Your project leader or 4-H or home economics agent may have other activities or suggestions for you to use to investigate these areas. You may explore them on your own with a parent, friend, or family member by visiting clothing stores and trying on garments of different styles and various fabric textures and designs. If you have an opportunity to investigate additional clothing dimensions, be sure to add a sheet to your notebook telling about your experience and what you discovered.

Hips Size:	Back Contour:	Abdomen Shape
<p>Wide Women: Culottes, panel, gored, flared, and wrap skirts. Wear darker colors on bottom. Avoid sheath style and gathered skirts/silhouettes. Men: Dark trousers and lighter colored jacket.</p> <p>Average Ideal; no limitations on styles.</p> <p>Narrow Women: All styles of pants and shorts. Panel, gored, pleated, and hip-stitched pleated skirts. Men: Ideal; no limitations on styles.</p>	<p>Overly Erect Garments with gathered back yoke. Avoid soft, clingy fabrics.</p> <p>Normal Curve Ideal; no limitations on styles.</p> <p>Excessively Curved Avoid diagonal lines in bodice: kimono and raglan sleeves.</p>	<p>Flat Ideal; no limitations on style.</p> <p>Protruding Loose jackets which come below abdomen. Skirts, pants/trousers, and shorts with pleats or small gathers.</p>



Personality... the Real You!

Body shape is important when determining the “right” clothing, but it is not the only factor you must consider. Your personality is equally important. The clothing you wear should be an expression of you. When you learn how to make clothing work for you and use it as a means of expressing who and what you are, then you have developed your own personal style. Do not assume you can copy someone else’s style and make it an expression of who you are. For example, remember Michael Jackson, the pop singer, and his single white glove and broad-shoulder military jacket. That is Michael Jackson; it is not you! Less flamboyant is Nancy Reagan. Her style is smart, somewhat tailored, yet very fashionable. The clothing styles she selects match her rather quiet, easy, yet controlled manner.

The charts on pages 14-17 provide an easy way to look at personal style. Five distinct personality types have been described according to body type, facial features, behavior, walk, and gestures. In addition, you will see a description of the type of clothing as well as a list of persons who appear to have the characteristics.

Clothing is a tool to be manipulated and used to help you express your personality. Most of you are stiff in the process of developing a personal style which evolves from your personality and your built-in physical features, plus the features you add or control including make-up, hair style, body mannerism, and clothing. Some people develop a personal style early in life; others may be adults.

Study the male or female chart once more, focusing on body type and facial features. These are physical characteristics that help us narrow our possibilities. Next, consider your walk, gestures, and behavior. Where do you believe you fit?

If you found you fit into more than one category, keep in mind that you are not alone. Remember, you are developing a personal style. As you mature you probably will find yourself more aligned with a specific category. By identifying with a single category you will find you can develop a distinctive style that will be “you.” Discovering your personal style will make clothing selection fun, amusing, and intriguing.

You may want to expand this activity one step further. Ask a few close friends and family members to analyze your personal style—how others see you. Ask your leader for additional information and activities to help you explore this dimension.

You are now ready to complete Section 2 (Personal Style) of the Getting to Know Myself chart on page 24.

Color is ... Magic!

Color is one of the most exciting dimensions in nature...and in clothing. The secret is to learn which colors make the most of your appearance and which colors you should use in moderation.

The place to start is with your own personal coloring—hair (natural color), eyes, and skin (without makeup). Skin tone is the most important factor in determining colors that look best on you, although hair and eyes are also important. Look at yourself in natural daylight. Persons with cool coloring appear to have more blue or blue-pink tones, while those with warm coloring have more golden (even orange) tones.

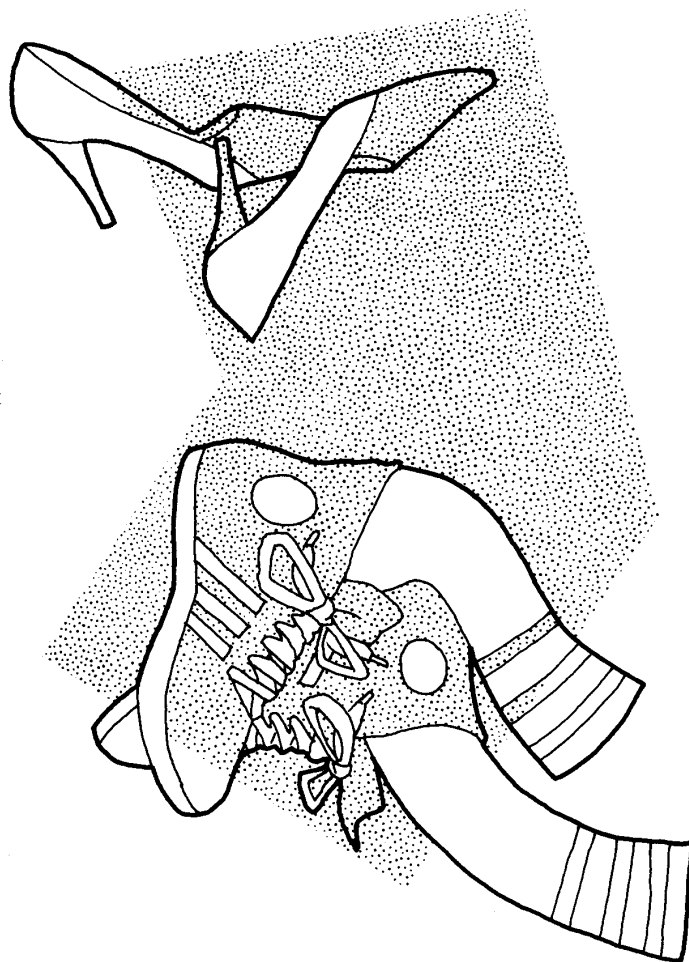
To determine hair and eye color, examine yourself in front of a mirror in daylight. What do you see? Ask your parent, buddy, or family member as well. Color is subjective; that is, we do not all see or interpret color pigments the same. For example, one person may see the color “turquoise” as blue; someone else will call it green.

The chart, *Selecting Becoming Colors*, on page 28 is to be filled out as you experiment with color, using color swatches with your 4-H project group or a group of your friends. Your project leader will give you directions.

If you are completing this project on your own, you will need to ask a friend or parent to help you. Begin by locating a variety of different colored fabrics large enough to be draped across your shoulders (one-half to one yard in length). These could be garments from your family’s closet, color swatches from the Extension office, or left over samples of cloth from previous sewing projects. If these resources are not available to you, take your helper to a local department store, explain your project activity to the salesperson, and ask to try on several garments of different colors. Use as many different color families as possible. Ask your helper to list the color and describe its effect on you (see page 28).

Your 4-H, home economics, or volunteer project leader may also have other activities you can complete that will help determine the colors that look best on you.

You are now ready to summarize your results by completing the chart *Getting to Know Myself: Personal Coloring and Colors* on page 25.



Clothing and Your Life Style

Clothes are selected, in part, to assist you with the type of life you lead. They should be functional for your activities as well as an attractive covering for your body. When planning a wardrobe, then, you must consider the types of activities in which you are involved.

The Life Style Analysis chart on page 25 is designed to help you think about what you do and the type of clothing you need to carry out these activities. Take time to think about things you must do as well as things you like to do.

- Can you relate your activities and life style to your clothing needs?
- Can you relate your activities and life style to the type of clothes you have in your closet?

Be sure to include the Life Style Analysis chart in your notebook.

Determining Your Personal Style—for guys only!

<i>Personality Type</i>	<i>Body Type</i>	<i>Facial Features</i>	<i>Hair Style</i>
Dramatic/ Flamboyant	Mature build, medium to tall, angular structure, striking in appearance.	Prominent, sharply defined features; definite coloring more often Winter* season.	Smooth, controlled; professionally styled. Could have a lot of hair or none at all; looks good in the “wet” look.
Athletic/ Sporty	Average to tall height; strong, sturdy, broad shoulders; athletic appearance, wholesome type.	Broad or long face, square jaw; tanned, freckled; natural appearance; friendly, smiling eyes.	Windblown, casual. Could be bald.
Natural	Small to medium height; coordinated structure; a small Natural could be slight or sturdy in build, but never large.	Open, friendly, happy face; natural look; tanned or freckled; mischievous sparkle in eyes; rounded cheeks or chin or a square jawline.	Natural, windblown, casual styles; may have a perm; could be bald.
Romantic	Any height, any build; could have tendency to be overweight; rounded physique.	Striking but not sharp features; nice looking, attractive.	Controlled or uncontrolled, straight or soft curls; can wear hair longer but it must be well groomed; could be bald.
Classic	Average to tall height, medium build, balanced figure, mature.	Regular features; medium to light coloring; rarely of sharp contrast; often Summer* season.	Neat, controlled, conservative; could be bald.

**Refer to Jackson's Color Me Beautiful for season's color descriptions.*

Walk and Gestures

Poised, purposeful movements; firm and deliberate.

Natural, casual, relaxed, energetic; walks with a long, free-swinging stride; stands with hands on hips.

Quick, free-swinging walk; natural looking; talks with hands; quick movements.

Relaxed, smooth, has rhythm; affectionate in a comfortable, respectable way. Easy movement.

Poised, controlled, refined; can move quietly to take charge of a situation.

Behavior

Sophisticated, self-assured, dignified, reserved; in control of self and situation.

Friendly, frank, open. Talks with hands. Suffers from "foot in mouth"; voice is strong, clean, low-pitched; always friendly, comfortable.

Alert, animated, enthusiastic, friendly, impatient, outspoken, casual manner, carefree.

Charming; makes women feel attractive; can be flamboyant.

Gentlemanly; appears calm, in control; reserved; modulated voice.

Prototypes

George Hamilton
Ricardo Montalban
Harry Belafonte
Richard Gere

Tom Selleck
Jack Nicklaus
Robert Redford
Merlin Olson
Arnold
Schwarzenegger

Michael J. Fox
Dick Clark
Sugar Ray Leonard
Bryant Gumble
Bill Cosby

Burt Reynolds
Joe Namath
Robert Wagner

Ronald Reagan
Paul Newman
John Forsythe
Richard Chamberlain
David Hartman
Prince Philip

Clothing

Clothes horse, wears clothing well; European-styled suits, elegant; understated sportswear; plain rather than plaid fabrics; ascot scarf; chain of precious metal at neck, simple ring, single ruby or diamond.

Straighter cut jacket, less padding; sportswear is best look; knit shirts; textured fabrics, natural and more sport oriented; unbuttoned suit jacket, no vest; western look; old jeans and shirt.

Shaped suits, leisure suits; plain, heather, muted small patterns; vest; light colored shirts and dark tie; sweaters, but not too bulky; all types of sportswear; moderate-sized jewelry.

Can be flamboyant dresser; silk shirts, European-cut suits; looser cut pants; fine fabrics; designer jeans and latest sportswear; uses patterned fabrics; must avoid anything bulky or coarse.

Simple, dignified, suits with vests; can wear double-breasted suits; medium-to-lightweight suit fabrics; leisure is old jeans and sweat shirt; avoids extremes; doesn't spend a lot on clothing.

Determining Your Personal Style—for gals only!

<i>Personality Type</i>	<i>Body Type</i>	<i>Facial Features</i>	<i>Hair Style</i>
Dramatic/ Flamboyant	Tall and thin or bony-like structure; broad shoulders, flat hips and long legs; angular features.	Sharp or prominent, angular, usually Winters* or dark Autumns*.	Severely simple or ornate; may be long or short, curly or straight; could be worn up.
Natural/Sporty	Range from tall and sturdy to petite and boyish; could be athletic.	Wide-set eyes and square-type jaw, or pixie-like; any color season, Autumn* lends itself well.	Long or short, but casual in styling; tight, curly perm works well for some.
Youthful/Delicate	Youthful romantic; pretty, dainty, delicate in build; may mature to sophisticated romantic or classic.	Soft and youthful; are often Springs*; delicate.	Curves or curls, soft, loose or tight.
Romantic	Curvy, feminine figure; rounded features; may be slightly overweight; mature looking, sophisticated.	Striking coloring; frequently a beautiful face or special feature—eyes, complexion.	Best in curves or curls; glossy rich in coloring.
Classic	Well-proportioned figure; good posture, scaled-down dramatic.	Regular features; medium coloring; makeup important, but must be conservative in amount.	Controlled hair style; neat; curled or straight; never casual wind-blown look.

**Refer to Jackson's Color Me Beautiful for seasons' color descriptions.*

Walk and Gestures

Theatrical, exact and deliberate; willowy, yet formal and controlled.

Energetic, informal, natural, free and unrestrained.

Natural, unsophisticated, casual girlish.

Feminine, somewhat sophisticated, slight theatrical flair.

Conservative, a sense of formality, controlled.

Behavior

Dramatic, precise, exacting, confident aloof.

Informal and friendly; casual and comfortable.

Fresh and youthful; unsophisticated, natural femininity; casual manner.

Feminine, romantic nature; sophisticated maturity.

Conservative, poised, under control; immaculately tailored, smart; dignity with feminine charm.

Prototypes

Diana Ross
Cher
Joan Collins

Goldie Hawn
Mary Lou Retton
Chris Evert Lloyd
Jane Fonda

Shirley Jones
Shari Belafonte Harper
Sally Field
Janine Turner

Jaclyn Smith
Elizabeth Taylor
Linda Evans
Princess Diana
Phylicia Rashad
Phyllis George Brown

Martha Layne Collins
Rosalynn Carter
Nancy Reagan

Clothing

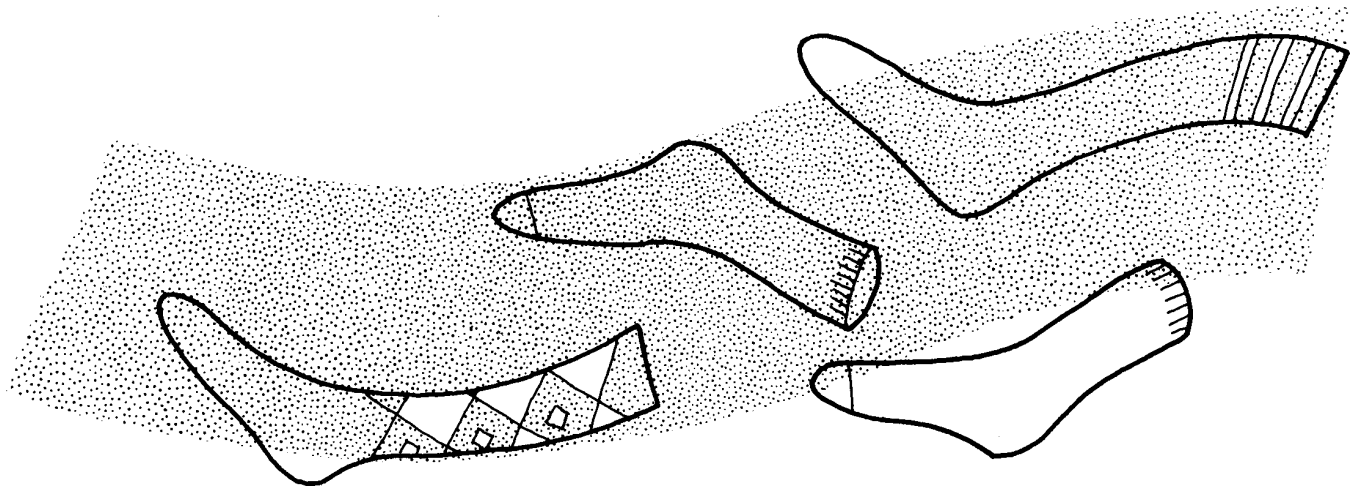
Extremes in fashion; high fashion; bold wild, vivid prints and designs (African prints, neon prints); bold, theatrical textures and fabrics (satin, tapestry); billowy fabrics (voiles, crepe de chino, chiffons); large ornate jewelry.

All kinds of sportswear from casual to chic; large casual prints; natural type fabrics, nubby, handwoven items (denim, corduroy, tweed, poplin); simple jewelry in limited amounts.

Feminine styles, curved lines, soft or crisp fabrics (voiles, organdy, eyelet); delicate prints, floral designs, ruffles and bows; dainty jewelry; soft colors and designs; lightweight fabrics.

Gently curved lines; softly draped silhouettes; feminine styles; prints/designs must be feminine, fabrics that are soft, luxurious, simple or ornate (velvet, chiffon); looks beautiful in evening wear; low-cut designs; jewelry must be delicate, luxurious.

Smart, tailored styles; avoid trendy extremes in fashion; medium size and types of prints, designs, fine fabrics; soft straight lines; smooth or medium textures (wool flannel); jewelry is important, especially earrings; smart, yet classic.



Inventory – Taking Stock

The next major step in building a good, successful wardrobe is to look at the condition of your current wardrobe. What clothes do you already have?

There are many ways to look at or inventory your clothing. One of the easiest is by the seasons of the year—winter, spring, summer, and fall. This is the manner in which retail stores generally handle, display, and advertise clothing and accessory items. Of course some clothing items are seasonless as they are worn year-round. Since summer follows closely on the heels of spring and fall glides into winter, it's easy to group these four seasons of the year into two categories: spring/summer and fall/winter.

You may take inventory of your wardrobe in any manner. Your parent or project leader might suggest another technique to use. If you use the seasonal technique described above, decide which of the two categories you would like to work with first. Of course you can inventory your entire wardrobe, but it may become very time consuming. You may even find a way to sub-divide your wardrobe inventory! If you are having trouble deciding which seasonal category to inventory, consider these questions:

- For which season does my wardrobe seem to need the most attention?
- Which season are we currently in? (Most of your clothes for the current season should be easy to find since they are not packed away with out-of-season clothing.)

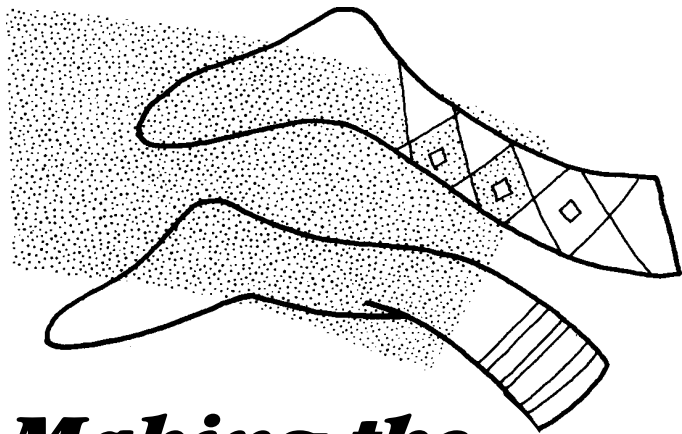
- Is there a special event coming up soon for which I will be needing some new clothes or to make some changes in my wardrobe: school starting? vacation? new job? trip?

When you have evaluated this part of your wardrobe, plan to return at a later date and complete your inventory by adding the remainder to your chart.

Now, turn to pages 26-27 and you're ready to start! Here's how you do it. Go through your present wardrobe, item by item, and make a written list according to the clothing categories given. Follow the chart closely. Each clothing item should be classified on the basis of style—A-line skirt, trench coat, V-neck sweater, etc.; color; where you wear it; the season; its condition; and your attitude toward it.

Note: The Wardrobe Inventory is a key step in the completion of this project. Much of your success depends on how well you complete and use the inventory information. If possible, plan to spend a full free day researching your wardrobe; at least set aside several hours at a time without interruption. It may be necessary to try on most of your clothes, especially if you have not had them on for several weeks/months or have had a recent growing spurt. You may want to ask a parent or relative to help you with fitting and assistance in determining when clothing items need to be retired or recycled.

If the inventory chart does not provide enough room under a category, or if there are other categories not listed in which you have clothing items, add these on an extra sheet of paper with a notation on the chart. Include the inventory and additional sheets in your project notebook. Happy hunting!



Making the Most of Your Wardrobe

Taking inventory of your wardrobe can be a real treasure hunt! Did you find something you forgot you had? Maybe even a few items you would like to forget! Now that you know what you have, it's time to identify how you use each item.

Clothing and accessory items work together as a team; therefore, successful dressing involves teamwork. Building a *look*, or your clothing presentation, starts with planning. Begin by selecting one clothing item such as a pair of blue pants; then add a shirt and/or sweater and other items until your look is complete. Each additional item must serve as a team member and contribute to the total look.

To get the most from the clothing you have, it's important to recognize and identify items that look nice together. Clothing that can be mixed and matched with more than one other item helps to extend the wardrobe. You have probably seen someone demonstrate how you can take two or three outfits and mix and match the individual items to multiply the number of costumes. We call this clothing coordination.

Clothing and accessory coordination is a very important part of good wardrobe planning. Without it, you really will have a closet full of clothes with nothing to wear! (Because of the importance of clothing coordination, an entire project manual and activity has been devoted to it: Fashion Magic—Clothing Coordination. You may want to refer to it for additional information.)

On page 30 you will find an activity which will help you identify how the clothing item(s) you plan to acquire will fit into your current wardrobe. Include this activity in your notebook.

Evaluating Clothing Needs and Desires

Give yourself a big pat on the back and put a smile on your face! You have just completed the two most important steps in planning and building a good wardrobe: the inventory and the garment plan.

As you acquire new items and retire others, update your inventory sheet. The big job of taking inventory is behind you, and you are ready for the important decisions regarding the clothing items you need or want.

Spend some time examining your Wardrobe Inventory.

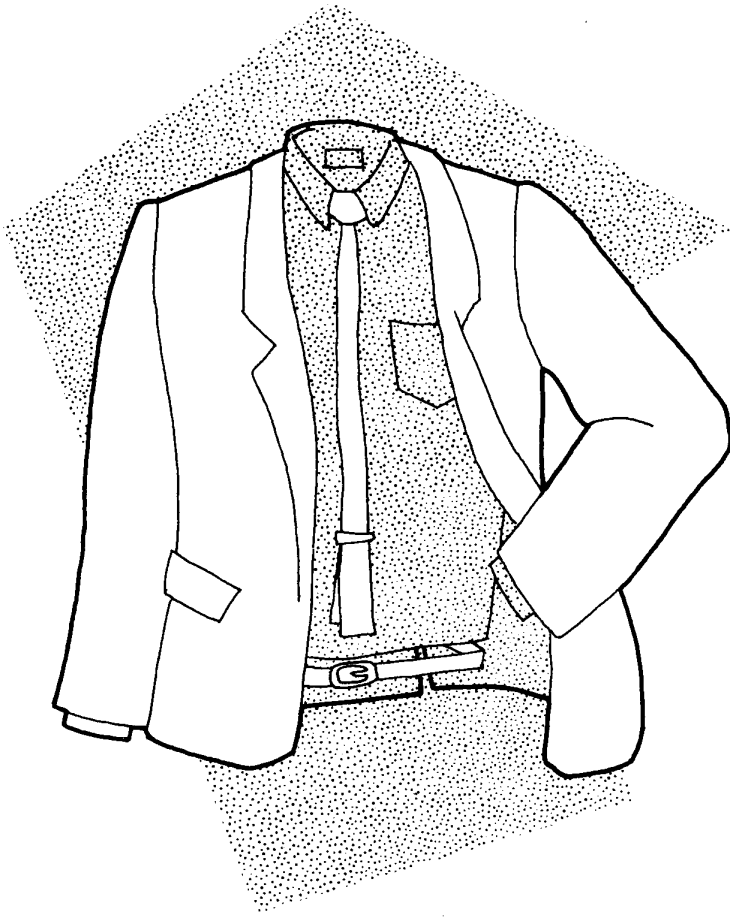
- Can you identify your wardrobe strengths?
- Does your wardrobe have some weaknesses and specific needs?
- Are there clothing items that need to be replaced?
- Do you have clothing items you do not use but would like to wear if you had something to wear with them?

By answering the questions above, you will be on your way to determining a clothing plan of action.

A Clothing Plan of Action to list the needed clothing items you have identified is provided for you on page 29. In addition to the clothing items you need, you may also list items you would like to have in your wardrobe. Be sure these items can be coordinated into your wardrobe and serve as good clothing team members.

A Clothing Plan of Action must also include specific information about the garment style and color in addition to the occasion and season. Here is your opportunity to use the information you gained from the Getting to Know Myself exercises. Select colors and styles that enhance your best features and personal coloring. Don't hesitate to ask your leader, parent, or a knowledgeable friend for some help and suggestions.

You may want to include your parent(s) in some of the decision-making processes such as How I Can Obtain and When and How Much I Can Afford—especially if their money is involved or other assistance is needed (such as transportation to the shopping area). Complete the Actual Cost and How Much I Saved sections after the items are acquired and/or recycled.



Making A Wise Purchase

Getting the most out of your wardrobe budget takes skill—not the wave of a magic wand. Good shoppers plan carefully, investigate the market, look for quality merchandise, and then purchase wisely. Be sure to try on clothing items before purchasing. Look at yourself in a mirror; check all views (back, front, sides). It may be necessary to sit down or walk around to determine comfort as well as fit. Take along a good friend, parent, or relative who will give you an honest opinion about fit and style. Some sales personnel are helpful; others are more interested in making a sale than helping you select the best garments for your needs.

Getting the most for your money is important. Whether you purchase a pair of socks or a winter coat, quality is the name of the game!

Before you purchase any clothing item, examine its workmanship. Plan to purchase the best quality possible, keeping in mind how you plan to use the item and for how long. Many stores can give you any new fashion look at a price to fit almost every pocketbook. Be sure to take the time to look around the store and read garment labels and hangtags. Hangtags and labels provide a wealth of information related to quality and care as well as price.

Purchasing clothing can be fun and exciting; it is also a challenge. Ask your leader and/or parent for additional help and information to guide you through this important process.

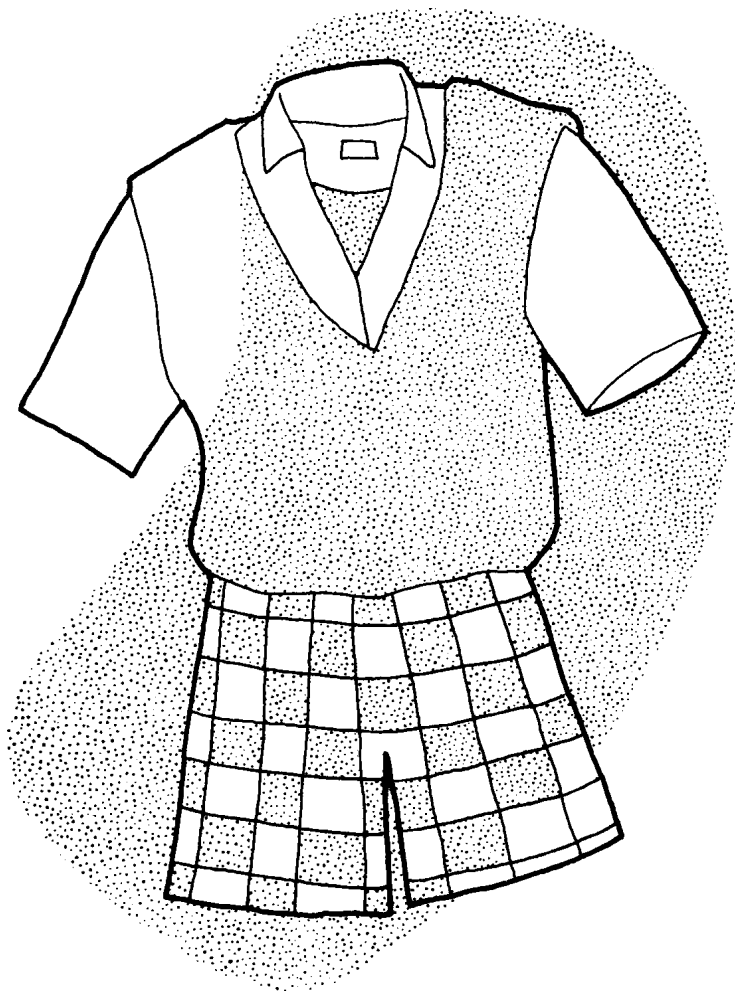
How do you know which clothing item(s) to acquire first? The column When I Need: (Month) should provide the best clues. Let's take an example. If your only bathrobe was chewed up by the dog and you are planning an overnight stay at a friend's house, the bathrobe may take priority over the other items listed. The time involved in making a robe may be too great, so it will be necessary to purchase the robe.

Weigh each clothing item listed on the basis of need and your individual or family circumstances. You may find it helpful to rank each item with a number to the left of the column to indicate the order for adding to your wardrobe.

Leadership and Citizenship Activities

Leadership and citizenship activities are a part of every 4-H project. The following list should serve as a springboard of ideas:

- Assist your leader with meetings.
- Serve as a project teen leader and help younger 4-H'ers with their clothing projects.
- Assist with fashion shows for your club, school, or other community function.
- Model in fashion shows in local stores or community clubs.
- Help 4-H members with clothing demonstrations.
- Do news articles and radio or TV spots about club activities for local, school, and community newspapers and stations.
- Arrange to do a clothing display in the library or a local store on coordinating clothing items or some other topic of interest.
- Sponsor a grooming clinic for special groups.
- Assist with the clothing exhibit at your county, local, and area fairs.
- Help select costumes for a community drama club or the 4-H talent show.
- Collect clothing for home disaster victims.
- Help collect and recycle clothing for Salvation Army, Red Cross, and Goodwill.
- Volunteer to help select curtains for 4-H camp cabins.
- Help teach a class for the elderly on "Clothing for Special Needs."
- Make a 4-H banner for parade floats.
- Organize a display at school or in a department store window on clothing or a fabric-related topic.
- Offer to do chores or mending for someone who is unable to leave his or her home.
- Set up a question-answering service on clothing care at a local laundromat.
- Develop short radio spots on fabrics, care of clothing, and fashion tips.
- Become involved in National Sewing Month or promotion of cotton or wool.
- Help involve local department stores in presenting programs to your 4-H group or club on accessories or how to shop for clothing.
- Work with younger 4-H'ers in teaching them how to mix and match clothing items.



Summary

Your personal appearance communicates a great deal about who and what you are. Although clothing is only one of several factors which make up your personal appearance, it can say more about you than all the other factors put together. When you look good, you feel good about yourself; that's what being successful is all about!

Fashion Magic: Wardrobe Planning

Note: This project must be completed before any others in the Fashion Magic Series.

Getting to Know Myself

Section 1:

Analyzing Body Features

Direction: Check (X) the appropriate body features which best describe your body. To the right, fill in an appropriate garment style for that body feature. Refer to pages 8-11.

Body Characteristic

Garment Style

• Silhouette

Height: Tall Average Short

Frame: Small-boned Medium-boned Large-boned

Contour: Slender Plump Stocky
Angular

• Face/Complexion

Shape: Oval Round Square
Pear-shaped

Texture: Smooth Uneven Clear
Pimpled

• Neck

Length: Long Average Short
Width: Narrow Average Wide

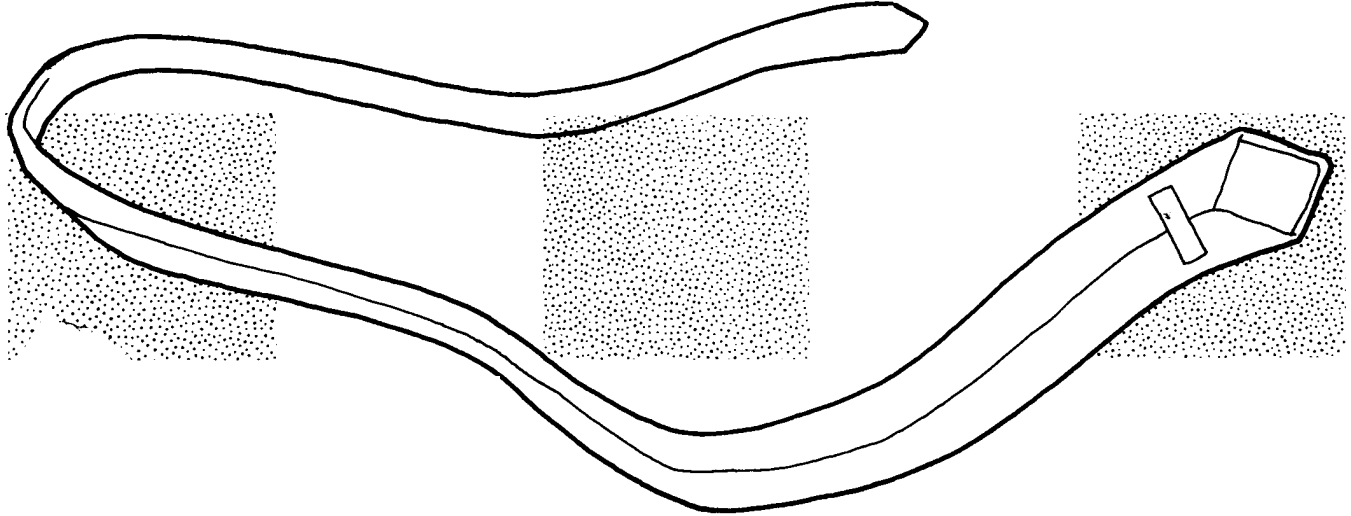
• Shoulders

Width: Broad Average Narrow
Pitch: Sloping Average Square

• Arms

Length: Long Medium Short
Size: Heavy Average Thin

Fashion Magic: Wardrobe Planning



Getting to Know Myself

Section 2:

Personal Style

My body type can be described as _____

My facial features are _____

My best or most flattering hair styles can be described as

My natural walk and body gestures can be described as

My behavior is generally _____

I think my personal style type is closest to _____

_____ (Types listed on pages 14-17.)

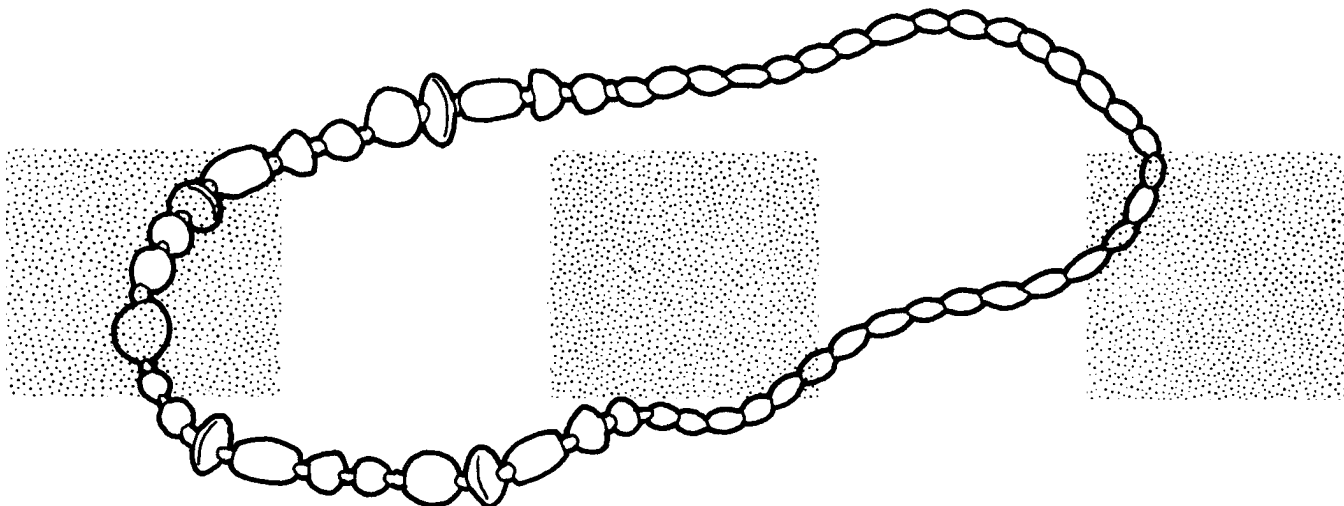
My Personal Image

• The personal style traits that I feel good about are: _____

• The personal style traits that I would like to change to more clearly reflect the real me are: _____

Date Completed _____

Fashion Magic: Wardrobe Planning



Getting to Know Myself

Section 3: Personal Coloring and Colors

My personal color is: (Circle one in each category on each line.)

Skin

Tone: Light Medium Dark

Undertone: Yellowish Blue-Pink

Hair

Tone: Light Medium Dark

Color: Blonde Brown Black Red

Eyes

Tone: Light Medium Dark

Color: Blue Green Grey Black - Brown

My three most flattering colors are:

1. _____
2. _____
3. _____

Date Completed _____

Section 4: Life Style Analysis

Personal Data (Check the most appropriate description.)

- Where you live:

___ farm ___ small town ___ urban

___ rural nonfarm ___ suburban

- What type of activities are you required to do at home?

- List the school and community clubs and organizations in which you are involved: _____

- List the six adjectives which you think best describe you. These do not have to be related to clothing. You may find it helpful to refer to the Personal Style chart in the project book or the Personality Characteristics chart found in the leaders guide.

1. _____ 2. _____
3. _____ 4. _____
5. _____ 6. _____

Date Completed _____

Fashion Magic: Wardrobe Planning

Wardrobe Inventory

	What I Have (Fill in)		When I Wear It (Check)				Season (Check)				Condition (Check)			Attitude (Check)			
	Quantity	Color	Style	Casual	Dressy	Formal	Special	Fall/Winter	Spring/Summer	All purpose	Can wear again	Needs repair	Y	N	Like	Dislike	Need to Replace
Coats/Jackets/ Rainwear																	
Suits																	
Blazers/ Sport Coats																	
Blouses/Tops/ Shirts																	
Sweaters																	
Pants/Shorts/ Jeans																	

Fashion Magic: Wardrobe Planning

Selecting Becoming Colors

Directions: Drape the fabric across your shoulders and around your neck until no other fabric or color shows. Ask one member of the group to record the reactions of the group on your chart. Use this chart to help you determine your best colors.

Color (Write name.)	How Does it Look?					
	Effect on Skin	Effect on Hair	Effect on Eyes	Good +	OK 0	Bad -

Date Completed: _____

Fashion Magic: Wardrobe Planning

Garment Plan

Explanation: This exercise is designed to help you identify how the garment(s) and/or accessories you plan to acquire will be used in your wardrobe. You may think of this as a tool to help you think about how the item(s) can be coordinated with other items in your present wardrobe. Include this in your notebook.

On what basis did you choose the item(s) you plan to acquire? Check the most appropriate answer(s).

- It is an item I have never had in my wardrobe.
- It is a new color, design, or texture for me.
- I am replacing an item that is too small, too large, worn out, I didn't like.
- I need a special occasion item for _____.
- I don't need the item but want to add it to my wardrobe because I like it.

List clothing pieces in your wardrobe which can be worn with the item(s) you will acquire for this project. Refer to the wardrobe inventory and list by category, color, and style. Add additional lines if necessary.

Items acquired (Check items you will model at State Fashion Revue if submitting project book)

Items on your inventory that can be worn with acquired item(s)

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

How often will you be able to wear the acquired item(s)? Check only one.

- | | |
|---|---|
| <input type="checkbox"/> Year round to school | <input type="checkbox"/> In the summer for casual occasions |
| <input type="checkbox"/> Year round for dress-up | <input type="checkbox"/> In the winter for casual occasions |
| <input type="checkbox"/> In the summer for dress-up | <input type="checkbox"/> Year round for all occasions |
| <input type="checkbox"/> In the winter for dress-up | |
| <input type="checkbox"/> Only for special occasions | |

How often? _____

Date Completed _____

Fashion Magic–Wardrobe Planning Scorecard

Clothing Selection

Excellent	Very Good	Fair	Needs Improvement	NA
-----------	-----------	------	-------------------	----

The Notebook (40%)

• Photographs					
• Completion of Charts					
• Notebook Reflects Apparel Needed					
• Other (specify)					

The Presentation (30%)

• Response to Question					
• Presentation of Self					
• Posture/Poise					
• Grooming					
• Make-up					

The Item on the 4-H'er (30%)

• Fabric Texture					
• Color					
• Garment Design					
• Fit					
• Accessories					
• Value for Money Spent					

Decisions of the judges are final.

References

Wardrobe Strategies. Judy Rasband. Delmar Publishers, Albany, NY, 1996.

Visit your bookstore or library for additional titles.

Originally written in 1986 by Linda M. Heaton, Extension Specialist in Clothing and Textiles, and Karen Hicks, 4-H Program Specialist.

The authors express appreciation to the following counties and agents who assisted with the pilot of this project and provided a wealth of helpful information:

- Boone County—Steve Wills Extension Agent for 4-H, and Nancy Norman, Extension Agent for Home Economics
- Knox County—Cheryl Huffines, Extension Agent for 4-H
- McCracken County—Dorothy Porter, Extension Agent for 4-H
- Pulaski County—Jana Brown, Extension Agent for 4-H, and Betty King, Extension Agent for Home Economics
- Trimble County—Eilene Lantz, Extension Agent for Home Economics

Special appreciation is also extended to Patricia P. Schrader, Extension Information Specialist, 4-H.