

COLLEGE BULLETIN

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APPROPRIATE CLOTHES FOR THE HIGH SCHOOL GIRL

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The High School Girl

There are two periods in the life of a young girl when clothes are of the utmost importance to her. The first one appears when she is about seven years old. As her mother dominates the situation at this age, the girl has very little to say about what she shall wear; consequently, the intense interest she feels in dress works itself safely out of her life through paper dolls and through "playing lady."

The second period appears when she is firmly launched in the high school. By this time the young girl usually has opinions of her own; she possesses also the courage of her convictions. Ornate, sophisticated, and expensive clothes, plus the fads of the time, make a desperate appeal to her. Her judgment has not developed with her desires and when she sees these spectacular garments worn to school by a few girls, she does not recognize the poor taste and judgment of the wearer, but feels that she also must have this type of costume. This situation brings about much unhappiness often between mother and daughter, and even sacrifice by other members of the family if the girl succeeds in her extravagant demands.

Girls in the high schools of our country have been much overdressed during the last few years. Realizing this fact, mothers, teachers, and leaders among the girls themselves have been striving earnestly to create in the mind of the high school girl a better standard of dress for those years when she is neither a child nor a woman.

One of the surest tests of the good judgment and refinement of a girl is her selection of clothes. School room walls and blackboards do not make consistent backgrounds for party clothes. Often the overdressed girl at school is striving to attain a social goal not yet realized, and the school room and street offer her the only opportunities to show her fine feathers. The representative girl in a high school should be the one who can do, not the one who can dress.

This little bulletin is published with the hope that its suggestions may help to simplify the problem of appropriate dress for the high school girls of our country.

Suggestions for the School Dress

If a girl should not wear fanciful clothes to school, just what should she wear? In a general way I shall answer that question.

A high school girl should wear dresses made of good, substantial material, appropriate for its wearing quality and pleasing for its color and texture. These dresses should be made on lines becoming to the individual girl who is to wear the dress, and at the same time should be designed so that they will stand the wear and tear to which they will be subjected. Dangling tassels, sashes, and fluffy ruffles divert the attention of both the wearer and the observer at school and by their very inappropriateness make the owner conspicuous. Above all, the school dress, which is a work dress, should allow the wearer free use of her limbs and muscles and should promote her general good health.

A school girl in a dress built on the lines of a Peter Thompson or Hofflin suit with proper accessories in the way of shoes, stockings, and coiffure has much more style than her little sister in georgette or velvet. This type of suit is becoming to almost any girl since the collar, tie, and belt may be varied to suit each individual. The design has become almost as staple as flour and sugar in the pantry; as a result, these dresses, if made of good material, may be worn for several years without going out of style. Ready-made suits of this type are quite expensive, but patterns are easily secured and any one who sews may make a successful garment, if a little care is exercised.

Gingham, linen, and percale dresses, built on simple lines so that they may be laundered without becoming stretched and misshapen are always satisfactory and pleasing for school wear. In cold weather serge and tricotine make splendid but expensive substitutes for the washable materials.



APPROPRIATE DRESSES FOR SCHOOL

The Dress with a Washable Underblouse

The linen or serge jumper dress, made with a washable underblouse, is a most satisfactory garment for the school dress. It is not only utilitarian, but also comfortable and attractive on account of its many possible variations. It is becoming to almost all types of girls from the very young girl, often found in the first year of high school, to the dignified senior. The dress proper, built on simple lines, will stand hard wear and the fact that the underblouse may be laundered or changed will give freshness and variety to the costume. The very young girl who has not learned to care successfully for her wristbands will find this feature most valuable. Another advantage is that in warm climates or in overheated school rooms the light weight of the underblouse will prove very comfortable.

Georgette crepe is not an appropriate material for this underblouse or for any other school garment. Its perishable nature and its transparency make it prohibitive for the school room. A very transparent outer garment demands a most carefully selected under garment and more often than not this care is not wisely exercised by the wearer. The jumper dress made of wool may be worn quite late in the spring and a silk underblouse will be most useful for the winter months. Made of gingham or linen, the dress will be a valuable asset in the summer wardrobe, particularly in the South.

A white shirt waist and dark skirt is a very utilitarian combination, but from an art standpoint it is not considered good design. For a costume to possess art quality, it must have unity; the wearer and her clothes should create an impression of "oneness." The sudden change at the waist line from a light waist to a dark skirt cuts the figure into two parts, and so destroys the much desired quality of unity. If the white waist and dark skirt must be worn, a tie repeating the color of the skirt will aid in creating relationship between the two.



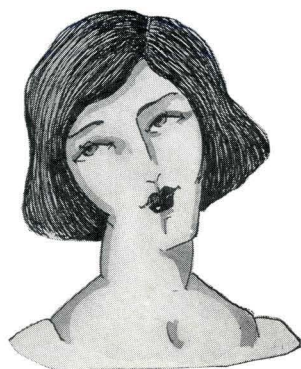
JUMPER DRESSES FOR THE YOUNG HIGH SCHOOL GIRL

Fads

We may go back as far as we like in history and we shall find that fads have always existed; they probably always will exist. There were fads in ancient Egypt; the women of that day cut their hair and painted their faces in much the same fashion that the modern woman disfigures herself today.

Unfortunately the head seems the part of woman's anatomy most often attacked by fads, and the most evident result appears in the hair. An epidemic of shorn locks, which has spread over the country during the past year, has found its most susceptible victim in the high school girl. Wonderful glossy braids have been sacrificed to the shears; the many bobbed heads and happy owners give evidence to the force of a fad. Pleadings have been of no avail; bobbed hair had to be. Without doubt some of the victims of this fad are more attractive than they were with long hair, but this is certainly not always the case. The girl's plea that short hair saves both time and effort is not true, for bobbed hair when treated properly requires much consideration. If short hair is curled, it should be done so that it will still follow the shape of the head and leave some structure to the seat of human intelligence. Heavy glossy hair is much better when only slightly curled, if at all, and should be allowed to fall naturally around the face and ears.

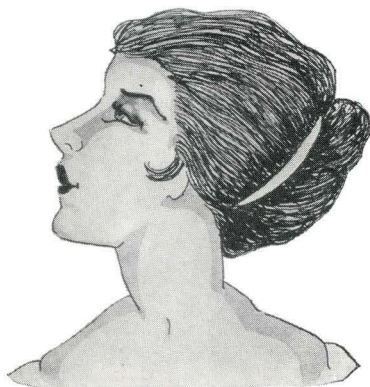
Fashion now decrees a longer skirt and with the short skirt we shall probably say goodbye to short hair. Just what to do with hair during that period when it is neither long nor short is beginning to demand consideration. The hair net rushes to the rescue. With the aid of a net and some light weight combs rebellious hair may be held back from the face during the restoration period. Some young girls who saved their braids are cleverly pinning them around their heads, and to these braids they adjust their uneven locks.



BOBBED HAIR COMBED GRACEFULLY AND NATURALLY



CONFUSED, BUSY LINES DISTORTING THE SHAPE OF THE HEAD



HAIR NETS AND COMBS ARE VALUABLE FOR UNSIGHTLY LOCKS WHEN BOBBED HAIR IS FIRST ALLOWED TO GROW

Lines Around the Face

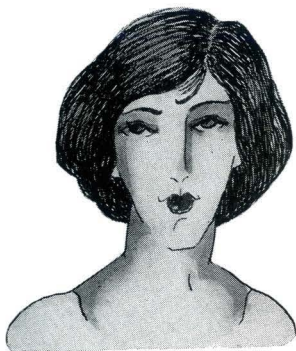
There are very few human beings who, during their entire lives, possess perfect human proportions. Many times a little skill will disguise irregularities in physical proportion and will make an attractive girl or woman; without its aid she would have been quite the reverse.

The force and value of properly used lines is most evident around the face. Hair lines, neck lines, and jewelry lines are not idle terms. The wise girl never follows a fad in the way she combs her hair or cuts the neck of her blouse until she is quite sure it suits her physically.

A girl should certainly wish to be in style; otherwise she is conspicuous, but she should always be wise enough to adapt the style to suit her individual needs. If nature has given a girl an extremely round full face and a short neck, she should not comb her hair broad and full on the sides and low on the forehead, but she should keep it close to the head and dress it as high as the style will allow and proves becoming to her. Ear rings and fancy side combs are not for the stout girl, for they increase the seeming width of her face.

The girl with a slender face should use lines around her face which will cut length and produce width. Hair drawn in soft flowing lines low on the forehead and broad on the sides will usually prove becoming. She should avoid any line which is hard or angular, for it will make more evident the angles of the face.

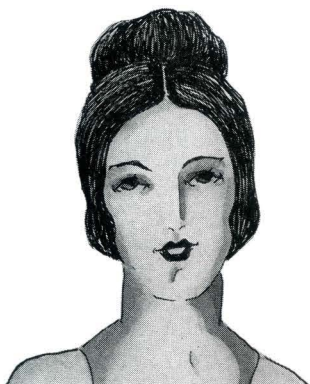
A girl should not only study her face from the front but also her profile. Unless her features are very perfect, her hair should not be drawn back tight from the face. Irregularities in features may be greatly softened if the hair is made to flow in gentle soft lines over the forehead and ears and allowed to shade the brow. Extreme care should be used not to repeat in the lines of the hair against the face exact lines in a profile too convex or too concave.



SOFT FULL COIFFURE FOR
NARROW FACE



HAIR LINES INCREASING NAR-
ROWNESS OF FACE



BROAD FACE LENGTHENED BY
CLOSE LINES OF HAIR



BROAD FACE WIDENED BY
HAIR LINES



LOOSE SOFT COIFFURE DISGUIS-
ING IRREGULAR PROFILE



IRREGULAR PROFILE ACCEN-
TUATED BY HARD TIGHT HAIR LINES

Appropriate Clothes for the Street

If the school room is not an appropriate place for elaborate or fanciful clothes, surely the street is less so. The truly refined woman will never wear those things on the street that will make her conspicuous. Here all classes of people meet and mingle, supposedly bent on business, and the girl who appears in this public place in conspicuous clothes either shows very poor judgment or indicates that she is striving to attract attention in the cheapest possible way.

The most stylish young girls seen on city streets are those gowned in simple well made dresses, long coats, or tailored suits. The coat dress is a recent development for young girls that has met with much popularity. This dress is made of wool or silk, on tailored lines with a coat or cape made of the same material. Bright plaid or figured linings for the coat and touches of the same color on the dress or hat add much interest to the costume. A woolen dress of good material with the popular low belted simple waist and plaited skirt is a valuable possession for any young girl. Much individuality may be added to this dress by a bright striped or patterned sash and collar. A woolen dress for the street has much more style when made simply than when decorated with ornate embroidery.

The long coat with unbroken lines, generous collar and cuffs, and an interesting belt is more distinctive for a young girl than a coat of intricate pattern, burdened with tassels, fringes, and patches of fur. Sophisticated designs are not successful on youthful people. The tailored suit with the youthful semi-fitted short coat is almost always becoming and is more consistent for the young girl than the fitted or belted models with long fanciful peplums.

The accessories worn with the street suit have much to do with its completeness. Hats, gloves, and shoes should not be chosen at random, but should contribute their part toward making the costume a unit. In color, material, and design the hat should be consistent for the tailored garment worn and should seemingly possess the same quality of durability. Low heeled walking shoes and simple hose are necessary additions to the street costume.



APPROPRIATE COSTUMES FOR THE STREET

Appropriate Clothes for the Street

A simple dark silk dress is almost essential for street wear in spring and summer to replace the heavy woolen dress or suit. Taffeta is an excellent material for this dress and makes a much cooler and more youthful looking dress than satin. A taffeta dress needs little trimming if cut on interesting youthful lines. Buttons, tucks, and plaited frills of the same material may be used most effectively. Little bits of hand stitchery or attractive light collar and cuff sets add much charm to this type of dress.

Bright colored material should not appear in the silk dress for the street. This dress should be conservative in color as well as in design; some dark and neutral hue becoming to the wearer should be chosen. A loud color on the street attracts as much attention as a loud noise. Linen, voile, and rattine act as good substitutes for silk in the extreme heat of summer, but a street dress of these materials should be most simple in design. The hat worn with these dresses may increase in size and become softer in line, but should never become of the picture variety. A hat with beautiful lines and simply trimmed has much more style than a floppy one laden with garlands and feathers.

Feet may become a bit more fanciful with light dresses, but they should never make a striking contrast to the costume. The low heeled walking shoe always adds grace and style on the street.

Elaborate jewelry is certainly never worn by the well dressed girl on the street. An interesting chain or string of beads will often add the needed bit of color to the street costume, but these should be genuine of their kind and not imitations of precious stones. Ear-bobs are certainly most inconsistent on the street. If worn at all they should be reserved for strictly dress occasions. A wrist watch and an attractive bag are useful accessories for the street costume.



SILK AND LINEN DRESSES FOR THE STREET

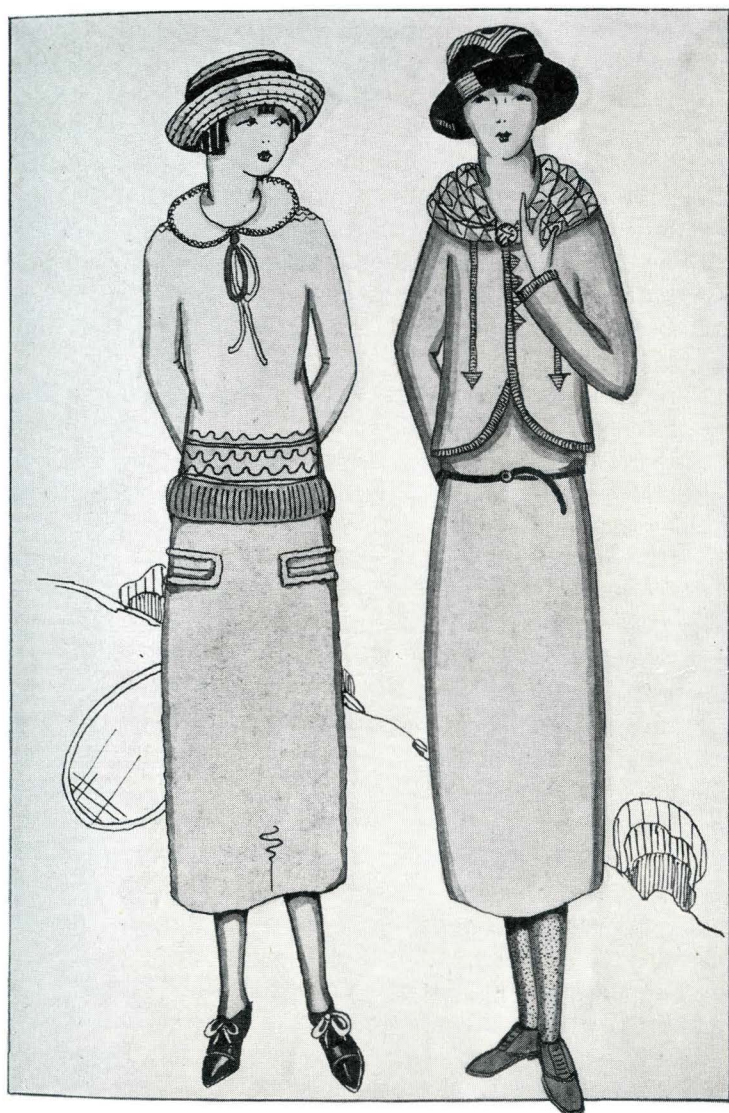
The Sports Costume

There is no costume worn by the young girl as interesting as the sports costume. Here her personality and her love for color may be given almost full range. Among the many assets of the sports costume are: it is almost necessarily youthful, it is durable, healthful, and inexpensive, and any girl with sewing ability may make this garment for herself.

Knitting skill developed during the war proves useful now in creating an attractive sweater or slip-on. Since these garments are so quickly made and are so inexpensive, a girl may have a number of these to wear with a single skirt, thus giving variety to her dress. Knitted garments of this fashion should not be worn without a washable underblouse for they are neither comfortable nor sanitary when worn next to the skin.

The sports dress with a coat to match is valuable for more formal occasions. Brilliant colors in plaids or stripes or in a combination of materials may be used freely in the sports costume as it is intended primarily to be worn informally in the open and for some activity. A simple soft hat, low heeled comfortable shoes, durable hose, and the absence of jewelry are most necessary. Hair should also be dressed in line consistent with the costume. Wool hose are very attractive with a neat heavy shoe, but the well dressed girl will never wear this hose with a light weight satin or suede shoe.

A modified sports costume in more subdued or light colors is now recognized as a correct street costume for the young girl. In dark warm colors it functions satisfactorily also for school in winter. If a variety of color is used in the sweater of the sports costume, the skirt worn should be plain and should repeat some dominant color appearing in the sweater, that the whole may appear a unit. If the skirt is a plaid, the sweater is more successful when made of a solid color with perhaps a little variety in color to finish the neck and sleeves.



SPORTS COSTUMES FOR THE YOUNG GIRL

Suggestions for the Stout Figure

A girl may not only improve the appearance of her face and head by the proper use of line, but also do wonders with her figure, if she knows how to design her dresses properly. A dress wonderfully becoming to a slender, sylph-like girl may become a tragedy on her plump class-mate. Every girl should understand her physical make-up, its strong points and its weaknesses, as thoroughly as she does her disposition. She should know the kind of line she may wear successfully in her dresses, the colors that are most becoming to her, and the types of materials most suitable for her.

The stout girl should carefully avoid a design in a dress that is too cut-up or complicated. Tunics, unless long and scant, trimming about the waist line, or elaborate belts should never be indulged in by the stout girl. Length-producing lines should always be planned and light or colored collars should always be designed so that interest will not be created out towards the sides of the figure, creating width, but down the center front and back instead. The back of a dress should be planned as carefully as the front since defects in the figure are strikingly noticeable there.

Contrasting shoes and stockings not only cut from the height of the figure, but help to accent the feet and ankles of the wearer. The girl who wears white shoes with her dark dress states, by doing so, that she considers her feet well worth public consideration. Contrasting materials for sleeves or elaborate cuffs or pockets will add width to any figure; large patterns or lustrous textures are also bad for stout figures.

The designs in the accompanying illustrations when made up of wool or linen materials are most suitable for the older school girl. I can safely recommend this type of line in design for the girl of superfluous weight.



GOOD LINES FOR STOUT FIGURES

Suggestions for the Slender Girl

The average school girl has a normal figure, but occasionally we find a girl whose growth was so rapidly that she did not develop in proportion to her height. She is the one who needs by means of her clothes to seem more plump than she really is.

This slender girl should avoid any positive line which runs vertically through her dress. The silhouette of her costume should be fuller also and extra material put into both waist and skirt. The neck line should never be pointed, repeating the point of the face, but should be cut from shoulder to shoulder. Large collars seemingly broaden too narrow shoulders and soften the neck line of the dress for the thin neck. A broad soft belt is most becoming to a slender waist and decoration featured around the waist and hips is most suitable. Flaring or trimmed sleeves may be safely worn by the slender girl, or any decoration which tends to feature the sides of the dress. Contrasting decoration near the center of the costume always makes the figure seem more slender.

The slender girl is fortunate in being able to wear large patterns in materials and plaids and bright colors. Dresses made of taffeta or organdy are becoming to her when they must be denied her stout friend. A large hat is good also on the slender girl, but care should be taken that the width of this hat is not so great that the face beneath grows narrower by comparison.

There are no set rules by which a girl may select the color of her costume. Her physical proportions alone should not govern this, but her temperament and disposition should also influence her choice. Almost every girl has some good physical feature or quality in her disposition, and these good points should be stressed and increased by her costume. The complexion usually decides which color is becoming. The girl who secures a clear, smooth skin by a normal, active, outdoor life needs to spend very little time worrying about the color she should wear.



LINES FOR THE SLENDER FIGURE

Plaids and Figured Materials

Our stores in the early spring and summer show such fascinating plaid and figured materials that I feel their use should be considered. Almost everyone has fallen a victim to a wonderfully colored plaid on display, only to discover later that buying a plaid is a much simpler matter than making it into a dress. Plaids are fatal for stout people. Area is the impression always created by them and unless the pattern is very small and the colors are very soft and indefinite, they should be reserved for the use of children and slender young girls. There is no colored costume that will make a woman more conspicuous than one made of a large black-and-white plaid material.

In the selection of a pattern for a girl's plaid dress care should be used to secure one with as few seams as possible. Every seam is a danger zone. Only persons with great poise and power of concentration, if they notice their surroundings at all, will be able to remain unaffected by a conspicuous seam when the plaids "don't hit." Some plaids are designed so that it is very difficult to match the pattern in the seams of the skirt; a stretched selvedge will add to the difficulty. A gored skirt pattern making bias seams necessary should never be used for plaid material. Arm holes and shoulder seams should be carefully planned. A kimona sleeve simplifies the arm hole problem but will not prove so satisfactory in a wash dress. Plain material, either white or colored, makes a happy combination with plaids or figured material.

The accompanying designs are particularly becoming to slender girls. The wide soft belts and collars and the contrasting materials through the costume will seemingly add weight to slender young figures. In planning tucks and band trimming for a skirt, one will have a more pleasing result if variety is used in the width of the bands and the spaces between the bands. Even widths of figured and plain materials used together in a costume will prove very monotonous.



PLAIDS AND FIGURED MATERIALS FOR SLENDER FIGURES

The Graduation Dress

One of the most important events in the life of every girl is her graduation. We shall here consider the dress worn by her when she has fulfilled all the requirements and that long-anticipated day arrives. This occasion is not one for splendor and show; the cue for the girl graduate is modesty and simplicity. She is not supposed to be a radiant queen bedecked for a festive occasion, but a charming young girl equipped and ready to begin life as a young woman.

The simple and beautiful graduation dress of the past has assumed more elaborate proportions during recent years until it has reached the point where students themselves realize that a halt must be called. Georgettes, chiffons, and expensive nets have supplanted cotton weaves; elaborate creations of lace and satin are not infrequent. The cost of the dress itself is increased by such expensive accessories as long white kid gloves and expensive slippers and stockings.

What is the girl whose parents possess only moderate means to do under these conditions? Perhaps she is graduating with honors. Is she to be embarrassed by having to play a Cinderella role by the side of her gorgeously attired classmates, or shall she strain the family bank account and spend money for this ornate apparel that should be spent for the education or maintenance of other members of her family?

Surely this is a time when the American girl may show her real spirit of democracy. Instead of selecting a handsome dress, which she often excuses by saying she wishes to use it afterwards for an evening dress, she will choose a really more charming one made of less expensive material, which will give her an opportunity to show her originality, and make her personal charms more appreciated. By agreeing with other members of the class on a uniform material for the graduation dress, she will help to create an attractive appearance for the graduation stage which is otherwise impossible.



THE ADJUSTABLE DRESS WHICH WILL SERVE BOTH FOR GRADUATION
AND BACCALAUREATE SUNDAY

The Graduation Dress

In many high schools the unfairness of an expensive graduation dress has been so much appreciated by the students that a price limit has been set for the graduation outfit, and the girl who violates this understanding is considered a real offender. The girls who have initiated this step have been, in many cases, those girls who could best afford the expensive garments and by such acts they have demonstrated that they are to make the splendid American women of the future, who will lead in those movements that bring about the greatest good to the greatest number.

I feel that organdy leads all other materials in desirability for the graduation dress. It is a trifle more expensive than some other possible materials but its sheerness and crispness give character to the dress, and make little trimming necessary. A dress of this material may be worn after graduation for quite a while, as a little pressing always revives its freshness. There are some qualities of flaxon that rival organdy as a desirable material, and a dress of it may be laundered with perfect safety.

If lace is used on the graduation dress, one should not sacrifice quality for quantity. A small amount of good lace skillfully used will make a much handsomer garment than one festooned with rows of lace of a cheap quality. A self-trimmed organdy dress is very distinctive. Dainty little frills and pin tucks may be used in many interesting ways, and may be planned so as to be becoming to almost any figure.

Daintiness should be the characteristic quality of the graduation dress. It is always disappointing to see elaborate jewelry worn with these charming frocks. In many cases the most valued possessions of the family have been collected for the occasion; this borrowed finery always makes a discordant note in the harmony of the young wearer's costume. Under no consideration should imitation jewelry be submitted for the genuine article.

The need and expense of an extra dress for Baccalaureate Sunday may be eliminated by the adjustable graduation dress. This dress has a simple foundation to which a collar, colored corsage, and hat may be added for the Sunday service. For graduation the same foundation with a fluffy sash or side panels creates the impression of an entirely different dress.



THE ADJUSTABLE DRESS WHICH WILL SERVE BOTH FOR GRADUATION
AND BACCALAUREATE SUNDAY

Lingerie for the Graduation Dress

The garment worn directly under the graduation dress has much to do with the effect of the dress itself. This garment should not be picked up at random, but the fullness of its skirt and the design around the neck should be planned to suit the particular dress pattern selected.

Underwear is to the dress what the foundation is to a house; it should be built just as skillfully. It is impossible to secure a dainty graceful effect in a dress when it is worn with a clumsy petticoat. Styles change in underwear just as they change in dresses. So the silhouette of the outer garment must decide what the lines of the under one shall be. For the present styles, soft yielding materials are absolutely necessary for underwear; few flounces should be used about the bottom of the skirt if the clinging effect around the ankles and knees is desired in the dress.

Elaborate lace trimmings are neither in good taste nor stylish; handwork constitutes the decoration on many of the most attractive under garments. Colored lingerie and bright-colored ribbons should be worn only when the dress is not transparent. Bright pink and blue ribbons in a camisole or chemise will always look a bit garish when viewed through a thin blouse. Color has a magnetic attraction for the eye and wherever placed immediately attracts attention to that spot. I am sure refined girls do not wish to invite public interest in their lingerie through the use of bright colors in their ribbons. The most delicate tints are permissible, but should be used only in small quantities. White only should be used with the graduation dress.

Since several petticoats are apt to prove clumsy, great care must be exerted in selecting the material for this under garment, to avoid too much transparency when worn under the sheer organdy dress. Even though the graduation dress be made with a full skirt, the underneath slip should be of scant fullness.



LINGERIE FOR THE GRADUATION DRESS

Corsets and Posture

The envelope chemise and knickerbockers are very comfortable undergarments and are quite popular with most young girls of today. They may be made most attractive when soft dainty materials are used and the needlework is carefully executed. These garments should be kept quite simple. If lace is used, it should be in limited quantities and of a kind that may be laundered often. Little bits of dainty feather stitching and hand embroidery will add individual charm to these undergarments.

Style depends not only upon the proper selection of clothes, but very largely upon the way these clothes are put on and are worn. Many girls wearing beautiful clothes are decidedly "not stylish." Their clothes look as though they had fallen upon their owners. This is caused by the fact that the wearer does not carry herself well, or has not good poise. Nothing is so vitally necessary for good health and good looks as good posture. The slouchy, humped-over girl is unattractive enough when young, but when she develops into a misshapen woman with superfluous flesh about the abdomen and shoulders, the most skillful artist will be unable to disguise her deformities. The girl with the debutante slouch or the one who "sits in her corsets" is rarely graceful. The uncorseted figure is the popular one today; if corsets must be worn, they should be most carefully selected. Fortunately the long, unyielding coats of mail of several years ago, are now rarely ever seen on girls, and soft, flexible girdles which leave the figure its natural lines and grace, have appeared as substitutes. A well-shaped brassiere is often necessary with these low-busted girdles.

A stylish girl has good poise. This means that she stands well, walks well, carries her head high, her shoulders back, and looks the world in the face. The clothes worn by this girl will take the correct swing and she will have style.