**HOME ECONOMICS YEAR 10 LESSON NOTES**

**WEEK 3**

**LESSON 32**

**Strand:** HEC 10.3 Clothing and Textiles

**Sub strand: HEC 10. 3.5** Patterns /Designs

**CLO: HEC10.3.5.1** Recognize the different figure types and relate appropriate designs for the different figure types

**PRINCIPLES AND ELEMENTS OF DESIGN**

1. **ELEMENTS OF DESIGN ON CLOTHING**

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| --- | --- |
| **Elements of deign** | **Effects on human figure** |
| Line | * Diagonal lines from shoulder to waist cut height. Diagonal lines from shoulder to hem, add height. * Vertical lines or sharp steep diagonals increase height and decreases width. * Horizontal lines cut height and increase width |
| Color | * White, lighter tints and warm colours (red, orange, yellow) make shapes look larger. * Black and darker shades make shapes look smaller. * Cool colours (blues, greens, violets) have a slimming effect. |
| Texture ( shine, feel, appearance, handle) | * Clinging fabrics tend to emphasize rounded curves and bumps. * Shiny fabrics reflect more light, so shapes look larger. * Heavy textures add bulk, and increase in size. * Crisp, stiff fabrics stand away from the body and tend to increase size. * Dull matt fabrics slenderize, as they do not absorb light. * Lightweight, fine fabrics do not increase size as much as those with a lot of bulk |
| Shape (Silhouette the basic outline created by a garment ) | * Flared, full hemlines cut height and can camouflage a large bust or wide shoulders. * Straight skirts give an illusion of height and therefore taller proportion. * A narrow, triangular silhouette is slimming. * A triangular silhouette adds width at the widest part of the triangle, but can be used to camouflage figure defects |

1. **PRINCIPLES OF DESIGN ON CLOTHING**

|  |  |
| --- | --- |
| **Principle** | **Effects on the human figure** |
| Proportion | It is the relation of one part to another or to the whole. For example:   * A yoke at bust level, and no waist, can make a short-waisted person appear longer waisted. * A high-waisted dress has different proportions from a long-waisted dress. * Equal proportions are generally considered less interesting than unequal ones. * Perfect proportion leads to classic fashions. |
| Balance | It is the symmetry of design.  Three types of balance:   * Symmetrical or formal balance (equal parts are seen in both sides. * Asymmetrical or informal (un equal sizes) * Radial (repeated) patterns are used around the centre point. |
| Emphasis | The centre of interest is the point of the emphasis, i.e. the point which attracts the eye. Example; a decorative belt would emphasis the waist. |
| Rhythm | This principle is developed as a result of a repetition of a particular feature. This can be repeating the same shape in the design, repeating lines or details to form a pattern or repeating colours. |

**LESSON 33**

**Strand**: **HEC 10.3** CLOTHING AND TEXTILES

**Sub strand**: **HEC 10. 3.5** Patterns /Designs

**CLO: HEC 10.3.5.2** Understand and competently use commercial patterns in construction of an article.

**Commercial patterns**:

are patterns drafted according to standard body measurements and figure types. Body measurements include height, bust, hip, waist, and length of the garment.

**Advantages of using Commercial Patterns**

* They are readily available.
* Give clear illustrated instructions.
* Economize on time in drafting.
* Fabric requirements and notions are listed for all sizes and styles.
* Many patterns supply several styles and / or sizes making them good value for money.

**Disadvantages of using Commercial Patterns**

* Patterns are produced for standard measurements so may need adjustments to suit personal measurements.
* Seam allowances on patterns can complicate pattern alteration.
* Tissue patterns are flimsy and hard to refold for storage.
* Some brands are costly [although such patterns are usually very well cut].

Brands of Commercial Patterns

1. Simplicity

2. Vogue

3. Butterick

4. Style

|  |
| --- |
| Selecting the pattern based on gender |
| Female Male |
| Bust Chest |
| Waist Waist |
| Hip Hip |
| Back length Neck/Neckband size |

**Selecting Commercial Patterns**

Most commercial patterns are sold by the bust size, and some have what is termed “proportioned sizes” where one pattern caters for different sizes. When buying a pattern, remember the following points:

1. Choose a reliable brand.

2. The patterns must be clearly marked.

3. Pattern to fit your size.

4. Choose a simple style that can easily be made.

5. Choose a suitable style for your age

6. The material you intend to use will influence the style you choose.

**LESSON 34**

**Strand**: **HEC 10.3** CLOTHING AND TEXTILES

**Sub strand**: **HEC 10. 3.5** Patterns /Designs

**CLO: HEC 10.3.5.2** Understand and competently use commercial patterns in construction of an article.

**PATTERN ALTERATION AND ADAPTATION**

Many patterns provide three or more sizes. Human figures vary in shape and size so for a garment to fit well, the basic pattern may need to be altered.



**To reduce a blouse pattern**

1. width of the bodice,: Make a lengthwise pleat

in the pattern piece from the shoulder to the

waistline. Pin the pleat in place.

2. Raise the underarm: Draw a new line to reduce the armhole

**To reduce a skirt pattern**



1. reduce the length of the skirt : Make a crosswise

pleat between the hips and hemline

1. reduce the width of the skirt: Make a lengthwise

pleat from the mid - point of the waist to the hemline.



**To enlarge a blouse pattern**

1. Cut the pattern piece lengthwise as shown in

the diagram.

1. Insert a strip of paper between the two sections

of the pattern piece positioning them to allow the

required additional width.

1. Draw a new line to enlarge the armhole at

the underarm. Trim the excess.

**To enlarge a skirt pattern**

1**. Increase length:**

Cut the pattern piece crosswise between the hip and hemline. Insert a strip of paper between the two sections of the pattern piece, positioning them to give the required additional length.

2. Increase width:

Cut the pattern piece lengthwise from the mid-point of the waist to the hemline.Insert a strip of paper to give the required Width



**ACTIVITY**

1. Broad vertical stripes on a garment will make a person appear
   1. bigger and taller.
   2. shorter and wider.
   3. taller and slimmer.
   4. shorter and slimmer.
2. Explain **one** effect of color on a person’s figure.
3. Define the following terms:
   * + 1. Silhouette
       2. Emphasis
       3. Rhythm

4. Name **one** brand of Commercial pattern.

5. Explain the term commercial patterns.

6. State **one** advantage of using a commercial pattern.

7. The illustration given below shows the alteration that has been made on pattern piece.

1. Identify and state the alteration that has been made on each pattern piece.
2. State a reason for the alteration in each pattern piece.
3. Describe the alteration done on the illustration given.

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Alteration** | **Reason for alteration** | **Description of the alteration** |
| 1. |  |  |  |
| 2 |  |  |  |

8. The pattern marking on the right shows the

1. stitching line.
2. alteration line.
3. seam allowance.
4. stitching direction.

9. Which part of the **fabric layout** should the pattern symbol on the right be placed?

1. On the fold
2. On the bias grain
3. Along the raw edge
4. Along the straight grain