

22. SELECTION OF CLOTHES

The basic requirements of human being are food, clothing and house, after food person looks for second important need i.e. clothing. People expect much more things from clothing than to satisfy our basic needs. In some societies the clothing is used for expressing wealth, states, age, occasion and gender etc. Selection of clothes should be very judicious so that we can buy best clothes by spending minimum amount of money. The clothes should be compatible to age, personality, and climate and should not be a hindrance in normal working. Some factors affect the selection of clothes, which may vary from person to person as they are influenced by the requirement of the person. These factors are as follows :

Factors affecting in the selection of garments or the point to take care of in the selection of the clothes.

1. Personality : The personality, value and culture of a person can be judged easily from his dress. There are different types of personalities. Highlighting salient features of the personality and camouflaging the figure flaws to some extent is possible through dress. Improper dressing makes person a laughing stock and causes inferiority complex.

On the other hand, proper dresses help in building self-confidence which is essential for the proper development of personality. This affects our behaviour and mannerism and develops harmony and personality. Clothes are an indication of caste, place, state, and occupation of the person. Clothes affect the personality of the wearer. People who are introverts

prefer light and sober colours whereas extroverts like bright and gaudy clothes. Dresses with delicate patterns and sober colours help in enhancing the natural characteristics of tenderness and feminine. On the other hand, big patterns and straight lines go well with regular, dominating and grand personalities. Some uniforms are reserved for certain professions, which help in enhancing their personality, e.g., wearing white coat by doctors and black by lawyers. Clothes indicate your social status and interest. Simple and elegant clothes are hallmark of a serious personality.

2. Age : Different clothes are required for different age groups. Therefore, care should be taken in selecting clothes for a particular age group.

- (i) Selection of clothes for infants
 - An infant sleeps for most of the time, so it is important that his clothes are loose and comfortable.
 - These should be made of soft and absorbable cloth (preferably cotton) as they do not irritate the tender and soft skin of the child. Silken and synthetic clothes should not be used for infants in any case.

Infant's clothes are to be washed quite often, hence, the clothes should be of such material which can be washed and dried easily. The clothes should be unsearched. The seams should be flat; fasteners should not be at the back. Tight elastic should be avoided. Infant's clothes should have openings on the front, back or on upper side and it should be head long and closed neck. Instead of buttons, there should be ties and fasteners at the back of the dress as these may

hurt the infant clothes because inconvenience in and may get torn by sticking someway.

Very tight clothes are not conducive normal growth. If the clothes are shabby, unshaped, not to the liking of their peer group, they may suffer from inferiority complex. They are reluctant to play and with their peers. Hazy and dull colours should not be selected for children. Rather bright gaudy colours are good for them.

(iii) Selection of clothes for adolescents

They like clothes that are in fashion their clothes should be creative, styli and according to the latest fashion. Generally adolescents do not like influences of their parents and regarding their clothes.

(iv) Selection of clothes for adults.

In adulthood, the clothes undergo change. Simple and elegant clothes desirable for mature and elderly. Clothes with design and flowering print look childish. Clothes should be chosen after analysis of the colour of the skin and body figure. In this age, more emphasis should be the profession, occasion, and price than on the prevalent fashion. In absence of any of this consideration the dress would look awkward.

(v) Selection of clothes for old. Some problems are come regarding the clothes of the people.

In this period, there is loss of flexibility in the body which causes inconvenience in movements, hence, clothes should be loose and comfortable. Eyesight also gets weak and hence big buttons with button holes should be used in place of hooks. Use of zip is also convenient. Their dresses should be in consonance with their age. Clothes should be light and easy to wear. They should have simple designs and easy to wear from either side with durable stitching. Clothes should be stain resistant, easily washable and wrinkle resistance as the elders may not have enough energy to launder their clothes frequently. Thus, we find that age is an important factor in selection of clothes.

3. Business : Clothing is associated with profession also. Working people should wear formal clothes. They should be simple, neat and clean. Vulgar and improper clothes should be avoided. Clothes should give a feeling of being smart, active and sober. We all would like to

wear such clothes that may wearer not cause any hindrance in our working.

If you are a physical instructor, your clothes should be loose and comfortable so that you may give a good demonstration. Farmers need strong and durable clothes and should also protect them from sunshine. Businessmen should wear sober and modest clothes. Persons who are going to travelling should wear such clothes which are easy to wash and do not require frequent ironing, e.g., terry cot, decagon etc.

Industrial workers wear special type of uniform. People serving in army, police and railways have their own distinctive uniform. Simple and sober clothes are required in classrooms. Sportsmen need durable and porous clothes for sweat absorption. Doctors and nurses wear white clothes. All these variations are on account of different professions.

4. Climate : The main purpose of clothes is to cover the body. Clothes protect us from heat and cold and help us in maintaining body temperature in adverse circumstances. Hence, knowledge of selecting the clothes according to the climate is essential. Warm, thick and bright coloured clothes should be used in winter whereas cool, soft and light coloured clothes in summer. These should have sweat absorbing quality. In rainy season, we need such clothes as may dry up soon and are wrinkle free e.g., nylon. Clothes compatible to a person should be soothed both to the user and onlooker, e.g., a person wearing silken clothes in sultry summer is irritable to the wearer as well as the onlooker.

5. Occasions : Clothes should be suitable to the occasion. If they are not in accordance to the occasion and place, they would look odd. Therefore, in the selection of clothes, care should be taken about the occasion on which they are to be worn. Expensive clothes like brocade, banarasi and silken with bright and gaudy colours may be used on special occasions like parties, marriages and celebrations. Simple clothes of black, white or dull colours are generally used in mourning or death. Clothes used in travelling or playing should be flexible, comfortable, and easily washable and sweat

absorbing. While doing household jobs one should normally wear old clothes, as good ones may get spoiled.

- 6. Fashion :** Sometimes it is commented that so and so person is very fashionable. What does it mean? In simple words it means that a person follows latest trend in fashion in color, shapes and design keeps on changing from time to time. For moving along with the latest trends in fashion, one must have the freedom, money, time and knowledge about latest innovations in clothing.

For example sometimes back, loose gent's trousers art fashion and few years' later, tight ones come into fashion. Often people are influenced by fashion which is natural. Person wants to wear clothes of hence, its consideration is in the selection of clothes if a person changes his clothes very frequently, wastage of money. It is true, especially in case of youths.

In the selection of clothes, it must be kept in mind that all not suit everybody's figure. Personal low of an individual are of prime the selection of clothes, but fashion should done within limits of decency and cult

Therefore, it is obvious that selected clothes depends on a number of factors, choice of clothes enhances personality the blind imitation makes people look and turn into a laughing stock.

- 7. Gender :** Gender is also an influencing factor while choosing clothes. Clothing is selected according to gender; clothes for men and women are choosen according to their physique, age, interest etc. Pant, jeans, shirt kurta, pajama, sherwani, coat jacket etc for men and sari, suits frock etc for girls. Clothes for women and girls should be dark and bright color, white light colored clothes are selected by men and boys. The design of garments should also be taken according to the men and women.
- 8. Income :** Family economic situation influences the selection of garments In the current situation, the purchasing power of individuals in general is increasing, but we should keep in mind that if we

go to buy clothes, then pay attention on income and budget should be considered. Mind your income and budget expensive, clothing is available in market and are more beautiful and attractive, but we buy clothes according to our income, budget, wisdom, wiseness and flactuation in market price then good cothes in less amount can be purchased. If we look at our previously purchased garments and make sure that what kind of clothes are actually required, if we are already aware then the poor shopping and filth can be avoided. Selection of clothes can be easy and well organized.

It becomes easy to choose clothes if all the above points are taken care of when choosing clothes.

Purchasing of clothes : Even after purchasing clothes, it is equally important to take care of certain points, as it is necessary to ensure that when buying, the amount of money that we have given to purchase the clothes is almost the same price and the appropriate amount of clothing have been received.

The following are the points that if taken care then purchase of clothes becomes effective :

1. The quantity of clothing must be determined in advance to make garments and costume. The cloth is measured in meter. To make any garment, how much meter clothing should be required, it should be assumed earlier, like in order to make simple kurta take of normal stature girl, we should take 2 to 2.25 meter cloth, but if any design is made then 25 to 50 cm, extra should be taken. Width of the clothing should also be taken care with length, width of the textile affects the design of clothing.

Cotton textiles 36" silk garments 39", woollen garments 54"-60" and man-made fibers are meant to be 35" to 72". In such a way the designer can design finish garment more easily with width.

2. Our income affects when we buy clothes, so before buying clothes, it is very important to know the value of clothing. On the basis of price, we will choose clothes which we can afford to wear the same suit in our budget.

The cost of garments is measured per meter and this price gives the opportunity to test the type and quality of the clothes. The price of good high quality garments will be high, whether it is of any kind like cotton, silk etc. Textile made from high quality silk fabrics are expensive from cotton and cotton textiles are also expensive due to their personal properties. Cost can be find out by looking at the label. Shopkeeper also tell the price.

3. There is a need to be aware of the quality of the clothes on the basis of what the cost is being told, whether the quality of clothing is there or not there are some common point for checking the quality of the text, on that basic quality can be checked :

- (i) You have read about different fibres and its identification, so on that basis it can be examined that of which fibre the clothing is made and what the shopkeeper is telling is exactly same or not because artificial and mixed fibre are more is then of now a days.
- (ii) The textile knitting, wear and the surface of the textile should be carefully examined. Many times the design is not complete on surface of the clothes. Similarly, due to incomplete weaving, the threads are unwoven giving rough texture on the surface.
- (iii) Fastness of color should also be examined to check whether the color of the fabric is firm or not, to check the color fastness press coloured cloth on white napkin. If the color bleeds, then the color not fast.
- (iv) To check the robustness and durability of the fabric, stretch the garments slightly with your hands, if the clothing remains the same, then the texture is durable and strong. In contrasted if weaving is not proper and it deforms on stretching then texture is not strong and durable.

- (v) The entire surface of the garment has to be uniformly checked to assure decoration.
- (vi) The labels on the clothes should be read to know the cost of the costume, garment manufacturer, its address, business signs, or the instructions for use, the quantity of two fibres use in making garments.

The factors affecting the selection of clothing and purchasing has been studied, so the selection of textiles requires analysis of the following points for proper and appropriate purchases :

- (i) Does clothing really needed?
- (ii) Is it necessary and useful for me?
- (iii) Will it be used on different occasions or will it be used only on one occasion?
- (iv) Is it within my budget and income ?
- (v) How long will it last, and is it according to fashion or not?
- (vi) Is it according to my physical structure?
- (vii) Is it possible for me to maintain it?
- (viii) Is it possible that garments have same colour and design which already posses ?

Important points :

- 1. Personality, Age, Climatic, Business, income, are the factors that affect the selection of clothes.
- 2. The person should wear clothes according to location and climate.
- 3. Clothing is the identity of the workplace and business of a person.
- 4. Body structure, fashion trends, colour and design of clothes influences personality and selection of clothes.
- 5. The person should wear clothes according to his work.
- 6. Income and age should be considered while selecting clothes.
- 7. The quantity, quality and cost of clothes should be considered at the time of purchasing.

Questions :

1. Choose the correct answer for the following questions :

- (i) It looks graceful on tall person :
 - (a) Vertical line garments
 - (b) Horizontal line garments
 - (c) Diagonal line garments
 - (d) None of the above
 - (ii) Clothing appropriate for infants
 - (a) Silk and dark colour
 - (b) Artificial fibre and thick cloth
 - (c) Cotton, light and soft
 - (d) Woollen and heavy
 - (iii) Clothing appropriate for fire fighters:
 - (a) Terylene (b) Woollen
 - (c) Waterproof (d) Fire proof
 - (iv) Clothing for sad and mourning period:
 - (a) Dark colours
 - (b) White and light colours
 - (c) Bright colours
 - (d) Special designs
 - (v) Things to know while purchasing clothes:
 - (a) Quantity of clothes (b) Quality
 - (c) Cost (d) All of the above
2. Fill in the blanks :
- (i) Dark skin people should wear coloured garments.
 - (ii) People living in cold climates clothes are suitable.

- (iii) The person's occupation is identified by his
 - (iv) The influences of fashion is seen in the clothings of
 - (v) The of the family affects the selection of clothes.
 - (vi) Information about the cloth can be obtained by looking at the
3. What does the importance of clothing mean?
4. Clothing selection should be done according to location and climate. Why?
5. What type of clothing will be suitable for the adult and the elderly?
6. Explain the economic situation in the selection of clothing.
7. Fashion affects selection of clothing. Explain.
8. Explain points to be considered while selecting clothes for school going boys and girls.
9. Explain the quality of the clothing affects its value?
10. Which questions will be analyzed when buying clothes?
11. Explain in detail what points should be kept in mind while purchasing.
12. Write an essay on the choice of cloths?

Answers :

1. (i) b (ii) c (iii) d (iv) b (v) d
2. (i) Light colour (ii) Warm and woollen
(iii) Cloths (iv) Teenagers
(v) Economic condition (vi) Lable