

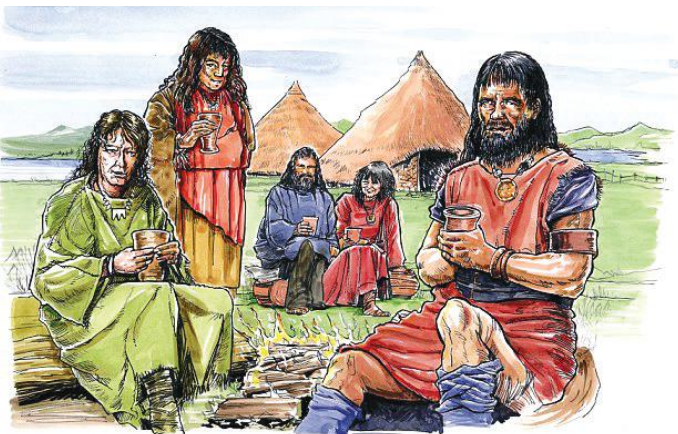
# Our Clothes

## 7



Long back, early humans lived in caves and covered their bodies with leaves, animal skins or barks of trees. They started wearing clothes only when they learnt the art of weaving and stitching.

Clothes are our basic need. We need clothes to cover ourselves. They protect us from weather, insect bites and dust. Clothes make us look smart and feel comfortable.



*Early man to a civilized man*



We need clothes because clothes give us protection and they also keep our bodies warm. In addition, people wear different types of clothes on different occasions. They want to look smart and keep up with style. Clothing is actually worn for a variety of reasons. It can protect us, depict something about us: our nationality, religion, age group, social level, and especially our personality.

## **FIBRES**

Cloth is made from fibres. Fibres are long threads that are woven in a machine to make plain or printed cloth. There are two kinds of fibres – natural and synthetic.

### **Natural Fibres**

The fibres that we get from plants and animals are called natural fibres. Cotton, wool, silk, etc. are natural fibres.

## Synthetic Fibres

Synthetic fibres are produced in factories from chemicals and crude oil products. Nylon and polyester fibres are commonly used to make synthetic cloth.



*Cotton*



*Silk clothes*



*Nylon*



*Polyester clothes*

## CLOTHES AND WEATHER

### Based on Weather

People wear different clothes in different weather.

In hot weather, people wear such clothes that help to keep the body cool and dry. Cotton clothes are best for summer as they easily absorb the sweat. People wear light coloured clothes in this weather that reflect the heat.

In cold weather, people need to stay warm. So people wear woollen clothes to protect themselves from cold. The air is trapped between the fibres of wool and this prevents the heat loss.

During rainy season, raincoats made of waterproof material are used for protection from the rain.



*Cotton clothes in hot weather*



*Woollen clothes in cold weather*



*Raincoats in rainy season*



## CLOTHES AND CULTURE

Many countries in the world consider some dresses as their national dresses. For example, saree is the national dress of women of India, while Kimono is the national dress of women of Japan. Hunfu is the national dress of women of China.



Indian woman wearing Saree



Japanese woman wearing Kimono



Chinese woman wearing Hunfu

## Special Clothes

People in different professions also wear special uniforms. Doctors wear white coats and nurses wear a white uniform. Factory workers wear overalls, which cover their whole bodies. Soldiers and policemen wear special uniforms made of tough materials.

Therefore, we see that some clothes define the different professions of different people.



Doctors wear white coat



Nurse wears white dress



Factory worker wear overalls



Policemen wear dress of tough materials

## CARE OF CLOTHES

To look neat and tidy, we should wear clean and well-ironed clothes. We should take proper care of our clothes to keep them in good condition for a long time.

- Clothes should be washed with good quality soap and detergent and should be dried properly.
- Expensive clothes should be dry-cleaned.



Washing clothes



Dry cleaning



Drying clothes



Lady tailors

- Clothes should be dried in the sun to kill germs. Coloured clothes should not be dried in direct sunlight as their colour might fade.
- Clothes must be ironed before use. Ironed clothes look good. The hot iron also kills the germs, if any.
- We should mend clothes that are torn or have broken buttons before wearing them.

## STORAGE OF CLOTHES

- Clothes should be stored properly.
- Silk and woollen clothes need to be stored with special care because insects feed on them.
- They must be dry-cleaned before being packed.
- They should be packed with moth balls or dried neem leaves. These can be put in the folds of the clothes to protect them from being damaged by insects like silver fish and moths.
- These will keep insects away. Proper care of clothes makes them last longer.



*Neem leaves*



*Moth balls*



### Know the Keywords :

Fabric	: A woven material of textile
Natural	: Material found in nature
Synthetic	: Material made artificially by man
Detergent	: Soluble substance used for washing of clothes

## Point to Remember

- Clothes protect us from weather, insect bites and dirt.
- The choice of clothes depends upon the climate, tradition and occupation.
- Clothes are made from natural and artificial fibres.
- Saree is the national dress of women of India.
- Regular washing and proper storing of clothes make them last longer.

# EXERCISE TIME

## A. Multiple choice questions (MCQs).

Tick (✓) the correct option :

- \_\_\_\_\_ is a natural fibre.  
a. Cotton  b. Polyester  c. Rayon
- Which of these is the traditional dress of women of Japan?  
a. Hunfu  b. Kimono  c. Saree
- \_\_\_\_\_ is a synthetic fibre.  
a. Silk  b. Jute  c. Rayon
- What should be kept between the clothes to keep away insects?  
a. talc  b. tulsi leaves  c. moth balls

## B. Fill in the blanks :

- Wool is a \_\_\_\_\_ fibre. (synthetic/natural)
- We wear \_\_\_\_\_ in rainy season to prevent us from getting wet. (raincoats/woollen clothes)
- Factory workers wear \_\_\_\_\_, which cover their whole bodies. (overalls/white coat)
- \_\_\_\_\_ is the national dress of China. (Hunfu/Kimono)

## C. Write 'T' for true and 'F' for false :

- We like to wear dark-coloured clothes in summer.
- Delicate clothes need not be washed carefully.
- People in different states wear different dresses.
- Saree is the national dress of Indian woman.

## D. Answer the following questions :

- Why do we need clothes?
- Differentiate between natural fibres and synthetic fibres. Give some examples.
- Write a short note on 'Special Clothes'.
- How can you take care of your clothes?
- How should you store your clothes?



## Creative Work

- Astronauts wear special suits. Why? What are these suits called? What are they made up of? Find out and make a project report.