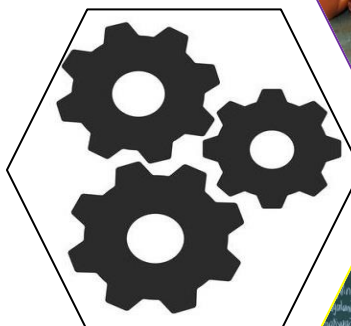


# Technology and Livelihood Education (*Dressmaking/Tailoring*)

10

Quarter  
3

## Dressmaking



**TLE – Grade 10**

**Quarter 3 – Module 1: History of Ladies Trousers**

**First Edition, 2020**

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# **Quarter 3**

## **Self-Learning Module 1**

### **History of Ladies Trousers**



# Introductory Message

For the Facilitator:

Welcome to the **Dressmaking/Tailoring Grade 10** Self-Learning Module on **History of Ladies Trousers!**

This Self-Learning Module was collaboratively designed, developed and reviewed by educators from the Schools Division Office of Pasig City headed by its Officer-in-Charge Schools Division Superintendent, Ma. Evalou Concepcion A. Agustin, in partnership with the City Government of Pasig through its mayor, Honorable Victor Ma. Regis N. Sotto. The writers utilized the standards set by the K to 12 Curriculum using the Most Essential Learning Competencies (MELC) in developing this instructional resource.

This learning material hopes to engage the learners in guided and independent learning activities at their own pace and time. Further, this also aims to help learners acquire the needed 21st century skills especially the 5 Cs, namely: Communication, Collaboration, Creativity, Critical Thinking, and Character while taking into consideration their needs and circumstances.

In addition to the material in the main text, you will also see this box in the body of the module:



## ***Notes to the Teacher***

This contains helpful tips or strategies that will help you in guiding the learners.

As a facilitator you are expected to orient the learners on how to use this module. You also need to keep track of the learners' progress while allowing them to manage their own learning. Moreover, you are expected to encourage and assist the learners as they do the tasks included in the module.

For the Learner:

Welcome to the Dressmaking/Tailoring Self-Learning Module on **History of Ladies Trousers!**

This module was designed to provide you with fun and meaningful opportunities for guided and independent learning at your own pace and time. You will be enabled to process the contents of the learning material while being an active learner.

This module has the following parts and corresponding icons:



**Expectations** - This points to the set of knowledge and skills that you will learn after completing the module.



**Pretest** - This measures your prior knowledge about the lesson at hand.



**Recap** - This part of the module provides a review of concepts and skills that you already know about a previous lesson.



**Lesson** - This section discusses the topic in the module.



**Activities** - This is a set of activities that you need to perform.



**Wrap-Up** - This section summarizes the concepts and application of the lesson.



**Valuing** - This part integrates a desirable moral value in the lesson.



**Posttest** - This measures how much you have learned from the entire module.



## EXPECTATION

At the end of the learning period, the students should be able to:

- A. recall the history of ladies trousers and;
- B. give a comparison of the past ladies' trousers design to the present.
- C. answer the given activities with enthusiasm.



## PRETEST

**Directions:** Read the statement carefully. Write **TRUE** if the statement is correct and **FALSE** if the statement is wrong. Write your answer on the space provided before each number.

1. The first published trousers records were produced by Greek geographers in the 20<sup>th</sup> century BC.
2. Trousers were originally worn in the military and horseback riding.
3. Jacob W. Davis was an associate professor and author of Pantaloon and Power who explains that wearing pants in Western countries is prohibited.
4. In Philippine fashion, the US, Spain, and Japan are the countries with the biggest influence on traditional clothing.
5. Maria Clara's dress is named after the character of Maria Clara in the novel "Noli Me Tangere".



## RECAP

Directions: Rearrange the following procedures in pressing blouse. On the space before each number write A for the first step, B for the second, C for third and so on..

- \_\_\_\_\_ Press the underside such details as facings, pocket linings, and seam allowances.
- \_\_\_\_\_ Press the body of the garment, the bodice first then the skirt.
- \_\_\_\_\_ Press the parts of the garment that are free, such as ruffles, ties, sleeves, or collar.



- \_\_\_\_\_ Place the garment on a well-shaped hanger and do not wear it until it is well aired and completely dry. Close top fastener and zipper. Remove belt from loops of the garment and place the belt on the hanger by the buckle.
- \_\_\_\_\_ Press pockets, collars, cuffs, or buttonholes from the right side.



# LESSON

## Lesson 1: History of Ladies Trousers

### Pre-historic Time

Gayle V. Fischer associate professor of history and author of *Pantaloons and Power* women have been prohibited from wearing pants in western societies since the early centuries due to faith, traditions, and values, but has become a common type of lower-body clothing for men. It's practical and easy, no wonder why they were embraced by both sexes as part of their everyday wardrobe.

The first published trouser records were produced by Greek geographers in the sixth century BC. It was reported that horse riders from Persia, Eastern, and Central Asia had arrived. This was invented for the first time since the skirts are difficult to wear on a horseback ride. Those who wore trousers in combat had the upper hand over those who wore their robes. These were easier to wear when walking because they were much less likely to get stuck between the gears. It also have made it possible to increase freedom of movement. These were often deemed more comfortable to wear than the burdensome dresses they normally wore. Different cultures around the world have adopted this kind of dress to survive the war. Male and female riders wearing trousers that can be found in ancient ceramics markings. You will see an example of this showing an Amazon woman on the left side of the vase. The pants were a military uniform. They came in the form of snug shorts or loose-fitting trousers that were closed to the ankles. By the end of the 14th century, they evolved into tight pants with leg covers. This dress had the look of a hose and it was worn by the knights under the plate armor.

Finally, these trousers were slimmed down into plain breeches attached to the knee. Earlier, however, they fell in favor of the ankle-long trousers worn by the working class.



A vase depicting trousers dating back to about 470 BC  
Greek alabastron, a pottery vessel circa 470 BC, depicts a female warrior wearing highly functional trousers

<https://kingandallen.co.uk/journal/2016/a-brief-history-of- trousers/>

### The Changing Shape of Trousers

Only in the 19th century that the pants that we wear today was made available. Pants were considered appropriate for women's clothing in the 1970s. But the ancient Greeks snubbed the clothes and thought them absurd. They were called '*thulakos*,' meaning '*sacks*.' The irony of how stupid togas looked was lost on them. They mocked them as "*multi-colored bags*" or "*sacks*" for their legs, and mocked them as "*effeminate*," probably because they were worn by women and men. They had to start fighting for the right only later. They considered them as clothing worn by barbarians.

But as the empire expanded throughout the world, the pants became more common. The strength and practicality of the pants could not be questioned. Long before it became socially appropriate, Europe and the USA wore pants and remained a mystery for a while.

One of the most radical developments for women was the gradual acceptance of pants that were no longer considered strictly utilitarian. The most fashionable young women began to wear pants for leisure activities, especially on the beach, or for early evening wear at home, the latter in the form of luxurious, Chinese-style, printed silk pajama suits. Pants kept going beyond the realm of recreation in women's wardrobes, although there were still strict restrictions to where women could wear them.

No matter how committed the anti-pants contingent is, it couldn't be prevented. After World War II practicality triumphed over propriety, and many women pulled on their trousers when they entered the workforce to fill the positions left vacant by men who were going to fight.

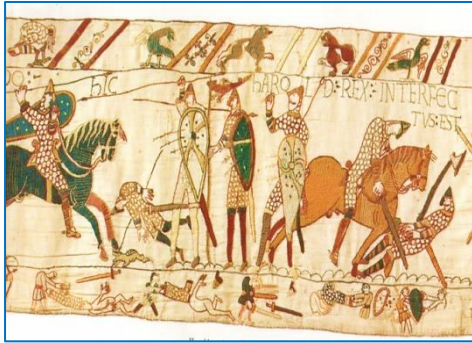
There are historical instances of women wearing trousers in defiance of these norms for many reasons, including comfort, freedom of expression, fashion, in particular, clothing for escaped slaves, attempts to overcome gender distinctions, and attempts to build a strong public image for women.

The introduction of pants as a common dress for women in Western culture is rooted in the mid-19th-century dress-reform movement, but they wear pants-like clothing if they were engaging in physical activity or domestic work, clothing typically worn out of the public eye. Most women wore long skirts that seemed thick, bulky, and restricted their range of motion. Many of the women, adopting the idea of "*fair clothing*," wanted to be able to wear pants in public. Many of them required it for purely functional purposes, such as ease of movement and comfort. Among some, the desire to wear trousers was connected to the women's rights movement at the time, a progressive and divisive crusade.



A. Trousers from the 4th century – found in the Thorsberg moor, Germany

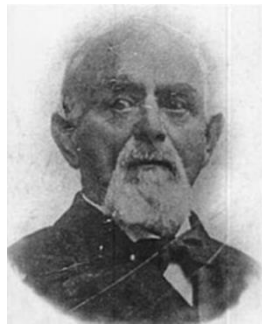




B. Trousers were originally worn in the military and on horseback

<https://kingandallen.co.uk/journal/2016/a-brief-history-of-trousers/>

Jacob W. Davis was a Latvian American tailor who is credited with inventing modern jeans. He grew up in Latvia and moved to the United States and spent some time in Canada as well. He also invented denim using durable fabric and rivets.



[https://en.wikipedia.org/wiki/Jacob\\_W.\\_Davis](https://en.wikipedia.org/wiki/Jacob_W._Davis)

### **Evolution in Philippine Fashion**

The Filipino people have been living under the rule of other countries for decades. That's why their national costumes were developed under the influence of various cultures and had some of their characteristics. The US, Spain, and Japan have had the biggest influence on the traditional clothes of the Philippines. However, Filipino folk dress is very unique, authentic, and even tribal, if we can say so.

Barong Tagalog is worn with a Chinese collarless shirt called "camisa de Chino" is a national costume used by men and women. It is made from pina and banana fabric embroidered with the traditional pattern.



Photo from Pinterest.com

Filipino couple in barong Tagalog and Barot at saya.

According to Dr. Jose Rizal, in his novel "Noli Me Tangere" Maria Clara 's dress, it consists of a collarless blouse, waist-length and bell-sleeved; a blush-shaped long

skirt; a loose, neck-covered pañuelo (a scarf); and a hip-hugging, knee-long overskirt named after the character of Maria Clara, it became a representation of a traditional Filipino woman, considered modest, elegant and cons.

Another common garment in the Philippines is the "Terno" dress. It developed from baro to saya, but it became a shirt. Terno has butterfly sleeves, it's just a long one. There's a lot of Terno designs and models in there. Most of the dress is reserved for special occasions.



[https://en.wikipedia.org/wiki/Fashion\\_and\\_clothing\\_in\\_the\\_Philippines](https://en.wikipedia.org/wiki/Fashion_and_clothing_in_the_Philippines)

The Philippines was colonized by the Americans, began to influence the emerging Filipino society by wearing an American suit and a coat that replaced the traditional Barong tagalong.

Another Filipino costume is a mestiza dress, a version of baro at saya, a formal dress made of lace, embroidered and with a more elegant butterfly sleeve that looks very stylish. Baro at saya stands for blouse and skirt and has several variants. It's really common for people in the Philippines to wear baro at saya. In the past, it used to be a short blouse with long sleeves and a long skirt dress. Today, however, this national costume can be very ornate and exquisite.



Photo from the online store Barongsrus.com  
Delicate mestiza dress

Muslim women in the Philippines, because of their culture, tradition, and religious beliefs, wear long skirts, long-sleeved shirts, and scarves to cover their

heads. Women can also wear long pants instead of skirts. Some of them are adding a parasol to their set.

There is also a very interesting piece of clothing called "malong." It's a hand-woven piece of cloth and a very multi-functional piece of cloth. This may be used as a robe for men and women, a blanket, a dress, a bedsheet, a prayer mat, a hammock, used to display the social and economic status of the wearer. The royal colors on malong, for example, show that the wearer has royal status.



Photo from Upd.edu.ph  
Filipino people with various malongs

Climate, cultural practices, foreign conquerors, and way of life are the key factors that have influenced the country's traditional clothing. Today, Filipino prefers to wear T-shirts paired with maong (jeans) men's pants and women's skirts for climatic reasons. The mix of jeans and t-shirts was introduced to the Filipinos by the Americans. Others are puruntong shorts or capri pants paired with sleeveless tops or t-shirts. Many Filipinos wear hooded jackets during the rainy season and the cold nights of December and January.

The emergence of Filipino nationalism has begun, and both movements have affected the way people lived and dressed. Women are beginning to abandon mini-dresses for more conservative clothes, such as maxi skirts. Vintage clothing from the western Victorian period also became popular as long sleeves, lace and collars became common in dresses. Bell's bottom pants had begun to become famous, and they would have continued for the rest of the decade. Men have started to grow their hair for a long time, the first time that this style had become appropriate to Filipino society. Women also wore loose, plain, and casual clothes, such as oversized shirts, denim skirts, jeans, plain blouses, and sneakers. Skirts haven't been as common as denim over the decade.

Fashion was known to be a mix of various types. The idea of innerwear as outerwear has been popularized, resulting in the prevalence of spaghetti straps. Men were still dressing in hip-hop styles in the 1990s, wearing cargo pants and oversized T-shirts. Colorful clothes were beginning to grow again. People continued to wear flannel and checkered sticks. As a result of the growth of social media, many Filipino women and men have been exposed to different types. Even due to the growing economy of the country for the first time since the People's Power Revolution of 1986, as well as the continuous construction of shopping malls and shopping centers, many Filipinos started purchasing more clothing.

Early in the 2010s began with a continuation of some of the fashion of the late 2000s; but, in 2011, a transition occurred as people started moving away from rock-influenced 2000s fashion to creating more distinctive 2010s fashion. With the advent of social media, most women started wearing inspired clothing. Women also became involved in fashion in the 1960s and started to emulate the trend. People also began wearing preppy clothes influenced by the British boy band One Direction, which rose to fame in 2010. Skinny jeans and shorts proved to be popular with people, and they came in different colors.

Since the mid-2010s began, women started to wear more conservative clothing since fashion designers began selling apparel-inspired clothing in the 1950s and 1960s. Denim trousers have been replaced by skirts and leggings. People started to wear more formal clothes. Throughout 2013, skater skirts became popular with teenage girls and started to wear more feminine clothing.



## A C T I V I T I E S

### Activity No. 1

Direction: Search and encircle the following word or group of words from the word puzzle below.

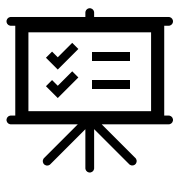
1. Gayle Fischer
2. Thukalos
3. Trousers
4. Western Culture
5. Jacob Davis
6. Fashion
7. Barong Tagalog
8. Scarf
9. Maria Clara
10. Terno
11. Malong
12. Maong jeans
13. Pantaloon
14. Denim
15. Traditional Clothing

L	A	N	S	E	K	N	D	T	Y	A	L	C	G	P
B	R	O	C	S	W	U	O	L	E	Q	R	E	A	G
A	A	O	A	M	O	G	W	I	M	A	V	W	Y	N
R	L	L	R	D	R	L	R	Z	H	Y	I	Z	L	O
O	C	A	F	A	Y	H	A	S	N	S	J	T	E	L
N	A	T	L	J	C	D	R	K	Q	T	A	Y	F	A
G	I	N	V	I	M	E	I	Z	U	C	E	F	I	M
T	R	A	M	Q	S	K	N	Y	L	H	P	W	S	N
A	A	P	C	U	W	U	A	W	R	M	T	Q	C	T
G	M	Y	O	X	J	T	K	I	D	N	Y	D	H	U
A	E	R	U	T	L	U	C	N	R	E	T	S	E	W
L	T	H	J	Y	V	D	H	Z	D	C	N	U	R	F
O	W	M	A	O	N	G	J	E	A	N	S	I	H	B
G	S	I	V	A	D	B	O	C	A	J	M	P	M	L
Y	R	G	N	F	N	Y	Z	U	S	T	E	R	N	O

## Activity No. 2

Direction: Answer the following questions briefly.

1. Differentiate ladies trouser design in the past from the recent stlye.
2. What are the key factors that influenced the Philippines tradional clothing?
3. Describe the Philippine clothing in the present fashion style.



## W R A P - U P

Direction: Complete the following statement.

1. In the early history ladies trousers are \_\_\_\_\_.
2. At present, ladies trousers shows \_\_\_\_\_.



## VALUING



The knowledge that I've learned today is/are. . . \_\_\_\_\_



I have realized . . . \_\_\_\_\_



Today, I am confused in . . . \_\_\_\_\_



## POST TEST

Directions: Read the statement carefully. Write **TRUE** if the statement is correct and **FALSE** if the statement is wrong. Write the answer in your answer before each number.

- \_\_\_\_\_ 1. The word "thulakos" means trousers.
- \_\_\_\_\_ 2. Culture and way of life are the only factors that affect the influence of the traditional clothing of our country.
- \_\_\_\_\_ 3. Malong is a multifunctional piece of cloth that can be used as a robe, blanket, dress, bedsheet, prayer mat, and hammock.
- \_\_\_\_\_ 4. Barong Tagalog is a national costume worn by men and women.
- \_\_\_\_\_ 5. Gayle V. Fischer was a Latvian American tailor who invented modern jeans.





## KEY TO CORRECTION

### Pre – Test / Post – Test

5. TRUE	5. FALSE
4. TRUE	4. TRUE
3. FALSE	3. TRUE
2. TRUE	2. FALSE
1. FALSE	1. FALSE

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