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University of Idaho

College of Agriculture

Department of Agricultural Extension



SEWING CLASS, UNIVERSITY OF IDAHO

Idaho Sewing Contest Clubs

BY

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Any farmer, teacher or student in the State may have this bulletin mailed to his address free of charge upon application to Dean W. L. Carlyle, Director Idaho Experiment Station, Moscow, Idaho.

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SEWING CONTESTS FOR IDAHO GIRLS

A state wide contest has been started in Idaho to determine who among the girls is best in doing the things that count. This is the first contest of the kind in the state and one that will attract more attention than any that has ever been carried on by the young people of the state. This contest will enlist the best efforts of the most wide-awake girls of the state. It is far more important than athletic contests, because it is a fight to determine who can do the best work in that which the world demands of a girl. The greatest problem of today before the American people is to improve the homes and make the shops and farms more productive. In our endeavor to organize sewing contests for the girls we hope an interest in one phase of domestic economy will be aroused so that next year a contest in some other phase of the work may be planned, through which our girls may express themselves.

Work of this kind enables the contestant to distinguish good from bad, to notice conditions before unseen, and to appreciate all that makes success in that subject. Being able to produce something of value makes a girl more independent and capable of action along that line. It helps her to place a proper value upon self as a producer, for if a girl has succeeded in making a thing well enough to conform to contest rules, she will have the ability to produce that thing, as well as others of the same type, and will at any time afterwards. By such means unnatural backwardness is overcome.

Mothers, encourage the girls to enter this contest. Let us make a united effort, even tho each one of us must do so under personal sacrifice, and push this work forward in every direction in which encouragement is offered the girls.

TO THE TEACHERS:

Your hearty co-operation is necessary to the success of this work. We want to enlist you as the lieutenant of the state superintendent. It will devolve upon you to inspire, encourage and aid the children. You will be rewarded well for your efforts, for the school work will improve, the community will take added interest in your school and its support will become more liberal. The success of the work in your school will depend largely upon your co-operation and help. The one thing to keep in mind is that every girl must do her very best and follow closely the directions given in the bulletin as to procedure.

THE PLAN

The plan is to secure the agreement of four or more girls enrolled in the rural schools of the state, who are between the ages of twelve and eighteen years, to enter the contest by agreeing to complete each of the five pieces of work suggested in the bulletin.

Before school closes in the spring the girls who are preparing to enter this sewing contest should be organized and the teacher or some woman of the community who is interested in the work should be appointed as leader or advisor to take charge of the work during the summer, in case it is not completed during the school term. It is very necessary that the person selected to take charge of the work be some one who will keep up the enthusiasm and help when help is needed.

The major portion of this work and organization must be carried out by local people. They will be assisted as far as possible by the State Superintendent of Public Instruction. After the girls have agreed to the work required, the usual form of organization shall be followed and the advisor chosen. The Club shall send to the State Superintendent, at Boise, the following petition form for club number:

"We do hereby petition State Superintendent of Public Instruction, State Capitol, Boise, Idaho, for a club number in the Idaho Sewing Club work. We agree to follow the rules and regulations of this work to the best of our ability."

(Signed by individual members, giving name, county and post office address.)

Club Advisor.
P. O. Address.

PRIZES

A prize will be awarded to the one whose entire set of five articles is judged as best.

Miss Grace M. Shepherd, State Superintendent of Public Instruction is arranging a premium list and a plan for a series of contests which it is hoped, will take the work of the county prize winners to the State Fair at Boise.

Definite announcement of these plans will be made later through the press of the state.

THE CONTEST

The contest will consist of the five pieces of work outlined. Each member of the club should complete each piece, following the outline as given below as closely and as carefully as possibly.

STOCKING DARN

Materials—Old stocking with hole in toe or heel, darning cotton, use two strands, darning needle, (long eyed).

Always darn on right side of stocking as that will leave inside smooth and soft.

Darning is the method of strengthening worn places, or of weaving in. The darning stitch is made by going over and under alternate threads. Hold stocking over left hand while darning.

Cut away part that is badly worn.

First put in lengthwise threads, allowing them to extend one-fourth of an inch beyond the hole. Next, put in cross-wise threads by taking one thread over, and one thread under the needle, (when edge of hole is reached weave first over then under edge that there will be no ridges). These threads must not be drawn tight, as they will shrink when washed.

Points for Judging.—Smoothness of finished darn, and length and regularity of stitches.

HEMMED PATCH

Material.—A square of checked gingham, 6-in.x6-in. Another square of same 4-in.x4-in. Thread No. 80. Needle No. 9.

Use of patch.—A durable neat patch is used principally for outer garments of various materials.

The small overhanding stitch shows little yet makes a strong means of uniting the patch to the garment.

DIRECTIONS—1. Mark off carefully a 2-in. square, and cut on thread of material.

Cut corners diagonally 1-4 inch crease back on wrong side and baste.

2. Cut patch to be applied one inch larger than open square, *being careful* to match checks accurately and having warp and woof of patch running in same direction as in large square.

3. Baste patch to under side of square, then hem down around edge of fold on right side, making small neat stitches.

4. On wrong side turn in raw edges 1-4 inch and hem down flat, allowing stitches to show as little as possible on right side.

Overcast edges of model.

FLANNEL PATCH

Material.—Flannel 6 inches square, flannel 3 inches square for patch. Sewing silk No. A, needle No. 8.

A patch is a piece of cloth sewed onto a garment to repair it.

Method.—Trim edges of both squares evenly, and cut from center of large square of flannel a hole two inches square, being careful in cutting to cut on a thread of the flannel.

Place patch on wrong side carefully fitting it over hole so warp and woof threads match those of the larger piece.

This patch is placed onto material flat—if edges were turned they would make a heavy ridge.

Baste along edge of patch, and then along edge of hole, with even basting stitches 1-4 inch long.

Next, without knot in thread catch stitch edges of patch and hole. Begin by inserting needle under flannel and then make stitches on right side from edge of hole over onto the material and on the wrong side from edge of patch over onto the patch itself. Stitches to be 1-8 inch deep and 1-8 inch apart.

Points for Judging.—Smoothness, all stitches as well hidden as possible.

SEWING APRON

Material.—One yard 24-inch or 27-inch Dimity, dotted or barred muslin, (any material having no right or wrong side.)

Thread, No. 90.

Needle, No. 10.

Ribbon, 3 1-2 yards, 1 inch wide.

One skein silk same color as ribbon.

Cut off selvedge edges and turn in 1-8 inch for first turn of hem, at sides of apron, then 1-4 inch for second turn of hem. Baste with even basting stitch and hem with fine hemming stitch. Hem other side of apron same.

Turn in 1-4 inch hem at bottom on right side, for first turn,

then a two inch turn. Baste, and hem down with fine, even hemming stitch. This is for pocket across bottom of apron.

Next, baste a 1-2 inch hem from hemming stitch last made, thus forming a casing for ribbon. This is sewed with stitching stitch. Fold the bottom up *nine* inches and over-hand each end to side of apron. Divide this space into pockets. Pocket on each side *six* inches and in center *twelve* inches. Baste down material thus forming the pockets.

For the top of apron.—Turn in 1-4 inch hem first, then turn down 2 inch hem and hem with fine hemming stich. And as before baste 1-2 inch up from hemming stitch and sew with stitching stitch—this is casing for ribbon and is used to tie around waist.

Feather stitch down seams of pocket, up to heading with colored silk, and run in ribbon.

Points for Judging.—Suitability of materials chosen for the purpose, general effect, design and execution.

KITCHEN APRON

Material.—Gingham, thread No. 60, needle No. 9.

Material required: Measure from waist to bottom of skirt, add three inches for hem, and take twice this amount.

Fold gingham crosswise and cut in two. One piece is used for front gore of apron and remaining piece for side gores and band.

From pieces for side gores cut a lengthwise strip four inches wide for belt. Cut remaining piece in two lengthwise—cut off selvedge edge.

Fold center gore of apron. Measure three inches from side toward center, and fold, gradually sloping out to bottom of apron till selvedge edge is reached; cut on creased line.

Baste bias edge of gores onto front with even basting stitch, having 3-8 inch seams. Stitch these on machine, trim off edges evenly and overcast together with overcasting stich 1-4 inch apart and 1-8 inch deep. For hem at bottom of apron turn in edge of material first 1-4 inch (on wrong side) then 2 3-4 inches. Baste and stitch, overhanding ends of this hem by hand. Crease apron at top for center front. Gather from center to left side, then from center to right side. Adjust gathers to fit figure having more fullness at the sides than in the front.

Crease band in center and place center band on right side of center front of apron. Baste from center to both sides. Then stitch. Turn in band 1-4 inch at top on wrong side, then baste and overhand down. In turning in end of band turn edges 1-4 inch and overhand closely. This allows band long enough to tie.