
UNIVERSITY OF IDAHO

EXTENSION DIVISION

O. D. CENTER, Director

REFERENCE

SECOND YEAR

SEWING BULLETIN

IDAHO SEWING CLUBS



COOPERATIVE EXTENSION SERVICE IN AGRICULTURE AND HOME ECONOMICS
OF THE STATE OF IDAHO.
EXTENSION DIVISION AND HOME ECONOMICS DEPARTMENT
OF THE UNIVERSITY OF IDAHO
AND U. S. DEPARTMENT OF AGRICULTURE
COOPERATING

BOYS' AND GIRLS' CLUB WORK

Printed and distributed in furtherance of the purpose of the Cooperative Agricultural Extension
Service provided for in Act of Congress, May 8, 1914.

FOREWORD

Much of the effectiveness of the Idaho Boys' and Girls' Clubs rests with the county superintendents, the teachers, and the men and women who act as local advisors. In the past we have received assistance from these cooperators in generous measure. This we most gratefully acknowledge. In the future we anticipate even greater interest and closer cooperation, because the direct and practical benefits, which the boys and girls of Idaho have secured thru the club activities, have been conclusively proved.

The first step in organizing a club is to get in communication with the Agricultural Extension Division of the University of Idaho, State House, Boise. We give full information and furnish all blanks and bulletins. Write for pledge cards, enrollment blanks, and the "General Announcement" bulletin, which contains an outline of the different club projects, and gives the details of organization. Boys and girls between the ages of ten and eighteen years may become club members.

The following bulletin presents the work of the Second Year Sewing Clubs. All members joining these clubs shall have either completed the First Year Sewing Club work, or its equivalent. Each club must have a **Local Advisor**, who may be the teacher of the school, or some woman of the community who is versed in sewing, and who is interested in community service. The work may be done during meetings held with the local advisor, or at home; but we urge frequent, careful supervision and direct help in the sewing work. We also strongly favor the organization of these clubs early in the school year, as the school is a natural social unit thru which all such activity is most effectively conducted.

We ask of educators, parents and all other citizens of Idaho, their sympathetic interest and active support in this all important work.

STATE CLUB LEADER,
Agricultural Extension Division,
Boise, Idaho.

SECOND YEAR

SEWING BULLETIN

Prepared by Margaret Sweet
Revised by Cora Irene Leiby, 1916
Home Economics Department, University of Idaho

SUGGESTIONS TO CLUB ADVISORS.

The success of the course in sewing depends primarily upon you—your real interest, your careful preparation, your wise planning. You must be exceedingly patient, yet wisely insist upon excellent work. It takes much tact to bring the work up to a good standard without discouraging the beginner.

You will find that it pays to do each piece of work perfectly yourself before you attempt to show the girls how. Your finished piece will be an inspiration to them.

Study the reasons for every direction given, and lead the club members to find them.

- References
- Hand Sewing Lessons, by Sarah Ewell Krolik: Educational Publishing Company.
 - Goodwin's Course in Sewing: Frank D. Beattys & Company.
 - School Needlework, by Olive C. Hapgood: Ginn & Company.

When studying buttonholes, you should know about the corded, the buttonholed bar, and the double barred buttonholes. You should tell about the advantages of buttonhole cutters, which may be set; about machines which make buttonholes, and the superiority of handwork for this purpose.

Assure the girls that buttons and hooks sewed on correctly are worth the extra labor, for they seldom come off.

You should collect large samples of different materials and test for shrinkage and fading before the girls make their purchases. Cut two pieces the same size (four inches by six inches), wash one in soap and water and place in the sun to dry. Press and compare sizes. If the sample shows shrinkage, the material should be shrunk and pressed before cutting.

During the course you should, with the aid of the students, make a collection of samples of cotton, linen and woolen goods

suitable for underwear, gingham dresses, towels, etc. Teach children to make simple tests of cloth to detect the adulteration of linen cloth with cotton. Have two pieces of equal size, test one and compare with the other.

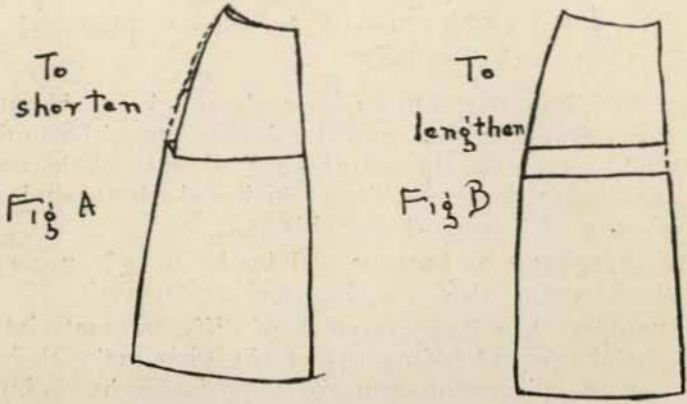
Goods placed in a strong acid for two hours is unchanged, if linen. Upon removing the goods from the acid wash well in water. If all or part of the threads are cotton, they will easily pull apart, or the cotton threads will have disappeared entirely. The length of time needed depends upon the strength of the acid used. In time even the linen threads would be injured, but cotton is much more quickly affected. For this test hydrochloric acid is easily obtained.

A spot of ink spreads unevenly along threads in linen, but evenly in cotton.

To test woolen goods, dissolve two rounded teaspoons of common lye crystals in a cup of water. Boil for three or four minutes. The wool will become a pulp, but any cotton threads present will be unaffected.

Before allowing a club member to cut the petticoat from cloth, have her practise on paper, placing the pattern in the most economical way and acquiring skill in cutting. This will also enable her to see the complete petticoat in pieces, as in cutting plan given.

For shortening a skirt pattern, fold a tuck about twelve inches from the top. To lengthen, add length at the same place.



GENERAL DIRECTIONS.

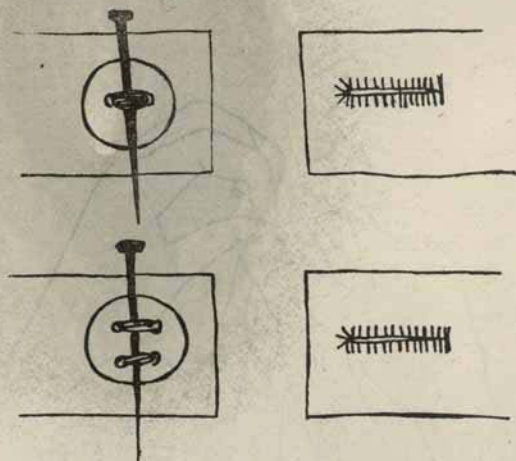
- Sit erect.
- Keep feet on floor.
- Do not pin work to table or clothing.
- Turn so the light reaches you from the left side.

Do not sew with sunshine on your work.
Never sew in dim light.

BUTTONS, BUTTONHOLES, HOOKS AND EYES.

Buttons.—Sewing on buttons without shank.

Use double thread with knot. Put needle thru from right side to wrong, leaving knot on right side under button. Place a pin across the button and sew over it, making the line of stitches take the direction of the opening in the buttonhole. When holes of button are well filled, remove pin and bring needle thru between button and cloth. Wind thread around under the button three or four times, put needle thru to wrong side and fasten thread.



Plain Buttonholes.—Cut a buttonhole the width of the button to be used and straight with the threads of goods if possible. Have the thread just long enough to complete one buttonhole—usually sixteen to eighteen inches. For goods of medium weight, use No. 40 or No. 50 thread and a No. 9 needle. A large needle frays edges.

Begin working at end farthest from fold of hem, and overcast around to beginning, making stitches shallow and not too close together (Fig. I). Make just enough overcasting stitches to keep edges from fraying.

Place buttonhole over left forefinger, and make buttonhole stitches, working from you (Fig. IV).

Curve the stitches around the front end and bar the back, making two stitches the complete width of buttonhole for the bar (Figs. II and III).

Cautions.—Do not place stitches so that they overlap each other, but close enough to fit the knots together firmly.

Do not draw knots down into the buttonhole. They should lie in an even row on top of the cloth.

Do not draw stitches too tight. The cloth must not be puckered.

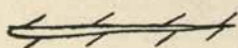


Fig. I

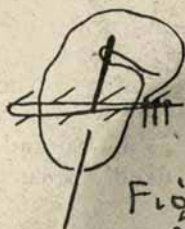


Fig. II



Fig. III

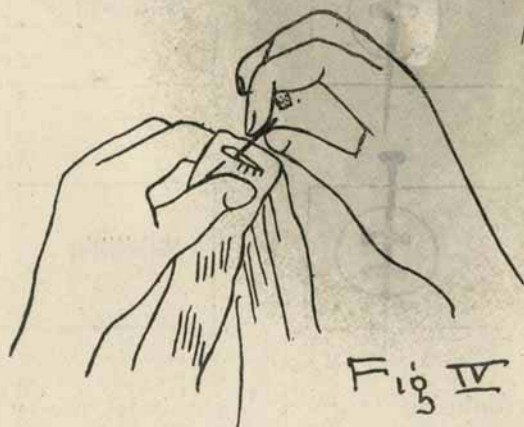
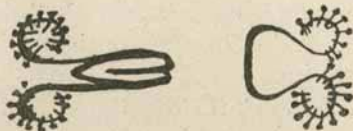


Fig. IV

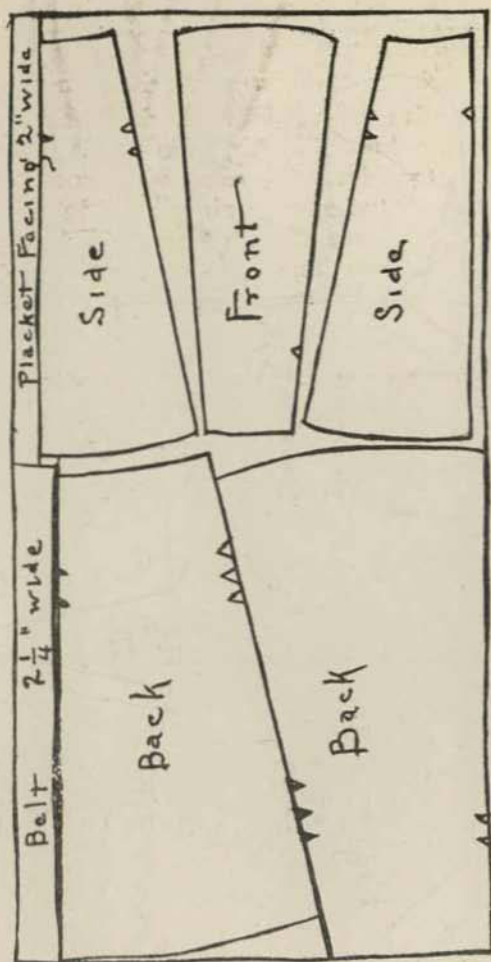
Hooks and Eyes.—With three or four simple stitches fasten hook in place thru the round eyelets and sew the front of hook down securely. Now pass thread to back of hook again and cover eyelets with buttonhole stitches. Treat eye in same way. Stiches should not show on right side of garment.



PETTICOAT.
(Hand Made.)

Pattern.—Any good, five-gored, commercial pattern. Discuss

use of sale patterns and ways of correctly lengthening and shortening pattern. One pattern should serve a number of club mem-

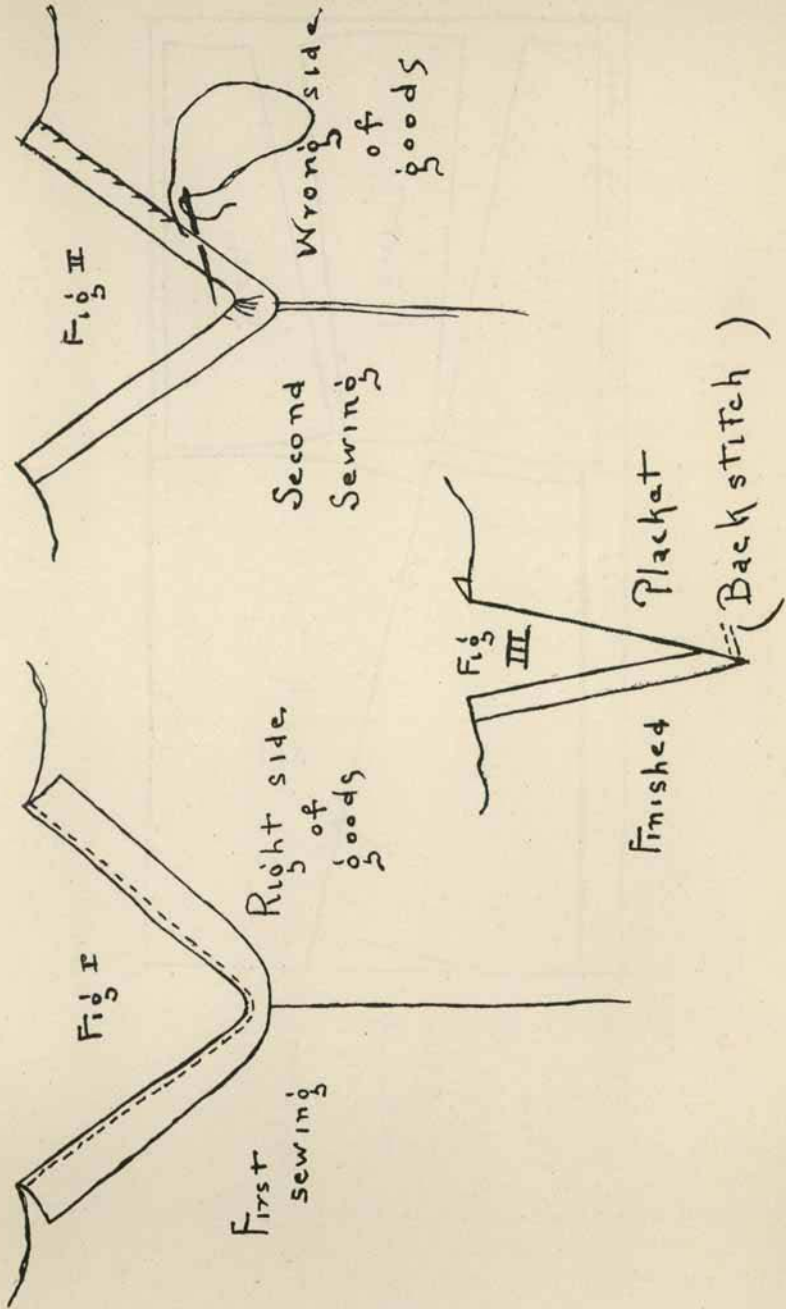


Plan
for
36 inch
material
with
no
right
side

bers. Size 24 is suggested as suitable for the majority. McCall School Pattern No. 3 may be used.

Material.—Muslin, longcloth, nainsook. Test samples for

shrinkage. Discuss correct laundering of white and colored clothes. Petticoat finished thirty inches in front and thirty-four



inches in back, without flounce, requires two yards of material thirty-six inches wide.

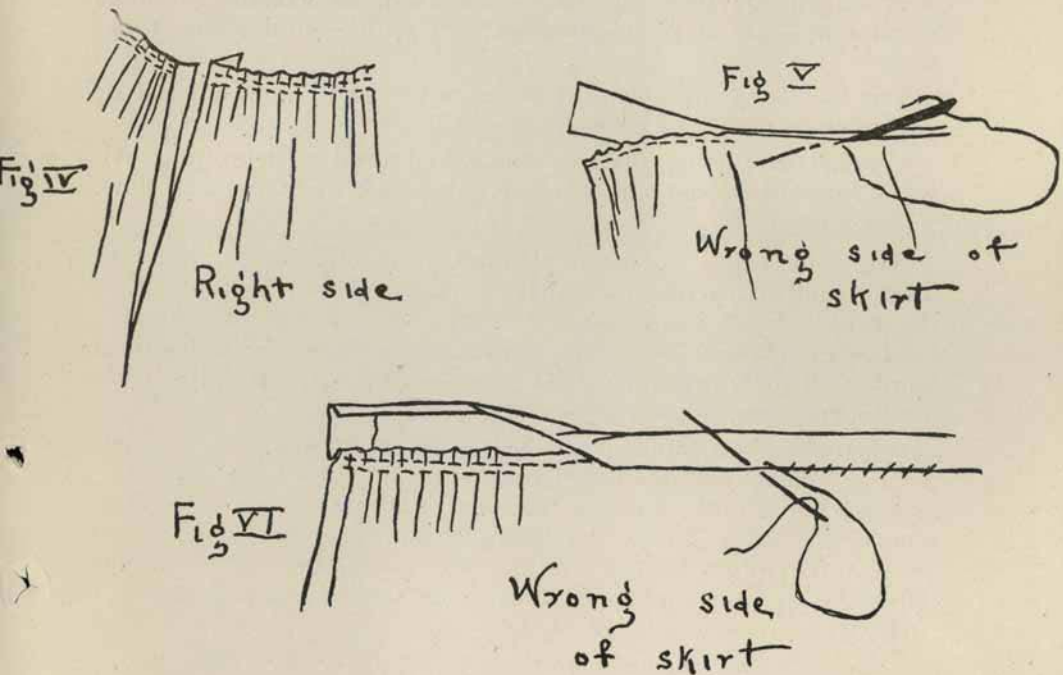
Cutting.—Do not cut notches, but mark with pencil. Plan carefully to place pattern on goods in most economical way.

Making.—Baste one-half inch seams, leaving back seam open twelve inches from top for placket.

Fit front and hips to figure, if extreme, and then sew seams with running stitch.

Overcast each two raw edges together.

Use strip two inches wide and twenty-four inches long for placket binding. Baste, then sew, strip to right side of opening down one back gore and up the other (Fig. I). Fold binding over seam made, and hem on wrong side (Fig. II). Fold one side of binding under skirt and fasten by backstitching at the bottom (Fig. III).



Gather each back gore twice with double thread (Fig. IV). Take out lower gathering thread when skirt is finished.

Allow for double ends on belt. Place center of skirt upon center of belt and baste, keeping wrong side of petticoat toward you (Fig. V). Sew with backstitch. Fold belt over on wrong

side and hem over seam just made (Fig. VI). Finish belt with one button and buttonhole, according to directions for same.

Try on skirt, trim even; then turn three inch hem and hem.

The plain skirt is now finished and is ready for any sort of trimming desired.

A ruffle is suggested as being the most practical. For a skirt thirty inches in length, the ruffle should be about nine inches wide. This ruffle may be of embroidery, or of the material, trimmed with tucks, lace, or hand embroidery.

If the embroidery is used, care should be taken in the selection of it. Choose a piece on good material, with a firm scallop, and with a design which is not too open and which is well embroidered.

If the ruffle is to be made of the material of the garment, the strips should be crosswise of the material, and the selvedges overhanded together. If tucks are used, be careful to make small ones—about one-eighth inch in width—and space them well.

The lace for trimming may be merely a good, firm edging, or an insertion may also be used.

Crochet or tatting may be made and used as trimming. Always remember that any sort of handwork must be well done to be attractive.

After the ruffle has been planned, it should be divided into fourths and marked with a thread. Care should be taken that the center front comes in the center of a width of material. Gather each fourth with two gathering threads, the first about one-fourth inch from the edge; the second, a little more than one-fourth inch below the first.

A narrow, bias band of the material about one and one-half inches wide is suggested as a finish for the top of the ruffle.

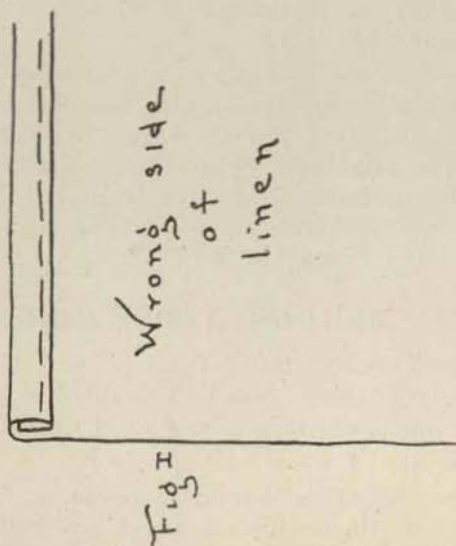
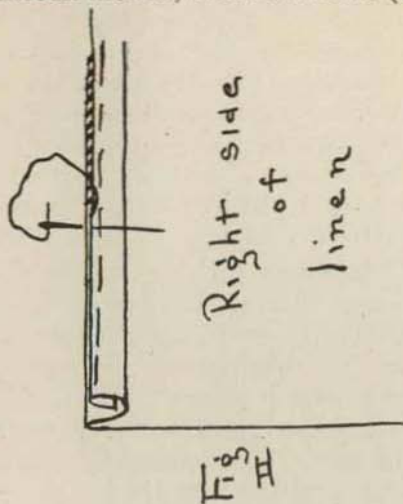
The skirt should now be marked in fourths and the ruffle pinned in place. Draw up the gathering threads and fasten around the pins. Adjust the gathers, and sew with running stitch exactly on the upper gathering thread. Keep edge of ruffle straight with bottom of skirt.

Pin middle and ends of bias band to the ruffle and baste. Turn wrong side of petticoat toward you and backstitch close below the running stitches. Take out the basting and lower gathering threads. Turn the bias band over and crease it carefully at the seam. Turn raw edge of bias band, baste to petticoat and hem.

See that all ends and corners are carefully finished; then press the skirt.

NAPKIN.

Materials.—Linen, plain or figured damask, cut square—about sixteen by sixteen inches; No. 90 thread (or size suited to qual-



ity of material—fine thread shows less); needles Nos. 8 or 9; embroidery floss, large skein, No. 10; small embroidery hoops, four or five inches in diameter.

Directions.—Cut the ends of napkin straight, using drawn thread for guide.

On each end fold on the wrong side a hem one-eighth inch wide when completed. Baste into place (Fig. I). Fold this hem back on right side, making the new crease just even with the first crease made for the hem (Fig. II). Use no knots, but fasten the ends of thread with several small running stitches within the hem. Overhand the two even folds together, working from right to left. Put needle straight thru the folds. Make the stitches close together, carefully catching the needle into the linen. This is called a French hem.

Marking Napkin.—Use simple script letter two inches high for napkins of medium size. Butterick Pattern No. 10081, price 10 cents, is suggested. Place letter on right side of material, diagonally in one corner, so that the letter is in the center of the small square when the napkin is folded (Fig. I).

Outlining.—Stretch stamped portion over hoops (Fig. V). Use a single strand of embroidery floss and outline the whole letter with fine, running stitches (Fig. II).

Padding.—Place long, irregular stitches lengthwise of space to be embroidered. Repeat long stitches on right side until the whole is well rounded up from the linen. Do not allow padding stitches to cover the outline made for the letter. Padding must not be too heavy, as the finished work should be raised less than one-eighth inch (Fig. III).

Covering.—Covering stitches lie crosswise over the padding. They extend just beyond running outline made. When the space to be covered has curved edges, the stitches must change their direction gradually (Fig. IV). The stitches should lie close enough together to touch each other. The wrong side of the finished work should show only smooth, regular stitches. Fasten all ends of thread invisibly.

MENDING TABLE LINEN.

Materials.—Threads drawn from piece of similar damask. If these cannot be obtained, use soft linen floss. Needle as fine as will hold thread used. Fine, long-eyed needles are best.

Directions.—(a) For very small hole.

For ordinary mending use plain weave, as for mending stockings. Trim only those threads which are badly frayed. Without making knot, begin weaving in the warp threads. Be sure to weave well beyond the hole, and place threads close together. The shape of the darn should be irregular, as such an edge wears

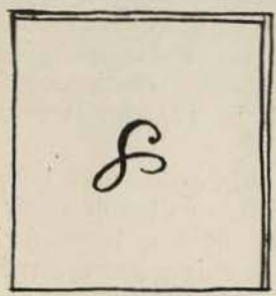


Fig I

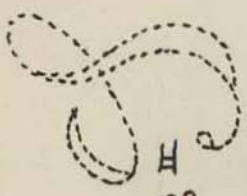


Fig II

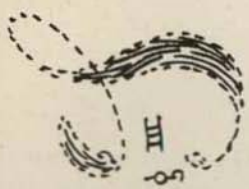


Fig III

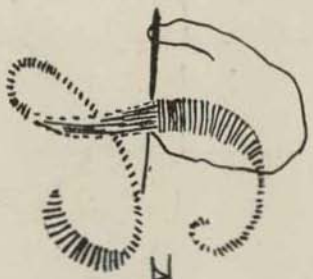


Fig IV

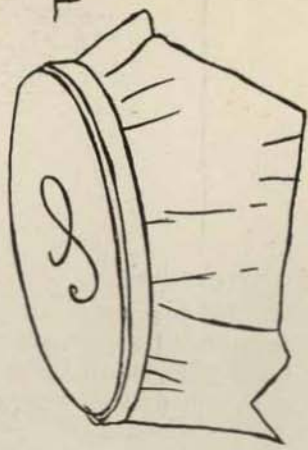
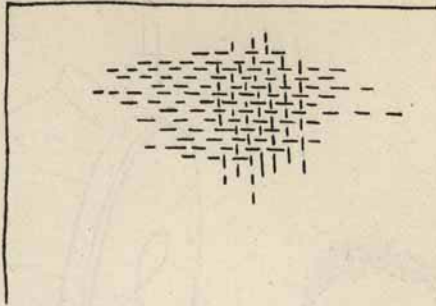


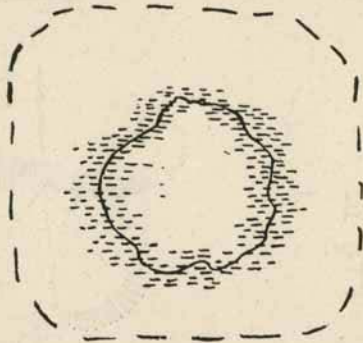
Fig V

better. Weave wool regularly over and under the warp threads, crossing them at right angles.



(b) For larger hole.

On under side place a piece of damask as nearly like the table linen to be mended as possible. Baste in place and proceed as for darning woolen cloth (First Year Sewing bulletin), making stitches as in illustration below.



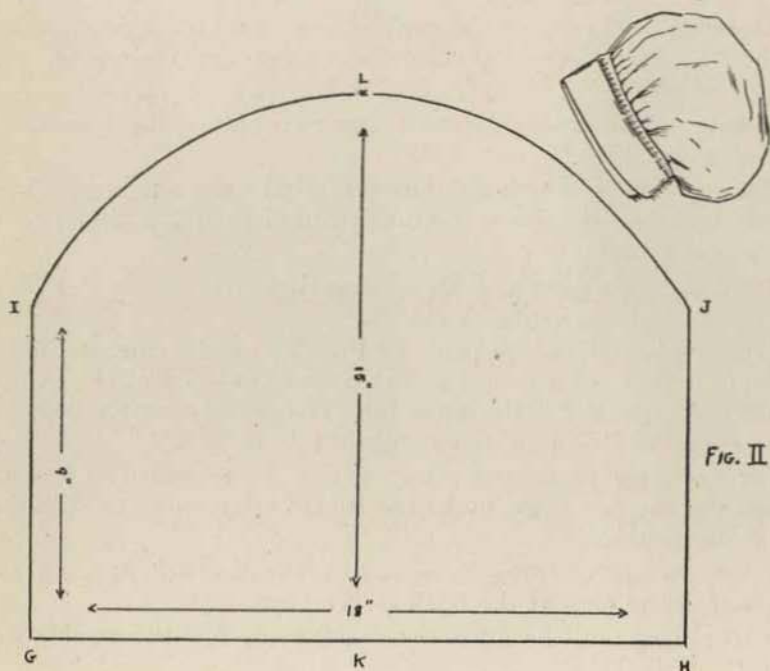
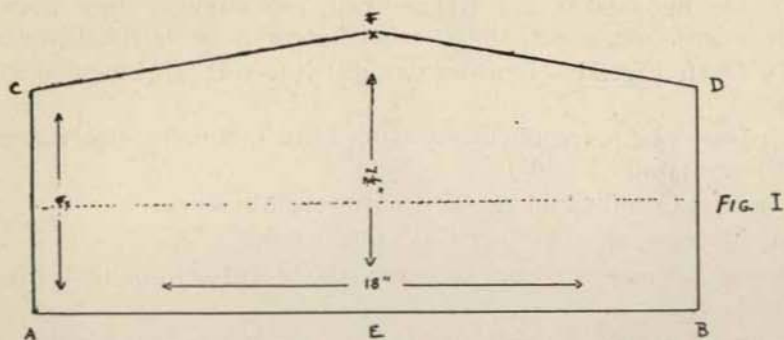
CAP.

Any cap pattern may be used, and any material, with the following restrictions: It must not be a crocheted cap, and it must contain all of the stitches found in the pattern here given. The following points will be taken into consideration in judging: Good workmanship, simplicity, and the appropriateness, rather than the cost, of the material used.

The Dutch cap pattern, which is suggested, may be used in a variety of ways. If gingham, percale, or chambray, is used, it makes a splendid dust cap; a daintier cap may be made by using dotted swiss or lawn; while a cap of this pattern, made of silk or pongee, is nice for automobiling.

For your use, lawn or dotted swiss in a good quality, with or without a trimming of lace, is suggested.

The pattern is in two pieces—one which forms the part turned back (Fig. I), and the other which forms the crown portion (Fig. II).



To Draft Fig. I.—Draw a straight line AB, eighteen inches long.

From both A and B measure out perpendicularly six inches; place points C and D.

Connect A and C and B and D with straight lines.

Divide the line AB centrally; place point E.

From E measure out perpendicularly seven and one-half inches; place point F.

Connect C and F and D and F with straight lines.

Divide the lines AC and BD centrally and connect these points with dotted line, which shows where piece is to be folded back.

To Draft Fig. II.—Draw a straight line GH, eighteen inches long.

Measure out perpendicularly from both G and H nine inches, and place points I and J.

Connect G and I and H and J with straight lines.

Divide centrally the line GH; place point K.

From K measure out perpendicularly fifteen inches; place point L.

Connect I and L and J and L with gradually curved line.

Materials.—Three-fourths yard of lawn or dotted swiss; white thread No. 80 to No. 100; lace for trimming; one-fourth yard narrow elastic.

Cutting.—Use drafted pattern; cut two pieces like Fig. I, and one piece like Fig. II.

Making.—Turn hem along line GH, first turn one-eighth inch, second turn one-half inch. Gather from G thru I, L and J to H. Mark center at L.

Baste the two pieces of Fig. I together from C thru A, E, B to D; sew with backstitch and turn.

Place right side of one piece of Fig. I to right side of Fig. II, with point F at point L and points C and D at G and H. Adjust gathers, allowing a little more fulness towards center top, and baste together. Sew in place with stitching stitch.

Turn in edge of second piece of Fig. I the width of a seam, baste over the raw edge, make the folded edge come to stitching, and hem in place.

A narrow elastic, long enough to make the cap fit snugly, is inserted in the hem at the back of the cap.

If trimming is to be used, outline the edge of the double portion, C, A, B, D.

Press carefully; fold on the indicated dotted line.