

UNIVERSITY OF IDAHO
COLLEGE OF AGRICULTURE
EXTENSION DIVISION

E. J. IDDINGS
Director

FIRST CLOTHING BULLETIN

By

WILHELMINA E. JACOBSON
CLOTHING SPECIALIST

(Reprint)

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THE problems are presented in the form which the experience of the club agents in their sewing club work in the past has proven to be most easily grasped.

Directions are given in detail, so that any girl can understand them. Instructions on stitches, seams and fastenings, as presented in the first bulletin, are repeated in the second.

After finishing the required number of problems in any bulletin during the year, the club girl should make the other problems suggested rather than go on with the work of the next year. Individuality and originality should be encouraged. Deviations from the bulletin on directions for construction and on design, as different neck line, cuffs, belts, etc., may be made under careful leadership.

Any girl who will work out carefully the problems outlined in these three bulletins will find herself, at the close of her course, efficient in garment construction work. She will know things about sewing that many of her grown friends will not know. Such a girl will be entitled to reasonable pride in her knowledge; but it should be a modest pride, if there be such a thing, for she will owe her new ability not merely to her own endeavors but also to the opportunities that her leaders have given her. She can show her appreciation by being just as helpful to someone else as her leaders have been to her.

FIRST CLOTHING BULLETIN

* WILHELMINA E. JACOBSON

TO THE CLUB GIRLS OF IDAHO: You should strive for accuracy and thoroughness in your work in this bulletin. All the seams and stitches given in this bulletin should be mastered; so should the fastenings, that is the sewing on of buttons, hooks, eyes and snaps. The use and care of the sewing machine should be learned but the sewing machine should be used only to sew up long seams.

CLOTHING PROBLEMS required to be worked out in the clothing project for the first year of Junior Extension Club work are these:

- I. One of the following:
 1. Hand towel (page 10)
 2. Tea towel (page 10)
 3. Sewing kit (page 11)
 4. Sewing bag (page 12)
- II. Gift (page 14)
- III. One of the following:
 1. Bungalow apron (page 19)
 2. Kimono nightgown (page 17)
- IV. Stocking darn; one pair of stockings (page 20)
- V. One of the following:
 1. Fudge apron (page 21)
 2. Work apron (page 22)
(Care and use of the sewing machine) (page 14)

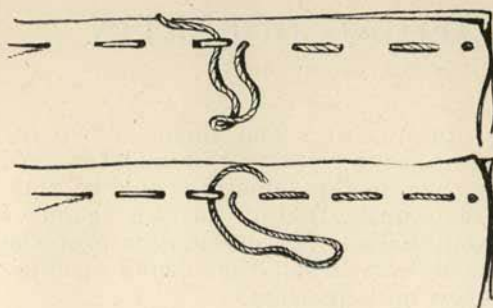
Equipment—Package of needles, 6 to 9, sharps; paper of pins; thimble; tape measure; pin cushion; emery bag; shears; thread, white, 50 and 70; sewing kit in which to carry equipment.

STITCHES

Stitches should be practiced on a piece of material before being used. When basting, always start with the knot on top or on the right side and finish with two $\frac{1}{4}$ -inch stitches. This stitch is a temporary stitch which is to be removed later. When making permanent stitches conceal the knot or do not use a knot but fasten with a few running or back stitches. To fasten the thread take two or three 1-16 inch back stitches or a buttonhole stitch may be used to fasten the thread.

* The author was assisted in the preparation of this bulletin by former Club Agents Ina Scrivner, Dorothy Spurling and Alice L. Thayer. Illustrations were contributed by Anna E. Prange, Specialist in Costume Design.

BASTING STITCHES



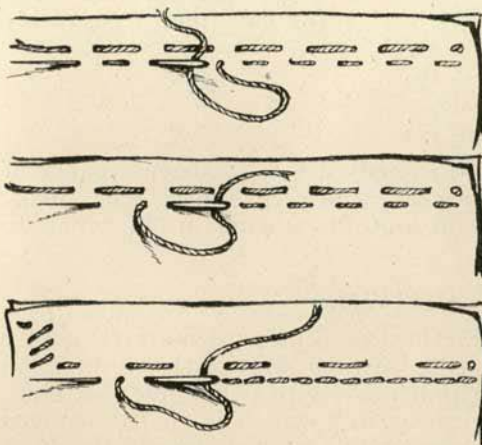
Even Basting—

The stitches and the spaces should be of even length and about $\frac{1}{4}$ -inch long. The even basting stitch is used on the seams where there is a stress in fitting or where the material is hard to handle.

Uneven Basting—The stitches and spaces should be uneven. The stitches should be about $\frac{1}{2}$ inch long and the spaces smaller. This stitch is used where rapid basting but not strength is desired.

PERMANENT STITCHES

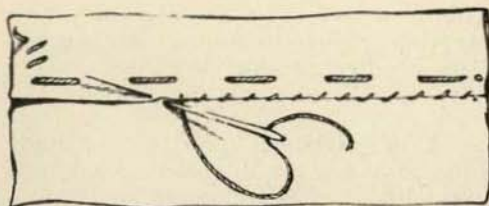
Running Stitch—The stitches and spaces should be even but very small, about 1-16 inch. This stitch may be used for the seams where there is little strain.



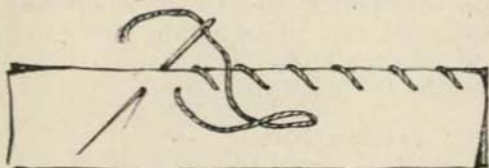
Stitching Stitch—

This stitch looks like machine stitching on the right side. The stitches overlap on the under side. Take the stitch forward on the under side of the material twice the length of the stitch, then back half way, making the stitches meet.

Backstitching—It looks like the running stitch on the right side and the stitching stitch on the under side. Take the stitch forward on the under side three times the length of the stitch then back one-third the length of the stitch on the right side. This stitch is used where there is less strain than where the stitching stitch is used.

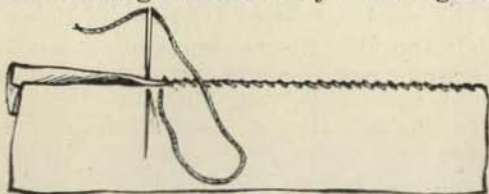


Hemming—This is a slanting stitch used to hold a hem in place. The stitches slant on both sides. Work from right to left, pointing the needle over the left shoulder. Take up a few threads of the material and the edge of the hem. Carry the hem over the first and second fingers of the left hand.



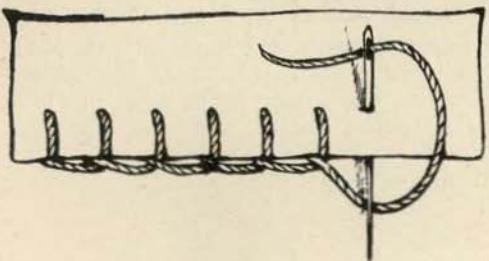
Overcasting—These are slanting stitches used over a raw edge to keep it from raveling. Work from right to left, taking stitches about $\frac{1}{4}$ inch apart and $\frac{1}{8}$ inch deep.

Overhanding—These are fine slanting stitches used to sew two selvages or folds together. Work from right to left, taking up just the cord along the edges of the material and making stitches very close together.



Napery or Damask Hem—Fold a hem $\frac{1}{8}$ inch wide, or wider. Baste into place. Fold this hem back on the right side, making the new crease just even with the first crease made for the hem. Use no knots, but fasten the ends of the thread with several small, running stitches within the hem. Overhand the two even folds together, working from right to left. Make the stitches close together, carefully catching the needle into the linen.

DECORATIVE STITCHES



Blanket Stitch—The blanket stitch is a very simple decorative stitch. In working, do not use a knot, but secure the thread by one or two running stitches toward the edge. Holding the

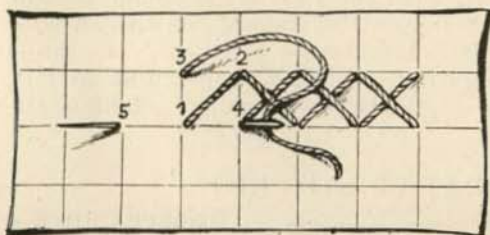
thread under the left thumb, insert the needle to the depth required and bring it up from under the edge, allowing the thread to lie beneath the needle forming the edge. This stitch may be worked into various ornamental designs.



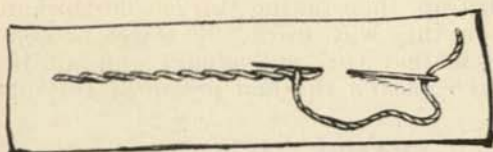
Chain Stitch—This stitch is made the same as the blanket stitch but extends in one long chain instead of being placed by the side of the preceding stitch. Bring the needle up from under the material, hold down the thread under the left thumb and insert the needle in the same hole where the point of the needle came out when making the preceding stitch. The size of the stitches must be adjusted to the design being worked and the thread being used.



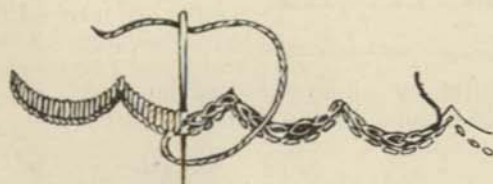
Feather Stitch—The feather stitch is one of the most frequently used of all ornamental stitches. First run a colored thread along the outline to mark the center of the line of stitching. To make the single stitch, fasten the thread with several over and over stitches and then bring the needle up through the material. Hold the thread down over the line with the left thumb. Insert the needle a little to the left of this line and take a short, slanting stitch toward the right, drawing the needle out while the thread is held down smoothly by the left thumb. Then hold down the thread on the center line and take a stitch of equal length on the right side and draw it out as before.



Cross Stitch—The cross stitch is simply the crossing of one stitch over another, the two making a perfect square. Always cross the stitches in the same direction, that is, put the needle up at the lower left hand corner, then down at the upper right hand corner and up at the upper left hand corner and down at the lower right hand corner. Put the needle up at the lower left hand corner of the next square to the left and repeat. Do not use a knot. The threads underneath will fasten the end.

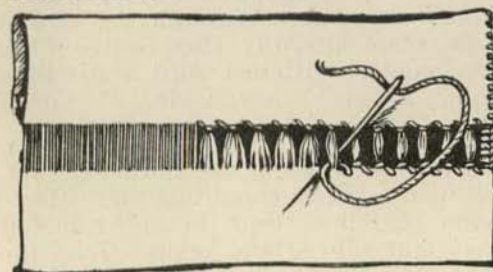


Outline Stitch—
The outline stitch is made by working from left of the material to the right. At the left hand edge of the material fasten the thread securely and take the first stitch by inserting the needle from right to left. Each succeeding stitch is made the same way, lapping the stitches one-half the length of the stitch. When taking the stitch, keep the thread below the line of stitching.



Scallops—For embroidering scallops the material may be marked with a stamping pattern. This marking should be at least $\frac{1}{2}$ inch from the edge of the material. First put in small running stitches along the lines marking the lower edge of the scallops. Fill in between the two lines of the scallop with small chain stitches. The scalloping stitch is the same as the blanket stitch (see page 5), with the stitches placed very close together. Insert the needle just above the upper line of the scallop and bring it out below the lower row of running stitches forming the blanket stitch.

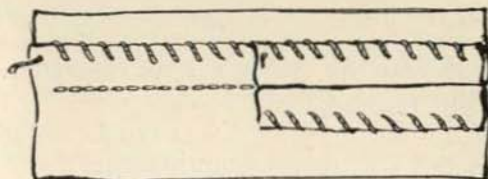
Stranded embroidery thread will be found most satisfactory for embroidering scallops, using the number of strands suitable for the material being embroidered. The outer edge of the material is cut away close to the embroidered scallops after the stitching has been finished, and it has been laundered.



Hemstitching—
After the threads have been pulled and the hem basted, insert the needle in the under fold of the hem at the right hand edge. Hold the work over the cushion of the first finger of the left hand, keeping the thumb over the thread. Take up about four threads with the needle from right to left and draw the needle thru, holding the thread firmly with the left thumb. Take the needle around the same

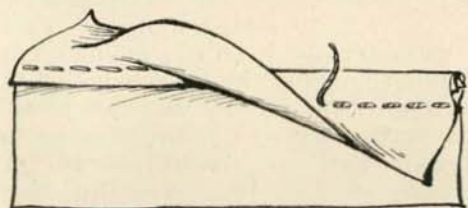
group of threads as before, then taking the needle through the hem. Continue in this way until the towel is hem-stitched. Overhand together the two selvage ends of the hem. Buttonhole stitch around the end group of threads.

SEAMS



stitch or machine stitching alongside the basting. The width of this seam will depend on the material used.

Plain Seam— Place the two right sides of the cloth together and pin at right angles to the seams. Baste with even basting. Sew with stitching



necessary to remove any frayed edges, also to make it narrow enough so that no threads may show through the second stitching. Press open the seam carefully, then baste on the wrong side. This seam must be stitched with a stitching stitch or on the machine, about $\frac{1}{4}$ inch wide. For most materials and garments a $\frac{1}{4}$ -inch seam can be used.

French Seam— It is made by first basting a plain seam on the right side of the garment. Put in a very fine running stitch about $\frac{1}{8}$ of an inch from the edge, or sew by machine. Either will be strong enough, as no strain comes on this seam. Remove basting and trim the seam if neces-

Flat Fell— Place the two right sides of the cloth together, having seam lines meet or two edges come together. Baste and stitch a $\frac{3}{8}$ -inch seam. Stitch so that the upper side of the stitch comes to the right side of the seam. Trim the under side of the seam to $\frac{1}{8}$ inch, then turn the wide edge in $\frac{1}{8}$ inch, crease along the line of stitching and baste flat to the material. This seam may be hemmed by hand or on machine.

FASTENINGS

Buttons—To sew on buttons without shanks use single thread with a knot. Put the needle thru the material from the right side to wrong side, leaving the knot on the right side under the button. Place a pin across the button and sew over it, making the line of stitches take the direction of the openings in the buttonholes. When the holes of the button are well filled, remove the pin and bring the needle thru between the button and the cloth. Wind the thread around under the button three or four times; put the needle thru to the wrong side and fasten the thread with two stitches on top of each other and a buttonhole stitch.



Plain Buttonholes—Buttonholes should be properly spaced and marked before they are cut. The slit should be cut $\frac{1}{8}$ to $\frac{1}{4}$ inch larger than the button to be used and straight with the threads of the goods, if possible. Have the thread just long enough to complete one buttonhole—usually 16 to 18 inches. For goods of medium weight, use No. 50 thread and a No. 8 needle. A large needle frays the edges.

Begin working at the end farthest from the fold of the hem and work from right to left. Strand the buttonhole as follows: Insert the needle at the right hand end of the hole and a little above the edge of the cut. Bring it out across the end on the side toward you and at the same distance from the edge as it was inserted, leaving an end of thread half an inch long. Carry the thread across the lower side of the buttonhole and take a stitch under the left hand end of the hole in the same way as at the first end. Carry the thread across the upper side and take a stitch in the same hole with the first stitch. This strengthens the buttonhole.

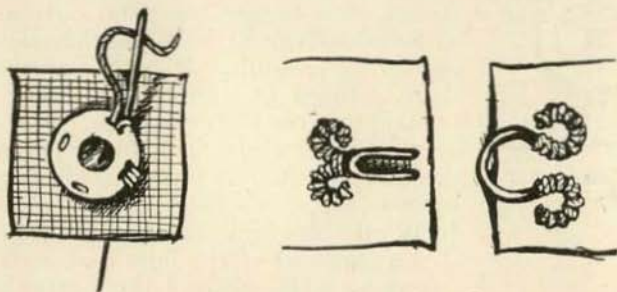


Now overcast the edges of the buttonhole, making shallow stitches, and just enough of them to keep the edges from fraying, making about three stitches on each side.

Place the buttonhole over the left forefinger and make buttonhole stitches, working from right to left. Curve the stitches around the end

which gets the strain of the button and bar the other end, making two stitches the complete width of the buttonhole for the bar. Take over and over stitches or blanket stitches over these threads, forming the bar. **Cautions:** Do not place stitches so that they overlap each other but close enough to fit the purls together firmly. Do not draw purls down into the buttonhole. They should lie in an even row on top of the cloth. Do not draw stitches too tightly. The cloth must not be puckered.

Snap Fasteners—Sew the ball side of the fasteners on the right side or top of the garment and the socket to the left side or underneath. Sew these on with a buttonhole stitch or a very small over and over stitch. Fasten the ends of the threads securely so that no loose ends or knots will show.



Hooks and Eyes—Sew all around one circle of the hook and eye with over and over stitches. Take several stitches across the end of the hook, then sew around the other circle. The buttonhole stitch may be used instead of the over and over stitch.

PROBLEMS

HAND TOWEL OR TEA TOWEL

Number of Meetings—Two; the work to be finished at home.

Materials—One flour sack or sugar sack or $\frac{3}{4}$ yard of toweling; one spool No. 70 thread; No. 8 needle.

Stitches—Even basting stitch; hemming stitch; over-handing stitch.

Directions for Construction—*Cutting*—Straighten the material by drawing a thread and cutting along the line made by removing the thread.

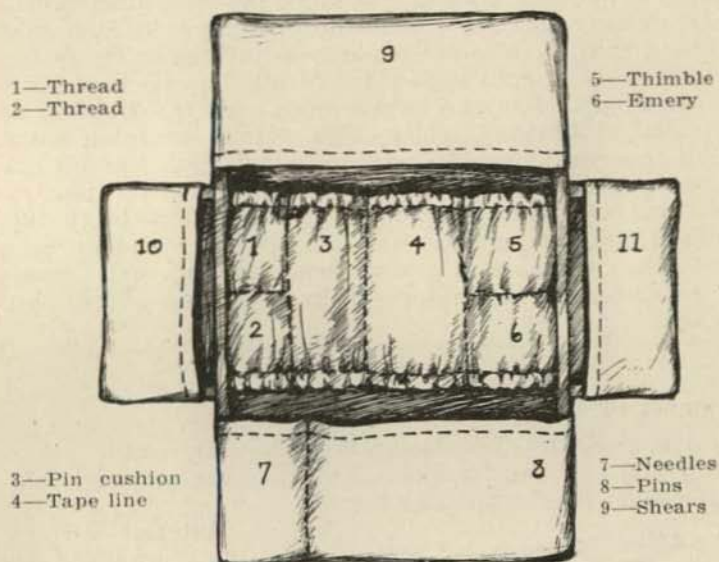
Basting—Make a hem $\frac{3}{4}$ to 1 inch wide by folding to wrong side $\frac{1}{4}$ inch and crease to place. Fold over again $\frac{3}{4}$ inch for hem. For the tea towel make the hem narrower. Baste the hem with even basting.

Stitching—Sew the hem with hemming stitch. Overhand the ends of the hem. Remove bastings. Press and fold the towel.

SEWING KIT

Number of Meetings—Two.

Design or Style—As illustration, or variations of it.



Material—Cretonne or linen, 14 inches of this material at least 18 inches wide; a piece of sateen or ribbon 10 inches by 5 inches; $\frac{1}{2}$ yard of $\frac{1}{4}$ -inch elastic; one skein of embroidery thread; 2-3 yard tape or ribbon.

Stitches—Basting, hemming, overhanding.

Directions for Construction—**Cutting**—Cut two pieces of linen or cretonne, one piece 18 inches by 8 inches and the other piece 18 inches by $4\frac{1}{2}$ inches. Cut one piece of sateen for pocket, 10 inches by 5 inches.

Pinning, Basting and Inserting Elastic—Pin and baste a $\frac{1}{4}$ -inch hem around the four sides of both pieces of linen or cretonne. Baste and sew with hemming stitch a $\frac{3}{8}$ -inch

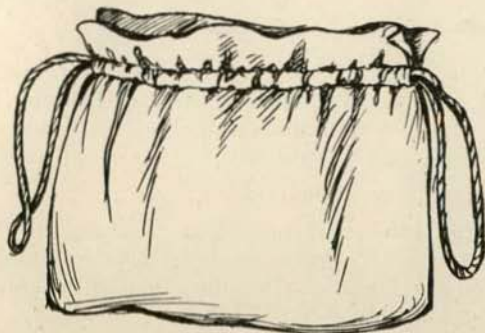
hem on the two long sides of the sateen. Insert elastic on each side. Draw up the sateen on the elastic until it is the same length as the widest piece of linen. Fold the largest piece of linen in two, crosswise. Fold the sateen in two, lengthwise. Insert the raw ends of the sateen under the side hems of the large piece of linen so the center marks just found will meet. Baste in place.

Stitching and Finishing—Sew the hems of both linen pieces with a hemming stitch on all four sides. Divide into pockets as illustrated, using back stitch or outline stitch. A separate cushion may be made and inserted for the pin cushion. Fold both ends of the large piece of linen over 3 inches, making pockets. Baste these in place on each side. Fold both ends of the smaller piece of linen over 2½ inches and baste. Overhand both sides of all four pockets. Remove bastings. Lay the larger piece over the smaller, as illustrated, and baste in place. Sew with a hemming stitch around the two long sides and one short end, leaving one end open so notebook or paper may be inserted. Sew on tape or ribbon across the center of the bottom of the kit as illustrated, letting the ends of ribbon extend at each side. When the case is closed these may be tied. Snaps may be sewed on the pockets to keep the tools from slipping out.

BAG

Number of Meetings—Two.

Design or Style—The design or style may be for one of several kinds of bags, such as a sewing bag, laundry bag, handkerchief bag or knitting bag.



Material—Suitable kinds of goods for bags are gingham, poplin, cretonne and crash. For the bag illustrated, get 24 inches of material, 15 to 18 inches wide; 1¾ yards tape or cord; No. 70 thread; No. 8 needle. If decoration

is to be added include a skein of embroidery thread.

Stitches—Even basting, hemming, overhanding, running or stitching stitch; decorative stitch.

Directions for Construction—Only the sewing and knitting bags will be described. The other bags may be variations of these.

Cutting—Cut the material 24 inches long on the warp or lengthwise thread and 15 inches on the woof or crosswise thread. Draw threads to make sure the cutting will be straight.

Basting—Baste a $\frac{1}{4}$ -inch hem to the wrong side of the two long sides, that is, turn in $\frac{1}{8}$ inch and then $\frac{1}{4}$ inch. Baste with even basting.

Stitching and Finishing—Sew with a hemming stitch at both sides.

To Make the Hem—Turn the two long ends to the wrong side $\frac{1}{4}$ inch. Make another turning of $1\frac{1}{4}$ inches. Baste this in place with even basting and hem with a hemming stitch.

To Sew Up Side Seams—Fold the bag in two, crosswise, wrong side out. Pin edges together at right angles to the seam, beginning at the top of the bag. Continue to bottom. Baste with even stitches. Overhand both sides from the bottom of the bag to the hem at the top. Fasten the thread with a number of over and over stitches. Leave $\frac{1}{2}$ inch for casing and fasten the thread securely with over and over stitches in both folds of the hem. Overhand each side of the hem separately from the casing to the top of the bag.

To Make the Casing—Measure with a paper gauge or tape measure $\frac{1}{2}$ inch up from the lower edge of the hem. Mark with a thread, chalk, or crease a fold. Sew with either very small running stitches or the stitching stitch. Continue around the bag.

To Insert the Draw String—For the draw string, use cotton tape or cord to harmonize with the bag. About 6 inches more than four times the width of the bag will be needed; that is, if the bag is 15 inches wide, about 66 inches of tape or cord will be required. Cut the cord in two. With a bodkin, hairpin, safety pin or other device, draw the cord through the casing, letting the cord come out on the same side it was inserted. Insert the other cord from the other side. Finish the cord by tying knots, or other methods.

To Decorate the Bag—An initial or design may be used. If checked material is used for the bag, the cross stitch will be very easily applied. Initials are effective, worked in the outline, chain or cross stitch. If the material is flowered or has an all-over design, it will need no further decoration.

THE KNITTING BAG



The knitting bag illustrated is made in the same way as the sewing bag, except that the sides are overhanded together only part of the way and a rod or stick may be inserted in the casing. The cord may be attached in the hem. This bag may be lined.

A GIFT

Number of Meetings—Two.

When you have made one or two problems you could make a gift. It may be a Christmas gift for Mother or for someone else. If there is not sufficient time before Christmas, it may be a birthday gift or a gift for Mother or chum on Mother's Club Day or exhibit day.

Simple problems should be made. The following are suggested: Pot holder, table mat, clothes pin bag, dresser cover, simple collar and cuffs, hemmed handkerchief.

CARE AND USE OF SEWING MACHINE

Learning to Use the Machine—The sewing machine is one of the inventions that have helped to revolutionize modern housekeeping. Each girl should learn to use one efficiently. To understand the machine is easy, but to do good work it is necessary to keep the machine in good running order. A girl should take as much delight in caring for a sewing machine as a boy does in caring for the automobile or farm machinery.

Most sewing machines are built on the same general plan. However, some are run by foot power and some by motors. In this bulletin the foot power machine is described, as that is the kind in most general use.

The following outline is suggested for learning to use a sewing machine efficiently.

First, learn the names of the principal parts of the machine. The direction book which comes with the machine is your best guide.

Correct Position at the machine is to sit erect and well back in your chair. One foot is placed a little farther back on the treadle than the other.

Treading—With the machine thrown out of gear, sit in correct position at the machine and treadle until you can do so without any effort and the machine runs smoothly. When you have learned to treadle smoothly, you are ready to start sewing.

Turn the balance wheel with the right hand and continue the motion with the feet.

Stitching—With the machine still unthreaded, practice stitching on a piece of paper on which parallel lines have been drawn. Continue this practice until you can follow the lines. Then use a piece of cloth for further practice. For practice on the cloth, thread the machine and first try stitching a plain seam.

Starting and Finishing—Form correct habits in starting and finishing the seam.

1. To begin sewing, bring the lower thread up thru the hole under the presser foot. To do this, hold the upper thread while you turn the balance wheel around once and then catch the loop that is pulled up and draw the under thread up thru the hole. Draw these behind the presser foot, insert the cloth under the presser foot, lower the presser foot and start the machine.

2. To finish at the end of a seam, turn the seam and stitch back in exactly the same line of stitching for about 1 inch, or tie the threads close to the end of the cloth. Before cutting the thread have the needle bar raised to the highest point possible and cut the thread about 3 inches from the eye of the needle. This prevents the needle from coming unthreaded when the machine is started the next time.

Cleaning and Oiling—A machine must be kept clean and well oiled in order to do good work. A workman can be judged fairly by the condition of his tools. A small brush should be used to clean away all lint. Especially should the plate under the presser foot be removed often for cleaning, as the greater part of the lint collects at this point.

The machine should not have so much oil applied that it is dripping for days; one drop should be put in a place, and every hole and every joint where there is friction should be oiled. The machine should be oiled once every week, if it is used almost every day. Follow directions in the book which comes with the machine.

Using the Attachments—When you become proficient in plain stitching, begin to use the attachments. You will find the tucker, the gatherer and the hemmer probably the most useful. For using the attachments, follow the instructions in the book which comes with the machine.

SUGGESTIONS FOR USE BY LOCAL LEADER

Outline for Demonstration on Use of Sewing Machine

I. Introduction.

1. Necessity for the sewing machine in the modern home.
2. Brief history of the invention of the machine.
3. Care of machine—why necessary.

II. Explanation of the Parts.

1. The head; the table; the lower part. Name different parts included in the larger divisions and explain the purpose of each part.
2. Show the threading of the top part. Wind a bobbin and show threading of lower part. Explain the principle of the tensions and how each may be changed to regulate the stitch. Also show how to change length of stitch.

III. Stitching.

Have ready samples of cloth for stitching. Use dark thread on light cloth and light thread on dark cloth for the demonstration. Explain the necessity of having thread of the right size for the cloth being stitched, also a needle of the correct size for the thread being used. Show the correct way to start and finish stitching. Stitch a plain seam, also a hem to illustrate this. Use attachments on sample pieces.

1. Hemmer.
2. Gatherer.
3. Tucker.
4. Other attachments if desired.

IV. Conclusion.

Replace all equipment used.
Emphasize the necessity for care of the machine.
Leave the room in perfect order.

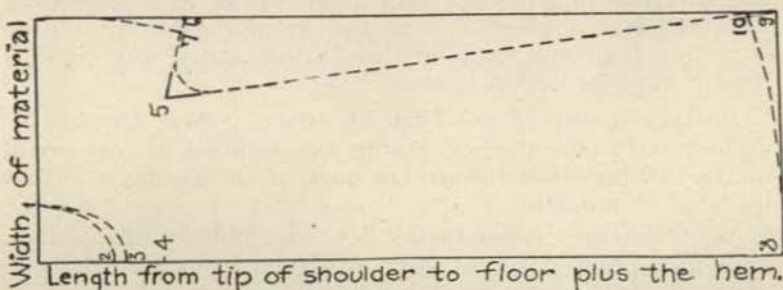
KIMONO NIGHTGOWN

Number of Meetings—Six.

Design or Style—Kimono nightgown.

Materials—One spool of white thread, No. 70; needles, No. 8 or 9, sharps; yardstick or ruler; muslin, longcloth, cotton crepe or Berkeley cambric, outing flannel, flannelette or nainsook. The amount of material needed will be twice the distance from the highest point of the shoulder to the floor, plus 6 inches. Lace $\frac{1}{2}$ to $\frac{3}{4}$ inch wide. Cambric tape $\frac{3}{8}$ inch wide.

Stitches and Seams—Basting, hemming, overhanding for attaching lace, French seams. Machine stitching for French seams and hem.



Directions for Construction—*Drafting Pattern*—Fold the material first lengthwise. This will give you material one-half the original width. Then fold it crosswise or end to end. Use this center of the material for point of angle. Measure out on crosswise fold 3 to 4 inches (according to the size of the neck) and place dot 1; 3 or 4 inches down on lengthwise fold place dot 2 (back). One inch below dot 2, place dot 3 (front). Connect 1 and 2 and 1 and 3 with the curved lines to form neck curve. Eight inches down on lengthwise fold from point of angle, place dot 4. Out from dot 4, $\frac{1}{4}$ of bust measure, plus 3 or 4 inches, place dot 5. Nine inches down from crosswise fold along selvage place dot 6. Connect 5 and 6 with straight line. One inch in from 6 along line place dot 7. Draw gradually curved line along selvage to dot 7. From point of angle measure down along lengthwise fold the length from tip of shoulder to floor plus 3 inches, and place dot 8. From 8 draw a line at right angles to fold, extending to selvage and place dot 9. From 9 measure up along selvage $1\frac{1}{2}$ inches; place dot 10. Connect 8 and 10 with slightly curved line for lower edge of nightdress. Connect 5 and 10 with straight line. Draw

gradual curve connecting lines 5-7 and 5-10 to form underarm line.

Cutting—If the nightdress is to be scalloped, do not cut out the neck and sleeves. Trace the lines showing edge of sleeve, neck curve and underarm seam. Cut 1 inch on the outside. Cut the rest of the gown exactly on drafting lines.

Pinning and Basting—Lay the nightgown on the table, smooth it out on the straight of the goods. Pin the side seams together, placing 5 or 6 pins at right angles to the seam. Be careful not to stretch the material. Baste with even basting while the garment is on the table.

Seams, Stitches and Finishing—Hem around the neck and sleeves by hand, using a tiny hem about $\frac{1}{8}$ inch wide or use a narrow bias facing. Any good type of hand trimming then may be overhanded on, as tatting or crocheting, but be sure that it is well made of fine thread and if any color is used it must be very delicate.

Putting in the Hem—Turn up first $\frac{1}{4}$ inch, then three inches, and baste in place, laying any fullness in very small plaits, turning them toward the back of the garment. Stitch by hand or machine.

Neck Finish—If bias facing is used, cambric tape $\frac{3}{8}$ inch wide may be used, or cut your own tape from material like your nightgown. To do this, fold the material on the true bias and mark strips 1 inch wide parallel to the bias fold. Cut on these lines. With a hot iron fold the strips of bias tape as the commercial tape is folded—that is, so that the two cut edges just meet on the underside of the tape. To attach bias tape to the neck and sleeves of the nightgown, unfold one edge of the tape, lay the tape on the right side of the material, placing the cut edge of the tape to the edge of the material being finished; baste in the crease made by the fold in the tape. If you are facing the neck the two ends of the bias tape will have to be joined. Do it as follows:

Joining Bias Tape—Cut both ends of the tape along a lengthwise thread; allowing $\frac{1}{8}$ inch at each end of a seam. Join the two ends with the stitching stitch.

Baste the tape to the material and stitch to the garment where basted. Remove bastings. Then fold the tape over to the wrong side of the material and baste in place. Stitch very close to the edge or hem by hand, using the plain hemming stitch.

Sleeve Finish—Finish with bias tape if the bottom of the sleeve is a curved line; if straight, the sleeve may be hemmed.

Decoration—Lace Finish—Choose lace that is appropriate for the materials you have used in your nightgown. For soft muslin, longcloth or cambric, torchon lace is very good, as it wears well and very pretty patterns can be had. Valenciennes lace, either German or French, may be used. Crocheted lace or tatting, when fine and dainty, is very appropriate.

Feather Stitch—A very pretty finish is a row of feather stitching around the neck and sleeves. Pink or blue embroidery thread may be used for this. The chain stitch may be used instead of the feather stitch.

BUNGALOW APRON

Number of Meetings—Six.

Design or Style—Kimono pattern bungalow apron.



Materials—White thread, No. 70; needle, No. 8; yardstick or ruler; two buttons or two snaps. Gingham, Devonshire, percale or poplin. Material 36 inches wide is preferable so that side gores will not be required. The amount of material needed will be twice the length from the top of the shoulder to the desired length, plus 6 inches for hem. Add to this $\frac{3}{4}$ yard for the side gores if narrow material is used.

Stitches and Seams—Basting, machine stitching for French seams and hem. Decorative stitches may be used around the neck and sleeves.

Directions for Construction—

Cutting—To cut the bungalow apron, follow the directions given for the nightgown. Pin, baste and fit as for the nightgown.

Neck and Sleeve Facing—If the neck and sleeves are to be faced to the right side with contrasting materials, baste and stitch on the facings before closing the side seams.

Finishes and Seams—The sides should be finished with French seams made either by hand or machine.

To Put in the Hem—Put on the apron having a belt around the waistline. Have someone even it by measuring with a yardstick or ruler and marking with pins the desired distance up from the floor. Take the apron off and crease on this line and put in a line of basting about $\frac{1}{4}$ inch from the crease. Next, using a gauge or ruler, mark the hem the same width all around; cut on this line and turn in a $\frac{1}{4}$ -inch turning. Then pin and baste in place. Stitch with the machine, making the line of stitching very close to the edge of the hem.

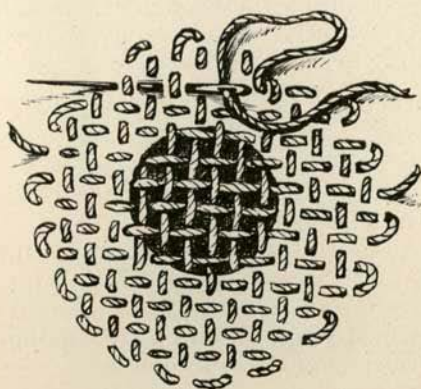
To Make the Belt—Cut a lengthwise piece of material as long as your belt is to be and twice as wide, adding $\frac{1}{2}$ inch for turning in the edges. Turn in all edges $\frac{1}{4}$ inch. Fold lengthwise, baste and then stitch. This may also be done by folding the belt in two lengthwise on the wrong side, then basting and stitching, leaving a small space so it may be turned inside out. When this is done, baste the seams or press them flat. Then stitch all the way around. If buttons are used, see directions on pages 9 and 10. If snaps are used, see directions on page 10.

DARNING STOCKINGS

Number of Meetings—One.

Materials—Stockings, darning cotton to match, both in color and size of the thread of the stocking. Darning needle to suit the size of the thread. A darner, or something with a smooth, hard surface over which the stocking may be drawn.

Stitches—Small running stitches and weaving stitch.



Directions for Construction—Make guide lines with white basting thread in a diamond shape, large enough to reinforce all the weakened parts surrounding the hole. Darning is done on the right side of the stocking. Start on the right side of the hole, inside of the basting guide line.

The stitches parallel with the warp or rib of stocking should be made first. Use short running stitches. Leave small loops at the end of each row of stitches to allow

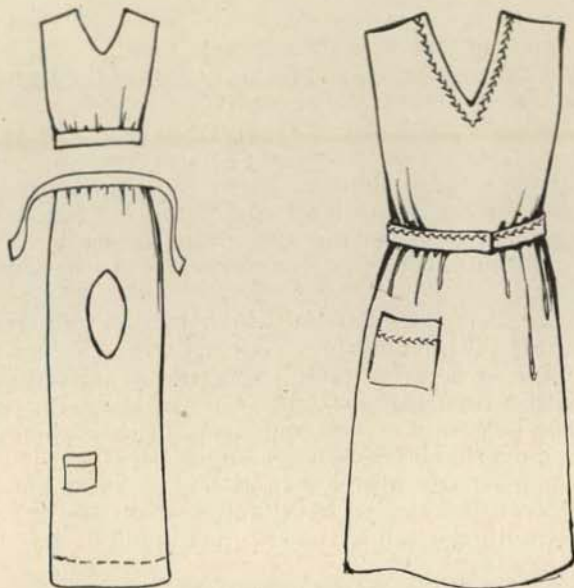
for possible stretching and shrinkage in washing. When the hole is reached, take up the loose loops at the edge to strengthen the darn, carrying the thread across the hole, taking up the loop on the opposite side. Continue until the diamond shaped space is filled. The crosswise or woof stitches come next. Start in the same manner from the top, putting in crosswise stitches. Weave these stitches with the lengthwise ones. When the hole is reached the woof threads are woven over and under alternately with the warp thread. The next thread across will pass under the threads which were passed over in the preceding row. When the space is completely filled, remove the basting thread and press. The darn should be smooth and comfortable to the foot.

FUDGE APRON

Number of Meetings—Four.

Materials—Four snaps. Lawn, dimity, crash, checked toweling or huckaback toweling.

Design or Style—The design illustrated.



Stitches—Basting, buttonhole or over and over stitch for sewing on snaps; machine stitching or the stitching stitch. Decorative stitch could be used on the fudge apron.

Directions for Construction—Cutting and Fitting—To cut the opening for the neck, fold the material crosswise at the shoulder line, then lengthwise. Measure out 3 inches on the shoulder line and 4 inches on the lengthwise fold, then cut, put the apron on to see if this is just the size of opening wanted; if not, change to suit. Cut the desired length.

Stitches and Seams—To Finish the Neck—Face the apron to the wrong side with a bias facing, as directed in the nightgown problem. Stitch on the machine, or if the apron is made by hand, use the stitching stitch. A decorative stitch may be used around the neck.

To Finish the Band—Cut the band 3 inches wide and as long as your waist measure, plus 4 inches. Put the apron on over your head and have someone draw it in place at the waistline in the back. Measure the distance from one edge to the other to get the width of the back. Shape at the waistline if needed. Run two gathering threads near the edge of the waistline. Attach the band. If the apron is being made on the machine, stitch all the way around the band; if made by hand, overhand the edges of the band together and hem the band to the apron.

Putting in Hem and Sewing on Snaps—Straighten the lower edge and finish with a 2-inch hem. Two snaps are needed to fasten the ends of the belt together and one at each side on the front at the waistline to hold the front in place. For directions for sewing on snaps see page 10.

NOTE: A very pretty apron can be made as described above, using lawn or dimity. Hem the edges, then sew on dainty lace. Hand embroidery may be added for decoration, or a very convenient sewing apron may be made by making pockets at the lower edge for carrying the sewing equipment.

To Make Pockets—Turn a 1-inch hem to the right side of material; pin and baste. To finish this hem, stitch on the machine or hem by hand, using the hemming stitch, or finish with a decorative stitch. For the pockets, turn up a fold at the bottom 6 or 8 inches deep. Baste along the selvage, then overhand the selvage edges together. Divide this distance across the apron into three pockets, baste along the lines forming the pockets, and sew on the machine or use the stitching stitch if the apron is made by hand.

WORK APRON

Number of Meetings—Four.

Design or Style—Any practical work apron may be made for this problem. The one illustrated has proved very satis-

factory. Commercial patterns may be used for this apron or it may be cut from a design without using a pattern.



Material—Gingham, percale, lawn or dimity, depending upon the purpose of the apron. Two buttons. White thread.

Stitches and Seams—Machine work; basting, buttonhole. There are no seams unless the material must be pieced; then use the plain seam if two selvages come together; otherwise use the flat fell seam.

Directions for Construction—If a pattern is used, study the pattern and adjust it to the wearer.

Pinning and Basting—Pin all of the pattern on the material. Then cut. Note whether or not seam allowance is made. Baste on the side pieces if the material is too narrow.

Seams and Finishes—Fell the side pieces and the seam in the back. Reinforce the ends of the straps for the buttonholes by basting on an extra thickness of material about 2 inches on the end of the strap and baste 1 inch facing on the front side to reinforce for sewing on the button. Cut a bias facing 1 inch wide or use commercial bias facing. Baste it all the way around the apron, then stitch. Remove bastings. Turn it to the opposite side of the material and baste and stitch.

Putting on the Pocket—Hem the pocket. Turn a $\frac{1}{4}$ -inch turning to the wrong side. With the apron on, pin the pocket in place. Baste, then stitch. The pocket should be stitched all the way around twice, so that no cut ends of thread come to the upper edge of the pocket.

Buttons and Buttonholes—See directions on page 9.

SCORE CARD FOR JUDGING CLOTHING

I. Suitability, 50%.

A. To Individual, 25%.

1. Proportion.
2. Line.
3. Color.
4. Silhouette.
5. Texture.

B. To Use, 25%.

1. Proportion.
2. Line.
3. Color.
4. Silhouette.
5. Texture.

II. Workmanship, 50%.

A. Pattern, 25%.

1. Testing.
2. Altering.
3. Cutting.

B. Stitches, 10%.

1. Evenness.
2. Use.

C. Finishing, 15%.

1. Fastenings.
2. Cleanliness.
3. Pressing.

IDAHO CLUB PLEDGE

I pledge my head to clearer thinking,
My heart to greater loyalty,
My hands to larger service,
And my health to better living
For my club, my community and my country.

RECORD PAGE

Kind of Article Made	How Many	Kind of Materials Used	Cost of Materials	Total Cost of Finished Article	Net Profit	No. Meet- ings Held Attended	No. Meet- ings You Seen or Taken Part In	Was Article Exhibited

Name.....Address.....Name of Club.....

