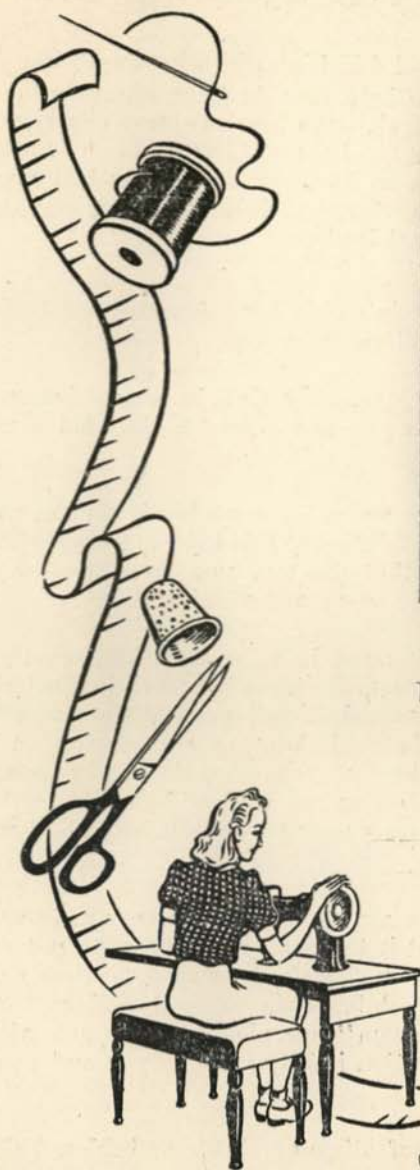


MOSCOW, APRIL 1948

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4H
Clothing
Project
DIVISION 1

UNIVERSITY OF IDAHO
COLLEGE OF AGRICULTURE
EXTENSION DIVISION

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COOPERATIVE EXTENSION SERVICE IN AGRICULTURE AND HOME
ECONOMICS OF THE STATE OF IDAHO UNIVERSITY OF IDAHO
EXTENSION DIVISION AND UNITED STATES DEPARTMENT
OF AGRICULTURE COOPERATING

Printed and distributed in furtherance of the purposes of the Cooperative Agricultural
Extension Service provided for in Act of Congress, May 18, 1914

Let's Look at Your 4-H Clothing Club

IF YOU are a 9-, 10-, or 11-year-old 4-H Club girl who would like to do some sewing, these plans will help you. At least we made them for you. They are for the 9-year-old girl who has had some experience in sewing at home. And they are for the 10- and 11-year-olds who have not had such experience. If you are an 11-year-old who has had some sewing experience, you may want to start in Division II. You may decide that with your parents and local leaders.

Here are some points that other club girls have found helpful and which will in turn help you if you follow them well.

Attend all club meetings that you can. This is important because your very presence there helps you and others to do good work and have good meetings.

Records are easier and better and a lot more fun if they're up-to-date all the time. Chores and duties of this kind are easy when you do them promptly. Isn't that the way you have found the other work which you do around home, and at school?

Did you ever trade something you had for something another girl owned? You spent some time deciding whether her article was better than the one you owned, didn't you? Well, you will want to learn to do just that kind of judging of your sewing work and the work that other members of your club do. Are your articles up to your standard? Are they as good or better than the other girls' work? Learn to judge your own work keenly and honestly.

You may have had a part in a school play or program. If you did you may have learned that it takes all the players to put on the play or make a good program. That's the way it is when you give a demonstration for your club. Learn to do it well, so that the other members of your "team" are glad to have you with them. Giving a good demonstration is important to you and your club.

And of course that is true of all your club's activities. Take part in them so that you are proud of your own efforts. Don't stand on the sidelines when it's your turn to take part. Give your club all the support you can. That's the very best anyone can do. Take part in your club's activities. Making all the things listed as a part of your 4-H work here will make you a good "4-H Citizen" so far as your personal efforts are concerned. Do them all, and do your homework regularly.

We all look forward to fairs and exhibits, don't we? Did you ever stop to think how much work there is in one of them? Without the work there would be no fair, no exhibits. So, when your fair time comes along, put your work out for people to see. It may not be the best in the world, but it's your best, and people are going to look at and admire it.

ALICE RIGBY,
Extension Specialist in Clothing

Division I

Beginner's Clothing

Things to Learn

1. To thread a needle and tie a knot.
2. To use a thimble.
3. To thread the sewing machine and to stitch.
4. To straighten edges of material by drawing a thread.
5. To fold and baste a hem.
6. To do the buttonhole stitch.
7. To practice good posture while sewing.

Things to Make for Exhibit

1. A machine-hemmed tea towel or hand towel.
2. A hot dish holder.
3. A simple laundry bag to fit a coat hanger.
4. A record of your work.

Things to do at Home

1. Equip a sewing box or basket for yourself.
2. Straighten the edges of a flour sack or other piece of material by drawing a thread and trimming evenly.
3. Practice stitching along straight and curved lines, without having the machine threaded.
4. Keep hands clean whenever sewing in order to keep the articles from becoming soiled.
5. Sew in good light with the sewing resting on a table. Sewing with the cloth on your knees means poor posture and a tired back.
6. Study the sewing machine until you know the main parts and their purposes.

Your Sewing Box

To do a good job of sewing requires good tools, well cared for. The best way to take care of small equipment for sewing is to have a sewing box or basket, large enough for your materials, yet convenient to take to club meetings. Mark each piece of equipment with your name.

1. **Thimble**—Select one for the middle finger and with grooves deep enough to prevent the needle from slipping.
2. **Needles**—Buy a package of assorted sizes, five to ten sharps. A fine needle is essential for good work.
3. **Thread**—Use white thread, No. 50 or 60 for basting and thread to match the material for stitching.
4. **Pins**—Select smooth, fine pins that will not leave a dark spot on your cloth.
5. **Shears**—Have your own sharp shears for good work. Cut with long, even strokes.
6. **Tape Measure**—Select a durable one with metal tips and one which is reversible from either end.
7. **Pin Cushion**

Towel

Materials

You may make either a tea towel or hand towel. For a tea towel you will need a good quality flour or sugar sack; for a hand towel, $\frac{3}{4}$ to 1 yard of toweling. You also will need thread No. 60 or 70 of a color to match your material, needles No. 7 or 8, scissors, pins, tape measure, and a small piece of cardboard.

Construction.

1. Straighten the edges of the material by drawing a thread and cutting along the line thus made.
2. Make a hem guage from a small piece of cardboard 3 or 4 inches

long and 1 or $1\frac{1}{2}$ inches wide. Measure up from one end of the cardboard $\frac{1}{4}$ inch or more, depending upon the width of the hem, and cut in $\frac{1}{2}$ inch from the side of the cardboard. Then cut in diagonally to the first cut to make a notch. (See Fig. 1) You can measure hems more quickly and accurately with a gauge than with a tape.

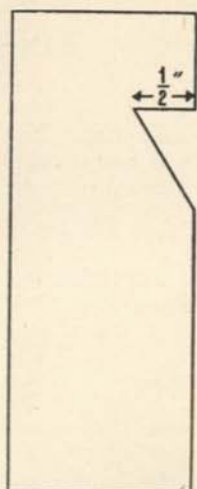


Fig. 1.—Cardboard gauge.

3. Hem the two cut ends of the towel. To make a hem, fold over $\frac{3}{16}$ inch of the material across the end and crease it down on the wrong side of the material.

4. Fold the material over a second time to make the width of hem you want. For a tea towel you will make a $\frac{1}{4}$ inch hem; for a hand towel you will want a hem about 1 inch wide. Use your gauge to measure the hem. Pin the hem in place as you measure.

5. Baste the hem in place. Tie a knot in your thread and baste with even stitches about $\frac{1}{4}$ inch long near the inside edge of the hem. (See Fig. 2A.) Fasten the basting thread at the hem with three parallel stitches.

6. Stitch the hem in place with the machine, using about 14 stitches per inch. Be sure that raw edges do not show at the ends of the hem.

7. Start by stitching across the end of the hem. Begin at the inside edge and stitch to the outside edge near the selvage of the towel. (See Fig. 2B.)

8. With the needle down in the material lift the presserfoot, turn the material around, and stitch back over the first stitching.

9. With the needle in the material raise the presserfoot, turn the material, lower the presserfoot and stitch the hem near the edge and across the end of the towel.

10. Stitch across the end of the hem and back again as you did on the opposite end.

11. Tie threads securely.

12. Remove basting threads.

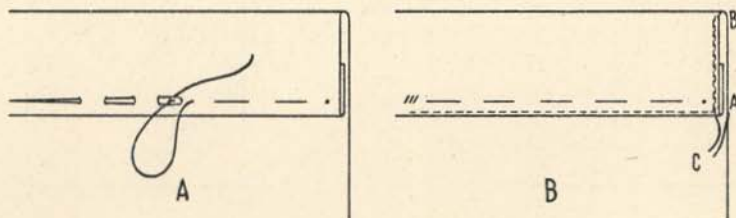


Fig. 2.—Basting stitch used on hem.

You can make a hand towel the same way except that you make a $\frac{1}{2}$ or $\frac{3}{4}$ inch hem instead of a $\frac{1}{4}$ inch hem. Determine the width of the hem by the length and width of your material.

Choose a simple design if you wish to put one on your towel. Choose colors which harmonize and embroider carefully.

Judging.

Arrange all finished tea towels on a table. Judge them for cleanliness, suitable material, and workmanship.

Exhibit

Launder and label your towel so that it will be ready to exhibit. Use a label about 1 inch by 2 inches basted on the wrong side of one corner. Labels should give your name, address, and division of clothing project. Similar labels should be placed on all articles you make.

Record Book

Enter the cost of this article in your record book. Be neat with all entries you make in your record book. Remember you will exhibit your record book.

Hot Dish Holder

This is a useful article and can be attractive if well done. It is interesting to work out designs with the stitching. These show up best on plain material. The stitching, used to hold the parts of the holder together and for decoration, should be straight and even and should leave the holder flexible.

Materials.

From your scrap bag at home pick out a piece of good quality cotton material, such as print, gingham, or poplin for the cover of the holder, and pieces of outing flannel for the inside padding. Twilled tape or self material may be used for the loop for hanging the holder.

Construction.

For a square holder cut the material for the cover, straight with the grain, twice as long as it is wide, $6\frac{1}{2}$ by 13 inches. Cut several pieces of flannel 6 by 6 inches for the inside. Press under the $\frac{1}{4}$ inch seam allowance on all sides of the cover. Place the padding pieces on the cover piece and fold the other side of the cover over; pin so all pieces are smooth and even; insert a loop of tape or stitched self material in the corner. This tape will stay open if folded as shown (See Fig. 3.)

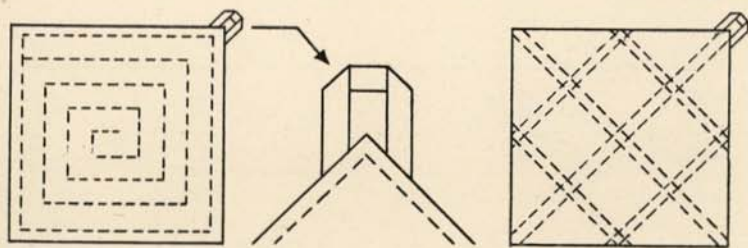


Fig. 3.—Machine stitching hem in place.

With the material wrong side out, fold the bag so that the seams and opening AC are in the center (See Fig. 4B). Press the seam open. At the 11-inch opening stitch the selvage edges flat. Start at C, stitch near the edge of the opening down to B, turn and stitch across the end of the opening and back up the other side to C.

Pin the center of the seam to the center fold of the cloth. Place a clothes hanger on the bag and draw the line DE following the line of the hanger. Pin the two thicknesses together and stitch along this line (See Fig. 4C); cut off the extra material, leaving $\frac{1}{2}$ inch seam allowance. Stitch across the bottom of the bag FG, $\frac{1}{2}$ inch from the edge of the cloth. For durability, stitch these two seams again, about $\frac{1}{8}$ inch from the first stitching. Turn bag right side out. Reinforce both ends of the opening BC with the buttonhole stitch. (See Fig. 5.)

Turn the bag right side out and press it carefully. Place it on the hanger. (See Fig. 5C)

Judging.

Lay out all finished laundry bags, and judge them for cleanliness, suitable material, workmanship, and fit on the hanger.

Exhibit.

If any of your articles have become soiled, or if pencil marks show, wash and iron them carefully. They must be clean and neat, attractive, and free from all wrinkles. Label them so that they will be ready to exhibit.

Record Book.

Fill in your final report neatly, preferably in ink, copying from a scratch copy. Write a story of your 4-H clothing project work, telling what you have learned and accomplished. Copy this neatly and enclose it with your report.

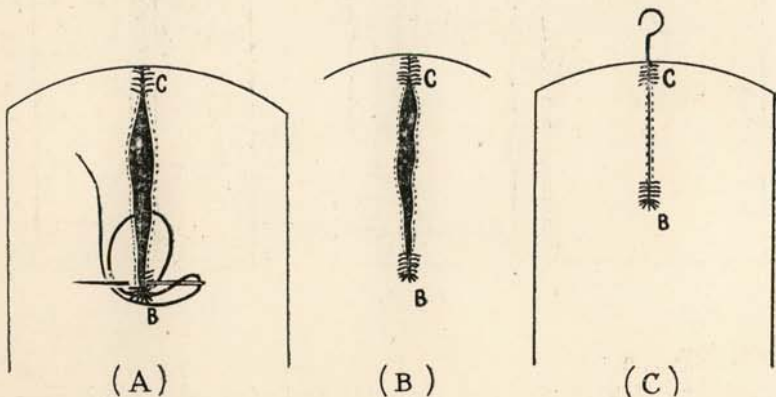


Fig. 5.