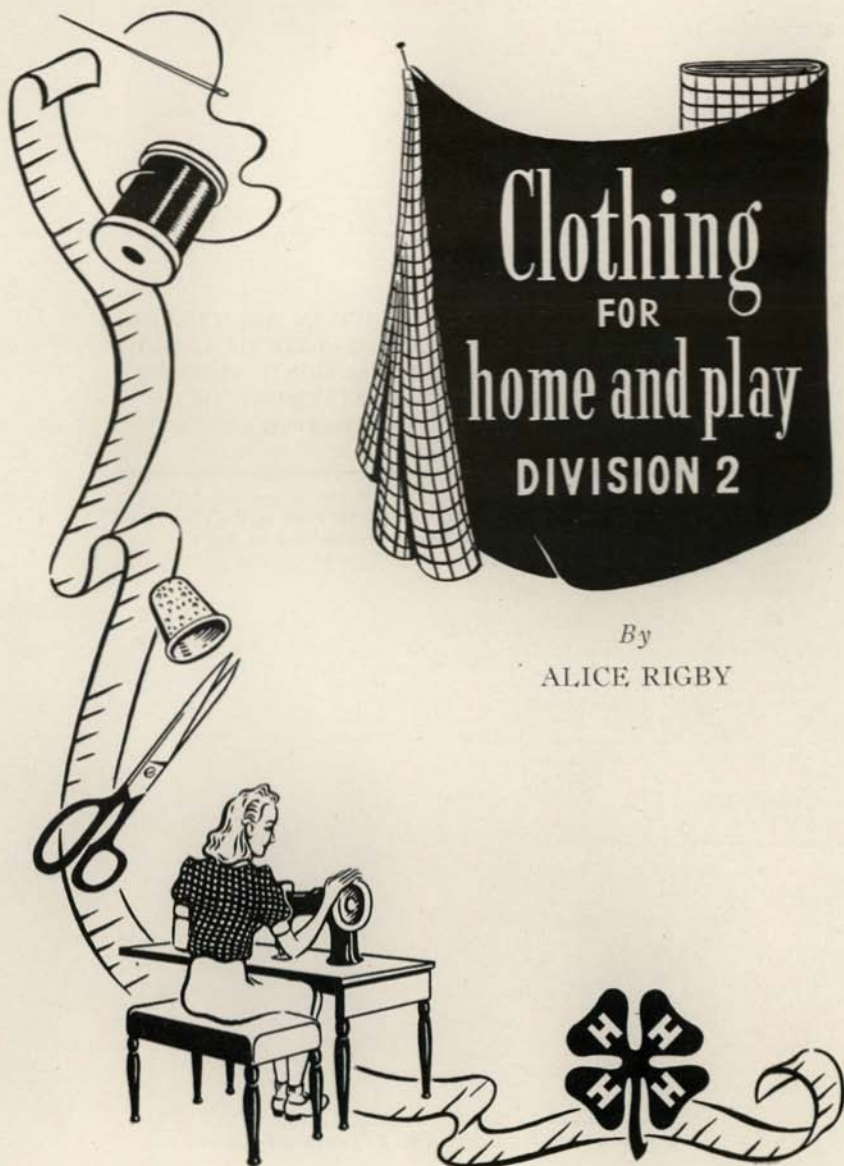


UNIVERSITY OF IDAHO  
COLLEGE OF AGRICULTURE  
EXTENSION DIVISION

D. R. THEOPHILUS  
*Director*



By  
ALICE RIGBY

W0020H

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

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## Division 2

## Clothing for Home and Play

ALICE RIGBY

*Extension Specialist in Clothing***You and Your 4-H Clothing Club**

**Y**OU have completed Division I or have had some experience already with sewing. Now you are ready for Division II. You should like this clothing project, for you will learn to make things for yourself. One of these things will be a dress.

There will be many new things to learn besides how to sew. You will learn to choose the right colors and kinds of fabrics, and you will find out what styles are most becoming to you. You will also study how to wear your clothing to look your best.

Each article in the project will teach you how to do something new. It will include problems that you will use many times in several kinds of sewing. You will want to do things well so that you can be proud of them and can work on more difficult materials later.

Judging needlework and clothing will teach you what good work is, so that you will know when you are doing good work. You may judge your own articles and compare them with the things that the other girls have made. It will be interesting to see how well you can sew at the end of this year.

Do your very best. Your leader will tell you if she thinks that you can do better; and if she thinks that you can, you can—try it!

Try to be neat with all your work including your sewing, record book, and exhibit.

Help your club make a good record by encouraging the other members when they do their work well. Remind them of meetings and show them how to do things that you do well. You will have lots of fun in the club, especially if you all work together. Your club can have a good record if everyone tries to attend every meeting, completes all of the project work, and turns in a good record book.

When you have finished your work, write a story of what you learned this year. Keep a copy of it in your scrap book; it will be fun to read this, and some day you may want to use it when you enter a 4-H Club contest.

**You and Your Clothing**

Of course you want to be attractive! It doesn't matter whether you are at home, on the playground, at school, or at a party. You have joined a 4-H Clothing Club to learn to sew and choose attractive clothing that you and your family can afford. You will also learn how good health, good posture, and well-cared-for clothing can help make you attractive.

The author acknowledges the work done by Marjorie Eastman and Frances Gallatin, former Extension Clothing Specialists in Idaho.

Here is an outline of things to do and make this year. These things will help you learn to sew and keep yourself attractive.

**Learn to:**

1. Use and care for a sewing machine (adjusting stitches, upper tension, and oiling.)
2. Buy and use a pattern.
3. Overhand and hem.
4. Sew on buttons, snaps, and hooks.
5. Keep your stockings darned and washed.
6. Repair a dress with ripped seams and loose snaps or buttons.
7. Wash and iron a simple dress.

**Make for Exhibit:**

1. A simple untrimmed, hand-hemmed cotton article (hand towel, tea towel, or head scarf.)
2. A cotton work apron with bias bound edges.
3. A well-darned stocking.
4. A simple cotton dress. Set-in sleeves should not be chosen for the first dress you make.
5. A complete record and story or report.

**Do at Home:**

1. Equip a sewing box or basket, and take it with you to each club meeting. (See Division I bulletin, *It's Fun to Sew.*)
2. Review the things you learned in Division I Clothing.
3. Keep your hands clean while you sew so that the articles will not become soiled.
4. Sew in good light with the sewing resting on a table. Sewing with the cloth on your knees may cause poor posture and a tired back.
5. Learn the complete care of the sewing machine.

## Care of the Sewing Machine

In Division I you learned how to use a sewing machine. First, you found that there are different types of machines. Perhaps you had a chance to sew on both treadle and electric machines. If so, you discovered that you had different things to learn about each one. You learned the main working parts, how to thread both the bobbin and the upper part of the machine, and how to set the machine for the desired number of stitches. You also learned how to care for the machine. How many important things do you remember about a sewing machine?

Perhaps you will want to practice running the machine smoothly and evenly, stitching straight lines, curved lines, and square corners on paper, with the machine unthreaded. Study the machine's direction book for hints that will prevent the breaking of either thread, skipping stitches, or breaking needles. These things can usually be corrected by making small but necessary adjustments. Make sure you know how to set the needle and adjust the tension so the stitching will be fine and even. Get the sew-

ing machine manual and study it. Have your mother or your leader show you how to adjust your machine.

Your sewing machine instruction book will give you instructions for the sizes of needles and thread and length of stitches to use on different materials. For cotton fabrics you usually use a medium (size 14) needle and number 60 or 70 cotton thread. The longest stitch made by the machines is satisfactory for basting and making gathering stitches. For firm stitching, use 14 to 16 stitches per inch.

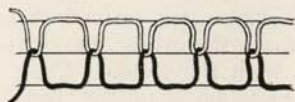


Fig. 1.—Machine Stitch.

When you have learned how to use your sewing machine you will take pride in keeping it in good working order. Like any other piece of machinery, a sewing machine must be kept clean and well oiled, or it will not do good work. If you examine the working parts of the machine, you will be amazed to see how much dust and dirt collect on them. Remove this before you oil your machine; otherwise the dirt and oil will form a gummy substance, and your machine will be very hard to run.

For help in cleaning and adjusting the machine, refer to *Sewing Machines, Care and Adjustment*, Farmer's Bulletin Number 1944. If a machine is used continuously, it should be oiled each day. With moderate use, an occasional oiling is sufficient. When you have cleaned and oiled the machine, run it rapidly for a few minutes. Wipe off the surplus oil, and stitch on a scrap of cloth until no oil appears on the thread or material. Oil the motor about twice a year.

## Hand-Hemmed Cotton Articles

Your first problem is to hem by hand any square or oblong cotton article. A straight, even hem on an article shows good quality workmanship and care in details of finishings. When you hem your dress you will be able to do it easily and you will be proud of it.

### Materials

Decide first which cotton article you wish to make. If you select a tea towel, you will need a good quality flour or sugar sack. If you choose a hand towel, you will need  $\frac{3}{4}$  to 1 yard of either cotton or linen toweling. If you would like a head scarf of cotton print to match your dress, make it large enough to tie comfortably.

### Construction

Straighten the ends of the cloth by drawing a thread and cutting along the line where it came out. On a tea towel or head scarf, make a  $\frac{1}{4}$  inch hem. Finish a hand towel with a hem  $\frac{1}{2}$  to  $\frac{3}{4}$  inch wide depending upon the size of the towel. To make the hems, fold up the raw edges  $\frac{1}{4}$  inch. Then turn up the folded edge again to the desired width. Use a hem gauge to keep the hem even. Pin, then baste in the hem. Put in the hem with the hemming stitch, or slipstitch. (See Fig. 2). This stitch is also used to sew facings and bindings in place, and to put in hems of slips and dresses. The hand hemming stitch is made so that it will be as inconspicuous as possible on both the right and wrong side. To make the hemming stitch place the hem over the first two fingers of the left hand

with the bulk of the material toward the right. Fasten your thread on the under side of the hem with two or three tiny stitches taken in the same place. Work toward your self. First bring the needle up through the fold. Directly below the point where the thread came out of the fold, pick up a thread or two of the material with the needle. Push the needle back up into the hem fold, bringing it out near the fold and where the second stitch is to be. In this way you hide the thread between the stitches in the folds of the hem so that it will not be easily snagged and broken. The distance between stitches depends upon how much strain there is on the stitching. For hems and facings, where there is no heavy strain, the stitches may be  $\frac{1}{8}$  to  $\frac{1}{4}$  inch apart.

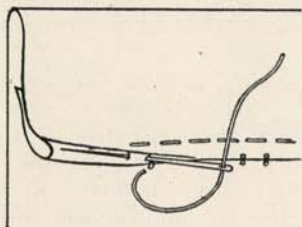


Fig. 2.—Slipstitching or Blind Hemming.

Overhand the end of the hem (Fig. 3). Overhanding stitches are small slanting stitches used to sew two selvages or folded edges together. Hold the edges to be overhanded along the fore-finger of the left hand. Fasten the thread between the folds and bring the needle out at the right hand end of the work. Take small straight stitches, pointing the needle straight toward yourself and catching just a thread or two on each edge. Continue working from right to left, making stitches close but not crowded.

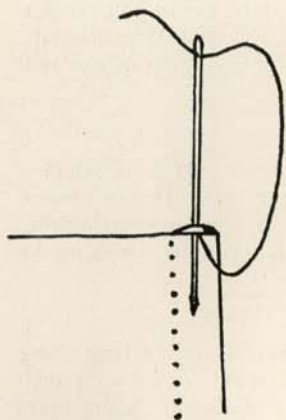


Fig. 3.—  
Overhanding end of hem.

Remove the bastings. Launder well. Iron and fold the towel carefully.

If you decorate the towel you have hemmed, use harmonizing colors and a simple design which you may work out in cross stitch or running stitches.

### Judging your Club's Work

Arrange all finished tea towels on a table. Judge them for cleanliness, suitable material and workmanship. Follow the score card for judging towels to be found at the end of this bulletin.

### Exhibit

Launder and label your article so it will be ready to exhibit. Use a small label of cotton about 1" x 2" or adhesive tape placed on the under side of one corner. Labels should give your name, address, and division of clothing project. Remember to put a similar label on all the articles you make.

### Record Book

Enter the cost of this article in your record book. Be neat with all your entries. Remember that your record, too, will be on exhibit.

### Darning Stockings

On the day you learn to darn stockings at your club meeting, take with you a stocking that needs mending. Select one that has a small hole so that you can make a darn that is scarcely noticeable. Use darning cotton of the same weight as the yarn in the stocking. Use a needle as fine as will carry the thread of the right weight. Choose thread of the same color as your stocking. You may wish to use a darning, or you may slip your hand inside the stocking as you darn.

Darn on the right side; then the smoothest side will be next to your foot and will be more comfortable. Extend the darn far enough beyond the hole on all sides to strengthen the weak places. Until you have become skillful at darning, you may baste a diamond shape around the hole and worn spot. Such an outline will help you to get an even shaped darn. A darn of this shape places the strain on many threads of the stocking rather than on a few.

Now you are ready to start making the darn. Do not use a knot in your thread. Begin by taking small running stitches along the lengthwise threads far enough from the hole to reinforce the worn spots. Put in these lengthwise rows back and forth following the diamond shape that you basted in. When you reach the hole, carry the thread across and begin the running stitches again on the other side. Avoid making a heavy ridge around the hole by letting every other thread go *over* the edge of the hole, and the alternate thread *under* the edge of the hole. Do not draw the thread tight. Leave a very small loop at the end of each row to allow it to stretch when you wear it and to shrink when you wash it.

When all the lengthwise stitches are in begin with the crosswise rows of stitches. Make running stitches crosswise just as you made them lengthwise. When you come to the hole weave the thread over one and under

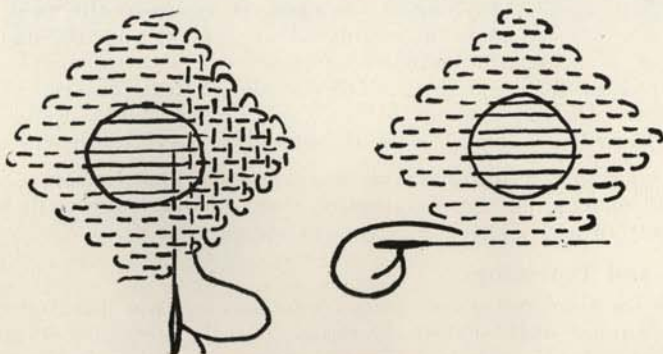


Fig. 4.—Stocking darn.

one across the lengthwise threads. (Fig. 4). The second row should go *over* the same lengthwise threads that the first row went *under*. The third row should go *over* the same threads as the first row went over. In this way fill in the hole and strengthen the thin place around the hole.

Often you can mend your hose before the hole actually breaks through. To reinforce heels that have worn thin, run one strand of darning cotton back and forth over the worn place on the wrong side, taking up just a thread in each stitch. If the stocking is not badly worn, these stitches will not show through on the right side.

Sometimes 4-H Club girls have trouble in making good darns. There are several common faults. You will avoid the following faults if you want to have a good darn:

1. Thick, clumsy darns. Prevent this by carefully weaving with the correct weight of thread.
2. Heavy ridges around the edge of the darn. Avoid these by extending the edges of the darn into the thin area around the hole.
3. Threads not woven evenly.
4. Threads not woven close enough together.
5. Darning thread which is too heavy, too light, or wrong color.



Fig. 5.—

### Making Your Apron and Dress

Make a kitchen apron to protect your dresses. It should be easy to make, wash and iron, and put on. Choose a full length style and one that will not slip off your shoulders. Do not make a waist apron.

For your first dress choose a style that is attractive and yet easy to make. Your dress should be comfortable, easy to put on, and easy to iron. You will be wise to choose a collarless dress without too many seams or buttonholes. A dress with set-in sleeves is too difficult for you to make this year. Pockets are useful on a dress for home or school. (Fig. 5)

#### The Pattern

Learning to use a pattern is one of the most important steps in sewing. Buy a good pattern, using your measurements to determine the size you need. A skirt is easier to alter than a blouse, so choose the pattern nearest your bust measurement. Do not attempt to cut your own pattern. Remember to select a pattern that is suitable for the kind of material you will use.

Study your pattern until you can recognize the different pieces of your pattern and understand the markings on them. Your leader will help you fit your pattern and make any necessary changes in it.

#### Materials and Trimmings

Choose for your apron and dress inexpensive cotton material that will wear and launder well. Print, chambray, percale, gingham, flour sacks, sugar sacks, or feed sacks are suitable. It is a good plan to have in mind the kind and color of material you expect to use for your dress so that you can select a harmonizing color and design for your apron. A gay print material for one article and a plain fabric for the other makes a good combination. Try to select a material that is evenly and firmly woven so that it will wear well. Notice how closely the threads are woven by holding



it up to the light or by pulling it firmly between the thumbs and forefingers. Rub the material together briskly and notice whether there is much starch or sizing in the material. If there is, your material is likely to be thin and sleazy after it is washed. A good cotton fabric is firm and evenly woven.

The amount of material you need depends upon the style you choose. For most simple apron patterns, the full length of the apron is enough. Buy the amount recommended for your pattern.

The right color in your dress is important. Choose a color, or colors, that are becoming to you and that will harmonize with the articles you will wear with it. Material that is colorfast to light and laundering is a good choice. Use bias tape or other trimmings of the same shade as one of the main colors in the print. It is usually better to choose one of the brighter or darker colors for the trimming.

The best time to buy buttons is when you are shopping for the pattern and material. Choose buttons that will stand washing so you will not have to remove them each time you launder your dress. Always have the buttons on hand before you make the buttonholes. Decide what kind of belt and buckle you want. Select a belt or buckle that will harmonize with the buttons and the fabric. Usually a belt of the same material as the dress is best for simple cotton dresses.

You may wish to work out attractive combinations of print and plain materials. If so, choose colors and materials that look good together. Trimming material should be similar to that of the dress in weight and texture. For trimming gingham or print, lawn is more serviceable than organdy. Bias tape may be had in cotton materials of various textures such as percales, nainsook, lawn, cambric, bastiste, and gingham.

If you use bias tape or rick-rack for trimming, try to use them in an original manner so your dress will not look "common". Other interesting trimmings are bindings, piping, collars, or facings of the same or contrasting material, buttons, pleats, tucks, shirring or machine stitching.

### Use of the Pattern

1. Study the pattern envelope, pattern, and sheet of directions. Each pattern has certain marks consisting of notches, perforations, (holes), figures, or written directions. These markings tell you how much is allowed for seams and hems, which parts of the pattern should be placed on the straight of the material, how the various parts should be joined together, and where pockets or other trimmings should be placed.

You will save time and get better results in the use of a pattern if you study it carefully and take advantage of the help it offers.

2. Make any necessary alterations in the pattern before cutting the material. Even though you have the correct size pattern, it may need some alteration if it is to fit you correctly. Have someone hold the pattern up to you to see if it is too long or too short in the waist or in the skirt, or if it is too narrow or too wide.

When making alterations, do not change the outside lines of the pattern. Make all alterations within the pattern as shown in Fig. 6-A, B, C, and D.



Fig. 6-A.—  
To shorten  
waist and  
skirt.



Fig. 6-B.—  
To lengthen  
waist and  
skirt.



Fig. 6-C.—  
For larger  
hips.

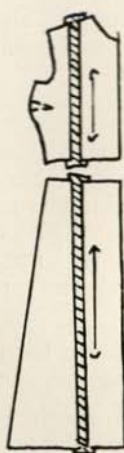


Fig. 6-D.—  
For added  
width.

To shorten a pattern, pin in an even tuck taking up just enough to make the pattern the correct length. (Fig. 6-A).

To lengthen a pattern, cut across it where the extra length is needed. Spread to the needed width. Pin it into position on the paper. (Fig. 6-B).

To add width, slash the pattern from top to bottom where width is needed; place the pieces over thin paper and pin to hold spread in position. (Fig. 6-C and D). Be sure to make slashes and tucks with the straight of the pattern.

### Getting Ready to Sew

Your dress will fit better and look better if it is placed on the correct grain of the material and cut out carefully.

1. If the end of your material has not been torn, straighten it by pulling a thread and cutting along the line thus made.
2. Shrink and press the material if necessary. If the cotton you buy is thoroughly pre-shrunk (Sanforized) you need not shrink it. Otherwise shrink it before you cut out the dress. To shrink it, put the cotton fabric in warm water and allow it to soak until the water is cool. Press out the water between the palms of the hands; do not wring it. This will prevent wrinkling the cloth. Hang it lengthwise on the line, leaving the center fold in it. Iron the cloth before it is entirely dry.
3. If the ends of the folded material do not match when you fold it lengthwise through the center you need to straighten the material. To do so, take hold of the corner of the short end with one hand. With the other hand grasp the selvage edge about 36 inches down from the other corner. Stretch the material diagonally for its full length. Fold the cloth in the center again; smooth it out. Repeat the pulling process until the corners are even. (Fig. 7).

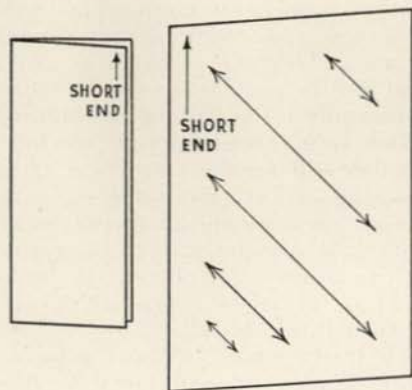
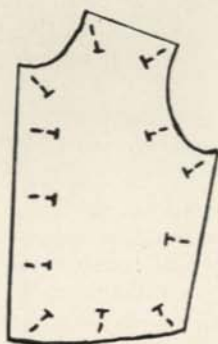


Fig. 7.—

Stretch the material straight.

7. Cut along the edge of the pattern with long, even strokes.
  8. Cut notches out from the pattern, rather than in, (*Fig. 8-B*) so you will not weaken the seams.
4. Plan the placing of each part of your pattern before doing any cutting. Study the cutting chart that comes with the pattern. Look at each piece of the pattern to see which part is to be placed on the straight thread of the material.
  5. Usually, it is well to place the larger end of your pattern to the cut edge of the material. This saves the material in one large piece, and makes it possible to place the parts of the pattern to better advantage.
  6. Pin the pattern in place with pins pointing toward the edge of the material. (*Fig. 8-A*).



A

Fig. 8-A.—Pin pattern on with pins at right angles to edge.



B

Fig. 8-B.—Cut notches out from pattern's edge.

### Construction

Plan your work before you start. If you do each step carefully in the right order you can save yourself much time and you will have an attractive finished garment. To avoid wrinkles fold your article neatly each time you put it away and hang it on a hanger as soon as it is basted together.

Although the order of work depends somewhat upon the style of the dress, the following suggestions will help you when you put your dress together.

1. First, mark the pattern perforations onto your cloth. This must be done accurately. There are several ways of marking perforations. Making tailor tacks is the best way. To make tailor tacks, use a long double thread of a color that will be easy to see on the fabric. Take a tiny stitch through a perforation in the pattern and through both thicknesses of material. Draw your thread through, leaving a tail of about two inches. Take another stitch in the same place. Draw the thread leaving a loop about the size of a quarter. Cut your main thread about two inches from the cloth. Lift off the pattern. Carefully pull apart the two pieces of cloth near the tailor tack. Pull them as far as the thread allows, but be careful not to pull the thread out of the cloth. Clip the threads in the center. Now you have a thread tuft on each piece of your fabric to show how to put the garment together.

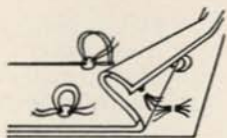


Fig. 9.—Tailor Tacks.

Another way of marking cotton cloth is with a pencil. The pencil mark may be used where it is necessary to see the mark on only one side of the fabric. A seam allowance, for example, might be marked with a pencil.

2. Pin and baste all darts, tucks, and seams in the waist and skirt. Basting will be easy if you pin the pieces together first. To do this, place the right sides of the fabric together with the edges and notches even. Pin the two together by placing the pins at right angles, about two inches apart. (Fig. 10). Then baste with a single thread, no longer than your arm.
3. Try on the waist, fit it, and mark any needed changes. Check the waistline and mark around it with a row of pins.
4. Stitch, finish, and press the darts or tucks, the shoulder and yoke seams and then the underarm seams. In some cases it may be easier to finish pockets, neck bindings or facings before the side seams are sewed.
5. Finish the neck with the facing best suited to the pattern.
6. Pin the skirt to the waist, try it on, and fit it.
7. Stitch, finish, and press the skirt seams.
8. Pin, baste, and stitch the waist to the skirt.
9. Repeat the pressing wherever necessary.
10. Make the placket or put in a slide fastener.
11. Measure the hem in the skirt; finish and press the dress.

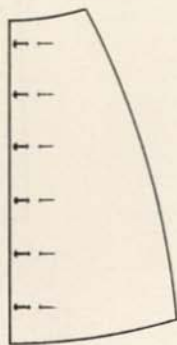


Fig. 10.—  
Pinning.

### Finishing the Garment

One of the most important details in sewing is the finishing of edges. Some finishes are for useful purposes. Others add to the appearance of the finished garment.

**Seams.**—Decide on the kind of seams you will use before you cut out the dress. If you join selvage edges, snip them every few inches to prevent them from puckering when you launder the garment. There are several good seam finishes for cotton materials.

1. Pinked seams are usually satisfactory. They should be  $\frac{1}{2}$  inch wide with pinked edges pressed open. If you decide to pink the seams, use pinking shears.

Do not try to pink them by hand.

2. Turned and stitched seams are good for lightweight cottons that ravel easily. Press open the  $\frac{1}{2}$ -inch seam. Turn each raw edge under and stitch it against itself.
3. The overcast seam is particularly good for curved seams, at armholes and waistline. Overcast the edges together or separately according to the position of the seam.

**Facings and Bindings.**—Facings are used to finish raw edges which should not be hemmed. They may be used at the neckline, skirt hem, sleeve edge or at the front of an open blouse or dress. If the edge is straight, the facing should be cut on the straight of the material. If the edge is curved, the facing should be either a true bias or one cut exactly the same as the curved edge. These last facings are called shaped, or fitted facings. Follow pattern instructions for this type of facing.

Bias facings are usually narrower than fitted facings. They are used on curved or straight edges and to attach a collar to the neck line. To make a bias facing cut a true bias the desired width. To do this, fold the

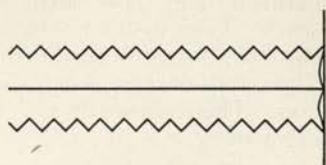


Fig. 11.—Pinked seam.

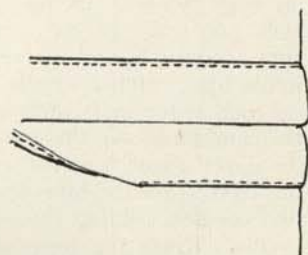


Fig. 12.—Edges self-stitched.

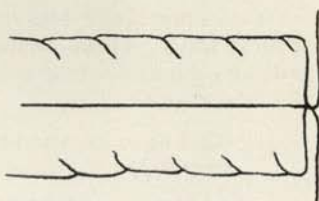


Fig. 13.—Overcast seam.

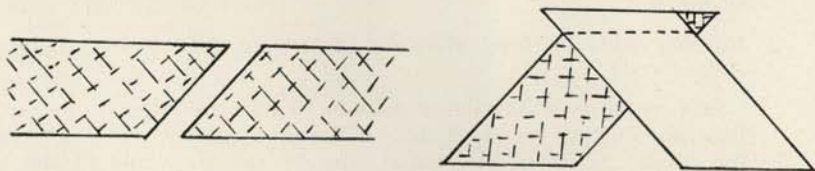


Fig. 14.—Cutting and joining bias strips.

crosswise edge of the cloth to the selvage so that the lengthwise threads are parallel to the crosswise threads. The fold you make in this way is a true bias line. Crease or press the fold, taking care not to stretch the

edge. Open the fold and measure from it the width you wish the bias strip to be. (For a binding, you need twice the finished width of the binding, plus two seam allowances. This is about one inch.) Mark off with a ruler as many strips as you need and place the right side of the garment and bias strip together and stitch. Trim to within  $\frac{1}{8}$  inch of stitching; then turn the bias to the wrong side. Turn and machine stitch the edge of the bias. Then slipstitch the facing to the garment.



Fig. 15.—Turning and stitching a bias facing.

Bias strips are often used as bindings. Note that a binding covers both sides of an edge while a facing can be seen on only one side. If you cannot buy suitable bias tape, make it of material that is suitable and attractive with your dress or apron. To fold homemade bias, catch a needle through the cover of the ironing board. Leave  $\frac{1}{2}$  inch space and catch it through again. Fold the edges of the tape to the center and slip the end under the needle. Catch another needle through the cover about four inches from the first. Pull the tape under the two needles, folding the edges in evenly. Press the tape with an iron as you pull it through. Several inches of tape may be quickly folded by this method.

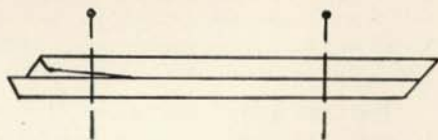


Fig. 16.—Folding homemade bias tape.

You may apply bias tape in several ways. Three methods of putting on bias binding are given here. Select the method which gives you the best results.

1. Binding with stitching showing on right side of the tape (two stitchings). (Fig. 17-A).

Open one fold of the tape and baste the raw edge of the tape to the edge you are to bind, putting the *right* side of the tape against the *wrong* side of the apron. Stitch in the groove made by the fold of the tape. Crease the tape back against the line of stitching, folding it over the edge to the right side so that the fold of the tape just covers your first stitching. Baste in place and stitch on the edge of the tape on the right side just below the binding on the wrong side.

2. Binding with stitching showing on wrong side (two stitchings). (Fig. 17-B).

Open the tape out flat and baste to the raw edge of the apron, this time putting the *right* side of the tape against the *right* side of the apron. Stitch in the crease made by the first fold of the tape. Now fold the tape over the edge to the wrong side. Baste in place, bringing it far enough over on the wrong side so that your basting will catch and hold the edge of the binding in place underneath. Stitch on the right side following the basting. The stitching on the right side falls just below the edge of the binding.

3. Binding joined to edge with one stitching. (This method is recommended only for those who have had experience in stitching.)

Fold and crease the bias tape in half lengthwise, a little to one side of the center of the tape. Slip it over the edge to be bound so that apron edge is against center fold of tape. Place the wider edge of the bias on the wrong side. Baste and stitch exactly on the edge on the right side. Since the binding on the wrong side is wider you will be sure to catch it when you stitch.

When it becomes necessary to join your bias tape, cut each end along a thread, allowing for seams, and stitch the ends together as in Figure 14. Each apron should have at least one correct bias tape joining.

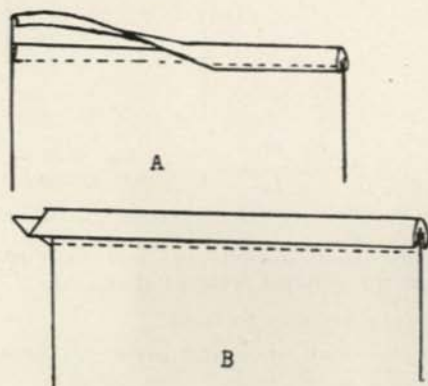


Fig. 17. A—Bias binding applied with two stitchings. B—Bias binding.

1. Lay the facing flat and pin the excess fullness at the corner so the line of pins extends straight through the corner. Cut away the extra material and stitch the seam formed by the pins. Press the seam open.
2. Stitch the facing to the neckline, right sides together.
3. Snip the seam allowance at the point and occasionally on the neck curve, so that the facing will lie flat when you turn it to the inside. (Fig. 18-A).
4. Turn the facing to the inside so that the seam is directly on the edge and does not show on the right side.
5. Turn under the raw edge of the facing and stitch it to itself. Tack the facing inconspicuously to garment. (Fig. 18-B).

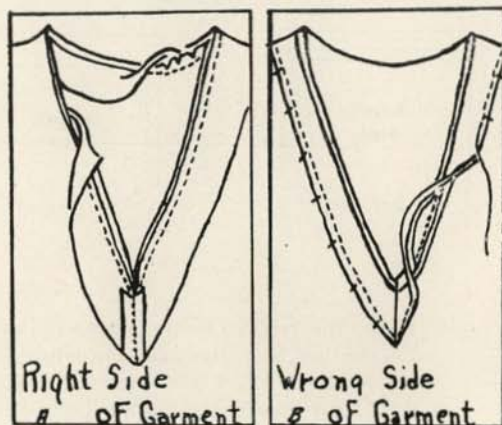


Fig. 18.—Mitered underfacing.

**Darts.**—Darts are used to curve a straight fabric to the lines of the body. They fit out fullness in a smooth line.

**Mitered Facings.**—Another type of facing is the mitered facing. When you apply a straight facing to an edge with corners or points you need to fit the edges of the facing to the fabric so that the corner or point is flat and even.

1. To make a dart, fold the fabric so that the tailor tacks match correctly.
2. Baste the darts in place making a gradual slope ending at the point.
3. Try on the garment to see that it fits correctly.
4. Stitch all darts from the wrong side of the material, taking care to taper them very gradually. The last few stitches should fall just a thread from the folded edge. This will keep the material from puckering on the right side.
5. Leave long thread ends at the point so you can tie them securely.
6. Press darts toward the center back or center front; the under-arm dart may be pressed toward the waistline seam.

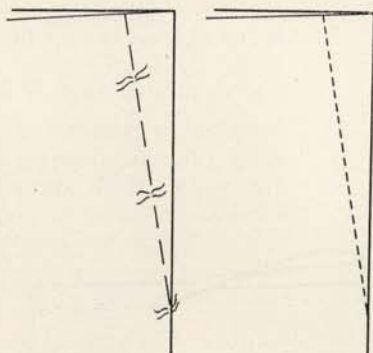


Fig. 19-A  
Matching tailor  
tacks.

Fig. 19-B  
Dart stitching.

**Pockets.**—You will probably want patch pockets on your kitchen apron. Select a shape of pocket to suit the general style of the apron.

To make neat corners on your pockets, try this method:

1. Turn under the edge of the pocket hem once and press it. Turn hem to outside of pocket and stitch across ends. (Fig. 20-A).
2. Turn the hem right side out, enclosing the seam. Slipstitch the hem in place, or machine stitch it if the dress has other top-stitching on it. If the lower corner of the pocket is square, or pointed, fold corner across first, as illustrated. (Fig. 20-B).
3. Turn in the seam allowance at the sides and press them in place. Baste "wiry" materials.

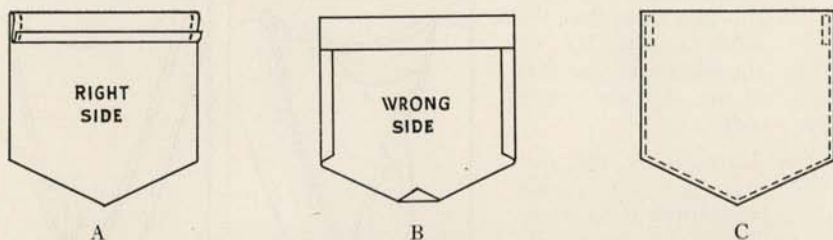


Fig. 20.—Pockets.

4. Baste the pocket to the garment and stitch it, pivoting at corners. To do this, stop the machine while the needle is still in the material. Raise the presser foot and turn your garment. The needle keeps the fabric exactly in place. Then lower the presser foot. Reinforce corners with stitching as shown, or backstitch several stitches. (Fig. 20-C).



**Buttonholes.**—If you use buttons, you should make suitable buttonholes instead of placing a snap fastener beneath the button. You will receive credit for either hand or machine-made buttonholes which you make yourself. If you make them by machine, be sure that you first learn to make satisfactory worked buttonholes by hand.

The following points will help you:

1. Before marking the width of the buttonhole on your garment decide how wide the buttonhole needs to be. Flat buttons do not require as large a buttonhole as ball or other bulky buttons. To determine the width of the buttonhole measure the width of your button and mark it on a scrap of cloth. Cut along your mark and slip the button through the slash. The button should slip through easily but the slash should not be too large. Adjust the slash to fit the button. This will give you the size buttonhole you need.
2. Mark the buttonhole on the garment straight with the thread of the fabric. Make the buttonholes at right angles to the edge so that when the apron is buttoned the button is pulled against the end of the buttonhole. When buttonholes are parallel to the edge, the strain comes at the side of the buttonhole, and the apron will not stay buttoned as well.
3. Before cutting the buttonholes baste the layers of fabric together to keep them from slipping. Worked buttonholes are always made on two thicknesses of material.
4. To make a durable buttonhole, stitch twice with the machine close around the mark for the buttonhole before you cut the opening. Or, you may cut the opening and overcast the edge, making the stitches about  $\frac{1}{16}$  inch from the edge. (Fig. 21-B).
5. Cut the buttonhole with small, sharp, pointed scissors.
6. Hold the fabric with the slit over the first finger of the left hand with the thumb and second finger holding it in place.
7. Use a single thread and start at the lower inside edge. First, take two tiny stitches at the righthand end of the slash to fasten the thread. If you have just completed overcasting, bring the point of the needle in posi-

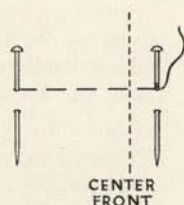


Fig. 21-A

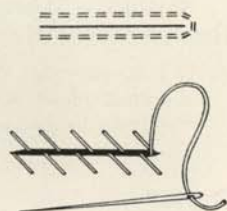


Fig. 21-B

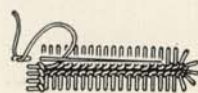
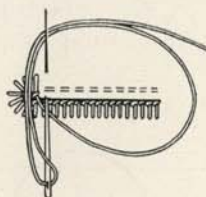


Fig. 21-C



Fig. 21-D

tion for the first stitch, about  $\frac{1}{16}$  to  $\frac{1}{8}$  inch below the edge. Pick up the double thread near the eye of the needle and bring it toward you and under the tip of the needle from right to left. Draw the needle through and pull the thread out (away from you) until the knot or purl of the stitch is on the edge of the opening. Do not draw the stitches so tightly that they pucker the cloth.

- Continue making the buttonhole stitches across the lower edge, keeping them even in depth and spacing. Make stitches close together but do not crowd them. The outer end may be finished with three to five stitches around the end, all radiating from the corner. This finish is called a fan and is used at the end where the strain comes against the buttonhole. Make these fan stitches slightly longer than the stitches on the sides and farther apart. Finish the second edge like the first. (Fig. 21-C).
- Finish the inside end with a bar. Take two or three stitches across the end of the slash to form the bar. Turn your work so that the buttonhole is toward you and the thread bar along the left forefinger. Make buttonhole or blanket stitches over the bar, taking up a thread of the cloth with each stitch, and bringing the purl of the stitch toward the buttonhole. When the bar is finished, fasten the thread on the side with a double stitch. (Fig. 21-D).

**Buttons.**—When you have finished the buttonholes sew on the buttons. The following steps will help you:

- Lap the edge of the apron or dress in place and mark with a pin the exact place where the center of the button should be. For extra strength always sew buttons through two thicknesses of material.
- Make a knot in a double thread and stick the needle through from the right side of the cloth to the wrong side at the point you have marked for the button. This leaves the knot on the right side to be covered by the button.
- Run the needle up through one hole of the button, across and down through the other hole.

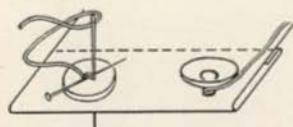


Fig. 22.—Making a shank.

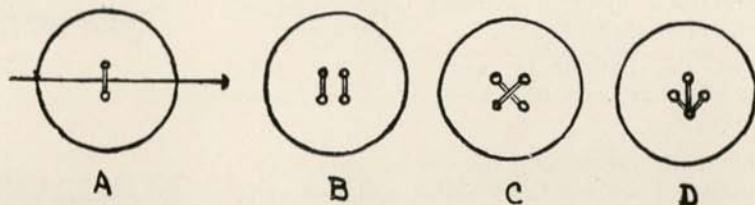


Fig. 23.—Sewing on buttons.

- All buttons that do not have a shank should be raised on a thread shank. To do this, place a pin over the button between the holes and sew over and over several times.

- Bring the needle to the right side, under the edge of the button. Remove the pin and wind the thread around the loose stitches under the loose stitches under the button to make a thread shank. Fasten with double stitches close to the shank. This shank allows space under the button so the material can be smooth and flat when the buttons are fastened. (Fig. 22).

Sew on four-hole buttons in a similar way. For decorative interest the stitches may be made in two parallel lines, two crossing lines or three lines radiating from one hole. (Fig. 23).

**Snaps, Hooks and Eyes.**—These fasteners are made in pairs and must be put on so they match. Sew the ball part of the snap on the wrong side of the upper piece of the clothing. From this, mark the place for the lower part of the snap. Use a double thread and take a small stitch in the place where the fastener is to be attached. Take several stitches in each hole, running the needle under the fasteners from one hole to another. Another method is to use a single thread slightly larger in size than that used for stitching the garment and sew the snap in place with the buttonhole stitch.

Fasten the top of the hook to the edge of the garment. Then pass the thread to an eyelet and sew on as you did the snaps. Sew the eye on the opposite edge so that when the hook is caught in it the edges of the garment meet and the fastener doesn't show.

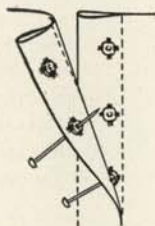


Fig. 24.

**Belts.**—Ordinarily your best choice of belt for a cotton dress is one made of the same material as the rest of the dress. The ends may be tied or fastened together with buckles, buttons, or hooks and eyes. As a rule, belts are cut on the straight and lengthwise of the material, but they may be cut crosswise or bias for decorative effects.

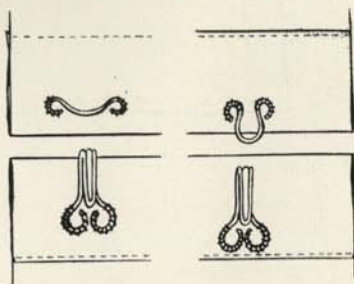


Fig. 25.

- For a double belt, cut the material the desired length and twice the width of the finished belt plus two seam allowances.
- Fold the material lengthwise with the right sides together. Stitch, leaving a small opening along one side or end through which you can turn the belt. You may use unbleached muslin as an interlining to give the belt stiffness. Sew this in with the seam before you turn the belt.
- Clip off the excess material at the corners. Turn the belt to the right side and baste and press flat along the seam line.
- Slipstitch or overhand the edges of the opening together.

5. Attach the belt to the dress. Have some means of keeping it in place at each side. You may use *belt keepers* made of your dress material and held in place in the side seams. Or you may prefer to make *French tacks*. To make French tacks take several loose stitches between the garment and the underneath thickness of the belt. Work a blanket stitch over the threads. French tacks may be made of any thread, but a mercerized thread is stronger.

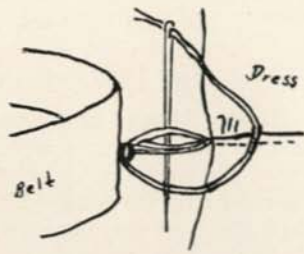


Fig. 26.—French tacks.

**Hems.**—The last step in making the dress is to put in the hem.

1. First put on the dress and have someone mark your hem at a suitable length for you. Remember that your legs, height, and type of figure as well as the style of your dress must all be considered when selecting the right hem length for your dress. For cotton dresses a 2½ inch hem is most practical. Hems less than 1½ inches wide are suitable only on flared skirts. A binding, piping, or facing of bias tape is a good finish for a flared skirt.

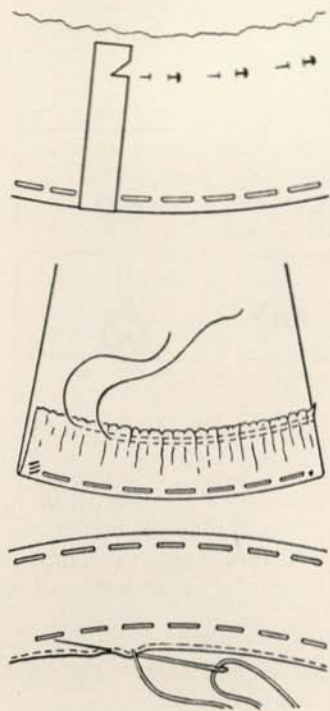


Fig. 27.—Hems.

2. Turn your material to the wrong side and fold over the raw edge about ¼ inch. Stitch this on the sewing machine to prevent raveling. If the top of the hem is too full, stitch the raw edge under with a large machine stitch very near the edge. Gather slightly by pulling up the bobbin thread until the hem lies smoothly. On lightweight materials use tiny pleats to hold hem fullness in place. (Fig. 27).
3. Turn over a second fold the width of the finished hem. A measuring gauge is necessary to insure an even hem. If you have completed Clothing I you have already learned to make and use a cardboard gauge.
4. Baste the hem near the folded edge to hold it in place while you finish the hem.
5. Baste the hem in place and slip-stitch it by hand. Work from right to left and toward yourself. The stitches should be about ¼ inch

apart. Do not draw the thread too tight. Take a tiny stitch to the right side. Then slip the needle through the folded edge of the hem. Catch only a thread or two of the fabric. This is the same stitch that you used when you hemmed your towel or scarf.

### **Pressing**

When you have completed the dress and apron, go over them to be sure all the bastings are out and the thread ends are tied and cut. Give them a final and careful pressing.

### **Judging your Club's Dresses and Aprons**

Arrange all finished aprons and dresses on a table. Judge them for cleanliness, suitable materials, design, color, workmanship, and general appearance. Refer to the score cards for judging aprons and dresses. Practice writing good reasons for your placings. Tell why you placed the first over the second, the second over the third, and the third over the fourth.

### **Exhibit**

If necessary, launder your finished articles. Check and label each one so that you will have them ready for achievement day.

### **Record Book**

Enter the cost of all articles you have purchased. Estimate the value of the articles you have completed. Subtract the cost from the value and you will have the amount you saved. Has the saving been well worth the effort? Estimate the money value carefully and record it in the right column. Check to see that your record is complete and neatly done.

### **Score Cards to be used in Judging your Work**

Club girls should be able to judge the quality of their work. When you have completed an article score it by the points listed in the score cards given here.

It will be good practice for you to score each other's work at your club meetings, and have a general discussion of the finished articles before you go on to the next problem.

Your work at community exhibits and fairs is graded by the items listed in the standard score cards. Notice that these scores emphasize the importance of appropriate material and good design as well as workmanship.

## Handwork on Household Articles Involving No Design

(Use in Judging Towel)

	Possible Score	Actual Score
I. Suitability of materials .....	40	
Kind of fiber .....	15	
Texture of fabric .....	15	
Thread used .....	10	
Size		
Type		
II. Workmanship .....	50	
Hems .....	20	
Type		
Width		
Finish of corners .....	15	
Stitches .....	15	
Kind used		
Appearance on right side		
Appearance on wrong side		
III. General Appearance .....	10	
Cleanliness .....	5	
Pressing .....	5	
Total score .....	<u>100</u>	

**School, House, or Street Dress**  
(Use in Judging Apron or Dress)

	Possible Score	Actual Score
I. Materials used, including trimming...	30	
Suitability to design and purpose of dress .....	12	
Durability of materials .....	8	
Laundering or cleaning qualities..	5	
Texture combinations .....	5	
II. Design and color .....	20	
Suitability to occasion .....	10	
Individuality .....	5	
Beauty of line and color .....	5	
III. Workmanship .....	30	
Choice, appropriateness, and neat- of seams, hems, finishes, etc...	10	
Perfection of stitching (hand or machine) .....	10	
Perfection of cutting and fitting..	10	
IV. General Appearance .....	10	
Cleanliness .....	5	
Pressing .....	5	
V. Relation of garment value to cost in time and money, and cost of upkeep	10	
Total score .....	100	

**Darn**

	Possible Score	Actual Score
I. Inconspicuousness of darn .....	60	
Choice of thread or yarn used....	20	
Size and position of stitches .....	20	
General neatness of work .....	20	
II. Durability of darn .....	30	
III. General appearance of exhibit.....	10	
Cleanliness .....	5	
Pressing .....	5	
Total score .....	100	

