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Sewing

is



fun

easy

and



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*Sewing*  
IS EASY AND FUN

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4-H CLOTHING PLAN I

Learn to Sew Series

★

by

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OHAD TO HUU  
WOOE



## Meet **JEAN** *and her pals . . .*

Jean and her pals  
Are such happy young gals.  
They're twelve and eleven and ten.  
Said Jean with a glow  
"Let's learn to sew."  
And the pigtail parade's on again!

Their leader they chose,  
One that *everyone* knows  
For her love of the girls and her fun.  
She's skillful at sewing.  
Their clothing club's showing  
*These* 4-H'ers have only begun.

Have you a gang like Jean and her pals? They decided to join a 4-H club because they found that 4-H girls are always in the thick of things. They're admired in every group because they can do things. They can show their friends how to do them, too. Four-H'ers learn to work in groups with others their own age and with grownups . . . and what fun they have!

Girls who can choose their own clothes and who can sew depend on themselves. They're always well-dressed, too. So if *you* don't know how to sew and want to learn, this clothing plan will help you get off to a good start.

# Join the 4-7 Parade and...

## Let's Sew

- Begin with good sewing habits.
- Tools can work for you.
- Practice comes first.
- Learn to use the sewing machine.
- Learn some things about cloth.
- Have a sewing box or bag.
- Make a pincushion.

## Let's Make Things to Use at Home

*(Choose any three)*

- Tea or hand towels.
- Tray cloth or place mat.
- Pot holder (hand- or machine-made).
- Ironing board cover.
- Peasant apron.
- Garment cover.
- Laundry bag.

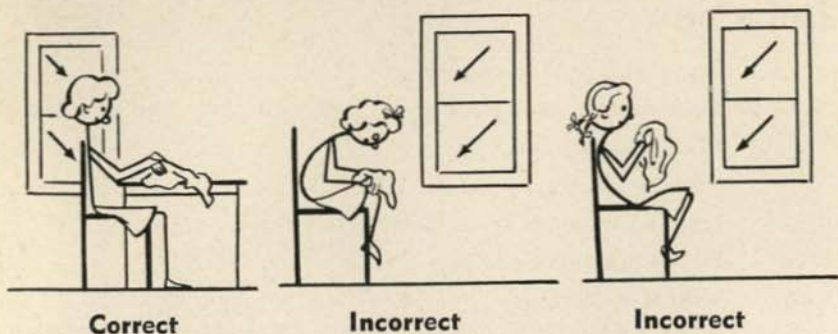
## Let's Use Life Preservers

- Wash, press, or iron your clothes.
- Fold them with care.
- Make a darn on a tear.
- Spend 4 hours helping with the washing and mending.

## Let's Keep Score

- Judge your work and exhibit it.
- Keep your record book up to date.
- Give a method demonstration at your club meeting.
- Have an apron parade.

# Let's Sew . . .



## Begin With Good Sewing Habits

- Always sew with *clean* hands and nails.
- Choose a *comfortable* chair. Sit *straight* with your feet on the floor.
- Sit where the light is *good*, without glare or shadow.
- Work on a *table*, not in your lap.
- Keep all tools and materials *together* and bring them to each meeting. *Fold* your material to prevent extra wrinkles.
- *Pick up* the scraps and carefully put your work and tools away in your sewing box.
- *Always* use a thimble on the correct finger.
- Do your *own* work. Ask for advice only.
- Cut thread ends with *scissors*. Biting thread often chips teeth.



**Pick up scraps**

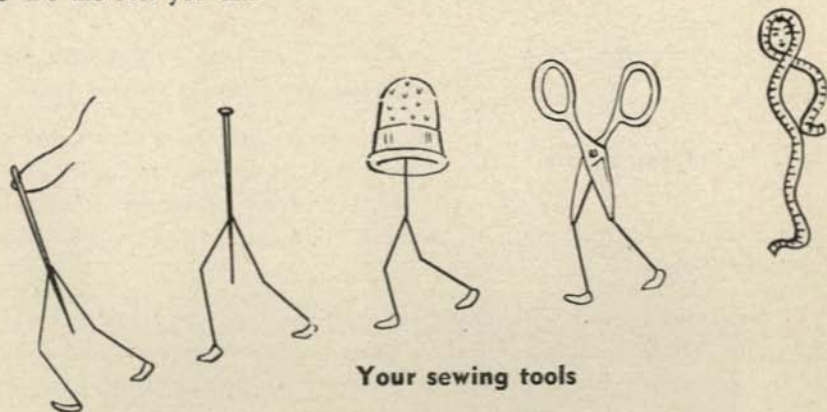


**Always use a thimble**



**Do all your own work**

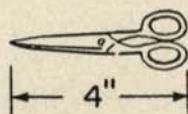
- Follow all directions *carefully*.
- Remove bastings and press as you sew.
- *Shrink* your material unless the label tells you it has been done.
- Always *straighten* your material by the thread before you cut it.
- Use *matching* thread for all stitching unless you want a contrast for trim.
- Do the *best* you can.



## Tools Can Work for You

Success in sewing calls for the *right* tools at the *right* time. They can be your friends or your enemies. You'll want as many tools as you can have.

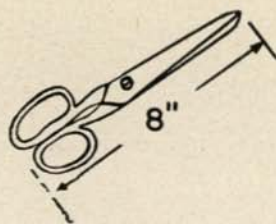
### Scissors and Shears



**Scissors**

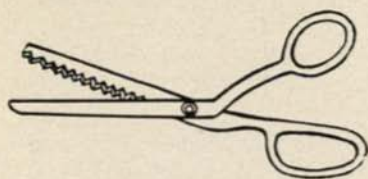
*Scissors* have short cutting blades and small ring handles. They have tips that are blunt or pointed. Use them for snipping threads and for cutting small pieces of material. Buy the best that you can afford and take good care of them.

*Shears* have blades at least 6 inches long. Eight inches is a good length. Usually they have one long handle and one small one. Shears with bent handles are handy for cutting fabric flat on the table.



**Shears**

Use good long cuts so that your material won't have a *chewed* look.



**Pinking shears**

*Pinking shears* have blades that are notched. They are used on firmly woven fabrics to keep raw edges from ravel-

ling. If you use them to cut out a garment, your seams will have their edges already finished.

Keep both scissors and shears well-sharpened and clean, and don't cut into pins. You'll ruin them if you cut paper or cord with them. Use a drop of oil occasionally at the joints to keep them from getting rusty. Take care that you don't let them fall on the floor.

## On Needles and Pins

The best kind to buy are those labeled *dressmaker pins*. They have sharp points so they won't make large holes in the fabric. Keep pins in a pincushion or in a small box so they won't get rusty or dirty.

There is a size and type of needle for every kind of sewing.

For hand-sewing, small numbered needles are coarse and large ones are fine. Sizes 3 to 9 are most often used. Usually size 7 or 8 is best for neat sewing. You may buy needles in packages of one number or in an assortment.

Choose a needle to fit the thread you use.

Needles also come in lengths. Most common are *sharps*. They are medium in length with small, rounded eyes. *Between*s are shorter and are used for finer work. There are needles of other lengths to use for special sewing.

Machine needles are made in several sizes. Choose one to fit the thread you use on the machine. Use a medium size for 60 thread to sew fabrics like gingham and percale.



## Try a Thimble



**Thimble**

Maybe you think you can't sew with a thimble, but you'll find that it will protect your finger as you push. It takes longer to wear a hole in the thimble than in your finger.

Wear it on the middle finger of your right hand and learn to use the side of the thimble, not the tip. Make a thimble a habit. Try it on to see that your finger tip just touches the end. Be sure that it is snug enough not to fall off.

## Choose Thread Carefully

For sewing on most material, use a cotton sewing thread called *mercerized*. You can get it in regular and heavy-duty sizes. It is shiny and is made in all colors. You can get a more tightly twisted cotton thread called *six cord* in black and white only. It comes in a greater variety of sizes, from No. 4 (coarse) to No. 120 (very fine).

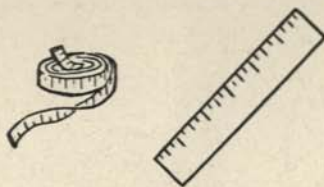
Choose a size of thread that suits your fabric.

Basting thread should be of a color that contrasts with the material you are using. Later you will use silk thread for sewing on fine silk, wool, and rayon.

## Learn to Measure

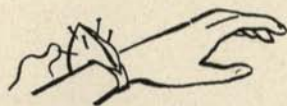
An oilcloth or cloth tape *measure* is better than one made of paper. Metal tips make it wear longer. Choose a tape that begins with number one at both ends.

A 6-inch ruler or the small metal measure you can find in many stores is also handy. Be sure you know how to read your measure and that you know the parts of an inch.



**Measuring helps**

Measuring is important—so do it carefully.

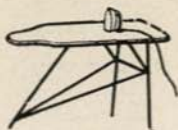


**Wrist pincushion**

## A Place for Pins

It's a good idea to make a *pincushion* that can be worn on your wrist. With a wrist pincushion, you always have the pins on hand when you need them.

## Pressing Aids



Ironing board



Sponge



Iron

A good *ironing board* is firmly built and well-padded. The cover should always be clean. Perhaps you'll want to make an ironing board cover that can be easily removed for washing.

A *sponge* or a *soft piece of cloth* is useful to dampen cotton things and take away stubborn wrinkles. Have a small pan with a flat bottom filled with a little water on the end of your ironing board.

You'll need a good *iron*. Let's hope yours will be an electric iron with a heat control. An iron is necessary for good sewing. If you use the kind that you heat on a stove, keep it clean and waxed.

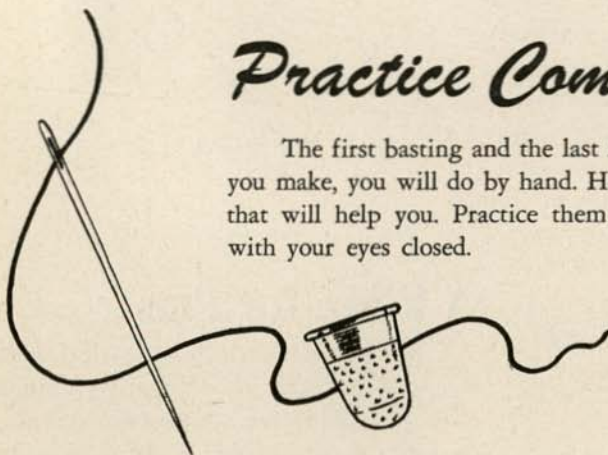
Pay attention to pressing each step of your sewing.

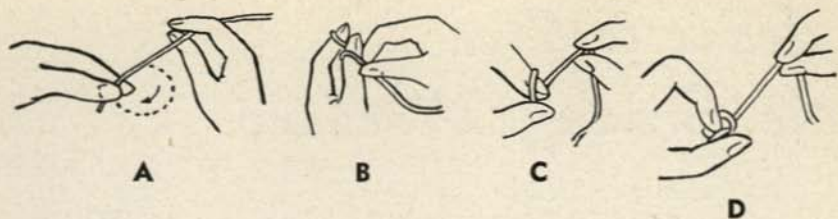
## A Notebook and Pencil

These are *musts* to bring to every meeting. Add both of them to your supplies. You'll need to make notes about your sewing. You'll also need to write down the things that you told your club leader you would do.

## Practice Comes First

The first basting and the last finishing on anything you make, you will do by hand. Here are some pointers that will help you. Practice them until you can work with your eyes closed.





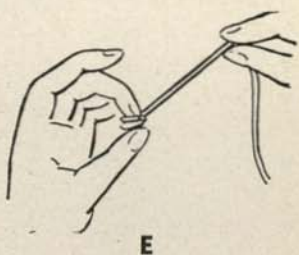
## Make a Knot

Hold the thread about  $\frac{1}{2}$  inch from the end between the thumb and forefinger of the left hand. Look at *A* to see how it's done.

With the right hand, as in *B*, bring the long end of the thread around the left forefinger and in between the forefinger and left thumb, which is holding down the short end.

Still holding the long end between the thumb and forefinger of the right hand, roll the short end forward between the left thumb and forefinger. This is shown in *C*.

Continue rolling the end through the loop and off the forefinger, as shown in *D*. Pull the loop down into a knot with the thumb and forefinger, as in *E*.



- Can *you* make a knot now?

## Hold Needle and Thimble



First, place the thimble on the middle finger of the hand that you use for sewing. Hold the needle between the thumb and forefinger so that the eye is near the thimble finger and the point is in the direction of your work.

The needle should be braced against the side of the thimble, about in the position of the fingernail.

- Are you ready to begin sewing?
- Could you show someone who is learning?

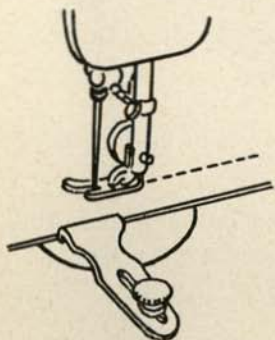
# Learn to Use the Sewing Machine

You can do some sewing by hand, but for serious stuff you need a machine to zip up the seams. Don't give up until you know how to:

- Set the *needle* correctly.
- Choose *thread* suitable for your material and a *needle* the correct size for the thread.
- Wind the *bobbin* and place it in its case or shuttle.
- Thread the machine top and draw up the bobbin thread to get ready for sewing.
- Stitch on straight *lines*, on *corners*, and *curves*. Practice on paper with the machine not threaded.
- Adjust the *stitch length* for your material.
- Check *tension* and know how to adjust it.
- Run the *machine* smoothly.
- Fasten thread ends so they will hold and look neat.
- Take good care of the machine. Keep it clean, well-oiled, and adjusted for good stitching.
- Study the book of directions for things that puzzle you. For help in using and caring for the machine, see *Sewing Machines, Care and Adjustment*—FB 1944.
- Use a *Cloth Guide*. This is one of the handiest tools that comes with your sewing machine. Maybe yours is different from this.



Using the sewing machine



Cloth guide

A cloth guide makes it easy to stitch seams straight. Place the straight edge a seam's width from the needle. Then tighten the screw in one of the two screw holes you will find in the base of the machine.

Hold the seam edges close to the guide as you stitch.

Your leader will help you do all these things.

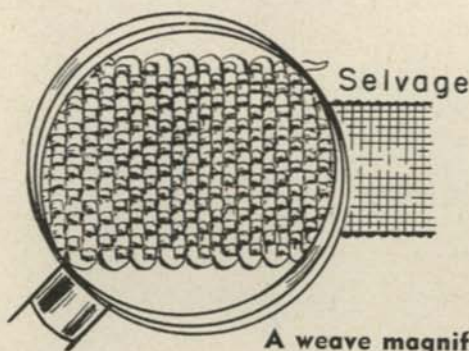
Maybe you'd rather learn to use the sewing machine before you learn hand-sewing. It doesn't matter which you do first.

## And Then

When your 4-H group has finished one set of articles, ask your leader to help you judge them. She will explain how to do this. You'll find a score card on the last page of this clothing plan. Keep a record of the scores you make as you go along.

Jot down suggestions for improving your work, too. For this purpose, you'll find a blank at the end of each set of directions.

## Learn Some Things About Cloth



**A weave magnified**

You'll find sewing easy and you'll do a better job if you know some things about cloth.

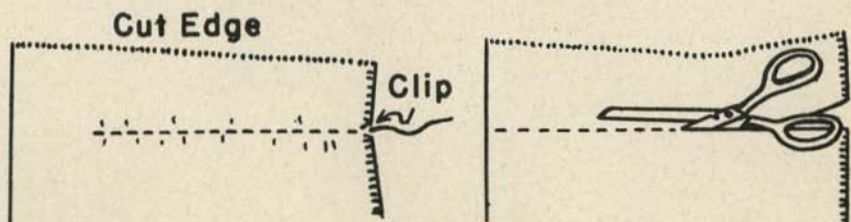
One way that cloth is made is to carry yarns or threads over and under other threads, as in the picture. This is called *weaving*. You call the threads that run lengthwise of the cloth *warp*. The threads

that weave through the warp threads are called *filling*.

Along both edges of the length of cloth is a finished edge which is called *selvage*. Good cloth has a firm, even, and regular weave. Has yours?

If the cloth is torn at the store when you buy it, it's straight with the thread. If you cut cloth straight with the warp or the filling threads, you call it *cutting on the straight*.

If the end has been *cut* crooked, you may need to straighten it. To do this, make a clip into the cloth, as shown in the picture.



**Straighten cloth**

Take a thread next to the cut, and pull. This will pucker the cloth. If the thread breaks, pick up another. This puckered thread or a thread pulled through will make a line to guide you in cutting.

Sometimes the cloth is *pressed* crooked and needs only to be pulled back in shape. If this won't work, you may have to wet the material and press it again. Things won't hang properly or keep their shape if your cloth is not straight.

Check this for everything you make.

Good cloth will not *shrink*. Watch for terms that will tell you so. These usually mean that the cloth will not shrink enough to make any difference.

If you have any doubt, be sure to shrink your own cotton cloth before you cut into it. One way to do this is to soak the folded cloth in warm water for  $\frac{1}{2}$  hour.

Then run cold water on it and hang it over the clothesline to drip, without wringing, until it is dry enough to iron on the wrong side. If you put it through the wringer you may have stubborn wrinkles to iron out.

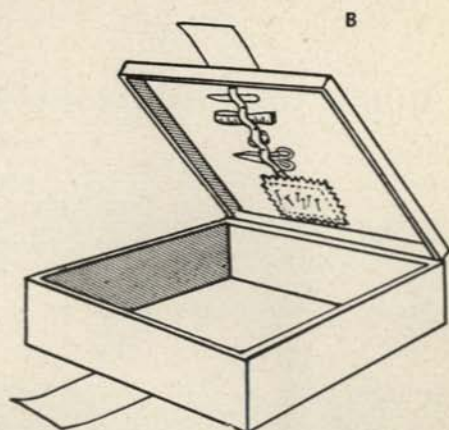
A *bias* edge is cut on the diagonal of the cloth. It will stretch, so it is useful for binding or facing curved raw edges.

- Do you know what a binding is? A facing? You will need to know this later on.

# Have a Sewing Box or Bag



Sewing box



If you're going to be a good workman, it's not only important to know good tools but also how to use and care for them. Having a special place to keep them is part of their care.

A stout candy box or a basket is fine as long as it is large enough to hold your tools and your sewing. You might enjoy a box like the ones fishermen choose to keep their hooks and lines in separate sections. Small cardboard boxes may be placed in the box to keep your tools in order. It's important to be a good housekeeper.

If you want to make your own box, try one of these suggestions.

Paint a lightweight wooden box cream or white, both inside and out. Use enough coats of paint to cover the box. Decorate it with your initials or name and with a 4-H emblem.

Use a strap, cord, or ribbon to keep the lid closed. Attach it to the bottom of the box with cement or with some kind of metal fastener so that it will stay in place. For a wooden box, buy a fastener at the hardware store.

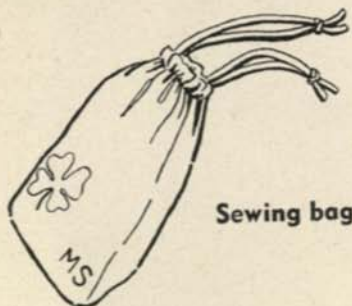
A wooden or cardboard box may be covered and lined with fabric. The plastic-covered muslins are tough and attractive. Measure the lining, but before you put it in, stitch a strap or elastic to the inside of the cover to hold your scissors, tape, pencil, and thimble. Look at B.

You can make pockets along the sides of the bottom if you wish. Fasten the strap through the cardboard lid and lining with a heavy needle and thread or with metal fasteners so that the lining will not pull out. Now cement

the lining in place and the cover to the outside. Finish with a few hand stitches to make the corners strong.

If you ride your bike to your 4-H club meetings, perhaps you'd like to buy a small suitcase or make a bag instead of a box. They would be easier to carry because you can slip the straps over the handle bars and pedal away!

## Choose the Material for Your Bag



Sewing bag

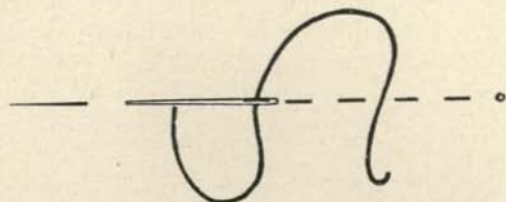
You can make your sewing bag from  $\frac{1}{2}$  yard of cotton crash, gingham, cretonne, feed sacks, or any other firm and durable material. Choose a dark color that won't show soil easily.

You will also need 2 yards of cord, some matching sewing thread, and some heavier thread to outline the 4-H emblem.

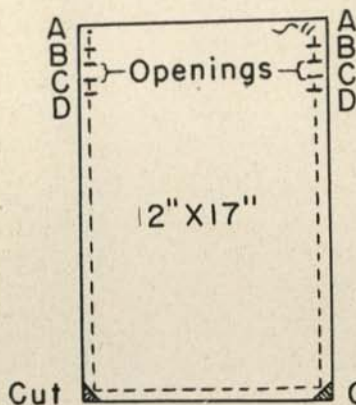
## Steps to Follow

Cut two pieces of material 12 inches by 17 inches on the straight. Place the right sides together with all the edges even. Leave one 12-inch edge open for the top of the bag. Pin-baste or pin and thread-baste along the other three sides,  $\frac{1}{2}$  inch from the edges. Make the basting stitch like the picture.

Now, with your measuring tape and a pencil, make



Basting stitch



Cut and stitch

short marks across your basting line at 2, 3, 4, and 5 inches from the top of your bag on either side, as shown here. Name these marks *A*, *B*, *C*, and *D*, starting from the top.

Begin stitching at the top and stitch to *B*. Leave the needle down, raise the presser foot, and turn the material on the needle. Stitch back on the row of stitching to *A*. Cut the

Cut threads.



Now place the machine needle at *D*, with the top of the bag toward you. Stitch to *C*. Turn the material as before with the needle down. Stitch back on the row of stitching past *D* and keep on stitching around the bag to *C* on the other side. Make exact square corners at the bottom. Turn and stitch back to *D*. Cut the threads.

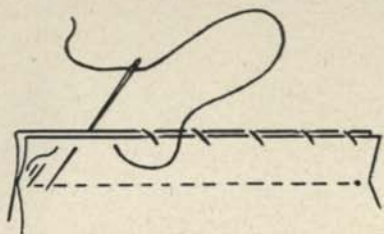
Begin stitching again at *A*, stitch to *B*, turn, and stitch to top of bag. This leaves an open space in the stitching on both sides between *B* and *C*, so you do not need to tie the thread ends.

Make a slash with your scissors at *C*, on both sides, from the raw edges to the stitching. Press open the seam above *C*. Make a  $\frac{1}{2}$ -inch turn for the top hem, and crease. Make the second turn  $1\frac{3}{4}$  inches. The hem edge should come exactly to the slash you made at *C*.

Baste and stitch on the edge of the second turn. Baste and make a second row of machine stitching at the top of the opening, 1 inch above the first line of stitching.

This space between *B* and *C* will be the casing opening for the cord. Pull the stitching threads through to the wrong side, tie, and trim them. Cut the bottom corners diagonally as shown. This will make the corners less bulky so that they will be flat and pointed when you turn them right side out. Overcast the seam.

## Make an Overcasting-stitch



**Overcasting-stitch**

The *overcasting-stitch* is used to keep the cut edges of seams or other parts of articles from fraying.

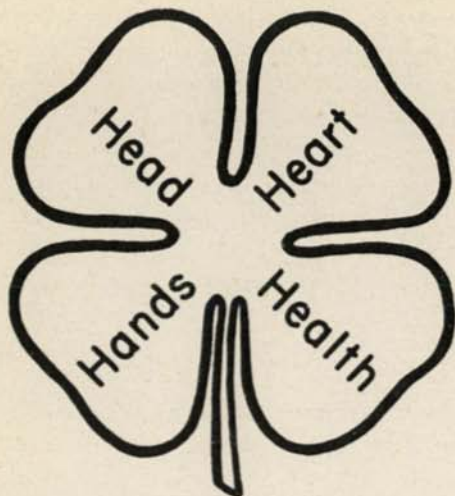
First trim the seam edges evenly. Hide the knot between the thicknesses of material. Hold the seam loosely in the left hand with the raw edges away from you. Point the needle toward your left shoulder.

For thin material that doesn't ravel easily, take stitches  $\frac{1}{8}$  inch deep. Take deeper stitches if the material is heavy or ravel easily.

Keep spaces and stitches even and twice as far apart as they are deep. Keep the stitches loose.

## Put in the Cord

Cut the 2-yard length of cord into two equal pieces. Fasten a large safety pin at one end of a cord length for drawing through the casing opening. Put the pin and cord into one opening. Draw them through the casing and



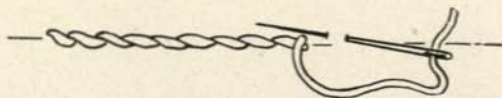
around to the same opening. Knot these cord ends together.

Repeat at the opposite opening with the second cord length. Pull on both pairs of cord ends in order to close the sewing bag.

The bag may be trimmed with a monogram or with the 4-H club emblem. Work it with the outline-stitch. Use cotton thread that won't fade in the sun or when you wash it.

If you prefer a design in textile painting or embroidery, keep it simple and attractive. You will

find it easier to make the trimming before you sew up the bag.



**Outline-stitch**

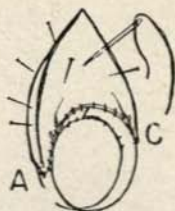
*My sewing bag score is* .....

*I need to improve my* .....

.....  
.....

# Make a Pincushion

A pincushion to fasten to your wrist saves time because the pins are always where you need them. A pincushion can be your number one assistant. Wouldn't you like to make one?



## Wool's the Thing

### Wrist pincushion

If you choose a dark-colored material, the pins will show up better. A firmly woven material will give longer wear, and it will be easier to handle. Wool flannel makes a good covering because pins and needles slip through it easily.

Plan to stuff the pincushion with raw, clean wool or yarn, or with wool scraps cut into narrow strips. Pins will slip through this stuffing more easily than through cotton.

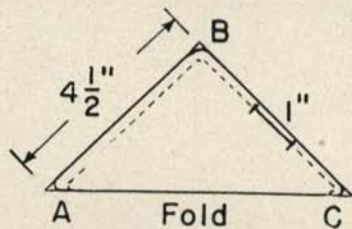
You will also need enough  $\frac{1}{4}$ -inch elastic to go around your wrist, and sewing thread to match the material.

## How to Make a Wrist Pincushion

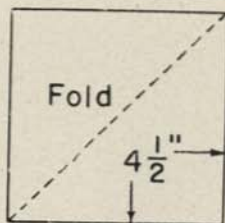
Cut a piece of material on the thread  $4\frac{1}{2}$  inches square.

Fold diagonally with the right side inside. Round the corners slightly.

Baste and stitch  $\frac{1}{4}$  inch from the open edges, beginning at A. In the center of side BC, raise the needle and presser foot of the sewing machine. Pull the material toward the back until you have a 1-inch opening. Finish stitching to C.



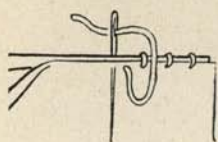
Stitch like this



Cutting guide

To make the stitching stronger, put the needle down again at C and stitch back to the opening. Turn right side out and stuff tightly. Sew up the opening with invisible overhand stitches.

# Make Overhand Stitches



Conceal the knot between the folds as you begin. Make your stitches from right to left. Overhand stitches are small straight stitches used to hold two folded or finished edges together.

## Overhand stitch

# Finishing the Pincushion

Measure the elastic to go around your wrist snugly. Add  $\frac{1}{2}$  inch for a seam. Join the elastic ends with hand stitches. Open the seam. Attach to the center of the fold from *A* to *C*. Use overhand stitches on either side of the elastic so that it will lie flat.

You may prefer round, square, or oval pincushions. Perhaps you'd rather put a tab into the seam similar to the one given in the directions for making a pot holder. Then you could fasten the pincushion to your dress. Place the tab at a corner or on the center of one side before you stitch around the outside.

Some girls like to fasten a pincushion to the arm of their sewing machine with tape or elastic.

*My pincushion score is* .....

*I need to improve my* .....

.....

.....

.....

# Things to Use at Home

All 4-H girls help their mothers with the housework. In this section, good ways to make a few things for the home are suggested. Make any *three* by these directions. Make those that you need and that you can do. Select your material carefully and *do your best*.

## Tea or Hand Towels Linen or Cotton?

Towels must take up moisture and dry quickly. Linen toweling is a good material for either tea or hand towels, but cotton toweling is less expensive. You may wish to use a feed or flour sack. A handy length for a tea towel is 27 inches, although 30 to 36 inches is often used for large square ones.

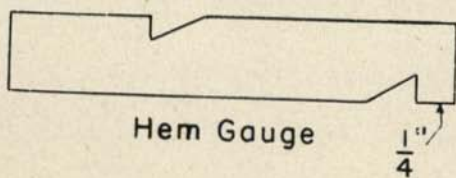
Choose a larger towel when there are many dishes to dry and for grown-ups to use. For you and the younger fry, make smaller ones.

## Make a Tea Towel

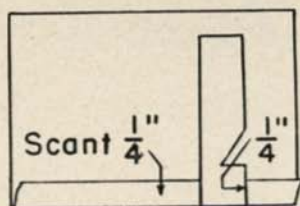
Straighten the raw edges of the material by the thread. Leave the selvages on the tea towel if they are firmly woven. Measure and cut the towel the size you prefer.

You are now ready to hem it. Use a *gauge* or a *metal measurer* for putting in all hems. These are tools which will help you make even hems, buttonholes, and spaces between buttons, snaps, and pleats. Keep one in your sewing box.

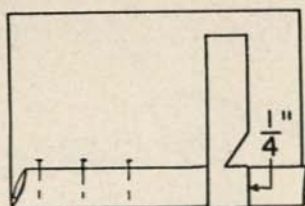
You may make a gauge of your own by cutting a small piece of lightweight cardboard about 5 inches long. Measure from the end of the cardboard the width you wish to turn up your hem.



Cut out a section of cardboard exactly at this point. For a tea towel, a good hem width is  $\frac{1}{4}$  inch for material of medium weight.



**First turn**

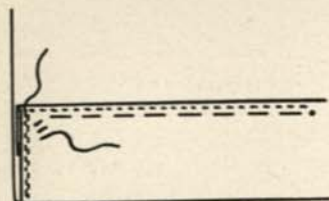


**Second fold**

Fold and crease the raw edges on the thread of the material a scant  $\frac{1}{4}$  inch.

Make a second fold  $\frac{1}{4}$  inch. Use your gauge to check the width of the hem. Pin and baste.

Stitch selvage ends of the hem closed, going from the inside fold to the outer edge. Stitch back on this row of stitching as you learned to do on your sewing bag.

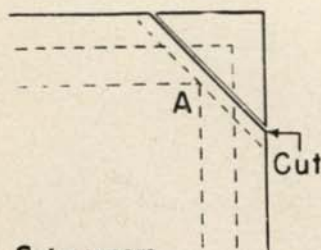


**Stitch hem ends**

Turn and stitch down the length of the hem as close to the edge as possible. Stitch second hem end closed.

If you prefer to overhand the hem ends, do so, using the loose threads at the beginning and end of the machine stitching. Thread them both into a needle for the overhanding. To finish, run them through the fold of the hem.

If all four sides need hemming, the thickness of the material will make the corners bulky.



**Cut corners**

Cut off the corner line, as shown, after creasing hems and before you baste. Avoid cutting as far as the crease at A, or the material will ravel when you turn the hems. Baste hems and stitch along the sides on the machine.

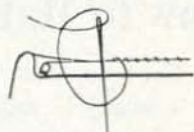
Overhand the corners of the hems. They will be neater than if you stitch them on the machine.

A tea towel must stand rough treatment. Design on a tea towel is not necessary. But if you wish to put one on your towel, choose one that looks well with the kitchen colors and washes without fading. Simple designs of dishes, pans, or flowers are better than those of animals or people.

## Hemming Hand Towels

Pin and baste hems, matching any checks or stripes. You may wish to use the *napery hem*. To do this, fold the basted hem back against the right side of the fabric and use the overhand stitch.

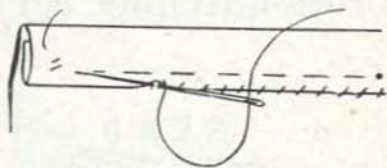
The napery hem is so called because it is often used for napkins and tablecloths. Take small, even stitches toward you.



**Napery hem**

You may prefer to make the *hemming-stitch*. Take your stitches from right to left. Bring your needle through the fold to hide the knot. Under this stitch pick up a thread of the material. Again put your needle through the fold. Repeat.

Make small, even, and slanting stitches. Avoid pulling your thread tight. If there is no strain, make stitches  $\frac{1}{8}$  to  $\frac{1}{4}$  inch apart.



**Hemming-stitch**

My towel score is .....

I need to improve my .....

## A Tray Cloth or Place Mat

It's nice to have a set of place mats for your 4-H club luncheon, tray cloths to cover trays for informal meals, for children, or for invalids. You also use trays for luncheons served around the fireplace or on the lawn. Perhaps your mother uses place mats for each person at the table instead of using a large tablecloth. How would you like to make a tray cloth or a place mat?

### Try These

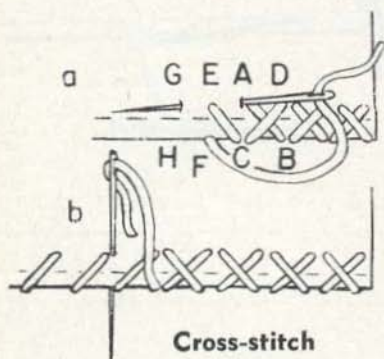
Some suitable materials are percale, gingham, toweling, Indianhead, monk's cloth, and feed sacks. Attractive colors add to their appearance. You can buy the amount of material necessary after deciding on the size of the

cloth and the width of the hem. One yard of 38-inch material will make six tray cloths with narrow hems. Allow extra for wider hems.

## How to Make It

Cut a tray cloth the size of the tray on which you will use it. A place mat is usually 12 inches by 18 inches finished. Cut carefully on the straight of the material. Baste a  $\frac{1}{4}$ -inch hem on all four edges with a scant  $\frac{1}{4}$ -inch turn the first time. Use the hemming-, cross-, or blanket-stitches for putting in the hem.

## Cross-stitching Is Fun



Stitches should cross in the center, and their corners should meet. Use cotton embroidery thread that will launder. Work from right to left with the lower edge of the hem held toward you, right side up. Take stitches over the entire basted hem. Fasten the thread with a small knot on the wrong side of the hem.

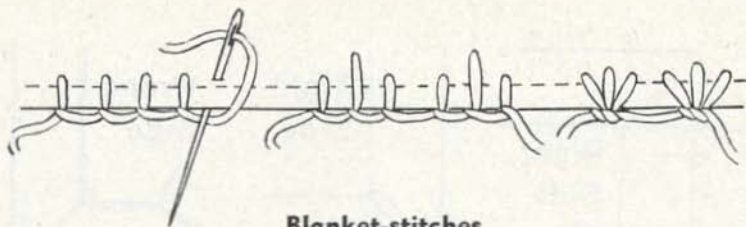
For the method shown in *a*, bring the needle to the right side of *A*. Insert it into the bottom fold of the hem at *B*, bring out at *C*, and insert into the top fold of the hem at *D*, completing the first cross. Bring the needle out at *E* to start the second cross, insert at *C*, bring out at *F*, insert at *A*, bring out at *G*, and start the third cross. Stitches need not show on the wrong side if they are slipped through the folds of the hem.

You may prefer to use the method shown in *b*. Make all the diagonal stitches in one direction first, and then cross them in the opposite direction.

## Blanket-stitching Is Easy

The blanket-stitch is easy to make. Change its appearance by taking stitches of different lengths and positions. Work from left to right with the edge of the hem turned toward you, right side up. Each time you take a stitch, you sew into a loop of thread. Take stitches over the entire basted hem.



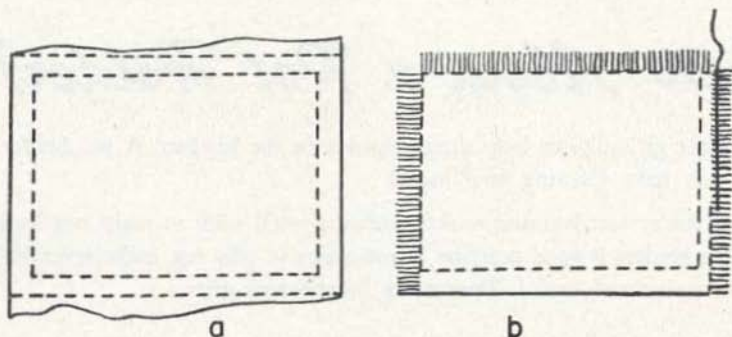


**Blanket-stitches**

## Why Not Fringe It?

Draw threads and cut material to make cloth straight, as in *a*. Draw another thread the width you want for the fringe (about 1 inch). Machine stitch in these spaces with matching thread to prevent ravelling inside this line. Ravel material to stitching to make fringe, as in *b*.

You may pull rows of colored threads into the material to make a simple design. Do this before making the machine stitching so the thread ends will be caught at the same time.

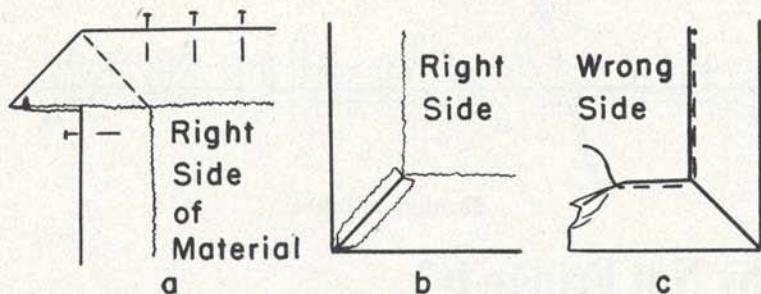


**Fringe the edges**

## Making Mitered Hems

Use this method if you make wide hems. Pin the hem against the right side of the tray cloth or place mat. Baste extra material at the corners for a diagonal seam, as in *a*. Keep the two sides of the hem smooth and flat. Stitch on basting, trim to  $\frac{1}{4}$  inch, and press the seam open, as in *b*. Turn the hem to the wrong side, as in *c*. Be sure to make the corners exactly square. Pin the hems and baste.

Use the hemming-stitch to fasten. Remember how you did this when you made your tea towel?



Follow these steps

My tray cloth or place mat score is.....

I need to improve my.....

## How About a Pot Holder?

Most girls like to help their mothers in the kitchen. A pot holder will keep you from burning your hands.

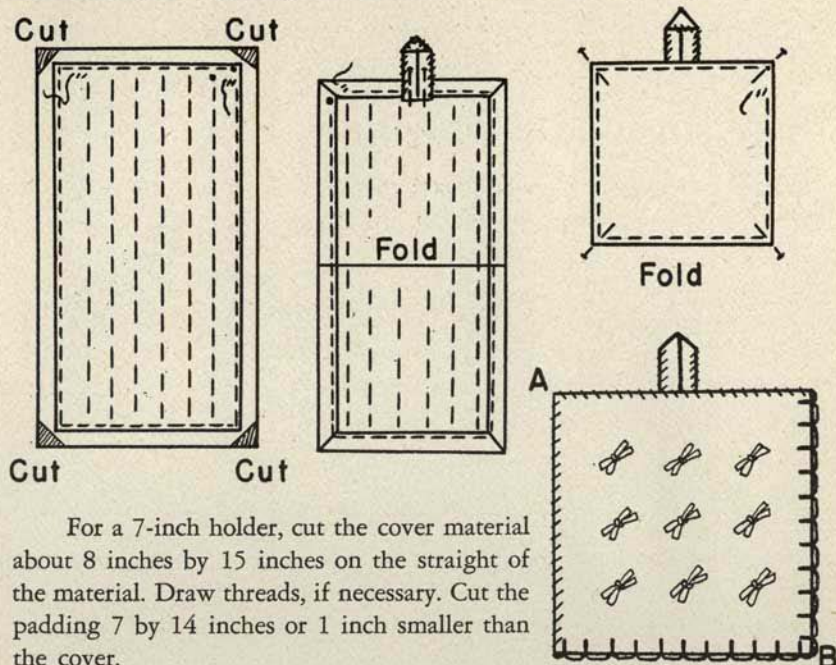
If you're just learning to sew, perhaps you'll want to make one by hand. Making holders is good practice. If you enjoy it, why not make several? They are attractive and useful. They make inexpensive gifts.

### Material and Size Must Be Right

Choose a cover material, firm in weave, and in a color that goes with the kitchen. A printed or checked material is good. Some girls like to use scraps left over from making their aprons. For the padding, use an old blanket, outing flannel, or layers of soft cotton fabrics. Cotton—unless it is cotton wadding in sheets—forms lumps when the hot pad is washed. Use thick enough padding to protect your hands.

The size of the pot holder is up to you, but it should be large enough to protect your hand. Look at the handles on your kitchen utensils and the size of the hands that will need protection. Seven inches finished is a good size.

# Making a Handmade Pot Holder



For a 7-inch holder, cut the cover material about 8 inches by 15 inches on the straight of the material. Draw threads, if necessary. Cut the padding 7 by 14 inches or 1 inch smaller than the cover.

Be exact in your measurements. Since this holder will be folded in half, make the padding layers only half as thick as you want them to be when finished. Place the padding on the wrong side of the cover,  $\frac{1}{2}$  inch from the edges at all points.

Baste the two together with long basting stitches, as shown in the first picture. You'll probably find it is necessary to put rows of basting about 1 inch apart to keep the padding from slipping. Cut off the corners as shown. Turn the  $\frac{1}{2}$ -inch edges of the cover over the padding all around and baste. Be careful to turn square corners.

Unless you have a handy drawer near the stove you will want to hang the holder within reach. Make a tab hanger by folding 3 inches of  $\frac{1}{2}$ -inch twill or bias tape lengthwise in the exact center. Crease, baste, and overhand the edges. Place the tab in the center of one side of the holder. See how this is done. Fasten tightly to the inside padding.

Fold the holder so that the padding is on the inside. Pin diagonally through the corners. This keeps the material from slipping. Baste around the four sides.

Overhand the edges of the holder together, as shown at A. You may

want to use the blanket-stitch around the outside edges, as shown at *B*.

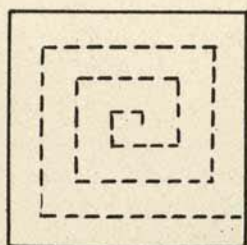
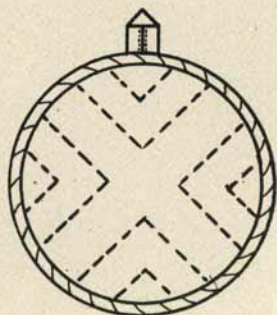
Tack or tie the holder with a lightweight cord in nine places, using the square knot. Space the ties evenly and take out the bastings. Trim the knot ends short enough so they won't drag on the stove or in the food.

## Make One on the Machine

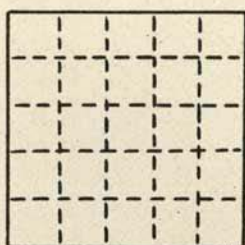
You may make a pot holder square, round, or oval, but make it large enough to protect your hands.

If you make a square one, cut two pieces of material by the thread so they measure 7 inches across. Allow no extra for seams. Round the corners slightly and cut your layers of padding accurately. Place one piece of the cover fabric on the table *wrong* side up. Put layers of padding on this. Make the layers as thick as you wish.

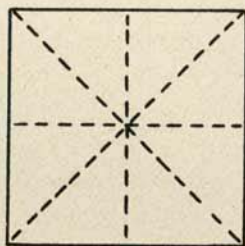
Then add the second cover piece, *right* side up. Keep corners and edges even. Pin around the edges and through the center to keep the layers from slipping. Use rows of basting about 1 inch apart through all the layers of the material. Keep it flat on the table as you work.



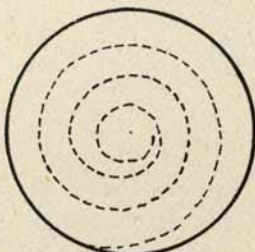
a



b



c



d

Designs for stitching

Trim all the edges even, and then trim the padding slightly smaller than the covering.

The pot holder is now ready to be quilted on the sewing machine. This will give you good experience in stitching evenly. Look at these designs that might be fun to do. Would you like to try some others? The stitching shows up better on plain material. If the rows are not close together, the pot holder will be stiff.

You need not tie the threads that go to these edges since the bias binding will cover them. Remove basting and press.

## Binding Raw Edges

Use a firm bias tape that comes prepared. Use bias because it will stretch around the corners and lie smoothly. Later you will learn how to cut bias from your own material. If you already know how, go ahead. There are two methods to use in sewing bias on the edges of the pot holder.

### FIRST METHOD

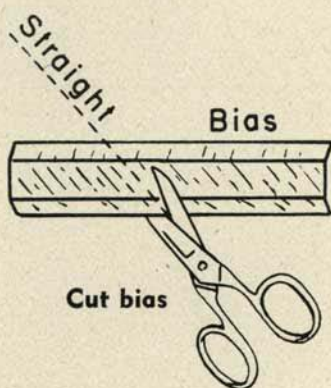
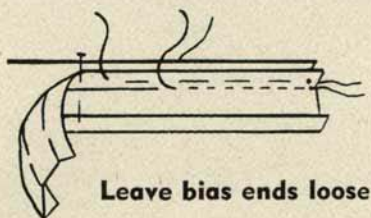
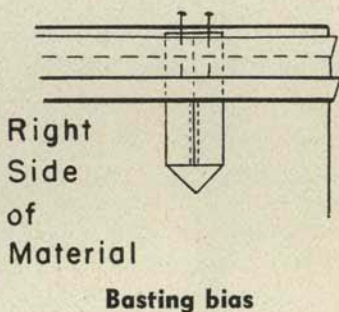
Measure enough bias tape to go around the pot holder. Hold firmly but try not to stretch it as you measure. Allow 1 or 2 inches extra for joining ends.

For a tab, cut a 3-inch strip of bias. Fold it through the center lengthwise with raw edges turned in. Overhand or machine stitch the edges together.

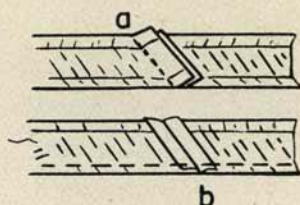
Place a tab against the right-hand side of the material at the center of one side or at a corner with the raw edges together.

Place all raw edges even, with the right sides of the pot holder and the bias together. Pin, leaving 1 or 2 inches of the bias ends loose.

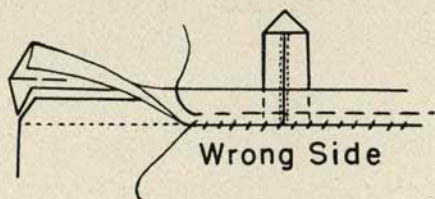
Since the stitching will be in the fold of the bias, baste closer to the raw edges,



as shown. Join the ends of the bias on the *straight* of the material. Cut off the ends, leaving a  $\frac{1}{4}$ -inch seam. Pin, baste, and stitch the pieced ends, as in *a*.



**Join bias ends**

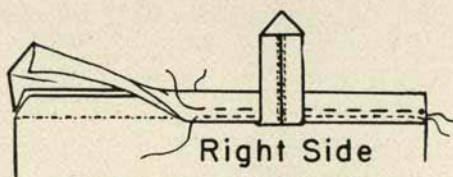


**Hem bias to stitching line**

wrong side of the holder. Baste and fasten with the hemming-stitch. The tab is in place on the opposite side. You may use a plastic ring for this purpose, but the fabric tab launders better.

## SECOND METHOD

In this method, place the *right* side of the bias on the *wrong* side of the pot holder and the tab for the hanger against the *right* side of the holder, with all raw edges even. Pin, baste, and join bias, as in the first method. Stitch in the fold of bias. Bring the opposite fold of bias to cover the row of stitching on the right side of the holder. Baste and stitch on the machine. Fasten the thread ends and remove the bastings. The tab is in place for the hanger.



**Stitch bias to stitching line**

*My pot holder score is* .....

*I need to improve my* .....

.....

# Make an Ironing Board Cover

It's always important to keep your clothes clean and well-pressed. A good ironing board is large enough so that you don't have to keep moving the things you're ironing. It's well-padded and it's always clean. Maybe you'd like to make an ironing board cover. Since you can take it off to wash it, it will be easy to have a fresh one handy.

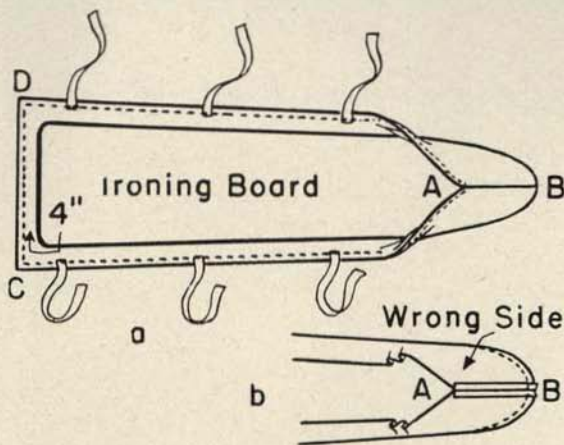
## Use Muslin

First, make an outline of your ironing board on paper and cut it out for a pattern. Then choose a smooth, firmly woven material that will take up moisture and launder easily. Muslin and drilling are good fabrics. Add 8 inches to the length and to the width at the wide end of your paper pattern when you measure the amount of material to buy. Cut or tear a rectangle by these measurements. You'll also need about 3 yards or more of  $\frac{1}{2}$ -inch white cotton twill tape for ties, but you can get along without this.

## Making the Cover

Place the paper pattern in the center of the rectangle of material with 4 inches on both ends and sides. Place the material over the board. Pin the two sides of the narrow end together into a center seam between *A* and *B*, as in *b*. Then baste and trim the seam, stitch, and press open.

Next, shape the small end at *B*. Baste, stitch, and trim to  $\frac{1}{2}$  inch. Overcast the edge of the seam. Trim the sides so they are 4 inches wide. Baste  $\frac{1}{4}$ -inch hems.



At the wide end, clip the corners of the hem. Remember how you did this when you made your tea towel?

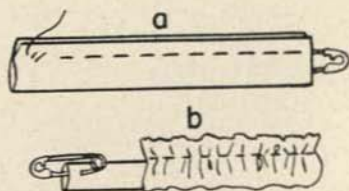
*Do not stitch hems until the ties are in place.*

Cut the 3 yards of

tape into 18-inch lengths for the ties. This length will fit a board 16 inches wide. Wider boards will take a longer tape to reach across. Narrower boards will take less. Place ends of the tape into the fold of the hem, spacing them as shown on the ironing board. There will be strain on the ties, so fasten each one with the hemming-stitch to the fold of the hem for extra strength before stitching the hem on the machine.

If tape for the ties is not available, make them from the cover material. Cut strips  $1\frac{1}{2}$  inches wide. Make a casing, as in *a*, by folding through the center lengthwise. Stitch  $\frac{1}{4}$  inch from the edges.

Fasten a safety pin to one end. Turn right side out, as in *b*. Remove the safety pin, turn the raw edges in at one end, and fasten with the overhand stitch. Press, machine stitch the tie edges, and fasten to the ironing board cover, as in directions for attaching tape ties. Fasten the threads and remove the bastings.



**Turn ties**

Adjust the ironing board cover over the small end of the board. Pull the cover firmly over the wide end and fasten with thumb tacks to the underside. Tie opposite tapes to fasten the sides. If there are wrinkles at the shaped end, *AB*, lay pleats on the wrong sides, as shown, and fasten with thumb tacks.

*My ironing board cover score is* .....

*I need to improve my* .....

## *You'll Want a Peasant Apron*

Surely you will like to wear an apron when you help your mother with the housework, especially in the kitchen. It saves having to wash your dresses so often.

Maybe you'd like to make a peasant apron similar to the one pictured. You won't need to buy a pattern if you follow the cutting guide.



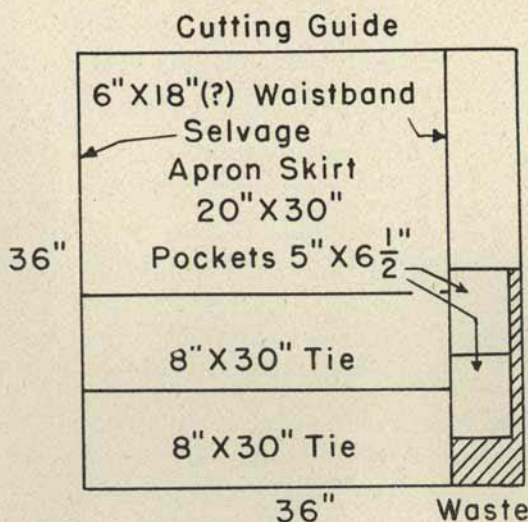


You can make an apron from 1 yard of material if you are about 4 feet 8 inches tall, and weigh about 80 pounds. Smaller girls would take less material; larger girls, more.

Prints, gingham, chintz, and percale are good materials to use. Feed sacks make attractive aprons. Whatever material you use, be sure it is durable and colorfast, as well as pretty. Will your fabric shrink?

## Cutting Isn't Hard

Follow the diagram of cutting shown. Since it's only a guide, be careful.



These measurements are for a girl about the size of the one described. If you are either larger or smaller, you may need to make some changes.

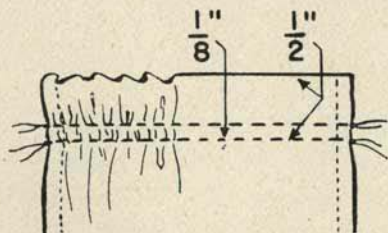
Check the length and fullness of the skirt, the size and position of the pocket, and the width and length of both belt and ties.

It might be a good idea to cut a paper apron and try it for size before you cut your material.

## Make the Skirt

Fold apron skirt in the center and mark with a basting or a pin. Unfold and mark the center of each half in the same way. Make a  $\frac{1}{4}$ -inch hem on each side. Machine stitch close to the edge or use the hemming stitch.

If you use the entire width of the cloth, you may use the selvages for a finish if they are firm and look like the other material. Baste a  $\frac{1}{2}$ -inch turn toward the wrong side at the bottom of the apron. Machine stitch  $\frac{1}{8}$  inch



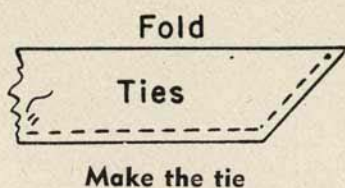
Make two rows of gathers

from the fold from the right side. Pin and baste the second turn  $2\frac{1}{2}$  or 3 inches. Use your gauge to make the hem even. Put in the hem, using the hemming-stitch you have learned. Overhand the ends of the hem.

With a lengthened machine stitch (6 or 8 stitches to 1 inch), make two rows of stitching across the top.

Make the first row  $\frac{1}{2}$  inch from the edge. Make the second row  $\frac{1}{8}$  inch from the cut edge. Two rows of stitching make more even gathers. If you prefer you may make the two rows by hand. Use small running stitches with a double thread.

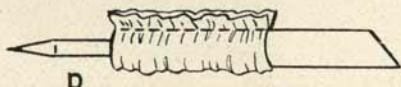
## Ties



The double ties shown in the cutting guide are neater than hemmed ones and have no wrong side. If the material is heavy, cut single ties 4 or 5 inches wide. Fold the double tie pieces lengthwise through the center with the right side of the material turned to the inside. Pin and baste along the raw edges as shown.

Cut one end of each tie on the diagonal. Baste and stitch  $\frac{1}{2}$  inch from the raw edges. Leave the end that you attach to the waistband open. Cut away the corners of the tie ends.

This is to prevent bunching of extra material at the corners when the ties are turned. Be careful not to cut the stitching. Remove basting.



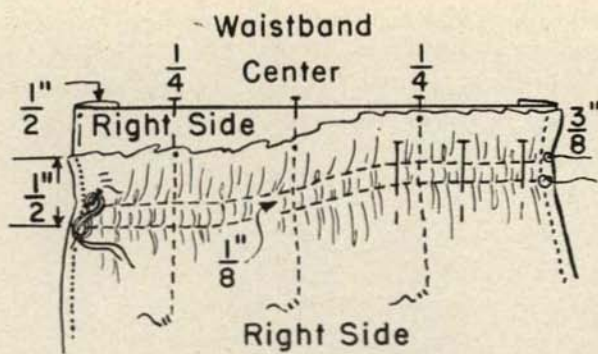
Turn the tie

Turn the ties right side out by putting a pencil or ruler in the closed ends. Work the tie over the pencil until you reach the other end. Pull the ties through and slip the pencil out. Pull out the corners with a needle until they are smooth and pointed. Crease on the line of stitching, baste if necessary, and press the ties.

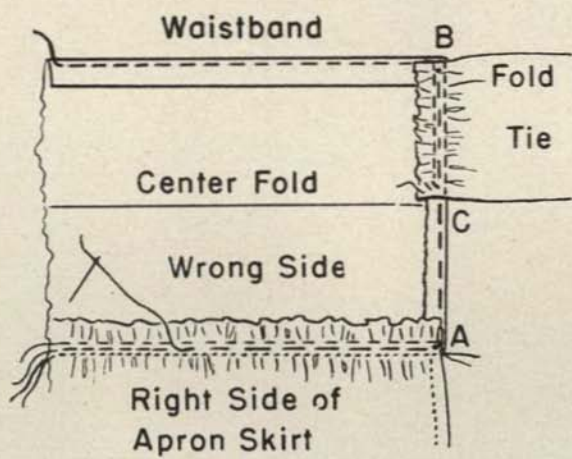
If you are making single ties, baste the hem on each side. Stitch one side. Fold one corner of the end of the tie over the opposite side. This forms a neat, pointed end. Hem this side of the tie, catching both edges at the point. Fasten the loose edge of the point to the tie, using the hemming-stitch.

## Putting Parts Together

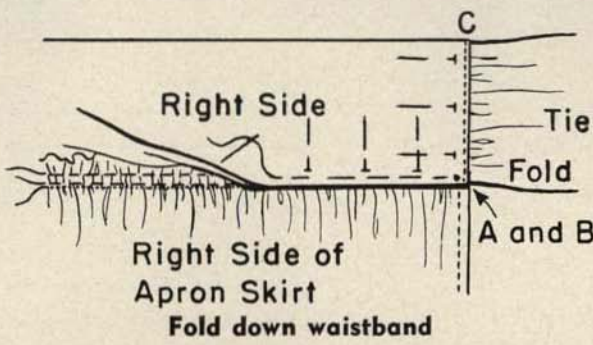
Check the waistband for your waist length. The 18 inches you have cut may be longer than you need. It should begin and end about 2 inches back of the underarm seam of your dress. Allow  $\frac{1}{2}$  inch at each end for the seams. Crease the seam allowance on sides and ends. Fold through center lengthwise. Divide the waistband into fourths and place a pin at each section.



**Pin apron on waistband**



**Join apron, waistband, and ties**



Place the *wrong* side of the gathered skirt against the *right* side of the waistband, matching the fourths.

Pin and distribute the gathers. Baste slightly above the line of gathering, as at *A*. Stitch on lower row of gatherings. Fasten the threads and remove the bastings.

Baste and stitch waistband ends flat to the gathered or pleated ties between *B* and *C*. Tie threads on the wrong side. Fold the waistband with the attached ties to cover the row of machine stitching on apron skirt. Pin, baste, and stitch. Tie the threads.

Finish the underside of the waistband and the ties, between *B* and *C*, with the hemming-stitch. The machine stitching will show only on the right side of the waistband.

Another way of attaching the skirt to the waistband is to stitch the gathered ties to the inside of the waistband ends, leaving a 1/2-inch seam

allowance along its sides. Then adjust the gathers and sew the *right* sides of both waistband and skirt together. Fasten on the wrong side with the hemming-stitch along the row of machine stitching. By this method, no stitching shows on the right side of the waistband.

## Patch Pockets

You'll want a pocket on your apron, perhaps two. Pockets should be well-made and well-stitched at the corners so that they will not tear back. The size and shape of the pockets are important. The size must be good for the apron itself. The shape should follow the same lines of the apron. A good example would be a pocket with straight lines set on an apron with straight lines.

### Make a Pocket

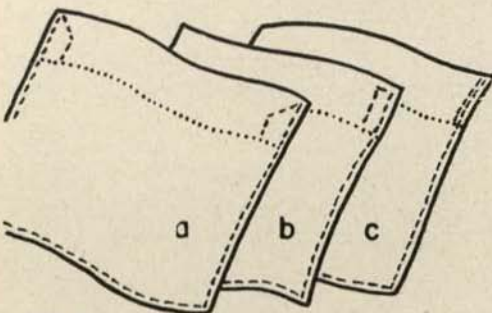
The dimensions for this apron are 5 inches by  $6\frac{1}{2}$  inches. Turn 2 inches of the top of the pocket to the *right* side of the material.

Before basting along the sides, turn back a  $\frac{1}{2}$ -inch seam allowance at *A* and stitch  $\frac{1}{8}$  inch from the folded edge. Baste and stitch along the sides of the hem  $\frac{1}{2}$  inch from the edges.

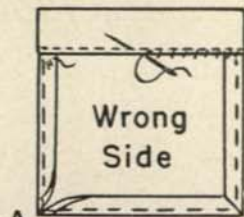
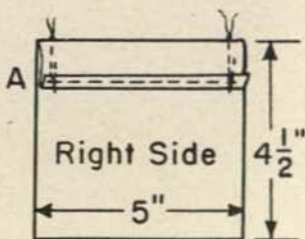
Begin stitching at the top fold and stitch to the bottom fold. Raise the presser foot, turn the pocket on the needle, and stitch back 1 inch. Tie the threads at the top fold only.

Turn the hem to the wrong side of the pocket and fasten with the hemming-stitch. Turn under the seam allowance of the lower sides and bottom. Clip across the lower corners at *A* and baste flat.

Try the pocket on the apron and decide just where you'd like to have it. The usual place is from 4 to 6 inches from the waistband and from the sides, depending on the fullness.



Make stitching strong at the top



Make a pocket

Pin, baste, and machine stitch the pocket to the apron. Pockets should be made stronger at the top so they will not tear the apron or come loose where the stitching is

tied. Follow one of the suggestions in *a* or *b*.

Tests show that *a* is stronger than *b* but that both *a* and *b* are stronger than *c*. Tie the threads on the wrong side where the stitching starts or ends. Press the apron carefully.

Be sure to have an apron parade when your aprons are finished. When you are older you will want to be in the costume selection contest at the state fair.

My apron score is .....

I need to improve my .....

.....

## Make a Garment Cover

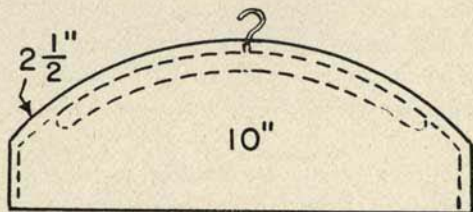
It's always important to take good care of your clothes. You've found that dust settles on your best dresses and coats even while they hang in the closet. A covering over the shoulders helps to keep them clean. This is how to make a cover if you need one.

Choose about  $\frac{2}{3}$  yard closely woven, washable material such as cretonne, gingham, chambray, percale, plastic muslin, or a feed sack. You'll need a wooden clothes hanger, too.

## You'll Need a Paper Pattern

Cut a paper pattern the shape of the upper part of the hanger. You can lay the hanger on paper and draw around the top of it. Allow  $2\frac{1}{2}$  inches at both ends for the width of the garment. This includes a  $\frac{1}{2}$ -inch seam.

Make the pattern 10 inches deep through the center. Then cut two pieces of material by this pattern, as shown, so that the bottom edge is on the straight of the material. Use either one of the following methods:



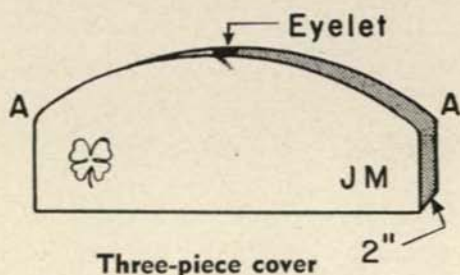
Two-piece pattern

## FIRST METHOD

Place the two pieces of material with the right sides together. Pin and baste the sides and upper part. Mark the top center with a pencil mark or a pin put in at a right angle to the raw edges. Stitch a  $\frac{1}{2}$ -inch seam allowance around the sides and the upper curved edges.

When you have stitched to within  $\frac{1}{4}$  inch of the pencil mark or pin, raise the presser foot and needle, and pull the stitching to  $\frac{1}{4}$  inch on the other side of it. This leaves a  $\frac{1}{2}$ -inch space in the exact center. Continue stitching to the other side. Slash from the raw edges to the stitching at both ends of this  $\frac{1}{2}$ -inch space and crease this part of the seam open.

Blanket-stitch on the right side around the top opening to finish and to make it stronger. Overcast the raw edges. Baste and stitch a  $\frac{1}{4}$ -inch hem at the bottom. Remove the bastings and tie threads. Press and put in the hanger.



Three-piece cover

## SECOND METHOD

If your dress or coat has padded shoulders, your cover will need more width. Cut a strip of material 3 inches wide and the length around the sides and top of the pattern. This width allows for a  $\frac{1}{2}$ -inch seam on either side, making it 2 inches when finished. Baste and stitch this piece between the two sections, as shown.

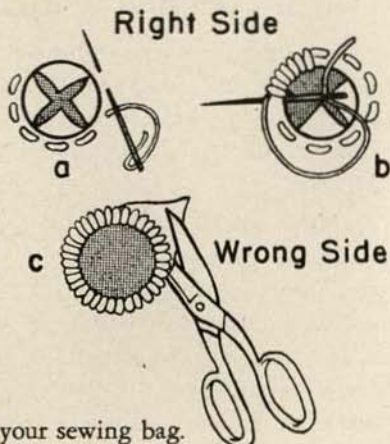
If it is necessary to piece the strip, make the seams at points *A* on the sides. Add 1 inch to the length of the top strip and  $\frac{1}{2}$  inch to the side lengths for piecing. Finish the seams the same as for the first method. An eyelet for the hanger opening is necessary in the center of the top piece.

## Making an Eyelet

Mark a  $\frac{1}{4}$ -inch circle with a pencil in the center of the strip. Clip two slits a scant  $\frac{1}{4}$  inch, as shown in *a*. Make small stitches around the circle. Work the eyelet, as shown in *b*. Turn the points to the wrong side as you work.

Trim off the points close to the stitches, as shown in *c*. Use washable embroidery cotton to work the eyelet.

Perhaps you'd like to add a design to the garment cover as you did on your sewing bag.



My garment cover score is .....

I need to improve my .....

LIBRARY  
UNIV OF TEXAS  
MUSKOGEE

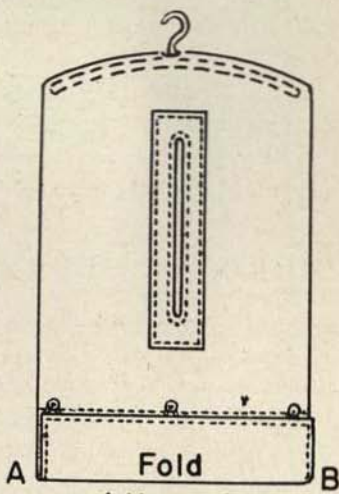
## And a Laundry Bag to Match

Most girls take a lot of pride in keeping their own rooms clean and tidy. Do you? Perhaps a laundry bag will help you with your soiled clothes. Then they'd be out of the way until washday. The kind of laundry bag you see in the picture is easy to get into and hangs on a hook on a closet door. Why not make one to match your garment cover? Here is one you may like.

It takes about 1 yard of 36-inch closely woven, washable material such as cretonne, gingham, chambray, percale, plastic muslin, or feed sack.

Look in your scrapbag for another piece of material 5 inches wide and 15 inches long for facing the center opening. It need not be the same as you choose for the laundry bag, but should look well with it. This length should be cut in the same direction as the opening.

Next, you'll need a wooden coat hanger. Choose one that measures about 16 inches from end to end so that it will fit inside the bag. You'll also need  $\frac{1}{3}$  yard of  $\frac{1}{2}$ -inch white cotton twill tape and three washable buttons about the size of a nickel. If you prefer you may use metal snap-on fasteners.



Laundry bag

## Steps to Follow

Cut a paper pattern the shape of the upper part of the hanger as you did in making the garment cover. This pattern need be only a few inches in length.

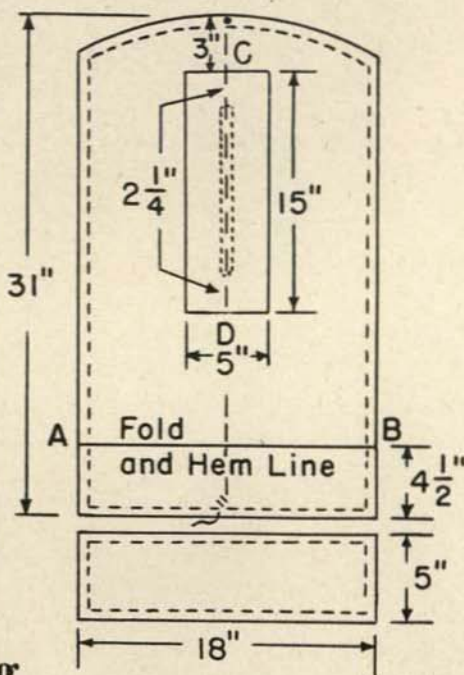
Straighten the material. Place the selvages together, crease through the center lengthwise, and then cut along the folded line. Cut the top and sides of both pieces by the paper pattern but extend the lengths, as shown in the cutting guide. Be sure they measure 31 inches long and 18 inches wide.

Cut another piece 5 inches long and 18 inches wide with the 5 inches on the length. Also cut the 5- by 15-inch piece, mentioned before, with the 15 inches on the length. Mark the fold and hem line on both long pieces with a basting thread, unless the material will hold a crease.

Choose one of the long pieces for the front. Fold it through the center lengthwise and mark it with a basting. Fold the piece of material that measures 5 by 15 inches lengthwise, and baste through the center of it also.

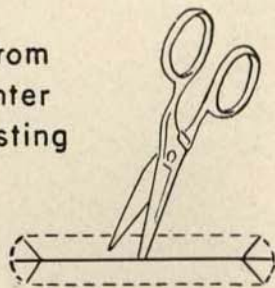
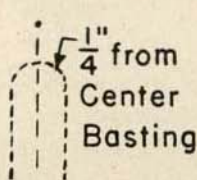
You are now ready to make the opening for putting clothes into the bag. It is easier to make it before you sew up the sides.

Cutting Guide



## Make the Opening

Place the *wrong* side of the 5- by 15-inch piece of material against the *wrong* side of the bag, 3 inches from the top, with the center bastings matching. Baste together to keep from slipping. Make pencil marks 2 1/4 inches down from C and up from point D. Make a basted line 1/4 inch from the center basting with a curve at the ends.





Begin the stitching on one side rather than at an end. Stitch around the basted line and lap the stitching 1 inch to make it stronger. Remove the bastings. Press the stitched surface to smooth and flatten.

Insert your scissors points into the center line between the two rows of stitching and cut carefully to either end. Cut two extra slashes at the ends in either direction.

*Do not cut the stitching.* The slashes will prevent puckering when the piece is turned to the outside.

Then bring the piece to the right side of the bag through the opening you have just cut. Crease these edges on the exact stitching line. Baste and top stitch close to the edge. Press. Turn under the outer edges of the piece  $\frac{1}{2}$  inch. Cut across the corners. Remember how you did this when you made a pot holder? Pin and baste it flat to the laundry bag. Stitch close to the outer edge. Tie the threads on the wrong side. It should look like the opening in the picture on page 39.

## Bottom Comes First

It will be easier to remove clothing if the bottom of the bag can be opened. Hem the *front* piece by making the first turn to the wrong side of the material  $\frac{1}{2}$  inch. Make the second turn on the hem line (*AB*). Pin, baste, and machine stitch the hem in place.

If you plan to use buttons, attach three tabs to the back piece. To *make tabs*, fold the 12-inch length of twill tape through the center lengthwise, and baste. Stitch the outside edges together. Press and then stitch on the fold. Cut into three 4-inch lengths.

If you prefer, make casings from the material, as shown in making the ironing board cover. Then space and pin the tabs in place. Place the tabs on the outside of the bottom back piece as you did on the pot holder. Adjust the tab lengths so that the button will just slip through when you take a  $\frac{1}{2}$ -inch seam allowance. Baste.

Place the piece measuring 5 by 18 inches over the tabs with the right sides of the material together. Pin. Crease a seam allowance on the opposite edge of the short piece to the outside so that it lies even with the basting that marks the hem line (*AB*). Pin, baste, and stitch  $\frac{1}{2}$  inch from the edges on the sides and along the bottom where the tabs are fastened. Clip across corners. Remove the bastings and turn right side out. Baste and press. Stitch the hem in place. Top stitch around the bottom piece.

## Put the Bag Together

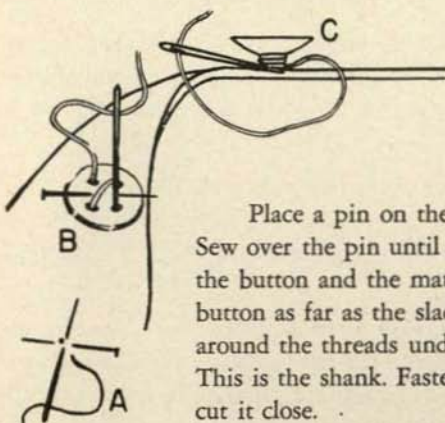
Press both the front and back carefully. Place the right sides together, pin, and baste so that *AB* on both pieces meet. Clip the  $\frac{1}{2}$ -inch seam allowance on the back piece at *A* and *B*. Stitch the seam  $\frac{1}{2}$  inch from the edges, along both sides and the top. To make the stitching stronger at the bottom opening, stitch back 1 or 2 inches at the beginning and end. Finish the top opening as described in Method 1 for making a garment cover.

Since there is quite a bit of strain in a laundry bag, use a second row of stitching just outside the first (double-stitched seam). Overcast the raw edges if the material needs it. Remove the bastings and tie the threads. Press, and insert the hanger.

## Sew on a Button

A shank gives room for the thickness of the button holes or tabs. This is how it's done.

Mark a place with a pin where a button belongs, as in *A*. This will be on the hem line of the front piece and in line with the tabs.



With a knotted heavy-duty or doubled thread, take a stitch at this point on the right side. Run the needle up through the hole of the button. Sew through the button, as in *B*.

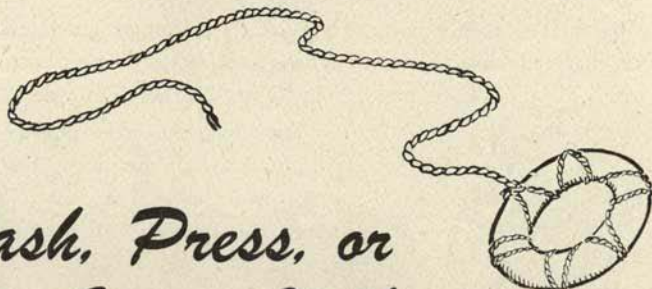
Place a pin on the top of the button under the stitch. Sew over the pin until it is firm. Bring the needle between the button and the material and remove the pin. Raise the button as far as the slack will let it come. Wrap the thread around the threads under the button several times, as in *C*. This is the shank. Fasten the thread through the shank and cut it close.

When the tabs are fastened, there will be some slack in the bottom of the bag.

*My laundry bag score is* .....

*I need to improve my* .....

# Use Life Preservers



## Wash, Press, or Iron Your Clothes . . .

Now you've chosen suitable materials for the things you've made for your home. You've made them as carefully as you could. Pressing as you went along was as necessary as all those careful stitches.

You have been sewing on cotton cloth that is washable and needs no special care. But there are a few tricks to make their care easier. Mend torn places before you launder a garment so the tear will not be worse. It may not be necessary to launder the things you made if you've kept your hands clean and have been careful in handling them. But if you find that you must, here are a few hints.



Wash with care

## Wash Them

You can wash practically all the things you've made in this clothing plan in the washing machine. You might need to wash the tray cloth or place mat by hand if you used a material or an edge finish that needs careful handling.

Use mild soap and water that is not too hot. Some things to remember about washing are: have good suds, rinse things two or three times, and hang them outdoors in the sun, if possible. If the articles

are colored, hang them in the shade. Even sunfast articles can lose some of their brightness.

If starching is necessary, use prepared cold starch or boiled starch. In most cases, the boiled kind is better. Be sure you cook it well and strain it. Thin with warm water as you use it.

## Press or Iron Them

Pressing differs from ironing. They are the twins of good sewing. Iron most cotton materials directly on the wrong side so they won't become shiny. Then press them lightly on the right side to finish.



**Press or iron**

of the material, without stretching or creasing. If you wish, iron cottons when you take them off the line before they're quite dry. Otherwise, dampen and roll them tightly to make the moisture even, if this is handier. Fold or place on hangers to dry thoroughly before putting away.

## Fold Them with Care

Fold the pieces you iron carefully so that they will lie smoothly in the drawers where you keep them.

Towels look well if they are folded once through the center lengthwise, then

See that the iron doesn't get hot enough to scorch the cloth. Test the heat of the iron on a scrap of cloth, even though the iron has an automatic regulator.

When ironing, place the iron directly on the cloth to smooth the surface.

When pressing, let heat and steam do the work. Place a cloth or paper over the article. The iron should rest on the fabric very lightly. It's a good idea to have a pan of water and a sponge or a soft cloth on hand to moisten stubborn wrinkles when either ironing or pressing.

Always iron or press with the straight



**Fold or hang**

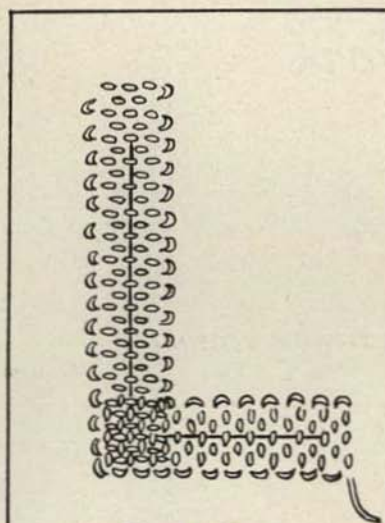
folded again in the same direction. Fold crosswise one or two times. If there is decoration, fold it on the top.

Place mats or tray cloths may be laid flat in a drawer. Fold the peasant apron as little as possible, because the gathers are easily wrinkled.

The garment cover and laundry bag need no folding, since they hang in the clothes closet.

## Make a Darn on a Tear

What would you do if you caught the skirt of your apron on a nail and tore a hole in it? Often it is necessary to mend a tear in one of the things you make. Why not learn how, in case this happens to you?



**Darn a tear**

In the picture you can see how to make a darn on a three-cornered tear. If it is a single straight tear, darn it like one of the sides. This is the way to do it.

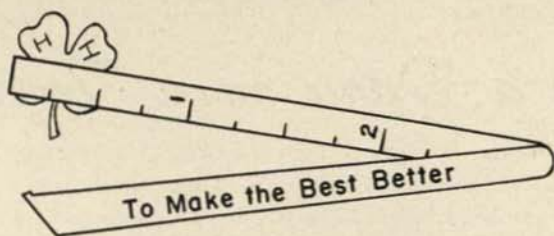
Use matching thread. Some girls ravel threads from matching scraps of material. Bring the thread through the material from the wrong side about  $\frac{1}{4}$  inch beyond the end of the tear, and a little to the right. Leave a 6-inch thread end. Follow the thread of the material and take small running stitches in rows back and forth over the tear. Leave the stitches rather loose so that they will not pucker the material.

When you reach the tear, fit the edges of the material together and take stitches across the opening. Continue darning  $\frac{1}{4}$  inch beyond the tear. Fasten the thread through the stitches of the last row and clip. Thread a needle to the 6-inch piece you left on the wrong side of the beginning of the darn. Fasten this thread through the stitches of the first row as you did at the end. Press with a damp cloth.

*The score for my darning is*.....

*I need to improve my*.....

# Let's Keep Score



## Judge Your Work and Exhibit It...

Here is a score card to judge the things you make. Suppose you call it a yard stick of your progress. Place a check (✓) in one of the four columns as you think it deserves. Make an average of your placings and let this be the total score for each of your articles.

### A SCORE CARD FOR THE THINGS YOU MAKE

	Blue (Excellent)	Red (Good)	White (Fair)	No placing (Poor)
1. Size and shape . . . . .				
2. Material cut on straight . . . . .				
3. Color or color combination . . . . .				
4. Kind and quality of fabric . . . . .				
5. Seams, bindings, hems, etc., suitable and well-made . . . . .				
6. Stitches (machine and hand) . . . . .				
7. Trimmings and finishes . . . . .				
8. Kind and size of thread . . . . .				
9. Thread ends fastened . . . . .				
10. Bastings removed . . . . .				
11. Clean and well-pressed . . . . .				
12. Both sides neat . . . . .				

My Total Score Is.....

# How to Score

Allow 3 points for each check that is Blue (Excellent), 2 points for each Red (Good), and 1 point for each White (Fair). Allow no points for No Placing (Poor). Add your points and score your placing. Thirty-six is possible.

36-30 is BLUE.

30-18 is RED.

18-6 is WHITE.

Any score below 6 has no placing.

Label each article you make so it will be ready to exhibit at your county fair.

## *Last But Not Least...*

**Keep Your Record Book  
Up to Date.**

**Give a Method Demon-  
stration at a Club Meeting.**

**Have a Parade.**

Show your aprons to your parents or friends. Hold your head high, walk tall, and smile.



**Have a parade**

Name of 4-H Girl .....

Age ..... Address .....

Name of Club .....

Leader's Name .....

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UNIVERSITY OF IDAHO

College of Agriculture

D. R. Theophilus

Director

Issued in furtherance of the acts of May 8 and  
June 30, 1914.

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