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# your Cotton



Z

# Outfit

4H

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*Your  
Cotton Outfit*

4-H CLOTHING PLAN II

Learn to Sew Series

by

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University of Idaho

WASSEL  
OHAD TO YOU  
WOOE



## Remember **JEAN** *and her pals?...*

Jean and her pals  
Are those happy young gals,  
Who by hand and machine learn to sew.  
Said Jean, "I confess,  
I am making a DRESS,  
And you girls will want to, I know."

Their fabric they chose,  
And of patterns there rose  
A discussion their leader could settle.  
Good style and good color  
Or the fit for each other  
Put Jean and her pals on their mettle.

Here are Jean and her pals with you again. In Clothing Plan I the girls found it was easy to sew by hand and to use the sewing machine. It was fun to judge the things they made and to be fair about it.

They learned to help with the family mending and laundering. There's a nice feeling about doing things for yourself, or helping your mother.

The girls thought it was easy to demonstrate things they could do well. They found it helped each other and their leader, too. And keeping record books up-to-date was simple if they did it together at each meeting.

In this clothing plan you will make a dress and other things to go with it. When you have them all finished, why not plan to invite your mothers and friends to a style show? They will be proud of you.



# Join the 4-H Parade and . . .

## Let's Choose an Outfit

What is an outfit?  
Styles that are right for you  
Colors that suit you  
Cotton fabrics worth buying  
Shoes and stockings you can wear

## Let's Make a Cotton Outfit

Buy your pattern and fabric  
Know your pattern and tools  
Put your garment together  
Tips on fitting  
Finish your garments

## MAKE

A slip, petticoat, or panties  
A cotton dress (one or two-piece)—*or*  
—A dirndl skirt and blouse—*or*  
—A jumper or pinafore and blouse

*NOTE: Choose a pattern for your first dress or blouse with cap sleeves and a fitted neck facing or binding.*

A worked buttonhole.  
Two accessories to wear with your dress

## Let's Use Life Preservers

Everyday care  
First aid to ailing clothes  
Make a darn on hose or socks

## Let's Keep Score

Judge your outfit and exhibit it  
Give a method demonstration at a club meeting  
Keep your record book up-to-date  
Have a dress parade

# Let's Choose an Outfit

## What Is an Outfit?

When you make your first dress, plan what you will wear with it. Choose the right pattern, the right material and a color that becomes *you*. Then make every piece carefully. A becoming OUTFIT from your head to your feet, not only goes with *you*, but everything in it goes together.

## Styles That Are Right for You

You are getting quite grown-up when you begin making your own choices.

Try to avoid mistakes that will make you want to give up. It's more of a compliment to have someone say *you* look nice, than to say you have a pretty dress.

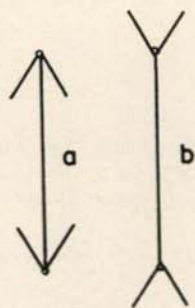
## Some Things to Consider When Choosing a Dress

- *What will you wear under it?*
- Is it *easy* to make?
- Does it need *little fitting*?
- Can you use the *same pattern* to make another dress with small changes?
- Your *expression* has much to do with your *appearance*. Try to see yourself as others see you.
- If you're shaped like a string bean or like an eggplant, a dress can make you *look different*. If you're tiny as a peanut or on the large side, *watch your choice*. Maybe next year you'll have no problem.
- Choose an outfit for a girl *your own age*. Clothes that look well on your small sister or on your mother might be silly for you.
- Checks, plaids, and large prints make you *look larger*. Plaids are tricky and must be matched. Very small girls look lost in large figures.
- Be *yourself*. Don't be a *rubber stamp* and copy someone else. Choose your clothes for YOU, because you're not like ANYONE else.

## Good Line Means Seeing and Believing

Are your bumps in the proper places?

If there's a certain part of your figure that you don't like, use some tricks with your clothes to cover it up. If you're short, be happy, but try to LOOK taller. Eyes follow directions so let your clothes point to the way you want your friends to see you.



Short or tall?

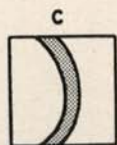
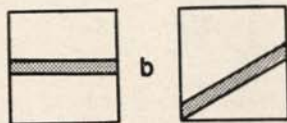
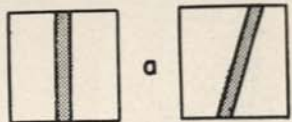
Look at the length of lines *a* and *b*. They are the same length if you measure them. The trick is in the lines that are added at the top and bottom of each one.

Hats with brims or trimmings that droop, hair that hangs, or shoulders and necklines that slope will give the effect of *a*. Flat heeled shoes will add this look from the bottom. Do you think a short, plump girl should think of this? And should a girl let the corners of her mouth look sad?

Now look at *b*. Should a tall, slender girl add to her height with a fly-away hair-do or hat? The lines keep going up to the sky. What about turtle neck sweaters and shoes like stilts? There's a happy medium between stilts and flats.

Here are some other lines to think about: *a* adds length; *b* adds width; *c* softens sharp angles.

Lines that seem to add to your height or width are made by the edges and shape of your collar, cuffs, skirt, belt, pockets, and sleeves. Rows of buttons, stripes, printed materials, and contrasts of dark and light materials also change the lines. The length and width of your skirt are very important. All these make you look taller or shorter. You can combine a curved shape with an up-and-down or crosswise line with a ruffle, a yoke, a collar or puffed sleeve. Look for other ideas.



Change your line

Can you find pictures in magazines to illustrate these points for your notebook? Cut them out and put them in DO and DON'T groups in your notebook.





## Necklines

Study your face carefully in the mirror. Decide which of the shapes you see is like yours, then—choose a good neckline for the shape of your face.

- a. Needs width at chin to balance forehead

Keep your face the center of interest.



- b. Needs soft low curves or a deep "V"

Notice how the hair-do and the neckline work together to give the effect of a well-shaped face and head.



- c. Needs length and some width



- d. Shorten length with small high collar or wide shallow neck

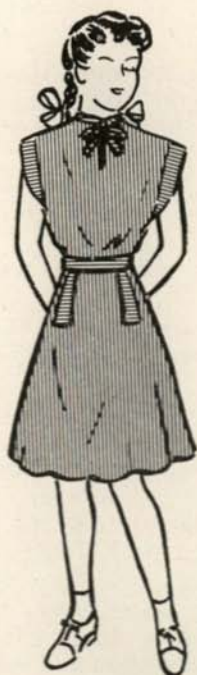


- e. Most necklines are becoming except the very round

## Look for Your Pattern

Now that you have a few suggestions, suppose you look at some patterns. You are not ready to buy one until you know your measurements and the size to buy.





This?

Here are some ideas. You may gather the fullness of the skirt to the blouse or use unpressed pleats. Gores make a trim, flared skirt with more seams.

Join the blouse and skirt at the waist or make the blouse long enough to be a yoke. Add make-believe or real pockets.

A small tie at the neck is becoming to a thin girl.

Button your dress down the back; or make a placket under the arm. Be sure to fit your dress snugly at the waist so it won't look like a sack. Wear a belt around your waist or set one into the waist seam.

Do you like a sleeveless pinafore with ruffles, a dirndl skirt and a blouse—or a jumper?

If you choose a drawstring blouse, be sure the ties you use are washable.



Or this?



A slip for you

## Choose an Undergarment

If you need a slip, perhaps a tailored one is best for your first try. If you make a built-up shoulder, the straps won't slip and pull loose.

For a dressy slip or petticoat, finish the bottom with a hemmed ruffle. Or choose a firm embroidery. Lace doesn't wear well for everyday clothes.

If your dress material is heavy enough so you don't need a slip, make a pair of panties. A bra too, if you wear one.

## Colors That Suit You

Decide how to make your dress, then think about its color. Have you thought why you like some colors and dislike others? Red, orange, and yellow make you feel warm and excited. Violet, blue, and green seem cool and calm.

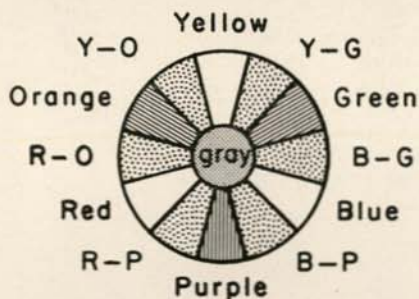
Ideas and colors go together. Red is the color of fire. Yellow, the color of the sun. Blue is cold like the north and ice. Green is grass and spring.

You, yourself are a combination of colors. Your hair, eyes, and skin are different.

There are no fixed rules for selecting becoming colors. Before you buy your material hold it up in a bright light between you and a mirror. See if you like what you find.

The best way to be pleased with color is to study and work with it. Rather than say that blondes or brunettes should wear certain colors, think of yourself as warm or cool looking. Then choose colors that bring out your best points from head to foot.

Do you know that the color of most skin is orange? It may be a very pale orange, almost dark brown, or have a great deal of red or purple in it. It may be very yellow or sallow.



Try mixing water colors to match your skin. Start with orange. The colors you add will be a surprise.

Make a real color wheel with colored paper or water colors like the one shown.

Here are a few easy pointers for using colors together. They have family groups like yours.

First, try colors together that are *opposite* each other on the color wheel. Use a small

amount of one to pep up a larger amount of the other. Example—a small amount of bright *blue* with *tan*, which is a light, dull orange. A little *red* will make dull *green* more exciting.

Try using *light* and *dark* shades of the *same* color together. Example—light and dark blue. Black, white, and gray are *neutrals* and do not count.

Then try colors together on the *same side* of the color wheel. These are true relatives. Example—yellow, green, and blue.

Or, combine colors in plaids and prints that are spaced as a *triangle* on the color wheel. Example—red, yellow, and blue.

See how many of these color combinations you can find in pictures. Then decide the ones you like best for yourself.

There's a shade of almost every color that's becoming to everyone. Consider the color of the *skin* first, then your *hair* and *eyes*. Think of your size and shape. A small girl can wear brighter colors than her friend who is large for her age.

Choose colors that go with you and that go together.



# Cotton Fabrics Worth Buying

Most cotton material costs less and takes more rough treatment than any other kind of material. So stick to good, firm cotton material that's easy to work on for your first outfit.

## Know about Cotton

Most all our cotton is grown and made into cloth in the United States. We also buy baled cotton from other countries for our factories.

The fine, white cotton threads in the cotton boll are called *fibers*. They are usually 1 inch or less in length. Some are as long as 2 inches.

These short cotton fibers must be cleaned and combined into long, smooth *yarn*. This is called *spinning*. Then the yarns are made into fabric or cloth by *weaving* or by *knitting*. There are several kinds of weaves and knits to learn about later.

Can you explain *fiber, yarn, fabric, spinning, weaving, and knitting*?

## When You Buy Cottons

A good cotton fabric is firm, smooth, regular in weave, and will not ravel easily. The threads running both the length and width of the cloth should be about the same size and distance apart. The finished edge on both sides is called *selvage* or "self edge." It always runs lengthwise of the material.

There are many good cotton materials to choose for your dress, skirt, blouse, or slip. You should go to the store to learn their names and see what they look like. Ask to see *gingham, prints, woven seersucker, broadcloth, muslin, nainsook, and percale*. Look for others, also.

Keep samples in your notebook. Put down the name, price, width, and anything else you can find out about the materials.

Ask if the color will fade. Labels should tell you if the fabric has been tested and if it is *fast* to washing and sunlight.

If you rub a corner of the fabric between your hands and powder flies, leaving it limp and thin, it's a poor quality.

Ask the clerk to tear the cloth, or cut it on the *straight*. If the label doesn't tell you that it will not *shrink*, buy 2 or 3 extra inches to each yard. Then shrink it yourself as you learned to do in Clothing Plan I.

Some fabrics are treated so they will not *wrinkle* easily. Then you will not have to press your dress so often.

Watch for labels that give you facts about buying and care. Expensive materials are not always the best ones. Learn to be a good judge of fabrics.

## Do You Prefer a Rayon Slip?

Some older girls prefer rayon to cotton for their slips. Be sure to choose a stout rayon fabric with a dull finish and a plain weave. White is usually better than a color.



# Shoes and Stockings You Can Wear

## Shoes

Learn to choose your own. You're the only one who knows how they feel. Your feet make it possible for you to walk, run, stand, and jump. They act as shock absorbers. They balance and support your body.

Try on both shoes and walk around. Have the clerk measure your foot while you sit and stand. Measure both length and width. It isn't safe to buy shoes by size because they vary. Many growing boys and girls have ruined their feet with shoes that don't fit.

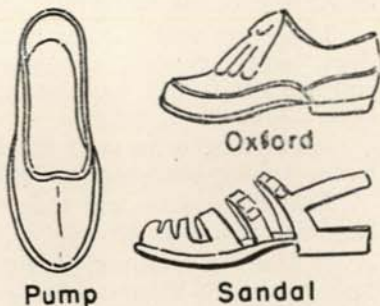
Be a detective and check for yourself. Before you buy new shoes, draw a pattern of each foot while you're standing. With a tape measure check the *length* from the tip of the heel to the end of the longest toe; the *inner length* from the tip of the heel to the widest part of the big toe joint; and the *width* across the widest part of the foot.

Take this foot pattern and your tape measure to the shoe store or bring the shoes home on approval before you buy them. Check both shoes with your patterns. Then check the measurements, allowing for the thickness of the leather.

Be sure that the large toe joint is at the widest part of the shoe. See if there is  $\frac{3}{4}$  to 1 inch extra length at the end of the toes. The width depends on your own body weight.

Select shoes with low, flat, broad heels for your cotton dress outfit. They are easy on your leg and back muscles. The ones you see are good styles.

Choose a color that goes with most of your garments. If you can afford several pairs of shoes, you may buy the gay ones.



Good styles for shoes

## Hosiery

This includes socks, stockings, and footlets. You wear them for looks, and to protect your feet and shoes. Choose cottons for everyday wear. Are most of yours bobby socks? Perhaps you have a pair or two of longer hose for dress and for cold weather.

Select hose that have yarns and knit loops that are firm and even. Look for good shape that will give your feet plenty of room. You need hose  $\frac{3}{4}$  to 1 inch longer than your growing foot.

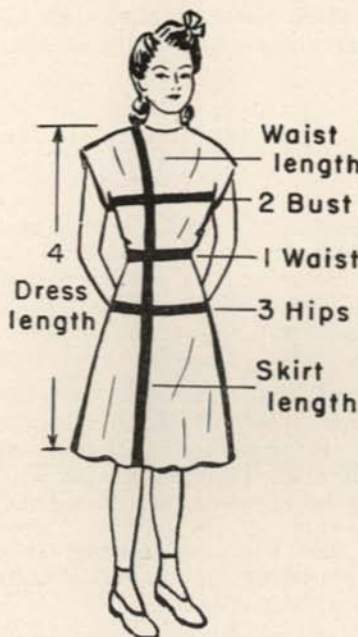
Choose colors that pick up the main color of your dress or make a pleasant contrast. See that they are colorfast and will not shrink. Labels fastened to the hose or printed on the feet will tell you.

# Let's Make a Cotton Outfit

## Buy Your Pattern and Fabric

Now you have decided on a becoming style and color for your dress and have looked at fabrics. You're ready to take your measurements so you'll know the correct size for your pattern.

## Take your Measurements



Take measurements

You will need four measurements: *waist, bust, hips, and length.*

Watch the figure and follow directions. Choose a partner and measure each other. You will need two tape measures. Write the measurements in your notebook as you take them.

1. *Waist*—Place one tape around the waist. Pin it in place and leave it there, but jot down what it measures.
2. *Bust*—Place a second tape around the fullest part of your bust, 1 inch or so below your armpits. Keep your arms down while you are being measured.
3. *Hips*—Place a tape around the fullest part of your hips, just below the hip bone.

Be sure the tape is the same distance from the floor and doesn't slip up or down.

4. *Length*—  
*Blouse Length*—Measure from the highest part of your shoulders close to

the neck, over the bust, to the bottom of the tape at the waist.

*Skirt Length*—Measure from the top of the tape at the waist the length you want your skirt. Add a generous hem so you won't outgrow it. Three inches would be about right.

*Whole Dress Length*—Combine blouse and skirt lengths.

Isn't it easy to take measurements?

Now you're ready to buy your pattern. It's usually best to get the size nearest your bust measurement.

Ask your leader to show you how to change your pattern to fit your own measurements. This is called *altering*. If you make these changes carefully, you will have little trouble with fitting.

At last, you know just how much material to buy. Try to remember all the things mentioned about buying fabrics.



## Know Your Pattern and Tools

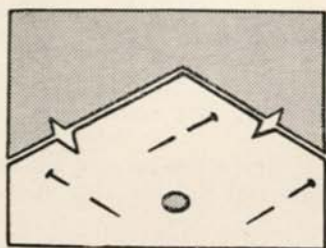
Study your pattern carefully. You'll find it as simple as the multiplication tables once you know the trick.

When you're ready to begin cutting have plenty of cleared table space in good light. Have your tools handy. Press your material and pattern smooth, if necessary. *Be accurate about everything you do.* Keep the sewing guide sheet before you. It's your road map of directions.

Choose the pattern pieces you need. Place them on the fabric as the guide sheet shows for your pattern size and for the width of your material.

Fold the pattern pieces you won't use and return them to the envelope.

Every pattern is different, so know yours from A to Z. Be sure you know the *seam allowance*. Watch all pattern marks. Cut material on the *straight* or your garment will never hang right. Place a colored basting thread down the center front and back of blouse and skirt pieces before you start putting them together.

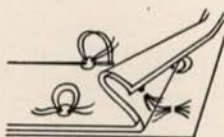


Cut notches **OUT**—Not **IN**  
dressmakers' carbon paper,

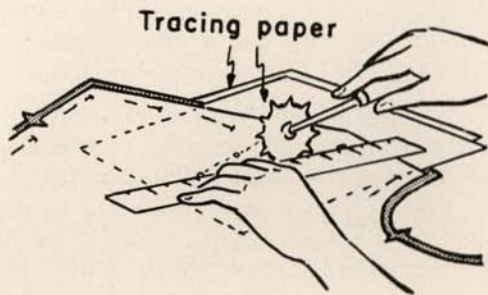
*Notches* are V-shaped nicks in the edge of the pattern. They mark the points where pieces fit together. Cut notches *away* from the edge, rather than *into* the pattern. Deep notches weaken the seam.

You will need the same sewing tools you used in your first clothing plan. Would you like to add some others?

To make pattern marks on your material use *tailors' chalk*, a *tracing wheel* and *dressmakers' carbon paper*, a *colored basting thread*, or *tailors' tacks*.



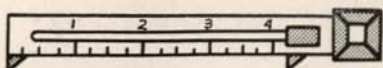
Tailors tacks



Tracing paper and wheel



A *measuring gauge* is made from lightweight metal. It is very handy for measuring short lengths.



Measuring gauge

A *basting brick* is a padded and covered brick for holding hems and seams as you pin and sew.

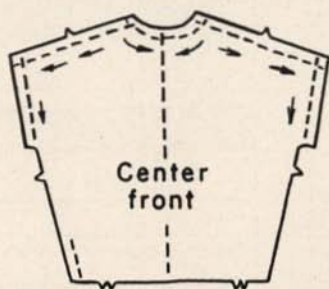


Basting brick

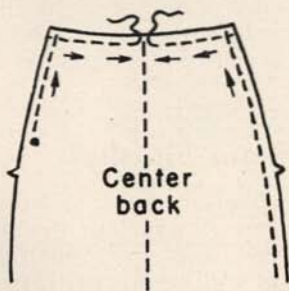
## Put Your Garment Together

Before you put your dress or slip together, *stay-stitch* the bias edges to keep them from stretching out of shape. This is a row of machine stitching just outside the seam allowance. Use thread to match your fabric.

Look at the arrows to see which way to stitch. Always use the *cloth guide* for straight and even stitching. You learned to use this in Clothing Plan I.



Center front



Center back

Learn to handle fabrics as little as possible. Avoid *over-basting*. *Pin-baste*, *stitch-baste*, or *hand-baste*. Then *stitch your garment together*.

Plan your work before you put the pieces together. Save time by keeping parts of each section together. Avoid wrinkles by folding or hanging each article when you put it away.

## Tips on Fitting

A good fit is as important as choosing and cutting with care. Try on your garment with shoes you'll wear with it. Have someone do your fitting while you stand and sit.

Check neck, shoulders, waist, hips, and sleeves.

Stand very still and tall before the mirror and decide how you want your garment to look and feel.

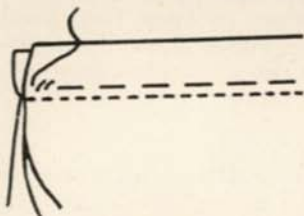


Have a fit

## Finish Your Garments

### Seams for Cotton Garments

Seams often twist and ravel in the washing machine. Make them so they will stand rough treatment. Only a few cotton fabrics will stay smooth without finishing raw edges. Use selvage for a seam finish when it's woven like the rest of the fabric. Cut off heavy ones.



A plain seam

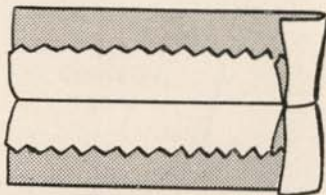
Your choice of seam and finish depends mainly on the fabric.

Make a *plain seam* for most firmly woven materials. Use your cloth guide to stitch exactly on the seam allowance. Trim edges evenly, and finish by one of the methods shown.

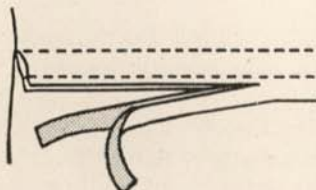
You may press the seam open to make it flat and smooth. If the material is light or medium in weight, *press both edges to one side*. Keep this in mind whatever finish you use.

### Plain Seam Finishes

Use *pinking shears* or leave firmly woven cottons *unfinished* if you feel certain they will not ravel. Such fabrics are uncommon and expensive. Don't pink by hand.



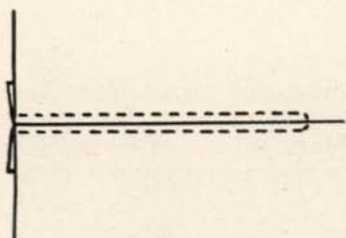
Pinked edges



Edge-stitched

*Overcast* curved seams such as an armhole. This finish is also necessary for any fabric that ravel badly. You learned to overcast in Clothing Plan I.

*Edge-stitch* most fabrics of medium weight. For fabrics that ravel easily, edge-stitch, then overcast.



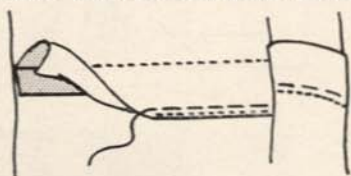
*Top-stitch* for extra strength. The raw edges may also need a finish. This is a good seam for slips.

**Top-stitched**

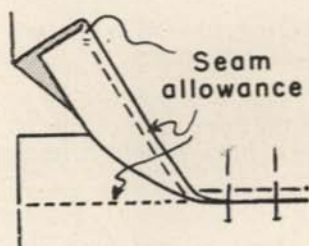
Make a *tailored flat fell seam* where you need strength. Stitch on seam allowance from the side of seam that will be on top. Trim under thickness of seam to a scant  $\frac{1}{4}$  inch. Press both sides smooth. Hem upper side to a scant  $\frac{1}{4}$  inch over trimmed edge. Baste flat to garment. Top-stitch.

Both stitchings usually show on right side. The flat fell seam turns toward the front unless it interferes with a side placket.

If you use it on one part of a two-piece outfit, repeat it on other so they will go together.



**Flat fell seam**



**Lap seam**

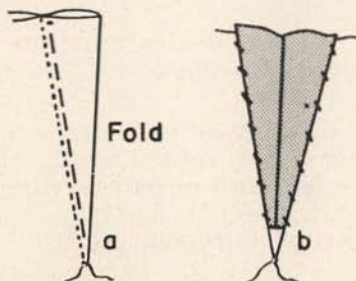
Make the *lap seam* when two edges have sharp angles or curves or when one section is gathered. Turn under top edge on seam line. Lap over seam line on the under piece. Pin, baste, and stitch close to folded edge.

## Make a Dart

Darts are wide at the seam line and taper to a point. They are used to place or to remove fullness. Unless you want the stitching to show for trimming, stitch on the inside of the garment.

Match marked places. Baste and stitch, starting at wide end. Slope gradually to a fine point. Leave thread ends at point long enough to tie and snip off. Or thread them through the eye of a needle and fasten with over-and-over stitch.

Press darts toward center front or center back as in *a*. Press an underarm dart toward the waistline seam. For heavy fabric, slash dart through center, to  $\frac{1}{2}$  inch of point, press open and overcast edges as in *b*.

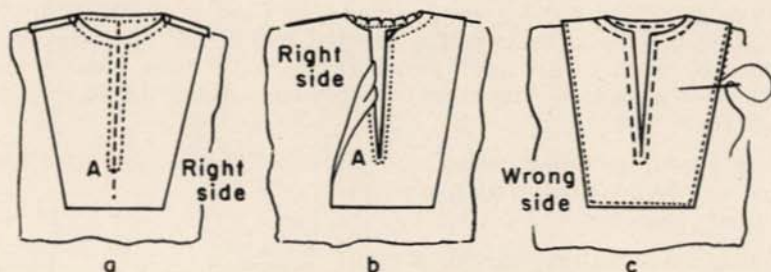


**Make a dart**



## Make a Shaped Facing

For *neck openings* on your dress or blouse, cut facing front and back the exact shape of neck and shoulder line, on length of fabric. See *a*. Be sure shoulder lengths are alike. Mark centers of facing and blouse pieces with a colored basting. Make seam at shoulder to fit blouse exactly. Press seam open.



Shaped facing for a neck

See *a*. Place right sides of facing and blouse together with centers matching. Mark length of opening. Stitch on seam allowance.

Begin stitching at center back. Make a round point at bottom of opening at *A* and square corners at top. Lap stitching 1 inch at back for strength.

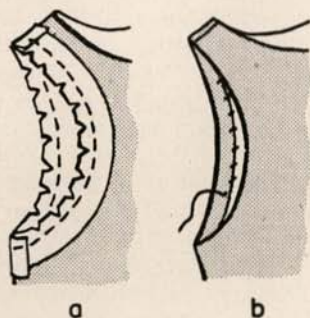
Remove basting and press. Cut between rows of stitching, to point *A*. Trim diagonal corners at tops of opening to remove bulk.

See *b*. Make clips into seam  $\frac{1}{2}$  inch apart at curved neckline. Turn facing to wrong side.

See *c*. Baste and press seam edge. Roll seam slightly toward wrong side along back of neck. Turn under raw edge of facing  $\frac{1}{2}$  inch. Edge-stitch. Fasten to blouse with loose slip-stitch or hemming-stitch.

Make facings for the *neck* and *armhole* of a *slip* with built-up shoulder as described. Cut pieces  $1\frac{1}{2}$  inches wide by slip pattern.

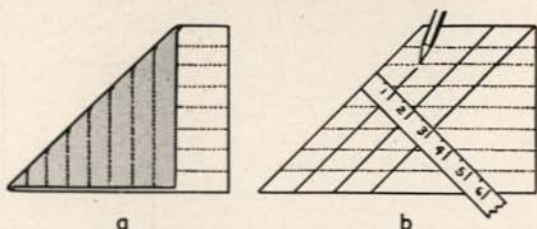
Place right sides together with seams matching as in *a*. Stitch, clip, and roll seam slightly toward wrong side. Finish  $\frac{1}{2}$  inch wide as in *b*.



Shaped facing for an armhole

## Cut and Piece Bias

Do you know what we mean by *bias*? When cut on the diagonal of fabric, a bias stretches around curved edges. This makes a flat finish for bindings and facings that isn't possible with straight edges.



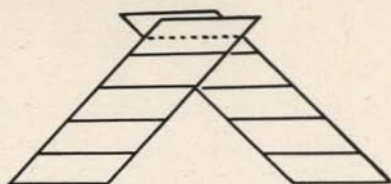
Cut and measure bias

Straighten the cut edges and fold material as in *a*. You have a *true bias* when you place the length and crosswise threads of the fabric together so the bias cuts evenly on each.

Crease and fold lightly without stretching. Use your gauge and measure strips evenly from crease as in *b*.

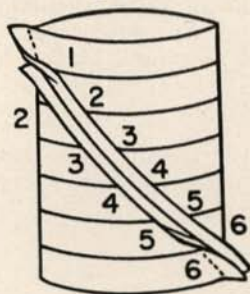
Cut a binding *twice* as wide as you want it finished, plus two seam allowances. Cut a facing as wide as you want it finished plus two seam allowances.

Piece bias strips on straight of material. Match stripes so they run the same way and are even. Stitch and press seams open.



Piece bias

### Bias



A trick with bias

When you need a great deal of bias, here's a trick. You can use this idea for a demonstration some day.

Cut a wide piece of true bias. Mark your lines as shown. Pin and baste straight edges together to make a tube.

The trick is to slip marked spaces one width beyond its matched number.

Stitch seam and press open. Cut on marked lines. You will have a long strip of pieced bias.

## Put in a Slide Fastener

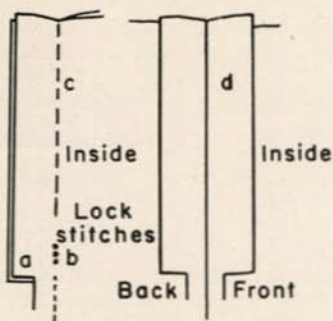
Follow these directions one step at a time:

a. Cut *left* side of both skirt side seams  $\frac{3}{4}$  inch wider than seam allowance and 1 inch longer than length of the slide fastener.

b. Stitch left side of seam from hemline to beginning of placket opening. Fasten thread with three lock stitches.

c. Lengthen machine stitch as much as possible. Finish stitching seam to waistline. Hand-baste, if you prefer.

d. Press seam flat.

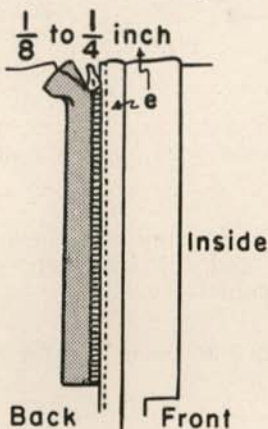


Cut, stitch, and press open

e. Make a fold  $\frac{1}{8}$  to a scant  $\frac{1}{4}$  inch along back of side seam. Crease and pin fold to *right* side of closed slide fastener. Allow  $\frac{1}{2}$  inch space at top for belt seam. Baste if necessary. Machine stitch. Use cording foot, if you have one, to stitch close to slide.

f. Place slide fastener flat against skirt front section. Pin or baste close to slide.

g. Stitch the length of slide fastener from either wrong side, along tape edge or from outside, on pinned or basted line. Round out stitching at top to allow space for slide fastener pull. If you stitch from wrong side, it is easy to follow the tape edge. You can make a neater stitching from right side but it will be better to baste instead of pinning.

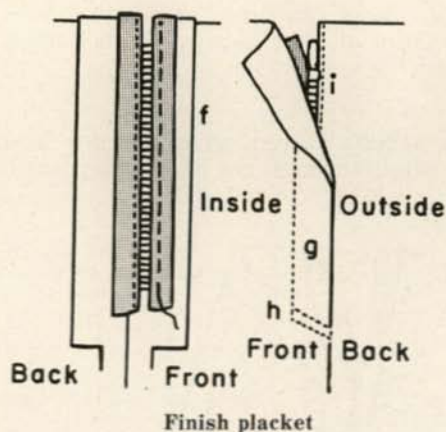


Place slide fastener

h. Continue stitching across bottom of tape. A double row of stitching adds strength.

i. Remove the long stitches that enclose seam.





Use same plan for putting in a dress placket fastener. Place 1 inch or more of slide length below waist than above.

## Make a Bound Placket

For a *neck* or *sleeve* opening, try this easy method of making a placket with a narrow binding. Cut a bias strip twice length of opening and about 1 inch wide.

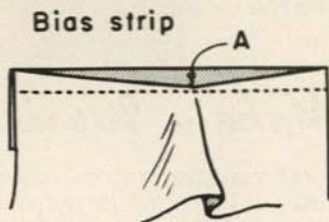
For a wider opening with an underlap, cut the strip twice the width you want it finished, plus seams.

Pin right side of strip to right side of garment. Drop garment at point A as shown. Keep stitching an even width from *bias* strip. Be sure there are no pleats or puckers but that you catch enough to hold.

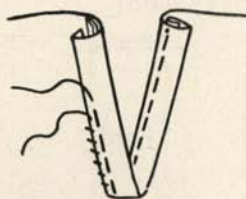
Press edges toward placket piece. Turn under raw edge and hem along machine stitching. Press with top side folded under.

For a *skirt* placket try this method. If placket is set in a seam, decide length and clip into seam allowance at this point as in *a*.

Cut a strip about  $2\frac{1}{2}$  inches wide, and twice placket opening on the selvage. Place right sides together. Sew cut edge of strip to edges of the openings, on seam line as in *b*. Press edges toward placket.



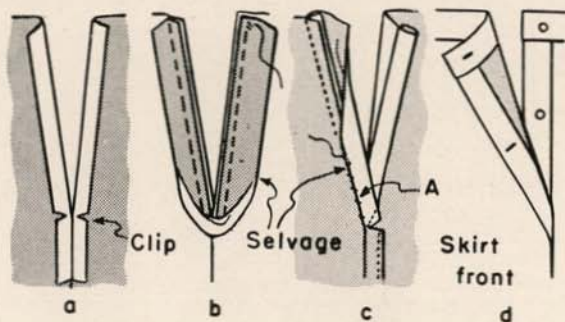
Sew bias to opening



Bound placket

Hem selvage edge of strip along row of machine stitching as in *c*. Bring the two folds together at bottom at *A*. Stitch at angle shown to make the placket strong and flat.

If upper edge is finished with a belt, fasten with buttons and buttonholes as in *d*. Make the buttonhole through the placket lap only.



Steps for skirt placket

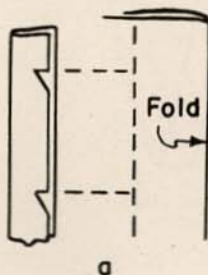
Use metal snap-on fasteners, if you prefer.

Make a *dress* placket in the same way, with end at underarm seam like the bottom.

## Make a Worked Buttonhole

If you use buttons, learn to make suitable buttonholes. You may make either hand or machine-made buttonholes on your dress. But if you make them by machine, be sure that you first learn to work one by hand. You may not always have a buttonholer to use.

Center front



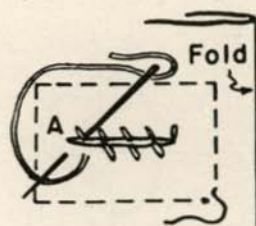
Mark position

Follow these steps: *Mark position* with pins or colored thread as in *a*. The buttonhole starts on center front or back. Test length of buttonhole on a scrap of material.

Flat buttons require smaller holes than thick ones. A good rule to follow is the diameter of the button, plus its thickness.

You may need to baste layers of material together to keep the edges from slipping. For extra strength, machine stitch around buttonhole mark before you cut the opening. *Cut* buttonhole with sharp, pointed scissors.





b

Cut and overcast

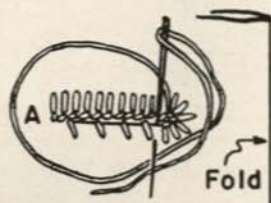
Begin to *overcast* at A, the end away from fold as in b. Use a heavy-duty single thread without a knot. Bring needle up between two thicknesses of material leaving a short end of thread to overcast. Take stitches about  $\frac{1}{8}$  inch deep.

Make the *buttonhole-stitch* by bringing needle again to right side at A below overcasting-stitch. Place cut edge away from you and over your left forefinger. Hold it firmly with your thumb and middle finger.

Make a stitch  $\frac{1}{8}$  to  $\frac{1}{4}$  inch deep. Pick up double thread near eye of needle, bring it toward you and under tip of needle from *right to left* (in the direction you are sewing) as shown in c. Pull needle through material and away from you until the purl (knot formed by the loop of thread) is on edge of slit.

Make stitches close together but do not crowd them.

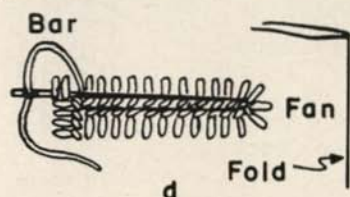
Make *fan* stitches at edge nearest fold. These stitches are slanted like the spokes of a wheel. Take an uneven number of stitches from five to nine with center stitch straight out from the slit. The button rests in the fan.



c

Buttonhole-stitch

Make *bar* stitches at opposite end as in d. These are made in a straight line. First, make two long stitches directly across end. Turn your work so edge of bar will be toward you. Work from *left to right* with needle toward buttonhole. Sew into a loop to make the blanket-stitch. Fasten thread by running your needle through stitches on wrong side. Use a *fan* and *bar* on medium and heavy fabrics but only when buttonhole is at right angles to opening.

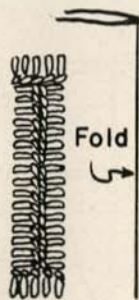


d

Fan and bar

You may make *two bars* on tailored garments such as men's shirts where there is little strain. Make the buttonhole in same direction as edge of opening.

You may prefer to make *two fans* either at right angles or in same direction as opening. Use on underwear, dresses, and blouses.

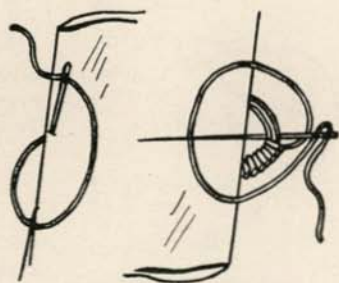


e

Two bars

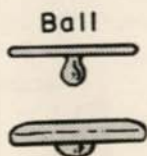


Make *thread loops* to bring two sides of a neck opening together or for belt guides. Make two or three long stitches diameter of button or width of belt as shown. Cover these stitches with button-hole-stitches pulled to outside of loop.



Thread loops

If you prefer, make loops with a chain stitch either by hand or with a crochet hook.



Socket

A snap fastener

Sew on *snap fasteners* where there is little strain and fastening will not show.

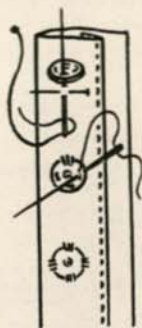
Mark places with pins where center of fasteners goes. Sew *ball* to *overlap* of placket and *socket* to *underlap*.

Use a tiny knot in end of a doubled thread or a single strand of heavy-duty thread. Take a stitch at place marked, and place snap over knot. Make an over-and-over stitch in each hole. Use a button-hole stitch for greater strength. Do not catch stitches through outer layers of material. Carry thread under snap to next hole. Fasten thread by running needle between fabric layers.

For work and play clothes, you may prefer to use heavier metal snap fasteners that clamp in place and need no sewing.

Sew on *hooks, eyes, and bars* where there is some strain and fastening will not show.

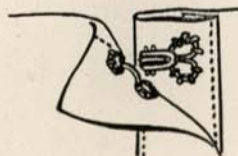
For edges that meet, use a *hook and eye*. Extend eye  $\frac{1}{8}$  inch beyond edge of opening. Sew hook back from edge of *overlap* the same distance.



Sew snaps



Hook and eye

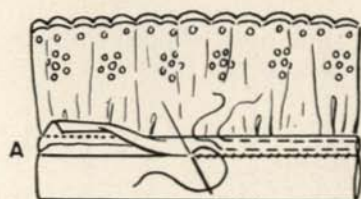


Hook and bar

Mark places with pins where fasteners go. Spread hook slightly so it will be easier to sew on. Use a knot in a double thread fastened to material under hook or eye. Make an over-and-over stitch around holes. Use button-hole stitch for greater strength. Sew under hump of hook.

For edges that lap, use a *hook and bar* or a *thread loop*. Sew in place as shown.

## Put a Ruffle on a Slip or Petticoat



A ruffle on a slip

Pin and baste evenly gathered edge of ruffle against the slip with right sides together and raw edges even. Open one edge of folded bias and baste in fold as at A. Join ends of bias tape. Stitch through three thicknesses. Remove bastings.

Baste bias flat to wrong side of slip over the raw edges. Make sure bias and slip are creased on line of machine stitching. Fasten opposite edge of bias to slip with a hemming-stitch.

## Put in Your Hem

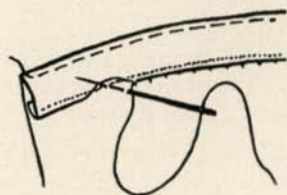
Before you take the length of your dress, press it carefully. Fasten placket and put on belt. Be sure you wear shoes with heels about the height of those you will wear.

Choose a length becoming to you and your figure. Have someone measure length with a yardstick or a skirt marker. Put pins in securely and even with floor. Measure again to check.

Baste hem on line of pins. Try it on again to check. Press. Use a gauge to mark hem width evenly and trim. A  $2\frac{1}{2}$ -inch hem is a good width for cotton dresses. If there is much flare in your skirt, make a narrower hem.



Measure dress length



Edge-stitched hem

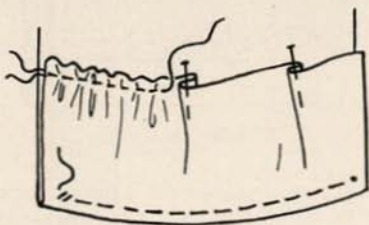
Make *edge-stitched hem* on cotton wash dresses. Turn in top of hem  $\frac{1}{2}$  inch and edge-stitch about  $\frac{1}{8}$  inch from fold. Pin and baste hem to dress. Use hemming-stitch or slip-stitch to fasten. Make small stitches and avoid pulling thread tightly or they will show.



The *slip-stitch* is invisible on both sides. It is not as strong as the hemming-stitch but is used on lightweight dresses that will not have hard wear.

Use a fine needle. Fasten thread with a small knot slipped through fold of the hem. Bring needle to outside, take up one thread of dress opposite place needle comes through. Repeat, making invisible stitches  $\frac{1}{4}$  inch apart. Do not draw stitches tightly.

For gored skirts with much fullness gather with a long machine stitch  $\frac{1}{4}$  inch from the edge or lay in small pleats as shown. Make fullness even. Baste and stitch one edge of a matching bias tape along the row of gathers or pleats. Hem or slip-stitch opposite tape edge to dress.



Gather or pleat fullness

Make a  $\frac{1}{4}$ -inch hem in your tailored slip. Stitch on hem fold and again on edge of hem to match fell seams. Stitch both sides of shoulder straps to repeat this tailored finish.

## Accessories for Your Dress

Ideas for accessories are everywhere. Make a washable beanie or a quilted summer hat from your dress scraps. And a drawstring basket bag to match. Choose a belt, summer gloves or any other gay touch that *adds* to your dress—not *subtracts*.

### Make a Head Scarf

A scarf keeps your hair in place when wind blows and dry when it rains. It also keeps your coat collar clean or peps up a dress. You can wear one for a sash, or knot it into a bag.



Select a soft material that will look well with your dress. Since a scarf will be a frame for your face, be sure it is becoming.

Some girls make very attractive scarves from bleached or dyed feed sacks. Squares 24 or 27 inches usually fit your head.

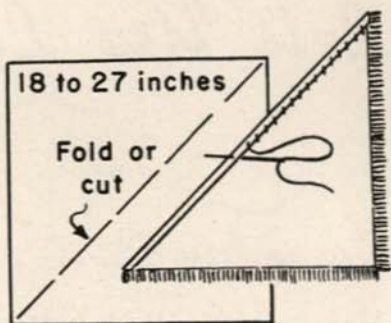
Use some of the edge finishes you learned for place mats in Clothing Plan I. Add a knotted fringe of cotton rug yarn if you wish.



For a triangle scarf, fold the material double thickness or cut it on the bias and make two.

To make a neat hem on stretchy bias, machine-stitch about  $\frac{1}{8}$  inch along the cut edge as shown. Crease this stitching into first turn of the scant  $\frac{1}{4}$ -inch hem.

For a double triangle, fold the square on the bias. Sew straight edges together as you did the pin-cushion in Clothing Plan I. Clip



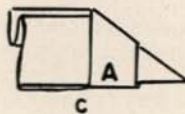
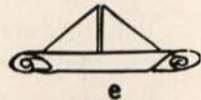
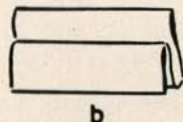
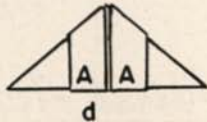
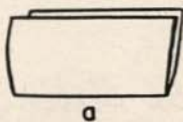
corners, turn, and press with care.

## Fun with Scarves

For a scarf that can be tied in many ways, try one 27 to 36 inches square. Finish it with hand-hemmed edges or leave the selvages. Fold your scarf a different way every day. Learn at least two ways to fold a scarf. Show these tricks to other girls at your next club meeting.

The *Babushka* is a popular Scandinavian scarf trick.

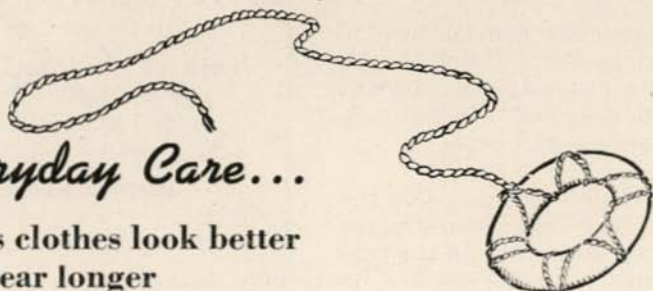
- Fold square in half with the hemmed edges away from you.
- Bring top piece toward you to bottom fold.
- Turn folded scarf over with the three thicknesses away from you. Bring A corner to the center position.
- Bring second A corner to the same position. Keep the top point sharp, all edges even and just meeting.
- Roll free edges at the bottom about half way to the peak. Hold tight and make a firm roll.
- The cap or opening for the head is on the inside. Wear the Babushka tied under the chin in a square knot.



# Let's Use Life Preservers

## Everyday Care...

Makes clothes look better  
and wear longer



DO YOU—

- Give your shoes *special care*?  
Keep heels and soles *repaired*.
- Have shoes that rub your heel?  
Pad the *sides*, but not the back, because this shortens the shoe.
- Use *trees* that fit your shoes or *stuff* them with soft paper if they get wet?  
This will put them back in *shape* and keep the linings smooth.
- Keep your shoes *clean*?  
Mud, water, and very dry weather *ruin* leather. Wash dark shoes with saddle soap. Dry them where it is warm but away from *heat*.  
It's no longer stylish to wear saddle oxfords the color of dirt.
- *Polish* your shoes now and then?  
If shoe leather seems dry apply a light coating of castor oil to the soles and shoe cream to the uppers. Then polish.
- Always keep shoes off the floor?  
Keep them on a *rack* or *shelf* and save cleaning time.

## First Aid to Ailing Clothes

Plan to spend at least *4 hours* in making things which will help you take better care of your clothes.

Look through magazines and books, and study ways to fix a good storage space for your own things. Bring pictures to club meetings and discuss as many things as you can find to make your bedroom and clothes closet neat, attractive, and handy.

Then to help you form good habits, decide on *four* things to improve the care of your own things. If you answer *no* to these questions, that's a tip for you:



## DO YOU—

- *Change* your dress or put on an apron when you come from school?
- Take off your clothes with *care* so you don't rip them?
- Put your coats and dresses on *hangers* when you take them off?
- *Air* your clothes before you wear them again?
- Lay out things that need *mending*, then mend promptly?
- Have *garment covers* for your best clothes?
- Have a *laundry bag* for your own soiled things?
- *Brush* your clothes from top to bottom before you wear them?
- Look out for *moths* and protect your clothes if you find any?
- Have a *special place* for your purse, hats, scarves, gloves, and sweaters?
- Carry a *fresh hanky* every day?
- Have *regular pressing* dates with your clothes?
- Get your things *ready* at night for tomorrow?
- Can you *darn* a sock?

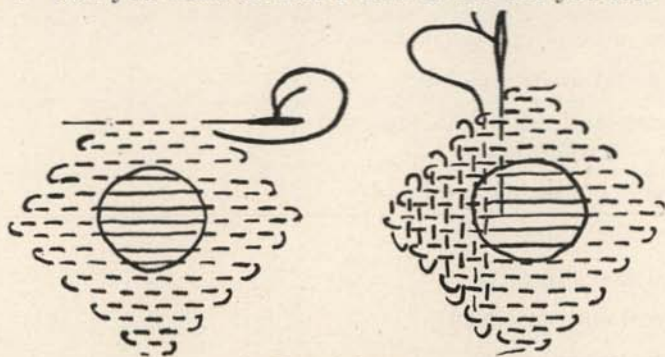
No? ? ? ? ? Then you know what to do.

## Make a Darn on Hose or Socks

Use as fine a needle for your thread as you can. Darning needles have fine points and long eyes to carry bulky thread. Choose thread as near the weight and color of the sock as possible. Darning cotton comes in a good range of colors. It also comes in strands so you can use the weight you think best.

Slip a hose darner, a light globe, or a plastic egg inside the sock while you make your stitches. This makes darning easier.

Darn holes as soon as they appear. You know the old story, "a stitch in time—" Can you make as nice a darn as the one you see?



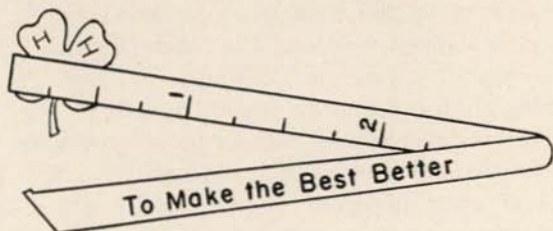
Darn a hose

First, make an outline the shape of a circle or diamond with basting thread. Be careful not to stretch the hole as you work.

Put in your first rows of small running-stitches well beyond the hole to make weak places stronger. Do not use a knot. Weave in the filling threads in the same way.



# Let's Keep Score



## Judge Your Outfit 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 the column 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.

29-18 is RED.

17- 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 . . .*

**Give a Method Demonstration  
at a Club Meeting.**

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

**Have a Dress Parade.**

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



Have a dress parade

NAME OF 4-H GIRL.....

AGE..... ADDRESS.....

NAME OF CLUB.....

LEADER'S NAME.....

UNIVERSITY OF IDAHO  
College of Agriculture  
Extension Division

D. R. Theophilus  
Director

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