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your Bedtime

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Outfit

4N

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DEPARTMENT OF AGRICULTURE COOPERATING

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Your
Bedtime Outfit

4-H CLOTHING PLAN III
Learn to Sew Series

by

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OHAD TO VIKU
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JEAN

and her pals are back...

Jean and her pals
Decide they're the gals
 To get a job done in a minute.
Now they've found that they need
Bedtime outfits, indeed,
 So with energy plus they begin it.

Patient clerks at the store
Show these girls they adore
 Their best fabric and trimming and thread.
No doubt what *they* want
At the places they haunt,
 Can you wonder they're always ahead?

Jean and pals usually know what they want and they're not content until they find it. They ask their mothers and leaders for suggestions. The girls do most of their own shopping. That's the best way to learn to make good choices.

What interest the girls take in caring for their looks and their own things! They find it isn't hard to do if they keep at it every day. They remind each other to sit, stand, and walk tall. People are always watching 4-H girls, especially when they're winners like these.

In this clothing plan you will make a pair of pajamas or a nightgown and accessories to go with it. Be sure you can do most everything in Clothing Plans I and II before you try this one.

Join the 4-H Parade and...

Let's Choose an Outfit

What is a bedtime outfit?

Bedtime styles for you

Fabrics for your money

Let's Make an Outfit

Know your patterns and tools

Learn to use two new sewing aids

Garment finishes

Make

1. A pair of pajamas, breezies (short pajamas), *or* a nightgown
2. A house-coat, a dressing robe *or* a brunch coat that doubles for a dress
3. Two other articles for an outfit

These may be a makeup cape, bedtime slippers, bed socks, handkerchief case, or some other accessory to help keep you and your room neat.

Let's Use Life Preservers

Launder rayon, silk, and wool

Make a machine darn

Let's Keep Score

Judge your outfit and exhibit it

Keep your record book up-to-date

Choose an Outfit

For a bedtime outfit, make a gown or pajamas for sleeping, or house pajamas for lounging. And a dressing robe or a house-coat to slip over your sleeping garments.

You might prefer a short house-coat which is sometimes called a BRUNCH COAT—*br* from breakfast and *unch* from lunch. This could double for a wrap-around dress.

Look around for accessories to help keep you and your room neat.

Be sure to choose things that go together to make an OUTFIT.

Bedtime Styles for You

Pick out styles and patterns that are easy to make. Many girls like short pajamas, called *breezies*, or knee-length nightgowns. These are cool for summer.

Brunch coats and other short garments are smart, comfortable, and they save material.

Pattern books in the stores will have styles like these.

Buy a pattern your correct size. Then look on the envelope to find the exact amount of material you will need.



Fabrics for Your Money

Plan colors and materials for your bedtime outfit that *go together and become you*. Use matching materials. Usually two print materials do not look well together unless they are *companions*.

Some cotton materials to ask for at the store are muslin, seer-sucker, percale, crepe, batiste, dimity, chintz, or outing flannel, for cold weather. Feed sacks make attractive garments and save money.

Terry cloth, that looks like a bath towel, makes a practical robe. For a more expensive gown or pajamas ask for rayon or silk crepe in a firm weave. Wool, silk, and linen cost more than cottons, so may not fit the family pocketbook.

Look on the label to make sure that the material is washable and will not shrink or fade.

You learned a few things about cotton when you made your cotton outfit. Now let's meet some new ones.



Flax plant

Linen comes from the flax plant. You do not find the fibers attached to seeds as you did the short cotton fibers. Flax fibers grow the length of the flax stalk and are found on the inside. The outer bark must be removed to get to the fibers.

Linen material is very practical and lovely. Most of our linen comes from Europe.

Wool is sheared from the bodies of many different kinds of sheep and goats. Some wools are very soft and fine. Others are coarse and wiry. Compare the feel of a soft baby sweater with the wool rug on your floor.

Garments made of wool will shrink unless they are washed carefully. In most cases it is better to let your cleaner *dry clean* them, unless the material has been treated at the factory so it will not shrink. The label will tell you if this finish is used. A label should also explain if wool is combined with other fabrics such as cotton, silk, or rayon.

Woolens and *worsteds* are materials made from wool. Woolens such as flannel and coatings are fuzzy, napped fabrics. Worsteds such as serge or gabardine have a smoother finish. Usually worsteds wear longer than woolens.

We raise a great deal of wool in America, but most of our best wool comes from other countries.



Wool on foot



Where silk comes from

Silk comes from the silkworm. One of the problems of making silk fabrics is to unwind the fiber from the cocoon that the silkworm makes as it spins. It is then necessary to remove the harsh gummy coating from the shiny, smooth fiber that makes silk lovely to look at and to feel.

Silk is a beautiful but expensive fabric. Most of our silk comes from China and Japan.

Rayon is a fiber made by man. It is made from wood pulp or from the short fuzz that remains on the cotton seed after the longer cotton fibers are removed in ginning.

The wood pulp or the short cotton fuzz is first made into a liquid and then forced through tiny holes to harden into long, firm fibers.

Rayon may look like silk but is not as expensive. It may also be made to look like linen or wool.

Many rayon materials are not very strong when wet, so must be laundered carefully. Rayon has many uses. We make most of the world's supply in America.



Rayon from spruce

Nylon is another man-made material made from coal, air, and water. It is stronger than the other fibers, dries very quickly, and needs little ironing. It looks very much like silk. Most girls prefer nylon to silk for hosiery because it wears better.

All nylon is made in this country.

Wouldn't you enjoy reading more about these and other fabrics? Make a report at your next meeting. Look for this information in magazines or in your school library.

If you are going to be a wise shopper you must learn all you can about today's fabrics. There are many new materials and new finishes for old ones. It keeps us on our toes to know what's happening.

Before you spend your money, know what to expect of materials and how to care for them. Ask the clerks in the store and read the labels to find out all you can. Don't be in a hurry to buy things you don't know about.

Make an Outfit

Review the section, KNOW YOUR PATTERN AND TOOLS, in Clothing Plan II. Be sure you remember the things you learned about patterns—taking measurements, altering the pattern to fit you, cutting out your material, making pattern marks, stay-stitching bias edges, and fitting your garment. You also learned to use some sewing tools and finishes which make your garments look neat and wear well.

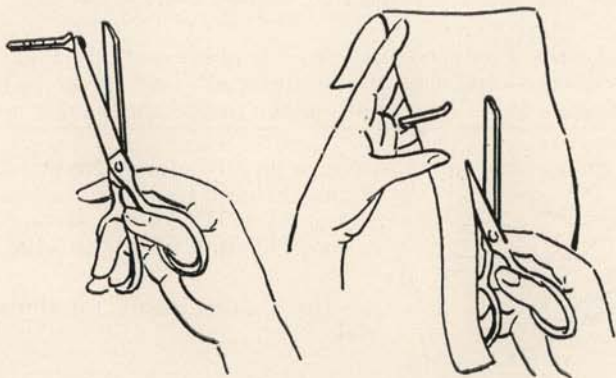
Use Two New Sewing Aids

The *cloth guide* suggested in Clothing Plan I is a help in making straight stitching. If you haven't already learned to use one, perhaps you'd like to try.

Other sewing machine attachments that are easy to use and that will help you to sew faster are the *hemmer* for making quick hems, and the *ruffler* for making gathers. Do you know others?

If you plan to make a handkerchief case you'll learn to use a *cording foot*.

The *bias cutting gauge* shown is an old tool but a handy one, wrapped up in a new package. You may find one in your mother's sewing box. If you have a lot of bias to cut it would pay you to buy one.



Use a bias cutter

Garment Finishes

For your pajamas, gown, house- or brunch-coat, you will be working with materials and garments that may have new problems. You may need to learn some finishes that you didn't use before.

You may decide to make the *plain seam* that you used on your firm cottons in Clothing Plan II. Choose the edge finish best suited to the fabric on which you're working. If the material for your robe is a firm wool that does not ravel, you may pink the seam edges. Other materials may need to be edge-stitched, overcast or both.

The *fell seam* will wear and launder well for pajamas made from most materials. Make it on the inner leg seams of the trousers and on the crotch seams. You learned this seam also in Clothing Plan II. Make the same kind of seam on the blouse of the pajamas.

But, if you plan to make a side placket on the trousers, it will be better to make a plain, top-stitched seam along the sides. Turn both edges toward the *front* so the placket will turn in the right direction.

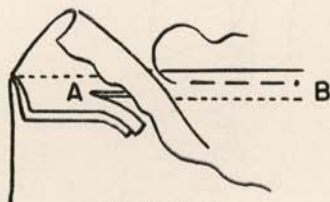
Make a French Seam

For your gown or breezies made of light weight fabrics, use a *French seam*. This is a seam within a seam which wears and launders well for thin fabrics.

The French seam is too bulky for fabrics that are medium or heavy in weight. The layers of material dry slowly as you iron them. They also make a ridge that causes wear.

To make the French seam, stitch a plain seam $\frac{1}{4}$ inch from the raw edges on the *right* side of the material. Trim it to $\frac{1}{8}$ inch from the stitching as at *A*. Press both edges in the same direction.

Turn wrong side out and crease firmly along the stitching line. Baste through four thicknesses of material as at *B*. Make the second stitching a scant $\frac{1}{4}$ inch from the edge.



French seam

Use smaller seams for thinner materials.

Do You Need Help with Collars?

Here are two methods of putting on a collar. You can make the collar first and then sew it to the neckline. Or you can sew it on as you make it.

First Method

Make the collar by pin-basting or by pinning and basting the two collar pieces with right sides together as in *a*. Stitch the outside edges on seam line.

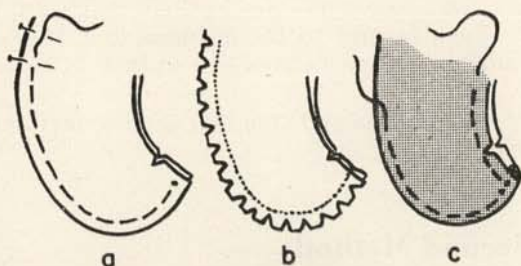
If material stretches easily, baste and stitch collar pieces to tissue paper. Remove basting and tear off paper. Trim seam to $\frac{1}{4}$ inch.

If the collar has pointed corners, clip across them before turning. For round collars, cut the notches nearly to the stitching as in *b* to avoid bulk when turned.

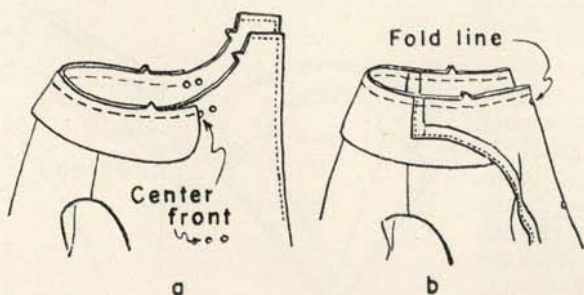
Baste around the outer edge with seam rolled slightly to the under side as in *c*. Press collar and baste the raw edges of the neckline together.

Sew the collar to the neckline by placing collar next to right side of blouse. Match center backs and notches as in *a*. Bring ends of collar to center fronts. See that you don't confuse marks with fold line for facing.

Pin and baste in place. Turn facing edges under $\frac{1}{2}$ inch and edge-stitch $\frac{1}{8}$ inch from fold.



Make the collar



Baste collar to neckline

Turn facing back on fold line, over collar, matching notches. Pin and baste.



c



d

Stitch and finish

Cut a bias strip $1\frac{1}{2}$ inches wide and long enough to lap over facing ends about 2 inches at either end as in c.

Pin, baste, and stitch in place. Trim seam edges to $\frac{1}{4}$ inch. Clip across corners and into curved neckline seam so collar will be flat.

Turn facings to the inside as in d. Baste flat to the blouse. Turn under bias edge to measure $\frac{1}{2}$ inch.

Fasten bias and shoulder edge of facing to blouse with hemming-stitches.

Second Method

Sew on a *notched* collar as you make it.

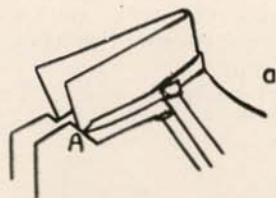
Stitch the *underside* of the collar to right side of the blouse as in a. Stitch the *top* side of the collar to blouse facings.

Clip both facing and blouse to the stitching along the collar edge at point A. Press seams open.

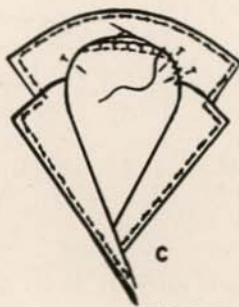
Put right sides of both sections together as in b. Pin, baste, and stitch around collar and facings. Avoid stitching into seam allowance of collar.

Remove bastings, trim corners, and clip into seams on curved neckline.

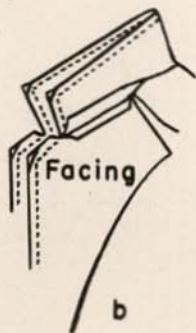
Turn collar and facings to the right side. Baste around the edges, as in c, with the seam of the collar and lapels rolled slightly to the underside. Roll the back of the collar over your hand and pin smoothly along line of machine stitching. Fasten with hemming-stitches along neck seam, and press.



a



c



b

Notched collar

Put in a Sleeve

Lengthen stitch of machine. Stitch around top of the sleeve, between notches just outside seam allowance. Be sure you have stay-stitched armhole of blouse so it will not stretch. Make seams in blouse and sleeves. Press.

In all *shaped* sleeves, the cap should be larger than the armhole so it will fit over your curved shoulder without pulling. Fullness may be eased in or darted. Gather a puff sleeve.

For pajamas with a *straight* sleeve and no fullness, use a flat fell seam.

To put in the *eased-in* sleeve, mark *crosswise* grain, near notches, with a colored basting.

Turn blouse wrong side out and sleeve right side out. Match notches, underarm seams and sleeve top-center with shoulder seam. Pin from sleeve side with right sides together.

Pull up thread of lengthened machine stitching to fit armhole.

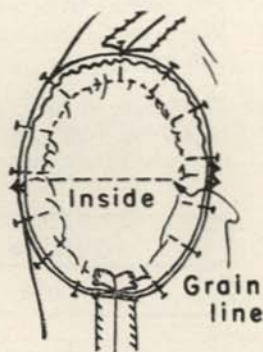
Baste along line of stitching. Pin in shoulder pads before fitting. Try on to check set of sleeve and amount of ease. Check to see that grain line is straight with floor.

Machine-stitch on seam allowance from sleeve side. Stitch around the sleeve, beginning at underarm. Lap-stitch 1 inch for strength.

To strengthen a sleeve that receives strain, make second stitching $\frac{1}{8}$ inch outside first row. Trim and finish armhole edges by overcasting if material ravels easily.



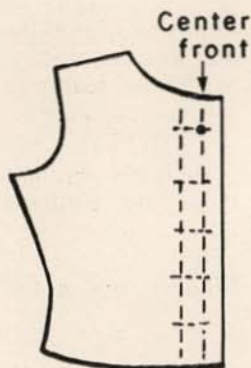
Check grain line



Ease sleeve into armhole

In some materials such as firm wools, it is necessary to ease in fullness in a special way. Pull up the lengthened machine-stitching over sleeve cap until sleeve fits the armhole. Shrink out fullness until smooth, over a curved, padded surface. Use a steam iron or a dampened cloth. Pin and baste sleeve into armhole. Try it on to check before stitching.

Make a Tailored Buttonhole



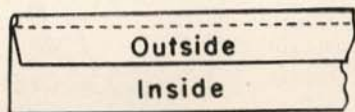
Mark place and size

For your pajamas you will want a good, firm buttonhole that will launder, so make the worked kind. You learned to do this in Clothing Plan II. For your house-coat, perhaps you'd like to make a tailored buttonhole. There are several ways to do it, but suppose you follow these steps.

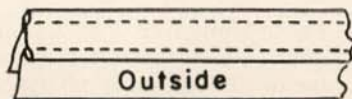
Buttonholes begin on the center front line, where the buttons line up. Mark their place and size with a colored basting as shown. A buttonhole should be the diameter of the button plus its thickness.

Put another basting $\frac{1}{4}$ inch on each side of buttonhole mark. These are guide lines. Be very exact. Then—

- Stitch first tuck.* Cut a lengthwise strip of fabric on the straight $1\frac{1}{2}$ inches wide and twice the length of all your buttonholes. Press into thirds along the length. Stitch a $\frac{1}{8}$ -inch tuck along one fold.
- Stitch second tuck.* Repeat on other fold keeping cut edge of first tuck free. You now have two $\frac{1}{8}$ -inch tucks $\frac{1}{4}$ inch apart. Cut strip into sections twice the marked buttonhole size.

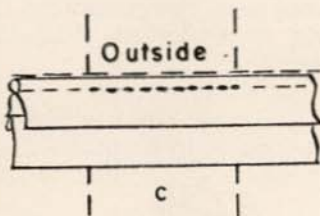


a



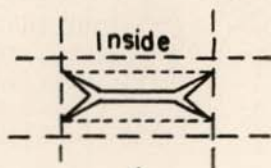
b

- Place tuck folds along guide lines on either side of center line. Stitch length of the buttonhole along each row of tuck stitching. Stitch back at each end to fasten. Keep cut edges free.*

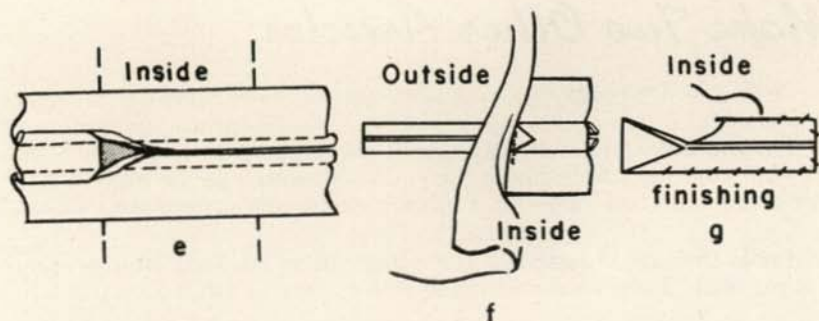


c

- Remove center basting. Turn to inside. Cut between stitching lines to $\frac{3}{8}$ inch from each end. Clip diagonally to corners. Do not cut stitching.*



d



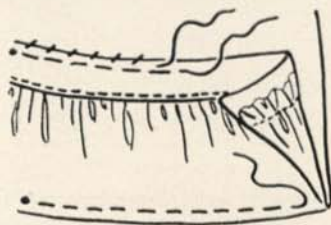
- e. *Bring tuck strip to inside.* Pull ends of strip to square the corners.
- f. *Stitch triangle ends.* Hold garment away and stitch back and forth over triangle and strip at both ends of the buttonhole.
- g. *Slash facing under buttonhole as in d.* Turn in cut ends and *hem facing along stitching lines.* Press with care.

Put in a Hem

If you make your house-coat of wool or of heavy material, you may need to learn how to finish the hem edge with ribbon tape.

First, turn up the hem and baste along the turning. Use a gauge and trim hem evenly.

If there is fullness, machine-stitch or make small running stitches $\frac{1}{4}$ inch from raw edge. Pull up stitches to make the hem flat with the skirt.



Use ribbon tape

Press hem with a damp cloth to shrink out fullness. If you use a trick you can make the pressing easier. Cut a piece of heavy paper about a foot long and the shape of hem. Place it between thicknesses of fabric to prevent a ridge from showing on the right side.

Baste tape smoothly over stitching. The shaped piece of paper helps here too. Stitch along the tape edge. Press and baste hem flat to the skirt.

Fasten opposite edge of tape to the skirt with loose hemming-stitches.

Make Two Other Articles

Now you are ready to make the *frosting on the cake*.

Do you have a makeup cape, bedtime slippers, or some bed socks for your cold feet? Something for your bedroom may be more useful. Try a handkerchief case—or a larger one for underwear and shoes.

Look through magazines for other ideas to keep you or your clothes neat. Then plan and make two things to add to your outfit.

Do You Need House Slippers or Scuffs?

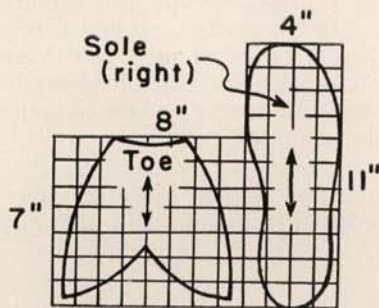
Buy or make your own pattern for these easy-to-make scuffs.

You'd need about $\frac{1}{3}$ yard of material and a spool of matching heavy-duty thread. A small, heavy bath towel or scraps of coating, felt or drapery would be suitable. Or use a firm, cotton material such as glazed chintz.

You'll also need $\frac{1}{8}$ yard of denim or canvas for the soles and the same amount of a quilted material for sole padding.



Make Your Own Pattern



Make your scuff pattern

Each small square shown is 1 inch. Use heavy paper and make the number of squares shown.

Draw lines like those in both patterns. Check sizes with your own foot and make changes so you have a good length and width.

Change the design of the toe piece to suit yourself.

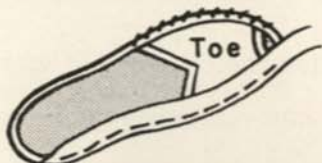
How to Make Scuffs

Pin pattern to the fabric with arrow on straight of material. Add $\frac{1}{4}$ -inch seam allowance on all sides.

Cut four toe pieces (two for outside and two for lining). Cut two pieces of sole (one for left and right foot)—two pieces of padding—two pieces of canvas or denim for bottoms. Cut about $2\frac{1}{2}$ yards of bias, 2 inches wide. Use your bias cutting gauge.

Place layers of cover, padding, and bottom sole pieces together, right sides out. Baste with long stitches in rows 1 inch apart. Quilt thicknesses of material by machine or by hand.

Repeat with toe pieces. Bind open toe and top edges with bias strip as you did your potholder in Clothing Plan I.



Bind raw edges

Pin side edges of toe piece to sole. Overcast edges together, using a double thread. Finish with a binding. Or blanket-stitch or crochet the edges with yarn, if you prefer.

Make Bed Socks for Cold Feet

Cut your own pattern as for scuffs. Build up the tops ankle high. Put a zipper down the front or bind the opening. Fasten top with ties or with a button and loop.

Make bed socks from scraps of your outing pajamas or robe. You may use a worn blanket or the sleepers your small brother has outgrown.

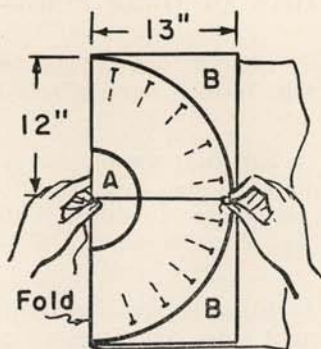
Try a Good Grooming Cape

You'll need $\frac{2}{3}$ yard of material, $4\frac{1}{4}$ yards bias tape and a spool of matching thread. Choose gingham, muslin, glazed chintz, or one of the plastic materials.



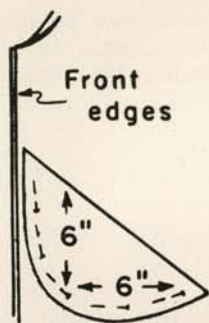
How to cut. Fold straightened material as shown and pin so it won't slip. If you're using a plastic film, fasten pattern to it with paper clips or small weights.

Mark and cut a 24-inch circle. To do this, tie a string around a pencil. Hold your finger on fold of fabric with length of string 12 inches from pencil. Make a 12-inch half-circle as if you were using a compass. Make a $2\frac{1}{4}$ -inch circle for neck opening at A.



Cut from one straight edge of outer circle to center for the center front opening.

Make a paper pattern for pockets as shown. Cut two pieces of material on the straight from sections B. These will make handy pockets to hold your bobby pins.



How to make. Bind the top edge of each pocket piece so one is the reverse of the other and press. Open the cape right side up on the table.

Pin and baste pockets smooth against cape. Stay-stitch $\frac{1}{8}$ inch around all edges.

Bind fronts and outer circle. Begin at one side of top front ending in same place on opposite side.

Bind neck line, leaving 12 inches of seam binding at either end for ties.

Perhaps a Handkerchief Case?

Add one to your bedtime outfit or make it for a gift.

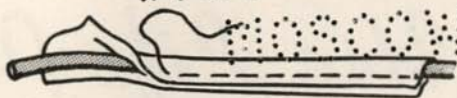
You'll need $\frac{1}{2}$ yard of fabric, cut on the straight, for cover and lining. Or two pieces $\frac{1}{4}$ yard each if you make a contrasting lining. Have also a thin layer of cotton batting or several thicknesses of sheet wadding 23x9 inches. And a spool of matching thread.



For a corded seam, get about $1\frac{1}{2}$ yards of soft string or cord.

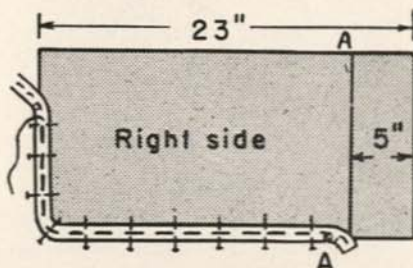
How to cut. Cut two pieces of cover material and padding 23 by 9 inches, on the straight. You'll need about 48 inches of bias, 1 inch wide to cover the cord.

How to make. Fold bias lengthwise, lay cord in fold and baste as shown. Trim bias edges to $\frac{1}{4}$ inch. Place cover material over padding and baste. Quilt in 1-inch squares or diamonds to decorate and to hold padding in place.



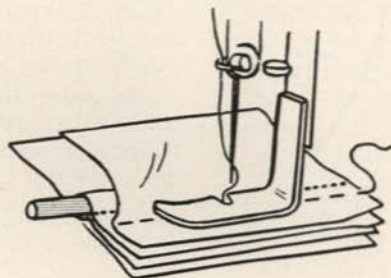
Baste close to seam

Begin to baste covered cord to right side of material with raw edges even at A as shown. Baste around top to A on other side. Round corners slightly.



Cord a seam

Place lining on top of cover with right sides together. Pin, baste, and stitch, leaving a 3-inch opening at center of the end without cording.

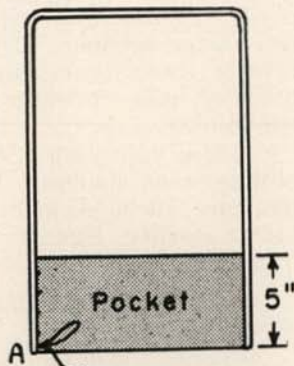


Stitch with a cording foot

Use a *cording foot* to stitch close to cord. This is a special presser foot with one *toe* instead of two. Trim padding close to stitching.

Tie thread ends, remove bastings and turn case to right side through open end. Press. Slip-stitch turned-in raw edges of open end.

Fold up bottom edge, along the line where cording ends at A to make the pocket. Slip-stitch folds together. Make several stitches at top edges to make pocket stronger. Fold top over pocket and your hankie case is finished.



Fold a pocket

Try other cases in different sizes and shapes for underwear and shoes.

Use Life Preservers



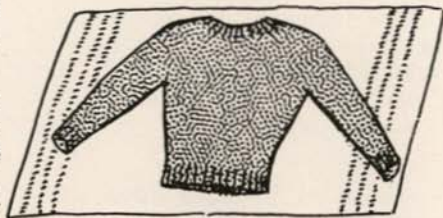
Will it wash? Read every tag or label that comes with your garment or material. Labels tell you that the manufacturer has tested the material and suggests how you care for it. You may be told that a material will not shrink, fade, or wrinkle easily. Make a list of terms you can find on labels and learn what they mean. Dry clean a fabric if you have any doubt that it will wash.

Launder tricky fabrics. Wash rayon, silk or wool, with care. Give garments a quick checkover. Empty pockets and close zippers. Remove shoulder pads and trimmings that may not wash.

Dissolve mild soap flakes or powder in lukewarm water. Squeeze garments through the suds quickly and gently. Rinse several times in warm water.

Blot and roll garments in a bath towel without wringing. Shake lightly.

Hang dresses and blouses on plastic or smooth wooden hangers. Fasten openings. Dry these fabrics away from sunlight, artificial heat, or where strong winds blow.



Before you wash a sweater or knit garment, make a pencilled outline on an old sheet. Place a heavy towel underneath to take up moisture. Block garment to shape and size. Place a board under a heavy sweater. Fasten in place with rust-proof pins. Use blocking frames, if you have some.

A rolling pin is handy to smooth a sweater to avoid pressing, except for pin marks.

Press on a well-padded board with a clean cover. Watch the heat of the iron like a hawk. Test it on an inside seam.

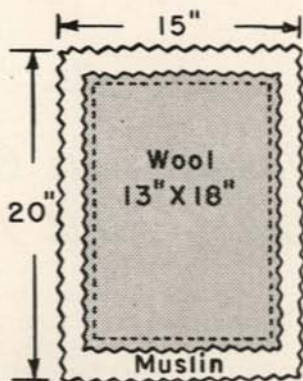
Pressing and ironing are a fine art that gives the final finish to your clothes. In Clothing Plan II you learned to press a seam on the grain and in the same direction you stitched it. You also learned how important it is to press each seam before another seam is stitched across it.

Use strips of heavy wrapping paper between layers of seams and pleats, as you press. A steam iron is a time saver. Do you know other pressing aids?

Make a Wool Press Cloth

Pink and stitch a piece of soft wool fabric 13 by 18 inches to the center of a heavy piece of pinked muslin or canvas, 15 by 20 inches. Be sure the wool will not fade.

When you use the press cloth, place the wool fabric next to the garment. Use a sponge, moisten the muslin, and press lightly. The wool of the press cloth pulls up the nap of the wool garment as you remove it and prevents shine.



Make a Machine Darn

Darning is important and takes time. In Clothing Plans I and II you learned how to make a darn by hand. In a machine age we make use of everything that saves time and energy. For everyday clothes or linens try this method of darning by machine:

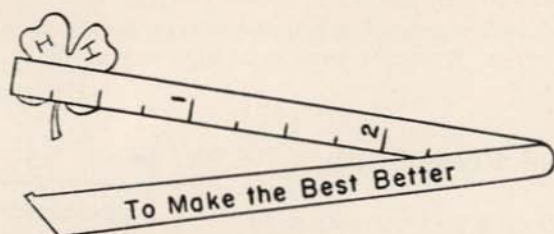
Loosen the pressure-control screw until the presser foot will not stay up. Leave tension and length of stitch the same as for regular sewing. Use thread that matches material.



Stretch material tightly over an embroidery hoop, wrong side out. A rubber band stretched around the outside of a jar-ring will do. Turn frame edge up as shown so darn is made on right side of the material.

Move your work back and forth under machine needle by guiding the hoop or ring. Fill the hole with stitches close together in both directions as you did for a hand darn. Extend the stitching five or six inches beyond the hole so weak places are made stronger. If thread breaks, loosen the tension slightly.

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 yardstick 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 ARTICLES 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 . . .

Give a Method Demonstration at a Club Meeting.

Keep Your Record Book Up to Date.

Have a parade to show your outfits to your parents and friends.

Hold your head high and SMILE.



Have a 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

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May 8 and June 30, 1914