



UNIVERSITY OF IDAHO
College of Agriculture

YOUR COTTON OUTFIT



4-H Clothing --- Plan II

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 shirt 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 patterns, the right fabric 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.

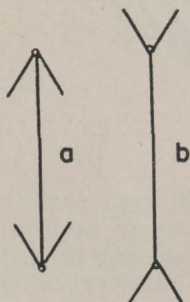
Some Things to Consider When Choosing a Dress

- 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 elephant, 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 on 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?

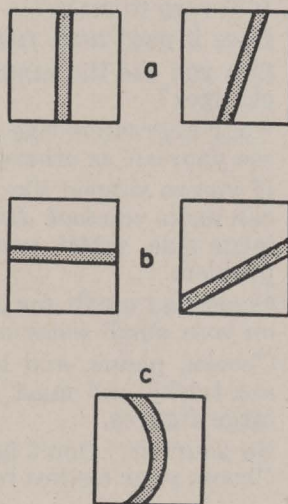
Look at the length of lines *a* and *b*. They are the same length if you measure them. The trick is in the lines that are added at the top and bottom of each one.

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 is 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 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.



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

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



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.

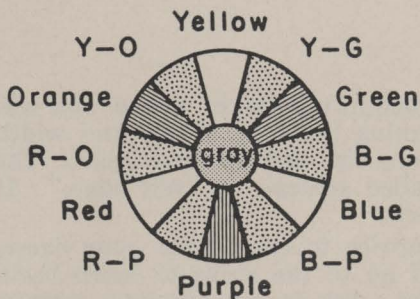
Ideas and colors go together. Red is the color of fire. Yellow is the color of the sun. Blue is cold like the north and ice. Green is grass and spring.

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

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 large amount of the color. 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 fabric.

There are many good cotton fabrics 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 fabrics.

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.

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.

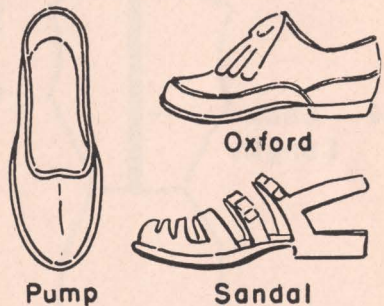
Be a detective and check for yourself. Before you buy new shoes, draw a pattern of each foot while you're standing. With a tape measure check the *length* from the tip of the heel to the end of the longest toe; the *inner length* from the tip of the heel to the widest part of the big toe joint; and the *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 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 outfit. They are easy on your leg and back muscles. The ones you see here 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.



Pump

Oxford

Sandal

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

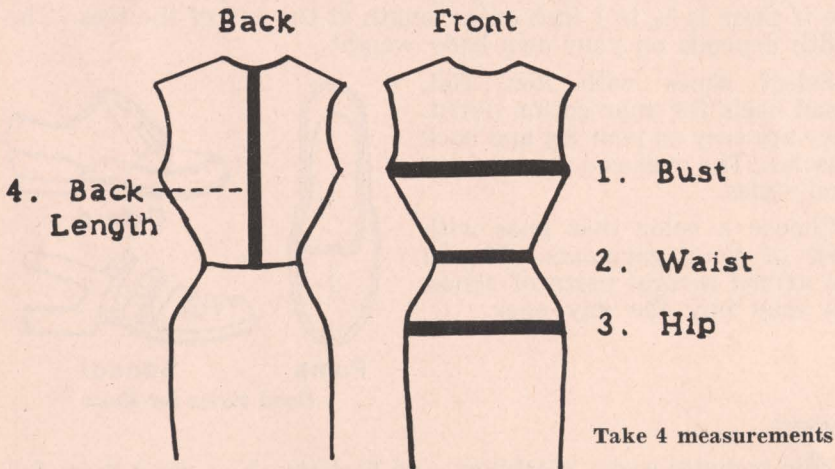
Now you have decided on a becoming style and color for your dress and have looked at fabrics. You're ready to take your measurements so you'll know the correct size for your pattern.

Take Your Measurements

You will need four measurements: bust, waist, hip, and back blouse length (neck to waist). Take measurements in your slip—not over a dress.

Look at the illustration and follow directions. Choose a partner and measure each other. Write the measurements in your notebook as you take them.

1. **Bust**—Place the tape measure around fullest part of your bust and straight across the back. Draw tape snug but not tight.
2. **Waist**—Tie a string or ribbon snugly around your waist to indicate normal waistline. Measure here.
3. **Hip**—Measure around your hips at exactly 7 inches below the normal waistline. Be sure tape is the same distance from the waist at each hip and doesn't slip up or down.
4. **Back blouse length (neck to waist)**—Measure from the socket bone (the most prominent vertebra) at the base of the neck, down to the string you tied at the waistline.



Compare your body measurements with the pattern measurements listed in a pattern catalog. Match your measurements as closely as possible to the pattern size and figure type. Figure types are usually—Girl, Teen, Junior Miss and Misses.

If some of your measurements do not tally with those of your pattern size, the difference can be corrected by slight alterations on the pattern. You will have fewer alterations if you choose the pattern most like your figure. Then sewing will be more fun.

If you need to alter your pattern ask your leader to show you how.

Know Your Pattern and Tools

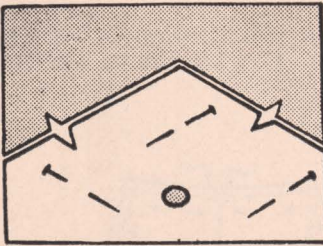
Study your pattern carefully. You'll find it as simple as the multiplication tables once you know the trick.

When you're ready to begin cutting have plenty of cleared table space in good light. Have your tools handy. Press your fabric 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 fabric 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.

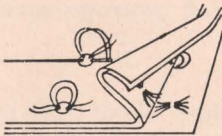


Cut notches OUT—Not IN

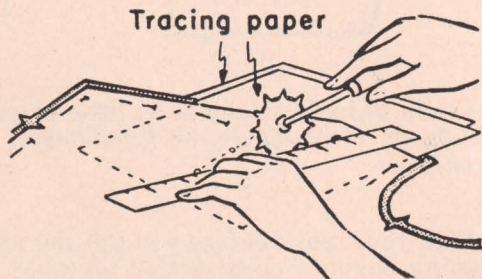
Notches are V-shaped nicks in the edge of the pattern. They mark the points where pieces fit together. Cut notches *away from* the edge, rather than *into* the pattern. Deep notches weaken the seam.

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 fabric use *tailors' chalk*, a *tracing wheel* and *dressmakers' carbon paper*, a *colored basting thread*, or *tailor's tacks*.

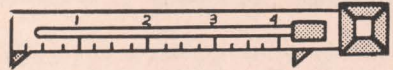


Tailor tacks



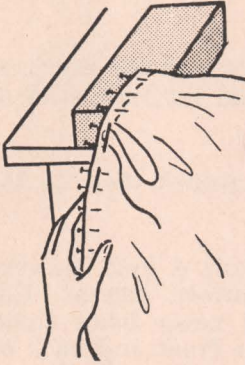
Tracing paper and wheel

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.

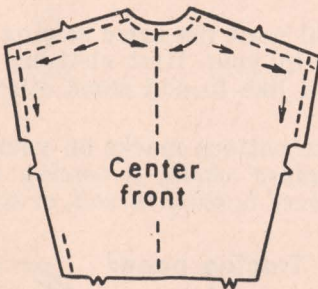


Basting brick

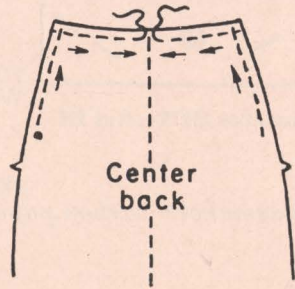
Put Your Garment Together

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.

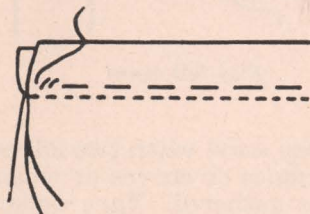
Stand very still and tall before the mirror and decide how you want your garment to look and feel.



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.



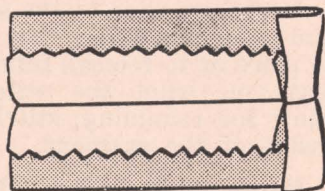
A plain seam

Trim edges evenly, and finish by one of the methods shown.

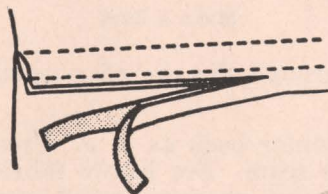
You may press the seam open to make it flat and smooth. If the material is light or medium in weight, *press both edges to one side*. Keep this in mind whatever finish you use.

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.



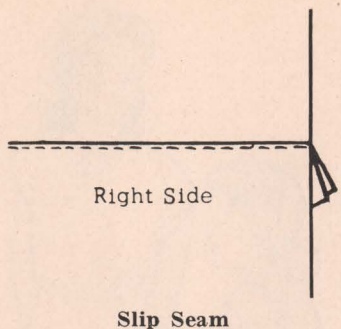
Pinked edges



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.

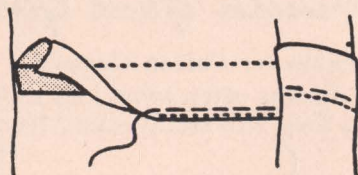


On your slip you might want to stitch a plain seam on the wrong side. Press both edges to one side and on the right side top stitch close to the seam.

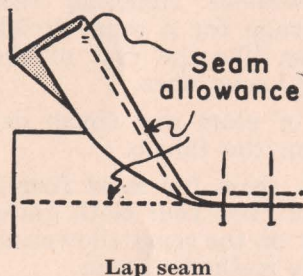
Make a *tailored flat fell seam* where you need strength. Stitch on seam allowance from the side of seam that will be on top. Trim under thickness of seam to a scant $\frac{1}{4}$ inch. Press both sides smooth. Hem upper side to a scant $\frac{1}{4}$ inch over trimmed edge. Baste flat to garment. Top-stitch.

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

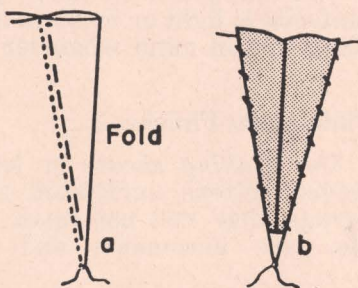


Make the *lap seam* when two edges have sharp angles or curves or when one section is gathered. Turn under top edges on seam line. Lap over seam line on the under piece. Pin, baste, and stitch close to folded edge.

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 pieces. 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.

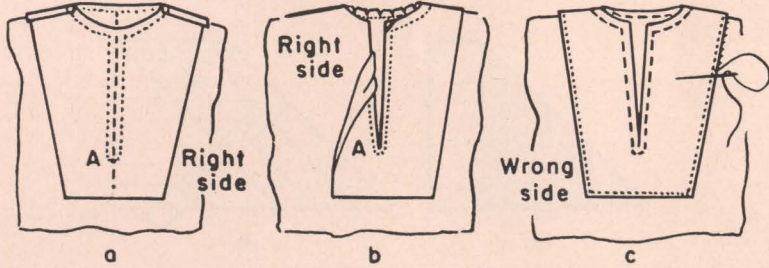


Make a dart

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 over-cast edges as in *b*.

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.

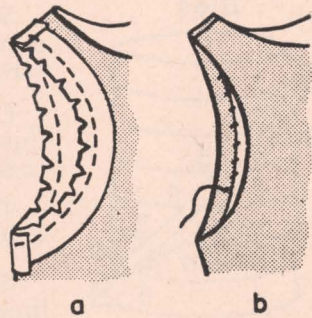
Remove basting and press. Cut between rows of stitching to point *A*. Trim diagonal corners at tops of opening to remove bulk.

See *b*. Make clips into seam $\frac{1}{2}$ inch apart at curved neckline. Turn facing to wrong side. **Understitch** facing to trimmed seam allowance. Stitch through facing and seams on right side of facing. Stitch near seamline. It is not necessary to understitch to corners—leave an inch. Avoid understitching neck opening.

See *c*. Baste and press seam edge. Roll seam slightly toward wrong side along back of neck. Turn under raw edges of facing $\frac{1}{4}$ -inch. Edge-stitch. Fasten to blouse with loose slip-stitch or hemming-stitch at seams only.

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.

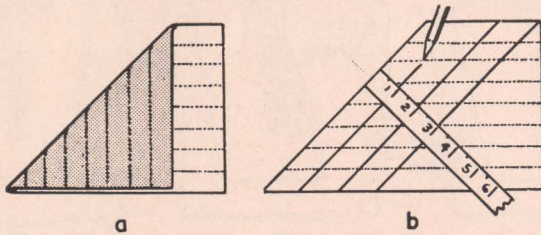
Place right sides together with seams matching as in *a*. Stitch, clip, and roll seam slightly toward wrong side. Understitch same as neck edge of dress or blouse. Finish $\frac{1}{2}$ inch wide as in *b*.



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.



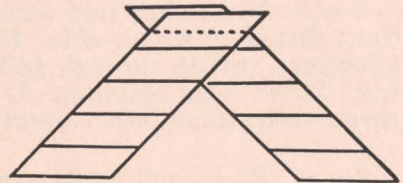
Cut and measure bias

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.

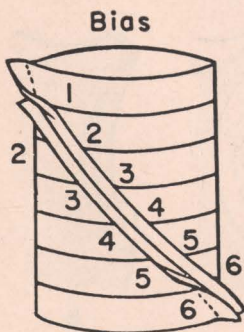
Crease and fold lightly without stretching. Use your gauge and measure strips evenly from crease as in *b*.

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



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.

Sew a Zipper in a Skirt or Dress

Anyone who sews can do a perfect job of putting in a zipper if she will follow some simple rules.

Fit skirt before applying zipper. Seams are more accurately adjusted before zipper is stitched in place.

We do no basting or pinning.

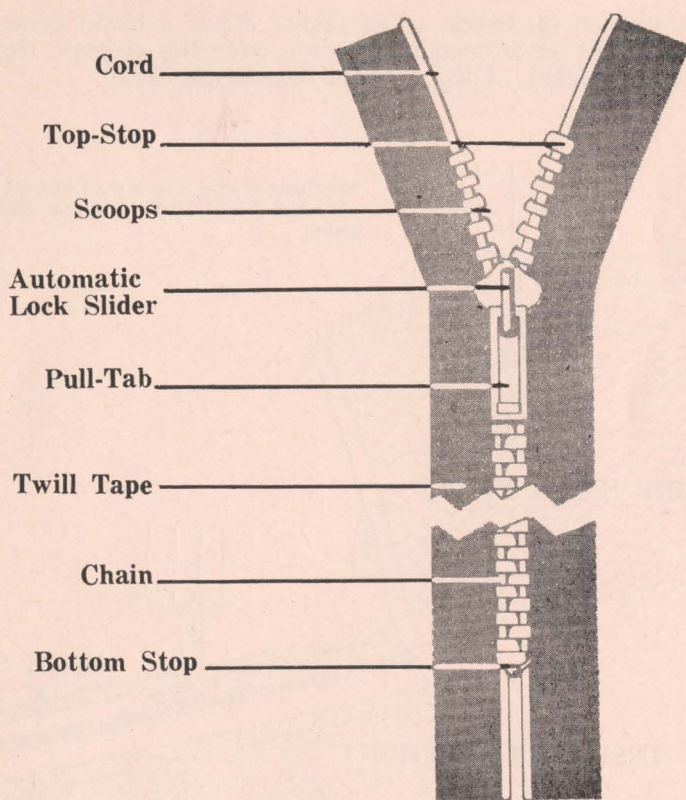
Use a zipper of appropriate length for a skirt.

Place zipper in left side seam or center back seam.

Leave enough seam allowance above top of zipper to attach skirt waistband.

Before sewing in a skirt zipper :

Determine length of the placket from zipper (metal portion) plus waistline seam allowance.



Place stay-stitching (a line of regular length machine stitching used to prevent stretching) $\frac{3}{8}$ " from seam edge on each side of placket opening.

Stitch from bottom to top in order to preserve the grain of fabric.

Check placket allowance which should be $\frac{5}{8}$ " to $\frac{3}{4}$ " wide. If narrower, stitch steam binding to each edge of seam.

The fine points of putting in a skirt zipper :

The fine points of putting in a skirt zipper :

Keep zipper taut when measuring for placket length.

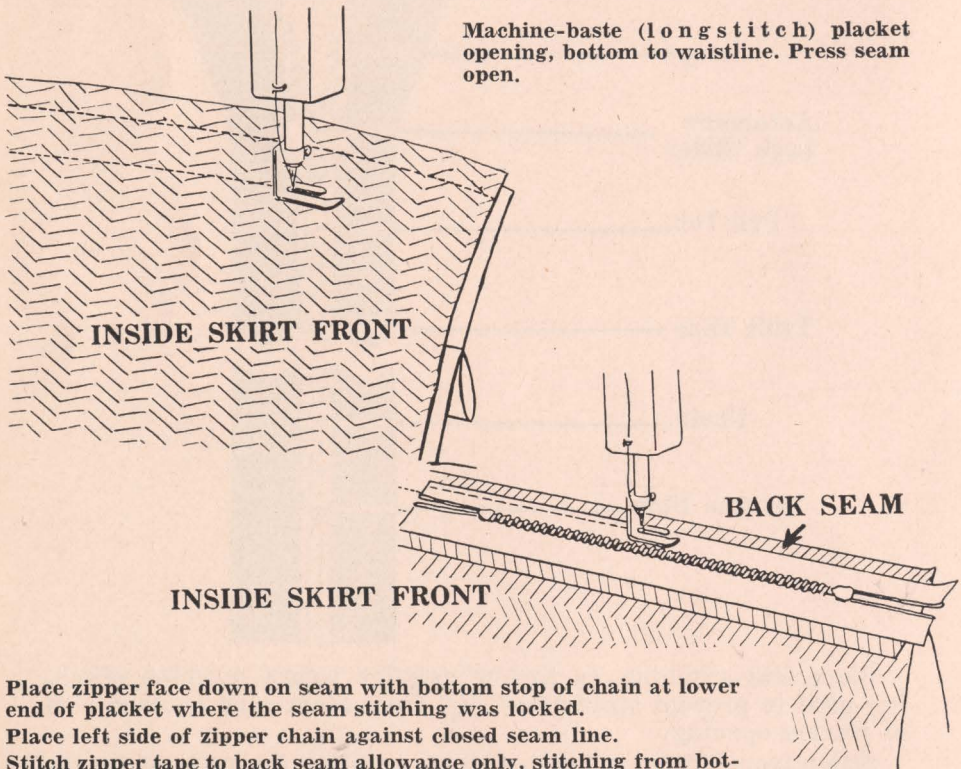
Turn zipper pull-tab up when stitching.

To turn sharp corners, place needle in fabric, raise the presser foot, pivot the material around the needle and lower the pressure foot. Continue stitching.

Allow stitching line to fan out slightly around slider. Tie loose ends on the final stitching outlining placket. Clip all loose thread ends short.

Trim tape ends flush with top of skirt before attaching waistband.

Press placket on inside of garment. Place a towel beneath the placket and the moistened press cloth over the zipper. Hold iron lightly over placket. Allow steam to penetrate cloth.



Machine-baste (long stitch) placket opening, bottom to waistline. Press seam open.

INSIDE SKIRT FRONT

BACK SEAM

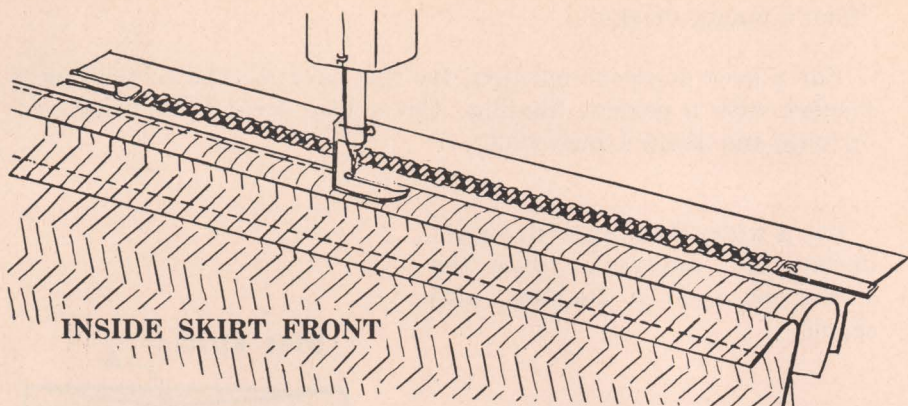
INSIDE SKIRT FRONT

Place zipper face down on seam with bottom stop of chain at lower end of placket where the seam stitching was locked.

Place left side of zipper chain against closed seam line.

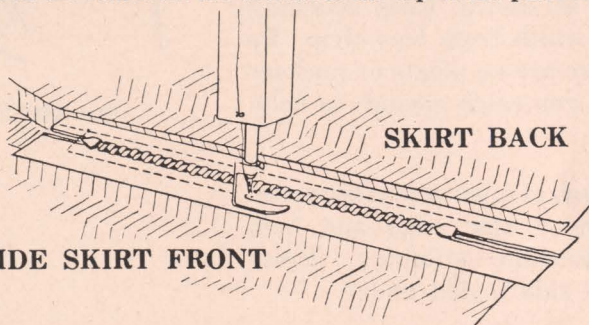
Stitch zipper tape to back seam allowance only, stitching from bottom to top of placket.

Use regulation stitch and regular machine foot with left edge of foot running close to the right edge of the zipper chain.



INSIDE SKIRT FRONT

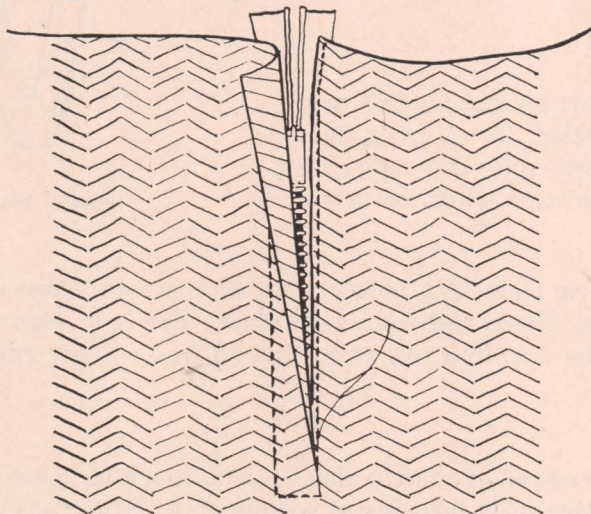
Turn zipper face up. Make exactly $\frac{1}{8}$ " fold on back seam allowance, bringing edge of fold close to zipper chain. Using a zipper or cording foot, stitch on the fold from the bottom to the top of the placket.



SKIRT BACK

INSIDE SKIRT FRONT

Spread skirt flat with zipper face down on the opened seam. Still working on the wrong side of the garment, stitch across lower end below zipper stop and up to waistline.



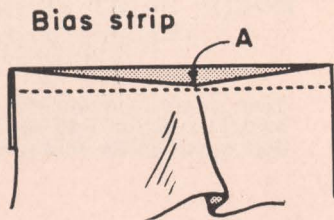
Press placket on wrong side and remove machine basting from seam-line. Work from inside of garment when removing machine-basting.

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.

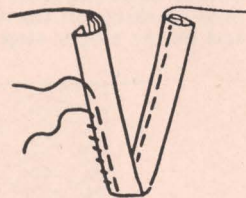
Pin right side of strip to right side of garment. Drop garment at point A as shown. Keep stitching an even width from *bias* strip. Be sure there are no pleats or puckers but that you catch enough to hold.



Sew bias to opening

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*.

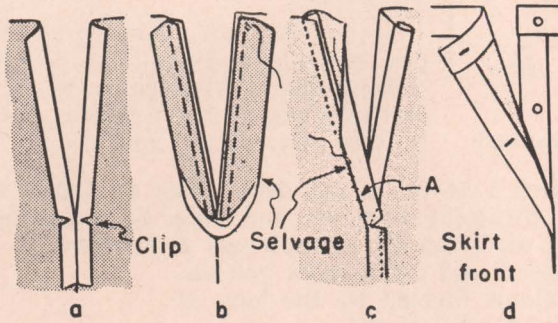


Bound placket

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.

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

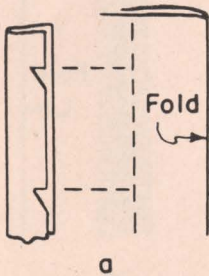
Use metal snap-on fasteners, if you prefer.

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.

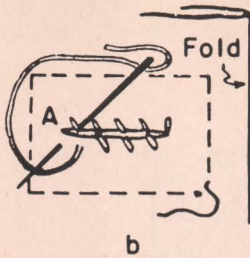
Follow these steps: *Mark* position with pins or colored thread as in *a*. The buttonhole starts on center front or back. Test length of buttonhole on a scrap of material.



Mark position

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 length, machine stitch around buttonhole mark before you cut the opening. *Cut* buttonhole with sharp, pointed scissors.



Cut and overcast

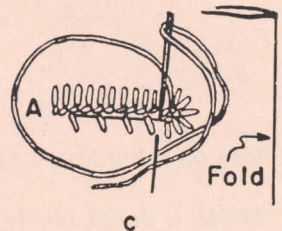
Begin to *overcast* at A, the end away from fold as in *b*. Use a heavy-duty single thread without a knot. Bring needle up between two thicknesses of material leaving a short end of thread to overcast. Take stitches about 1/16 inch deep.

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 1/16 to 1/8 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 the thread) is on edge of slit.

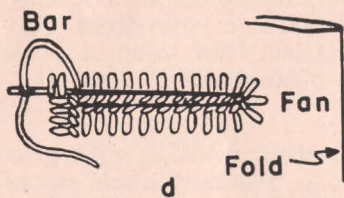
Make stitches close together but do not crowd them.

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



Buttonhole-stitch

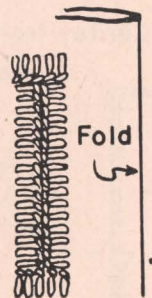
Make *bar* stitches at opposite end as in *d*. These are made in a straight line. First, make two long stitches directly across end. Turn your work so edge of bar will be toward you. Work from *left to right* with needle toward buttonhole. Sew into a loop to make the blanket-stitch. Fasten thread by 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.



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.

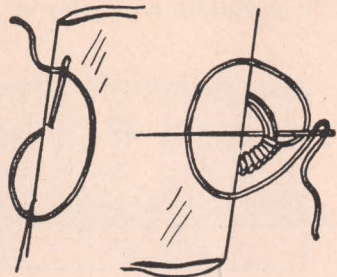
You may prefer to make *two fans* either at right angles or in same direction as opening. Use on underwear, dresses, and blouses.



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.

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



Thread loops



Ball



Socket

A snap fastener

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

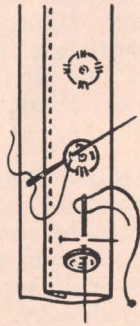
Mark places with pins where center of fasteners goes. Sew *ball* to *overlap* of placket and *socket* to *underlap*.

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 outed layers of material. Carry thread under snap to next hole. Fasten thread by running needle between fabric layers.

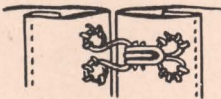
For work and play clothes, you may prefer to use heavier metal snap fasteners that clamp in place and need no sewing.

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

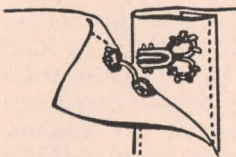
For edges that meet, use a *hook and eye*. Extend eye $\frac{1}{8}$ inch beyond edge of opening. Sew hook back from edge of *overlap* the same distance.



Sew snaps



Hook and eye

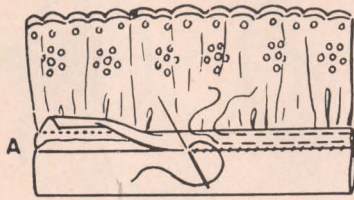


Hook and bar

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

and slip are creased on line of machine stitching. Fasten opposite edge of bias to slip with a hemming-stitch.

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

Put in Your Hem

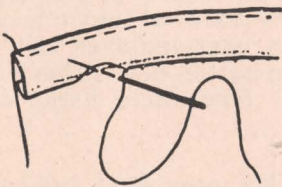
Before you take the length of your dress, press it carefully. Fasten placket and put on belt. Be sure you wear shoes with heels about the height of those you will wear.

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. Use a gauge to mark again to check. Press. Use a gauge to mark hem width evenly and trim. A 2½-inch hem is a good width for cotton dresses. If there is much flare in your skirt, make a narrower hem.



Measure dress length



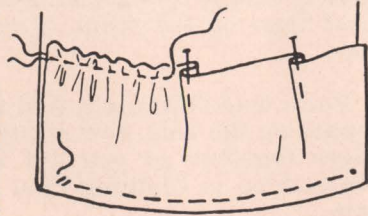
Edge-stitched hem

Make *edge-stitched hem* on cotton wash dresses. Turn in top of hem ½ inch and edge-stitch about ⅛ 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 $\frac{1}{8}$ 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.



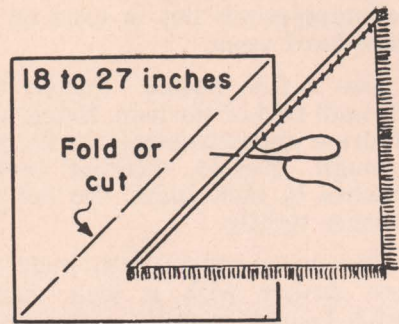
Select a soft material that will look well with your dress. Since a scarf will be a frame for your face, be sure it is becoming.

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.



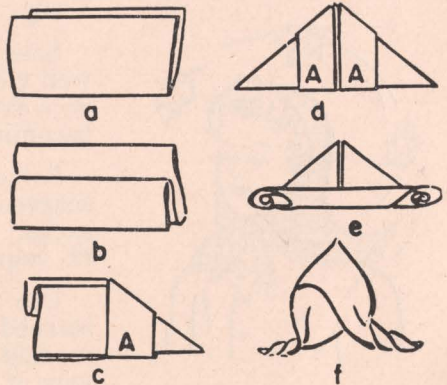
For a double triangle, fold the square on the bias. Sew straight edges together as you did the pin-cushion in Clothing Plan I. Clip corners, turn, and press with care.

Fun with Scarves

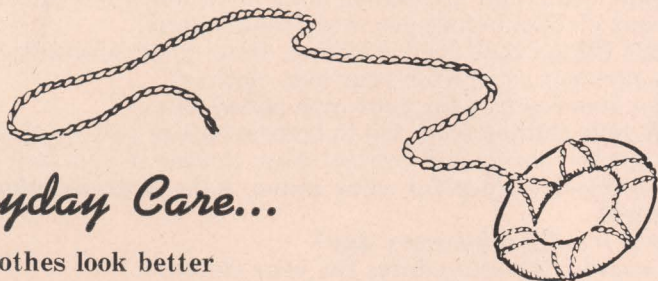
For a scarf that can be tied in many ways, try one 27 to 36 inches square. Finish it with hand-hemmed edges or leave the selvages. Fold your scarf a different way every day. Learn at least two ways to fold a scarf. Show these tricks to other girls at your next club meeting.

The *Babushka* is a popular Scandinavian scarf trick.

- a. Fold square in half with the hemmed edges away from you.
- b. Bring top piece toward you to bottom fold.
- c. Turn folded scarf over with the three thicknesses away from you. Bring A corner to the center position.
- d. Bring second A corner to the same position. Keep the top point sharp, all edges even and just meeting.
- e. Roll free edges at the bottom about half way to the peak. Hold tight and make a firm roll.
- f. 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...

Make 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 to 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* you 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 for your clothes?
- Get your things *ready* at night for tomorrow?
- Can you *darn* a sock?

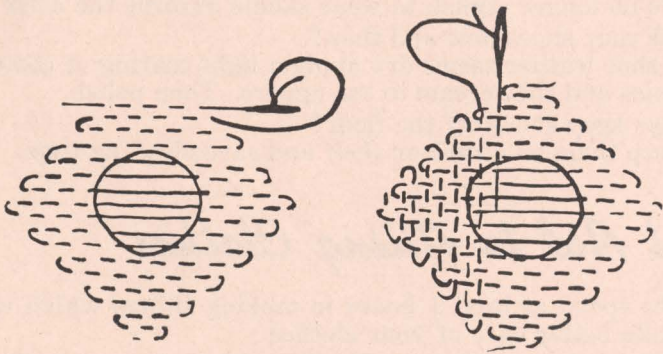
No? ? ? ? Then you know what to do.

Make a Darn on Hose or Socks

Use as fine a needle for your thread as you can find. 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?

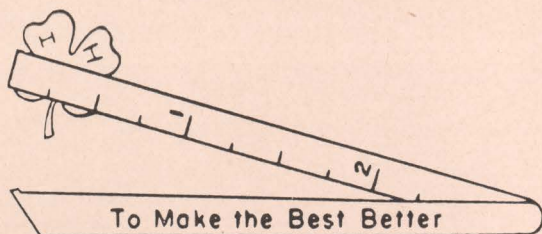


Darn a stocking

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.

A SCORE CARD FOR THE THINGS YOU MAKE

	Excel.	Good	Fair	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. Trimming and finishes				
8. Kind and size of thread				
9. Thread ends fastened				
10. Bastings removed				
11. Clean and well-pressed				
12. Both sides neat				

Last But

Not Least...

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

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

Suggested Demonstrations

Here are a few suggested demonstrations for this project. However, this list is not complete—ask your leader and your mother to help you choose other appropriate demonstrations.

How to take Four Important Body Measurements to Know Correct Size of Pattern to Buy.

How to Use Tracing Wheel and Tracing Paper.

How to Measure Correct Grain Lines for Placing Pattern on Fabric.

How to Stay-Stitch a Blouse.

How to Stay-Stitch a Skirt.

How to Make a Plain Seam and Apply Appropriate Finishes for a Plain Seam.

How to Sew and Press a Dart.

How to Make a Shaped Facing for a Neck Opening.

How to Cut and Piece Bias.

How to Make a Bound Placket.

How to Make a Worked Buttonhole.

How to Make a Belt Guide.

How to Sew on Snap Fasteners.

How to Measure Length of Dress and Put in a Hem.

How to Make a Darn on Hose or Socks.

How to Finish the Bottom of a Blouse.

How to Stitch Skirt Seams in the Correct Direction.

This is a revised reprint of Extension Bulletin No. 175, originally published in 1948 jointly by the Extension Service, University of Idaho, and the Extension Service, State College of Washington. A revision was also published in 1952. Authors of the original bulleting were the Extension Clothing Specialists for the cooperating states. Revisions in this edition are by the Idaho Clothing Specialist.