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UNIVERSITY OF IDAHO

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L. W. FLUHARTY,
Director

FIRST YEAR SEWING BULLETIN

BY

MARGARET SWEET *and* CORA IRENE LEIBY
Home Economics Department
University of Idaho

(Revised)

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COOPERATIVE EXTENSION SERVICE IN AGRICULTURE AND HOME ECONOMICS OF
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COOPERATING

BOYS' AND GIRLS' CLUB WORK

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FOREWORD

This bulletin has been prepared to furnish a practical course in sewing for girls belonging to the Idaho boys' and girls' clubs. A three years' course has been prepared. A club that will take up these bulletins successively, completing the work outlined in each bulletin, will have a good foundation in the art of sewing.

Red Cross sewing may be substituted for bulletin sewing by clubs whose members are capable of doing the Red Cross work in a satisfactory manner, during the period of the war.

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First Year Sewing Bulletin

(Fourth Edition)

By

Margaret Sweet *and* Cora Irene Leiby

Home Economics Department
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SUGGESTIONS TO LOCAL LEADER.

If possible, each child should have thimble, pins, one spool each of white thread Nos. 70, 80 and 90; needles Nos. 7 and 8; tape measure, scissors and a sewing bag. Keep a cork on scissors' point.

You should keep needles Nos. 6, 7, 8 and 9; an emery bag and small pins for general use.

When pieces of work are completed have them marked by carefully cut slip of paper basted to the wrong side of the top edge of each article, as [Anna Brown].

Interest the children in finding out all they can about the supplies they use—needles, pins, cotton, etc. Any encyclopedia will furnish this information.

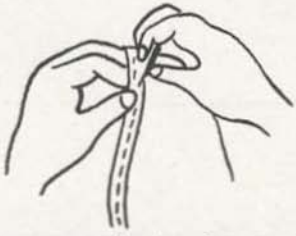
Be patient and teach the children to be patient but if they seem tired of the work begun, put it aside for one lesson and give them some short special problem.

If you are enthusiastic, the children will be also.

POSITIONS.

Position for Running.

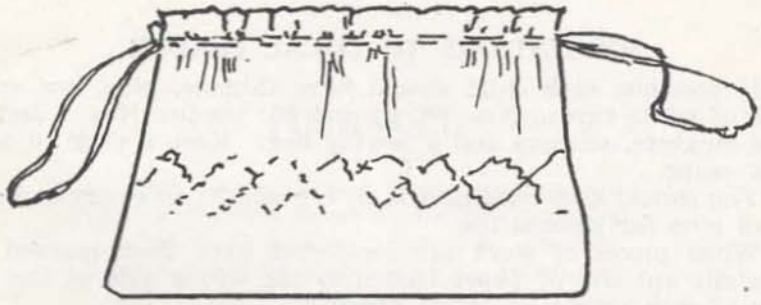
Position for overhanding.

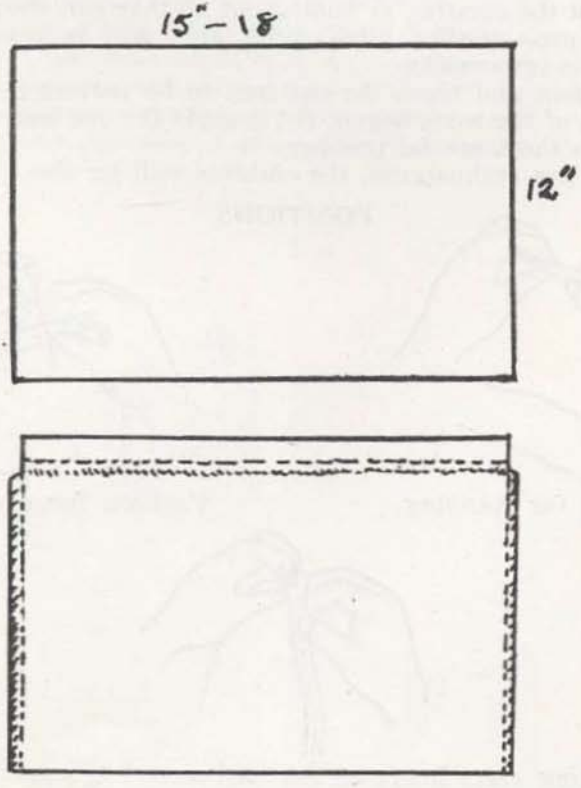


For hemming, carry hem over first and second figures of left hand.

GENERAL DIRECTIONS.

Sit erect.
Keep feet on the floor.
Do not pin work to table or clothing.
Turn so the light reaches you from the left side.
Do not sew with sunshine on your work.
Never sew in dim light.

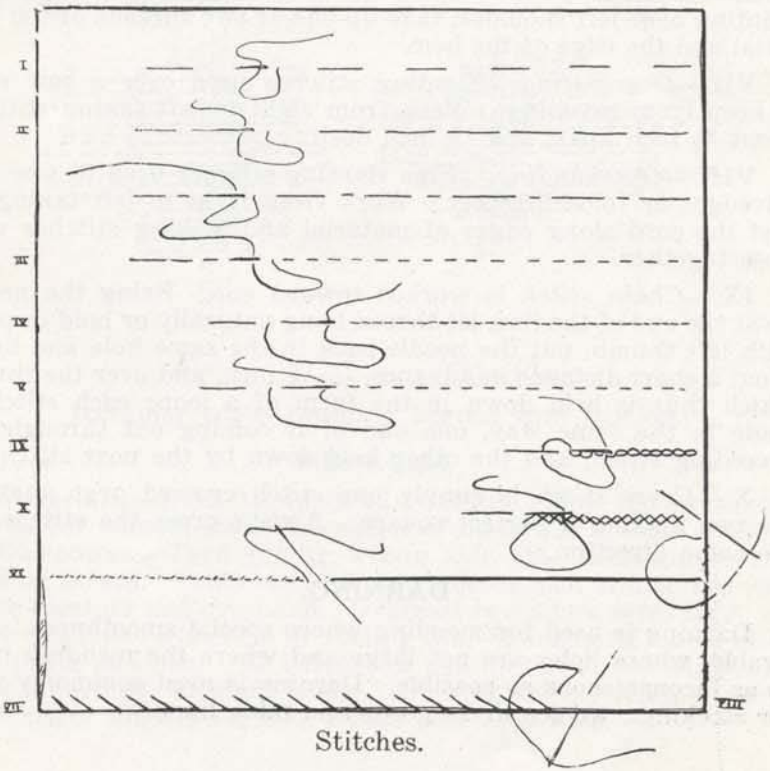




SEWING BAG.

Materials.—Plain, checked or striped gingham, 1/3 yard; thread No. 50; needle No. 8-9; white D. M. C. small skein No. 25; white linen tape, ¼-½ inch wide.

Directions.—If material for two bags is bought together, that is 2/3 of a yard, the bags will cut to better advantage, giving the two side seams only. The bags should measure 24 x 15 to 18 inches according to width of cloth. Baste up side seam to within 3½ inches of top and stitch one side with back stitch and the other with a stitching stitch; then overcast the raw edges separately. Now turn a hem at the top of each side folding over ¼ inch, then 1½ inch. Turn in ends of hems to depth of stitching on sides. Baste hems and sew with a hemming stitch. Crease hem across half its width and put in a row of running stitches. Overhand ends of hems from upper stitching to fold. Be very careful to fasten ends and corners firmly. Turn bag right side out. A little below center of one side, mark a three inch script initial with a sharp pencil. Outline the letter with chain stitch. If checked material is used, a cross stitched border may be used across the bag. Be sure and place this border, if used, below the center of the bag. Insert tapes with a bodkin and piece tape by turning in ends, lapping about ½ inch, hemming down ends and overhanding edges together.



Stitches.

STITCHES.

These should be practiced on a scrap of material before being used on your sewing bag.

I.—*Even Basting.* Stitches and spaces even about ¼ inch, to be used on seam where there will be stress in fitting or where material is hard to handle.

II.—*Uneven basting.* Stitches and spaces uneven, stitches about ¼ inch, spaces smaller. Used where rapid basting is desired.

III.—*Running.* Stitches and spaces even but very small, about $\frac{1}{16}$ inch. Used for seams where there is little strain.

IV.—*Stitching.* Looks like machine stitching on right side, stitches overlap on under side. Take stitch forward on under side of material twice the length of stitch, then back half way, making stitches meet.

V.—*Backstitching.* Stitches do not meet on right side, looks like running stitch. Same as stitching, going forward on under side three times length of stitch and back, leaving space between stitches.

VI.—*Hemming.* A slanting stitch used to hold hem in place. Stitches slant on both sides. Work towards yourself with needle pointing over left shoulder, take up one or two threads of the material and the edge of the hem.

VII.—*Overcasting.* Slanting stitches used over a raw edge to keep from ravelling. Work from right to left taking stitches about ¼ inch apart and ⅛ inch deep.

VIII.—*Overhanding.* Fine slanting stitches used to sew two selvedges or folds together. Work from right to left taking up just the cord along edges of material and making stitches very close together.

IX.—*Chain stitch* is worked toward one. Bring the needle up at the end of the line, let thread hang naturally or hold in place with left thumb, put the needle back in the same hole and bring it out a short distance in advance, ⅛-¼ inch, and over the thread which thus is held down in the form of a loop; each stitch is made in the same way, one end of it coming out through the preceding stitch, and the other held down by the next stitch.

X.—*Cross stitch* is simply one stitch crossed over another, the two making a perfect square. Always cross the stitches in the same direction.

DARNING.

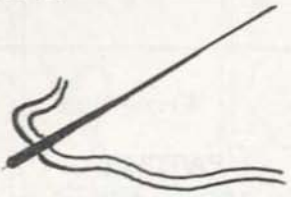
Darning is used for mending where special smoothness is desirable, where holes are not large and where the mending must be as inconspicuous as possible. Darning is most commonly used for stockings, woolen dress goods and table linen.

Stockings.

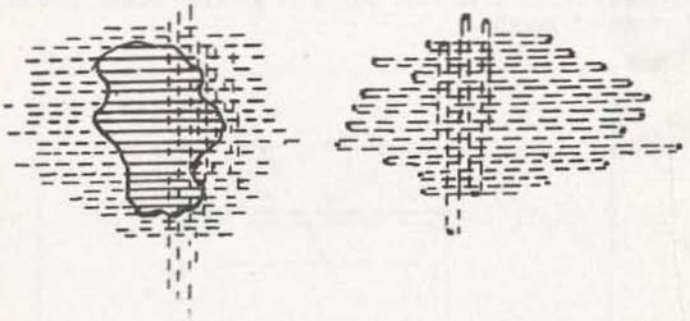
1. **Materials.**—Worn black stockings of medium weight, (not ribbed, as they are very difficult to handle.)

Darning cotton.—Two single threads put into needle together. This is much better than one thread doubled.

Needle.—Just heavy enough to carry thread; common needle No. 6 or long-eyed No. 8.



2. **Directions.**—Begin well outside the worn place and fill in lengthwise threads close to each other, allowing small loop where thread turns. Now put in woof at right angles to the warp threads, weaving regularly over and under. Use no knot and work on right side. Make shape of darned portion irregular as it wears better and does not form a ridge. Do not draw threads too tightly for there must be no puckers in stocking around the darning. At the edge of the hole place thread alternately over and under the raw edge of stocking.



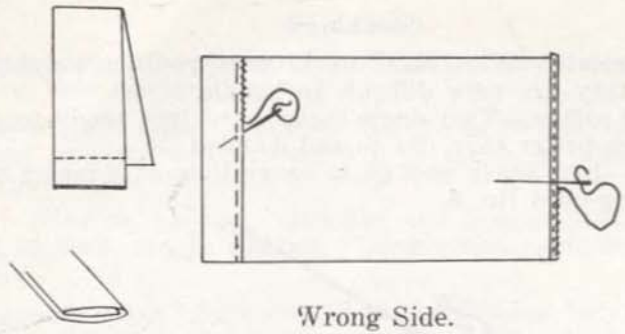
Hole Thin Place

Irregular edges reaching beyond thin portion.

Pillow Case.

Materials.—1 yd. 3¼ in. of 42-in. cotton pillow tubing; thread No. 90 (or number suited to quality of material); needle No. 9.

Directions.—Turn tubing wrong side out. Straighten both ends by thread. Fold over to wrong side ¼ inch around one end. Baste together and overhand. Overcast raw edges separately. At other end make wide hem by folding over ¼ inch and then 3 inches. Baste and hem. Be careful to pull material into shape and baste a perfectly straight hem. Turn and press, folding slip into three parts lengthwise, then crease once crosswise.



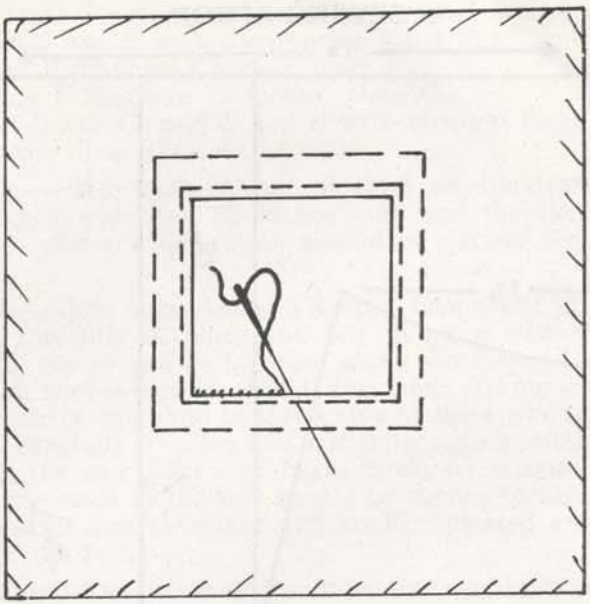
Wrong Side.

PATCHING.

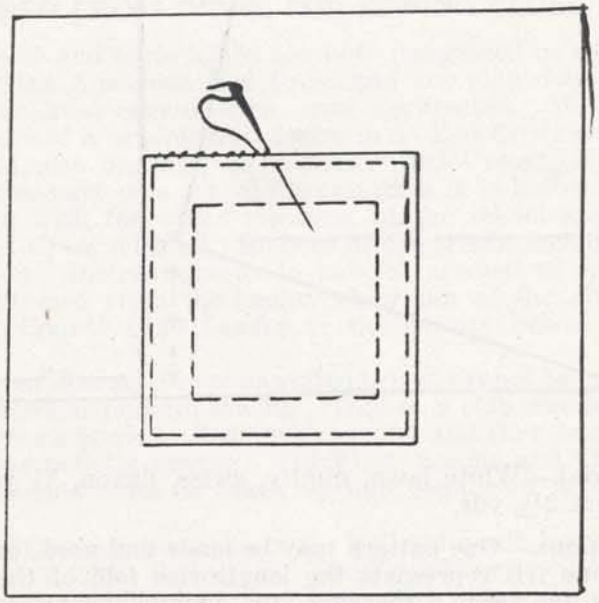
Hemmed Patch.

Materials.—Gingham (checked or striped) 5 x 5 inches, patch 3 x 3 inches, thread No. 80, Needle No. 9.

Directions.—Turn in edges of patch ⅛ inch on to right side. Baste patch under hole so right side shows through hole and stripes or checks exactly match. Trim out hole square—or so it will fold along a stripe or check. Make opening about 1½ inches square. Fold in edge of hole ⅛ inch and baste. Clip corners before turning in. Hem patch down on wrong side and edges of hole on right side. Overcast edges of goods. Make patch in center of piece of goods.

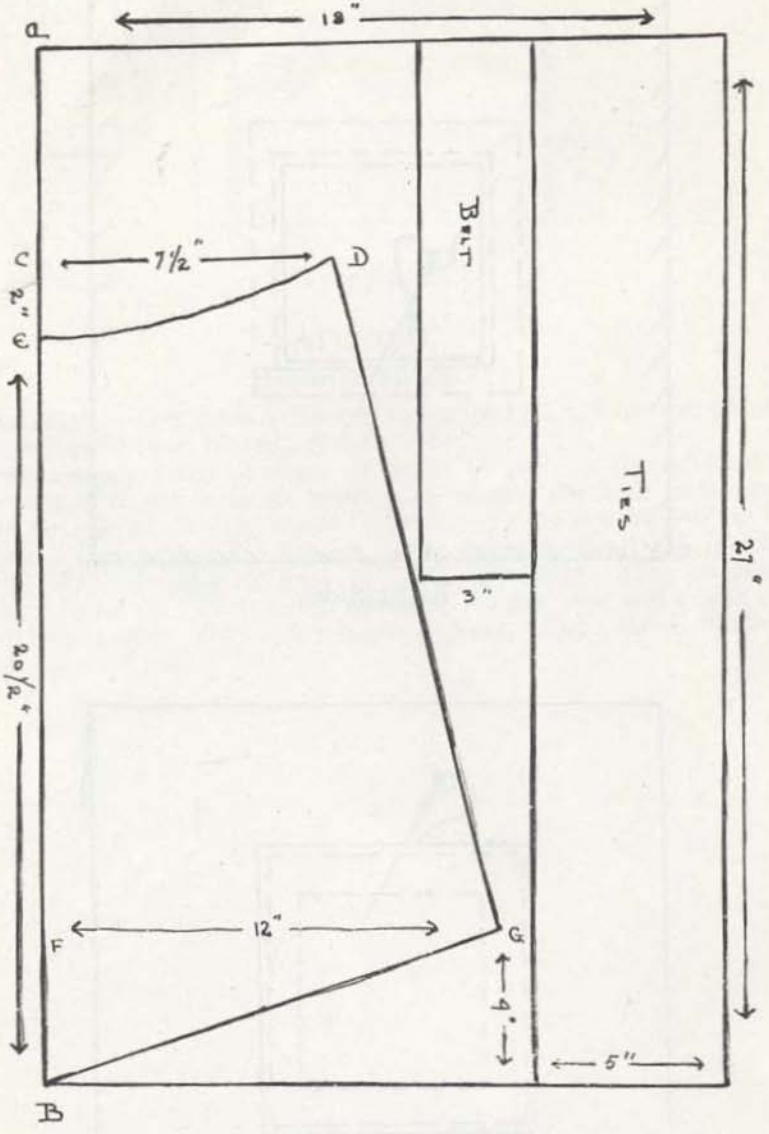


Right Side.



Wrong Side.

SEWING APRON.



Material.—White lawn, dimity, swiss, flaxon, ¾ yd.; lace to trim, about 2½ yds.

Directions.—One pattern may be made and used for the class. The line AB represents the lengthwise fold of the material. Along line from B measure 20½ inches and place C. From C measure out 7½ inches, place D.

Down from C on line AB measure 2 inches and place E.
Connect D and E with a curve for waist line.
Up from B measure 4 inches, place F.
Out from F measure 12 inches, place G.
Connect B and G; and G and D with straight lines.
Cut on the lines ED, DG, and GB.

Cutting.—Place pattern on material as illustrated, cutting band 3 inches wide and 15 inches long and the ties 27 inches long and 5 inches wide. Both should be cut on lengthwise of material.

Making.—Hem apron using a narrow hem about ¼ inch wide, baste this carefully in place and sew in place with a hemming stitch. The ties should be hemmed along the sides the same way and a 1-inch hem should be used at the ends. To put on the band, pin the center of the band to the center of the apron on the right side, baste carefully in place and sew with a back stitch, carefully press back the raw edge and baste down on wrong side along stitches. The ends of the belt should be turned in about ¼ inch. The ties should now be either gathered or pleated and sewed to the ends of the belt.

Trimming.—The apron and ends of ties may be trimmed with lace, tatting or crocheting. Lace may be inserted or pockets put on to suit the individual taste.

RED CROSS WORK FOR SEWING CLUBS.

Our Boys' and Girls' clubs are now recognized as educational centers by the American Red Cross and any club may become a Junior Red Cross organization upon application. Therefore, if the members of a sewing club desire to do Red Cross sewing, the club should also organize as a Junior Red Cross. If the club members are part of a school organization it is better for them to combine with the other members of the school and form a Junior Red Cross with all members of the school included in the organization. Instructions as to how to proceed in either case may be obtained from the county chairman of the Junior Red Cross, the County Club Leader or the County School Superintendent.

Red Cross sewing, except as stated below, cannot be credited on the same basis as bulletin sewing. That is, a club member cannot take one year's work in Red Cross sewing and then begin on the Second Year bulletin sewing. The First, Second and Third Year sewing bulletins must be taken up and completed in successive order.

Some of the articles made in the bulletin work, however, may be turned over to the Red Cross. The First Year sewing bag may be made into a soldiers' comfort bag. The pillow slips will also be accepted by the Red Cross. In the second year's work, the

night-gown, and in the third year's work, the dress may be made for refugee children. Red Cross patterns must be used in making all articles for the Red Cross.

As a rule, club members who have not completed at least one year's bulletin work cannot do sewing for the Red Cross in a satisfactory manner. It is always advisable, therefore, to complete at least one year's bulletin work first. Then members may profitably be urged to do as much Red Cross work in addition as time will permit. All such additional work should be reported the same as regular work.

Some sewing clubs may desire to do Red Cross work only. In such cases they should enroll as Red Cross sewing clubs without reference to the year's work being done. In order to obtain credit for a completed project in Red Cross sewing, members must earn 300 points in accordance with the scale of points given below. An acceptable report and story must also be submitted. When these requirements have been met, achievement pins will be awarded, the same as for any other club project. The 300 points necessary for credit must be earned in sewing. After the 300 point mark is passed the points allowed for knitted or crocheted articles made may be added also. This will permit members to earn many additional points to be counted in determining county and state champions.

POINTS.

It is impossible to make this table complete, as the needs of the Red Cross are changing continually, and other articles may be added or substituted. When a club makes Red Cross articles that are not included in the following table, a list of such articles should be sent to the Extension Division, Boise, Idaho, where the number of points given for each article in the list will be determined.

All patterns listed in the table below are official American Red Cross patterns. If they cannot be obtained from local dealers, apply to the chairman of the Junior Red Cross or to the County Club Leader.

Infant's Layette—Pattern No. 100.

	Stitching on machine	Stitching by hand	Additional points for knitting and crocheting
Dress	35	75	
Jacket—Cloth	30	60	
Knitted			150
Crocheted			150
Waists or brassieres (muslin)	35	75	
Waists or brassiers (flannel)	40	80	
Cape, with hood	40	90	
Bootees—Cloth	30	60	
Knitted			100
Crocheted			100
Swaddling cloths or woolen blankets	30	60	
Diapers	15	25	
Undershirts, made of old flannels, edges finished with crocheting	35	75	50
Bonnet, knitted or crocheted			80
Bag for sundries	20	40	

Refugee Garments—Children.

	Stitching on machine	Stitching by hand
Pattern No.—		
90—Child's Dress	55	100
91—Child's Dress	60	100
94—Girl's Dress	70	120
95—Girl's Dress	75	130
96—Girl's Dress	80	140
99—Pinafore for Boys or Girls	85	150
106—Child's Cape	80	140
101—Child's Undervest or Shirt	50	*80
102—Child's Nightgown	60	100
103—Girl's Petticoat	60	100
110—Girl's Chemise	60	100
111—Girl's Drawers	65	110
105—Boy's Blouse	55	100
105—Boy's Pants	65	110
150—Boy's Shirt	80	140

Refugee Garments—Women.

		Stitching on machine	Stitching by hand
Pattern No.—			
153—Ladies' Blouse		60	100
157—Ladies' Blouse		70	120
156—Ladies' Skirt		75	130
156—Ladies' Skirt		75	130
154—Ladies' House Dress		90	160
152—Ladies' Chemise		70	120
155—Ladies' Nightgown		75	130
151—Ladies' Drawers		75	120

Refugee Garments—Men.

		Stitching on machine	Stitching by hand
Pattern No.—			
81—Men's Undershirt		60	00
80—Men's Drawers		75	30

Miscellaneous.

		Stitching on machide	Stitching by hand
Wash Cloths		15	25
Handkerchiefs		15	25
Napkins		15	35
Towels		10	20
Tray Cloths		10	20
Comfort Bags		20	35
Gun Wipes, per hundred	10		
Kitchen Holders		15	25
Heavy Mittens		25	45
Dish Towels		25	25
Mops	20		
Shoulder Shawls		45	85
Hospital Shoes		45	65
Kid Waistcoats		00	80
Quilt Top, divided among members in proportion to work done by each.	400		
Lining Quilt and Tying may be divided among members in proportion to work done by each	100		

Hospital Garments.

	Stitching on machine	Stitching by hand
Pattern No.—		
1—Bed Socks	20	50
10—Ice Bags	15	35
2—Trench-foot Slippers	35	65
20—Operating Cap or Mask	25	45
159—Helmet	35	65

The list of Hospital Garments below should be attempted by advanced classes in sewing only.

Pattern No.—		
60—Men's Pajamas	95	160
65—Bed Jacket	65	100
68—Bed Jacket Reversible	70	115
35—Helpless Case Shirt	75	120
30—Hospital Bed Shirt	65	100
40—Operating Gown	95	160
55—Convalescent Robe	90	170

Knitting or Crocheting.

	Stitchieg on Machine	Stitching by hand
Wash Cloth		20
Hot Water Bottle Cover		150
Wristlets		100
Bed Socks		250
Socks		350
Helmet		300
Sweater		400
Muffler		300
Afghans or shoulder wraps, per square		20
Baby Jacket		150
Bootees		100
Baby Bonnet		80

In some communities it may be impossible to carry on the work in sewing while it is possible for the girls and boys to knit. In such cases a knitting club may be formed. To receive credit for a completed project in knitting a member must earn six hundred points and in addition hand in an acceptable report and story. Achievement pins will then be awarded.