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# GARMENT MAKING

## II—UNDERGARMENT PROJECT

BOYS' AND GIRLS' CLUB CIRCULAR 2

COLUMBIA, MO.

DECEMBER, 1922



**COOPERATIVE EXTENSION WORK IN  
AGRICULTURE AND HOME ECONOMICS**  
UNIVERSITY OF MISSOURI COLLEGE OF AGRICULTURE AND THE UNITED  
STATES DEPARTMENT OF AGRICULTURE COOPERATING  
A. J. MEYER, Director, Agricultural Extension Service  
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## FOREWORD

The material in this circular is derived from many sources. In the main it represents a compiling and rearranging of mimeographed sheets and miscellaneous publications heretofore used in garment making club work.

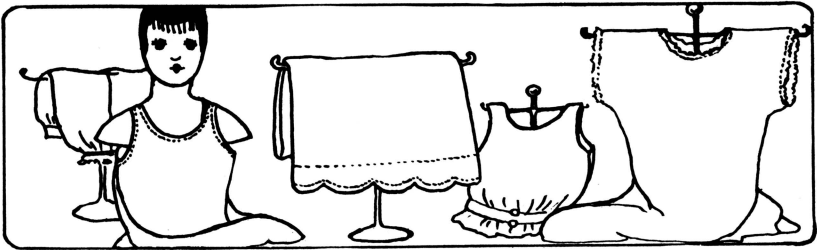
The subject matter context has been reviewed by Miss Essie M. Heyle, Extension Professor of Home Economics. The circular itself was arranged and re-written by Mrs. J. K. Fyfer, Special Assistant in Boys' and Girls' Club Work. The drawings are by Mrs. W. C. Etheridge.

This circular is the second of a series which has been arranged especially to meet the needs of young people of club age.

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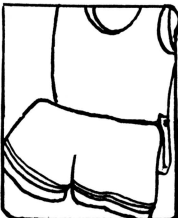
## TABLE OF CONTENTS

Did you ever read about something in a book and then try to find it again? Perhaps you have spent many minutes, even hours, trying to locate it. If there had been a complete table of contents and an index, you could have turned immediately to the article you wanted and there would have been much pleasure in referring to subjects you wanted to read again. In this book there is a table of contents to help you find any stitch, seam, material or directions that you have used in making the articles found in the Undergarment Project. Consult the contents often so you can turn at once to any item you wish.



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## GARMENT CLUB MAXIMS

Every Garment Making Club member should not only be familiar with the ten maxims here given, but she should diligently follow them throughout the whole period of her clothing work. As has been stated, these maxims should be a part of her club creed. It is recommended that club members acquire habits of right dressing in a way that is interesting. It may be done perhaps through enlisting a spirit of play.

1. Air clothes well before putting them away. Hang outer garments on hangers to keep their shape.
2. Keep clothes well brushed and pressed.
3. Mend rips or tears as soon as they appear. Darn holes in stockings and strengthen weak places promptly.
4. Remove stains while fresh.
5. Keep clothes well laundered, mending carefully before beginning to wash.
6. Remember that a pin is not a worthy substitute for a button.
7. Polish shoes often to preserve surface and give a good appearance. When not in use, keep in shoe trees to preserve shape.
8. Fasten shoes neatly and have worn down heels leveled promptly.
9. Keep hats free from dust and store them where they will not be bent or marred.
10. Remember that a girl's character is reflected in the neatness of her clothing, the cleanliness of her person, and the tidiness of her hair.

# The Garment Making Club II

## UNDERGARMENT PROJECT

Garment Making Project II is really a continuation of the first project in Garment Making. You already know just what tools to use, and most of the stitches in this second project are the same as you have used many times before. If you should forget any of the old stitches or directions you may refer to Garment Making I. The new directions will be given with this.

There is a table of contents and also an index to help you find any garment or stitch that is new in this project. They are like keys, for they will unlock the places that contain the very help you need.

The Household Project in Garment Making I was concerned with useful things for the home, but Project II tells how to make things useful for yourself and for that reason you will be more especially interested.

Before taking up the work it is well to know something about clothes that are healthful for children. Knowing some of these things will make it easier for you to select the materials, style, and articles best suited for your needs.

### HEALTHFUL CLOTHES FOR CHILDREN

“The body of a child is like a tender plant; its bones, muscles and organs are as easily bent and molded, cramped and dwarfed, as the shoots and tendrils of the plant.” The body grows and develops for 25 years. Clothing during this time should be loose and comfortable so that every part of the body will have an unlimited chance for work and growth. Unsuitable clothing may interfere with circulation, breathing, or digestion, or it may cause round shoulders, weakened muscles, lame feet, nervous strain, weariness, tendency to colds, or the displacement of certain organs. Since play helps children to develop strong bodies, they should have easily laundered play clothes of durable material and simple design so that their play will not be hindered through fear of soiling or injuring their garments. Girls should wear

healthful and comfortable clothes to protect them from the heat, cold and moisture, and clothes which allow them to breathe, move and stand easily.

**Shoes** should be well fitted to the shape of the feet and should have low flat heels. They should have soles heavy enough to protect from cold and dampness. Rubbers should be worn in damp or wet weather.

**Stockings** should be well fitted to the shape of the feet and have no seams that will prove uncomfortable. They should be longer than the foot, as short stockings cause cold feet, bunions and other troubles.

**Supporters** should never be so tight that they cause a great pull on the shoulder. Round garters hinder circulation.

**Underwear** should be the principal means of retaining heat. It should be of coarse mesh, easily laundered and suited to absorb the perspiration and give ventilation. It should be large enough to give the body free movement.

Underwear should protect the throat, arms and ankles unless extra outer wraps are worn and the building is kept unusually warm.

**Corsets** are not desirable for a growing body for they are injurious if they are tight, if they do not fit well and if they do not allow ventilation, or if they exert a heavy downward pressure on any of the organs. Homemade corset substitutes or factory made waists, or girdles that take the place of corsets are much better.

**Dresses, waists and skirts.**—There should be as few garments worn as possible to secure warmth and a modest covering of the body. They should be light in weight so that the body has free movement and they should be suspended from the shoulders.

**Hats** should be light in weight, well balanced, well ventilated, and should fit the head without pressure on the scalp. Hats for summer should shade the eyes.

**Outer wraps** should be preferably of rough surfaced material as it is warmer than smooth finished material. They should be warm but light in weight so that they will not weigh down on the body and make the wearer tired, and winter wraps should fit closely around the neck. It is better to wear a light weight coat with a sweater underneath than too heavy an outer garment.

## REGULAR MEETINGS IMPORTANT

When you organized this club you decided how often you wished to meet, so don't fail to meet regularly. Your club leader will then know how much work she can plan for you to do between the meetings. The garments grow more difficult to make as the work advances, and you may need a longer time to make the later ones.



## RECORD BOOK

You will remember in Project I how very important the Record Book was. It is equally important in this project, so be sure every fact is recorded about your work. At the end of the project when you are ready to write the story of your club it will be very easy for you to do, as you will have all the important things in the Record Book.

After your first meeting it will be interesting to tell how you organized the club. Who were the officers elected? What committees were appointed? What program was made out for the year? What plan of work was decided upon for the next meeting?

Tell about every meeting, whether it was a business one or not, for it is a delight to know what good times you have socially as well as knowing about your work. Collect samples of the different kinds of materials used for each article. Cut these about the same size and paste them along the upper edge of the sample as it often wrinkles the paper of the book if pasted flatly down.

### YEAR'S PROGRAM

The year's program gives six groups from which to select and requires that one article from at least four groups be finished.

<b>I</b>	<b>II</b>	<b>III</b>
Night gown	Princess slip	Bloomers
Kimono	Petticoat	Drawers
<b>IV</b>	<b>V</b>	<b>VI</b>
Teddy-bears	Substitute corset	Baby garments
Combination	Underwaist	

### THE UNDERGARMENT MAKING PROJECT

When you are ready to select a garment to make, it will be best for you and your mother to make a list of your garments that will need replacing this season or decide on what garments you will need for the next season. For instance, if you expect to have a new thin dress for the summer it may be that you will need a special petticoat or slip to wear under it. Every girl needs at least three changes of wash underwear. It is not necessary to have three of each kind of undergarment if several different styles are worn. For example, three princess slips are not needed if teddy-bears and petticoats are worn sometimes.

In selecting materials for the undergarments remember that a material to wear well must have the following qualities: warp or lengthwise threads of the cloth, and the woof or crosswise threads of the cloth must be of about the same weight and both threads strong enough for the purpose for which the material is to be used. It must be of a firm weave, and if any hand work is to be done on the article it should be soft.

To find out if warp and woof threads are equally strong, ravel goods a bit and compare the weights of the threads, also the ease with which they can be broken. Toweling, silk shirting, wool poplin, crepe-de-chine, outing flannel, and cambric may have warp and woof threads of different strengths. If there is any difference in the weight of the warp and woof threads, the warp should be the stronger. DIMITIES woven of fine threads with an occasional heavy thread or cord do not wear well. Materials woven of round threads wear better as a rule than those woven of threads not so definitely rounded. Look for round threads in buying linens, muslins, silk hosiery, etc.

If a piece of goods is firmly woven, the threads will not move or slip when the material is drawn in both directions between the



finger and the thumb; and it will not stretch much when held between the first fingers and the thumbs and the wrong side of the cloth is rubbed by the first fingers with an upward pressure.

Some cotton materials are sized, or treated with starch, glue or clay to make the material seem firmer, finer, or better than it really is. This can be found out by holding a thin material to the light when the filling between the thread can be seen or it may be detected by a hard chalky feeling when the material is rubbed with the finger and thumb tips, or by scratching it with the finger nail or rubbing across the knuckles and observing whether such places seem less firm and whether white powder comes from the material.

It is quite necessary before making any garment to study materials suitable for it and the best ways of making and trimming it. The materials most used for wash undergarments are muslin, cambric, long cloth, nainsook, pajama cloth, barred dimities, and cotton crepe.

Muslin wears best of these materials, but it usually is heavier and warmer, and is somewhat harder to launder. A smooth-finished muslin should always be bought. Unbleached muslin wears better than bleached muslin and is cheaper, too. If the creamy color is not pleasing it can be bleached by wetting it and laying it on the grass for several days in the sun.

Long cloth probably wears next best to muslin as its warp and woof threads are usually of equal weight. It makes a better appearing undergarment than muslin.

Cambric which is now usually sold for underwear as Berkeley cambric is an unusually pretty, smooth, nicely finished material. As a rule it does not wear quite so well as long cloth, because its warp and woof threads are seldom of the same weight and it is apt to split.

Nainsook is the finest and softest underwear material. The wearing quality of nainsook depends upon the weight of its threads, but usually these are finer than in any of the other underwear materials. Nainsook is usually used for baby clothes.

Pajama cloth, which is a rather coarse, fairly heavy cross-barred dimity, is of course, a fancy weave and it is liked by some for nightgowns and teddy-bears. Its wearing quality depends very largely upon the grade of the goods. If the weave is open, or if the cord is much heavier than the other thread, the pajama cloth will not wear well. Being of somewhat more open weave it is

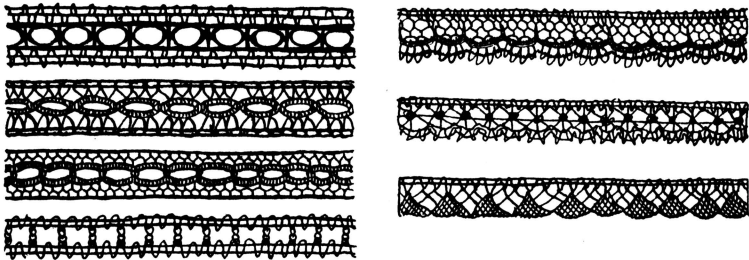
thought by some people to be cooler than the other underwear materials.

Cotton crepe is liked because it does not need to be ironed. It is used for nightgowns particularly.

Sometimes silks and colored materials are used for underwear, but these cannot be boiled. There is an advantage in boiling garments that come next to the skin, not only for the destruction of possible disease germs, but also because body odors do not cling to garments that have been boiled and well sunned. Such materials should only be used for very special occasions if at all. Try to get samples of all of these materials with width and cost.

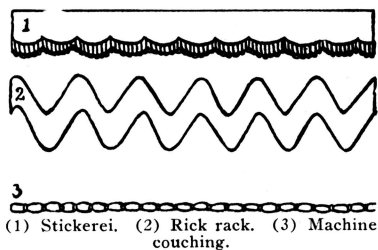
### TRIMMINGS FOR UNDERGARMENTS

Since underwear is a personal matter and not a part of one's clothing that one cares to show to every passer-by, colored ribbons, very fancy crocheted yokes, or colored camisoles that call attention to the underwear are not considered suitable nor in good taste under thin waists. The simpler the trimming on underwear the daintier and more easily cared for are the undergarments.



Narrow lace edgings or very simple decorative stitches as feather-stitching, *machine couching\**, *French knots*, or catch stitching in white make the nicest and daintiest trimmings.

Laces and embroideries that have firm strong edges should be bought. Lace should have no weak connecting threads. Narrow linen torchon and cluny laces wear better than valenciennes laces on underwear. Embroidery should not have large holes and the pattern should not be too heavy for the

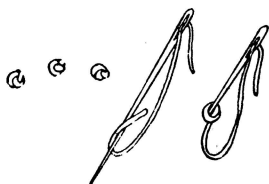


\*Words printed in italics type on this and succeeding pages are fully explained in paragraphs directly following their first occurrence.

weight of the goods upon which it is made. Cambric embroideries wear best. Plain white stickerei, which is narrow scalloped braid, makes a very attractive and economical trimming.

**Machine Couching.**—Machine couching is used to decorate children's clothing, women's dresses, skirts or underwear. It is usually made on a machine which has a rotary bobbin. The bobbin is filled with the color and weight of embroidery floss desired. Usually a very heavy floss is chosen in order to secure a cord-like effect. Fill the machine with ordinary sewing thread, loosen the tension and lengthen the stitch of the machine. Stitch the garment to be decorated on the wrong side of the hem or facing.

**French Knots.**—A French knot is made by bringing the needle through the material where the knot is desired, wrapping the thread around the point of the needle one or more times while holding the thread tight, and putting the point of the needle down into the cloth very near where it came through before. The twist of the thread is pushed down close to the cloth and held there while the needle is pulled through the wrong side.



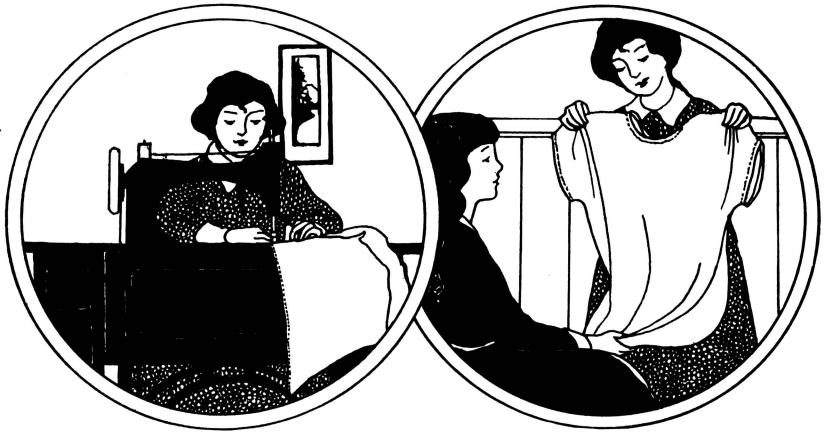
Lingerie tape, linen or crocheted cords are most desirable for drawing up the necks of undergarments, as they wash well.

## SEAMS AND FINISHES USED ON UNDERWEAR

French seams or felled seams are used in making wash undergarments. Garments that fit loosely as nightgowns, kimonos, some petticoats, princess slips, corset covers, chemises, or teddy-bears may be made with French seams. If thin waists or dresses are to be worn over underwear, the French seam is preferred. For heavy materials such as flannelette gowns, and closely fitting undergarments such as bloomers, drawers, some teddy-bears and petticoats, flat felled seams are used. Make all seams on undergarments as narrow as possible. Never make seams more than  $\frac{1}{4}$  inch wide when finished, and  $\frac{1}{8}$  inch is better.

The tops or necks of underwear may be bound, faced, or hemmed. A plain narrow hem is not very strong and is used only when a strong edging such as tatting, or crocheted lace is sewed on, or when beading or lace with beading is used so that the strain, when the garment is pulled up, comes on the beading rather

than on the hem. If the garment is gathered, the neck is bound otherwise it should be faced with bias binding or bias edging so that the finished facing is not more than  $\frac{1}{4}$  inch wide, and is preferably narrower. If garments are to be trimmed with decorative stitches or lace without beading and need to be drawn up the tape may be run through the casing. Many persons prefer to tie the tape on the inside of the garment so the bow will not show. Whether the slit that is to be buttonholed and used as the opening for running the tape through is cut on the right or wrong side of the facing is a personal matter. If embroidery beading is used around the neck it can be flat felled to the garment. Feather stitching, machine couching, chain stitching or other decorative stitches may be used on the right side at the bottom of the facing. Another way of trimming the neck of a nightgown is to make a fitted shaped facing, about two inches wide when finished in some places, and curving down wider in one, three or five points or scallops in the front. The sleeves may be trimmed in the same way. The armholes of underwaists and teddy-bears should be faced.



### USE OF THE MACHINE

In the household project of Garment Making the sewing machine has been used some, but it should be used a great deal in the present project especially where there are long seams that need firm stitching and in all seams that have any strain upon them. The book of directions that belongs to the machine should be carefully studied for each make of machine varies from every

other make. The Club Leader will help in explaining the directions.

A few important things are necessary to remember.

1. Always have the machine clean and well oiled. If it becomes sticky or if it is not to be used for some weeks, oil it with kerosene. This will clean it. Run the machine so that the oil will get to every part, then wipe it carefully. After thoroughly cleaning it, oil it with a good quality of machine oil. Never use the machine without first wiping it carefully.

2. The book of directions will tell you the size of needle to use with the size of thread and both should be chosen to suit the material to be stitched. The length of stitch should be regulated to suit the material, too.

3. The machine must always be threaded carefully above and below else it will not make tight, even stitches or may break the thread. Needles are sometimes blunted by wrong threading or improper setting of the needle and should never be used then as a blunt needle draws the threads of the material.

4. Keep the belt tight for when it is too loose, much energy is wasted.

5. Until the beginner learns the proper direction to turn the wheel and the art of treading with both feet, the machine need not be threaded, but it can be run in this manner until treading becomes a habit and starting and stopping easily and exactly has been learned.

6. The bulk of the material should be kept to the left of the presser foot.

7. Practice in making straight stitching can be done on striped goods so the stripes may serve as a guide.

8. Try threading, treading, regulating the length of stitches, and guiding work until all these can be done without much thought, or have become a fixed habit.

## GROUP I

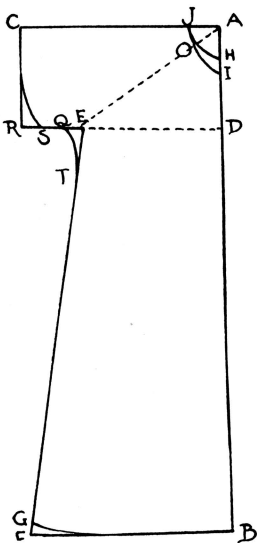
### KIMONO NIGHTGOWN

Kimono nightgowns are very simple to make and if one uses some hand stitches for decoration they cost very little. Every girl who can sew will be able to have enough for her use without much expense or trouble. These can be made different by shaping the neck in various ways as square, round or pointed. A few tucks could be added on the shoulders, lace, crochet edge, or scalloping can be used to trim the neck and sleeves. Garments should be carefully pressed after they are finished and folded in a particular way to avoid wrinkling when they are put away.

**Measurements.**—For the length of front, measure from the highest point of the shoulder to the floor. Bust measure should be taken loosely. Desirable width around the bottom is two yards for 36-inch bust measure. Figure the bottom for other bust measure in the same proportion.

**Material.**—The amount of cloth needed is twice the length of the front plus twice the width of the hem. Desirable width for hem is two inches.

**Making Pattern.**—Draft a pattern upon paper according to directions, using the diagram as a guide.



AB length from neck at shoulder line to floor plus desired width of hem which is usually about two inches.

AC right angles to AB at A equals one-fourth of the bust measure, plus 5 to 7 inches for desired length of sleeve.

AD on AB one-fourth of the bust measure.  
DR parallel and equal to AC. Connect C and R.

DE one-fourth of the bust measure plus two inches measured on DR from D.

BF at right angles to AB at B, equals one-fourth of the desired width at the bottom of the gown.

Connect F and E with a straight line.

GF one inch measured on FE.

Connect B and G with curved line.

EQ two inches measured on ER from E.

ET two inches measured on EG from E.

Connect Q and T with a curve.

AH one-ninth of the bust measure, measured on AB from A.

HI one inch measured down from H on AB.

AJ equals AH measured on AC.

Connect A and E with straight line.

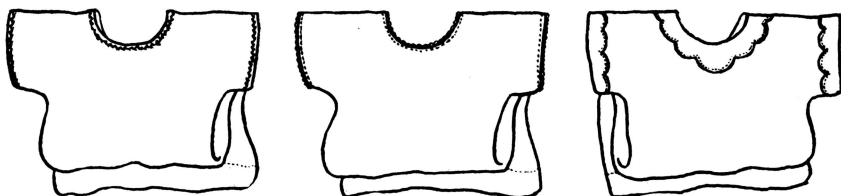
AO equals AH measured on AE from A.

Connect JO and H with curve. This forms the line of neck in the back.

Measure on RD one inch, mark this S and make a good curve from C to S.

Mark  $\frac{1}{2}$  inch seams along STG.

Cut out the pattern, following line BDIJCSQTGB. This gives the correct outline.



**Cutting.**—Fold the material in half, lengthwise then crosswise. Place the pattern on the goods so that the line AB of the pattern will be on lengthwise fold and line AC will be on crosswise fold. Cut out carefully.

**Making.**—Make the point I, indicated on the pattern, on the goods in order to cut the neck of the gown lower in front than in the back, and cut in front from I to J. If the width of the goods does not allow for the desired width at the bottom of the gown take the triangular piece cut from under the arm and apply it at the bottom by overhanding the two selvages together.

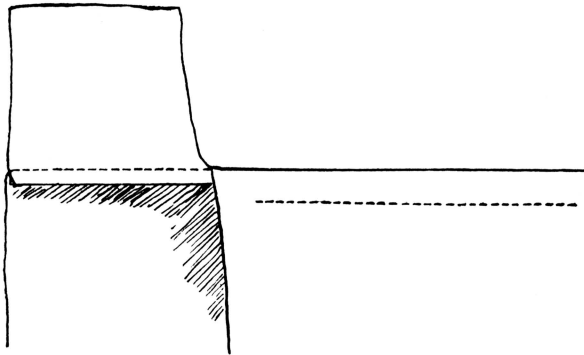
Sew underarm seams, making *French seams*.

Make a two inch hem at the bottom.

If neck is a little high, trim out in front to suit the individual. Finish the neck and sleeves with  $\frac{1}{4}$  inch hem or bind with bias tape turned to wrong side and stitched, or with shaped pieces finished with fancy stitching.

Edge may be trimmed by sewing on a narrow lace edge or by making a simple fancy stitch such as feather stitch, chain stitch, or outline stitch, on the right side. If a fancy stitch is used, the bias binding can be fastened down by it and will not need to be stitched.

**French Seams.**—The French seam is used in making undergarments and outer garments that are made of light weight materials. To make this seam, allow  $\frac{3}{8}$  inch for materials which do not ravel, and  $\frac{1}{2}$  inch for materials which ravel. Pin and baste together the materials and make the first stitching on the right side



of the material  $\frac{1}{8}$  to  $\frac{1}{4}$  inch from the edge. Trim to  $\frac{1}{8}$  inch and press seam flat on the right side. Then reverse and fold so that the seam edges come within the fold, crease, and stitch from  $\frac{3}{16}$  to  $\frac{1}{4}$  inch from the edge. This row of stitching must entirely cover all raw edges from the first stitching. This seam may be used in hand made garments, the running stitch being used for the first stitching, the combination or back stitch for the second.

**Binding.**—Bindings are used for finishing separate collars and cuffs, arm holes, and some other seams especially those on heavy materials, and for decoration. Bindings used for decoration may be tailored in effect as in wash or woolen materials or soft as in georgettes and soft silks. Bias materials should always be used in bindings. Cut the binding twice the depth of the finished fold, plus  $\frac{1}{4}$  to  $\frac{1}{2}$  inch for seam. When the strips of bias material have been joined baste them to the right side of the garment or seam. Stitch or run by hand according to the material, then fold down



the other edge once and turn to the wrong side so the folded edge just covers the first stitching, and blind stitch or stitch by machine, according to the effect desired.

**Facing or False Hems.**—Facings or false hems may be used in finishing undergarments and outer garments at neck, sleeve, etc., in finishing the bottom of a circular or two-piece skirt, for

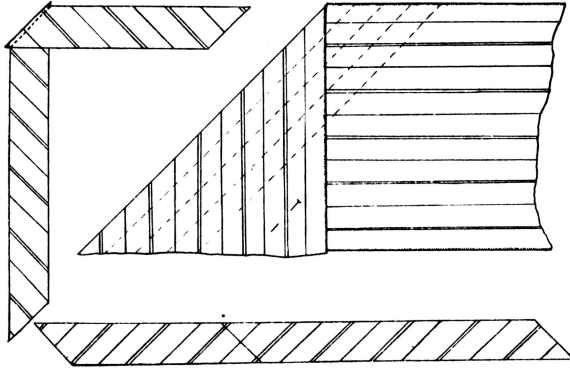


lengthening skirts and the like. Material used to face a garment is sometimes cut straight but is more often *cut bias*. Bias facings may be purchased by the yard or cut from the same material of which the garment is made. Unless ready-to-use bias facing is of very good material, the facing which is used should be cut from the same material as the garment. To apply a facing, lay the right side of the facing to the right side of the edge that is to be faced, baste and stitch. Turn to the wrong side and finish as a hem. The facing is usually turned exactly at the seam.

On a circular edge as a round neck, circular skirt, etc., a fitted facing is sometimes used. Before cutting such a facing trim the edge to be faced as it should be when finished, plus  $\frac{1}{4}$  inch for the seam; lay the right side of this edge to the right side of the facing material so that the garment lies flat and smooth. Baste with a *diagonal basting* and cut the facing exactly along the edge which is to be faced. Measure up on the material the width the facing is to be finished plus the turning, mark with a pencil and cut. Stitch along the bottom of the facing; turn to the wrong side and finish as a hem.

**Cutting Bias.**—Bias material which is used in trimmings, facings or bindings should be cut on the true bias; that is the material should be cut in strips diagonally across the warp and woof threads. To do this lay a corner of the material at right angles to itself so that the warp threads are parallel with the woof threads. Crease this fold. Then unfolding the material draw a line along this crease with a pencil or tailor's chalk and yard stick. Measure at right angles to the line the depth desired for bias strips. Do this at intervals along the strip and mark with chalk or pencil. Draw a line through the marks with the aid of a ruler. Repeat

until the required number of strips have been measured, and then cut. Join the bias strips by hand or machine according to the material used.



**Diagonal Basting.**—Diagonal basting is used to hold two pieces of cloth together securely as in basting a lining to a collar, cuff,



etc. This stitch varies in length from  $\frac{1}{4}$  inch to two inches according to the purpose for which it is used.

## KIMONO

Every girl will find a kimono useful to use when she is dressing or undressing to keep her warm, or to enable her to be more modest if she shares her room, to put on over her dress if she wants to comb her hair in the daytime and does not want hairs on her clothes, to take a nap in, to put on at night if she needs to get up to wait on a sick person, etc. So many pretty, inexpensive cotton crepes can be bought now that the beauty of the garment depends upon the good taste of the buyer. So be careful in choosing the design of the goods and the colors, as you want both to be becoming.

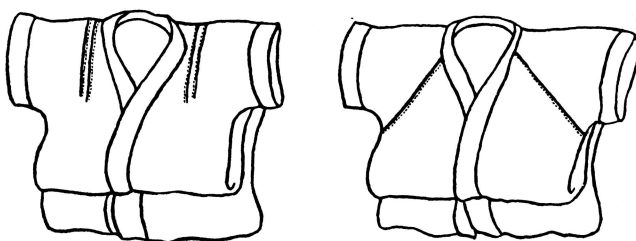
**Material.**—Colored cotton crepe is the usual material used for kimonos. A contrasting color or one matching one of the colors in the pattern is desirable to use for trimming the kimono.

**Pattern.**—A commercial pattern or the kimono nightgown pattern may be used. If the kimono nightgown pattern is used, the

neck of the kimono should be cut high in the back and V-shape in the front; it should be slit up the center front, and a wide band—about 2 inches when finished—should be applied like a binding



down each side and around the neck. The sleeves may be finished with the same band. If a hem down the front instead of a band is desired, it either will be necessary to put a seam on the shoulder, use a raglan sleeve, or some other pattern. A raglan-sleeve kimono pattern may be made by folding the kimono night gown pattern from the neck to the underneath part of the sleeve, allowing for seams and cutting. Seams must also be allowed along the cut edge for the sleeve. If this is done a three piece pattern



with front, back, and sleeve piece is made, and hems can be allowed down the center front. Use *French seams* in the kimono.

**French Seams.**—See explanation under Kimono Nightgown.

### RECORD BOOK

In your report of the nightgown or the kimono, you might tell what material you used and why, add a sample in your Record Book with the cost, the width, and the amount that was needed for the garment. How did you finish it? Put a sample of the trimming into your Record Book. Was there any special difficulty or worth while fact that you can add?



## GROUP II

### PRINCESS SLIP

The princess slip is such a sensible garment and so simple to make, that nearly all girls like it. It can be made so dainty that it is a great pleasure to feel that one is well dressed underneath, even though it is not the part of clothing to display to the public. There is such a satisfaction in knowing that one's clothing from the garment worn next to the body to the very outside piece or dress is sensible, well made, and in good taste.

**Material.**—Sateen or any undergarment material. The amount of material needed is twice the length from the shoulder to the bottom of the dress adding the amount needed for the hem.

**Pattern.**—Any commercial pattern which is simple in design. A two-piece pattern is suitable for all girls except those with very full busts. The size of the pattern should be by age if the girl is of average size. If she is large or small for her age it should be purchased according to bust and hip measure. To take the bust measure, stand behind the person whose measure is to be taken, place a tape line loosely about the fullest part of the bust and straight across the back half-way between the bone in the back of the neck and the waist.



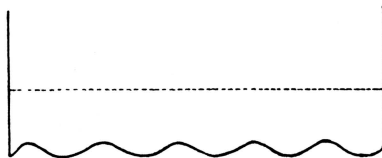
**Making.**—Decide whether the bottom of the slip will be finished with *shaped hem*, *ruffle*, or with the ruffle set up on the slip so the slip can be cut the right length. Lay the pattern straight on the goods and cut out the princess slip, marking notches with pencil or thread. Baste and try on. Make *flat felled seams* if a slip fits closely or small French seams if it fits loosely. If the princess slip does not slip over the head,

use a faced and bound *placket*. Use buttons and buttonholes for fastening. See suggestions for finishing neck and armholes in "Seams and Finishes Used on Underwear", page 11.

Put on the slip and let some one measure with a yard stick the distance you wish the slip to be from the floor. Move the yardstick around the slip measuring the distance desired and place pins about one inch apart to mark the correct curve of the skirt around the bottom. Be sure the yard stick is kept vertical to the floor and doesn't slant either in or out.

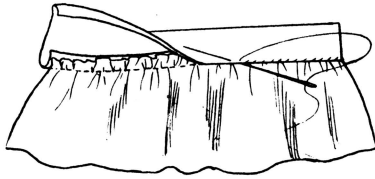


**The Shaped Hem.**—The shaped hem is used in finishing undergarments. To make this hem, turn the material up on the right side after the desired length has been taken. Then mark off the scallops the desired shape and size, stitch and cut around the scal-



lops  $\frac{1}{4}$  inch below the seam. Turn the hem so that the scallops will be the right side out. Baste securely and stitch on both the edge of the scallops and at the top of the hem. If desired a decorative stitch can be used at the top of the hem.

**Ruffles.**—Ruffles are cut on the bias or crosswise on the goods. They may be applied in any one of the following ways: Stitched on the right side and the raw edge covered with a tuck, a bias strip, or finishing braid; put into a hem the edge of which is slit; joined to another edge with a facing, French, bound or French felled seam; hemstitched flat by a machine after the raw edges of the ruffle have been turned once; rolled, whipped, and over-



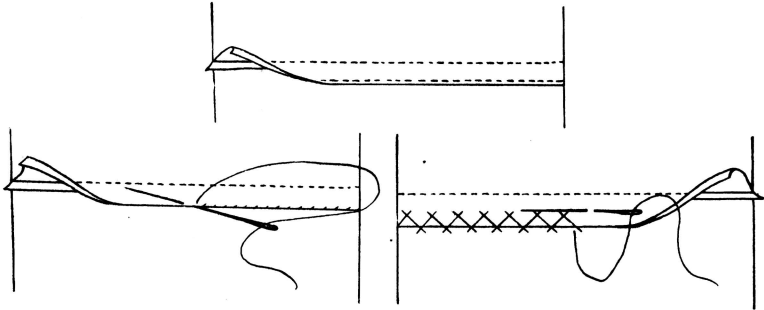
handed to a finished edge, if the ruffle is of very soft material; stitched with a heading made by folding the material once or putting a narrow hem at the top of the ruffle and stitching  $\frac{1}{4}$  to  $\frac{1}{2}$  inch from the top of the ruffle.

When applying a ruffle or other gathered edge, it is easier to divide the ruffle into two or four parts and then gather these divisions with separate threads. A gathering thread should not be fastened, but should be left long and have a knot in the end. Divide the edge of the garment to which the ruffle is to be applied into as many divisions as the ruffle has been gathered, pin the ruffle into place, draw up the gathering thread until it is just as long as the space to which the gathers are to be applied and wind the thread several times around the point and the head of the pin. Baste and stitch. Gathers can be applied more neatly and evenly if a second gathering thread is run just  $\frac{1}{4}$  inch below the first row or if the gathers are pulled up tightly and stroked or laid under the thumb in little folds with the head of the needle. Ruffles should be about one-and-one-third times the width of the bottom of the slip.

**Felled Seams.**—To make this seam, stitch a seam about  $\frac{3}{8}$  inch wide. Trim the underside of the seam from  $\frac{1}{8}$  to  $\frac{1}{4}$  inch; the upper side from  $\frac{1}{4}$  to  $\frac{3}{8}$  inch. Fold the wide edge down about  $\frac{1}{8}$  inch over the narrow edge, turn both edges down flat to the cloth and baste down the folded edge. Care must be taken to push back the material as the folded edge is basted down so as to pre-

vent any pucker on the right side. There are several kinds of felled seams.

(a) Hemmed fell seams are used in underwear and some baby clothes. The seam is stitched on the wrong side and the fold is hemmed down by hand.



(b) Stitched fell is made like the hemmed fell except that all stitching is done by machine. The seam is always finished on the right instead of the wrong side of such outside garments as middy blouses, tailored waists or skirts, men's shirts, or boys' clothing.

(c) Flannel fell is used in making infants' flannel petticoats. To make this seam, place two right sides of material together; stitch a seam  $\frac{1}{4}$  inch from the edge. Trim the underside to  $\frac{1}{8}$  inch and baste a fell without folding down the upper edge. Catch-stitch the raw edge of the garment.

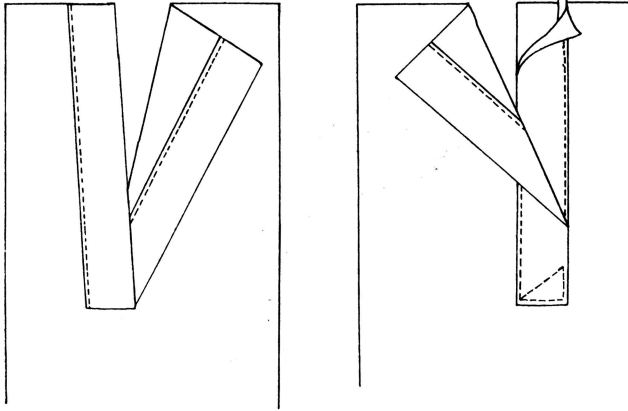
**Placket.**—(a) A hemmed placket is used in petticoats that have some fullness in the back. This is the easiest placket to make. The slit is cut and a hem  $\frac{1}{4}$  inch wide made on the left side of the slit and  $\frac{1}{2}$  to  $\frac{3}{4}$  inch on the right side. The right side is lapped over the left side the width of the upper hem and a double row of stitching is made diagonally upward from left to right at the end of the placket.

(b) A bound placket may be used for both under and outer-garments. To make this placket, cut a lengthwise strip of material twice the length of the placket and twice the desired width of the finished binding plus the seams. One and  $\frac{1}{2}$  to 2 inches is usually the width for this strip.

Place the right side of the binding to the right side of the garment and baste with a narrow seam around the entire open-



ing. Stitch by machine, holding the garment on top to avoid stitching in folds of material. Make  $\frac{1}{4}$  inch turn on other edge of binding, bring this fold just to cover first stitching, baste and stitch. After the stitching is done, turn the binding on right hand of the placket back against the wrong side of the garment and catch with the band.



(c) The bound and faced placket is used for undergarments. To make this placket, start just the same as if making a bound placket. When the binding has been stitched around the first time make a  $\frac{1}{4}$  inch turning and bring the fold back to the stitching and crease just as if a bound placket were to be made. Before basting cut out the underneath part of the binding on the right hand side of the placket leaving  $\frac{1}{8}$  inch inside of the crease at the side and bottom. Face the right-hand side of the placket with the binding which has had the extra thickness cut out, and bind the left-hand side of the placket. Stitch diagonally across the lower end of the right side of the placket upward from left to right.

## PETTICOAT

Sometimes one has need of a petticoat and no substitute can well take its place. For that reason there is a very simple style given here. There are so many ways to trim a petticoat that no two members need have them exactly alike. Some prefer a shaped hem at the bottom, others like a ruffle of embroidery, or a narrow edge on the bottom of the plain skirt. If you have a dif-

ferent way of finishing the bottom that is simple, suitable, and pretty, then use that.

**Material.**—White wash materials, gingham, cotton poplin, sateen, etc.

**Pattern.**—Petticoats are usually made 60 to 72 inches in width. Young girls will probably prefer straight petticoats made of about two widths of material. If this gives too much fullness at the top, some of it may be gored off, so there is only enough left to make the top of the petticoat about one and a half times



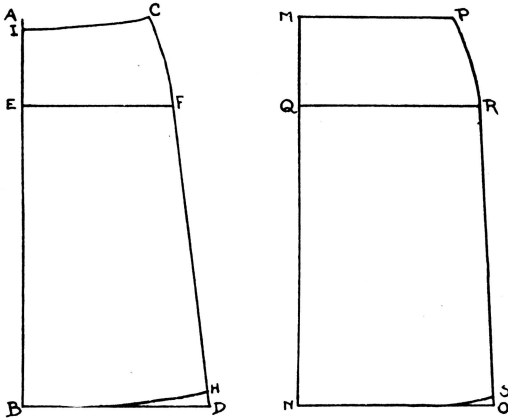
the waist measure. For the older girls of more mature figure a two piece pattern may be drafted. First take the following measurements: waist, hip, desired length of the skirt, as directed below.

**How to Take Measurements for Skirt.**—To take the measurements for the skirt of the petticoat the following is the proper procedure:

- A. Waist measure; snug measure around the smallest part of the waist.
- B. Hip measure; taken loosely around the hips 7 inches below the waist line in the front and parallel with the floor.
- C. Length, front, right side, left side; taken from the waist line straight down to the floor. (Any change in the length is made from this measurement.)
- D. Length, back of skirt; taken from the waist line to the floor. Decide upon the width of skirt desired. ( $1\frac{3}{4}$  to 2 yards are the usual widths.)

Use the following diagram and your own measurements in drafting pattern on paper.

Front: AB is desired length of petticoat at hip line plus 1 inch to allow for waste in making, plus width of hem and turning or if shaped hem is to be used plus  $\frac{1}{2}$  inch.



BD is one-fourth the width of the finished petticoat at the bottom.

AI is  $\frac{1}{2}$  inch for ordinary figure,  $\frac{3}{4}$  inch if waist is considerably smaller than hip measure.

IE is 6 inches for a small girl and 7 inches for a large girl.

E marks the hip line.

EF is one-fourth hip measure plus  $\frac{1}{2}$  inch.

AC is one-fourth waist measure plus  $\frac{1}{2}$  inch.

DH is 1 inch.

Connect ICFH and B.

Allow  $\frac{1}{4}$  inch seam at the waist and  $\frac{1}{2}$  inch seam on the side.

Mark and cut on these seam lines.

Back; MN is same length as AB.

NO is one-fourth desired width of petticoat.

MP is one-fourth waist measure plus 3 inches.

MQ is 7 inches for small girl, and 8 inches for large girl.

QR is one-fourth hip measure plus 3 inches.

OS is  $\frac{1}{2}$  inch.

Connect MPRSN.

Allow  $\frac{1}{4}$  inch seam at waist and  $\frac{1}{2}$  inch along side of gore.

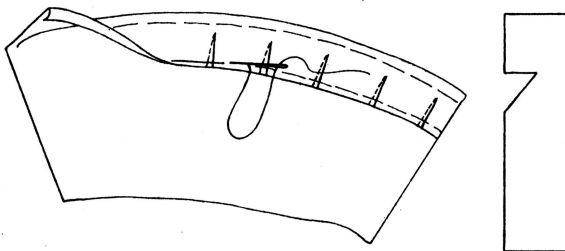
Mark, and cut on these seam lines.

**Making Petticoat.**—When cutting the petticoat, lay the goods so the straight edge goes straight with the warp or lengthwise threads. The straight edge of the front gore should be laid against the fold of the goods with the bottom next to the cut edge, and the back gore should be laid at the side of it in such a way as to save as much material as possible. In sewing up the skirt put the bias edge of the front and the bias edge of the back together, bringing the two straight edges in a seam at the back. It is more desirable to have a seam at the back of the petticoat because the placket sets more smoothly when there is a seam. Use French seams if petticoat is loose or will be worn under a thin skirt, otherwise flat fell the seams; and use a bound and faced *placket*. The petticoat should be placed on a *band* so the seams come right at the hip line and the gathers are fairly well distributed. Try the petticoat on before stitching the band to see that gathers are well placed. If the petticoat is not trimmed by using a *shaped hem*, it may be trimmed by using a narrow lace or scant ruffle trimmed with a narrow edge or made of a firm strong cambric embroidery that does not have large holes. Very narrow crocheted or other lace can be used around the scallops of the shaped hem. Directions for making shaped hem will be found under Princess Slip.

Directions for getting the length of the petticoat are found under the Princess Slip.

If a plain hem is desired, crease the skirt on the line that is marked with the pins in getting the length. Baste goods carefully  $\frac{1}{4}$  inch from the fold. Side seams should be carefully folded back on themselves so that the seams match.

Cut gauge for making the hem in the skirt out of cardboard according to illustration below.



Using the gauge, mark the hem evenly, holding the gauge at right angles to the edge of the hem. Cut on the marks. Place the

skirt in the lap with the hem on the table. Make a  $\frac{1}{4}$  inch turning on the edge. Baste hem down carefully, taking out the fullness by small darts turning to the right to make stitching of the hem easy.

**Placket.**—See explanation of placket under Princess Slip.

**Bands.**—Cut bands lengthwise of the goods twice the desired width plus seams, and the length desired, plus seams and the amount that is to be lapped. Find the middle of band and middle of edge which is to be banded. If edge to be banded has a placket which extends an inch or more move the pin, marking the middle of the band an inch farther over. Place right side of band to wrong side of garment and pin together at center and at ends, allowing bands to extend  $\frac{1}{4}$  to  $\frac{1}{2}$  inch beyond ends. If there are gathers use the same method as in applying a ruffle. Baste and stitch. Turn the upper edge of the band down once  $\frac{1}{4}$  inch and the ends in, turn the band to the right side and baste the fold so that it just covers the stitching. Stitch in place and stitch or overhand the ends. If bands are hemmed down by hand they are first stitched on the right side then turned to the wrong side to be hemmed.

**Shaped Hem.**—See explanation under Princess Slip.

## RECORD BOOK

Which did you make a Princess Slip or a Petticoat? How did you trim it? Why did you select the material that you did?



Place a sample and a small picture of the garment that you made in your Record Book. Since you have made yours have you had any ideas that would make you change your garment in any way if you had just had these ideas before beginning? Is there any member who has a neater looking garment than yours? How much did yours cost? Have you priced any similar ready made garments and were they as substantial looking as yours? How much did you save?

## GROUP III

### BLOOMERS

Bloomers are a most desirable garment for girls until the dresses are worn long and they are more suitable for girls of all ages, than teddies or drawers. They are gaining in favor each day for they are very comfortable and attract no attention and are easily laundered. Usually petticoats are not worn with bloomers.



**Material.**—Black or dark colored sateen is well adapted for wear under woolen dresses when replacing a petticoat. Bloomers may be made of wash material like the dress or apron with which they are to be worn. These are usually of gingham, chambray, poplin, or other cotton material.

**Pattern.**—Purchase a pattern of the proper size and design. Bloomers are usually slightly gathered at the top.

**Placing the Pattern.**—Place the pattern on goods according to directions given on the envelope and cut out carefully.

**Making Bloomers.**—Read directions on pattern envelope carefully for construction of bloomers. Make plackets first. Plain bound plackets are the simplest to make. Make flat felled seams  $\frac{1}{4}$  inch wide. Baste and stitch along upper front and back seams first; match these seams and baste and stitch inside leg seams. Finish around bottom of each leg with a plain hem into which elastic is run, or by gathering into a narrow, plain band at the knee, which is fastened to the side with a button, or a buckle and tongue. Bloomers should not be trimmed.

Place in band at top, distributing gathers carefully.

Try bloomers on to see that the length is correct, also that the garments fit smoothly at the waist.

If too full, take out extra amount in darts.

Place a button on the ends of the front at each placket and a buttonhole at each end of the back band.

When bloomers are to be buttoned on an underwaist, *button-*

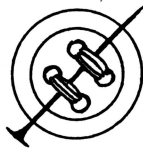
*holes* instead of *buttons* are placed at center back and front, and on end of bands.

**Bound Placket.**—See Placket under Princess Slip.

**The Buttonhole.**—The buttonhole should always be made on double material on the right side of the garment. Use silk twist for making buttonholes in wool or silk and heavy thread suitable for the weight of cotton material. Always use a long enough thread to complete all steps in the working of a buttonhole.

Buttonholes should be cut so that the pull comes in the end rather than on the broad side of the hole. For instance, buttonholes in the band of a petticoat that buttons on to a loose waist should be cut up and down while buttonholes on a petticoat that buttons around the waist should be cut crosswise, which will be lengthwise on the band. Buttonholes in the hem of a waist that buttons behind are cut crosswise. The only exception to this rule is when buttonholes are made in the plait of a man's shirt or a woman's tailored waist which is starched. Since there is no particular strain on buttons in such a plait the buttonholes are cut up and down so that the button can be slipped into the buttonholes more easily without mussing the plait.

Select the size of the button to be used and cut the hole accordingly. Buttonhole scissors are very convenient for cutting the hole. If these are not at hand cut the hole in the following way: Fold the material and with a pin, mark half the width of the button from the fold of the material. Then holding the folded material firmly make a short cut just long enough to insert the point of the scissors. Release the fold and cut in each direction exactly along the thread and a little past the pin holes. A buttonhole needs to be about 1/16 inch longer than the width of the button.



**Buttons.**—When the buttonhole is made, find the place to sew on the buttons by lapping the end of band or plait as it should be and sticking a pin at the outside end of the buttonhole. Remove the pin and fasten a double thread at this place with several small

stitches or a knot. Put the needle through one of the holes, place a pin on top of the button and sew back and forth across the pin. Remove the pin, then wind the end of the thread several times around the loose threads between the button and the cloth and fasten the thread on the wrong side underneath the button. Sewing over a pin helps to prevent the button from pulling off in the wash and tearing the cloth, and makes it easier to put the button into the buttonhole.

### DRAWERS

Some mothers prefer muslin drawers instead of bloomers for their younger daughters and several styles may be found that are liked.

**Pattern.**—After the desired pattern is selected follow the directions very carefully that are found on the pattern.

**Making.**—Use flat felled seams and bound placket. The bottom of the legs may be trimmed with tucks and a hem with a narrow edging or a tiny ruffle.

The bottom may be finished in knickerbocker style, gathered into a 1-inch band and trimmed with narrow edging.

Look under subject of Bloomers to see how to cut the buttonholes in the band and see what is said about narrow lace edging on page 10.

### RECORD BOOK

Have you had any demonstrations or exhibitions? Tell what part you took and what was the success of the demonstrations. What did you learn from them? Did the bloomers you made match a dress? Tell about how you used the pattern you bought. If you made drawers tell about the pattern, the material and the way you finished them, putting in a sample of the goods and the trimming. Don't forget to give the cost and width of the goods.





## GROUP IV

## TEDDY-BEARS OR COMBINATION SUIT

Teddy-bears are not suitable for girls who wear short dresses but there is a combination suit for younger girls that consists of a waist and drawers in one piece.



This is very convenient and comfortable for time is saved in dressing and there is never any fear about coming apart.

**Pattern.**—Select any good fitting pattern, chosen according to age and size of girl.

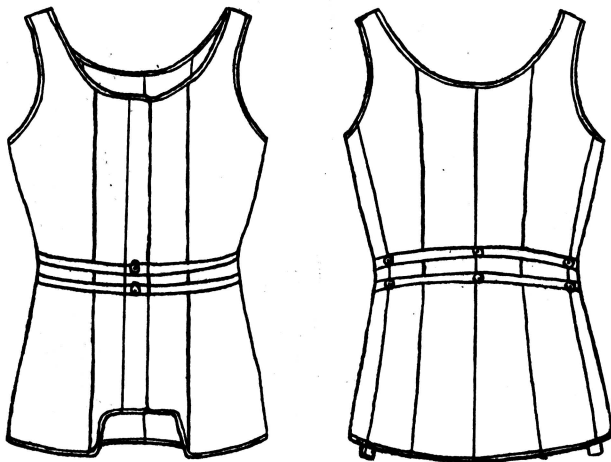
**Making.**—Use French seams or felled seams, depending upon how loose fitting the undergarment is to be. Finish the top as suggested under “Seams and Finishings.”

## GROUP V

### SUBSTITUTE CORSET

At the beginning of the work for this Club, the importance of healthful clothes for children was mentioned. There the substitute corset was considered more desirable than the corset. The substitute corset allows the body to grow in a normal way so all girls from 14 to 18 years of age will find it very satisfactory.

**Material.**—Drilling, Indian head, muslin, or any other heavy white cotton material which has a firm weave may be used for a substitute corset.



**Patterns.**—Use a French lining pattern or the top of a fitted princess slip pattern which has three gores in the back and four in the front. The substitute corset may be cut with a round neck so that the top is like a fitted corset cover top, or it may be cut off under the arms. If this is done, the top should be curved slightly over the bust, beginning at the armhole and going down slightly in the middle, and straps of tape or stitched bands of material used over the shoulder. Cut the garment long enough to extend well down over the hips.

**Making.**—Be sure to shrink the material first. To do this place the goods in cold water without unfolding it. Allow it to soak for 12 hours in enough water to cover it completely. Re-

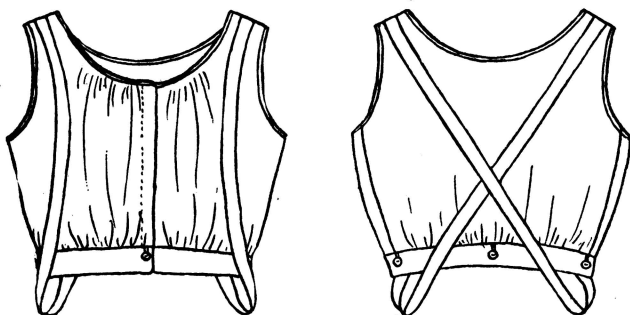
move it from the water and place it on the line to dry, without unfolding or wringing out the water. Press it when nearly dry.

Baste with small basting stitches and fit carefully over only as many clothes as will be worn underneath the corset substitute. Make plain seams and stay by covering with cotton tape or bias binding. Sew *hooks and eyes* down the front. It is desirable to use hooks and eyes that come already attached to a tape as they are less apt to tear off. Make loops of tape or bands of goods at the side for supporters.

**Hooks and Eyes.**—Place the hooks on the right side of the opening, the eye on the left, each far enough back so that they will not show when the garment is fastened. Sew in place with neat over-and-over stitches. The blanket stitch may be used at the circular ends, but the added neatness and strength scarcely pays for the extra time it takes to do this.

### UNDERWAIST

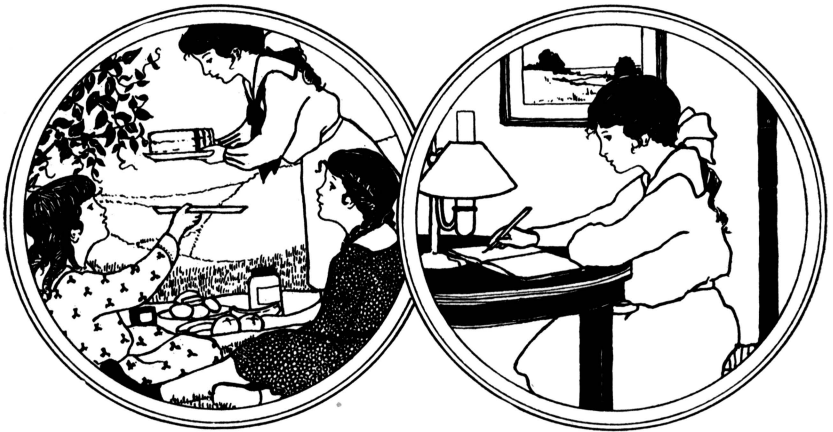
For girls up to 14 years of age the underwaist takes the place that the substitute corset does with older girls. This is easy to make and will add much to the wardrobe.



**Pattern.**—Select waist pattern desired. The preferred pattern is usually one that has some fullness in the front, buttons in front, and has a belt wide enough so that several buttons can be placed on it for buttoning petticoats and bloomers or drawers.

**Making.**—Use flat felled or French seams. Bind or face armholes or neck. The underwaist may be strengthened by stitching a wash tape or band about  $\frac{1}{2}$  inch wide straight up the front, crossing in back and bringing down and joining on the point of the hip, a little below the belt. The supporters are fastened

through the place at which these bands join. If these bands are not used, loops of this same tape or a stitched band should be well stitched at the side so that the pins for the supporters can be placed through them instead of into the band. If bone buttons are used, they may be strung through a tape the ends of which are stitched strongly to the belt. If this is done they will not be so apt to tear off. Place buttons on front, back and on each side of belt.



### RECORD BOOK

The waist you have just made can be written up with just as many interesting facts as you can tell about it. Besides you might tell of any "good times" the club has had. Have you had any picnics or special programs with games?

## GROUP VI

### BABY GARMENTS

Perhaps you may think that baby garments are so much easier than the other garments you have made, that you wonder why they were not placed first. It is true they are smaller and easier to handle but they must be made very carefully and are daintier if made by hand. Your practice in making these other garments will help you in cutting exactly and in taking small stitches. Baby garments must be made so smoothly that they will not in any way irritate the soft delicate skin of the baby. When you have finished some of these you will be very happy to find how much better you can sew now than when you began on the first group.

**Material.**—Use nainsook or any soft material for dresses and wash petticoats. Use white outing flannel for night gowns and part cotton and part wool petticoats.

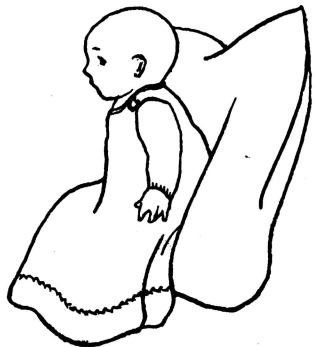
**Trimmings.**—Baby clothes are nicest trimmed with very fine feather stitching made with fine white mercerized cotton and with hand run tucks. If lace is used, it should be very narrow and soft.

**Pattern.**—Select gertrude petticoat pattern, and preferably raglan sleeve dress and nightgown patterns. Raglan sleeve dresses wear a little better than kimono sleeve dresses. Either are easier to make and iron than set-in sleeve dresses and usually fit babies better at most stages of their growth.

#### INFANT'S PETTICOAT

**Making.**—The neck and sleeve of petticoat should be bound with silk binding if wool, and with bias binding if cotton. Use flat *catch stitching* seams for flannel petticoats and flat felled seams for wash petticoats.

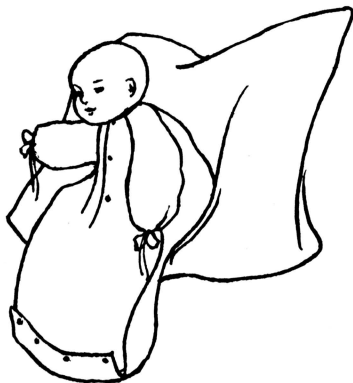
**Catch Stitched Seams.**—See explanation for felled seams under princess slip.



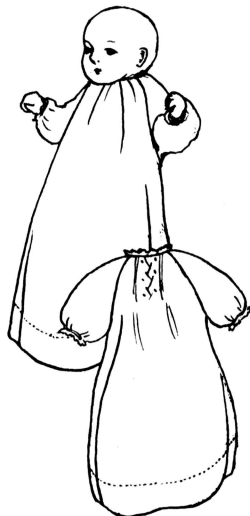
#### INFANT'S NIGHTGOWN

**Making.**—Use flat felled seams. Make hemmed placket in front and button with three buttons. Make neck larger than child's neck and sleeves quite long. Draw them up with tape. Bind the neck and hem the bottom of the sleeves. If desired, the bottom of the nightgown may be drawn up also with a tape or the back

of the gown may be cut about 4 inches longer than the front and buttoned up over the front in such a way as to close the gown at the bottom.



Bottom of nightgown buttoned.



Infants' Dresses.

### INFANT'S DRESSES

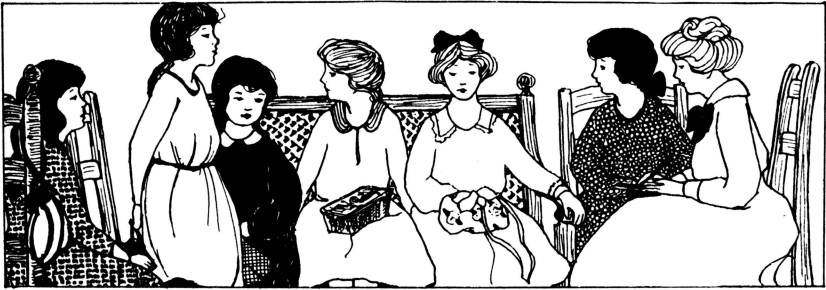
**Making.**—Make flat felled seams along the seam of the raglan sleeve, hemmed down by hand or held with fine featherstitching or very tiny French seams down the sides, and a hemmed placket down the back. Finish the neck and sleeve as the night gown is finished, or face the neck and gather up the sleeve and bind. Trim with hand run tucks, feather stitching, or tiny lace edging.

### RECORD BOOK

In writing the report of the Club, be sure that you have samples and drawings, or pictures showing every garment you have made. Tell which of all the garments you enjoyed making the most and why. Tell also which garment has been the greatest comfort and pleasure to you in wearing.

Has the club fulfilled the requirements for a Standard Club?

What have you done for Achievement Day? The Achievement Day program should be kept, for you will enjoy looking at it and recalling what the club did then. Have you a Standard Club Charter from the first Garment Making Club? If this one is Standard it will add a gold seal to your charter for a second Standard Club.



## SOME INTERESTING THINGS TO DO

### Suggestions for Roll Call

1. Materials I like best for undergarments and why.
2. Ways of trimming undergarments without buying trimming or spending much time.
3. How to tell whether bought lace or embroidery will wear well.
4. When to use French and felled seams.
5. Kind of undergarments that I do not consider to be appropriate or modest for girls to wear.
6. Why I do not or think I do not need to wear a corset.
7. The club member whom I think has made the best group of undergarments and why I think it is best.
8. Type of undergarments that I like to wear and why.

### Suggestions for Individual and Team Demonstrations at Club Meetings.

1. Choosing materials for undergarments.
2. Making a French seam.
3. Making a felled seam.
4. Turning a hem.
5. Sewing on a button.
6. Making a bound placket.
7. Putting on a band.
8. Designing petticoat pattern.
9. Finishing the neck of a night gown.
10. Cutting a button hole.
11. Finishing a button hole.
12. Machine work, threading, treadling.

### Suggestions for Public Demonstrations

1. Suitable material and styles for undergarment.
2. Choosing trimming for undergarments.
3. Care and repair of clothing.
4. Making a buttonhole.
5. Choosing infants' layette.

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