

2-2-50

You'll Like To Sew

Clothing I



UNIVERSITY OF MISSOURI COLLEGE OF AGRICULTURE
AGRICULTURAL EXTENSION SERVICE

THINGS TO DO IN THIS PROJECT

Make three articles. Choose from the following:

- Wrist pincushion.
- Head scarf, (cover picture).
- Skirt with elastic band, or apron.
- Slip for yourself.

You will:

- Select and equip a sewing box and take care of equipment.
- Care for your own clothes.
- Collect pins and needles around home and provide a place for them.

GOOD SEWING HABITS

1. Always sew with clean hands and nails.
2. Sit back in the chair with feet flat on the floor, in a low comfortable chair.
3. Light should come over the left shoulder.
4. Work on a table rather than in your lap.
5. Cut thread with scissors.
6. Use short basting threads (24 inches long).
7. Always use a thimble.
8. Follow pattern directions carefully.
9. Do all your own work. Ask for advice only.
10. Do the best you can.

The Cover Picture

Patricia Buterbaugh of the Green Grove 4-H Club in Jasper County models a head scarf.

YOU'LL LIKE TO SEW

(Clothing I)

Your story books tell about a fairy godmother who gave a little girl lovely clothes just by waving a magic wand. But 4-H girls need not depend on magic, for they can learn to make beautiful clothes. And after they've worked in sewing classes a few years many have made such pretty, well fitting garments that they are asked to model or display them at numerous events.

This little book will help you as you start your first year 4-H sewing project. Last year in Missouri more than 11,000 4-H Club members were enrolled in sewing projects. More than half of these were just beginning.

You learn by doing. And you can learn to sew by practicing the main steps while you make the simple articles shown and explained here. Learn to sew the *right* way when you begin. Then when you make more of your clothes, it will be fun to use the skill you developed by carefully following directions.

Sewing Box With Equipment

You will need a sewing box large enough to hold the equipment you'll use. A cigar box is a convenient size. Painting or covering it with material will make it attractive and

durable. Pockets and straps fastened to the inside and top help keep equipment handy and in order.

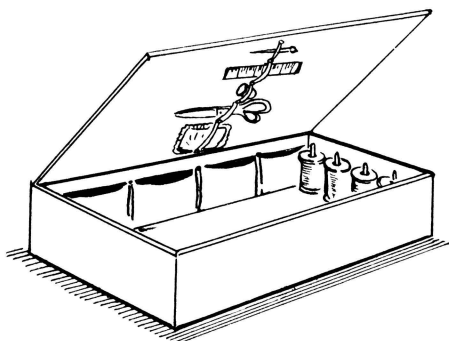


Fig. 1.—Sewing box.

Covering a Sewing Box

Reinforce lid at X, both inside and outside with adhesive tape.

First cover the ends of the box, A and B, inside and outside by measuring twice the height of the box end plus one inch, and twice the width of the box end plus one inch. (Usually $5\frac{1}{2}$ inches by 7 inches). The extra inch allowance is for lapping over edges.

Cut 2 pieces of material this size, a single thickness for each end.

Glue this material to ends of box, mitering corners.

To cover the rest of the box: Begin at base of inside of lid (C),

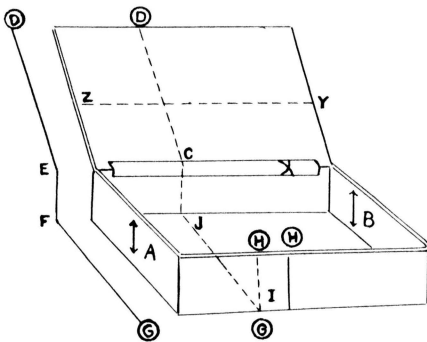


Fig. 2.—Covering a sewing box. (Broken lines, D to H and Z to Y, inside measurements. Unbroken lines, D to G and H to G, outside measurements.)

measure over lid and around outside of box and inside of box back to starting point (C), plus one inch for turn under. C to D to E to F to G to H to I to J to C. Cut piece this long plus one inch wider than the lengthwise (Z to Y) measurement of lid.

Using this material, first cover the lid of the box with a slip cover. To do this, measure depth of box (generally 2 to 2½ inches), and add ½ inch for lapping. Measure this amount from one end of the material and mark for the slip cover to begin at this point. Make the slip cover by machine stitching a seam ½ inch on each side. The side seam is as long as C to D.

Fit the slip cover over the lid with the 2½ inches first measured off placed on the inside of the box.

The rest of the covering may be sewed or glued down, folding under ½ inch and mitering corners.

Equipment for Sewing Box

Thread.—Cotton No. 60, Mercerized No. 50.

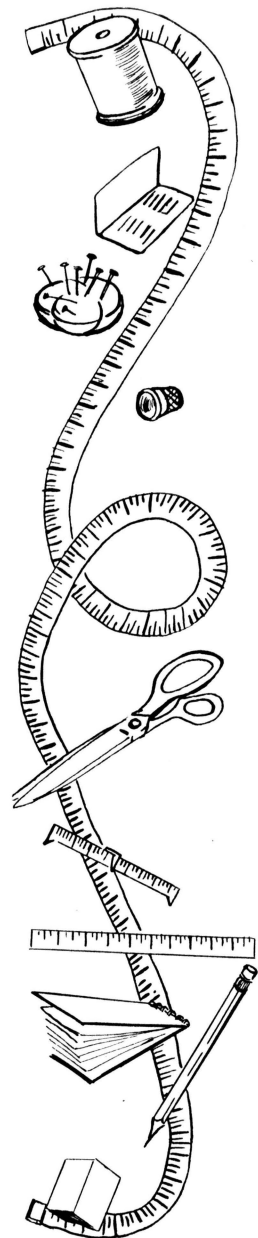


Fig. 3.—Sewing equipment.

Needles.—A package of size 6 or 7 will care for your hand sewing.

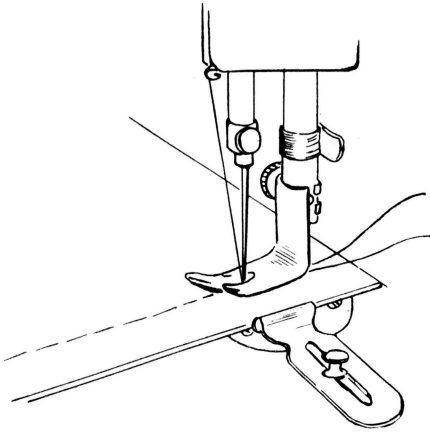


Fig. 4.—Seam guide.

Pins.—Dressmaker pins are slender with a sharp point.

Thimble.—Wear it on the middle finger. It should be large enough so the finger tip just touches the end, and snug enough to stay on.

Tape Measure.—A tape measure made of cloth is better than paper tape. Choose one printed on both sides and numbered from opposite ends so that either may be used.

Scissors.—Select a pair about six inches long with sharp blades that cut to the point. Do not cut paper or cardboard with these scissors for it dulls the blades.

Hem Gauge.—A tool for accurate measuring. You can make a gauge from cardboard, or buy a metal one.

Ruler.—A six-inch ruler.

Notebook and Pencil.—Jot down measurements and keep them handy.

Tailor's Chalk.—Chalky type used on cottons to make needed markings.

Seam Guide.—An attachment for stitching even seams. It is screwed on to the sewing machine for the desired seam width. (Fig. 4.)

Wrist Pin Cushion

To keep pins handy while you sew, make a wrist pincushion that can be worn on your wrist.

Material.—Choose wool that is firmly woven such as serge or flannel in a dark color so that pins will show up better.

Cut a piece $4\frac{1}{2}$ inches square (Fig. 5, left).

Fold diagonally with the right side inside (Fig. 5, center).

Round the corners slightly. Baste and stitch $\frac{1}{4}$ inch from the open edges beginning at A. In the center of side BC leave an opening of one inch. To tie threads, back stitch three to five stitches.

Turn right side out and stuff with raw wool or wool ravelings, moulding the cushion to the wrist as you stuff the cushion (Fig. 5, right). Fill the cushion until it is stuffed tight. Sew up the opening with invisible stitches.

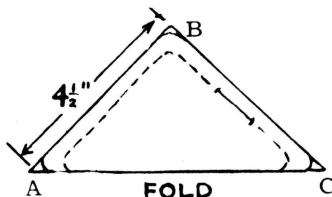
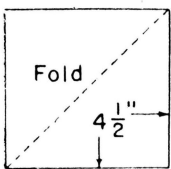


Fig. 5.—Wrist pincushion.

Elastic.—You will need only enough $\frac{1}{4}$ -inch elastic sewed at each end of the pincushion to fit the wrist (Fig. 5, right).

Using Sewing Machine

At one of your club meetings you will learn how to use a sewing machine. With the presser foot raised and without threading the needle, practice starting and stopping until you can run the machine smoothly and at an easy speed. After having been shown how to thread the machine, practice threading and putting in the bobbin.

Practice stitching until your leader tells you that you may begin on your pincushion, scarf, skirt or apron.

Make a Scarf

Scarfs made of cotton material are popular with school girls and are a way of adding color to your wardrobe. Choose a plain color, print or plaid.

The scarf you are to make will have fringed edges. A good size is 30 inches square. You may make it longer and narrower if you like. Follow these directions:

Step 1.—Pull a thread to straighten ends of material, then cut on the pulled thread line (Fig. 6 A).

Step 2.—Using tape measure, measure 30 inches by 30 inches. Mark accurately. Pull lengthwise and crosswise thread at 30-inch markings. Cut on pulled thread line (Fig. 6 B).

Step 3.—Use your ruler and tailor's chalk to mark off the fringe on

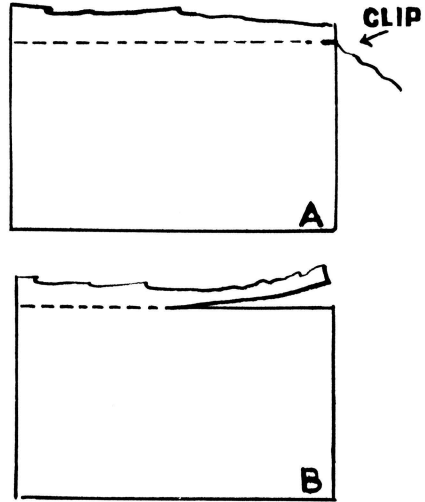


Fig. 6.—Straighten ends of material.

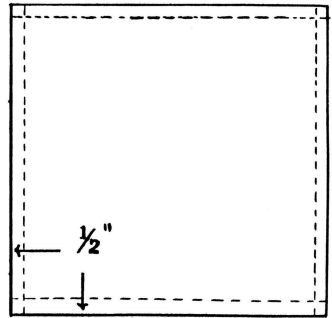


Fig. 7.—Mark width of fringe on scarf. your scarf. Mark $\frac{1}{2}$ inch from cut edge. Pull lengthwise and crosswise threads on $\frac{1}{2}$ inch marking on all four sides (Fig. 7).

Step 4.—With thread that matches your scarf material, begin machine stitching in center of one side and stitch along pulled thread line. At corners, stop with machine needle in scarf, turn your scarf and begin stitching next side. Stop stitching

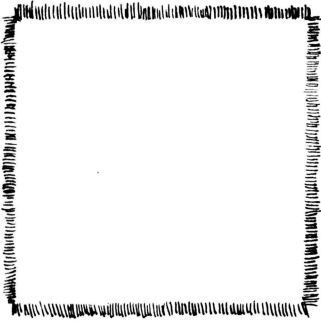


Fig. 8.—Scarf with fringed edges.

five stitches beyond where you started and you will not need to tie the threads. Cut the threads off close to the cloth. Now make the fringe on all sides by pulling out the threads between the stitching and the edge (Fig. 8).

Peasant Apron

Aprons are a regular part of a girl's wardrobe. You wear an apron



Fig. 9.—Martha Ann Dothage of the Bethel 4-H Club in Boone County models a peasant apron.

to protect your dress when cooking and doing housework.

The color and kind of material are important. Choose a color that will not soil easily and looks nice with your dresses. A closely woven material such as calico, gingham, percale or print is satisfactory. These are the measurements needed for an apron. Follow steps 1 to 12.

1. Measure from your waistline to within an inch of the bottom of your dress.

2. Add 4 inches which will allow for hem.

3. Cut a 2-inch strip from each side of the material. This will be used to make a belt.

4. Make a $\frac{1}{4}$ -inch hem on each side. Stitch. Back stitch 3 to 5 stitches to tie threads.

5. Turn a 2-inch hem at the bottom and stitch by machine (Fig. 10).

6. At top of apron turn a $1\frac{1}{2}$ -inch hem and stitch by machine.

7. Make second stitching in top hem $\frac{1}{2}$ inch from first stitching to form a casing.

8. To make the belt, cut the selvages from the two strips you cut

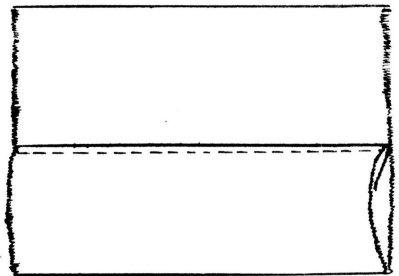


Fig. 10.—Hem finish with machine stitching.

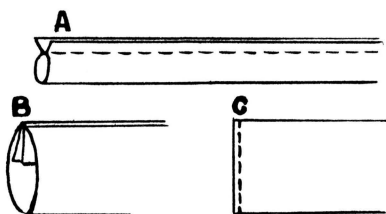


Fig. 11.—Making the belt for apron.

from the sides and stitch narrow ends together (Fig. 11A).

9. Stitch into a tubular shape, turn and press (Fig. 11B).

10. At ends of belt, tuck raw edge $\frac{1}{2}$ inch into tube of belt. Stitch across ends (Fig. 11C).

11. Pull the belt through the casing and adjust fullness.

12. A pocket on an apron is handy. Place it where it is most useful and of a size and shape suited to the pattern and material.

Skirt With Elastic Band

You can make this skirt from gingham, percale, calico, print or broadcloth. And there are other suitable materials.



Fig. 12.—Marilyn Davis of the Keene 4-H Club in Boone County models a skirt with elastic band.

You will use measurements, not a pattern, to make your skirt. These directions will guide you:

1. Measure a skirt length of a dress you like. Now double this measurement (Fig. 13).

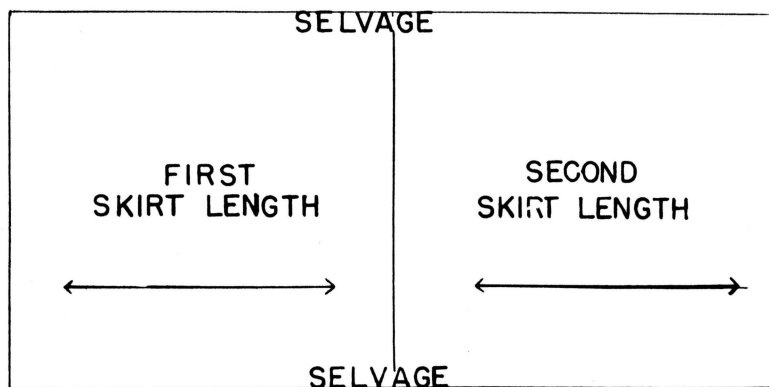


Fig. 13.—Measurement for skirt.

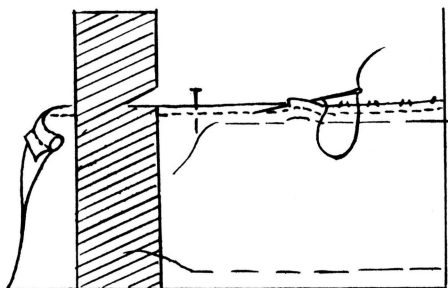


Fig. 14.—Hem finish with slip stitch.

2. Add to this measurement 7 inches, this will allow for hem.

3. Pin, baste and stitch side seams allowing $\frac{1}{2}$ -inch seam.

4. Turn a 2-inch hem at the bottom and stitch by machine, (Fig. 10), or stitch by hand (Fig. 14).

5. At top of apron turn a $1\frac{1}{2}$ -inch hem and stitch by machine (Fig. 10).

6. Make second stitching in top hem, $\frac{1}{2}$ inch from first stitching to form a casing.

7. Use $\frac{1}{2}$ -inch elastic and draw into casing.

Making a Slip

Suitable materials for cotton slips are slipsheen, longcloth, broadcloth and bleached muslin. If the material is not sanforized, wash it in soap and water. Hang it up to dry. Dampen material before ironing. In ironing, fold selvages together and iron from selvages to fold.

A two-piece slip pattern with built-up shoulders and darts at waist-line is suitable.

Slip Stitching

Allow at least two to three inches for a hem so the slip can be length-



Fig. 15.—Girl's slip.

ened as needed. Put in the hem using the slip stitch (Fig. 14).

Stitch second fold of the hem by machine about $\frac{1}{8}$ inch from the edge. Begin hemming by bringing the needle out of folded edge and taking small stitch in garment exactly opposite the place where thread is fastened, catching only a thread or two of the cloth. Insert the needle again in the folded edge to the left of the stitch first made and slip it forward within the fold for $\frac{1}{4}$ to $\frac{3}{8}$ inch. This stitch should be concealed in the edge of the hem on the wrong

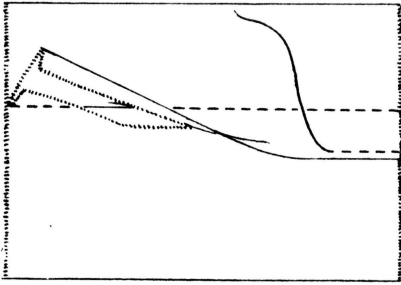


Fig. 16.—Flat-fell seam.

side. On the right side of the garment, the stitches are small, uniform in size and spacing, and almost invisible.

Seam Finishes for Slips

Your pattern will give seam suggestions, however, flat-fell seams and top-stitched plain seams are desirable for cotton slips.

A *flat-fell seam* is a strong flat seam showing two stitchings on the right side. Make a plain seam on the right side about $\frac{1}{2}$ inch wide. Open the garment and press on line of stitching. Trim under edge to within $\frac{1}{8}$ inch of stitching. Turn under wider side to enclose narrow side, baste and stitch flat to garment. There will be two lines of stitching on the right side. The finished width

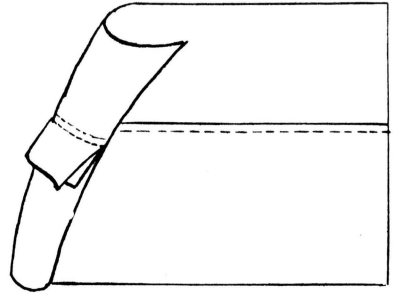


Fig. 17.—Top-stitched plain seam.

of seam should not exceed $\frac{1}{4}$ inch (Fig. 16).

Top-stitched plain seam.—Make a plain seam on the wrong side. Press seam to the front. From the right side stitch $\frac{1}{8}$ inch from seam (Fig. 17).

There are several ways to finish the top of a slip. Here are some suggestions.

Single Bias Facing

Cut bias strips $\frac{3}{4}$ inch wide. Place right sides together and stretch bias slightly while pinning to the garment. Baste and stitch $\frac{1}{4}$ -inch seam. Remove basting and turn bias over to wrong side. Turn under raw edge $\frac{1}{4}$ inch. Baste and stitch. Finished width, $\frac{1}{4}$ inch (Fig. 18A). If desired, a second machine stitching

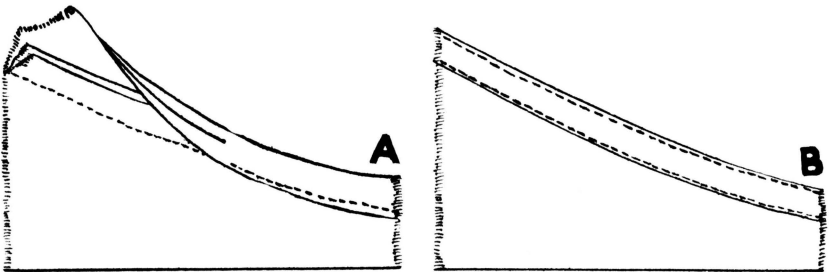


Fig. 18.—Applying single bias facing.

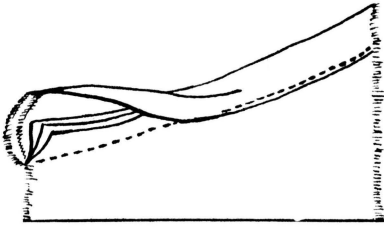


Fig. 19.—Double bias fold or French bias. from the right side at the top edge may be used to give a more tailored finish (Fig. 18B).

Double Bias Facing

Cut bias strip $1\frac{1}{4}$ inches wide. Fold this strip double lengthwise with wrong sides together. The raw edges are sewed to the garment first with the two right sides of the bias strip and garment together. Baste and stitch $\frac{1}{4}$ -inch seam. Remove basting and turn double bias edge to wrong side. Baste and stitch. Finished seam $\frac{1}{4}$ inch (Fig. 19). If desired, a second machine stitching

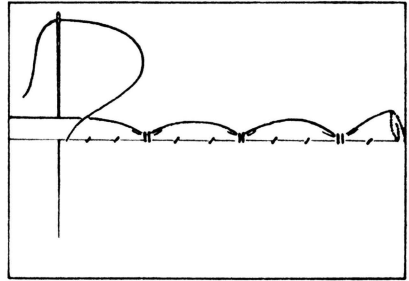


Fig. 20.—Shell edge finish.

from the right side at the top edge may be used to give a more tailored finish, as shown in Fig. 18B.

Shell Edge

A shell edge is used as a decorative finish on slips (Fig. 20). When it is used as a finish, turn and baste a hem $\frac{1}{8}$ to $\frac{1}{4}$ inch wide. Take two or three hemming stitches to hold the hem in place, then two stitches or a buttonhole stitch over the hem, drawing the hem down to form a scallop. Repeat until hem is finished.

SCORE CARD**Pincushion**

Material	25
Is it dark in color so pins can be seen easily?	
Construction	75
Is Cushion molded to fit wrist?	15
Is it stuffed tightly	30
Are ends of elastic securely attached?	10
Is opening closed neatly with overhand stitch?	20
	TOTAL.....100

Scarf

Material	35
Attractive in color?	20
Easy to launder?	15
Size—Is the scarf a convenient size?	25
Workmanship	40
Even machine stitching	20
Even fringed edge?	20
	TOTAL.....100

SCORE CARD
Apron or Skirt

Material	25
Is it durable?	
Easy to launder?	
Attractive in color?	
Is it an all-over pattern that will not soil easily?	
Pattern	25
Does it give protection?	
Does it fit?	
Trimmings	25
Simple?	
Appropriate to the material?	
Harmony in color?	
Workmanship	25
Are seams even?	
Is stitching straight?	
Pockets stitched correctly? Well placed?	
Ends of hem overcast?	
Thread ends securely fastened and clipped?	
Casing made according to directions?	
Tie ends made according to directions?	

Total.....100

Slip

Materials used, including trimmings	30
Hygienic aspects	10
Durability of materials (yarn slippage)	10
Laundering qualities	10
Workmanship	30
Choice and neatness of seams, hems, finishes, etc.	15
Perfection of stitching (hand or machine)	15
Design	20
Suitability	10
Protection and modesty	
Comfort	
Beauty in line and color	5
Originality	5
General appearance	10
Cleanliness	5
Pressing	5
Relation of garment value to cost in time and money	10

Total.....100

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STATES DEPARTMENT OF AGRICULTURE COOPERATING
J. W. BURCH, Director, Agricultural Extension Service
Distributed in furtherance of the Acts of Congress of May 8, and June 30, 1914