SEWING CAN BE FUN
CLOTHING II

UNIVERSITY OF MISSOURI
COLLEGE OF AGRICULTURE
AGRICULTURAL EXTENSION SERVICE
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THINGS TO DO IN THIS PROJECT

Make three articles, choose from the following:
  Simple cotton dress.
  Cotton blouse and broomstick skirt.
  Ironing board cover.
  Cotton slip.

Select and do three of the following:
  Iron your own clothes.
  Help with family washing.
  Darn hose for self and other members of family.
  Pad an ironing board.

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.
SEWING CAN BE FUN

(Clothing II)

We all like pretty clothes. Have you been wondering how to get them? Let’s begin! How-to-make-it details are shown with the articles you will make in this project.

SIMPLE COTTON GARMENT

Decide what you want to make—a simple cotton dress, or simple cotton blouse and skirt.

Style:—Select a style with simple lines and details then most of your time can be pleasantly spent on learning processes. Buy a pattern which is nearest your bust, waist and hip measurement.

Material:—Choose a cotton material that is light weight and firmly woven, such as calico, gingham, chambray, broadcloth and percale. There are other suitable materials to choose from.

Select a color that is becoming to your skin, hair and eyes. Drape the material across your shoulders and under the chin then decide whether that color is becoming to you.

Alterations:—Check your bust, waist and hip measurements against the pattern measurements. Make needed alterations following pattern guide directions. If detailed alterations are needed, refer to Farmers’ Bulletin #1968, “Pattern Alterations”. You may obtain this bulletin from your county home agent.

Straighten Ends of Material:—Pull a thread to straighten ends of

Fig. 1.—Simple cotton dress.

Prepared by Helen M. Barnard, Clothing Specialist, in collaboration with Charline Lindsay. State Club Agent.
Fig. 2.—Simple cotton blouse.

Fig. 3.—Straighten ends of material. Cut on the pulled thread line. (Fig. 3A.)

If tearing the material does not affect the weave, clip the selvage with scissors and tear by pulling. (Fig. 3B.)

Check Grain of Material:—Lay selvage upon selvage lengthwise. If the two straightened ends do not form right angles, pull material diagonally, (Fig. 4), the length of the material. Then come back from the other end pulling diagonally in the opposite direction. Next straighten the full length by having two girls, one at each end, pull slightly at each end to straighten the long piece. (Fig. 5.)

**DIRNDL SKIRT**

Suitable material for a dirndl skirt is gingham, percale, calico, print or broadcloth. There are many other suitable materials.

You will use measurements, not a pattern, to make your skirt.

1. Measure the skirt length of a dress or skirt you like.
2. Add to this measurement 3 inches for a hem.
3. Pull thread at first skirt length and cut on pulled thread line. Pull thread at second skirt length and cut on pulled thread line. (Fig. 6)
4. For skirt band, cut a strip 3 inches wide.
5. Measure your waist. This will be the length of your band plus two inches for lap at placket.
6. Stitch ½-inch seam on one side seam of skirt. Press seams open. It will look like Fig. 7. Mark center of each piece with tailor’s chalk. (Fig. 7.)

7. With a lengthened machine stitch make two rows of machine stitches ½ inch from top edge and ⅛ inch apart. These threads will be used to gather the skirt. (Fig. 8.)

8. Draw up gathers—pulling both threads at the same time until skirt equals your waist measurement. Make the gathers even by pushing them with your fingers. (Fig. 9.)


10. Placket—Cut a lengthwise strip 2 inches wide and twice the length of the placket opening plus 1 inch. Sew one edge of strip to edge of opening, right sides together. One
Fig. 8.—Lengthened machine stitch for gathers.

inch from bottom end of placket opening, slip edge of garment back from edge of binding so that seam on garment tapers almost to a point at end of placket to prevent a pleat. (Fig. 10A.) Turn binding to inside; then fold through center and hem other edge in position (Fig. 10B), by hand or machine. Fasten with snaps.

11. Attach waist band to skirt—
   (A.) Have band extend 1/2 inch past edge on both sides of placket opening, with right side of band to wrong side of skirt. (Fig. 11.) Pin band to skirt at center front, center back and seams. Use as many pins as you think necessary. (B.) Baste 1/2 inch from edge. Machine stitch. (C.) Stitch to close ends of band.

   Clip corners. (D.) Turn band to right side. (E.) Turn under 1/2 inch seam. Pin band to skirt. Baste. Check to see that back of band is smooth. Stitch on right side. (Fig. 12.) (F.) Two hooks and eyes may be used to fasten the band.

12. Hem—Turn up a 2- to 3-inch hem. Crease a second turn 1/4 inch to the wrong side and stitch 1/8 inch from this edge. (Fig. 13.) Slip stitch hem in place.

   Slip Stitching:—Slip stitching is used to hold double fold hems and facings in place. 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.

Fig. 10.—Continuous bound placket.

Fig. 9.—Pulling two threads to gather skirt.

Fig. 11.—Attach band to skirt.
Insert the needle again in the folded edge to the left of the stitch first made and slip it forward within the fold \( \frac{1}{4} \) to \( \frac{3}{8} \) inch. This stitch should be concealed in the edge of the hem on the wrong side. (Fig. 13.) On the right side of the garment, the stitches are small, uniform in size and spacing, and almost invisible.

**IRONING BOARD COVER**

**Pad the Ironing Board:**—A well padded ironing board is a necessity in every home. For padding use several thicknesses of either cotton flannel or an old blanket. Or you may prefer to buy a ready-made pad. Regardless which you choose or how many layers of padding you use, pull each layer smoothly over the board. Tack it to the underside of the board if necessary.

**Material:**—Unbleached muslin or drill, is suitable material for an ironing board cover.

**Measurements for Cover:**—Measure the length and width of the ironing board, add 8 inches to the width and 3 inches to the length. Cut or tear a rectangle by these measurements.

**Ties:**—Six ties will be needed for the ironing board cover. Cut these 2 inches wide and 18 inches long. (A) Fold \( \frac{1}{2} \) inch seam on one end, (Fig. 14A), also \( \frac{1}{2} \) inch seam to the center from each side. (Fig. 14B.) (B) Fold sides again and stitch on both edges. (Fig. 14C.) Now that the ties are finished, you are ready to work on the cover.

**Making the Cover:**—Place the rectangular piece of material already cut on the ironing board with equal amounts on each side. Pin the ties in place. You are now ready to hem one end and the two sides using \( \frac{1}{2} \) inch for hems. The ties are stitched in when the side hems are made. (Fig. 15.) Make a second stitching.
on ties at fold of hem, back stitch to tie threads.

Again placing the material over the ironing board, pin the two sides of the narrow end together into a center seam as in Fig. 16.

Machine stitch a $\frac{1}{2}$-inch seam. Make a second stitching $\frac{1}{4}$ inch from the first stitching. Next shape the small end at A (Fig. 16). Baste and stitch. Make second stitching on seam as before. Trim, leaving $\frac{1}{2}$-inch seam.

**COTTON SLIP**

Suitable material for cotton slips is slipsheen, longcloth, broadcloth, or bleached muslin. If the material is not sanforized, wash it in soap and water. In ironing, fold selvages together and iron from selvages to fold.

**Slip Styles**: Select a straight or gored style that seems to meet your needs. (Fig. 17.)
Seam Finishes:—The selection of the seam finish used will depend upon the weight of the material, how much the material ravel, and the style you choose.

1. Top-stitched plain seam—Make a plain seam on the wrong side.

Press seam to the front. From the right side stitch \(\frac{1}{6}\) inch from seam. (Fig. 18.)

2. Flat-fell seam—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 \(\frac{1}{6}\) 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 of seam should not exceed \(\frac{1}{4}\) inch. (Fig. 19.)

Shoulder Straps:—Shoulder straps are usually made of the same material as the slip and should be from \(\frac{1}{4}\) to \(\frac{3}{8}\) inch wide. Example: For a \(\frac{1}{4}\)-inch width strap, cut a strip of material one inch wide. Fold \(\frac{1}{4}\) inch to the center on both lengthwise edges. Fold again and stitch on both edges. (Fig. 20.) Press after each step and baste before stitching.

Attach Shoulder Straps:—Place ends of finished strap at correct location on slip before you put on bias facing. (Figs. 21 and 22.)
Top Finishes:—A tailored finish is very desirable. If you like a daintier finish, use lace. The lace should be as durable as the material and as easily laundered.

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. Stitch. Finished width \( \frac{1}{4} \) inch. (Fig. 23A.) If desired, a second machine stitching from the right side at the top edge may be used to give a more tailored finish, as shown in Fig. 23B.

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. Stitch. Finished seam \( \frac{1}{4} \) inch. (Fig. 24.) If desired, a second machine stitching from the right side at the top edge may be used to give a more tailored finish, as shown in Fig. 23B.

Hem Finish:—Allow at least two or three inches for a hem so that the slip can be lengthened as needed. Put in the hem using the slip stitch. (Fig. 13.)

LAYING THE PATTERN

Plan layout of all pattern pieces before cutting. (Fig. 25.) Measure from the selvage to the true grain marking of the pattern. This measurement is made to be certain the pattern lies on the lengthwise thread of the material. Make at least two measurements for each pattern piece. (Fig. 26.)

CUTTING A GARMENT

Follow outline of pattern carefully so that each piece will be the exact size and shape of the pattern. Use
Fig. 25.—Block all pieces of pattern on material before cutting.

Fig. 26.—Measurement from true grain marking to selvage.

long straight strokes in cutting. Cut notches out into excess material. Before pattern is removed make all necessary markings, such as darts, shoulder seam, pleats, center front, center back and buttonholes. Use one of the following: tailor’s tacks, tailor’s chalk, or dressmaker’s tracing wheel and dressmaker’s tracing paper.

Making Tailor’s Tacks:—Follow steps 1 to 5.

1. Thread a needle with a double thread of darning cotton in a color that will contrast with your material.

2. Take one stitch through both layers of material through one pattern perforation leaving thread 1 inch long.

3. Take second stitch forming a cross, leaving a loop of thread about \( \frac{1}{2} \) inch in length.

4. Going on to next perforation leave thread about 2 inches in length. Continue in this way.

5. To release pattern, clip in center of each 2-inch thread. Raise upper layer of cloth and clip through center of threads.

Tailor’s Chalk:—When sewing on
For Fig. 27.—Tailor's tacks.

For Fig. 28.—Tailor's chalk.

cottons, you will use the chalky type tailor's chalk. It comes in white, yellow, blue and brown.

When the chalk no longer makes a fine line, sharpen with a one-edge razor blade.

Using Tracing Wheel and Tracing Paper:—Dressmaker's tracing paper comes in several colors. Use the color that makes the best markings for your material. Try a sample with the paper you select before marking your garment.

For Fig. 29.—Using dressmaker's tracing paper and tracing wheel.
1. Assuming you have cut out your garment wrong sides together, fold lengthwise one piece of tracing paper and slip between the two layers of fabric under area to be marked.

2. Place ruler on line of perforations and connect perforations using the tracing wheel.

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**MAKING THE GARMENT**

Follow the direction sheet enclosed in your pattern envelope for the order to follow in making your garment. For a dress the usual order is: seams, neck finishes, facings, sleeves, plackets and hems. It is not always possible to follow this order.

**Seams and Seam Finishes:**—The choice of seam for a particular use depends upon: (A) Type of garment. (B) Its use. (C) Kind of material. (D) How much the material ravels. (E) The shape of the piece. (F) The current fashion.

It is preferable to use one kind of seam and one kind of seam finish throughout the garment.

When you stitch the seams, use a seam guide, (Fig. 30), for this assures you a more even seam.

Direction of stitching seams is...
also determined by grain of the fabric. Always stitch with the grain. Follow this simple rule: *Always begin stitching from wide part to narrow*, such as neck to armhole, underarm to waistline, hem to waistline. (Fig. 31.)

**Double Stitched Edge:**—Stitch seam with second line of stitching \( \frac{1}{4} \) to \( \frac{3}{8} \) inch outside of first stitching. Trim raw edge of material close to second line of stitching and press. This finish is suitable for cotton which ravel freely, where a flat effect is desired. (Fig. 35.)

**HEMS**

The width of the hem depends upon its use and upon its location. For the double fold hem, crease or baste a second turn of the hem \( \frac{1}{4} \) inch to the wrong side and machine stitch \( \frac{1}{8} \) inch from edge. (Fig. 13.)

**ZIPPER PLACKET**

When you are sewing your dress, keep in mind these few simple rules which will make it easy for you to put in a zipper.

1. For the zipper opening, cut the left side seams of blouse and skirt section \( \frac{5}{8} \)-inch wide. Sew side seam in dress leaving placket opening \( \frac{1}{4} \) inch longer than zipper.

2. Close placket opening by bast-ing on seam line.

3. Place row of machine stitches through single fabric \( \frac{1}{8} \) inch outside the seam line on the front seam allowance of placket opening. This acts as a stay line and prevents edge from stretching.

4. Press seam open on inside of dress.
Fig. 36.—Putting a zipper placket in a dress. Steps 1 to 6.
Fig. 36.—(Continued) Putting a zipper placket in a dress. Steps 7 to 10.
5. Make a fold in the back seam allowance, $\frac{1}{8}$ inch from basted seam line. Crease, pin, baste, and press this fold.

6. Place folded edge on right side of slide fastener, close to slide or as close to metal of zipper without having the fabric cover a portion of the zipper. Pin and baste fold to fastener tape without stretching the fabric. Work with the slide fastener closed.

7. Beginning just beyond the bottom stop of the fastener, machine stitch along the line you have basted. Keep as close to metal of fastener as the zipper foot of your machine will allow.

8. Open seam with the slide fastener placed flat against front section of the seam allowance. Hold flat and pin and baste the front of your dress through the zipper tape. Baste across bottom of zipper along left side to top and then stitch. Allow space at top of slide fastener for pull.


10. Remove basting or long stitches that have closed the seam.

**DARNING**

Give stockings good care and you will get good service from them. Good care of stockings means frequent washing and keeping them mended.

In mending a stocking the result will be better if you mend the thin place before it becomes a hole.

In darning a stocking, select thread as near the color, weight and texture of the stocking as possible. Fine thread makes a neater darn. Use a needle with a long eye so it will take two strands of darning cotton.

![Fig. 37.—Diamond shape darn.](image)

Use a darter or light bulb in darning. If the darn is made in a diamond shape, the strain of the weaving is distributed over more threads and the darn wears better. Baste in contrasting thread a diamond shape around the hole.

Begin darning lengthwise with the ribs of the stocking at least $\frac{1}{2}$ inch from the edge of the hole. *Do not use a knot.* Continue going back and forth weaving over one thread and under the next until the diamond shape outline matches the weight of the stocking.

You may darn on the right or wrong side of the stocking. Darns made on the wrong side usually show less but they may be uncomfortable for a person with tender feet.
### SCORE CARD

**Dress or Dirndl Skirt and Blouse**

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<td>Individuality</td>
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<td>Workmanship</td>
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<tr>
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<td>Relation of garment value to cost in time and money</td>
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**Slip**

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