CLOTHES FOR SUMMER

CLOTHING III

4-H CLUB CIRCULAR 96 DECEMBER, 1949

UNIVERSITY OF MISSOURI COLLEGE OF AGRICULTURE
AGRICULTURAL EXTENSION SERVICE
COLUMBIA, MISSOURI

THINGS TO DO IN THIS PROJECT

Make three articles. Choose from the following:

Sleeping garment.
Slip or petticoat and camisole.
Wash school dress or summer dress-up dress.
Play dress or play suit.
4-H uniform.

Select and do 3 of the following:

Take responsibility of laundering your rayon, silk and nylon garments.
Iron your own clothes.
Keep shoes shined and repaired.
Keep buttons, hooks and eyes sewed on your garments.

GOOD SEWING HABITS

1. Always sew with clean hands.
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. Pin accurately and baste carefully.
10. Never use your scissors to cut anything but cloth.
11. Check the tension and stitch of your machine.
12. Fit accurately.
13. Press often. Each seam should be pressed open before you make a cross seam.
14. Do all your own work. Ask for advice only.
15. Do the best you can.

The Cover Picture

Carol Jean Scheiderer, Shirley Schieni and Donna Beth Bills of Redd-Coleman 4-H Club in Chariton County meet with their leader, Mrs. Oscar Schieni.

CLOTHES FOR SUMMER

CLOTHING III

Your clothes can tell the story of your personality and taste. To accomplish this result in this project you will need to use good workmanship, accuracy, patience and plenty of time.

SLEEPING GARMENT

For a sleeping garment, you may choose pajamas, shortie pajamas, nightgown, or shortie nightgown.

Material:—The material you choose for your sleeping garment will depend upon the season you plan to wear it. Flannel, print, batiste, lawn, percale and plisse crepe are suitable materials.

Seam Finishes:—Suitable seam finishes for sleeping garments are flat-fell seams and double stitched seams. 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 ½ inch wide. Open the garment and press on line of stitching. Trim under edge to within ⅛ 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 ¼ inch. (Fig. 1.)

In joining crossed fell seams at the crotch, a smooth finish will be made if each seam has been finished to turn to the right. In this way, they will not meet exactly when sewed together. (Fig. 2.)

For a double stitched seam, stitch seam with second line of stitching ¼ to ⅜ inch outside of first stitching. (Fig. 3.)

Trimmings:—Facings in a contrasting color at necks and sleeves are very attractive. If an edging of

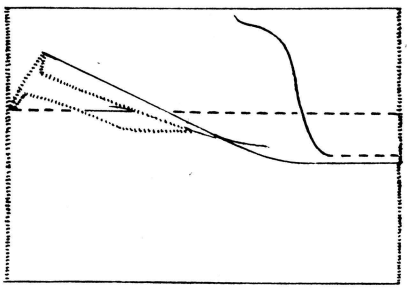

Fig. 1.—Flat-fell seam.

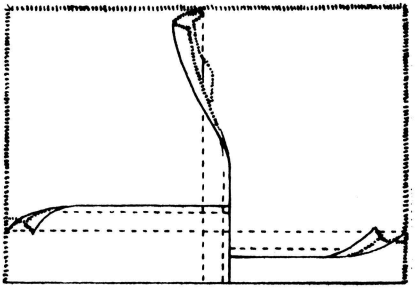

Fig. 2.—Joining crossed fell seams.

Prepared by Mrs. Helen M. Barnard, Extension Clothing Specialist, in collaboration with Charline Lindsay, State Club Agent.

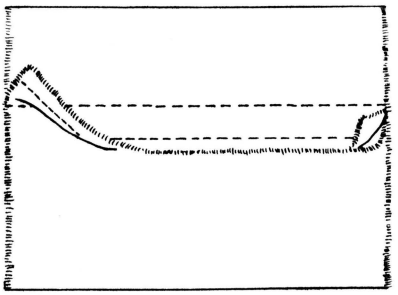

Fig. 3.—Double stitched seam.

eyelet embroidery or lace is desired the quality should be the same as that of the material so that it will last the life of the garment.

Buttonholes:—*Worked buttonholes* are desirable for the sleeping garment. They may be made by hand (Fig. 4) or by a machine attachment. When there is strain on the buttonhole it is worked perpendicular (across) to the pull with the fan end at the point where the buttons rest and the strain is great. A bar is used at the opposite end. Buttonholes may be worked parallel (up and down) to the garment opening. This type of buttonhole has a bar at both ends.

Mark the size and location with running stitches. Within one or two threads of running stitches make first machine stitching around marking (Fig. 4A). This acts as reinforcement.

Mark the depth of the stitches with a machine stitch. The stitching holds the two layers of material in place and makes a strong buttonhole (Fig. 4A).

Do not cut a buttonhole until you are ready to work it. Use sharp

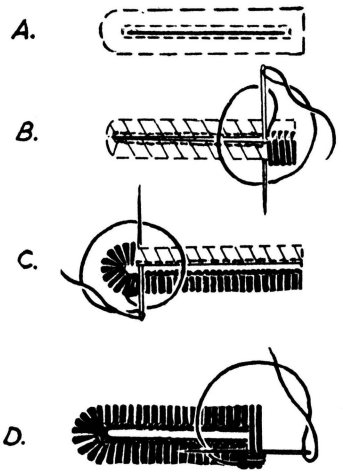

Fig. 4.—The worked buttonhole. (A) Marking position and size. (B) Buttonhole stitch. (C) Fan finish. (D) Bar finish.

pointed scissors and cut on the grain of material.

Overcast the cut edge to prevent raveling (Fig. 4B).

Hold buttonhole over first finger of left hand with the opening of the garment to your left. Use a thread long enough to complete the buttonhole.

Bring needle through edges at right end of slash. Take several small stitches to fasten thread.

Insert point of needle in the slash and bring it out through the cloth just below the line of stitching. Before drawing the needle through, bring the thread from the eye under the point of the needle from right to left. Draw the needle through the loop you have formed. Pull the thread by grasping it close to the buttonhole and pulling it away from

you until the purl is held firmly in place.

The depth of stitch depends on fabric and size of buttonhole. Stitches should be deep and close so they will not pull out.

Work across the side and around the end spreading the stitches to the shape of a fan (Fig. 4C).

On the opposite end work a bar by taking two stitches across the end of buttonhole (Fig. 4D).

Work over these stitches and through the cloth with buttonhole stitches keeping the pull toward the buttonhole.

Snappers:—New type snappers may be used. A reinforcement of two thicknesses of the same material or twill tape between the top and facing is important so that the snapper does not cut through the material. Practice on a scrap of material before placing the snapper on the garment.

SLIP OR PETTICOAT, AND CAMISOLE

Fig. 5.—Slip with lace trim.

Selecting a Pattern:—Choose a slip pattern that will be suited to the style of garment it will be worn with. Make the slip long enough to come just below the top of the garment hem, yet not hang below.

The usual width for shoulder straps is ¼ inch and not wider than ½ inch.

Material:—Select rayon material that is light weight and firmly woven.

Seam Finishes:—The selection of the seam finish used will depend upon the weight of the material, how much the material ravels, and the style you have selected. The top-stitched plain seam or flat-fell seam is desirable.

Top-stitched plain seam:—Make a plain seam on the wrong side. Press seam to the front. From the right side stitch ⅛ inch from seam. (Fig. 8.)

Flat-fell seam:—Refer to Seam Finishes given for sleeping garments. (Fig. 1.)

Shoulder Straps:—Shoulder straps are usually made of the same material as the slip and should be from ¼ to ⅜ inch wide. Example: For a

Fig. 6.—Slip with tailored finish.

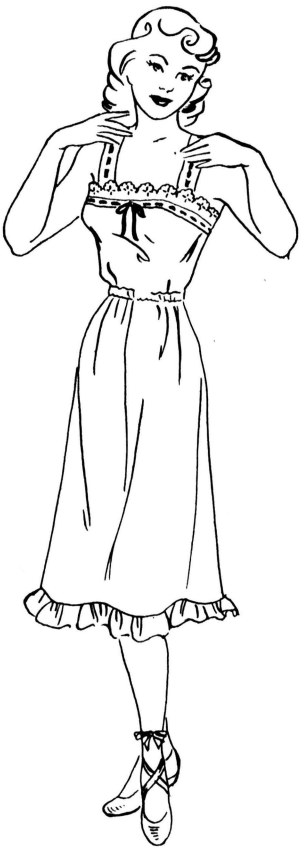

Fig. 7.—Slip with camisole top.

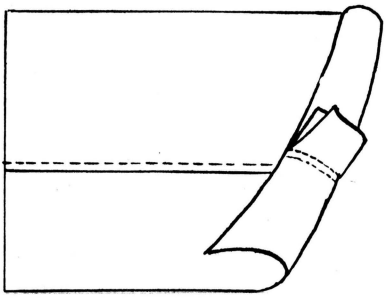

Fig. 8.—Top-stitched plain seam.

¼-inch strap, cut a strip of material one inch wide. Fold ¼ inch to the center on both lengthwise edges. Fold again and stitch on both edges. (Fig. 9). Press after each step and baste before stitching.

Attach Shoulder Straps:—Place ends of finished strap at correct location on slip before bias facing is put on. (Figs. 10 and 11.)

Top Finishes:—A tailored finish is very desirable. If a more feminine finish is wanted, use lace. The lace

Fig. 9.—Shoulder strap.

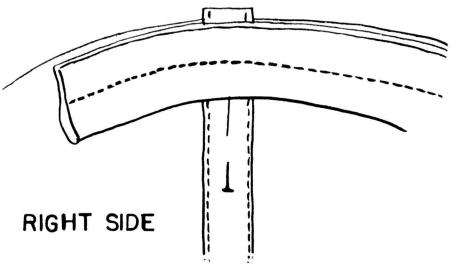

Fig. 10.—Single bias facing.

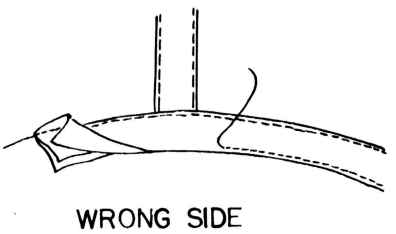

Fig. 11.—Double bias facing.

should be as durable as the material and as easily laundered.

Single Bias Facing:—Cut bias strips ¾ inch wide. Place right sides together and stretch bias slightly while pinning to the garment. Baste and stitch ¼-inch seam. Remove basting and turn bias over to wrong side. Turn under raw edge ¼ inch. Baste. Stitch. Finished width ¼ inch (Fig. 12A). 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. 12B.

Double Bias Facing:—Cut bias strip 1¼ 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 ¼-inch seam. Remove basting and turn double bias edge to wrong side. Baste. Stitch. Finished seam ¼ inch. (Fig. 13.) 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. 12B.

Hem:—The hem on the slip may be finished with a ¼ inch hem single or double stitched. If a double stitched finish is used at the top of the slip, use the double stitch finish for the hem also. If you prefer to make a wider hem so the slip may be

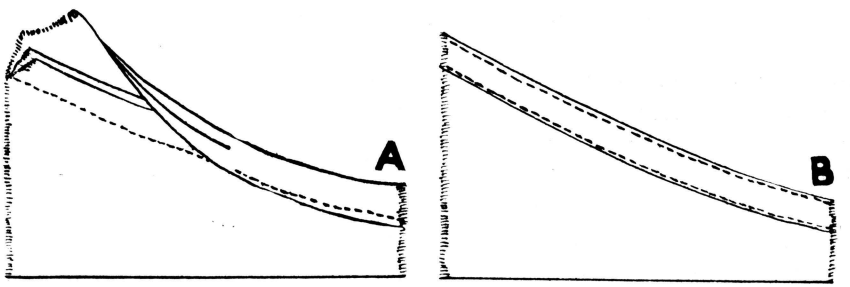

Fig. 12.—Applying single bias facing.

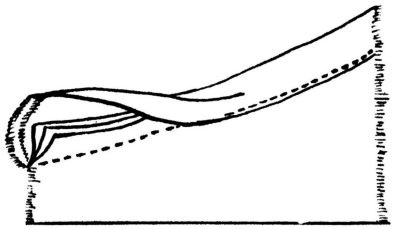

Fig. 13.—Double bias fold or French bias.

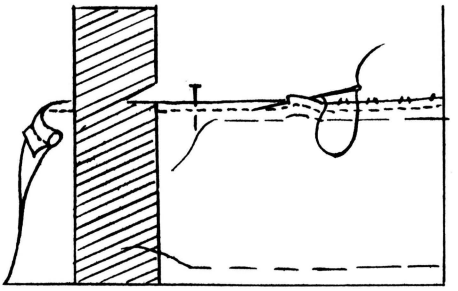

Fig. 14.—Hem finish with slip stitch.

lengthened, a 2-inch hem slip stitched in place is very desirable. (Fig. 14).

WASH SCHOOL DRESS OR DRESS-UP SUMMER DRESS

Wash School Dress:—Dress styles appropriate for school are simple in design, comfortable for walking and sitting, easily washed and ironed. It may have set-in or raglan type sleeves. (Fig. 15.)

Material:—Select a firmly woven material and a color suited for the season you plan to wear the dress. Materials with a dark background are best for they will not show soil as quickly. A few suitable materials are print, calico, percale and gingham.

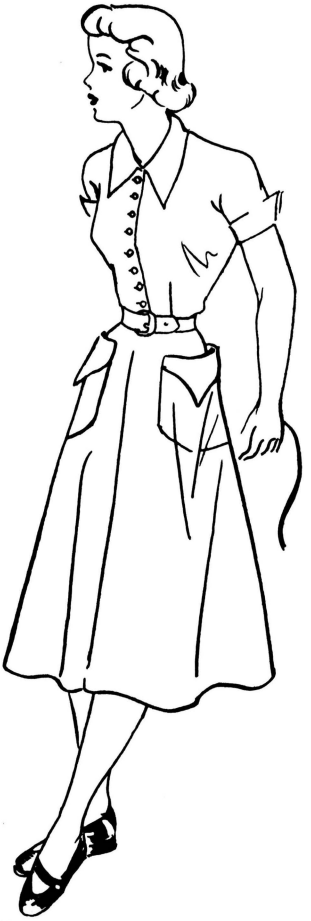

Fig. 15.—Wash school dress.

Dress-Up Summer Dress:—Select a style that will serve for a number of occasions, for church, community gatherings and parties. (Fig. 16.)

Material:—Suitable materials are chambray, voile, print, dotted swiss and pique.

Seam Finishes:—The choice of seam for a particular garment depends upon the garment being made, the material and how much it ravels.

When you stitch a seam you will

Fig. 16.—Dress-up summer dress.

find the stitching will be more even if you use a seam guide. (Fig. 17.) Screw the guide in place so the width from inside of guide to needle point is the width of the seam allowance. Guide the goods so the cut edge will slide along next to the seam guide as you sew.

Direction of stitching seams is determined by grain of fabric. Stitch in direction indicated by arrows. (Fig. 18.)

Self-stitched edge without turn under:—Press the seam open and stitch ⅛ inch from the raw edge. (Fig. 19.)

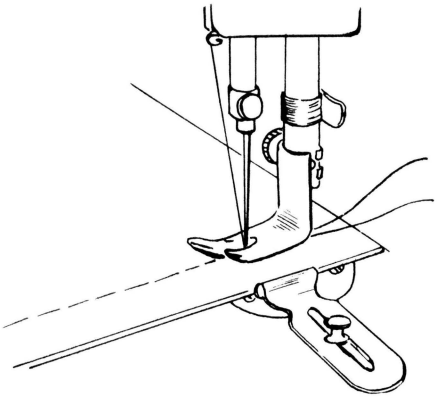

Fig. 17.—Seam guide.

Self-stitched edge turned under:—Trim seam to ½ or ⅝ inch in width; press open, turn each raw edge under ⅛ inch and stitch on edge by machine or with running stitches. (Fig. 20.)

Seam pressed open and overcast:—Trim seam to ½ inch in width. Press open and overcast the raw edges separately. This finish is used on materials that have a tendency to fray. (Fig. 21.)

Pinked edges:—Pink edges by hand, machine or pinking shears; then press seam open. (Fig. 22.)

Setting in Sleeves:—Sleeves should be carefully fitted into the armscye. All sleeves have fullness to make them comfortable. It may be invisible or visible fullness obtained by gathers or darts depending upon current fashion. First you must have the sleeve ready to put into the garment. With lengthened machine stitch make two rows of machine

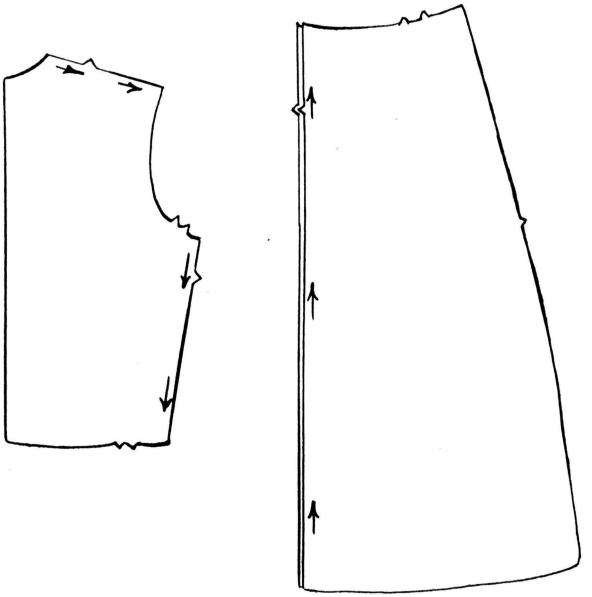

Fig. 18.—Arrows indicate direction of machine stitching.

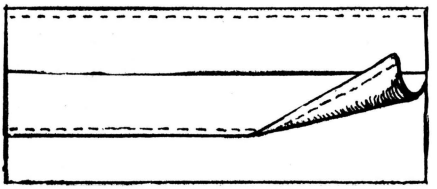

Fig. 19.—Self-stitched edges without turn under.

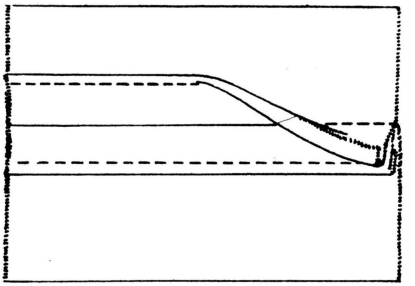

Fig. 20.—Seam with self-stitched edge.

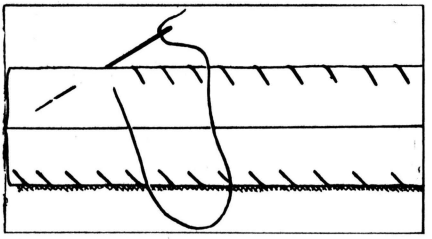

Fig. 21.—Seam pressed open and overcast.

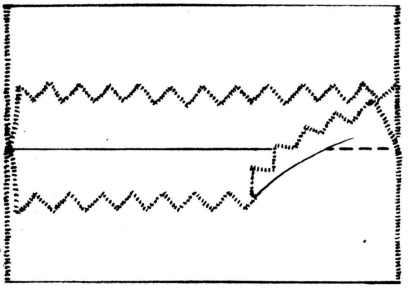

Fig. 22.—Seam with pinked edges.

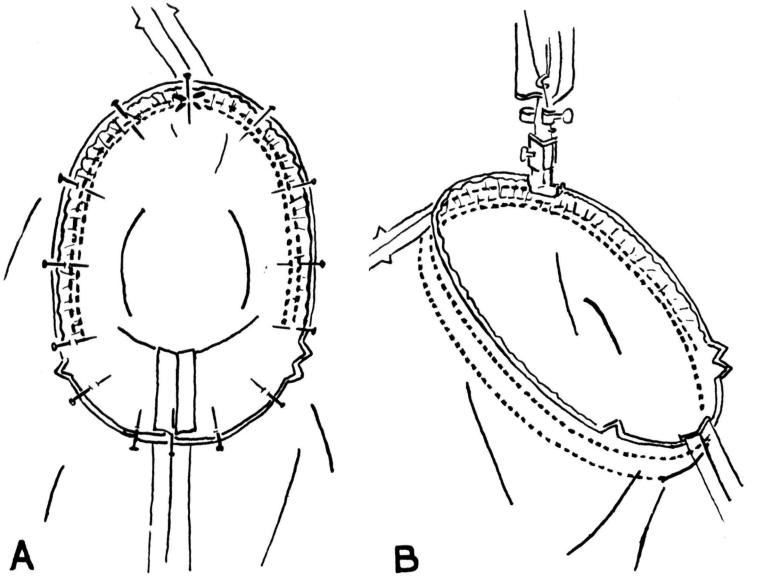

Fig. 23.—Setting in sleeves.

stitching between the two sets of notches, one stitching 1/8 inch inside and one about 1/8 inch outside of seam line. Pull these two machine gather threads with equal tension distributing the gathers equally.

1. With the sleeve right side out and the garment wrong side out, place sleeve in armhole, holding garment so that you look into the sleeve.

2. Match notches and shoulder marking or seam and pin the lower half of the sleeve to the garment without fullness. Ease in fullness in the upper half of the sleeve between closely spaced pins that are placed right angles to seam line. (Fig. 23A.)

3. Baste, holding the sleeve side toward you and using closely spaced basting stitches between the two rows of machine gathers.

4. Try on for fitting.

5. Stitch on seam line, that is, between the two long gather machine threads and finish the seam by a machine stitching 3/8 inch from first permanent machine stitching. Remove machine gather thread that may show from right side of garment. Press. (Fig. 23B.) If material ravels, overcast raw edges.

Shoulder Pads:—When properly made and set in, shoulder pads are flattering to the figure and give a smoother shoulder line and a better fitting sleeve. They may be just a reinforcement to hold the fullness of the sleeve in place. Follow pattern directions for making them.

Tailored Belt:—Choose grosgrain ribbon the width and length you desire your belt.

Cut dress fabric lengthwise three

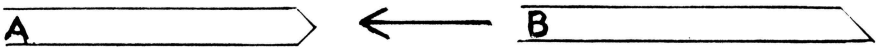

Fig. 24.—The tailored belt. (A) Diagonal point. (B) Diagonal slant.

widths of the ribbon plus ⅛ inch, with one edge on the selvage.

Baste grosgrain ribbon to raw edge of fabric. The remaining fabric will make two folds over ribbon.

Baste and follow with one or two machine stitchings on both sides and ends of belt. Finish one end in a diagonal point (Fig. 24A) or diagonal slant (Fig. 24B).

Ready-Made Fabric Belt:—If you wish you may have a fabric belt covered at your local sewing center or department store.

Hems: — *Slip stitching*: — Slip stitching is used to hold double fold hems and facings in place when an inconspicuous effect is desired on both wrong and right sides. (Fig. 14.) The second fold of hem may be stitched by machine about ⅛ inch from edge. This is not necessary for a narrow hem.

Begin hemming by bringing the needle out of folded edge and taking small stitch in cloth 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 ¼ to ½ inch. This stitch should be concealed in the edge of the hem on the wrong side. (Fig. 14.) On the right side of the garment, the stitches are small, uniform in size and spacing, and almost invisible.

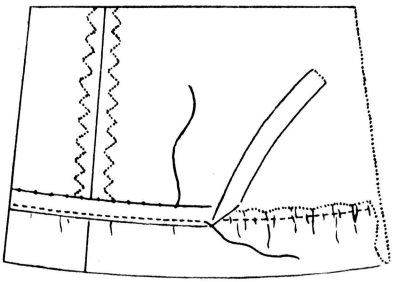

Fig. 25.—Hem finished with hemming tape.

Hems with hemming tape are used on single fold hems of loosely woven materials that ravel easily. Stitch one edge of hemming tape to raw edge of single fold hem, on the right side of material, having part of width of hemming tape extend beyond the raw edge of the garment. Turn hem width desired, baste in position with hemming tape flat like a facing and hem to garment with the slip stitch. The same method may be used for a narrow hem as for a wider one. (Fig. 25.)

A narrow or rolled hem is used mainly on thin materials as a finish for outer edges of a sash or ruffles. Stitch raw edges by machine, then trim close to stitching. With the wrong side of the cloth up, roll edge between thumb and forefinger of the left hand. Hand hem the edge if an inconspicuous finish is desired; or overcast if the edge finish is to form a decoration. **(Fig. 26.)**

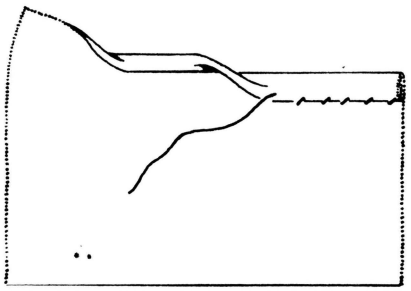

Fig. 26.—A narrow or rolled hem.

Machine stitching:—Stitch hem in garment close to edge of second fold. This finish is used on double fold hems for play suit or children's everyday clothes, and some undergarments which are made primarily for service.

Sewing On Buttons:—Try on garment and check the placing of buttonholes transferred from the pattern. If neckline or waistline has been changed, the buttonholes will have to be re-marked. Use a double thread or a heavy single thread. Hold or pin your buttons in place to see how they will look. The placing of the top buttonhole will depend on the collar and size of the button. On most collarless necklines the top edge of the button should come about ¼ inch from the neckline.

A. Conceal several back stitches under the button. Draw the needle through the button. Place a pin across the top of button and take several stitches over the pin. (The object used to raise the thread for making a shank will depend on thickness of the material. This object may be a pin, nail, toothpick or match.) Make stitches parallel with buttonhole if a two-holed button is used. The thread may lie parallel. form a cross or a fan if a four-holed button is used. (Fig. 27A.)

B. Remove pin. Bring needle out between button and fabric close to center of button. Wind thread tightly around three or four times to form shank; stick needle through to wrong side and fasten thread. (Fig. 27B.) A small button on the wrong side helps to hold a large button firmly in place.

Belt Guard or Belt Loops:—Loops may be used with a button or to hold a belt in place.

Use double thread, knotted. Fasten securely, pull needle through fabric forming a loop (Fig. 28A).

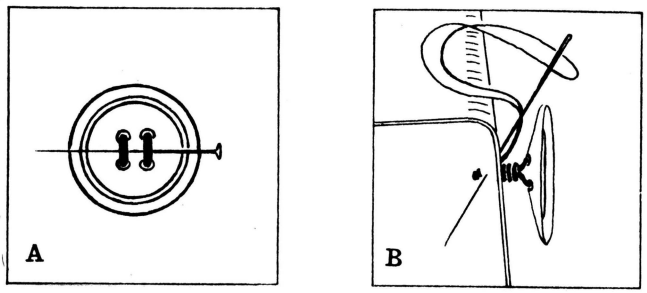

Fig. 27.—Sewing on buttons.

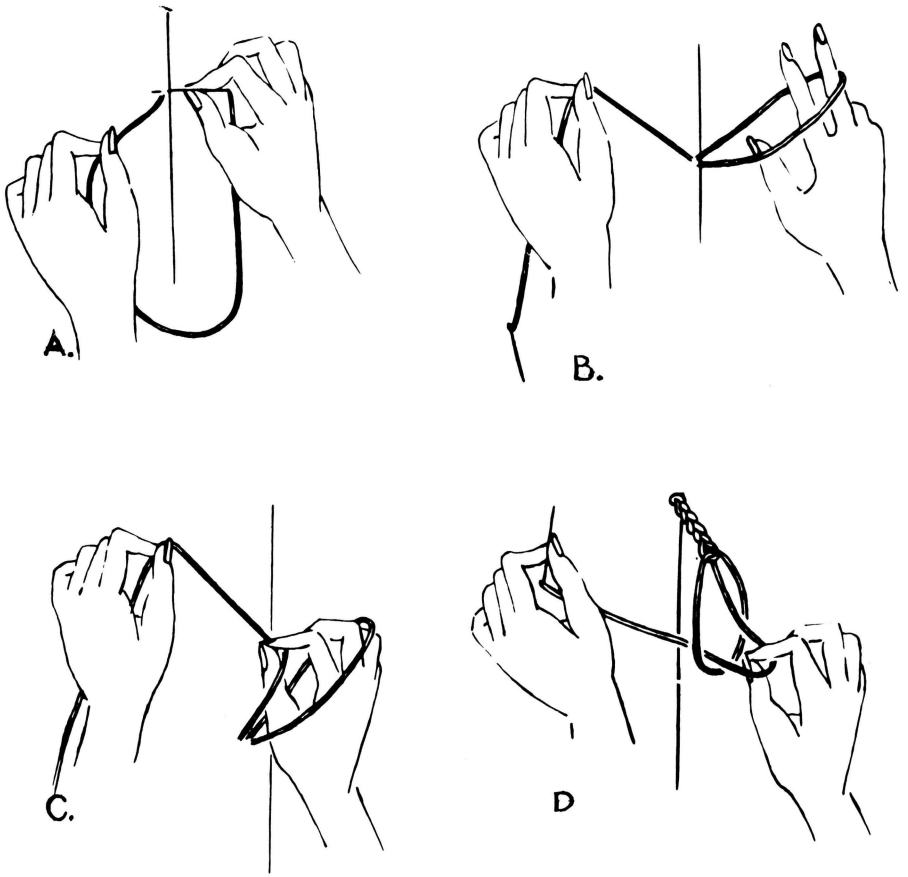

Fig. 28.—Making thread loops.

Hold thread from needle in left hand. Slip loop over your thumb and first two fingers (Fig. 28B).

Pull thread from needle through loop, forming a new loop. Pull on thread originally attached to garment. Repeat to desired length (Fig. 28C).

Slip needle through last loop and pull to complete and lock chain. Sew thread at desired location, fastening on wrong side (Fig. 28D).

Zipper Placket for Dress:—Zipper plackets form smooth openings on tailored and semi-tailored garments. The zipper of desired color and length should be purchased before the placket is planned.

When you are sewing your dress keep in mind these few simple rules which will help you put in a zipper.

1. For the zipper opening cut the left front 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.

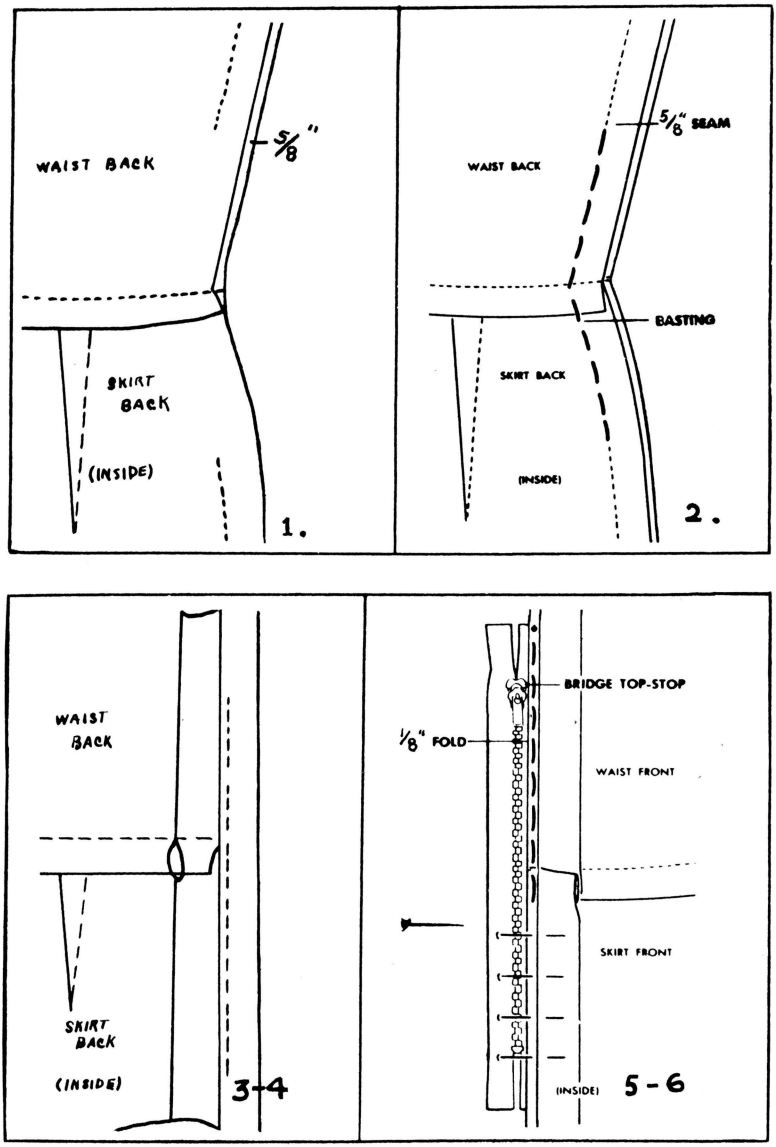

Fig. 29.—Putting a zipper placket in a dress. Steps 1 to 6.

2. Close placket opening by basting on seam line.

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

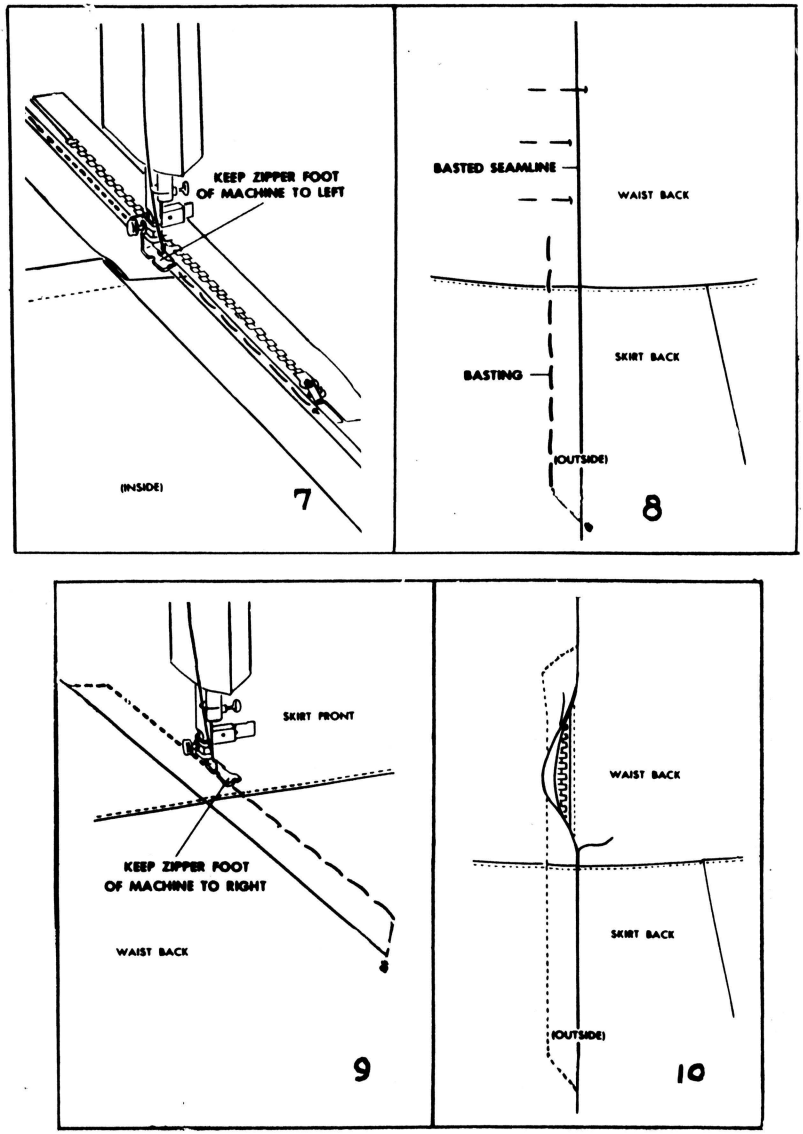

Fig. 29.—(continued) Putting a zipper placket in a dress. Steps 7 to 10.

4. Press seam open on inside of dress.

5. Make a fold in the back seam allowance, 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

9. Machine stitch along line just basted.

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

PLAY DRESS OR PLAY SUIT

Choose and make the garment that will meet your needs.

Material:—Material for play garments should be sturdy but not too stiff or heavy. Gingham, percale or sports denim is satisfactory.

Seams:—For a play suit, the flat-fell seam (Fig. 1) or the double stitched seam (Fig. 3) is best.

For the play dress, choose the seam finish most desirable for the material selected.

4-H UNIFORM

Patterns for the official 4-H Club uniform may be purchased in either Advance or Simplicity patterns.

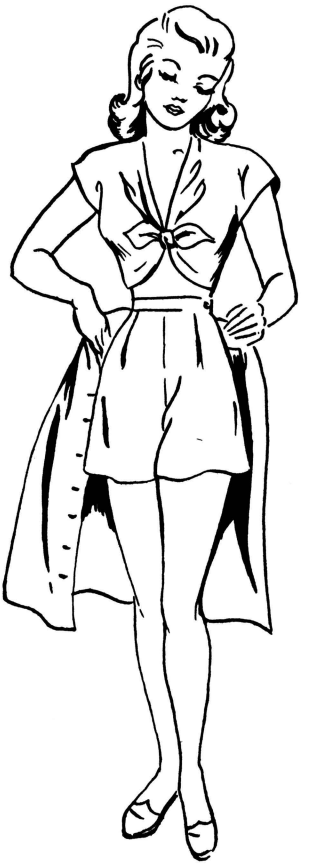

Fig. 30.—Play suit.

Check the counter style book for the number in the pattern you desire.

Material:—Green and white striped seersucker is the material recommended by the National Club Congress. Ask your Home Agent how you may obtain this material. The dickey is made of white indianhead, broadcloth or linen.

Construction: — Follow suggestions as given on guide sheet of pattern.

SCORE CARDS

Dress

Design and color	30
Beauty of design and color combination	20
Suitability to occasion and age of wearer	5
Individuality	5
Materials used, including trimmings	20
Cleaning qualities	10
Suitability to design and purpose of dress	10
Workmanship	30
Choice and neatness of seams, hems, finishes, etc.	15
Perfection of stitching (hand or machine)	15
General appearance	10
Cleanliness	5
Pressing	5
Relation of garment value to cost in time and money	10
Total	100

Slip or Sleeping Garment

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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