

4-11-55
M 211

step

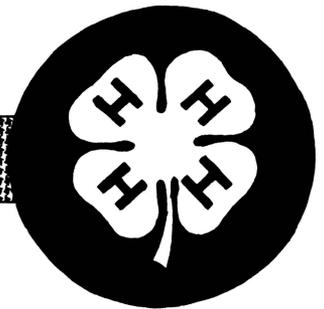
#123

Country Living

1

UNIVERSITY OF MISSOURI COLLEGE OF AGRICULTURE
AGRICULTURAL EXTENSION SERVICE

4-H CIRCULAR 123 COLUMBIA, MISSOURI JANUARY, 1955



WHAT TO DO IN THIS PROJECT

Make four articles. Choose from the following:

- Wrist pincushion
- Scarf
- Cotton apron
- Cotton skirt with elastic band
- Cotton slip
- Cotton blouse

You will:

- Select and equip a sewing box
- Hang up your clothes
- Keep your shoes polished
- Select your anklets
- Keep buttons, hooks and eyes sewed on your garments

GOOD SEWING HABITS

1. Always sew with clean hands and nails.
2. Sit back in a low, comfortable chair with feet flat on the floor.
3. Light should come over the left shoulder.
4. Work on a table rather than in your lap.
5. Do not bite threads — cut with scissors.
6. Use short basting threads (24 inches long).
7. Always use a thimble.
8. Follow pattern directions carefully.
9. Do your own work. Ask for advice only.
10. Do the best you can.

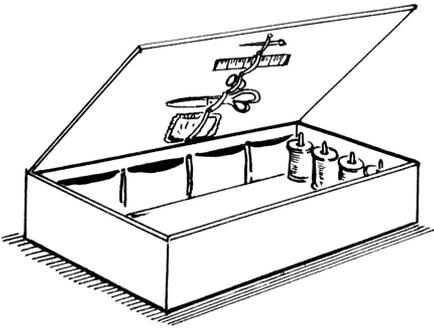


Fig. 1—Sewing box



Fig. 2—Thimble

CLOTHING I

ORENE COWAN*

Every girl likes to be attractive and well dressed. Your clothing projects will help you achieve this goal. You will learn to make your own clothes and how to care for them. You will learn how to choose clothes that are becoming in color and style and suited to the occasion. As a 4-H girl, you will learn how to be well groomed and the importance of good posture.

Clothing I is planned for girls who have not yet developed skills needed in more advanced projects. Often girls will want to repeat projects. In Clothing I you will learn to use a sewing machine, to do neat hand stitching and establish good sewing habits. Since you "learn by doing," each article you make should teach you something new—a seam, a stitch, a finish, or working with a different fabric. Your skill will increase with practice.

EQUIPMENT

Sewing Box

You will need a box or basket in which to keep your tools. You may use a regular sewing box or basket, or you may cover a box with paper, cloth or paint.

It is easier to find your equipment and to keep it in order if small tabs, loops or pegs are fastened in the box. Fig. 1.

Selecting Good Tools

Needles—Needles vary in kind and size. Sizes 5 to 10 sharps or betweens will be right for most of the sewing you will do.

Thread—Thread should match the fabric in weight and color. Spools are numbered as to size. The finer the thread, the higher the number. You will use cotton thread for most of your sewing in this project.

White—No. 8 to 200 (No. 50, 60, 70 are most commonly used).

Mercerized—No. 50 comes in many colors, is smooth and silky. Many threads have a color number on the end of the spool. You will need a spool of white and one of black in size 50 for basting.

Thimble—A thimble is a must if you are going to do your best. Be sure it fits. Wear it on the middle finger of the hand which holds the needle. It should be large enough that the finger tip just touches the end and snug enough to stay on. When buying a thimble, be sure the small round grooves are deep enough to hold the needle and that they extend well down the sides. Avoid a thick, clumsy thimble. Fig. 2.

Tape Measure—Choose one made of cloth with metal tips. It should be numbered from both ends. Fig. 3.

*In collaboration with Charline Lindsay, State Club Agent.

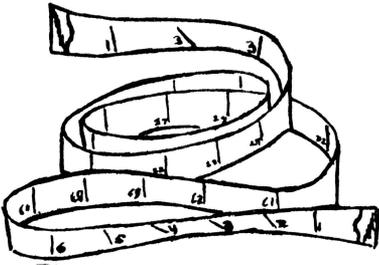


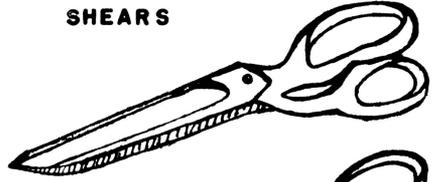
Fig. 3—Tape Measure

Pins—Pins should be slender, smooth and sharp. Select pins that do not leave dark spots. Dressmaker's pins are sold in pound and quarter-pound boxes.

Scissors and Shears—These are important tools. Usually scissors are less than 6 inches long. They are used for trimming, cutting into corners and snipping threads. Both handles of scissors are the same size. Good scissors have sharp points.

Shears are usually more than 6 inches long and are used for cutting fabric. Shears have a small ring handle for the thumb and a larger handle for several fingers. There are household shears and dressmaking shears. Both may be used for sewing. Dressmaking shears with bent handles will make it easier to keep the material flat when cutting. Buy good steel shears that are screwed together. This makes them adjustable. They should be made by a reliable manufacturer. Left handed shears are available. Good shears

SHEARS



SCISSORS

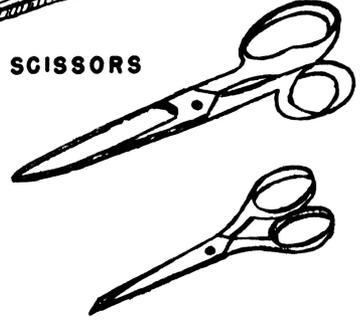


Fig. 4—Shears and scissors

deserve good care. Be careful not to drop them as this may throw them out of line. Cutting paper will dull them. Only a competent person should sharpen shears or scissors. Fig. 4.

Gauge—may be made by notching a cardboard or one may be purchased.

Ruler—a six inch ruler is helpful Fig. 5.

In addition to those things listed you may want to add tailor's chalk (chalky kind for marking cotton) and a pencil and notebook.

You will need a pin cushion. This will be one of the first things you make.

USING YOUR TOOLS

Learn to use your needle and thread correctly. You will do a much

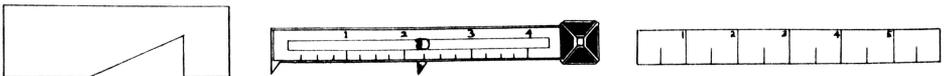


Fig. 5—Cardboard gauge, metal gauge, 6-inch ruler

better job by using your thimble. Fine material calls for fine thread and a fine needle. For basting you may use a larger needle and thread. Work with a thread about the length of your arm. Long thread is difficult to handle. Your leader will teach you how to tie a knot. Sit back in a low, comfortable chair with feet on floor and work at a table of comfortable height. This makes sewing easier and your material will not stretch or become soiled.

To hold a needle and thread correctly, place the thimble on the middle finger, hold the needle between the thumb and forefinger so the needle eye is against the thimble and the point toward the fabric to be stitched. Rest the left arm on the table. Hold the work with the right hand with the thumb on top where you are going to stitch. The work is between the hand and the body. Fig. 6.

As you practice it will become easier, and remember, *use that thimble!*

RUNNING THE MACHINE

Learning to use a sewing machine

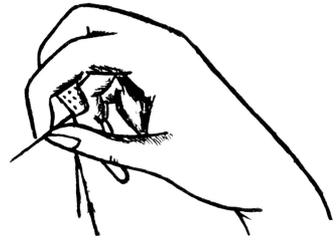


Fig. 6—Position for hand stitching

is not hard. A booklet comes with each machine. Study it to learn more about your machine, how to thread and adjust it. Your mother or leader will help you. Fig. 7.

Practice without the needle or thread. When you have learned to start, stop and run the machine smoothly, practice stitching on lined paper or striped material. Learn to use the presser foot as a gauge for stitching. A seam guide or tape placed on the machine will be helpful when you do straight stitching. Fig. 8.

CHOOSING YOUR MATERIAL

Most of the articles you make in this project will be of cotton.

Read the label on any material you buy. This is usually on the end

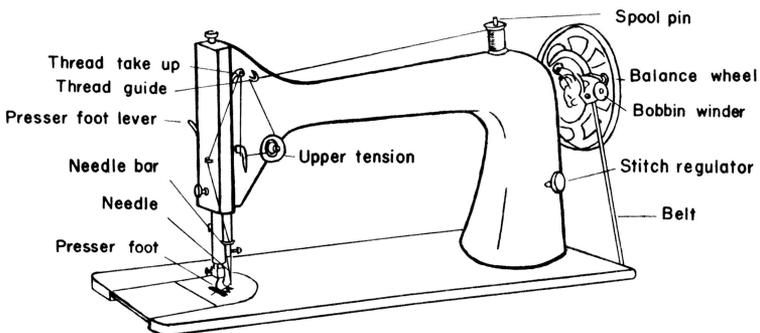


Fig. 7—Sewing machine

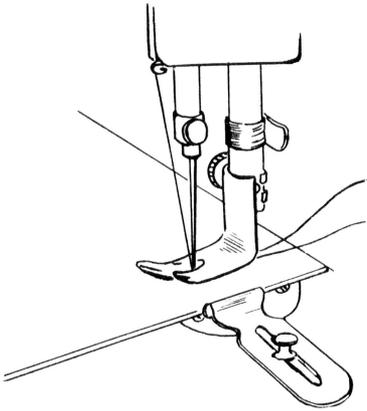


Fig. 8—Machine with seam guide in place

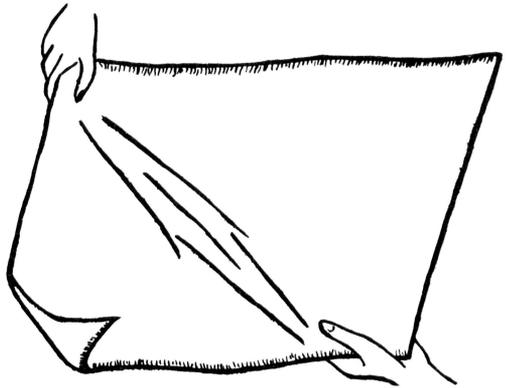


Fig. 9—Pull cloth diagonally to straighten

of the bolt. Sometimes the clerk will be able to help you. Is the material sanforized? This means it will shrink less than 1 per cent. If it is pre-shrunk the label should tell you how much shrinkage is left in the fabric. If this is as much as 3 per cent, or if you do not know how much shrinkage remains, wash it in the same way it will be laundered after it is made into a garment.

You will need to know about finishes on materials. Is it crease-resistant? Embossed? Gold print? Are the finishes durable to laundering? You will want to know if it is color fast. Hold the fabric up to the light. Closely woven material will not ravel. Avoid material that is printed off grain.

STRAIGHTEN THE MATERIAL

Straighten the ends of the fabric. Some material will tear while others should have a crosswise thread pulled and then cut along this line.

Stretch the cloth if the ends seem uneven after being cut or torn. Pull

the fabric diagonally and then crosswise until the selvages and ends are even. Pressing to remove the center crease usually makes this easier. Fig. 9.

Here are some other things you will need to know about cloth.

1. All woven cloth is made with two sets of threads combined in different ways. The lengthwise threads are called the warp. The crosswise threads are the filling or woof threads.

2. The selvage is the edge of the

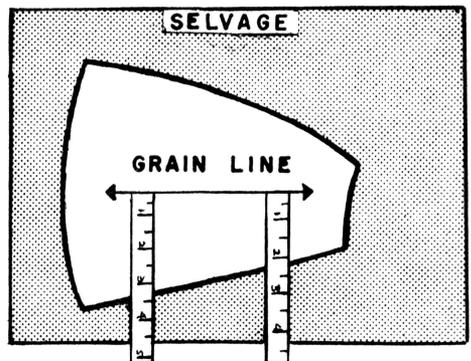


Fig. 10—Place pattern on grain line of material

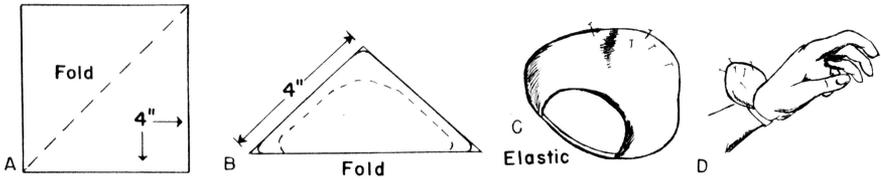


Fig. 11—Wrist Pincushion

cloth. It is usually about one-fourth inch wide and is more closely woven than the rest of the material.

3. The grain may be either the lengthwise or crosswise thread. "On the grain" means straight with the thread. Fig. 10.

Patterns indicate the way each piece should be placed. It is very important that you follow these directions or your garments will not hang right.

WRIST PIN CUSHION

To keep pins handy while you sew, make a wrist pincushion.

Material

Choose material that is firmly woven in a dark color so that pins will show up better.

Cut a piece 4 inches square. Fig. 11A.

Fold diagonally with the right side inside. Fig. 11B.

Round the corners slightly. Baste and stitch one-fourth 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, molding the cushion to the wrist as you stuff. Fig. 11C. Fill the cushion until it is

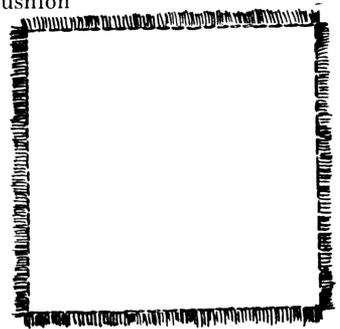


Fig. 12—Scarf with fringed edge

stuffed tight. Sew up opening with invisible stitches.

You will need only enough one-fourth inch elastic sewed at each end of the pincushion to fit the wrist. Fig. 11D.

SCARF

You may want to make a scarf. It may be a head scarf, a neck scarf to perk up a dress or any kind you need. Any suitable material may be used. You may use scraps or remnants. Choose a color that is becoming and goes well with your wardrobe.

Scarves may be hemmed, doubled and turned or any method of finish used that is appropriate.

Head Scarf

Make the size you need. It may be a 27 inch square or as large as you need. To make a square or rectangular fringed scarf:

1. Pull a thread to straighten the end of your material. Cut on the pulled thread line.

2. Measure and mark your square of material allowing for $\frac{1}{2}$ -inch fringe.

3. Mark $\frac{1}{2}$ inch from cut edge of fringe. Pull crosswise and lengthwise threads on $\frac{1}{2}$ -inch marking.

4. With thread that matches your material begin machine stitching in center line. At corners, stop with needle in scarf, turn scarf and start stitching the next side. When you have stitched around the scarf continue stitching for 4 or 5 stitches over-lapping where you started.

5. Fringe all sides. Fig. 12.

APRON

Choose a color that will not soil easily. A closely woven material such as calico, gingham, percale or print is satisfactory.

To make your apron:

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

2. Add $4\frac{1}{2}$ inches for hems.

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

4. Make a $\frac{1}{2}$ inch hem on each side of the apron. Stitch. Back stitch

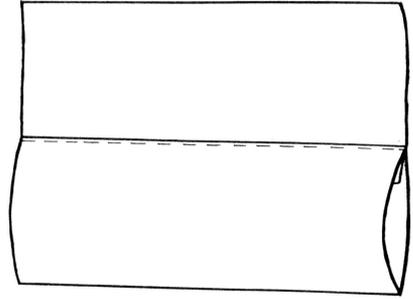


Fig. 13—Hem finish with machine stitching

3 to 5 stitches to fasten threads.

5. Make a 2-inch hem at the bottom of the apron. ($\frac{1}{2}$ inch is turned under first). Fig. 13.

6. Make a $1\frac{1}{2}$ inch hem at the top of the apron. ($\frac{1}{2}$ inch is turned under first).

7. Make second stitching in top hem about $\frac{3}{4}$ inch from the first stitching to form a casing.

8. To make the tie sew the ends of the two inch strips together. Fold lengthwise and make $\frac{1}{2}$ -inch seam. Trim seams slightly. Turn and press. Turn tie ends in and stitch.

9. Pull tie through casing and adjust fullness.

10. You may want a pocket. Cut a piece 7 inches long and $5\frac{1}{4}$ inches wide. Turn under $\frac{1}{2}$ inch on all sides. Press and baste. Fig. 14.

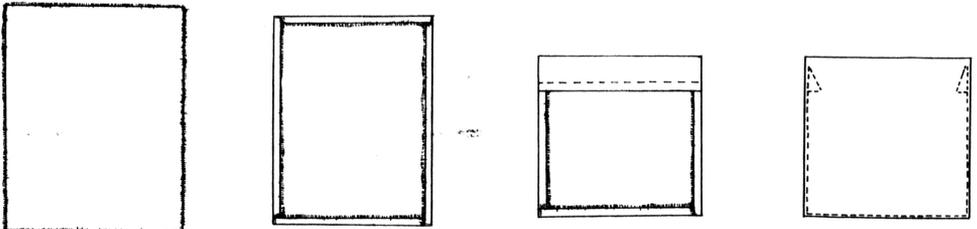


Fig. 14—Pocket

11. Turn top hem 1½ inches.
12. Machine stitch pocket on apron using the method shown.

SKIRT WITH ELASTIC BAND

For a skirt you will like such materials as gingham, percale, broad cloth or print. Other cottons may be used. You will not need a pattern.

Follow these directions:

1. Measure the length of your skirt in inches and multiply by two. (For a front and back.) Add 9 inches for hems and headings. (The heading will have ½ inch turned under and will be 2 inches deep—this makes a total of 4½ inches. This must be doubled to provide for hems and headings for front and back. That's where we got the 9!) If you plan to use two rows of elastic add 1 inch of material. Fig. 15.

2. Pin, baste and stitch ⅝ inch side seams. Barely clip selvage about 4 inches apart.

3. Turn a 2-inch finished hem and stitch by machine or by hand.

4. At top of skirt make a 1½-inch hem. (If two rows of elastic are to be used make this 2 inches.) Machine stitch.

5. Make second stitching in top hem, ½ inch from first stitching to form casing. (If second row of stitching is used, the third row of stitching is made ½ inch above this one.)

6. Use ⅜ inch elastic. Measure to fit waistline and add ½ inch lap for stitching. Draw through casing.

USING A PATTERN

For your blouse and slip you will need a pattern. Your mother or leader will help you take your measurements and select the correct size.

Look on the back of the pattern envelope to find how much material you will need. The amount varies with the width of your material, size, the view you are going to make and whether your material has an up or down. Fig. 16.

The guide sheet of your pattern can be very helpful. Study it carefully.

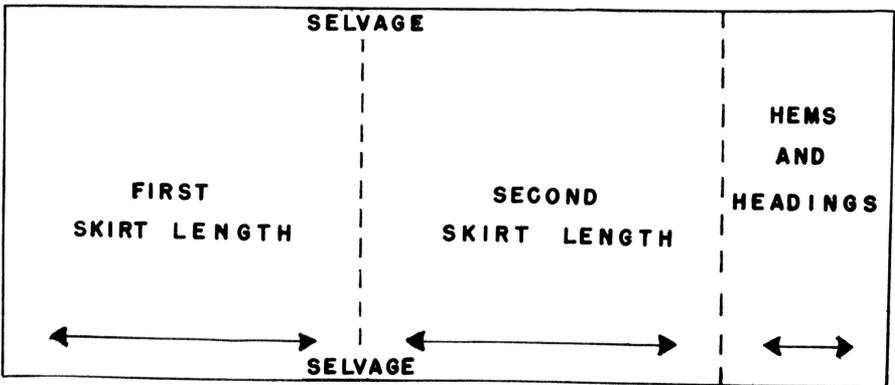


Fig. 15—Skirt measurement

FABRIC REQUIRED — Extra Fabric is required for plaids and napped fabrics.

SIZES	10	12	14	16	
STYLE 1					
35" fabric (cut on cross of fabric)	1 ⁷ / ₈	1 ⁷ / ₈	2	2 ¹ / ₈	Yds.
39" fabric (cut on cross of fabric)	1 ⁵ / ₈	1 ⁵ / ₈	1 ³ / ₄	1 ³ / ₄	Yds.
54" fabric (cut on length of fabric)	1 ¹ / ₈	1 ¹ / ₈	1 ¹ / ₄	1 ¹ / ₄	Yds.

STYLE 2

35" or 39" lengthwise striped fabric (cut on cross of fabric)	1 ³ / ₈	1 ¹ / ₂	1 ¹ / ₂	1 ¹ / ₂	Yds.
52" crosswise striped tubular jersey fabric (cut on length of fabric)	7 ⁷ / ₈	Yd.			

STYLE 3

35" or 39" cotton lace fabric (cut on length of fabric)	1 ¹ / ₄	1 ¹ / ₄	1 ³ / ₈	1 ³ / ₈	Yds.
---	-------------------------------	-------------------------------	-------------------------------	-------------------------------	------

6" neck type zipper for Style 1.

STYLE 1 — LINING FOR SCARF FACING (WHEN MADE OF 54" FABRIC) — 1/2 yard of 35" or 39" fabric.

STYLE 2 — RIBBON BOW — 1/4 yard of 1 1/4" width.

STANDARD BODY MEASUREMENTS

Sizes	10	12	14	16	
Bust	28	30	32	34	Ins.
Waist	24	25	26	28	Ins.
Finished Back Length from Base of Neck to Lower Edge of:					
Blouse	19 ⁵ / ₈	20	20 ³ / ₈	20 ³ / ₄	Ins.

SUGGESTED FAERIC TYPES:—Style 1: Cotton, rayon, silk, wool, jersey. Style 2: Lengthwise striped cotton or rayon, crosswise striped jersey. Style 3: Lace, cotton, rayon, silk.

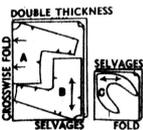
SEWING NOTIONS:—STYLE 1, 2 AND 3:—2 spools of Thread. STYLE 1 AND 2:—Bias Seam Binding; Hook and Eye. STYLE 1:—6" Neck Type Zipper for blouse back opening. STYLE 2:—1 Small Button. STYLE 3:—Bias Fold Tape.

5. CUTTING

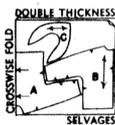
CUTTING DIAGRAMS FOR FABRIC WITHOUT NAP OR ONE WAY DESIGN UNLESS OTHERWISE STATED

STYLE 1

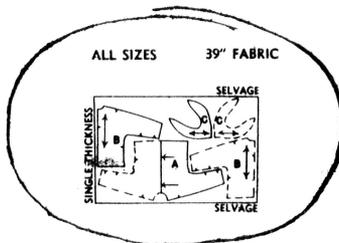
SIZES 10,12 35" FABRIC



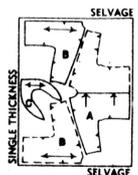
SIZES 14,16 35" FABRIC



ALL SIZES 39" FABRIC



ALL SIZES 54" FABRIC



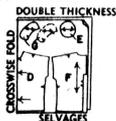
STYLE 1

LINING FOR SCARF FACING (WHEN MADE OF 34" FABRIC) ALL SIZES 35"-39" FABRIC



STYLE 2

ALL SIZES 35"-39" LENGTHWISE STRIPED FABRIC



ALL SIZES 52" CROSSWISE STRIPED TUBULAR JERSEY FABRIC



STYLE 3

ALL SIZES 35"-39" FABRIC

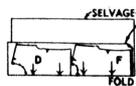


Fig. 16—Study your pattern

BLOUSE

Choose a simple style. One with cap sleeves or sleeveless and no collar is simple to make.

Select a color that will go well with your skirt. Plain colors or small prints are easier to work with than plaids or stripes since they must be matched. If your skirt is a solid color you may use a print or solid color but if your skirt is printed, choose a plain blouse. Follow directions given on the guide sheet of your pattern. Fig. 16.

MAKING A SLIP

Materials that may be used for your slip are slipsheen, long cloth, broadcloth and bleached muslin.

A two-piece pattern with built up shoulders and fitting darts at the waistline is suitable. A slip with straps may be made.

Slip Stitching

Allow at least two to three inches for a hem so the slip can be lengthened as needed. Put in the hem using the slip stitch. Fig. 17.

Stitch fold of the hem by machine about $\frac{1}{8}$ inch from the edge. Pull thread and adjust fullness. Begin hemming by bringing the needle

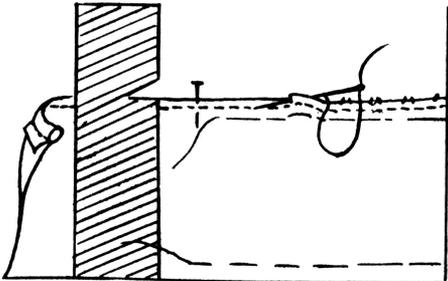


Fig. 17—Slip stitch

out of folded edge and taking a small stitch in garment exactly opposite the place where the 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 first stitch 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 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 of seam should not exceed $\frac{1}{4}$ inch. Fig. 18.

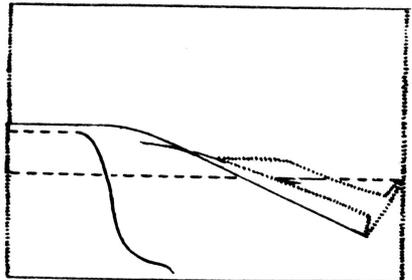


Fig. 18—Flat fell seam

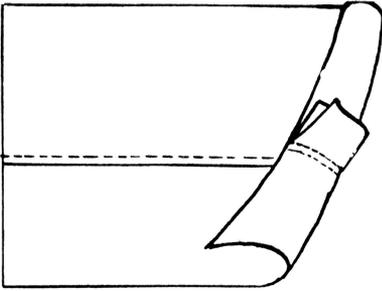


Fig. 19—Top stitched plain seam

For a top-stitched plain seam, make a plain seam on the wrong side. Press seam to the front. From the right side stitch one-sixteenth inch from seam. Fig. 19.

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 it 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. 20A. If desired, a second machine stitching from the

right side at the top edge may be used to give a more tailored finish. Fig. 20B.

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 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 about $\frac{1}{4}$ inch. Fig. 21. If desired, a second machine stitching from the right side at the top edge may be used to give a more tailored finish.

Shell Edge

A shell edge is used as a decorative finish on slips. Fig. 22. 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.

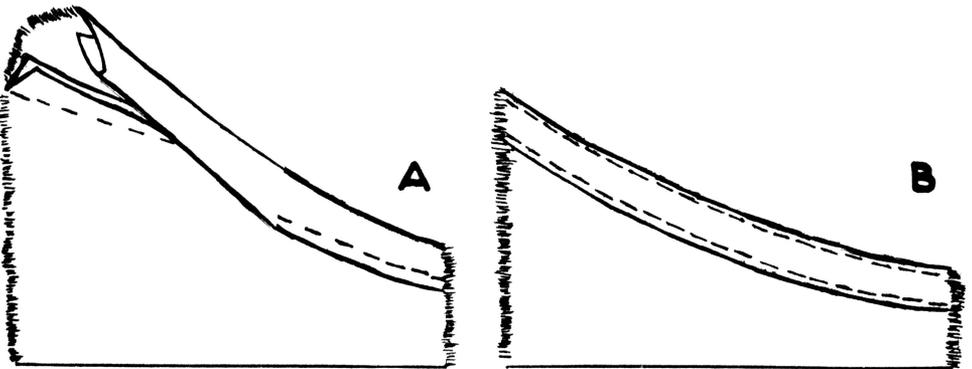


Fig. 20—Applying single bias facing

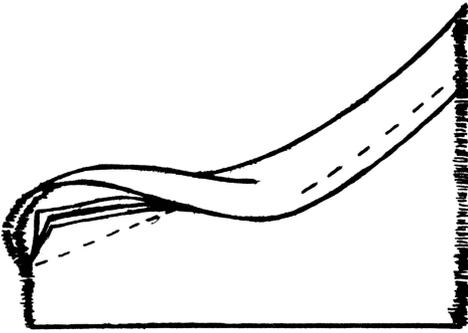


Fig. 21—Double bias fold or French bias

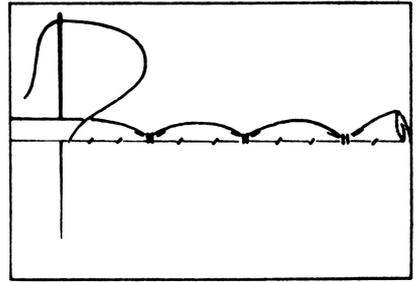


Fig. 22—Shell edge finish

SCORE CARDS

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 stitching?	20	
Even edge?	20	
	TOTAL	100

Blouse or Skirt

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
Suitability to design and purpose	10	
Cleaning qualities	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

Apron

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
Hygenic 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

PROJECT RECORD — CLOTHING I

(For use with 4-H Cir. 123)

Member's Name Age

Address County

Name of 4-H Club

Community Leader Project Leader

THINGS TO DO IN THIS PROJECT

Make four articles. Choose from the following:

1. Wrist pin cushion.
2. Scarf.
3. Cotton apron.
4. Cotton skirt with elastic band.
5. Cotton slip.
6. Cotton blouse.

SUMMARY OF ARTICLES MADE

Things Made	Number	Estimated Value	Cost	Money Saved	Hours Spent
TOTAL					

PLAN OF WORK

(Check below)

(Check below)

I will
try to

I did

- | | | |
|-------|--|-------|
| _____ | 1. Select and equip a sewing box and take care of equipment. | _____ |
| _____ | 2. Care for my own clothes by doing the following: | _____ |
| _____ | a. Keep my buttons, hooks and eyes sewed on. | _____ |
| _____ | b. Keep my clothes hung up. | _____ |
| _____ | c. Keep my shoes polished. | _____ |
| _____ | 3. Learn to select my anklets. | _____ |
| _____ | 4. Complete and turn in my project report. | _____ |

SUMMARY OF ACTIVITIES

1. How many club meetings did you attend?
2. How many project meetings did you attend?
3. Number of clothing demonstrations given at:
Project meetings Club meetings County meetings
District meetings State meetings
4. Number of times you participated in judging work at:
Project meetings County District State
5. Number of exhibits shown in:
Community County District State
6. Did you take part in:
Local dress revue County dress revue District dress revue
Local grooming contest County grooming contest
District grooming
7. What improvements have you made in personal grooming this year?
.....
.....
8. Have you followed the suggestions for good sewing habits?

STORY

In this space write about the things you have done in your clothing project. Include the difficulties you encountered and the success you had in making your garments.