

4-H Clothing Club

I. Household Articles

4-H Club Circular 21

COLUMBIA, MO.

JUNE, 1919



**COOPERATIVE EXTENSION WORK IN
AGRICULTURE AND HOME ECONOMICS**
UNIVERSITY OF MISSOURI COLLEGE OF AGRICULTURE AND THE UNITED
STATES DEPARTMENT OF AGRICULTURE COOPERATING
A. J. MEYER, Director, Agricultural Extension Service
Distributed in furtherance of the Acts of Congress of May 8, and June 30, 1914

TABLE OF CONTENTS



	Page
Introduction.....	3
Requirements.....	3
Suggested Programs for Club Meetings.....	4
I. Club Organization.....	4
Tools.....	9
Testing Materials.....	11
II. Second Club Meeting, Group I.....	12
Stitches.....	13
III. Third Club Meeting.....	15
Use of Machine.....	15
Patches.....	17
Score Cards.....	18
IV. Fourth Club Meeting, Group II.....	20
Stitches.....	25
Darns.....	27
V. Fifth Club Meeting, Group III.....	28
Design.....	28
Decorative Stitches.....	32
VI. Sixth Club Meeting, Group IV.....	38
VII. Seventh Club Meeting; Stains.....	42
VIII. Eighth Club Meeting; Demonstra- tions.....	45
Score Card for Demonstrations.....	47
IX. The Achievement Day.....	9
Index.....	52

4-H Clothing Club---I.

The Clothing Club which you are just starting has some very interesting articles for you to make. What girl is there among you who does not like pretty clothes and useful articles about the house? To have pretty clothes and household linens does not mean that it is necessary to spend a large amount of money, but it does mean that you must know how to sew and how to choose materials and designs that are suitable and harmonious.

Each member should assist her mother in making a list of household linens that are on hand in order that she may better choose which article to make.

REQUIREMENTS

There shall be five or more members in the Clothing Club I who are 10 to 21 years of age and who are meeting regularly, with their own officers in charge, under the direction of a local club leader.

Object.—To teach some of the fundamentals of sewing by making household articles.

To interest the girls in sewing and improving the appearance of the home.

To teach the selection of suitable designs, colors, and materials for household articles.

To teach how to repair garments.

To develop community spirit and to train the members in rural leadership.

Work Required.—This work deals with the making of household articles. It takes up the making of simple articles and all the stitches used on them. There are four groups and each member is required to select and make one article from each group.

Group I	Group II	Group III	Group IV
Tea towel	Laundry Bag	Dresser scarf	Kitchen apron
Hand towel	Sewing or other	Table runner	Bungalow apron
Napkin	bag	Lunch, vanity or	
	Pillow case	buffet set	

In addition each member shall: (1) Remove two stains; (2) Darn two pairs of stockings; (3) Patch two garments.

*The material in this circular is derived from many sources. In the main, it represents a revision of previous garment making club circulars. The subject matter was prepared by Miss Essie M. Heyle, in charge of Extension in Home Economics, in cooperation with the clothing club specialists of the Agricultural Extension Service. The organization, plans for club meetings, and demonstrations were prepared by Miss Jane Hinote, assistant State Club Agent.

Records Required.—A record book is furnished by the Extension Service of the Missouri College of Agriculture in which each member is required to record cost of materials, a full account of each meeting, and story of club work for the year.

Expense.—Each member is required to furnish all materials used in making articles and any sewing equipment necessary.

Time Required.—For work on some of the articles at home for a period of three to six months.

For attendance at six or more club meetings.

For help with a local exhibit.

For attending a local achievement exercise at the close of the year's work.

Organization.—As to the time of year there is a preference for March, April and May for summer clubs and September, October and November for winter clubs.

I. Organization of the Club

MEETINGS

Standard clubs are required to hold at least six regular meetings during the club year. These meetings may be held as often as the local club leader and the members desire; however, the meetings usually are held once or twice each month.

Below are subjects suggested for a number of club meetings. It may be necessary to devote two or more meetings to some of the subjects. It is suggested that these subjects be followed in the order named. Local club leaders and clubs are expected to adapt these subjects to local community conditions.

Club members should demonstrate practical phases of the work at each club meeting.

Suggested Programs for Meetings of 4-H Clothing Club I

I. Organization of the Club.—Club Secretary's Record Book.

1. The business meeting.—The local club leader in charge.
 - (1) Explanation of the duties of the club officers and members. References: The Club Secretary's Record Book and Project Announcement No. 27.
 - (2) Election of club officers from the membership of the club: President, Vice-President, Secretary, Song Leader, and Club Reporter.
 - (3) Selection of a name for the club. (It is suggested that the name be selected so as to identify the club and the project.)
 - (4) Selection of time and place for regular club meetings.

- (5) Setting a club goal.
- (6) Appointment of a committee to work up or select an appropriate song for the club.
- (7) Assignment of the 4-H club pledge to be learned by all members before the next meeting.
- (8) Adjournment of business meeting for instructions in club work.
2. Instructions.—The local club leader in charge.
 - (1) Distribution of club literature, and explanation of its use. See Project Announcement No. 27.
 - (2) Explanation of standard 4-H club requirements. See Club Secretary's Record Book and Project Announcement No. 27.
 - (3) Explanation of club project requirements for Clothing I.
 - (4) Discussion of main club events for the year.
 - (5) Discussion:
 - a. Tools used in sewing. Page 9.
 - b. Kind and amount of material for article in Group I.
 - (6) Stating specifically what each member must do to start the home project work.
 - (7) Assignment of work for the next meeting, including the bringing of material for the tea towels and record books to the meeting.
3. The social hour.

II. Second Club Meeting

1. The business meeting.—The club president in charge. Reference: Duties of the club officers in Club Secretary's Record Book.
 - (1) Meeting called to order by the president, who leads the members in repeating the 4-H club pledge as follows:
 "I pledge my *head* to clearer thinking, my *heart* to greater loyalty, my *hands* to larger service, and my *health* to better living, for my club, my community, and my country."
 - (2) Roll call by the secretary, the members responding by giving a report on a previously assigned topic.
 - (3) Reading of the minutes of the last meeting by the secretary, which should be adopted as a permanent record by the club when approved.
 - (4) Unfinished business:
 - a. Unfinished business from the last meeting.
 - b. Report of the committee on club songs.
 - (5) New business.
 - a. Appointment of a social committee to plan for some games at future club meetings.
 - b. Anything for the good of the club.
 - (6) Songs led by the song leader.
 - (7) Adjournment for work.
2. Instructions and demonstrations.—The local club leader in charge.
 - (1) Discussion:
 - a. Making of tea towel, hand towel, or napkin.
 - (2) Demonstration:
 - a. Straightening goods.
 - b. Making and using hem gauge.
 - c. Basting, hemming, overhanding, napery hem and fastening stitch.

- (3) Club members straighten goods, make hem gauge, and make stitches as demonstrated.
- (4) Explanation of how to keep the record books.
- (5) Assignment of work for the next meeting, including,
 - a. Bringing of record books to meeting.
 - b. Articles in Group I completed if possible and brought to meeting.
 - c. Progress report on work done at home for roll call.
 - d. Bringing of articles to be patched.
3. The social hour.

III. Third Club Meeting

1. The business meeting.—The club president in charge.
 - (1) Meeting called to order by the president, who leads the club members in repeating the 4-H club pledge.
 - (2) Roll call by the secretary, the members responding by reporting on a previously assigned topic, and by handing in the club record book for use in the club meetings.
 - (3) Reading of the minutes of the last meeting by the secretary.
 - (4) Unfinished business:
 - a. Report of social committee.
 - (5) New business:
 - a.
 - (6) Songs.
 - (7) Adjournment for work.
2. Instructions and demonstrations.—The local club leader in charge.
 - (1) Discussion:
 - a. Use of sewing machine, page 15.
 - b. Kind and amount of material for articles in Group II, page 20.
 - c. Use of score card, pages 18 and 19.
 - (2) Judging of articles made in Group I, by club members.
 - (3) Individual demonstrations by club members:
 - Making tea towels.
 - Making hem gauge.
 - (4) Discussion of score card for patches.
 - (5) Demonstration:
 - a. Hemmed patch.
 - b. Overhand patch.
 - (6) Club members make patches as demonstrated by leader.
 - (7) Looking over the record books.
 - (8) Assignment of work for the next meeting, including:
 - a. Bringing of record books to meeting.
 - b. Naming of important points in judging household articles and patches for roll call.
 - c. Bringing of completed patches to next meeting.
 - d. Bringing of stockings to be darned and material for Group II.
3. The social hour.

IV. Fourth Club Meeting

1. The business meeting.—The club president in charge.
 - (1) Meeting called to order, members repeating the 4-H club pledge.

- (2) Roll call, members responding by reporting on a previously assigned topic and by handing in the club record books for use in the club meeting.
- (3) Unfinished business:
 - a. _____
 - b. _____
- (4) New business:
 - a. _____
 - b. _____
- (5) Songs.
- (6) Adjournment for work.
2. Instructions and demonstrations.—The local club leader in charge.
 - (1) Judging of patches.
 - (2) Discussion:
 - a. Kind and amount of material for articles in Group III, page 28.
 - b. Darns, including score card for darns, page 27.
 - (3) Demonstration: Darning.
 - (4) Club members make darns as demonstrated by leader.
 - (5) Begin on article in Group II.
 - (6) Demonstration: Making a buttonhole.
 - (7) Looking over record books.
 - (8) Assignment of work for next meeting, including,
 - a. Bringing of record books and article in Group II to meeting.
 - b. Assignment of subject for roll call.
3. The social hour.

V. Fifth Club Meeting

1. The business meeting.—The club president in charge.
 - (1) Meeting called to order, members repeating the 4-H club pledge.
 - (2) Roll call, members responding by reporting on a previously assigned topic, and by handing in the record books for use in the club meeting.
 - (3) Unfinished business:
 - a. _____
 - (4) New business:
 - a. _____
 - (5) Songs.
 - (6) Adjournment for work.
2. Instructions and demonstrations.—The local club leader in charge.
 - (1) Complete article in Group II.
 - (2) Discussion: Kind, color and amount of material for aprons, page 38.
 - (3) Design, page 28.
 - (4) Individual demonstrations: Decorative stitches, page 32.
 - (5) Club members make decorative stitches.
 - (6) Start making articles in Group III.
 - (7) Looking over record books.
 - (8) Assignment of work for next meeting, including:
 - a. Article in Group III completed and brought to meeting.
 - b. Bringing of record books to meeting.
 - c. Bringing of samples of decorative stitches made by members to meeting.

d. Assigning of report for roll call.

3. The social hour.

VI. Sixth Club Meeting

1. The business meeting.—The club president in charge.
 - (1) Meeting called to order, members repeating the 4-H club pledge.
 - (2) Roll call, members responding by reporting on a previously assigned topic and by handing in the record books for use in the club meeting.
 - (3) Unfinished business:
 - a.
 - (4) New business:
 - (5) Songs.
 - (6) Adjournment for work.
2. Instruction and demonstrations.—The local club leader in charge.
 - (1) Judging articles made in Group II.
 - (2) Discussion:
 - a. Neck lines suitable for different types of girls.
 - (3) Demonstration: Cutting an apron and making the seams.
 - (4) Club members cut and start sewing on their aprons.
 - (5) Looking over record books.
 - (6) Assignment of work for next meeting, including,
 - a. Bringing of record books to meeting.
 - b. Bringing of aprons as nearly completed as possible to meeting.
 - c. Bringing of articles with stains to be removed.
 - d. Assignment of subject for roll call.
3. The social hour.

VII. Seventh Club Meeting

1. The business meeting.—The club president in charge.
 - (1) Meeting called to order, members repeating the 4-H club pledge.
 - (2) Roll call, members responding by reporting on a previously assigned topic and by handing in the record books for use in the club meeting.
 - (3) Unfinished business:
 - a.
 - (4) New business:
 - a. Appointment of committees to help plan for Achievement Day.
 - (5) Songs.
 - (6) Adjournment for work.
2. Instruction and demonstrations.—The local club leader in charge.
 - (1) Finishing of aprons.
 - (2) Discussion and demonstration: Stains and their removal, page 44.
 - (3) Club members remove stains as demonstrated.
 - (4) Looking over the record books.
 - (5) Assignment of work for next meeting, including,
 - a. Bringing of record books.
 - b. Each member to come prepared to give an individual demonstration of some practical work that she has learned to do in Clothing Club I.
3. The social hour.

VIII. Eighth Club Meeting.—Public Demonstrations

1. The business meeting.—The club president in charge.
 - (1) Meeting called to order, members repeating the 4-H club pledge.

- (2) Roll call, members responding by reporting on a previously assigned topic, and by handing in the record books for use in the club meeting.
 - (3) Old business:
 - a. Report of the committee on Achievement Day.
 - (4) New business:
 - a.
 - (5) Songs.
 - (6) Adjournment for work.
2. Instruction and demonstrations.—The local club leader in charge.
 - (1) Tryout for the demonstration team by individual club members.
 - (2) Selection of the demonstration team to represent the club.
 - (3) Final instructions on completion of the club record books for the year's work.
 - (4) Final instructions on the club round-up or achievement program.
 - (5) Instructions to the club reporter on news items for the local papers
 3. The social hour.

IX. Ninth Club Meeting.—The Achievement Day

The achievement program should be held at the close of the work for the club year.

Each club member should hand in to the local club leader the completed record book so that the results of all the work of the club may be summarized for the year in the Club Secretary's Record Book.

Each club member should exhibit the articles which she has made.

Suggested Public Achievement Program

1. A typical club meeting by the club.
2. A brief history and a short statement of the club's achievements by a club member or by the local club leader.
3. One or more practical clothing demonstrations by club teams.
4. A talk on 4-H club work.
5. Announcement of club plans for the coming year.
6. Adjournment.

Suggestions

Only club members who make a complete report or have their records up-to-date should be eligible to take part in county or state contests.

The events of the club achievement program and the results of the club work for the year should be carefully prepared and offered to the local newspapers for publication.

I. First Club Meeting

TOOLS

Before beginning the work, it is necessary to talk about the tools needed in club work:

- | | | |
|---------------------|-----------------|--------------|
| 1. Needles | 2. Thread | 3. Thimble |
| 4. Scissors | 5. Pencil | 6. Emery bag |
| 7. Pins and cushion | 8. Tape measure | |

- I. There are several kinds of needles:
- (a) Milliner's needles are long needles with round eyes and are useful for basting as well as for millinery work.
 - (b) Embroidery, or crewel, and darning needles have long eyes and are used for flosses and yarns.
 - (c) Tapestry needles have long eyes and blunt points and are used for Italian hemstitching.
 - (d) Sharps are needles in general use in sewing and dress making.
 - (e) Ground downs or shorts are used in very fine sewing and quilting.
- II. Thread, too, is of many kinds and sizes:
- (a) Basting thread is finished with a glazed surface so that it may be removed easily from the material. (It usually comes in white and is not as strong as sewing thread.)
 - (b) Sewing thread Nos. 8 to 200 white and Nos. 30 to 90 colored.
 - (c) Linen Nos. 25 to 250.
 - (d) Silk Nos. E to 000.
 - (e) Silk twist.

NUMBER OF THREAD AND NEEDLES FOR MATERIALS IN HAND SEWING
(The smaller the number of needle and thread the coarser they are.)

Kind of Material	No. of Needle	Thread Number
Shirting, suitings and heavy muslins..	6	40-60 cotton C sewing silk
Silk and general domestic goods.....	7	60-80 cotton A, B sewing silk
Soft linens, muslins, and silks.....	8	70-90 cotton A, B sewing silk
Sheer lawns, linens, and muslins.....	9	80-100 cotton 0 sewing silk
Very sheer linens, organdies, chiffons, and georgettes.....	10-12	100-150 cotton 00-000 silk

- III. Thimble should be of silver, celluloid, or aluminum and should fit snugly. It should always be worn when sewing, for no girl can ever become a good seamstress if she does not use a thimble.

- IV. Scissors should be sharp and should cut on the point. For efficient cutting they should be 7 inches or longer.
- V. Pins should be of good quality. A pin cushion of cloth stuffed with curled hair, cork or sawdust is useful to stick pins in.
- VI. Tape measure should be 60 inches long, $\frac{3}{8}$ to $\frac{1}{2}$ -inch wide, and stitched on both edges. Those tapes that are marked on both sides with inches numbered from opposite ends are most convenient to use.
- VII. An emery bag is useful for smoothing the needle when it becomes rusty or rough from the perspiration or oil of the hand.
- VIII. A small piece of wax which can be used to smooth silk thread when the hands are rough and to keep thread from kinking and knotting is desirable.

TESTING MATERIALS

A material that will wear must have the following qualities: The warp or lengthwise threads of the cloth and the woof or crosswise threads of the cloth must be about the same weight and both threads strong enough for the purpose for which the material is to be used. It must be of firm weave.

To find out if warp and woof threads are equally strong, ravel the goods a bit and compare the weights of the threads, also the ease with which they can be broken. If there is any difference in the weight of the warp and woof threads, the warp should be the stronger. Materials woven of round threads are better as a rule than those woven of threads not so definitely rounded. Look for round threads in buying linens.

If goods is firmly woven, the threads will not move or slip when the material is drawn in both directions between the finger and thumb, and will not stretch much when held between the first finger and thumb and the wrong side of the cloth is rubbed by the second finger with an upward pressure.

Unbleached or partly bleached linens and cotton wear better than bleached. Mercerized cotton is cotton that has been treated with acid and dried under tension to give it a glossy appearance. True mercerized cloth keeps this gloss after laundering and is stronger than cotton that has not been mercerized.

Linen has three advantages over cotton: stains can be removed from it more easily, which makes it desirable for both table linen and towels; it absorbs water more readily, which is an advantage in either a hand or dish towel; and, third, it is less linty, which makes it particularly nice for glass towels and napkins. However, linen costs several

times as much as cotton and when only a limited amount of money can be spent for household articles it is usually wiser to have plenty of cotton towels than only a few linen ones. If time-consuming hand work is to be put on a household article, linen should be bought.

Linen material is glossy and feels cool and smooth. The weave of linen goods is not regular, because flax does not spin an even thread but one that is thickened in some spots. Moistening a finger and putting it under the cloth is not a sure test as moisture does not come through a heavy linen or one with starch in it quickly, but does through a thin cotton material made of tightly twisted threads.

A better way of testing is to wash, dry, and fringe two adjoining sides of a sample of the goods to be tested and place a drop of glycerine, cooking or machine oil near the fringed corner. Linen threads become quite transparent. It is better to fringe the sample because the sample may be a union cloth, with one set of threads cotton and the other linen.

Another test is to ravel out a warp and a woof thread, untwist each and pull. If the thread is cotton the ends will be fuzzy, rather stubby and bushy like a brush, while if it is linen the tiny fibers will be glossy, straight, irregular in length, and come to a point.

II. Second Club Meeting; Group I

TEA TOWEL

Before you attempt to cut any article read the directions entirely through and remember that the article described is a standard one, but that you may change it a little so that yours will be different. Each club member should plan to make her articles have a personal look.

When all the work is on exhibition it would be very pleasing to see that no two articles are exactly alike.

A good housekeeper always has plenty of tea towels on hand. They should be hemmed and kept laundered and not used for anything but wiping dishes.

Materials.—Linen crash, soft quality of unbleached muslin, or flour sack, the seam of which has been ripped at the side.

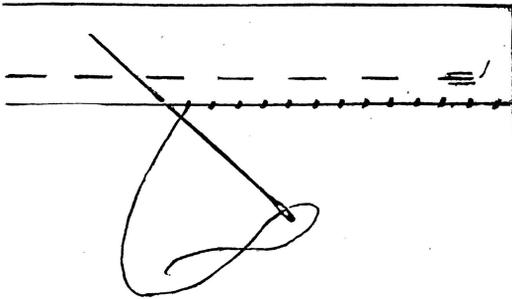
Making.—Cut the towel straight with the thread, about one yard long. Turn $\frac{1}{4}$ -inch *hem* at cut edges. Baste with *even basting stitch*. Sew hem in place with plain *hemming stitch*. *Overhand* end of the hem.

Hem.—A hem serves as a finish for a garment or as an ornament. The plain hem is made by twice folding the edge to be hemmed, the first fold being narrow and the second the width of the desired depth. The first turning of the hem varies from $\frac{1}{8}$ to $\frac{1}{4}$ inch in width depending upon the width of the second fold. The width of narrow hems may be

gauged by the eye, but the wider hems must be measured with a gauge or other marker. The basting stitch is used to hold two pieces of material together until they are firmly stitched.

Even Basting.—Even basting is used when a strong basting is needed, as for the seams of a waist that is to be fitted, or for hem on goods that do not crease easily. These stitches are usually made $\frac{1}{4}$ inch long on both the upper and under sides of the materials.

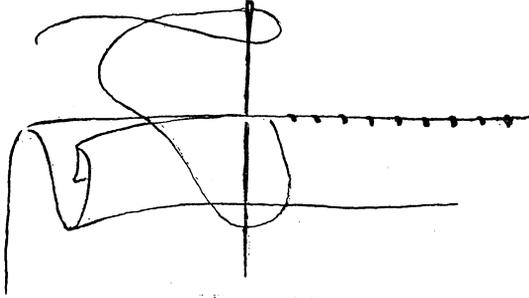
Hemming Stitch.—Fasten the thread in the cloth securely before beginning to hem, taking three stitches through the first fold of the hem. To make a hemming stitch, hold material across the first finger of the



left hand with the bottom of the hem toward the palm. Hemming is done toward the worker and the needle is slanted slightly to the left. Since the hemming stitch is a slanting stitch the needle should not be placed straight across the hem. To make a small stitch, place the point of the needle under the fold of the hem, catch a few threads and bring it through to the very edge of the fold of the hem. Fasten the thread at the end of the hem with three stitches in the fold of the hem.

Overhanding.—This is used to join two finished or folded edges such as selvages of goods or ribbons, bottoms of hems, lace, ribbon, some embroidery, etc., or in making hems in napkins or table cloths or other household articles. This stitch insures a flat seam and a damask hem in which the stitches show little because they are taken straight across the hem and lie in same direction as the heavier threads of the damask. After basting the edges together, the material is held in the left hand with the edges along the forefinger. The needle is inserted at a right angle to the edge and pointed directly toward the worker. The stitches are taken very close together and just deep enough to catch the material. Overhanding may be begun and ended with *fastening stitches* or the end of the thread may be laid along the top and caught with the first four or

five stitches, and fastened at the end by reversing the material and sewing over the last four or five stitches.



Fastening Stitches.—To fasten the thread when the end of the thread or seam is reached, take three or four short stitches on top of each other. This is called the fastening stitch and is used also for fastening the thread when beginning most all stitches except gathering or basting, for which a knot is used.

HAND TOWEL

Hand towels, like tea towels, should be neatly hemmed, laundered often, and every member of the family should have his own towels to use.

Materials.—Huck or crash, preferably of linen or part linen.

Making.—Cut edges straight with thread and make the towel three-fourths to one yard long. Make a *napery* or *French* hem one-fourth to one inch wide, using a gauge for folding the hem. *Overhand* the ends of the finished hem.

Napery Hem.—The napery or French hem is used on table linen and similar material. To make this hem, crease the material as for a plain hem, then turn the hem back on the right side and overhand.

The Hem Gauge.—The hem gauge is used to secure even width in hems and tucks. This is easier to handle than a tape measure or a ruler.



The gauge is made from a narrow piece of cardboard about one by four or five inches. Measure down from the end on the long side of the card-

board the width the hem or tuck is to be made and make a cut, a half-inch long, straight into the cardboard and parallel with the end. Make a diagonal cut just below or just above this straight cut so that a triangular piece is cut out. This notch must be made very accurately, else the width of the hem or tucks will not be correct.

Overhanding.—See explanation under Tea Towel.

NAPKIN

Napkins last so long that much care should be used in hemming them. "Everyday" napkins need only a plain napery hem, but extra nice ones that are for special occasions might have an initial embroidered in white for decoration.

Material.—Linen damask in plain or figured patterns, plain linen or mercerized cotton damask.

Making.—Cut according to pattern if the material is woven especially for napkins. If plain material is being used, cut at least 16 to 20 inches square for dinner napkins. Straighten the cut edges by pulling a thread or raveling until one thread goes entirely across the napkin and cut along the thread. Turn $\frac{1}{8}$ inch hem on all cut edges. Hems need not be basted if material is heavy enough to be held in place by creasing. Make napery or French hem as described and shown under making of hand towel, being careful to overhand open ends of hems.

III. Third Club Meeting

USE OF MACHINE

All of the articles in the Household Article Project can be made by hand, but it would be helpful in making firm, strong seams if the sewing machine is used.

The seams of the laundry bag and the pillow cases can be stitched on the machine in a much shorter time than if done by hand with a back stitch. The book of directions that belongs to the machine should be carefully studied to learn the correct method of threading the machine and the names of the various parts of the machine. In particular you will need to know where and how to adjust the tension and regulate the stitch.

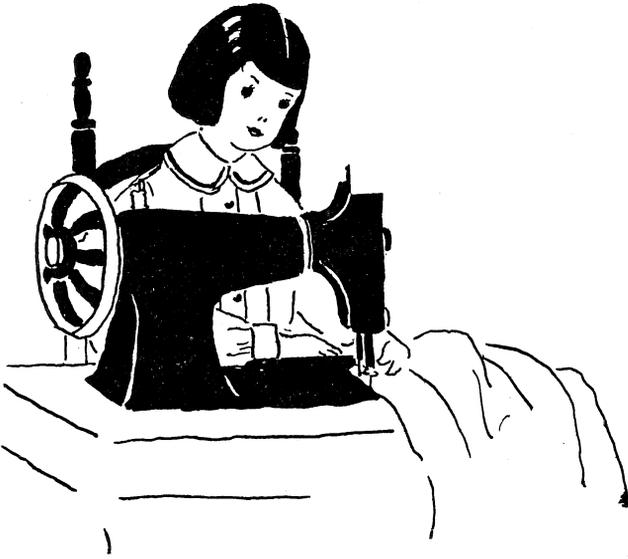
A few important things are necessary to remember:

1. Always have the machine clean and well oiled. If it becomes sticky or if it has not been used for some weeks, oil it with kerosene.

This will clean it. Then run the machine so that the oil will get to every part, then wipe it carefully. After thoroughly cleaning it, oil it with a good quality of machine oil. Never use the machine without first carefully wiping it.

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

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



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

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

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

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

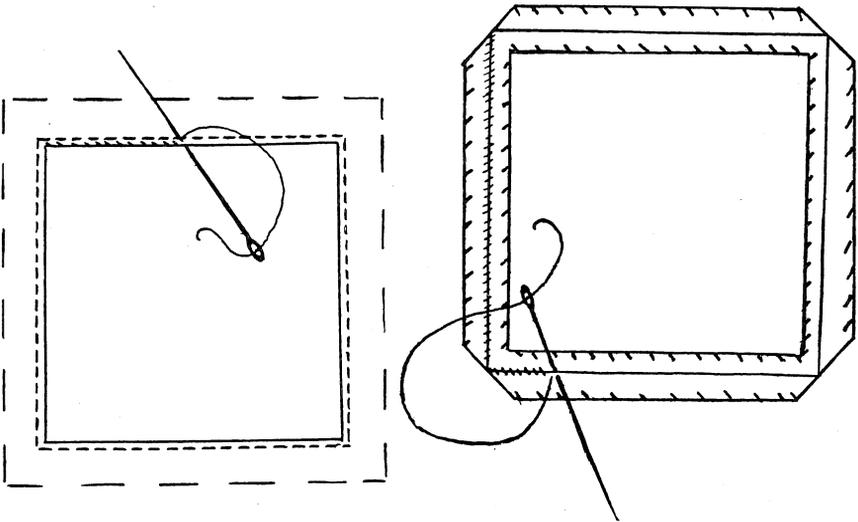
8. Before beginning to stitch, raise the bobbin thread by turning the wheel around until the needle pulls through a loop. This thread and the one from the needle should then be pulled back of the foot.

9. When through stitching, stop with the needle at the highest point, loosen the upper thread if this is necessary, draw gently out and cut threads, leaving ends at least three inches long on the machine.

PATCHES

There are two types of patches which may be used: (1) hemmed patch and (2) the overhand patch.

The Hemmed Patch is the stronger patch and is always used except for patching an outer garment where the patch will show. To make this patch, cut straight along the first continuous thread on each side of the hole so that as small a square or rectangle as possible results.



If the material around the hole is badly worn, however, the worn place would better be cut away. Cut each corner diagonally in about $\frac{1}{8}$ inch. Turn each side of the square back once. Place the material which will form the patch underneath the hole, matching the warp and woof and, if figured, the design; baste the folded edge down carefully to the patch, and hem or stitch. On the wrong side cut away the part of the patch not needed to make stronger any remaining weak place, turn edge once and hem patch to the garment. Patches are better looking if the distance between the two rows of hemming stitches is not more than $\frac{1}{2}$ inch.

The Overhand Patch is used a great deal on outer garments where there is little strain. As in the hemmed patch, the worn part is cut away along a thread on each side, the corners snipped and the edges turned and basted. The cloth for the patch is carefully matched in patterns, and threads, and is creased to fit the hole exactly. Then it is folded back on the material of the garment, and overhanded on all four sides, being careful to strengthen the corners with additional stitches. To prevent raveling, the raw edges on the wrong side are overcasted.

SCORE CARDS

These score cards should be studied and used as a basis for selecting and making articles and for judging them after they are made.

SCORE CARD FOR HANDWORK ON HOUSEHOLD ARTICLES, INVOLVING NO DESIGN

This score card is intended for use in judging such handwork as the plain hand hemming of table linen, towels, and similar articles in which design does not enter. Contests of this kind are an efficient means of improving hand sewing.

	Points
I. SUITABILITY OF MATERIALS.....	40
Kind of fiber.....	15
Texture of fabric.....	15
Thread used.....	10
Size.	
Type.	
II. WORKMANSHIP.....	50
Hems.....	20
Type.	
Width.	
Finish of corners.....	15
Stitches.....	15
Kind used.	
Appearance on right side.	
Appearance on wrong side.	
III. GENERAL APPEARANCE.....	10
Cleanliness.....	5
Pressing.....	5
Total score.....	100

SCORE CARD FOR HANDWORK ON HOUSEHOLD ARTICLES AND CLOTHING
ACCESSORIES, INVOLVING DESIGN

(Prepared by Bureau of Home Economics, U. S. Department of Agriculture.)

The following score card is intended for the scoring of luncheon sets, dresser scarfs, bedspreads, bags, and other household articles and clothing accessories in which a design has been introduced by some kind of handwork.

There is no field of endeavor in which more time is wasted and more inartistic and inappropriate results obtained than in handwork on these articles. In scoring them, therefore, true beauty and usefulness should be emphasized.

	Points
I. VALUE OF ARTICLES IN RELATION TO WORK DONE AND MATERIAL USED.....	25
II. SUITABILITY OF MATERIALS.....	20
Textures.....	10
Kind of fibers.....	5
Thread used.....	5
Size.	
Type.	
III. DESIGN AND COLOR.....	25
Appropriateness of design to material.....	5
Subordination of design to the purpose of article.....	5
Adaptation of design to the area.....	5
Quality of rhythm, harmony, and balance.....	5
Choice of color combination.....	5
IV. WORKMANSHIP.....	25
Choice and neatness of stitches, seams, hems, etc.....	15
Perfection of stitching.....	10
V. GENERAL APPEARANCE.....	5
Total score.....	100

SCORE CARD FOR PATCH

(Prepared by Bureau of Home Economics, U. S. Department of Agriculture.)

The type of patch shall be stated by the rules of the contest.

	Points
I. INCONSPICUOUSNESS OF PATCH.....	40
Choice of material and thread for patch.....	10
Placing of patch.....	10
Size and position of stitches.....	10
General neatness of work.....	10
II. SUITABILITY OF TYPE OF PATCH TO ARTICLE AND FABRIC.....	20
III. DURABILITY OF RESULT.....	30
IV. GENERAL APPEARANCE OF EXHIBIT.....	10
Cleanliness.....	5
Pressing.....	5
Total score.....	100

IV. Fourth Club Meeting; Group II

In this group there are several kinds of bags, and a pillow slip from which to select.

Laundry bags have hard wear so they should be made of strong washable materials. Two styles of bags are described here, but there are many other styles and you may make a different style if you are careful to learn how to make the stitches correctly. If you are making one for the family clothes it will have to be larger and stronger than if you are making one for just your own use.

One thing to remember in making bags that have draw strings is the need of good, firm buttonhole stitches on the slits where the tapes or cords come out. These get so much wear in drawing up the bag that a carelessly made buttonhole will soon pull out, with injury to the goods of the bag.

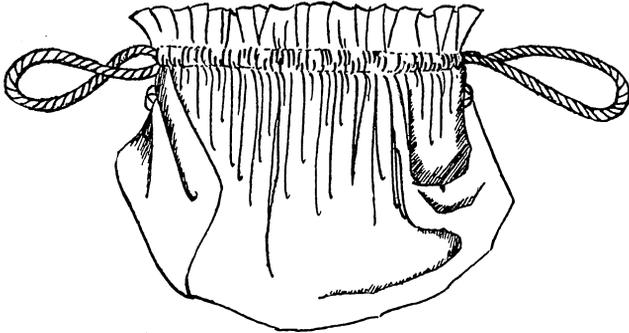
LAUNDRY BAG

Material.—Cretonne, cotton, or linen crash, muslin, or other cotton goods. The amount of material needed will vary with the size of the bag desired. About 20 inches wide and 27 inches long is a very good size for a finished bag. For this size $\frac{5}{6}$ of a yard of 40-inch material is needed to make the bag with the woof threads lengthwise of the bag. If the bag is made with warp threads lengthwise $1\frac{3}{4}$ yards of 30-inch material will be needed.

Making.—Straighten the cut ends of the material. Stitch and *over-cast* seams. Make $3\frac{1}{2}$ -inch hem, stitching $\frac{3}{4}$ to 1 inch above the bottom of the hem to form casing for the tape which will thus have a heading above it. At each side of the bag just on the outside of the casing, rip the seam or if necessary cut a slit about $\frac{3}{4}$ inch long for putting in the tape to draw up the bag. If a slit is cut, make *buttonhole stitches* over the cut edges. Cut two pieces of tape or cable cord each 4 inches longer than twice the width of the bag. Insert one piece of tape in each opening, running it completely around the bag and bringing it out through the same slit by which it entered. Tie the ends of tape or sew with a *flat felled* seam.

SEWING BAG

It surely is a pleasure to have a bag in which to keep one's sewing tools; for, if thimble, scissors, thread, and other needed sewing aids are always put into the bag after using, one need not spend time hunting them when in a hurry.



Usefulness is one of the first things to think of, but along with that one can have a pretty bag, too. In your mother's scrap bag you may find enough material to make a pretty and serviceable one. If you are going to buy material, remember some pretty materials will not be at all suitable or serviceable. A bag that will wash is very satisfactory for constant use. If plaid or figured goods is used, small patterns and soft colors are in better taste than large, gaudy ones.

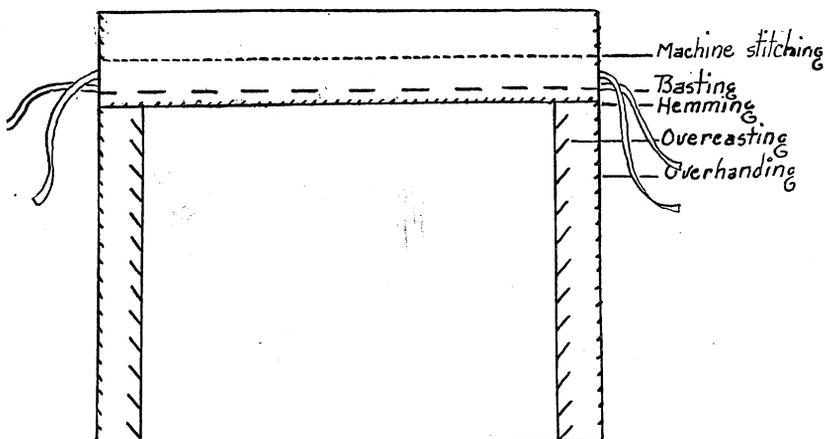
There are so many styles of sewing bags that you may each have one entirely different from every one else.

Material.—Linen, cretonne, chambray, poplin, gingham, crash, denim, or other strong, firm, medium dark material.

Size.—A good size for sewing bag is 18 inches wide by 15 inches long when finished. This will take a piece of cloth 18 inches wide and 39

inches long. Another good size is 18 to 20 inches wide by 10 to 11 inches long when finished. This bag is attractive with the corners of the bottom brought up to the bottom of the casing, or lower, on the side seams and tacked. A button covered with the goods can finish each tacked corner.

Making.—Straighten all edges. Overcast raw edges on the sides of the bag, $\frac{1}{8}$ inch deep. Make $\frac{1}{4}$ inch turn on all the edges to the wrong side of the material and baste. Turn a 2 or $2\frac{1}{2}$ -inch hem at each end. Baste the hem and stitch on the machine or hem by hand. Begin with fastening stitch instead of knot and take four or five stitches to make the fastening both at the beginning and the end of all hand stitches used on the bag. Beginning at the side of the bag (measuring up $\frac{1}{2}$ to $\frac{3}{4}$ inch from the stitched edge of the hem) make a row of machine stitching or running stitches in the hem to form a casing in the top of the bag for a



draw string. Place the hems together and fold the material in halves with the right sides together. Baste sides together and overhand. Overhand the ends of the hems from the row of stitching at the top of the casing to the top of the bag. Cut two pieces of tape or cord 4 inches longer than twice the width of the bag. Insert tape or cord in the opening of the sides of the bag. Run in one tape or cord from each side. Each tape or cord should come out the same hole it enters the casing so that the bag can be drawn up at the top. The end of the tape or cord may be fastened by tying or the cord may be sewed in a flat felled seam. Homemade cord, made by crocheting, finger crocheting or twisting heavy mercerized thread or floss of a harmonizing color, is more attractive than bought cord.

Twisted Cord for a Sewing Bag.—Use D. M. C. embroidery floss that harmonizes in color with the bag. Several colors of floss may be

combined to make a cord if they harmonize with each other. Double 20 yards of floss until you have a two-yard length of 10 strands. Fasten one end securely or have someone hold it, and twist the other end until the cord is firm. Then double the cord and tie a knot at each end.

Two cords are necessary for each bag.

PILLOW CASE

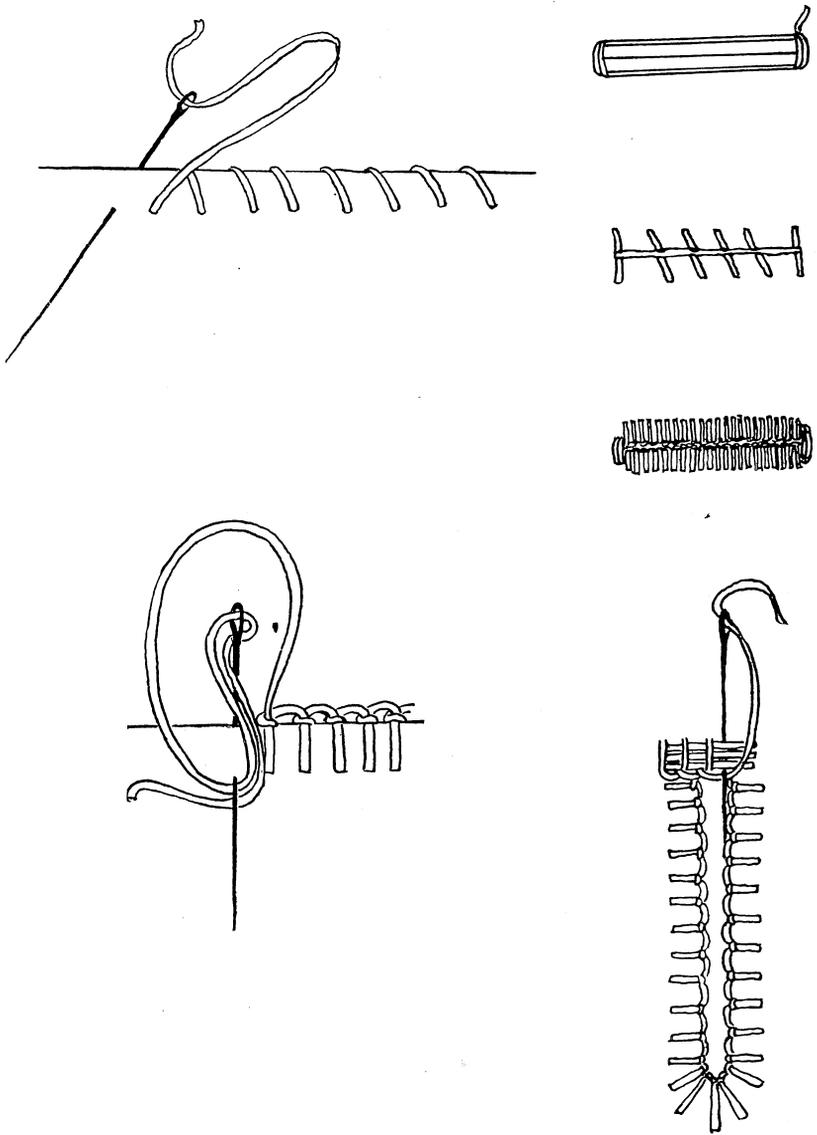
Material.—Cotton or linen pillow tubing, sheeting, cambric, or muslin.

Making.—Make the pillow cases to fit the pillows in your home. The average size pillow case is 20 to 22 inches wide by 30 to 36 inches long. Straighten the edges of the material. Measure the length of the case desired, adding 2 to 3 inches for the hem, then cut it off from the piece of goods. Measure the width desired, adding enough to make $\frac{1}{4}$ -inch straight seams. Selvedges may be removed.

Decoration.—The hem of the pillow case instead of being stitched or fastened down with a hemming stitch, may be finished with a simple decorative stitch made with white floss. There are many stitches that can be used, as the *feather stitch* or the *chain stitch*, etc., or these may be put on after the hem of the case is stitched. Threads may be drawn and the case may be *hemstitched*. A monogram or initial may be made with a *satın stitch* preferably with white floss. Avoid all elaborate decoration which tears in laundering and looks worn in a short time.

Overcasting.—Overcasting is making a large stitch over a raw edge to keep it from raveling. Hold the raw edges slantingly across the first finger of the left hand. Bring the needle through from the back of the goods each time about $\frac{1}{8}$ inch down and $\frac{1}{4}$ inch from the last stitch, letting the thread fall over the edge of the cloth. Begin and end by taking small fastening stitches $\frac{1}{8}$ inch down from the raw edge.

Buttonhole Stitch.—Hold the material along first finger with cut edge up and work from right to left. Insert the needle about three or four threads deep just beyond the stranding or overcasting threads, bringing it to the right side of the garment. Be sure that the thread which comes from the edge of the material is always kept back of the needle. Before pulling the needle through, pass the thread from the eye of the needle under the point of the needle from right to left. If the worker is left-handed or is working from left to right, throw the thread under the point from left to right. Draw the needle through and away from the worker so that the thread is pulled at right angles to the edge and so that the purl or double know, which the stitch makes, is along the cut edge. Keep the stitches as nearly the same depth as possible one thread apart, and as shallow as they can be made without pulling out the material.



Buttonhole Making.—Cut the buttonhole straight with a thread of the goods, so the button will pull into the corner and not against the side of the buttonhole.

Use 40 or 50 thread for cotton goods and silk twist for silk and wool. Prepare the buttonhole by taking three stitches at the back of the

buttonhole, turning the goods and taking three stitches at the opposite end and then one more at the back of the buttonhole, thus completing the bar shown on page 24. Another way to prepare the buttonhole is to overcast the edges with a few shallow stitches as on page 24. Either of these methods holds the edges together and strengthens the buttonhole.

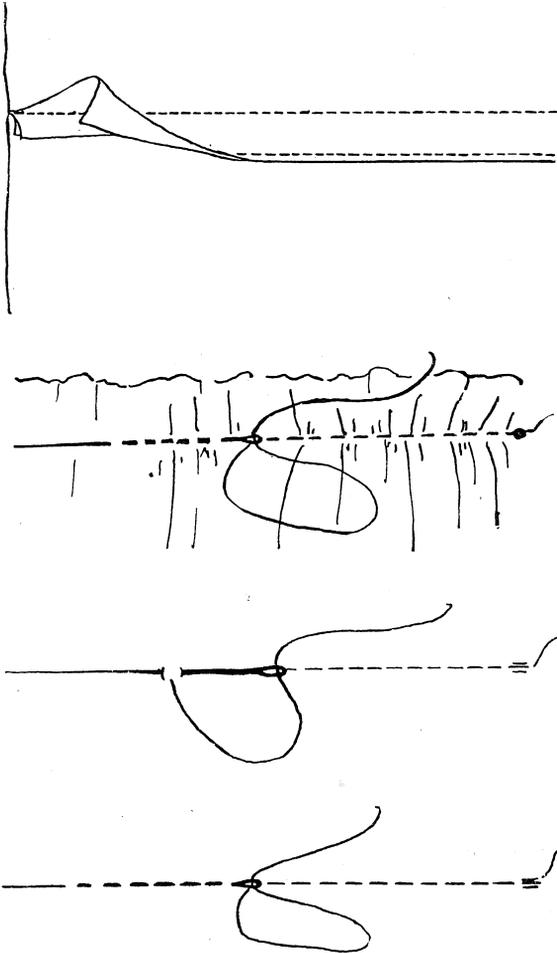
There are three finishes which may be used for the ends of the buttonhole: the *fan*, the *worked bar*, and the *unworked bar*. The *fan* is made in the end of the buttonhole where the button will rest. It is made by continuing the buttonhole stitches in a fan shape around the end of the hole. The *worked bar* is usually in the opposite end from the *fan* to prevent the tearing of the buttonhole. This is made by taking two or three stitches across the end to be barred, and then applying a close blanket stitch. The *unworked bar* does not make as strong an end as either the *fan* or the *worked bar*, but it is strong enough for ordinary purposes and is easier to make. The bar is put in when the buttonhole is being prepared and no stitches are made over the bar. When the buttonhole is finished the needle is put through the purl on the opposite side and fastening stitches are made on the wrong side of the garment near the buttonhole.

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

Gathering Stitch.—The gathering stitch or running stitch is used for gathering, tucking and for seams that do not require strength. These stitches are very small and may be even or uneven. Uneven running stitches are desirable when there is a good deal of fullness to be gathered into a small space. To make a running stitch, take a small stitch on the point of the needle and place the first finger of the right hand on the under side of the cloth at the point of the needle, the thumb on top and the middle finger, with the thimble on it, at the end of the needle. With the left hand, hold the edge of the cloth about 1 inch from the point of the needle. Pull gently with the left hand, turn the right hand slightly back and forth and push the needle through the tight cloth. After several stitches have been taken move the position of the hands along but do not pull the needle through until as many stitches as possible have been taken on the needle. Begin and end running stitches with a fastening stitch except when used for gathering, when a knot can usually be used at the beginning. At the end of the gathers allow the thread to extend several inches beyond the cloth and put a knot in the end of it.

Combination Stitch.—The combination stitch is the *running* and the *back stitch* used together. The combination stitch uses a few running stitches with an occasional back stitch. This stitch is used for a seam when more strength is needed than is given by a running stitch.

Back Stitch.—A back stitch is used for sewing seams by hand where much strength is required. To make this stitch, first take a very short stitch then put the needle back to where it was first put into the material

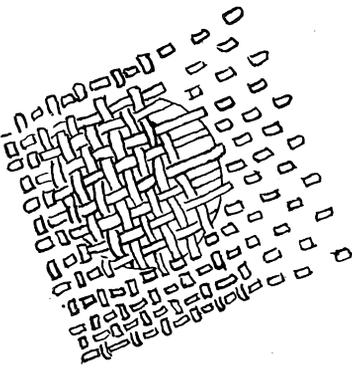


and bring it out a space beyond the stitch which is the same distance as the length of the stitch. Take the second stitch by putting the needle back to the end of the last stitch and bringing it out the same distance

beyond. Always advance from the under side of the material, making the under stitch twice the length of the top stitch. When carefully done with the small stitches, back stitching closely resembles machine stitching. Begin and end back stitching with a fastening stitch.

DARNS

Darning is used for mending tears, worn places and holes. The thread used should be as nearly the weight of the material to be darned as possible. Ravelings of silk and wool goods often make the best threads for darning such materials.



A darning ball makes stocking darning easier, and if a rather stiff piece of paper is basted under the place to be darned the work will be done with more ease. For darning, small running stitches are used. These are made along both the warp and woof threads, carried across the hole in and out in a regular basket weave. When carrying the thread across a hole or tear, it is a good plan

to place the needle alternately, first over and then under the edge. When darning knit material, particularly where there is a runner, put the needle through the loop at the end of the runner or hole. In all darning carry the thread far enough beyond the hole or tear to make a strong darn. If the material is fine or loosely woven do not carry the darning each time to exactly the same thread of the material or the material will pull and a hole will result. The illustration herewith shows a method of avoiding this trouble since when a diagonal darn is made the pull of the darning thread does not come on any one set of threads in the material. When darning on cloth, however, the stitches are taken in the same direction as the threads of the material. When darning a stocking or knit material do not pull the thread tight but leave a small loop each time the thread returns.

SCORE CARD FOR DARN

(Prepared by Bureau of Home Economics, U. S. Department of Agriculture.)

The type of darn (stocking, running, diagonal, etc.) shall be stated by the rules of the contest.

	Points
I. INCONSPICUOUSNESS OF DARN.....	60
Choice of thread or yarn used.....	20
Size and position of stitches.....	20
General neatness of work.....	20
II. DURABILITY OF RESULT.....	30
III. GENERAL APPEARANCE OF EXHIBIT.....	10
Cleanliness.....	5
Pressing.....	5
	—
Total score.....	100

V. Fifth Club Meeting; Group III

Group III gives you a choice of articles again: dresser scarf; table runner; vanity, buffet or luncheon set, any of which will give you an opportunity to learn and apply principles of good design and decorative stitches.

In choosing the article in this group which you will make, select one that you need and will use now and make it for a definite piece of furniture in your home.

Do not buy stamped designs, but get as good material as you can. If you want embroidery, work out your own design, or copy an appropriate one, and trace or draw it on the cloth yourself. You can get ideas from women's magazines and from your friends. Household articles are often more attractive if made with only well proportioned hems that are hemstitched or hemmed by hand and outlined with colored threads drawn through the material. Chain stitching, blanket stitching, machine or hand couching, outlining or cross stitching are also attractive methods of finishing hems.

Colors used in embroidery should carry out the color scheme in the room where the article will be used, and should harmonize with each other. Do not have all of the colors used equally bright and do not use too many different colors, although several shades or tints of each color may be used.

PRINCIPLES OF GOOD DESIGN

Good design is that design that makes more attractive the article that is being decorated without calling an unusual amount of attention

to itself. The decoration must, therefore, follow to some extent the shape of the space that is being decorated and seem to strengthen or repeat the lines of the articles.

The decoration should not be noticeably heavier on one side than the other or it will not give a balanced, restful appearance.

The decoration should not be too big or too small for the article being decorated nor should there be too great a difference in the size of the units used in the decoration.

When dividing spaces do not divide them so you can easily see that one is the same, twice or three times the other, but divide them so the exact proportion cannot be easily determined. A pleasing way to divide a space is to make one somewhere between $\frac{1}{2}$ to $\frac{2}{3}$ of the other. Think of your hem as one space, and the distance between the top of the hem and the decoration, or the decoration itself as another.

DRESSER SCARFS, VANITY, BUFFET, OR LUNCH SETS

Such covers as these are used to protect furniture from scratches and also to add beauty. Very simple covers made of good, washable materials, to nicely fit the furniture, with no decoration, or just a little in white or soft harmonizing colors are more attractive than elaborately decorated ones.

Dresser scarfs may be made so they just cover the top of the dresser leaving a margin of $\frac{1}{2}$ to 2 inches of wood showing all the way around the cover, or they may be made with ends hanging over the dresser 10 to 12 inches.

Vanity sets of 2 or 3 pieces are usually made so $\frac{1}{2}$ to 1 inch of the wood of the top shows all the way around the cover.

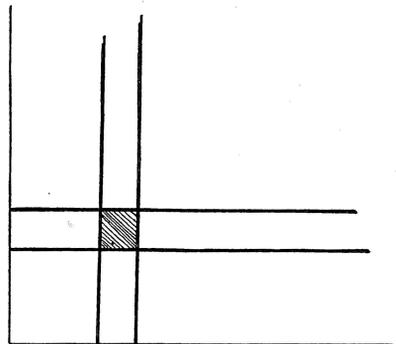
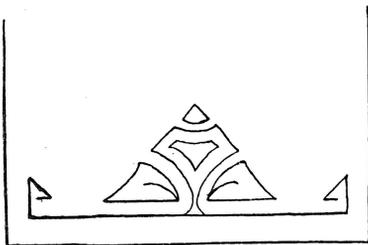
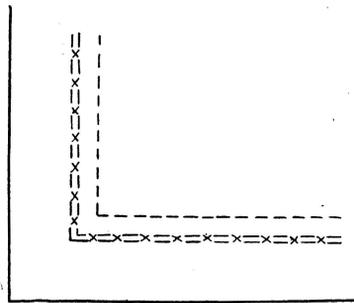
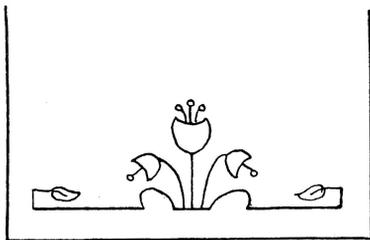
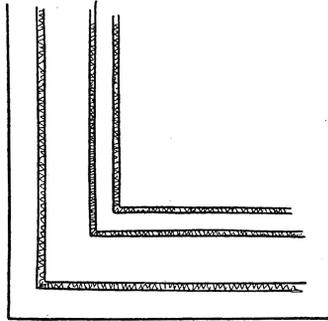
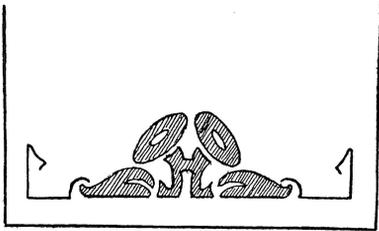
Buffet sets made of three rectangular doilies are more pleasing than those made of round or oblong ones with curved edges, although if the buffet has a front that curves out it is nice to have the front edge of the large center doily the same shape.

Lunch sets may consist of rectangular pieces for each person, large enough so a plate, silver, cup and saucer, or just plate and silver, can be placed on each, and either a large rectangular or a square doily for the center. Lunch sets save laundering table cloths, but must only be used on tables that have tops that have been waxed or spar-varnished so they will not be spoiled by hot dishes or spilled liquids.

Material.—Cotton or linen crash or other firm, rather heavy material.

Making.—These covers may be made with wide hems cut out or mitered at the corners and finished with hemming stitches, hemstitching, chainstitching, or other decorative stitches. They may be trimmed with

a narrow crocheted edge, lace, rickrack, or colored hems. They may have designs applied on or worked with satin stitch, cross stitch, outline



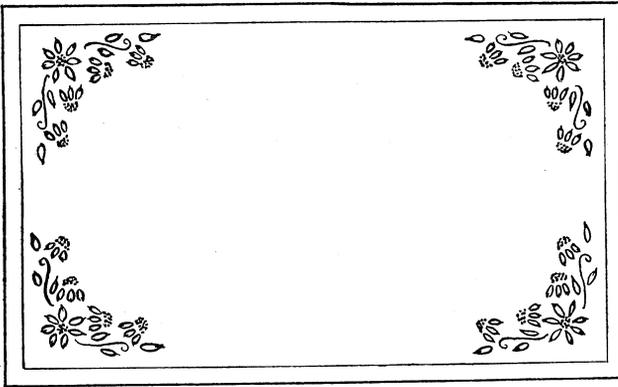
stitch, or couching stitch. Instead of a wide hem they may have an $\frac{1}{8}$ to a $\frac{1}{4}$ inch hem over which a blanket stitch or narrow crocheting is made, or which is finished with Italian hemstitching; or the edge may be scalloped.

TABLE RUNNER

Table runners, like dresser scarfs, serve two purposes, but the one of decoration is the most interesting problem. Use firm, plain material such as linen or cotton crash, for they have weight enough to lie flat and hang well. The grey or tan of these materials serves as a good background for soft colors in stitches or design. Be careful, not to over decorate.

Material.—Grey or tan linen or cotton crash, 14 to 18 inches wide.

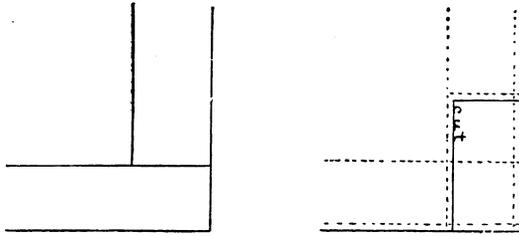
Making.—Measure the table. Straighten the ends of the cloth by drawing threads. The runner may just cover the top of the table or hang over 6 to 15 inches. For a large library table or dining room table, allow a 3-inch hem; for smaller tables a narrower hem. Hemstitch or hem



by hand. A design with a satin stitch, cross stitch, outline stitch or couching may be worked in brown, greens or soft blues according to coloring in room where the scarf is to be used. Designs may be cut out of linen in a color that harmonizes well with the runner and the other colors in the room where the runner will be used and applied on. Turn edges of design under, baste carefully and fasten with hemming stitches or blanket stitch.

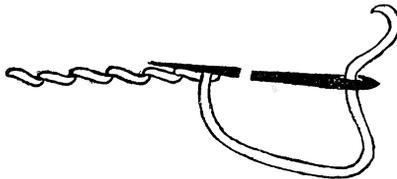
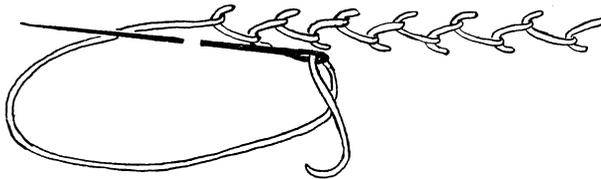
Mitered.—Mitered or cut-out corners are used on hems or facings when goods is of a weight to make it necessary to cut out some of the surplus material in order to have a flat, less bunglesome corner. They are used for lace or embroidery trimmings that are sewed around corners where a flat trimming without fullness is preferred at the corner. To miter a corner of a hem, first turn the hem in the ordinary way and crease. Cut a triangular piece from the material at the corner, the base of which will be $\frac{1}{8}$ inch above the meeting of the creases made by the top folds of

the hem. Turn down the $\frac{1}{8}$ inch on the diagonal cut and overhand or seam the miter together on the wrong side. To make a cut-out corner, crease the hem and cut an oblong piece from the under fold leaving $\frac{1}{8}$ inch along the slug and bottom of the hem. Turn back the hem and hem, and overhand the ends of the hem.



DECORATIVE STITCHES

Feather or Briar Stitching makes a beautiful and effective trimming and may be varied by putting the needle straight or slanting, and by taking one, two or three stitches on each side before working on the other

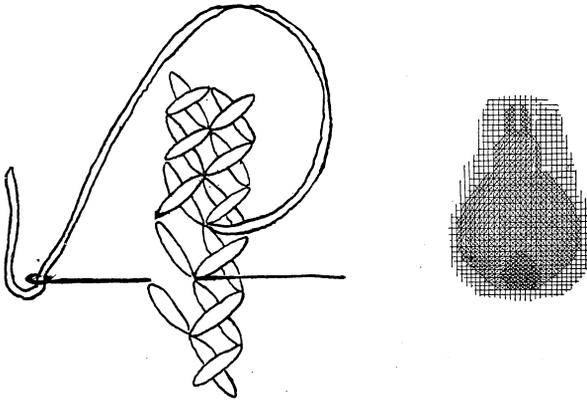


side. The stitch is made toward the worker. Bring the needle through from underneath; hold the thread down with left thumb; put the needle in $\frac{1}{8}$ inch or less to the right of where the thread came out and bring it through, making a stitch about $\frac{1}{8}$ inch long. Bring the needle out over the thread so that a blanket stitch is formed. To make the left

hand stitch, the thread must be thrown to the left so that it will be underneath the point of the needle when the stitch is taken.

Outline Stitch.—Outline stitch is made by working away from the worker. Put the needle in almost straight with the line that is being worked and take up just half of the stitch wanted, bringing needle out each time at the end of the previous stitch. To start the stitch take several small running stitches along the line on which the outline stitch is to begin, ending them at the starting point. Finish the stitch by taking several stitches through the wrong side of the outline stitches.

Cross Stitch.—The cross stitch may be made over the thread in loosely woven materials such as scrim, monk's cloth, etc. In fine material canvas must be basted into place, the stitches made over this and the



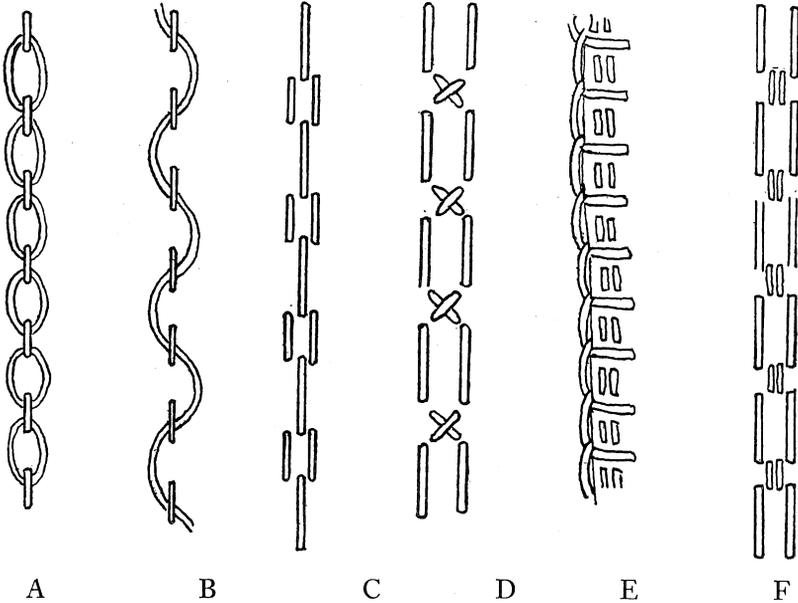
canvas removed by wetting it to soften the glue and pulling out the threads. If a pattern is stamped upon the material no canvas is needed. The stitch may be made by bringing the needle through at the upper left-hand corner of the square, then taking the stitch by putting the needle in at the lower right-hand corner and bringing it out at the lower left-hand corner, putting it in at the upper right-hand corner and bringing it out at the upper left-hand corner of the square at the left of the one upon which the cross stitch has been completed. When canvas is used the stitches are crossed over the threads of the canvas. Every alternate row the patterns should be inverted so the work should always be done from right to left, but care must be taken always to cross the threads in the same way or an attractive design will not result.

Chain Stitch.—The chain stitch is made toward the worker. Bring the needle up through the material, hold the thread down with left thumb, put the needle back a thread or two next to the hole it just

came through, and bring it out a short distance in advance and over the thread which is thus held down in the form of a loop. A knot may be used to fasten the thread at the beginning or small fastening stitches used at both beginning and ending.

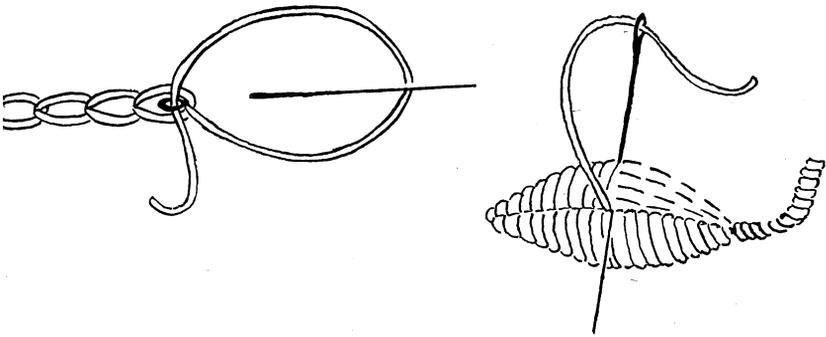
Satin Stitch.—The satin stitch usually has a padding made of running or chain stitching or of floss laid along the part that is to be covered with satin stitching. The padding is always made at right angles to the direction in which the satin stitches are to be made. The material should be held so that the stitch can be worked vertically and the work progress from left to right. The stitches should be exactly parallel and close together and the outline of the decoration should be unbroken.

SOME QUICKLY MADE DECORATIVE STITCHES

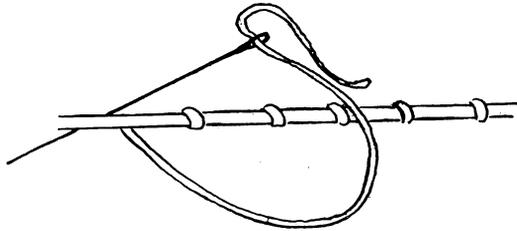


- A. Basting stitches
 B. Blanket and basting stitch
 C. Basting and cross stitch
 D. Basting stitches
 E. Basting stitches combined with a thread of contrasting color made by slipping the eye of needle under basting stitch.
 F. Make a chain stitch, put the needle through to wrong side a short distance in advance, then bring through to right side near end of stitch and make another chain stitch.

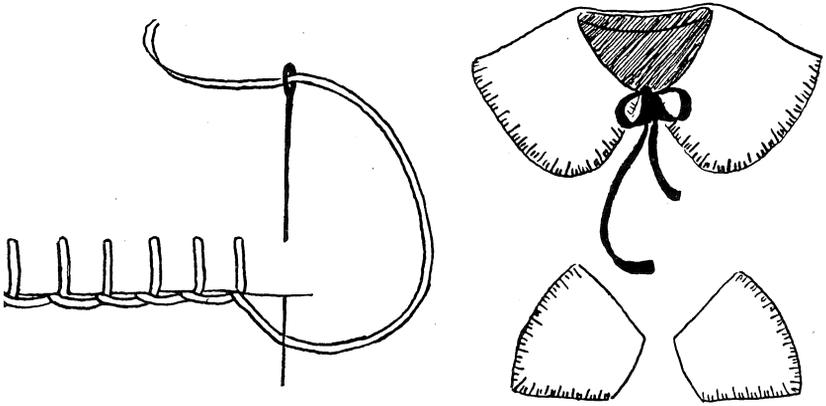
Couching.—The couching stitch is a decorative stitch which may



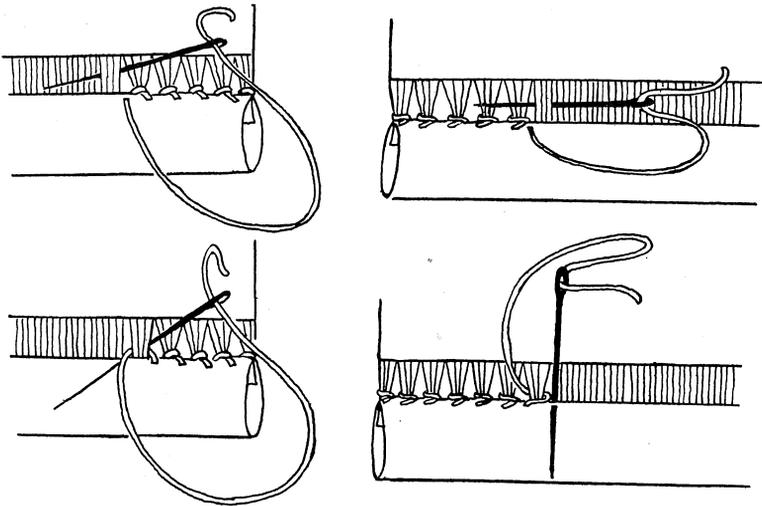
combine different shades or colorings very attractively. Two threads are used in making this stitch. One is held in place on the material with the left hand. The second thread is used in making the stitches which hold the first thread in place. These stitches are made over the first thread and at right angles to it and are made $\frac{1}{4}$ to $\frac{1}{2}$ inch long on the wrong side.



Blanket Stitch.—Blanket stitches are used to finish the edges of flannel and other woolens or for scalloped edges or decoration. The stitch may be made any desired depth or combination of depths and any desired distance apart. For making scallops when embroidering, the stitches are made as close together as possible. The edge of the material is held next to the worker and the stitch is made from left to right. Fasten the thread by making a fastening stitch where it will not show and bring the thread out as near the edge as possible. Let the thread fall naturally to the right or hold it down with the left thumb. Put the needle in at the desired depth and bring it out at the bottom of the scallop or over the raw edge so that the thread is underneath the point of the needle. Pull the needle through. The thread should be continuous along the edge.



Hemstitching.—Hemstitching is an open work finish used at the top of a straight hem. To make this finish, draw threads where the top of the hem will come when it is folded the desired width. Baste the hem, being careful that the fold lies exactly along the lower edge of the drawn threads. There are two methods of hemstitching.

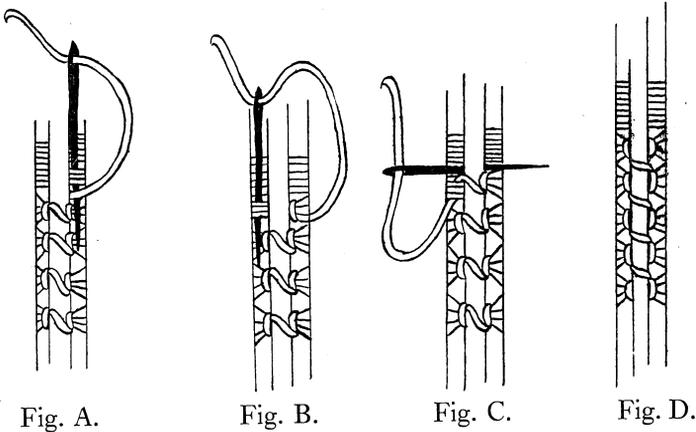


Method I.—Hold the wrong side of the hem toward you with the open work space along the first finger of the left hand and work from

right to left. Do not use knots, but conceal the ends of the thread under the fold of the hem and take two fastening stitches on the fold of the hem. Pass the needle from right to left behind three to six of the threads and pull the thread through. Now pass the needle behind the same group of threads and through the extreme edge of the fold of the hem but not through the material underneath. Draw the thread tight.

Method II.—Hold the material so the bottom of the hem is toward the palm of the hand and work from left to right. Fasten the thread as before. Pointing the needle to the left, pass it under a group of threads and pull the thread through. This causes the thread to go completely around the group of threads. Take a tiny stitch in the fold of the hem. Draw the thread tight.

Italian Hemstitching.—For table linens or scarfs which are decorated with Italian hemstitching, choose if possible Italian linen with the round thread and open work mesh characteristic of a hand loomed fabric. Other linens may be used, of course. The finished article will be more



attractive, however, if the warp and woof threads of the linen are of equal size and fairly heavy. The material must be firm in order to lie flat on the table or buffet, yet have threads which are easily drawn.

It is wise to use linen thread for the hemstitching if it is done on linen material. Linen thread may be purchased now with a soft twist similar to crochet cotton. This kind of thread is particularly attractive on softer finished linens. The coarse, old-fashioned linen thread may be used on crash.

A narrow or rolled hem is characteristic of household linens decorated with Italian hemstitching. To trim an article of this type, measure the material the finished size desired plus the hem. Remove all selvages and straighten the edges by drawing a thread before cutting. Draw two threads $\frac{3}{8}$ to $\frac{5}{8}$ inch from the edge; skip four threads and draw two more. If linen is not heavy, three or four threads should be drawn each time.

One row of Italian hemstitching is made, then the hem is turned, basted and hemmed with ordinary hemming stitches or hemstitching.

Italian hemstitching may be made from either the right or wrong side of the material. Directions will be given for making the stitch on the wrong side. The work is done with a tapestry (blunt point) needle.

The work will progress from left to right. Fasten the thread by taking a few tiny stitches along the central four threads to fasten the stitch. The first stitch is taken by passing the needle under four threads and below the central group of four threads (Fig. A). Then pass the needle under the same group of threads *above* the threads which have not been drawn from the material (Fig. B). Complete the stitch by bringing the needle down between the threads which have just been drawn together and the group which will follow (Fig. C). Continue in this way being careful always to pass the needle under the same number of the threads above and below the central group. Fig. D shows the right side of the completed stitch.

There is an opportunity for endless variety in combinations of Italian hemstitching. In addition to the one row of Italian hemstitching with the narrow hem, a band of three rows of Italian hemstitching may be made at a well spaced distance. Colored linen bands may be hemstitched to the article, and above this band, rows of the plain Italian hemstitching made. Variety may be given here with threads of color drawn through between the rows of stitching as they are used in handkerchiefs.

VI. Sixth Club Meeting; Group VI, Aprons

When any one is doing housework an apron is a much needed article. One should protect the dress when cooking or cleaning as it is much harder to launder a dress than an apron. Besides, it costs more to buy a new dress than a new apron. A fresh, crisp looking apron makes one look well dressed for housework. An apron can be made very attractive by choosing a pretty and suitable material and then making it by a simple pattern. Some people have an idea that dark aprons must be worn

about housework as they won't show the soil. But they get soiled the same as lighter colored aprons and need washing just as often. Dress sleeves often become very soiled when they rub against an apron that is not clean, so remember, no matter how pretty a pattern and material you have used in making your aprons, they cease to be pretty when they are soiled. See how many good styles of kitchen aprons you can find and if you like some other style better than the standard style, cut a pattern of it and make yours by it.

KITCHEN APRON

This standard apron may be made for a work apron for home use or as a demonstration apron for club work.

Material.—Indian head, linen finish suiting, firm grade of muslin or any cotton material with smooth finish; flour or feed sacks, if well bleached, may be used. Choose 40-inch material if apron is for person of 40-inch bust measure, 36-inch material for a person of 36-inch bust measure. For the amount of material needed measure from the base of the neck in front to the bottom of the skirt. This allows for a hem. One bolt of 1-inch cotton tape. One spool of while thread (No. 70). Narrow bias binding if desired.

Making the Pattern.—Measure from the base of the neck in front to the bottom of the skirt.

This measure less 3 inches equals AB.

AC is $\frac{1}{2}$ the width of the material.

AD is $4\frac{1}{2}$ to $5\frac{1}{2}$ inches.

AO is 6 inches for small girl, 8 inches for a larger girl.

OH is drawn parallel with AC.

DE is drawn parallel with AO.

Connect E and C with a straight line.

EF is $\frac{1}{5}$ of EC.

Draw a curved line through F from D to H.

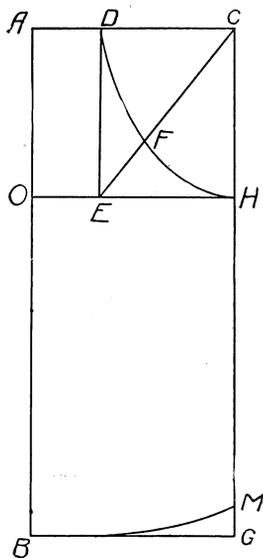
M is 2 inches up from G.

Draw a curved line connecting B and M.

Allow 1 inch at top of the apron above AD and 2 or 3 inches at the bottom of the apron below BM for hems, marking it on the pattern.

Cut out the pattern ACBMHFD.

Cutting and Making of the Apron.—Fold the material lengthwise. Place the pattern on the material with AB on the fold and HM on the selvedge. The curve DH may be finished by turning in a $\frac{1}{4}$ -inch hem,



or by facing it with bias tape. Baste and sew on machine or by hand, using the hemming stitch. Turn a $\frac{3}{4}$ -inch hem at the top of the bib and the hem allowed at the bottom of the apron. Baste and stitch. Attach tape at corners of the bib at point D; these should be long enough to cross in the back and sew to the apron opposite F.

From the pieces DFHC, small square pockets may be cut. Hem across the top and turn $\frac{1}{4}$ -inch around other three sides. Sew into desired position.

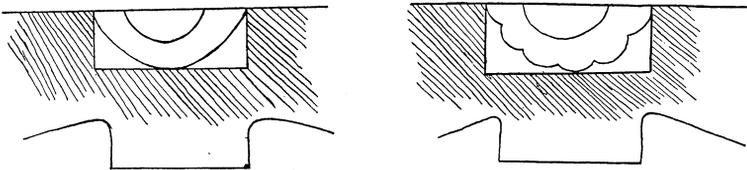
BUNGALOW APRONS

The bungalow apron is different from other aprons because it can be worn as a dress in very warm weather.

Material.—Gingham, percale, unbleached muslin or other firm wash goods that is becoming and washes well. Two lengths measured from the highest point of the shoulder to a point of desired length plus width of hem, 1 inch for waste in making and about 2 inches for shrinkage. If goods is very narrow or a pattern is used that does not have the kimono sleeves, more material may be needed.

Making.—Shrink the goods before making or put a tuck in the hem as the apron will shrink about an inch to each yard's length. A special pattern may be bought or a pattern may be drafted. Use *French seams* and make a belt. Fitted bands around the neck and sleeves of plaid or striped material, having some of the same colors in it as the apron, or of the same material as the apron trimmed with rickrack, scalloped braid or decorative stitches will add to the attractiveness of the apron.

Fitted Neck Bands.—To make a pattern for a fitted band, first be certain that the neck opening of apron is a satisfactory size and shape then fold apron lengthwise. Fold a piece of paper once and place fold of paper underneath apron and even with fold of paper. Cut paper pattern following neck opening of apron.



Remove paper, placing it on top of the apron. Decide upon attractive depth of band in front, which may be greater than at sides and

back; measure accurately from neck opening, allowing for two $\frac{1}{4}$ -inch seams. If a fancy shape is desired experiment by cutting or drawing scallops or other shapes for the outside edge until a desirable one is found.

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

AB length of apron desired plus width of hem which is usually about two inches.

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

AD on AB one-fourth of the bust measure.

DR parallel and equal to AC. Connect C and R.

DE one-fourth of the bust measure plus 2 inches measured on DR from D.

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

Connect F and E with a straight line.

GF one inch measured on FE.

Connect B and G with curved line.

EQ two inches measured on ER from E.

ET two inches measured on EG from E.

Connect Q and T with a curve.

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

HI one inch measured down from H on AB.

AJ equals AH measured on AC.

Connect A and E with straight line.

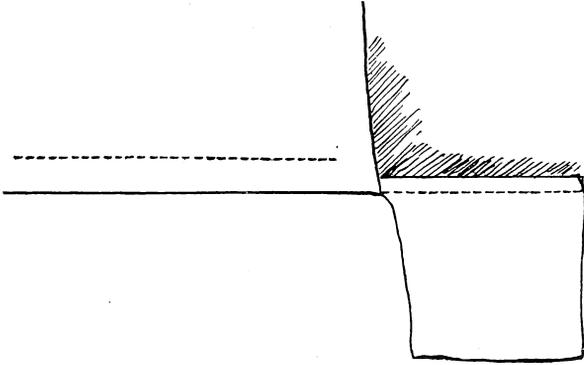
AO equals AH measured on AE from A.

Connect JO and H with curve. This forms the line of neck in the back. Measure on RD one inch, mark this S and make good curve from C to S. Mark $\frac{1}{2}$ inch seams along STG.

Cut out the pattern following line BDIJCSQTGB. This gives a pattern which if laid on goods folded crosswise, then lengthwise, will cut a bungalow apron in one piece.

French Seam.—The French seam is used in making undergarments and outer garments that are made of light weight materials. To make this seam, allow $\frac{3}{8}$ inch for material which does not ravel and $\frac{1}{2}$ inch for material which ravel. Pin and baste together on the right side of the edges to be seamed and make the first stitching on the right side of the materials $\frac{1}{8}$ to $\frac{1}{4}$ inch from the edge. Trim to $\frac{1}{8}$ inch, remove basting and press flat on the right side. Then reverse the fold so that the seam edges come within the fold, crease, and stitch $3/16$ to $\frac{1}{4}$ inch from the edge. This row of stitching must entirely cover all raw edges from the first stitching. This seam may be used in hand made garments, the

running stitch used for the first stitching, the combination or back stitch for the second.



VII. Seventh Club Meeting; Stains

Stains and spots are always unpleasant to see and no well dressed person ever wears clothing that has them. Everyone at some time gets stains and spots on his clothing, so you will find the directions given below useful. If you have some garment that needs a stain removed, study the way to remove it and see how easily it is done. You will not want to stop after you have removed the required two stains for you will be so glad to see "spotless" clothes that you will want to help your mother keep all spots removed.

GENERAL RULES

Treat Promptly.—A fresh stain comes out more easily than an old one.

Find Out What Made the Stain.—Some stains are set by treatment that would remove others.

Consider the Material.—White and colored goods, cotton, linen, silk, and wool can not always be treated in the same way.

Try Simple Methods.—They often do the work and are not likely to harm the material.

Work Carefully.—Experiment on a sample. Rub gently. Haste makes waste in taking out spots.

Keep all Stain Removers Together in a special place and properly labeled. Mark "Poison" on the poisonous ones.

TYPES OF STAIN REMOVERS

Absorbents.—Absorbents are useful in removing fresh spots from materials upon which solvents cannot well be used. They will seldom entirely remove stains.

"Cover grease spots with powdered absorber such as talcum, French chalk, fuller's earth, starch and bolted meals, let stand several hours, then brush carefully, repeating if needed. A second method is to lay the material on white blotting or unglazed paper and cover with powder or paper until the stain is removed. Cover dry blood and ink stains with starch paste; when the paste dries and discolors, brush off and repeat until the stain disappears. Cover freshly spilled liquids with powder, meal, or bits of blotting paper to prevent liquid from spreading and sinking into the material."

Solvents.—"Watersoak washable goods in cold water and wash with cold or tepid water and white soap. Use hot water in the same way or stretch the stained goods over a bowl and pour boiling water from a height."

Note: Hot water sets some stains such as blood, meat juices, milk and egg.

Place non-washable materials over a pad of white cloth or absorbent paper and sponge, using very little water at a time. Change the pad as it becomes soiled or wet. Rub gently until dry. Caution: Water spots some materials; experiment with a sample.

"Other solvents, such as alcohol, benzine, carbon, tetra-chloride, and gasoline can be used on materials that water will spot. Place the stained goods over a pad of cloth, apply the solvent, and work from the edge of the stain to the center. Change the under pad frequently."

Bleaching Agents.—Remember, a number of short applications of dilute bleaches are safer than long applications of strong bleaches. Sunlight, lemon juice, sour milk, borax, sulphur, oxalic acid, hydrogen peroxide, potassium permanganate are commonly used bleaches.

"Place the stain, such as fruit, ink, iron, etc., over a bowl of hot water and apply the bleaching agent a drop at a time. When the stain changes color, dip it into the water. If the potassium permanganate leaves a pink stain, remove it with dilute oxalic acid."

Oxalic Acid—Poison.—Dissolve a teaspoon of the acid crystals in a cup of hot water.

Potassium Permanganate.—Dissolve one teaspoon of crystals in one pint of water.

Hydrogen Peroxide.—Add a few drops of ammonia just before using to make it work more quickly.

REMOVAL OF STAINS

Blood and Meat Juice.—(1) Rub with naphtha soap, soak in warm water and wash. (2) A paste of raw starch mixed with cold water can be applied to stains on flannel and blankets and heavy goods. Repeat if necessary.

Bluing.—Boil the stained material for about twenty minutes, adding vinegar if a bleach is necessary.

Chocolate and Cocoa.—Soak in cold water and borax or soda and wash in warm water with mild soap. Bleach if necessary with potassium permanganate or oxalic acid.

Coffee.—If coffee is clear use boiling water. If cream has been added remove as chocolate or cocoa.

Egg.—Wash in cold water, then in warm water and soap.

Fruit and Fruit Juices.—Use boiling water, applying bleach if necessary. Repeat the application of boiling water, poured from a height.

Grass.—(1) Wash with cold water and soap; bleach if necessary.

(2) Use grain or wood alcohol applied by sponging.

Grease and Oils.—Use absorbents as listed above in materials liable to be injured by water. Use carbon tetra-chloride or benzine on delicate fabrics. Use warm water and soap on wash goods.

Indelible Pencil.—(1) Soak in alcohol and wash with water and soap. (2) Wash with soap and water and apply potassium permanganate. Remove ordinary pencil marks with a rubber eraser.

Ink.—(1) Soak fresh stains in sour milk or buttermilk or apply an absorbent. (2) Soak stain with oxalic acid solution, rinse in water to which a few drops of ammonia are added. (3) Use commercial ink eradicator according to directions on box.

Iodine.—(1) Soak or sponge with ammonia. (2) Prepare starch as for laundry purposes, cover stained material and boil. (3) Wash with alcohol.

Iron.—(1) Cover stain with salt, moisten with lemon juice, hang in sunlight. (2) Boil stain in solution of cream of tartar water made in proportion of four teaspoonfuls of cream of tartar to one pint of water. (3) Apply undiluted oxalic acid or dilute hydrochloric acid. Rinse thoroughly in hot water to which has been added borax or a few drops of ammonia.

Kerosene.—Use soap and warm water.

Machine Oil.—(1) Use soap and cold water. (2) Sponge with turpentine.

Medicine.—Soak in alcohol, dilute oxalic acid or apply boiling water.

Mildew.—(1) If fresh, wash with soap and cold water. (2) Soak in sour milk, place in sun without rinsing. (3) Bleach old stain with potassium permanganate followed by oxalic acid solutions.

Mud.—(1) Allow to dry and brush. (2) Sponge with alcohol.

Paint and Varnishes.—(1) Sponge with turpentine. (2) Boil white cottons and linens in solution of washing soda (three teaspoons to each gallon of water). (3) Use carbon tetra-chloride on delicate goods.

Perspiration.—Use soap and warm water; bleach.

Pitch, Rosin, Automobile and Wagon Grease.—(1) Rub with fat, as lard, and wash. (2) Sponge with benzine, gasoline or carbon tetra-chloride.

Scorch.—Wet and bleach in sunshine.

Shoe Polish (Black).—Rub with grease then make thick suds and wash. Use turpentine on wools and silks. (Brown) soap and water; sponge wool with alcohol, then wash in soap and water.

Soot.—Brush lightly, then use absorbent powders, as fuller's earth or corn starch.

Stove Polish.—(1) Soap and water, followed by lemon juice bleach. (2) Sponge wool with alcohol.

Tea.—(1) Soak in borax solution and rinse in boiling water. (2) Boil in strong soap solution. (3) Lemon juice and sunlight for several days. (4) Potassium permanganate.

Tomato Vine.—(1) Bleach with sunlight and lemon juice. (2) Sponge stain with alcohol. (3) Bleach with oxalic acid solution.

Vaseline.—Treat as grease. Soak old stains in turpentine.

Wax or Paraffin.—Treat as grease, using absorbents. Bleach.

Further directions can be found in Farmers' Bulletin 861, "Removal of Stains from Clothing and Other Textiles." This can be obtained free from the Division of Publications, U. S. Department of Agriculture.

VIII. Eighth Club Meeting; Demonstration

In so far as possible all club members should be instructed in the regular club meetings by the demonstration method. As a usual thing one or more members of each club can begin doing before the club useful phases of the work program soon after the processes have been demonstrated by the club leader.

After two or three months of practical experience in handling real things, all mature club members should be able to give public team

demonstrations. The scope of the team demonstration usually should be limited to the essential processes of some phase of the club work of the current year on one subject. A team of two of the best demonstrators should be selected from the membership of one club, either by mutual consent or by competition. All teams should have an opportunity to demonstrate before the local club group and the people of the home community, and the championship team should represent the local club at the county round-up, if one is held.

Suggestions for Team or Individual Demonstrations at Club Meetings

1. Turning a hem.
2. Darning a stocking.
3. Making patch on wash material.
4. Cutting material for a towel.
5. Mitering corners.
6. Hemming of a napkin (napery hem).

Suggestions for Public Demonstrations.

1. Making of either a sewing or a kitchen apron.
2. Removal of stains. (1) Berry. (2) Blood. (3) Rust. (4) Ink. (5) Grass. (6) Grease.
3. Mending.
4. Making a pillow case.

SCORE CARD FOR JUDGING DEMONSTRATION TEAMS IN MISSOURI

	Perfect Score	Actual Score
1. Subject-Matter	30
(1) Importance of the subject-matter presented and relation to fundamental problems of home or farm.		
(2) Accuracy of statements made in oral presentation and proper methods in doing the work.		
(3) Completeness with reference to the giving of all steps necessary to clear understanding of process.		
(4) Clearness and definiteness of statements made in simple language easily understood.		
(5) Replies to practical questions. Judges' questions only should be considered in team scores. Team should give authority for subject matter presented.		
2. Team Work	20
(1) Preparation, arrangement, and use of materials. The team will be responsible for the arrangement and preparation of equipment and its use.		
(2) Organization of work, each member in so far as practical to be kept busy with a definite part so that the work and instructions given proceed without delay, but each member of the team should be able to demonstrate the whole process.		
(3) Appearance and conduct of the team. Appearance and conduct includes the personal appearance of the members, and of the team as a whole. They should be business-like, pleasant, and, so far as possible, a unit in action and appearance.		
(4) The team member not actually directing the demonstration should re-enforce the point at hand or at least should not detract from the theme of the demonstration.		
3. Skill	20
(1) Ease in procedure.		
(2) Workmanship and efficiency of manipulation.		
(3) Neatness and cleanliness in doing work.		
(4) Speed, system, or dispatch.		
4. Results	15
(1) Effect upon the audience, and also upon material used in the demonstration, as may be shown in the finished product.		
(2) All processes made clear.		
5. Practicability	15
(1) Value of principles given for the home community.		
(2) Actual club practices shown.		
TOTAL SCORE	100

MAKING A BUNGALOW APRON

(Suggested Outline for Team Demonstration)

Team.—Two members from one club designated as demonstrator “A” and demonstrator “B”.

References.—Boys’ and Girls’ 4-H Club Circular 21, Clothing Club I, and Plans for Conducting Boys’ and Girls’ 4-H Club Work in Missouri, Missouri College of Agriculture, Columbia, Missouri.

Equipment.—Table, paper for pattern, yardstick, pencil, pin cushion, pins, needles, one darning needle, scissors, tape measure, thread, two thimbles, card board gauge, material for one apron, one apron cut and sewed up, finished apron, ½ yard samples of material for aprons.

Time.—Fifteen to thirty minutes.

“A”	“B”
<p style="text-align: center;">“A” Speaks</p> <p>Leads in a spirited club pledge. Tells what club or county they represent and introduces team mate and self. Tells briefly about the organization and work of the club. Tells that they are to demonstrate the making of a bungalow apron. Tells and shows how to measure and cut pattern for “B”. Discusses shape of neck line. Discusses materials—kinds, color. Shows samples. Folds material for cutting apron. May use commercial pattern explaining marks, notches, etc. Tells how to lay and pin pattern on material. Cuts out apron. “ _____ will show you how we make the bungalow apron.”</p>	<p style="text-align: center;">“B” Assists</p> <p>Joins in repeating pledge. Stands at attention until introduced. Gets equipment ready for work. Assists A. Helps lay and pin pattern on material and cut apron.</p>
	<p style="text-align: center;">“B” Speaks</p> <p>Cuts apron. Tells and shows how to make apron with a French seam and bastes part of seam.</p>

"A"	"B"
<p style="text-align: center;">"A" Assists</p> <p>Gathers up materials that will not be used again.</p> <p>Helps with hem.</p>	<p style="text-align: center;">"B" Speaks</p> <p>Tells and shows how to put hem in bottom of sewed up apron with gauge. Tells and shows how to cut neck facing.</p> <p>Tells and shows how to put neck and sleeve facing on apron.</p> <p>Shows finished apron.</p> <p>Explains and shows variety of finishes, stitches, facings and bindings mounted or on completed aprons.</p> <p>" ————— will complete the demonstration."</p>
<p style="text-align: center;">"A" Speaks</p> <p>Puts apron on "B" to show fit.</p> <p>Summarizes: 1. Selection of pattern. 2. Kind of material. 3. How cut and finish.</p> <p>Asks for questions.</p> <p>Thanks audience.</p>	<p style="text-align: center;">"B" Assists</p> <p>Acts as model.</p> <p>Gathers up material in an orderly way.</p> <p>Stands at attention for questions.</p>

REMOVAL OF STAINS

(Suggested Outline for Team Demonstration)

Team.—Two members from one club, designated as demonstrator "A" and Demonstrator "B".

References.—Boys' and Girls' 4-H Club Circular 21, Clothing Club I, Household Project, 2. Plans for Conducting Boys and Girls' 4-H Club Work in Missouri, Missouri College of Agriculture, Columbia, Missouri, and Farmers' Bulletin 861, "Removal of Stains from Clothing and other Textiles."

Equipment.—This list of equipment will depend upon the stains that are to be removed.

Bowl	Warm iron	Medicine dropper
Stove	Ironing board	Javelle water
Water	Alcohol	French chalk
Pans	Turpentine	Gasoline
Teakettle	Camphor	Benzine
Soap	Blotters or cloth	Ammonia
Borax	pad	Oxalic acid
Salt	Glass rods with	Ink eradicator
Table	rounded ends	

Time.—Requires fifteen to thirty minutes.

"A"	"B"
<p style="text-align: center;">"A" Speaks</p> <p>Leads in giving the club pledge.</p> <p>Tells what club or county they represent and introduces team mate. Tells briefly the organization and work of their club.</p> <p>Tells that they are going to demonstrate the removal of stains from clothing and other textiles.</p> <p>Explains advantages of simple methods for removing stains and general precautions such as removing while fresh, working carefully, etc.</p> <p>Care necessary in removing stains on colored fabrics, silk and wool.</p> <p>Removes simple stains that can be removed with water, salt, soap, borax, such as fruit, coffee, tea, cocoa or chocolate, bluing, blood. Tell what she is using and why, giving clearly each step taken.</p> <p>"_____ will now demonstrate and explain how to remove stains which cannot be removed by simple means."</p>	<p style="text-align: center;">"B" Assists</p> <p>Joins in repeating the club pledge.</p> <p>Stands at attention until introduced.</p> <p>Heats iron and prepares for pressing.</p> <p>Assists "A" and gets equipment ready for removal of next group of stains. Presses cloth from which stains has been removed.</p>
<p style="text-align: center;">"A" Assists</p> <p>Presses cloth from which last stain was removed.</p> <p>Helps demonstrator "B" clear table and keeps equipment ready for demonstrator "B". Presses cloths from which stains have been removed.</p> <p>Assists.</p>	<p style="text-align: center;">"B" Speaks</p> <p>Gives brief explanation of stains that must be removed by the use of other solvents.</p> <p>Removes stains which are removed with turpentine or alcohol such as grass, varnish, shoe polish and medicine, giving clearly each step taken, telling what she is using.</p> <p>Gives brief explanation of stains that require the application of chemicals. Shows how and tells why bottles should be properly labeled, especially bottles containing poisons.</p> <p>Removes stains that can be removed by the use of softening agents, absorbents, strong acids or alkalies, such as pitch, tar, grease, rust, ink, scorch, or wax. Gives care necessary in using acids, methods to use. Give each</p>

	step clearly. Tell how and when to use acids and alkalies. “ will complete our demonstration.”
“A” Speaks Gives summary of what they have done. Asks for questions. Thanks audience.	“B” Assists Puts demonstration table in order and stands at attention for questions.

Suggestions That May Aid in Making the Demonstration Effective

Only stains which can be removed quickly should be used in a demonstration. Those stains which run over a period of hours should be discarded, because a finished product should be secured in giving a demonstration.

If ink is chosen, test a sample of the ink before trying to show its removal because there are so many kinds of ink and the composition is so different that what will remove one won't always remove another. Ink eradicator is thought by some to be as good as anything that can be used.

Camphor seems to be a very successful remover of grass stain.

A chart may be made which will help the demonstration by making it clearer. A suggestion for one follows:

Kind of Stain	Stain on goods	Remover used	Stain Removed
Blood		Soap and warm water	

Using similar spaces for other stains, such as the following:

Grease		Depends on material	
Fruit		Boiling water	
Grass		Alcohol	
Coffee		?	

Two pieces of cloth with like stains on them should be prepared so the one that is pasted on the chart can be left there and the piece that has had the stain removed can be placed in the second column.

INDEX FOR 4-H CLOTHING CLUB I

Aprons.....	38	Lunch Set.....	29
Bungalow.....	40	Mitered Corners.....	31
Kitchen.....	39	Napery or French Hem.....	14
Back Stitch.....	26	Napkins.....	15
Bags.....	20	Needles.....	10
Laundry.....	20	Overcasting.....	23
Sewing.....	21	Overhanding.....	13
Basting, Even.....	13	Patches.....	17
Buffet Set.....	29	Hemmed.....	17
Buttonhole Stitch.....	23	Overhand.....	18
Combination Stitch.....	26	Pillow Case.....	23
Darns.....	27	Principles of Good Design.....	28
Decorative Stitches.....	32	Requirements.....	3
Blanket Stitch.....	35	Score Cards.....	-
Chain Stitch.....	33	Darns.....	27
Couching Stitch.....	34	Decorated Articles.....	19
Cross Stitch.....	33	Demonstrations.....	47
Feather or Briar Stitch.....	32	Patches.....	20
Hemstitching.....	36	Undecorated Articles.....	18
Hemstitching, Italian.....	37	Sewing Machine.....	15
Outline Stitch.....	33	Stains.....	42
Satin Stitch.....	34	General Rules.....	42
Demonstrations, Suggestions		Removal of Stains.....	44
for.....	45	Types of Stain Removers.....	43
Dresser Scarf.....	29	Suggested Programs for Meet-	
Fastening Stitch.....	14	ings.....	4
Fell Seam.....	25	Table Runner.....	31
Fitted Neck Bands.....	40	Tea Towel.....	12
French Seam.....	41	Testing Materials.....	11
Gathering Stitch.....	25	Thread.....	10
Hand Towel.....	14	Tools.....	9
Hem Gauge.....	14	Vanity Set.....	29
Hem, Turning of.....	14	Warp Threads.....	11
Hemming Stitch.....	13	Woof Threads.....	11

