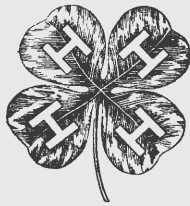


Clothing Club Demonstration No. 1



STATE COLLEGE OF WASHINGTON
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Bulletin No. 96

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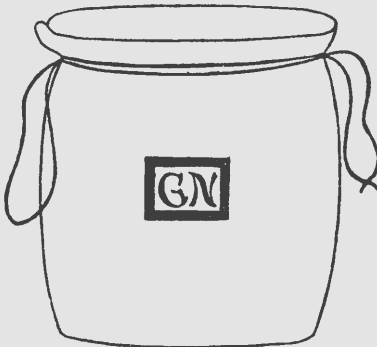
CLOTHING CLUB BULLETIN FOR DEMONSTRATION NO. 1

By

E. Belle Alger, Extension Specialist in Clothing
Elmina White, Assistant State Club Leader

“Learn the sound qualities of all useful stuffs, and make everything of the best you can get, and then, every day, make some little piece of useful clothing, sewn with your own fingers as strongly as it can be stitched, and embroider it or otherwise beautify it moderately with fine needlework, such as any girl may be proud of having done.”——Ruskin.

PROBLEM I.



Sewing Bag

Any other type of bag may be used, such as laundry bag, as the principles involved are the same.

Materials: Linen, cretonne, denim, crash, toweling, unbleached muslin, chambray; 1½ yards of tape, cord, ribbon or shoe-strings and if decoration is to be applied, floss of contrasting color.

Size: A good size for a sewing bag is 18 inches wide by 15 inches long when it is finished. For this size ½ yard of 36 inch material would be required.

Directions for Making: Straighten edges of material by drawing threads, unless material is torn. If narrow material, such as toweling, is used, fold cloth end to end with right sides together—being sure that selvages and corners are exactly even. Pin in position and baste. Beginning at the bottom or the folded end of bag, over-hand the selvages to within 4½ inches of raw edge at top of

bag, being especially careful to fasten thread securely at end of seam. If sewing bag is made of material without edges, use plain seams. (See directions for plain seams, page 14).

To Make Hem: Fold raw edge down $\frac{1}{4}$ inch on wrong side—then turn a two inch fold and baste. Hem by hand.

Casing for Draw String: Measure down $1\frac{1}{2}$ inches from top fold of bag. Mark by a line of basting. Sew along this line with a running or decorative stitch, such as chain stitch, outline, feather stitch. The openings of side seams are to be used as openings for the tape. Over hand ends of hems above opening.

Draw String: Cut cord or tape in two equal pieces. Begin at opening of casing at one side with one piece of cord and run all the way around, coming out where you started. Then beginning at the opposite opening and using the other tape, put it thru the casing in the same manner. Fasten ends of tape with flat fell seam or by tying ends of draw string together.

Decoration: An initial or simple design may be used. If material is checked a cross stitch design can easily be applied. Cretonnes or other material of all over design will need no further decoration.

Remove all basting and press.

PROBLEM II

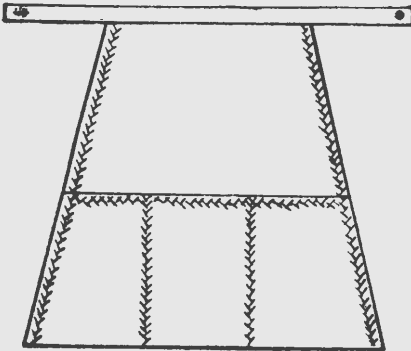


Fig. 1

Sewing Apron

Other designs of sewing aprons may be used in place of the one given.

Material Needed: Sheer white material such as lawn or dimity may be used for this type of apron. Gingham and chambray are also satisfactory.

Size: Should not reach below knees and width should be in proportion to length. For average apron $\frac{3}{4}$ yard of 27 inch material, which is alike on both sides should be used.

Directions for Making: Draw thread to straighten raw edges and cut along the line thus formed. From one selvage cut a strip $2\frac{1}{2}$ inches wide the length of the piece—this is for the band, then cut off other selvage. Hem or bind the lower edge, turn up at the bottom 8 inches to form pockets. Baste the edges the depth of the pockets. Bind or hem sides. (See directions for binding, page Feather stitch side hems or bind edges, catching the pocket to hold it securely. Divide pocket in three equal parts by making two rows of feather stitching or by stitching bias tape.

To put on Band: Gather top of apron. (See directions for gathering, page 14). Try on to see if gathers are correctly placed. Baste the band to the gathered top of the apron, allowing the band to extend equally on each side of the gathers. Stitch along basting, using combination stitch or machine stitching—tie threads. Turn fold on free edge of belt $\frac{1}{4}$ inch deep and bring this folded edge of belt down to the wrong side to just cover the stitching and raw edge made by the first seam, then pin and baste. Fold in ends of belt and baste. Stitch by using hemming stitch or machine stitching. For ends of band that extend beyond gathers use over hand stitch, if machine stitching is not used. Button and button-hole may be used to fasten belt. (See directions for button-holes and sewing on buttons, page 6).

Remove bastings, tie threads and press.

Canning, Cooking, or Work Apron

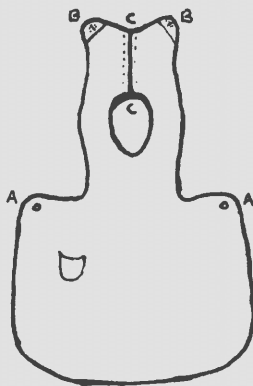


Fig. 2

An apron of other design may be used for this problem but the one given is very satisfactory.

Materials: Gingham, percale, white material such as indian head, or bleached or unbleached muslin. To determine amount of material, first prepare the pattern and lay it out on the table on space the width of material you expect to buy. For small size $1\frac{1}{2}$ yards of 36 inch material will be required. For average size $1\frac{3}{4}$ yards of 36 inch material will be required.

Pattern: Commercial pattern may be used for this apron.

Directions for Making: Test pattern and alter it to fit wearer. (See State Col. Bulletin No. 78) Pin pattern according to directions and cut with smooth edges. If material is too narrow, and piecing is necessary, baste edges together, overhand if both are selvage, otherwise use flat fell seams in attaching pieces. Finish back seam with flat fell. Reinforce the corners where the buttons and button-holes are to be placed by cutting double points about 2 inches deep, baste, turning inner edge under. Stitch. The neck, sides and bottom of apron should be finished with commercial bias tape or one inch bias may be cut of same material. Rickrack or other decorative braid may be applied. Baste bias all the way around apron and stitch, remove basting—turn bias to opposite side. Baste, and stitch.

Making of Pocket: Cut pocket, mark threads running from top to bottom. Finish top of pocket in same manner as apron edges are finished. Turn other edges of pocket $\frac{1}{4}$ inch. Pin pocket on apron while it is on person to get the right location, baste and sew in place. Pocket should be stitched with two rows of stitching placed about $\frac{1}{8}$ inch apart. Begin stitching on outer side of apron and do not break thread until you return to place you started from.

Remove all bastings, and tie threads.

Make button and button-hole according to directions given below:

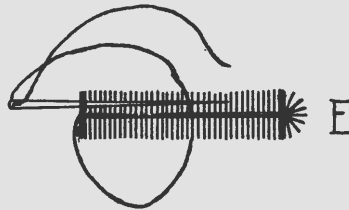
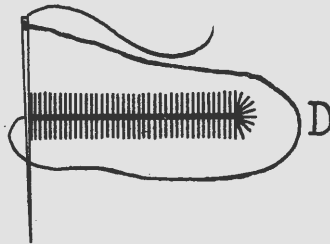
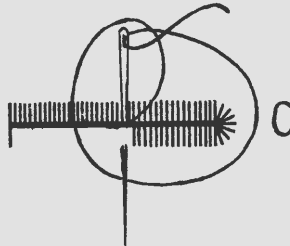
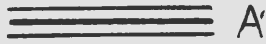
Directions for Making Button-hole:

Placing the Button-hole: Place button-hole $\frac{1}{2}$ inch from the edge. Mark the place with pin holes.

Cutting: Cut exactly on the the thread. If buttonhole scissors are not used fold halfway between the pin pricks and mark the location so that the pin passes through both ends of the located buttonhole. Cut from the folded edge to pin evenly. Cut buttonholes $\frac{1}{16}$ inch longer than width of button.

Overcasting the cut edge: Overcasting is used on edges to prevent raveling. Hold the button-hole along the top of the first finger. Begin without a knot, and at the end farthest away from the finished edge work over the end of the thread. Point the needle toward the left shoulder to make a slanting stitch. Make three or four stitches on each side of the buttonhole, depth $\frac{1}{8}$ inch.

Making the buttonhole stitch along one edge: When the buttonhole has been overcast, the needle should be in the position at the beginning of the buttonhole where the overcasting was started. Point the needle at right angles to the edge, and take a stitch $\frac{1}{8}$ inch

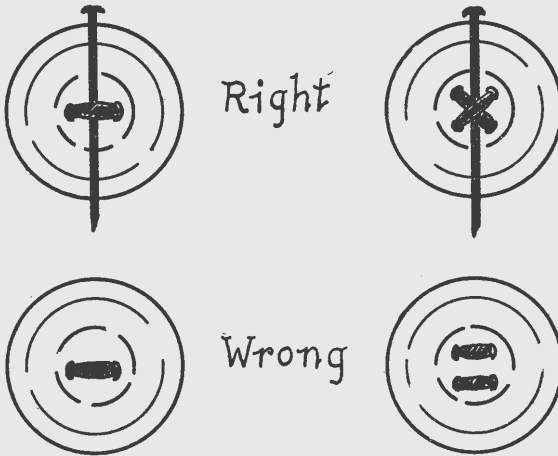


Methods of making the buttonhole—A, Stranding; B, Overcasting; C, Buttonhole Stitch D, Fan; E, Making Bar; F, Barred Ends.

deep. Hold the button-hole so that it lies flat on the top of the first finger. Do not spread it open. Throw double thread from the eye of the needle around the point in the same direction as the button-hole is being worked from right to left. Draw the needle through, pulling the thread at right angles to, and toward the cut edge of the buttonhole. A little finishing loop, called the purl, will be formed at the edge. It is this that prevents the edge of the buttonhole from wearing.

Turning the Corner: The fan, barred end, or fan and bar ends, may be used. The barred end is the strongest. Five stitches make a good fan end. The third stitch is taken on a line with the cut and is the deepest.

Finishing the Second End: Practice the barred end. Make two or three stitches one over the other, to bar the end, these to extend across the width of the button-hole stitches. Over these the button-hole stitch is to be placed. These stitches are to be taken close together and through the cloth around the three barred stitches. Point the needle toward the worker and make a straight row of buttonhole stitches.



Directions for Sewing on Buttons: Start with a double thread and make two stitches, one over the other on the right side of the garment. String the button on the needle to cover the starting stitches. Place a pin on the top of the button. Sew over it with

stitches crossed back and forth through the holes of the button. On the wrong side the stitches should appear in parallel bars. On the top of the button the stitches should cross. Remove the pin and wind the thread around the stitches, under the button, and finish on the wrong side with several small stitches.

PROBLEM III

Household Articles

Suggestions for useful household articles:

Hand towels, Holder, Dresser Scarf, Luncheon set, Dish Towels.

Hand Towel

Materials: Linen, crash or huck toweling may be used.

Size: Length of towel and width of hem should be in proportion to the width of toweling.

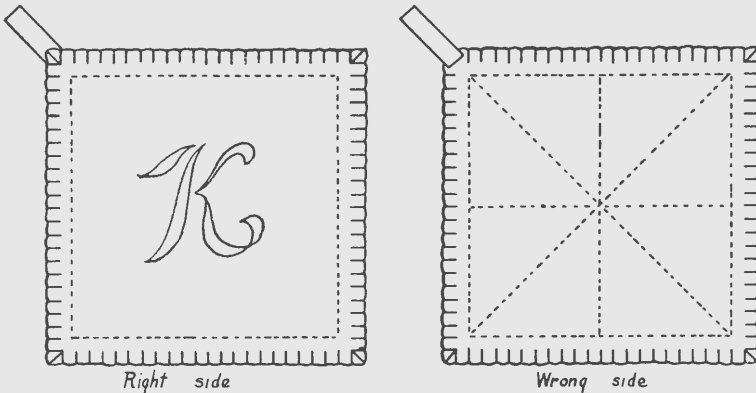
Directions for Making: Straighten ends by drawing thread and cut on line thus formed. Turn material back toward the wrong side $\frac{1}{4}$ inch on each end and crease. Fold again to make hem of width desired and baste. Then fold hem back toward right side of towel, crease the cloth even with the first fold of the hem, then sew the two folds together with a fine overhanding stitch, also overhand ends. Towels may also be finished with embroidered scallop or other decorative stitch.

Holder

Material: Covering—any left over scraps of gingham, unbleached muslin, outing flannel, flannelette, denim, galatea or huck toweling. Light colored materials are best as they are more apt to be kept clean.

Lining: Underwear or scraps of any material may be used for the padding.

Size: Two pieces $6\frac{3}{4}$ inches square of covering material. Two pieces 6 inches square of lining material. An initial or simple design in outline or cross-stitch may be put on one square of the gingham at this time.



Directions for Making: Cut squares of paper 6 and $6\frac{3}{4}$ inches respectively, pin the $6\frac{3}{4}$ square on the covering material, with one edge on warp thread; cut two pieces. In the same way pin the 6 inch square on the lining or "filling" material and cut two squares. Turn in $\frac{1}{4}$ inch fold toward the wrong side of each edge of the $6\frac{3}{4}$ inch squares. Then place one of the 6 inch squares inside each of the larger ones so that the edges of the smaller pieces come just to the creases in the inside of the folds. Turn the fold down over these edges and baste carefully, with even basting; then place the double squares on each other—making sure that warp threads are parallel. Baste and sew two edges together with over hand or blanket stitch. If the overhand stitch is used, the holder should be stitched around on the machine, $\frac{1}{4}$ inch from the edge to hold lining in place. Place the end of the tape on the wrong side of the holder, at the corner, placing the end of the tape just far enough to cover turning; make $1\frac{1}{2}$ inch hem in other end of tape—this loop may be slipped over belt or apron so holder will hang suspended. Holder may be made more firm by stitching across holder—thus dividing holder in 4ths or 8ths—see illustration.

Dresser Scarf

Materials: Indian Head, unbleached muslin, sugar sack, or linen.

Size: Size of dresser scarf will depend on size of dresser. If you like a scarf that hangs down, allow about 4 inches on each end

extra and if hem is used allow for width of desired hem. If you like a scarf that does not hang down, measure your scarf just the length of your dresser. The width should be in proportion to the depth of the dresser, usually from 15 to 18 inches.

Directions for Making: Draw thread on ends and on sides unless sides are selvage, and cut on line thus formed, so that scarf will be even. Dresser scarf may be finished in a variety of ways; with scalloped edges, embroidered or crocheted, hemstitched, plain hem, or a narrow hem turned to right side and fastened in place with featherstitching, chain stitching or french knots. Embroidered or cross stitch design or initials may be added as decoration, or crocheted lace or tatting may be used. Decoration on dresser scarf should be placed so that the placing of toilet articles will not break the design. This would mean confining it to edge or near edge.

Luncheon Set

Material: Unbleached muslin, flour or sugar sacks, indian head or linen may be used.

Size: The luncheon cloth should be from 36 inches to 40 inches square. Napkins should be from 12 to 18 inches square. A standard luncheon set consists of a luncheon cloth and four napkins. You may make more napkins if you choose but a luncheon set is usually used when serving a small number.

Directions for Making: Draw threads on all edges that are not selvage and cut on threads drawn. Remove selvages. A luncheon set offers wide possibilities for finishes—such as crocheted edge in color, small hem held in place by decorative stitch, threads drawn thru of contrasting color to form border, crocheted inserted corners, or designs of applique or embroidery.

Tea Towel

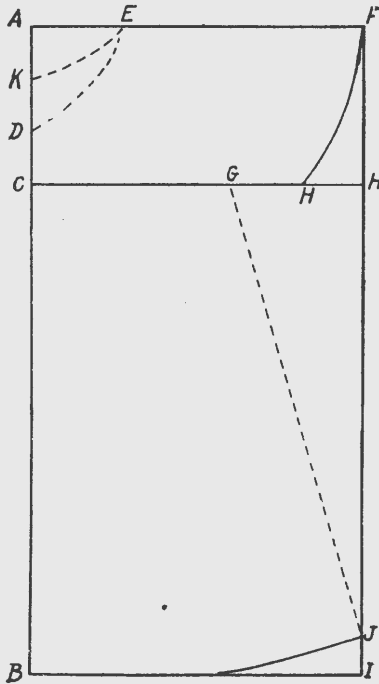
Materials: A flour or sugar sack or $\frac{3}{4}$ yard of linen crash toweling.

Directions for Making: Prepare sack by ripping out stitches which make it into a bag. Soak the piece in warm water to which have been added kerosene and soap powder and then boil in same water 10 or 15 minutes. Then wash in good soap suds, boil, rinse

and blue. This should remove all colored stamping that is present in flour sacks. Even off raw edges and turn under $\frac{1}{4}$ inch hem at both ends, baste and hem using a hemming stitch. Simple decoration in a corner by making a design in outline or running stitch may be used.

PROBLEM IV

Kimono Night Gown or Bungalow Apron



Materials: Muslin, Long cloth, nainsook, crepe, outing flannel, or flannelette.

Size: To find amount of material needed measure from the highest point of shoulder to floor, subtract distance from the floor desired. Add $4\frac{1}{2}$ inches if 3 inch hem is desired. Twice this measurement will be the amount of material necessary.

Directions for Making: Drafting of pattern—draft pattern on paper according to direction—using diagram as a guide.

Measurements (1) Take measure from highest point of neck to floor (2) one half width of chest plus length of sleeve desired. (3) Bust measure—take around fullest part of bust and add two inches to insure measure being large enough. (4) Armseye measure plus 2 inches.

To prepare paper for pattern: Fold crosswise a piece of paper twice length of gown, bringing ends and edges exactly even. Locate A. F. on fold of paper.

AB—Length from highest point of shoulder to floor (Distance from floor desired plus $4\frac{1}{2}$ inches).

AK— $1\frac{1}{2}$ to 3 inches—back of neck.

AD—3 or 4 inches—Front.

AE—2 ½ to 3 inches.

KED—Line for neck.

FH—½ Armseye measure plus 2-3 inches

AF—½ width of chest plus desired length of sleeve.

CG—One quarter bust measure plus 2 or 3 inches.

FH—As shown in diagram.

BI—¼ width of bottom.

GI—Underarm seam of gown.

BJ—Bottom curve.

Connect letters according to illustration and cut pattern on line. J-G-H-F-E-D (front) EK (back) C-B-J. This gives the correct outline for pattern. To cut, open out pattern and place so that AB falls on lengthwise fold of material. Pin firmly. Cut, allowing ½ inch for underarm and neck seams.

To make—Finish under arm seams with french seam. Then try on gown, turn hem, and correct neckline, if necessary. Baste hem, using a measuring gauge. Any fullness in the hem may be laid in small pleats. Stitch hem very close to the edge. The neck and sleeves may be finished by facing with bias tape with ½ inch seam or with rolled hem and lace, crocheted or tatted edge, valenciennes or linen lace, braid, rickrack, featherstitching. Embroidered edge or initials may be used for decoration.

Cardboard Measuring Gauge



Desired width of hem.

Bungalow Apron

Materials: Gingham, devonshire, percale or poplin, or juvenile cloth. Material 36 inches wide will cut to better advantage.

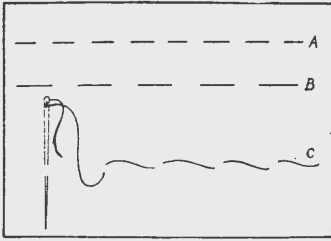
Size: Measure the same as for the night gown, except that a wider hem is preferable.

Directions for making draft pattern same as for night gown. Belt should be cut lengthwise of material and should be double. Directions for pocket same as for Problem II—work apron.

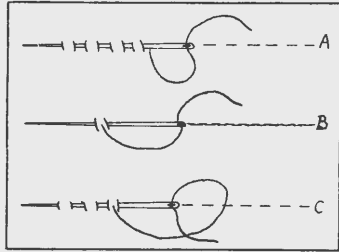
Adjust belt, fasten with buttons and buttonholes or snaps.

Remove all bastings, tie threads and press.

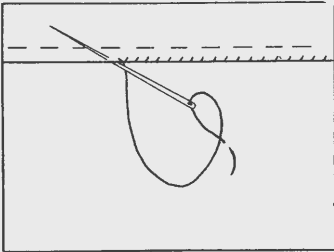
Constructive Process



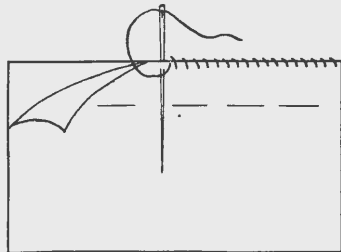
Basting Stitches—A, Even;
B, Uneven; C, Diagonal.



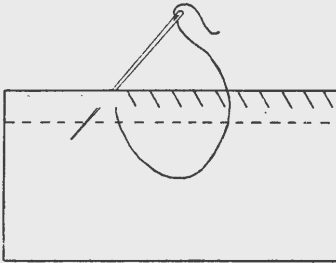
Permanent stitches—A, Running;
B, Back Stitch; C, Combination.



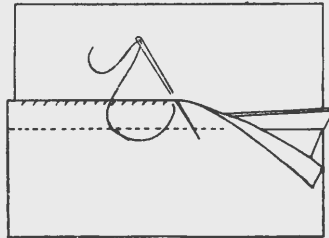
Plain Hemming



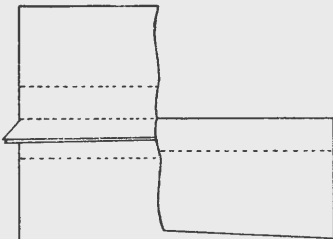
Overhanding



Overcasting



Hemmed Fell, or Flat Fell.
(may be machine stitched)



French Seam

Stitches

Seams

A seam is a line of sewing joining two or more pieces of cloth to hold them together.

To Pin Seam

Use a good quality of dressmaker's pins and **always** place pin at

right angles to line of sewing with head at edge of seam—when placed this way one does not have to remove pins until entire seam is basted. Place corresponding edges together matching perforations and lay flat on table. Pin at either end, then in center, and if seam is a long one, as in a skirt, pin half way between center and either end.

For a plain seam sew two raw edges together with row of stitching or machine stitching $\frac{3}{8}$ to $\frac{1}{2}$ inch from edges. Overcast neatly together or separately.

French Seam: Place wrong sides of cloth together, matching tracings if used, otherwise, edges of cloth. Stitch seam one eighth inch outside seam tracing: trim to $\frac{1}{8}$ inch or less. Crease seam flat, then turn so that two right sides are together—line of first seam directly on the edge. Baste and stitch so as to cover the raw edges of the first seam.

Fell: Place two right sides together, having seam lines meet if traced; otherwise two edges together. Baste on tracing, stitch so that the upper side of the stitch comes to the right side of the seam. Trim the under side of the seam to $\frac{1}{8}$ inch, then turn the wide edge over the narrow one; lay both flat on the cloth.

For hemmed fell, hem edge of fold to the cloth.

For stitched fell both seam and fold are stitched by machine.

Directions for Gathering: Gathering is used to fit a piece of cloth into a shorter space—divide both the part to be gathered and that to which it is to be applied, into equal parts, eighths, quarters or halves and mark with contrasting thread. The gathering thread should be a few inches longer than the space to be covered. Use single thread, No. 50. Use a knot, and place a row of running stitches $\frac{1}{8}$ inch above seam allowance, and another row $\frac{1}{8}$ inch below, so that line of sewing will fall half way between gatherings. After both rows of basting have been put in, place on edge to which it is to be attached—secure with pins and draw up to fit.

Directions for Binding

Cut a true bias twice width required for width of finish desired plus seam allowance. Pin, baste and sew binding along edge to be bound, holding bias toward you. Remove bastings, trim edge of

seam if necessary. Turn free edge of binding and baste so that the folded edge falls exactly along first line of sewing. Finish with hemming stitch.

To Cut True Bias

Fold materials so that woof and warp threads lie parallel. The fold marks a true bias. Lay material flat on table and with yard stick and tailors chalk mark strips.

Facings

Facings may be either true bias or fitted.

Bias facing: Cut strips of true bias one half inch wider than facing is to be finished. This allows for a one fourth inch seam and a one fourth inch turning. Join strips on exact length of material making one piece long enough to finish all edges on garment to be faced. Pin and baste right sides together if facing is to be finished on wrong side. In curved edges make sure that facing lies smoothly on outer edge of curve even though it may have to be fullled slightly on inner curve. Stitch a one fourth inch seam. Remove basting and if seam is curved slash nearly to stitching at intervals of one inch. This allows seam to lie flat when turned. Open seam and press flat with fingers, then turn facing to wrong side and again crease bringing seam very close to edge of fold, making sure that facing will not show on right side. Working on wrong side, baste very securely close to edge. This basting is very important and should never be omitted. Turn under one fourth inch on edge of facing, baste to garment, making sure that facing lies perfectly flat. Finish by stitching or hemming. A very attractive finish for edges on underwear is made by securing the facing with a very small feather stitch done in a **white** mercerized thread.

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