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GOODWIN'S COURSE IN SEWING

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BOOK I

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GOODWIN'S

COURSE IN SEWING

Practical Instruction in Needlework for
Use in Schools and at Home

BY

EMMA E. GOODWIN

Book I

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I. NEEDLE-BOOK

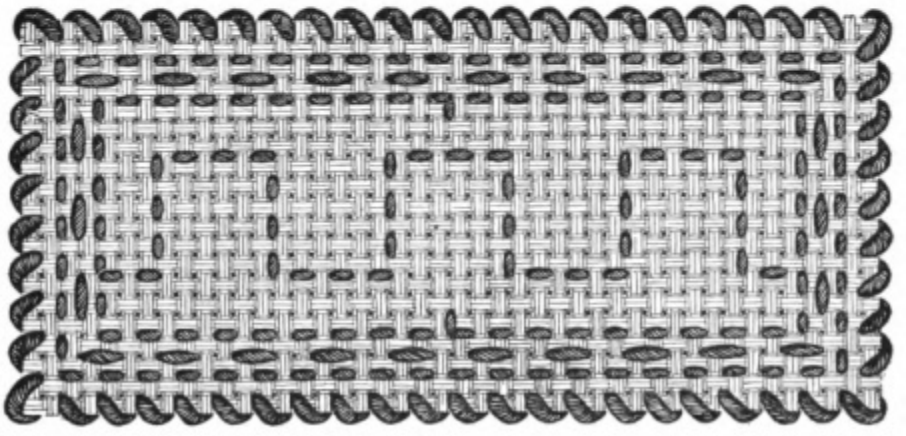

FIG. 1.—NEEDLE-BOOK COVER.

Materials.—Burlap canvas 2½ x 6 inches, flannel 2½ x 6 inches, crewel needle and colored worsted thread.

Knot the thread.

Begin each line of stitches in a different corner of the canvas so that the joining of the thread shall not be all in one place.

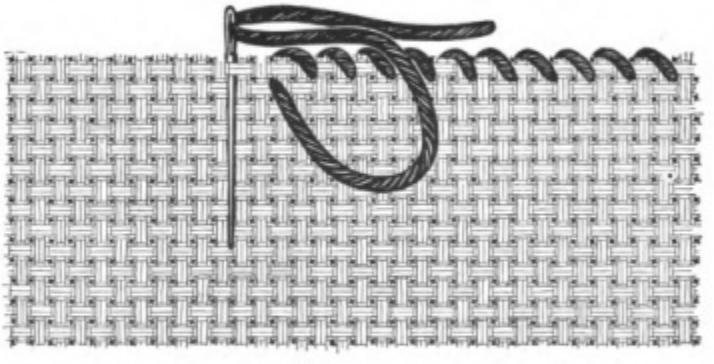

FIG. 2.—OVERCASTING.

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Overcasting.—Begin at the upper right-hand corner and work toward the left.

Bring the thread from underneath through the first hole from the edge.

Bring the thread over the edge and up through the third hole.

Take the stitches in the same way through every other hole around the edges of the canvas.

Draw the thread even, but do not make the stitches tight.

Take the last two stitches over the first two and cut off the end of the thread close to the canvas.

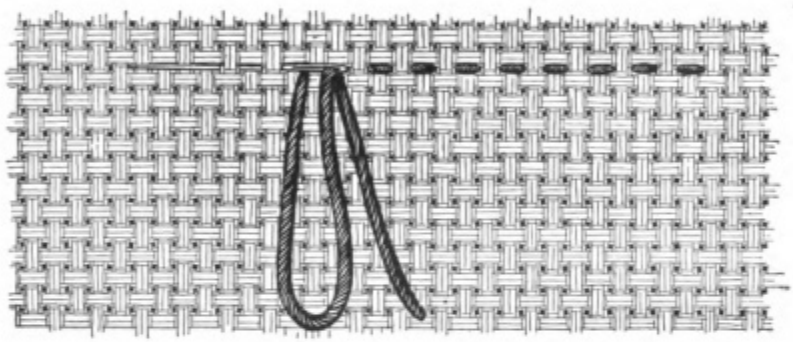

FIG. 3.—RUNNING.

Running.—Begin in the second row from the edge and bring the thread up from underneath through the first hole.

Bring the thread back through the second hole and up through the third hole.

Take one stitch in the same way, back and forth through every hole in the second row.

Take the last two stitches over the first two and cut the thread.

Even basting.—Begin in the third row from the edge and bring the thread up from underneath, through the first hole, and back through the third hole.

Bring the thread up through the fifth hole and back through the seventh hole, skipping one hole with each stitch.

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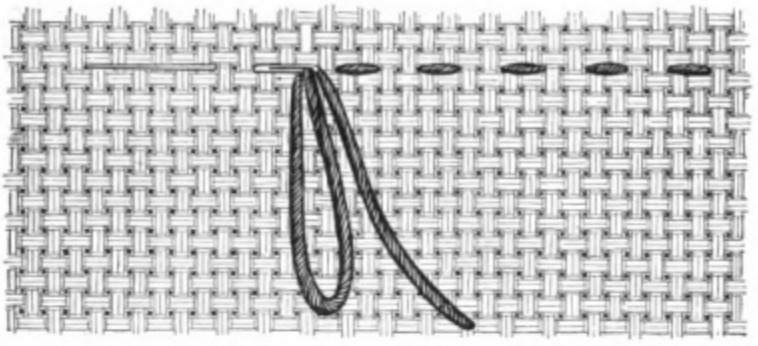

Fig. 4.—Even Basting.

Take the last two stitches over the first two and cut the thread. Repeat the running-stitch in the fourth row.

Work a simple design in running-stitch through the middle of the cover.

Notch the edges of the flannel piece with scissors and place it in the middle of the cover. Fasten it to cover with the worsted thread by taking two short stitches through to the right side in the fifth and sixth holes from the edges. This leaves a long stitch over the flannel on the inside. Bring the two ends of the thread together and tie in a bow-knot inside.

Fig. 5.—Needle-book Inside.

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II. RECEPTACLE

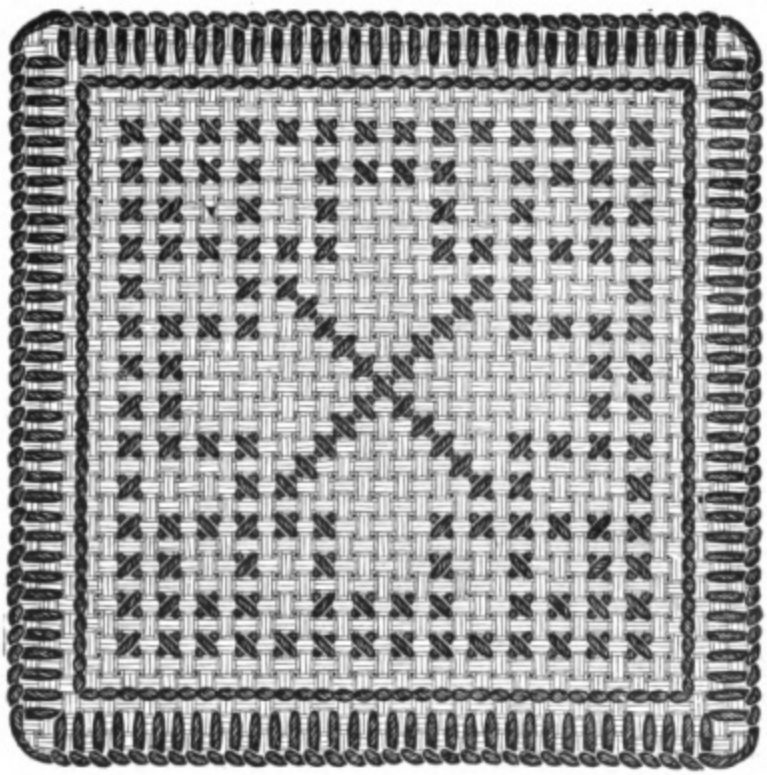

FIG. 6.—SQUARE FOR RECEPTACLE.

Materials.—Burlap canvas 6 x 6 inches, crewel needle and colored worsted thread.

Knot the thread.

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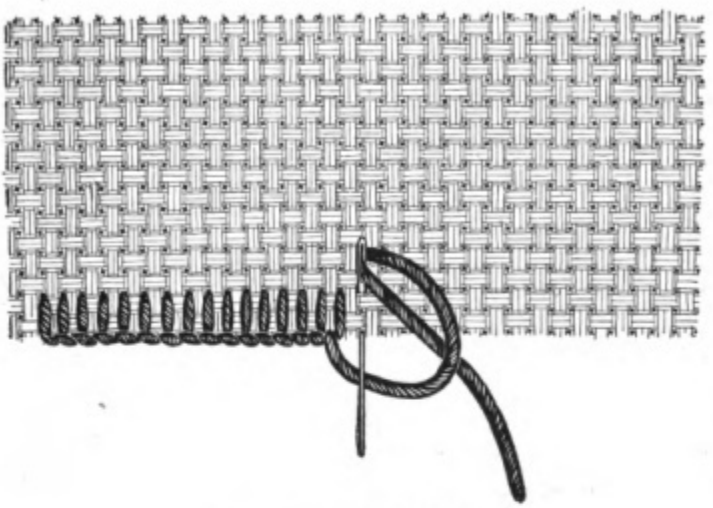

Fig. 7.—Blanket-stitch.

Blanket-stitch.—Begin at a lower left-hand corner and work toward the right.

Bring the thread up through the second hole from the edge.

Put the needle back through the next hole to the right in the same row.

Hold the thread that comes from the first hole under the left thumb, so that the point of the needle comes out each time over the loop of the thread.

Draw the thread smooth, but do not make stitches too tight.

Take one stitch through the loop at the edge made by the first stitch, and fasten the thread on the under side with two small stitches over the last loop. Cut the thread.

Back-stitch.—Begin at an upper right-hand corner in the first row below the blanket-stitch at the edge.

Bring the thread up from the under side, through the second hole from the end of the row.

Put the needle back through the first hole and up through the third.

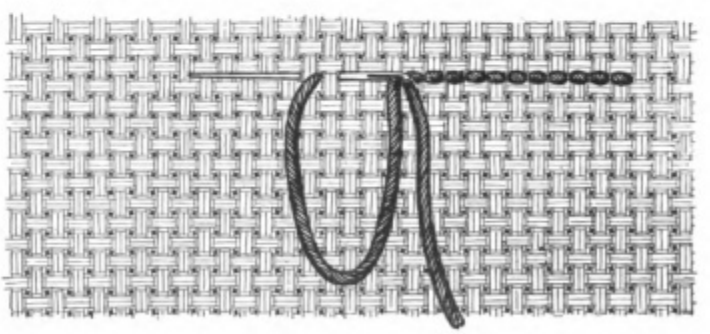

Fig. 8.—Back-stitch.

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Put the needle back through the second hole and up through the fourth, making small stitches that meet on top, and longer stitches that overlap on the under side.

Take the last two stitches over the first two before cutting off the thread.

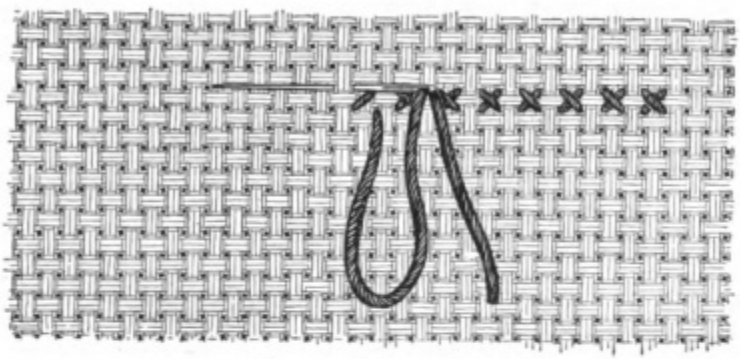

FIG. 9.—CROSS-STITCH.

Cross-stitch.—Begin in an upper right-hand corner and use the next two rows of holes for the design of cross-stitches.

Bring the thread up through the first hole in the lower row.

Put the thread back through the second hole in the upper row, and up through the first hole in upper row.

Put the thread back through the second hole in lower row, and up through the third hole in lower row.

This will cross the threads on the upper side and make two parallel lines, like running-stitches, on the under side.

Take two small stitches over the last stitch on the under side to fasten the thread.

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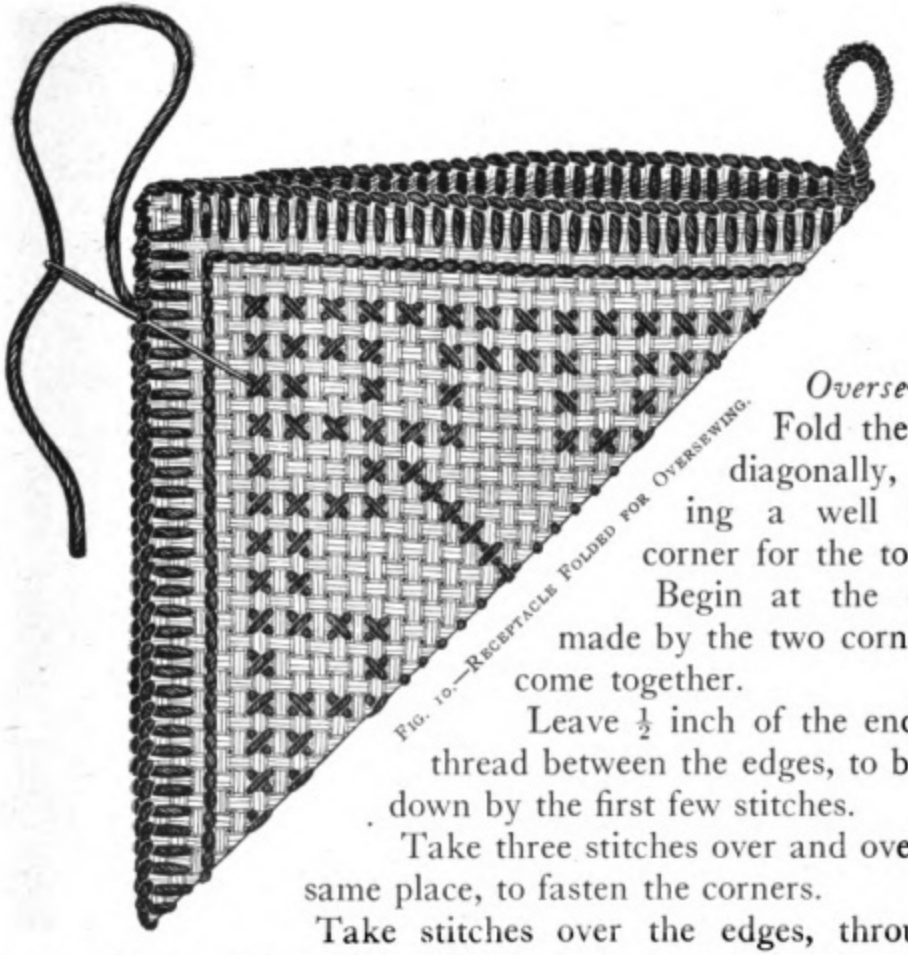

Fig. 10.—Receptacle Folded for Oversewing.

Oversewing.—Fold the square diagonally, choosing a well finished corner for the top.

Begin at the opening made by the two corners that come together.

Leave ½ inch of the end of the thread between the edges, to be sewed down by the first few stitches.

Take three stitches over and over in the same place, to fasten the corners.

Take stitches over the edges, through the loops, down to the point.

Fasten the thread by sewing back over the two stitches at the end.

Cover a small brass ring with blanket stitches, and fasten to the top of the receptacle with over and over stitches; or make a hanger of twisted thread, fastened in the same way.

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III. LAMP MAT

FIG. 11.—LAMP MAT.

Materials.—Burlap canvas 6½ x 6½ inches, crewel needle and colored worsted thread.

Knot the thread.

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Blanket-stitch, different form.—Begin as for blanket-stitch, Fig 7.

Take one short stitch and one long stitch, then another short stitch.

Leave one hole between and repeat the three stitches in the same way, around the edges of the mat.

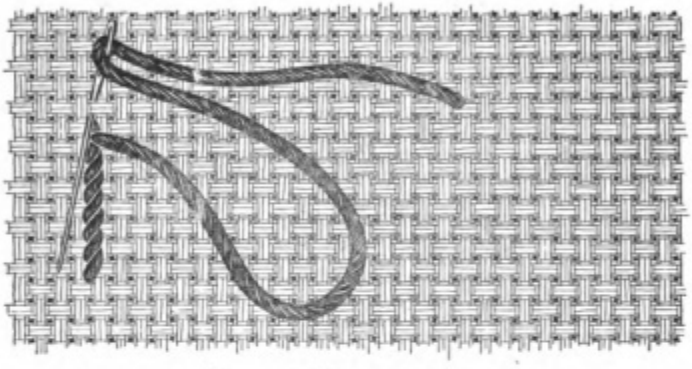

FIG. 12.—OUTLINE-STITCH.

Outline-stitch.—Begin at a lower right-hand corner and work upward.

Bring the needle up through the first hole at the bottom, drawing the thread to the right side.

Put the needle back through the third hole and up through the second.

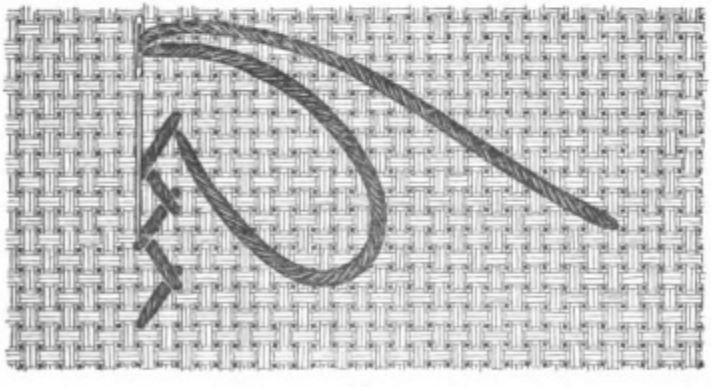

FIG. 13.—CATCH-STITCH.

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Put the needle back through the fourth hole and up through the third.

Each time bring the needle up to the left of the stitch already taken.

Fasten the thread on the under side, as before.

Catch-stitch.—Bring the needle up through the first hole of the design at a lower left-hand corner, and work upward.

Cross over to the third row to the right and put the needle back through the fourth hole and up through the third.

Keep the thread at right of the needle when the stitch is taken on the left side, and at left of the needle when the stitch is taken on the right side.

Fasten the thread on the under side, as before.

Darning.—Use thread without knotting. Begin at a lower right-hand corner and work upward.

Take running-stitches under one thread and over the next.

Turn at the top and work downward through the next row, taking up on the needle the threads that were passed over in the first row.

Fill the center of the mat with darning-stitches.

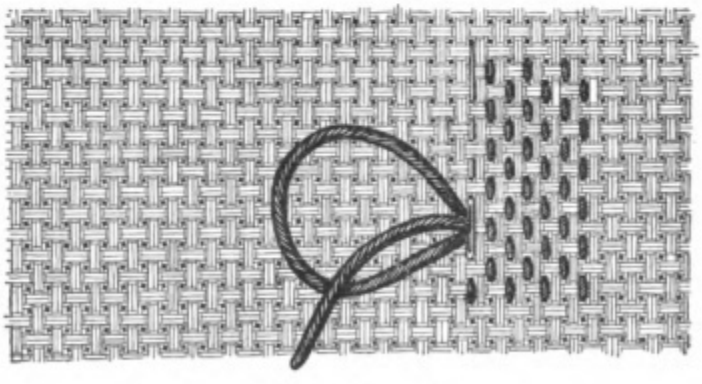

FIG. 14.—DARNING.

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V. BAG

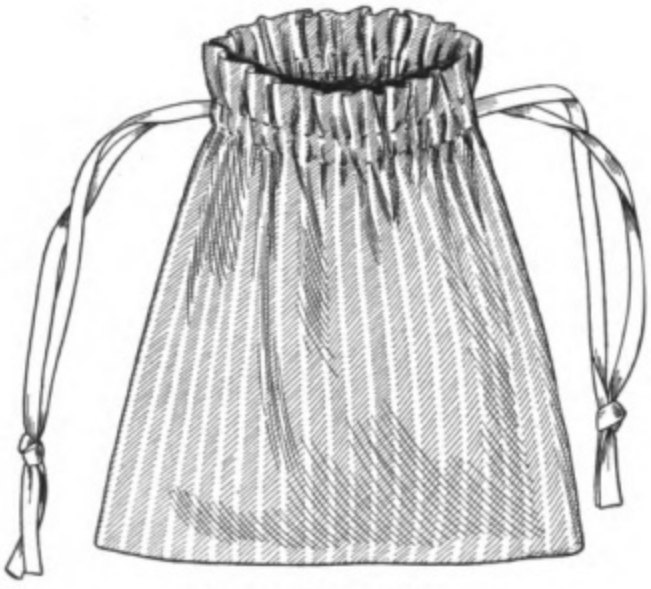

FIG. 17.—FINISHED BAG.

Materials.—Striped or checked gingham 6 x 12 inches, 2 tapes 18 inches, No. 8 needle and No. 50 white cotton thread.

Fold the cloth across the width and pin the sides of the bag evenly together.

Knot the thread for basting.

Uneven basting.—Allow $\frac{1}{4}$ inch seams and begin with a short stitch taken through to the under side, leaving the knot on top.

Take stitches $\frac{1}{2}$ inch long on the upper side and about $\frac{1}{8}$ inch long on the under side.

Baste the side seams of the bag.

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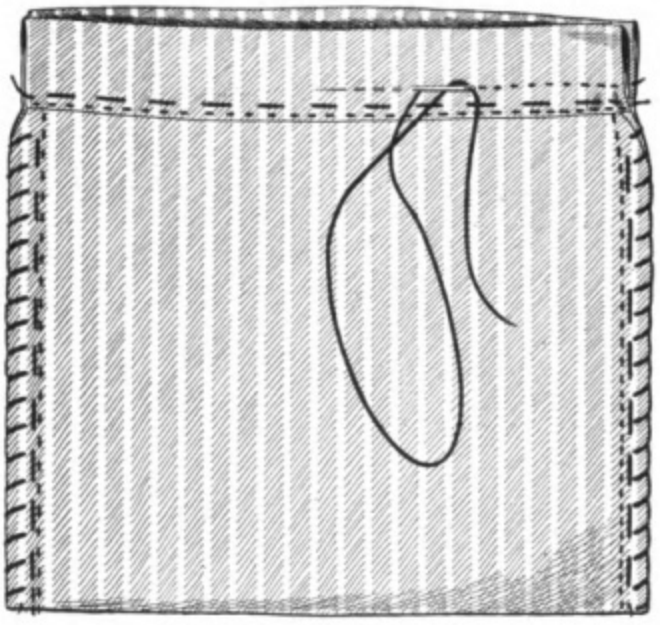

Fig. 19.—Wrong Side of Bag.

Place a second row of running-stitches $\frac{1}{4}$ inch above the first row to form a casing for the tapes.

With tape needle or bodkin run one tape in from each side of the bag, allowing the two loose ends of each tape to come out at opposite sides. Tie the ends of each tape together.

Remove bastings and turn bag right side out.

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VIII. DOLL'S APRON

FIG. 26.—DOLL'S APRON.

Materials.—Gingham or percale 8 x 12 inches, cut crosswise of the cloth; tape or ribbon for ties 12 inches, No. 8 needle and No. 50 cotton thread.

Turn and baste $\frac{1}{8}$ inch hems across the shorter edges for the sides of the apron.

Turn and baste 1-inch hem across one of the longer edges for the bottom.

Turn and baste $\frac{1}{2}$ inch hem across the remaining edge for the top.

Hem carefully as on practice piece.

Place one row of running-stitches through the middle of the top hem to make a casing. Run in tape or ribbon to gather and tie the apron.

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IX. PATCHING

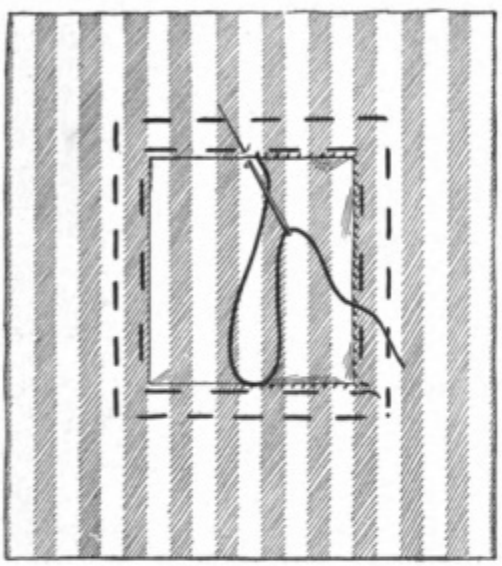

FIG. 27.—HEMMED PATCH, RIGHT SIDE.

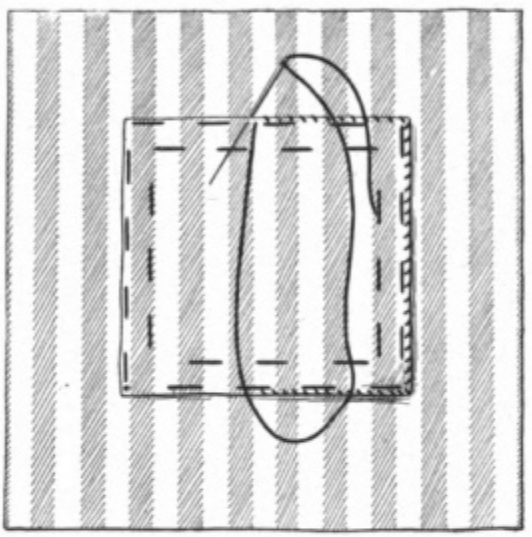

FIG. 28.—HEMMED PATCH, WRONG SIDE.

Materials for hemmed patch.—Striped or checked gingham 5 x 5 inches, with small hole in center to represent worn garment; patch 3 x 3 inches.

Turn $\frac{1}{8}$ inch fold on the right side around the edges of the patch.

Place the patch with its right side against the wrong side of the piece to be mended, with the hole in the center of the patch. Match the checks or stripes, placing the warp and woof threads running the same way in both pieces.

Baste the patch in position and hem down the edges carefully to the piece representing garment.

Cut the worn portion on the right side to within $\frac{1}{2}$ inch of the lines of the hemming.

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Cut the corners diagonally $\frac{1}{8}$ inch, and fold under the edges of the opening.

Baste down to the patch, being careful to keep the corners well folded under. Hem on the right side. Remove bastings.

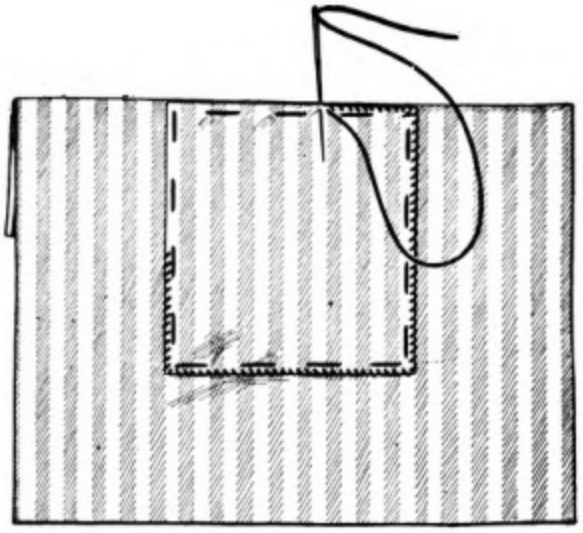

Fig. 29.—Oversewed Patch, Right Side.

Materials for oversewed patch.—Striped or checked gingham 5 x 5 inches, with hole in center; patch 3 x 3 inches.

Turn $\frac{1}{4}$ inch fold toward the wrong side, around the edges of the patch.

Place the patch right side up, on the right side of the piece representing garment, with the hole back of the center of the patch. Match the stripes or checks and baste in position.

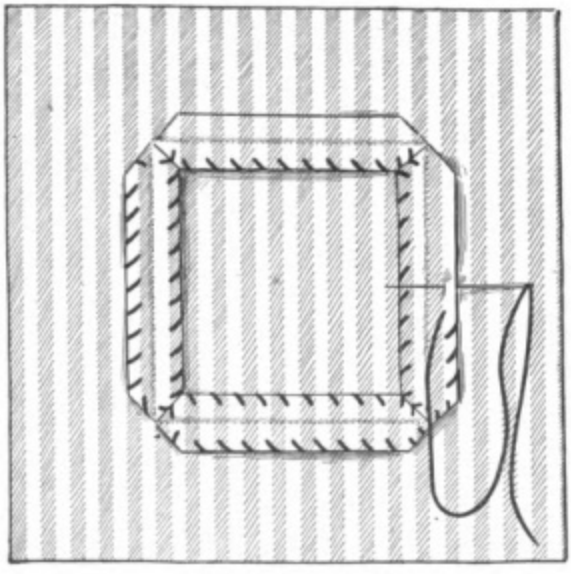

Fig. 30.—Oversewed Patch, Wrong Side.

Fold back the piece representing garment so that the folded edges meet exactly the folded edges of the patch. Oversew these edges carefully together.

On the wrong side, cut out the portion covered by the patch to within $\frac{1}{4}$ inch of the line of oversewing.

Open the seam flat. Cut out the cloth where the corners of the patch fold over.

Overcast the edges separately.

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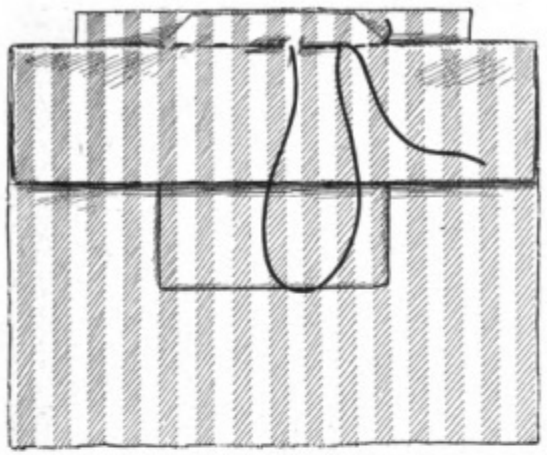

Fig. 31.—Flannel Patch, Right Side.

Materials for flannel patch, set in.—Striped or checked outing flannel 5 x 5 inches, with small hole in center; patch 3 x 3 inches.

Cut a square hole, 1 inch each way, from the center of the piece representing garment.

Fold the piece diagonally and cut into the corners $\frac{1}{2}$ inch.

Place the patch with one edge even with the edge of the hole and the right sides of the pieces together. Keep the warp and woof threads of the cloth even and match the stripes or checks.

Begin at one corner and baste the seam carefully to second corner. Turn and baste to the next corner, keeping the threads of both pieces even. Baste across the next side, being careful that the patch exactly fits the size of the hole, that the threads of the goods are even, and that the stripes or checks match perfectly. Baste along the remaining side to the beginning.

Back-stitch the seam in the line of basting.

Remove the basting, trim the edges even, and open the seam flat. Cut away the corners of the patch that fold over.

Catch-stitch across the open seam from the wrong side, taking very small stitches through to the right side.

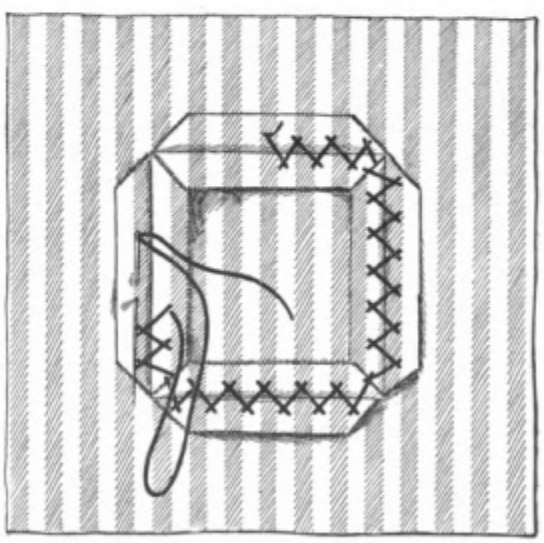

Fig. 32.—Flannel Patch, Wrong Side.

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Materials for flannel patch, catch-stitched.—Striped or checked outing flannel 5 x 5 inches, with hole in center; patch 3 x 3 inches.

Baste patch over the hole with the right side to the wrong side of the piece representing garment, as in hemmed patch.

Catch-stitch the raw edges of the patch to the piece representing garment.

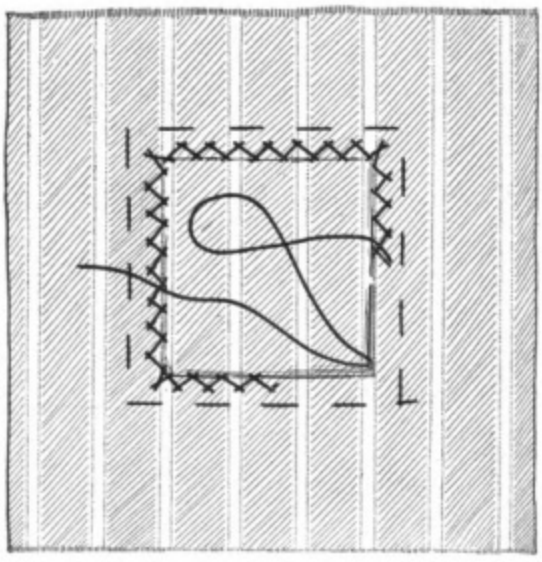

FIG. 33.—FLANNEL PATCH, RIGHT SIDE.

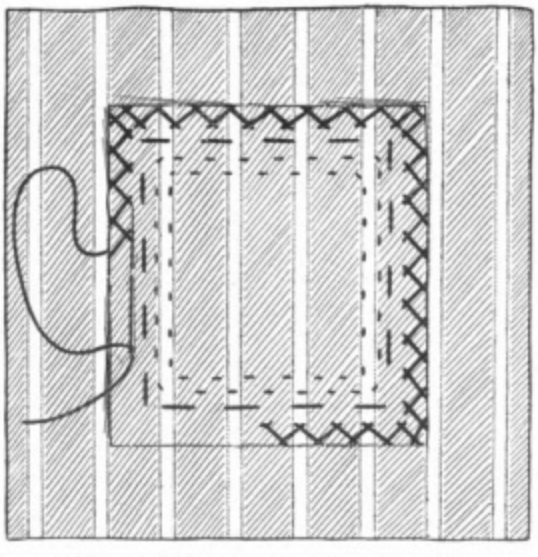

FIG. 34.—FLANNEL PATCH, WRONG SIDE.

Cut out the material from the right side to within ½ inch of the line of catch-stitching around the edges of the patch.

Baste these edges and catch-stitch to the patch from the right side.

Remove bastings.

When mending garments, press the patches from the wrong side, or from the right side with a piece of cloth between the iron and the material to be pressed.

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