

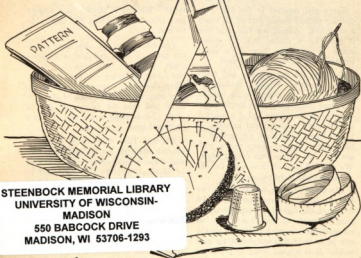
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CLOTHING CLUB WORK



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Outline of Projects 1 and 2.

Extension Service of the College of Agriculture
The University of Wisconsin, Madison

4-H Clothing Club Work

EVERY GIRL should be interested in making herself attractive. Styles change and 4-H girls should be aware of these changes. Knowledge of beauty in line, color, design and workmanship cannot help but bring satisfaction to any girl who desires to be well dressed.

The 4-H girl who chooses clothing for her project is taking an interest in an art which will always be helpful to her. The clothing requirements are planned so that a girl not only learns clothing construction but also the principles of good design whether it be of a towel or a dress. The first year project teaches the details of fundamental construction. In the second year the 4-H girl makes garments for herself applying the principles learned in Project I.

A person inconspicuously well dressed gains poise and confidence in herself.

Equipping the Work Box

Every girl enrolled in the first year clothing project should first of all equip a work box. Almost any fair sized box is good for a sewing box. A strong candy or stationery box or a small wooden or metal box may be used.

Here are the things every girl needs in her workbox: thimble; package of needles, 5 to 10 sharps; pins number BB; tape line, 60 inches in length (with numbers on both sides and a number 1 at each end); white thread numbers 40 to 90; emery bag; small pin cushion or box; and a pair of sharp shears with not less than a three-inch cutting blade. We can find most of these tools for our workbox right at home.

The thimble is the first thing on our list. It is always worn on the middle finger of the right hand and should fit snugly enough so that it will not fall off while we are working, but it should not be so tight that our finger tip gets numb. It is a good thing to put it on the first thing when we sit down to sew. We will soon get so used to it that we do not notice it and it is very helpful in pushing the needle through the ma-

terial. Without a thimble our fingers soon become so sore that it is impossible to sew.

Thimbles—Some of the cheap ones are made of bone, celluloid, and aluminum. After we have used these thimbles a long time, they may become rough. They should be thrown away then for they may catch the threads of the material and ruin the appearance of the cloth. Silver thimbles are best for long continued use.

Needles—There are many kinds of needles and each has its own particular use. The size depends upon the kind of material, and it is always wise to use the very finest needle possible. These are some of the kinds we will use:

“Sharps” No. 8 or No. 9 for ordinary hand sewing; “Sharps” No. 7 for basting, or if you prefer longer needles, use “Milliners” No. 7 to No. 9; “Betweens” No. 7 to No. 9 for fine hand sewing and for buttonholes, for these needles are short and fine and do not bend or break easily; “Crewel” needles with a long eye for embroidery.

Needles that are bent, rusty, or blunted should always be thrown away. They are hard to sew with and may pull the threads of the material. The rusty needles may also leave stains. Leaving the needle in the material is dangerous because the needles may rust and spot the cloth.

Emery bag—The emery bag is included in the workbox because needles that are thrust into it often keep sharp and shining. Use it often.

Pins—Fine pins, about an inch long, are used by most dressmakers. They may be bought in paper packages or in boxes. Those in boxes are called "dressmaker" pins, and when many are to be used, it is cheaper to buy them in this form. In buying pins, be sure to see that the points are sharp, because a blunt pin, like a blunt needle, may pull the threads of the material.

Pin cushion or box—After pins are once taken out of a paper, we need some way of keeping them. A box or pin cushion is best and is one of the most used tools in the workbox. When a box is used, it is a good plan to keep a rubber band around it so the top will not come off and spill the pins in the sewing box or on the floor.

Tape lines—The tape line that we select will need to be made of some material that wears well, because we will use it often. Paper tape lines tear easily, so those made of sateen, cambric, or oil cloth with metal ends are best.

Sixty inches is the length that we all find most useful. The tape measure that we can use most easily is numbered on both sides and has a "1" at each end. Use tape measure frequently, for accurate measurements are necessary for good work.

Thread—Several sizes of thread are handy in the work box. For basting, we will want white basting thread No. 60, which comes on a large spool. This thread is not so strong as the regular

sewing thread, but it is strong enough for basting and is much cheaper than the regular thread. For most of the sewing we are to do, in this circular, we will use number 70. If we buy thread with raised numbers on the spool when paper tags come off it is still possible to tell size of thread.

Shears or scissors—The difference between the two is in the shape of the handles. Shears may be used for almost all cutting. They have a place for the thumb and three fingers while scissors have a place for the thumb and one finger. Scissors should be used only for light cutting such as trimming seams and clipping threads. Buy a good pair of shears of guaranteed make and with at least a 3-inch cutting blade. (Left handed people can buy shears made especially for them.)

In holding shears place the thumb in one handle, the last three fingers in the other handle and hold the first or index finger around the outside of the handle. Cut with long firm slashes which leave no jagged edges.

Keep the shears sharp and do not use them for cutting anything but cloth. When shears are not in use, insert a cork at the tip to prevent the points from being broken or from sticking into a garment or sewing bag.

Measuring gauge—A cardboard gauge is very useful in marking accurate hems, and tucks.

Judging and Scoring

At the end of each project three questions are listed merely to give you an idea of the points to consider when judging and scoring articles. Read them carefully before starting project. All clothing members should bring completed articles to project meeting and do the judging and scoring themselves with suggestions from the club leader.

Learn to use the score card; it will help you improve your work. In proj-

ect I the score card to be used in judging the second, third, and fourth articles is given on page 7.

Demonstrations

Have a simple demonstration at every project meeting. The demonstration titles given after each project suggest demonstrations to be given at project meetings. From them work up more complete demonstrations for the county contest.

Record Book

Every club member will fill out a record book as a part of her project. At the first project meeting fill out front cover and first column of the health page. Filling out the following pages is optional for first year members: clothing inventory, garments made over or repaired, and pictures of complete costume. Fill in accurately and completely every other page of the record book.

Clothing—Project 1

Requirements

1. A hand or tea towel hemmed by hand.
2. Choice of child's animal pillow or animal bean bag to be used as toy.
3. Three square pot holders.
4. Choice of laundry bag, garment protector, or shoulder protector.
5. Simple cotton or linen wash dress.

Hand or Tea Towel

Learning to hem by hand

Material

Linen or cotton may be used.

Linen is more absorbent but is more expensive.

Loosely woven flour sacks absorb moisture more readily than the closely woven sacks and are very satisfactory for tea towels.

Flour sacks should be in good condition with printing removed.

Holes made by stitching in sack should be removed.

Steps in Making

1. Straighten raw edges of material by pulling threads.
2. Cut on drawn threads.
3. Make cardboard gauge size of desired hem. $\frac{3}{4}$ to $\frac{1}{2}$ inch hem is good for tea towel. (See Fig. 1) Hem of hand towel may vary from $\frac{1}{2}$ to 1 inch depending on size of towel. On a large towel a deep hem may be used on both ends or a deep hem on one end and a narrow hem on other end is equally acceptable.
4. Turn raw edge toward you to wrong side $\frac{1}{8}$ inch and crease with fingers being careful not to stretch the material.
5. Turn again to form hem of desired width and crease. The gauge will help make a very even hem.

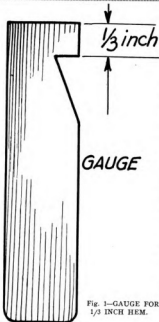


Fig. 1—GAUGE FOR
1/3 INCH HEM.

6. Pin hem every 2 or 3 inches with pins perpendicular to edge and heads of pins toward right so they can be easily removed.
7. Baste hem in place very carefully. Hem all raw edges but not selvages.
8. Sew in hem by hand using plain hemming stitch. It is a slanting stitch that fastens the edge of the hem, which is now held by the basting, to the towel. Shall we practice it on a small piece of material?

To begin—Hold the hem over the first finger of the left hand so that the edge on which the sewing is to be done is next to the right hand. Keep it in place with the second finger and the thumb.

Run the needle through the fold of the hem, bringing it out in the hem and leaving a short end of thread to be caught in the stitching. As usual, we work from right to left. With the needle pointing toward the left shoulder, take up a thread or two of the material and then a thread or two of the hem. This makes a slanting stitch on both sides of the material. The stitches will be about two threads of the material apart.

When you need a new thread, carry the needle only through the under part of the fold, leaving a short end of the thread, just as you did at the beginning. Take a new thread and begin as before in the fold with a small end free. Tuck both ends under the fold and continue hemming.

To fasten the thread—Take two or three tiny stitches through the fold, above the last hemming stitch, just as you did for the basting. These stitches should be very, very small. After we have practiced this on our trial piece, we will sew in the hem of the towel. It will then be finished after we have taken out the basting threads. To take them out, cut the stitches on the left end, take hold of the knot and pull out the thread.

Make stitches close together and pull firmly.

They need to be made securely because a towel is laundered frequently.

9. Use slender needle and thread the same size as the threads of the material.
10. Fasten hem firmly along open ends with hemming stitch.

Decoration

No decoration is needed, however, if used it should be very simple with short stitches.

Neat and appropriate designs can be worked out in cross stitch or running stitch or combination of the two.

Questions

1. Is the material absorbent?
2. Is the towel of a size that will be easy to handle?
3. Will the towel as well as the hemming stitch stand hard wear and frequent laundering?

Score Card

Suitability	40
Material	
Size	
Workmanship	50
Hemming	
Thread securely fastened	
Appearance	10
Clean (Not laundered)	
Pressed	
	100

Demonstrations

1. Equipping the work box.
2. Selecting material for a tea or hand towel.
3. How to hem a towel.

Pet Pillow or Bean Bag

Learning to stitch on the machine

Pet Pillow

Pattern

Use a simple pattern, preferably one that does not have arms and legs cut separately. A simple toy well made is far more satisfactory than a more complicated one carelessly made.

Material

Washable, soft materials with a smooth surface that can be kept clean and sanitary by frequent laundering and will be soft for the child to touch are most satisfactory.

Prints, gingham, percale, or outing flannel are good. Other materials that meet the above requirements may be used.

Stuffing

Use washable stuffing that will not work its way through the cover.

Cotton batting is best because it washes well and makes a light toy that is easily handled by a small child.

Steps in Making

1. Fold material with two right sides together.
2. Pin pattern securely in place.
3. Draw around pattern on the material. (This is the stitching line.)
4. Draw a line $\frac{1}{2}$ inch outside the first line. (This is the cutting line.)
5. Cut out pillow.
6. Embroider any parts which are to be worked with small even stitches and colorfast floss.

7. With right sides of material turned together baste front and back of pillow together.

8. Stitch on marked stitching line.

9. Leave a 2 to 3 inch opening at the bottom of the pillow or at some inconspicuous place for stuffing.

10. Slash seams almost to stitching on sharp inside curves to prevent puckering.

11. Turn right side out and poke out all corners.

12. Stuff only full enough so that it can be washed and handled easily. A child enjoys a toy more that is not too heavy and stuffed too full.

13. Hem the opening by hand with fine hemming stitches and single thread.

Bean Bag

The bean bag is made exactly as the pet pillow except that it will probably be smaller and is filled with beans. It

may be substituted for the pet pillow described above.

Questions

1. Has the stitching run off the edge on any of the curves? Have the stitching threads broken?
2. Is the toy washable?
3. Is it of a size that the child can handle easily?

Score Card

Appearance	15
Neatness	5
Cleanliness	5
General Appearance	5
Design	45
Suitability to purpose	25
Suitability of line, color and material	20
Workmanship	40
Cutting	10
Sewing	20
Finishing	10

	100

Demonstrations

1. The type of toys that are appropriate for children.
2. Stuffing the pillow.
3. Selecting suitable material and stuffing.

3 Square Holders

A 6 by 6 inch holder is used as a standard. A slightly larger or smaller holder may be made.

Material

Cover of holder

Scraps of material may be used.

Color fast gingham, print, percale, cretonne, Indian head, and poplin are suggested because they are durable and washable.

A material is most desirable that is heavy enough to help prevent heat penetration yet not so heavy that it will be difficult to sew through several thicknesses.

Lining

Soft material such as outing flannel or two layers of flour sacking or unbleached muslin is suggested.

The lining should be heavy enough to help prevent penetration of heat yet not stiff and bulky.

Steps in Making

1. Draw threads and cut material for cover of holder exactly 7 by 13 inches.

2. Draw threads and cut material for lining of holder exactly 6 by 12 inches.

3. Place lining in center on wrong side of cover material, leaving a $\frac{1}{2}$ inch margin on all sides.

4. Pin lining to cover as shown in fig. 2.

5. To miter corner (see fig 3).

a. Fold each corner of cover over lining forming a true bias fold. The crease will come just to the corner of lining.

b. Cut away corner of cover to $\frac{1}{4}$ inch from fold.

6. Carefully fold the $\frac{1}{2}$ inch margin over the lining and pin in place and baste. Make square corners. (See fig. 3.)

7. Fold material in half forming a holder 6 by 6 inches and test corners to see that they are square. Adjust if they are not.

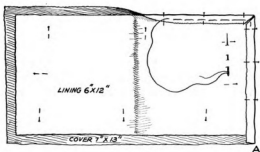


FIG. 2

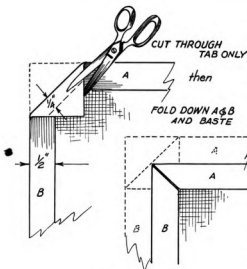


Fig. 3—MITER THE CORNER

8. Test machine stitching on material of equal thickness of holder for length of stitch and correct tension. Tension may have to be loosened and stitch lengthened.

9. Use thread of same color as material. For fine material use fine thread, for coarser material coarser thread.

10. Make hanger as follows (see fig. 4):

Cut strip of material $4\frac{1}{2}$ inches by 1 inch.

Turn in raw edges along each side.

Fold in half lengthwise and baste two folded edges together.

Stitch on both edges of hanger very near the edge.

11. Pin hanger on corner of holder as shown in fig. 4. Fold material to form a 6 by 6 inch holder. Match corners and all sides perfectly so there is no overlapping or puffing in center.

12. Pin and baste carefully around all four sides and through center several times to keep from slipping.

13. Stitch continuously around all sides close to the edge catching lining as well as cover. Make square corners by leaving needle in material at corner, raising presser foot, turning material, lowering presser foot, and continuing along other side.

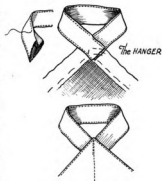


Fig. 4—THE HANGER

14. Stitch across the holder diagonally from one corner to another or straight across from one side to another to hold lining in place. A straight line for stitching may be marked using a ruler and a pin in place of a pencil. (See fig. 5.)

15. To fasten threads firmly and neatly reverse and double stitch $\frac{1}{2}$ inch at beginning and end of stitching.

16. Remove bastings and press.

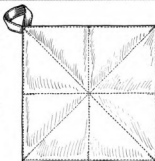


FIG. 5

Questions

1. Is the holder of the correct thickness to prevent heat from penetrating and yet not clumsy and stiff?
2. Stitching—Is it straight? Tension regulated correctly? Stitch correct length?
3. Is the material washable?

Use Score Card p. 7

Demonstrations

1. Correct posture at machine.
2. How to make a neat corner on a holder and sew on the hanger.
3. Selecting the correct size and color of thread for holder.

Laundry Bag, Garment Protector, or Shoulder Protector

Learning to stitch seams. The problem is much the same for all three articles. This project is also planned to teach the 4-H girl to care for her own clothing.

Laundry Bag

Pattern

Make a bag that is simple and easily laundered for either personal or family use. A laundry bag that is very decorative is not in good taste.

Both the hanger and draw string type are good, however, directions will be given for only the hanger bag.

A good size for individual use is 18 inches by 30 inches. For this size it will be economical to buy material 36 inches wide. One for family use should be considerably larger. A good proportion is to have the width of the bag equal $\frac{3}{5}$ or $\frac{2}{3}$ of the length.

Material

1. Material is suggested that is firm, color-fast, of good design and does not become limp when laundered.

2. Plain colors, checks, stripes, geometric designs or small floral patterns with pleasing color combinations are best.

3. Gingham, unbleached muslin or flour sacks, cretonne, and prints are all good if they meet the above requirements.

4. With figured material no decoration is needed. On plain materials, applique or very simple embroidery with cotton or mercerized floss may be used, however, it is not necessary.

Steps in Making

Making pattern

1. Select the dress or coat hanger which will be used in the laundry bag. A wooden one is good because it will not rust.

2. Cut a piece of wrapping paper 18 inches by 30 inches.

3. Place hanger across one end.

Draw around upper curve of hanger and continue to edges of paper. Cut on this line.

Cutting out bag

1. Fold material in half lengthwise of material.

2. Lay pattern on thereby cutting front and back alike.

3. Cut a strip of cloth 13 inches long and $2\frac{1}{2}$ inches wide to be used for facing of opening. Since this piece should be cut lengthwise of the material, it will be economical to use a piece from the scrap bag which harmonizes with the material of the laundry bag.

Construction (See Fig. 6)

The opening for the laundry bag will be made down the center of the bag starting at the hook of the hanger. This opening may be faced or bound,

however, the younger girls will do better work on a faced opening so the directions for this method will be given.

1. Crease the facing strip down the center lengthwise.

2. Crease down center front of bag from top about 14 inches to mark opening.

3. Place right side of facing to right side of bag, bringing one end of facing to top and center front.

4. Pin facing to bag, bringing creases together. Baste.

5. Start at top and stitch down strip about $\frac{1}{8}$ inch from crease to $1\frac{1}{2}$ inches from opposite end of facing. At this point stitch in a slanting direction for $\frac{1}{2}$ inch to the center crease. With the needle in the material lift the presser foot, turn material, lower presser foot and stitch back to the starting point on the opposite side of the crease.

6. Cut down the center crease through facing and bag to the stitching line. Every thread of material up to the stitching must be cut to prevent puckers at the corner.

7. Turn facing to wrong side and press on the stitching line.

8. Turn under raw edge of facing about $\frac{1}{4}$ inch and baste to bag. Stitch. If the facing is of contrasting color it may be turned to right side and used as a trimming.

9. The bag is now stitched together on the three open sides. Since it will be laundered often, choose a seam which is durable. A French seam may be used on the lighter weight materials. A plain seam with one more stitching on the two raw edges which have not been pressed apart, may be used on heavier as well as lighter weight materials. An overcast seam is acceptable.

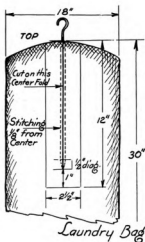
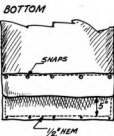


FIG. 6



This same type of laundry bag may be made by folding the material lengthwise bringing the selvages to center front and lapping them about 1 inch. A $\frac{1}{2}$ inch seam

is then taken from one end to within 12 inches of opposite end. The seam is pressed open and a hem made from the end of the stitching to the top of the bag. The curve is then cut across the top to correspond with the curve of the hanger. No facing is needed.

Laundry Bag With Opening at Bottom

The older girl who has had considerable sewing experience may want to make an opening at the bottom of the bag where the laundry can be removed.

Steps in Making

1. The same pattern as given above is used except that the front and back are cut separately and front of bag is 5 inches longer and back of bag $5\frac{1}{2}$ inches longer.
2. The opening is faced as in above directions.
3. Turn under raw edge $\frac{1}{4}$ inch across bottom of the front section. Baste in a 5-inch hem and stitch.
4. Baste and stitch seams on two sides and across top of bag.
5. Baste small hem on the two sides of the back flap which is now $5\frac{1}{4}$ inches

longer than the front. This hem should be of a size that will make the flap the same width as the bag.

6. Baste and stitch $\frac{1}{2}$ inch hem across end of flap.

7. Sew on 5 snap fasteners to hold flap in place, using buttonhole stitch. The thread is fastened securely under the snap and then the needle is brought up from the wrong side part way through the hole. Wrap the double thread from the eye of the needle around the point from right to left, bring the needle through the eye of the snap and pull it out until the knot or "pur" is on the edge of the snap. Continue working from the right to left until each eye is securely fastened. Be sure that the two parts of the snap are opposite each other on the hems.

Garment Protector

Pattern

1. Cut a piece of paper the width of the hanger you are to use plus 4 inches and the length of your longest dress plus 8 inches or 10 inches.

2. Lay paper on table and place a dress hanger across one end.

3. Mark around the upper edge of the hanger and continue to either edge of the paper. Cut along this line. This pattern is used for both back and front.

The protector must be wider than the hanger when finished so as not to crush the garments. Opening may be left up center front or down one side. Directions are given for side openings. It need not be left open clear to the bottom. The protector will keep the garment cleaner if it is not and if it is closed across the bottom.

Material

Use closely woven color fast materials such as: gingham, percale, prints, denim, ticking, unbleached muslin, or closely woven flour sacks. Do not use a heavily sized material because it will become sleazy when washed. When a heavily sized material is rubbed between the hands starch will be loosened and show on the fingers. A firmly woven material is desirable to prevent dust from sifting through.

Shoulder Protector

Pattern

You may make your own pattern by drawing on paper around the top of the hanger you are to use and adding 2 inches on each end. The protector need only be 8 or 10 inches deep.

Material

Same as for garment protector.

Steps in Making

1. Lay pattern on material. Pin and cut out.

2. Stitch $\frac{1}{2}$ inch seam from bottom of protector up side which is to be used for opening, to about 25 or 30 inches from the top. Reverse and double stitch for $\frac{1}{2}$ inch. The length of the side opening needs to be only long enough to allow the garments to be taken in and out easily.

3. Turn raw edges of side opening under about $\frac{1}{4}$ inch from top to bottom of protector.

4. Turn again to form $\frac{1}{2}$ inch hem and baste. Stitch hem very near the basted edge the entire length of protector.

5. The other three sides of the bag are basted together leaving a 3 inch gap at center top for the hook of the hanger. If a French seam is to be used, the bag is basted together with wrong sides of material together. For any other seam right sides are basted together. A French seam is satisfactory with fine material, however, a plain seam self-stitched is more satisfactory with heavy material such as heavy cretonne or ticking. (Described under Laundry Bag, point 9)

6. Turn a narrow hem on each side of the 3 inch gap and hem by hand.

7. Snap fasteners are sewed about every 5 inches down each side of the opening. A medium sized snap holds well and is easily opened and closed.

Steps in Making

1. Make seams on top and two sides same as for garment protector, leaving 3 inch gap at center top.

2. Baste small hem around bottom of protector. Stitch by machine.

3. Roll a small hem around gap at top and hem by hand.

Questions

1. Will the protector or bag stand frequent laundering?
2. Have the seams been finished so that they will not fray?
3. Have fasteners been sewed on neatly with button hole stitch? Does the knot of the stitch come to the outside edge of the snap?

Use Score Card on page 16

Demonstrations

1. How to apply a facing.
2. How to make a French, overcast and self-stitched seam.
3. Sewing on fasteners with button hole stitch.

Simple Wash Dress

To select material and to make a simple linen or cotton dress that is suited to the girl for home or school wear.

Pattern

Select a very simple, up-to-date commercial pattern that is the correct size for your bust and hip measurements.

For your first dress select a pattern with a simple sleeve. Some kimono and cap sleeves are attractive and a raglan sleeve gives a graceful line as well as freedom of movement. A set-in sleeve is a part of the second year project.

Material

1. Materials for a wash dress should be fine yet durable, color-fast, easily laundered, reasonable in cost, and suited to the pattern as well as to home or school wear.

2. If the material has not been sanforized it should be shrunk before making.

The following method may be used:

- a. Leave material folded and soak until entirely saturated or about fifteen minutes in slightly warmed water.
- b. Hang on clothes line with center crease on line. Pin so that the threads remain straight.
- c. Iron when almost dry. Press

with lengthwise threads to prevent stretching out of place.

3. Gingham, print, percale, Indian head, poplin, broadcloth, seersucker, pique and non-crush linen are serviceable, practical and suitable for a home or school dress. Each season brings new and interesting material, but be sure that it meets the above requirements before purchasing.

4. Soft cool colors are best for summer and designs that are rather small are usually more appropriate. Plain colors, checks, stripes, small plaids, geometric or small floral designs are usually in good taste. If plaids are used they should be matched. Remember too gaudy colors and designs take from the attractiveness of the girl herself. Consider your own coloring and personality as well as the accessories which you have on hand when buying materials.

Trimnings

The same material as the dress in contrasting color, fine cotton or mercerized bias tape, buttons and buckles that are not too heavy and bulky, and simple decorative stitches may be used.

Steps in Making

1. Carefully study all directions that come with pattern.

a. Pin all parts of pattern together on seam line and try on.

b. Bring pattern to center front and center back. Test to see if it fits.

c. Make alterations needed on paper pattern using darts, tucks and inserts as described on pattern directions.

d. Collar lines and other simple changes should be made to make it more becoming to the wearer.

2. Lay pattern on material according to guide pattern chart.

a. Be sure material is free from wrinkles.

b. Pin entire pattern on material with pins perpendicular to edge as shown in Fig. 7. If extra material is left the pattern may be moved to allow for a deeper hem.

c. Make all necessary markings such as tucks, darts, gathers, plaits, etc. with tailor's basting.

A tailor's basting stitch is made with a double thread and leaves a raised loop in each stitch. The materials are then separated to the extent of the length of the loop and the thread clipped. This insures accurate marking on two similar pieces. See figure 7.

d. If there is a right and wrong to material and the sleeves are cut separately, turn pattern over before cutting second sleeve. This is to avoid cutting two sleeves for same arm.

e. Have the pattern checked by leader or some experienced person before cutting. Cut out the dress yourself.

3. Cut pattern according to directions.

a. Cut notches to extend from the edge of the garment rather than into the garment. Notches will be clip-

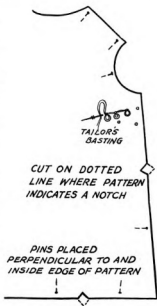


FIG. 7

ped off after seam is stitched. See figure 7.

b. Use sharp shears and cut with a long even stroke.

4. Sewing the dress.

a. Baste together in the order given in directions.

b. Have some experienced person help with fitting. A garment that is not too closely fitted gives freedom of movement, however, the present styles call for garments that are well fitted.

c. Running stitches around neck, armcyes and other places where there is strain will prevent stretching while garment is being tried on.

d. The choice of seams will depend on the material you are using. A flat finish is desired, so choose a seam that will give a smooth tailored appearance on the right side. A French seam may be used on very fine materials but never on a heavy material. A plain seam overcast, pinked, or self-stitched is preferred on gingham and other materials of that quality. A self-stitched seam is made as follows:

Stitch plain seam and press raw edges apart. Two raw edges are turned under and stitched separately. (Fig. 8).

e. Stitching

Use cotton or mercerized thread the color of the material. Size of thread should be as nearly as possible the size of the thread of the material. Check length of stitch and tension.

f. Hem dress by hand.

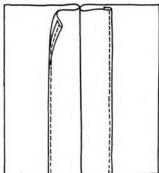


Fig. 8—A SELF-STITCHED SEAM

Questions

1. Is the material and style of dress appropriate for home or school wear?
2. Are the trimmings simple and easily laundered?
3. Is the style youthful, of good proportion and up-to-date?

Score Card

Materials used Including Trimmings and Accessories.....	30
Suitability to design and purpose of dress.....	15
Durability of materials.....	10
Laundering and cleaning qualities.....	5
Design and Color.....	20
Suitability to occasion.....	10
Individuality.....	5
Beauty of line and color in relation to wearer.....	5
Workmanship.....	30
Choice and neatness of seams, hems, finishes, etc.....	15
Perfection of stitching (hand or machine).....	15
General Appearance.....	10
Cleanliness.....	5
Pressing.....	5
Relation of Garment Value to Cost in Time and Money.....	10
Total Score.....	100

Demonstrations

1. Choosing colors that are becoming to the girl.
2. How to test dress pattern and make following alterations: lengthen and shorten dress, make dress wider and narrower.
3. How to hang a dress and mark hem line.

Clothing—Project 2

Requirements

1. Collar or Collar and Cuff Set.
2. Slip to be worn with wash dress.
3. Wash Dress for School, or Blouse and Skirt, or Blouse and Jumper.
4. Darning and Patching— Make five of each.

Planning the Costume

Before the 4-H Club girl starts her second year in the clothing project she should plan the type of clothing which she will need. These new garments that she intends to make and select should harmonize with the clothing which she already has on hand and thus form complete outfits which can be suitably worn to the places she will go.

*It is necessary to distinguish between wants and needs. The average girl does not have very much money to spend on wants; she is fortunate if she has enough to meet her needs.

*Maryland.

"The economy of a costume is very largely determined by the relation of its cost to the number of times it is worn with satisfaction. A dress that soon goes out of style, proves unbecoming, or wears out quickly may be considered expensive, while one that costs more money but gives greater satisfaction, may be very economical. The cost of upkeep on a dress should be considered as carefully as the initial cost. Time and expense of pressing and cleaning determine the wearing cost of many garments. It is an economy to pay more for a fabric that can be cleaned and pressed at home."

Collar or Collar and Cuff Set

To be worn with dress or dresses in wardrobe

Design

1. Select an up-to-date design that will make a collar which can be laundered easily.

2. Study carefully lines of face. A long pointed collar will make a long face appear longer and likewise a round high neckline will make a round face appear fuller. Try on various styles cut out of paper.

3. Those that do not have to be sewed to the dress are easily cared for.

4. A simple crocheted set will meet this requirement.

Material

1. Use cotton or linen material.
2. Choose a material with colors that

harmonize with the colors in the dress on which the collar is to be worn. Since the collar is to be worn next to your face choose a color which is very becoming to you.

3. Material that has a very small figure, small plaid, or checks, or a plain color is most suitable.

4. The material should stand frequent laundering.

Construction

1. In case you make your own pattern it is advisable to make up the collar of old material to test the pattern before it is cut of new material.

2. Collars and cuffs should be lined with the same material of which they are made or a light weight cotton.

Questions

1. Was the collar made so that there are no raw edges showing?
2. Can it be easily detached from the dress?
3. Does it fit smoothly?

Use Score Card on page 16

Demonstrations

1. The effect of various necklines on different faces.
2. Selecting a design and color that is appropriate to the dress with which the collar is to be worn.
3. How to make a pattern of a collar.

Slip

To make a slip that fits smoothly with no extra fullness, yet one which allows for freedom in walking and has shoulder straps that stay in place.

Design

1. A built-up or semi-built-up neckline is comfortable because the straps stay in place. The back line may be straight or built up.

2. A straight line slip is best because it is not as apt to twist around the body as the bias cut slip.

3. It should fit closely and smoothly at the hips, waist line and bust yet be wide enough at the hem line to allow freedom in walking as well as in active sports. Darts at the waist line will take care of extra fullness.

4. A commercial pattern should be altered to meet these requirements. (See Fig. 9.)

Material

1. A smooth, fine, light to medium weight cotton material is suggested for the slip.

2. The material should be durable so that it will stand frequent laundering. It should be free from sizing. When a heavily starched material is rubbed between the hands starch will be loosened and show on the fingers.

3. White nainsook, batiste, zephyr gingham is excellent and long cloth are suitable. Other materials which meet the above requirements may be used.

4. If the material has not been pre-shrunk or sanforized it should be shrunk before it is made up to insure an excellent fit.

The method may be used as described on page 14.

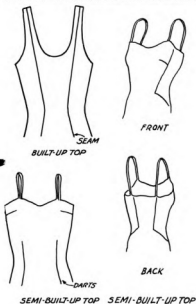


FIG. 9

7. If darts are used and they are wider than $\frac{1}{4}$ inch the additional width should be cut off. The two raw edges are stitched together near the edge and then overcast with small stitches. This gives a flat finish.

8. Straighten the bottom edge of the slip, turn under $\frac{1}{8}$ inch and stitch. Turn up hem and baste in place, taking care of fullness with small darts. Hem by hand.

Construction

1. Make necessary alterations on the commercial pattern to meet above requirements.

2. Cut out slip according to pattern directions allowing 3 inches for hem.

3. Test machine stitch for tension and length of stitch.

4. Use French seams about $\frac{1}{4}$ inch wide when finished.

5. Narrow straps about $\frac{1}{2}$ inch wide when finished and stitched on both edges by machine are durable and attractive. They are basted in place before the neck facing is applied.

6. Face top line of slip with true bias of material or bias tape. If it is cut very narrow so that the finished facing is about $\frac{1}{4}$ inch wide and it is stitched on both edges with machine you will have a very tailored and durable finish.

Questions

1. Does the slip fit smoothly under the dress?
2. Do the straps stay in place on the shoulders?
3. Is the hem large enough to allow for growth and is it put in by hand?

Demonstrations

1. How to put in the hem of the slip.
2. How to make darts at waistline of slip.
3. Regulating tension and length of machine stitch for different materials.

Score Card

Materials Used, including trimmings	30
Hygienic aspects	10
Durability of materials	10
Laundering qualities	10
Workmanship	30
Choice and neatness of seams, hems, finishes, etc.	15
Perfection of stitching (hand or machine)	15
Design	20
Suitability	10
Protection and modesty	
Comfort	
Beauty in line and color	5
Originality	5
General Appearance	10
Cleanliness	5
Pressing	5
Relation of Garment Value to Cost in Time and Money	10
Total score	100

Wash Dress for School or Blouse and Skirt or Blouse and Jumper

To make a dress for school which will best meet your needs and which is attractive yet simple in design.

Design

1. Select an up-to-date commercial pattern which is simple in design.
2. The style should be suited to your figure and personality.
3. Tailored garments are suited to sport and active wear for which this garment is intended.
4. Choose a design with simple trimmings which are easily laundered and will remain attractive after considerable amount of wear. Buttons and buckles may be used effectively if they are not too heavy and bulky.
5. Remember that simple, beautifully made tailored dresses when commercially made are more expensive than the fussy ones.

Material

1. Cotton and linen are suggested. If you have done a considerable amount of sewing you may make the skirt and jumper of woolen material.
2. Colors that do not show soil are especially good for school wear. Large plaids must be matched at the seams. Small figures, checks, stripes and plain colors are good. Large conspicuous designs and colors are not in good taste for school wear.
3. Gingham, print, pique, seersucker in fast color and of a durable quality are suitable for school wear.
4. If wool is used select material that is firmly woven. A mixture of wool and cotton does not wear as well as all wool,

wrinkles very easily and soon becomes shabby and loses its original shape.

5. If either wool or cotton material is not sanforized or pre-shrunk it should be shrunk before making it up. Directions for shrinking cotton are given on page 14. Woolen material should be wrapped in damp towels or sheets and left until evenly damp all over. It is then hung on line and the same as for cotton material. When nearly dry, it is pressed using a heavy pressing cloth.

Construction

1. Pin commercial pattern together and try on to test for size.

2. See that plaid or other designs are matched and pin entire pattern on before cutting.

3. Mark all darts, tucks, placing of pockets, etc. with tailor's basting.

A tailor's basting stitch is made with a double thread and leaves a raised loop. The materials are then separated to the extent of the length of the loop and the thread clipped. This insures accurate marking on two similar pieces. See Fig. 7.

4. Use running stitch at neckline and all diagonal raw edges that will stretch when the garment is tried on.

5. Baste garment together as directed and try on before stitching.

6. Stitching thread should match material.

7. Be sure that tension and length of stitch are properly regulated. Correct stitching will add to the beauty of the garment.

8. Press seams on all pieces before these parts are attached to the rest of the garment. A damp heavy pressing cloth should be used for pressing wool. Do not press until material is completely dry. If left slightly damp it will not become shiny.

9. On most firmly woven dress materials the best finish will be a plain seam with the two raw edges finished in one of the following ways.

a. Overcast

b. Pinked

c. Self-stitched

d. Bound if material ravel badly

On most dress materials a French seam does not give a flat tailored finish which is fashionable at the present time.

10. A lapped seam is used in sewing on yokes and some trimmings and tailored finishes.

11. Considerable care must be taken in sewing in a set-in sleeve. A plain set-in sleeve should not have any fullness showing at armseye and yet it should be large enough to allow freedom of movement.

Questions

1. Are the seams suited to the material?
2. Does the dress fit well? Allow for freedom of movement?
3. Is the workmanship neat?

Demonstrations

1. How to make tailor's basting.
2. Putting in a hem.
3. How to make a set-in sleeve.



Score Card

Materials used including trimmings and Accessories	30
Suitability to design and purpose of dress	15
Durability of materials	10
Laundering and cleaning qualities	5
Design and Color	20
Suitability to occasion	10
Individuality	5
Beauty of line and color in relation to wearer	5
Workmanship	30
Choice and neatness of seams, hems, finishes, etc.	15
Perfection of stitching (hand or machine)	15
General Appearance	10
Cleanliness	5
Pressing	5
Relation of Garment Value to Cost in Time and Money	10
Total Score	100

Repair of Clothing

A. Darning—To learn to darn hosiery and make five darns.

1. Wash hose.
2. Trim away any loose threads around the hole.
3. Use a long slender needle with long eye.
4. Mercerized thread can be used for cotton, lisle, or silk hosiery, however, wool yarn should be used on wool hosiery.
5. Use a darning or substitute.
6. Divide the darning floss so that the thread you use will be about the same thickness as the thread of the hosiery.
7. Do not use a knot. Work around the hole taking a stitch in each loop to keep it from running.
8. The darn should extend beyond the hole to cover all weak parts. Work over these thin places with a running stitch as shown in Fig. 10. Stitches going in one direction are worked in first.
9. The crosswise threads are woven over and under the other threads. The finished darn should be smooth and no thicker than the stocking which has been darned.

B. Patching—To learn to patch a cotton article. Make five patches.

1. Patch with the same material as the garment on which you are working. With a commercially made garment it may be necessary to cut the patch from some inconspicuous place such as facing of belt, hem, or collar lining. If the garment has faded bleach the patch until it matches.
2. Trim away weak places around the hole making square corners and cutting with the thread.
3. Cut the patch 1 to 2 inches larger than the hole matching the figures so that it will be practically invisible.
4. Crease on all four sides of hole about $\frac{1}{4}$ inch from raw edge.
5. Cut all four corners diagonally to folded corner.
6. Fold raw edges of patch to *right* side of patch, and raw edges of hole to wrong side.
7. Pin patch in place and baste at both folded edges.
8. Hem each edge using a small invisible hemming stitch.

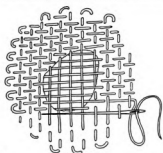


FIG. 10

Minute-and-a-half-Patch

1. Trim the hole back to firm material cutting with the thread and forming square corners.
2. Crease a three-eighths inch seam allowance on all sides and locate corners.
3. Cut the four corners from the cut edge to the creased corners.
4. Turn the garment wrong side out.
5. Place a piece of matched material right side up on the machine with a warp edge under the foot and the cloth to the left of it. Make no attempt to size it for a patch, but see that the two sides and a corner are trimmed to straight edges.
6. Match one side—a warp cut—of the trimmed hole to the same grain of the patch piece.

7. Begin to sew in the center length of side A and stitch to corner. Leave the needle down, raise the foot and pivot the garment and stitch along a new side. Pull the material well up to the needle before beginning a new side to avoid weak corners. Match the grain and sew on the creased seam line and pivot until all sides are fitted. Fit the corners by pushing the unstitched edge close to the needle before lowering the foot to proceed to a new side. When the seam is finished, cross the stitching for one inch and stitch diagonally out to the edge (B).

8. Stitch the edge of the seam. Stitch diagonally across the corners (C).

9. Stitch inside the square corner made by first stitching catching three or four threads of the garment to make the corner strong. A slight pucker is permissible.

10. Trim away the patch piece except at the corners (D). These are built out to a right angle corner. It is possible to make a perfect fitting patch and match the grain of the material. Flatten the patch in the garment.

NOTE: This is an excellent patch for overalls, as the patch can be put on with the sewing machine without ripping the leg seam.

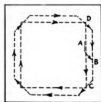


FIG. 11



Questions

1. Is the darning smooth and not bulky?
2. Is the patch noticeable or is it practically invisible?
3. Is it firm and strong at the corners?

Score Card

Darn

Inconspicuousness of Darn	60
Choice of thread or yarn used	20
Size and position of stitches	20
General neatness of work	20
Durability of Result	30
General Appearance of Exhibit	10
Cleanliness	5
Pressing	5
<hr/>	
Total Score	100

Patch

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
Suitability of Type of Patch to Article and Fabric	20
Durability of Result	30
General Appearance of Exhibit	10
Cleanliness	5
Pressing	5
<hr/>	
Total Score	100

Demonstrations

1. How to darn the heel or toe of a silk stocking.
2. How to patch an apron or house dress.
3. How to make a minute-and-a-half patch on a sleeve or on a leg of an overall.

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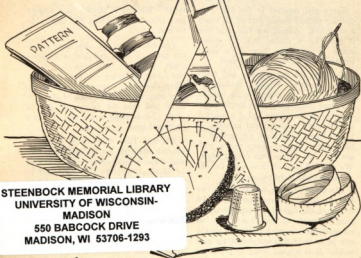
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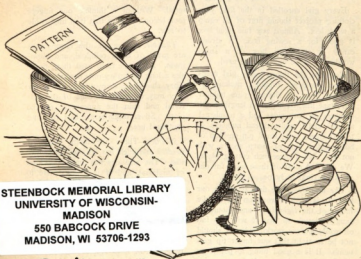
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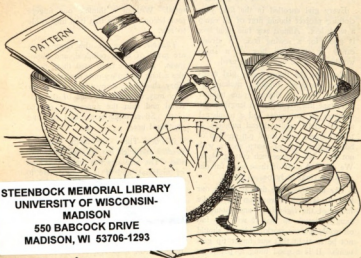
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