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# 4-H Beginner's CLOTHING

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*Agricultural Extension Service*  
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In the preparation of this clothing bulletin for Minnesota 4-H clothing members, material has been included from 4-H publications of Maryland, Kentucky, Michigan, and other states.

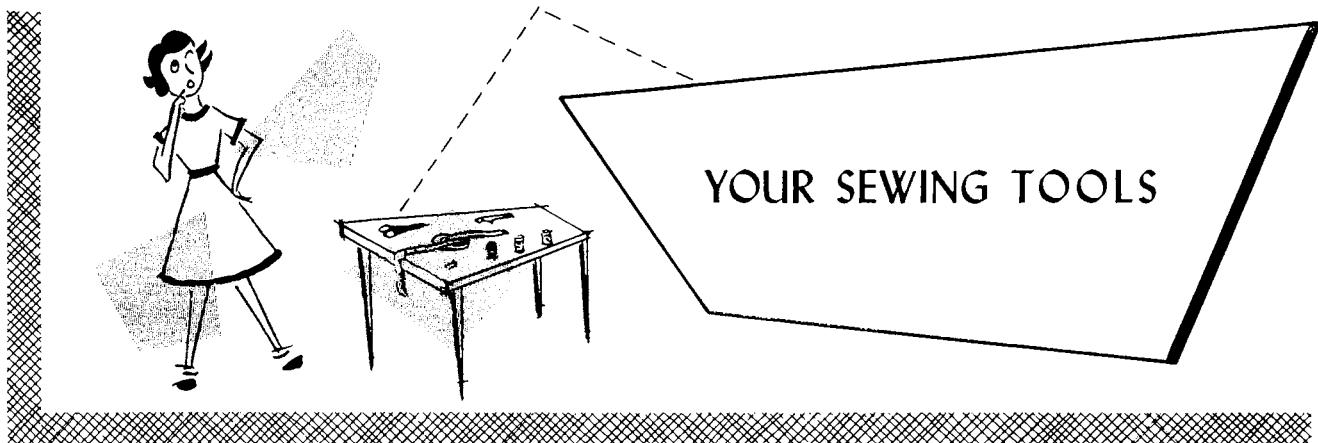
4 - H

# BEGINNER'S CLOTHING

ATHENE SCHEID

YOU ARE ABOUT TO START ON A NEW ADVENTURE—learning to sew. It will take time and work, but you will have fun too. And when you wear what you make, how proud and happy you will be.

In beginner's clothing you may make one or more blouses, skirts, dresses, or sleepwear each year. This bulletin will tell you important things about sewing.



CERTAIN TOOLS ARE NEEDED FOR SEWING. As you select each one, learn what it is for and how to use it properly.

Keep your sewing tools in a box, basket, or small suitcase. Mother and your 4-H leader can help you plan how to arrange them neatly. Then it is up to you to be a good housekeeper each time you sew.

## How to Choose

Here are some of the tools you will use—

### FOR CUTTING

Scissors—Used for clipping threads and cutting in small places. A good size is 4 inches long. Make sure they are sharp and cut all the way to the points. Both handles of scissors are the same size and shape.

**Shears**—Used for cutting out garments. A 7-inch one, with a bent handle, is easy to use. Place thumb through the round handle and fingers in the oblong opening. Use shears to cut cloth only so they stay sharp.

### FOR SEWING

**Needles**—Come in sizes 1 to 12. Size 1 is very coarse and size 12 is very fine. Select a package of sizes 5 to 10 or 3 to 9. Keep needles in the package because the black carbon paper prevents rusting.

Needles for hand sewing are called "sharps." They are slender, medium in length, and have round eyes.

**Pins**—Look for word "dressmaker" on the package or box. These pins are small, slender, and have very

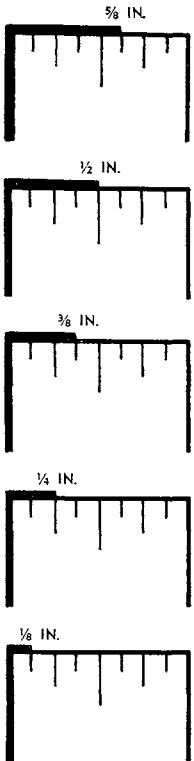


Fig. 1.

sharp points. They go into the cloth easily and make only tiny holes.

As you sew, wear a wrist pin-cushion. (See page 10 for how to make one.)

**Thimble**—Used to push the needle through cloth. Wear it on the middle finger. Your thimble fits if it is snug enough to stay on and the fingertip just touches the end. A lightweight metal one is best.

### FOR MEASURING

**Tape Measure**—Choose one made of firm material with metal tips. At each end it should have a number "1" on one side and a number "59" on the other. Numbered this way it is easy to use.

**Ruler**—Either 6 or 12 inches long. Learn the parts of an inch — $\frac{5}{8}$ ,  $\frac{1}{2}$ ,  $\frac{3}{8}$ ,  $\frac{1}{4}$ , and  $\frac{1}{8}$ . They are used often in sewing (see figure 1).



Fig. 2.

**Hem Gauge**—Make your own from stiff paper (see figure 2) or buy a metal one (see figure 3).

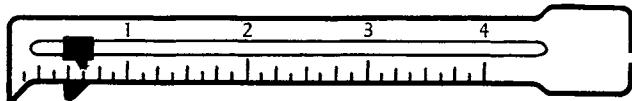


Fig. 3.

### FOR MARKING

**Tailor's Chalk**—Use it for marking on cloth. It brushes off easily if it isn't the waxy kind. One or two colors will be enough.

**Tracing Wheel And Paper**—These aren't needed until you sew with a pattern (see page 23). Then get a tracing wheel with blunt points and a handle small enough to fit into the palm of your hand.

Different colored sheets of tracing paper come in one package. Pieces cut 4 or 6 by 20 inches are easy to handle. Fold crosswise with wax side in.

## How to Use

Let's practice using a few tools:

**Threading A Needle**—Cut about 24 inches of thread from the spool. Make a slanted cut. Hold fingers  $\frac{1}{2}$  inch from this newly cut end and put thread into eye of needle. Pull this same end twice as long as the other and knot.

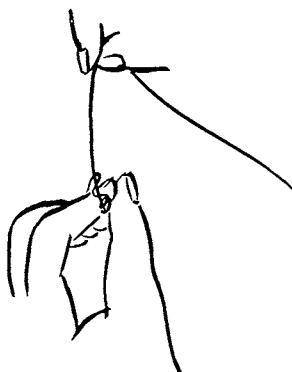


Fig. 4.

To make a knot (see figure 4), hold the long end between the thumb and forefinger of your left hand. Then wind thread once around the tip of your forefinger. Roll the threads together by pushing the thumb forward and your forefinger back.

With your middle finger, push down on the loop. Pull the long end with the other hand and tighten the knot. It takes practice to make small knots without tails.

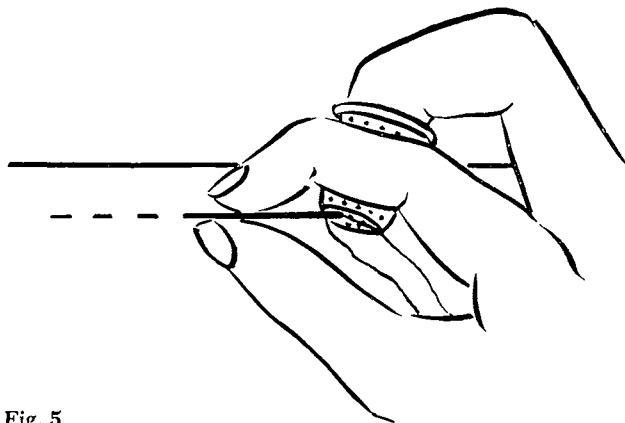


Fig. 5.

**Wearing Your Thimble**—Use your thimble to push the needle through the cloth. Hold your hand as in figure 5. Take three small stitches and then push needle forward with the thimble. Pull needle through, pointing it toward your left elbow. Practice this each time you sew by hand. After awhile, you'll forget you are wearing a thimble.

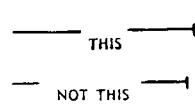
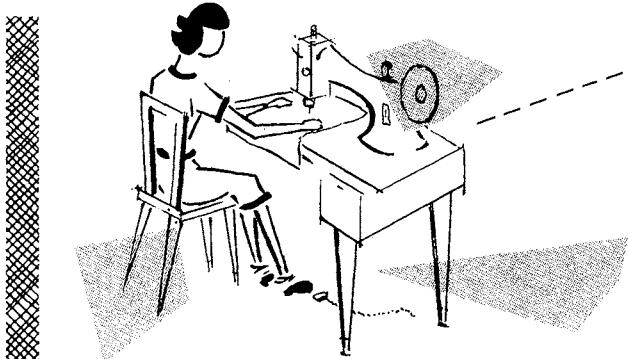


Fig. 6.

**Placing Pins**—Pins help you hold your work in place. Learn to have only  $\frac{1}{4}$  inch (figure 6) of material between where the pin goes in and comes out.



## THE SEWING MACHINE

THE SEWING MACHINE IS MADE OF MANY DIFFERENT PARTS, each with a particular job. Compare figure 7 with your own machine and find each part.

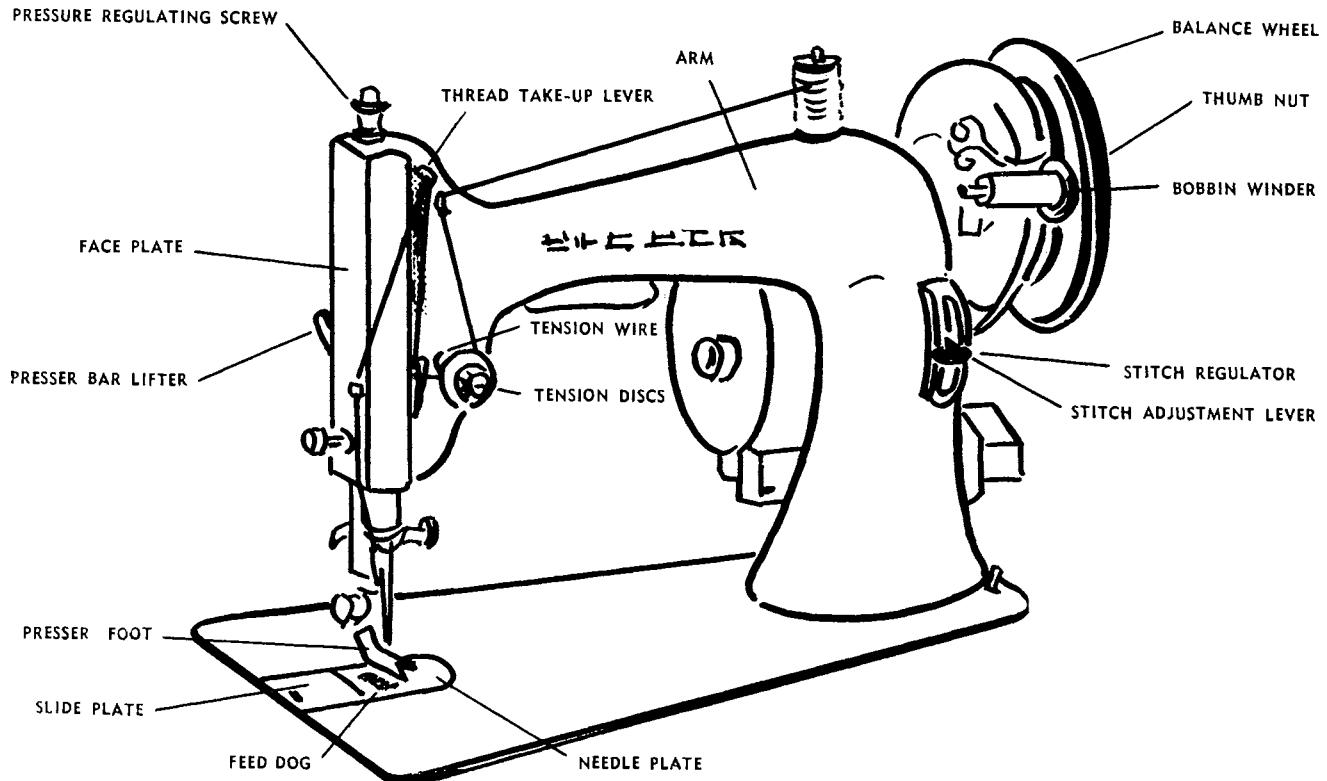


Fig. 7. The parts of the sewing machine.

## Stop and Go

First, let's see how to start and stop the machine properly.

Your machine may have an electric foot control. If so, place the control box 4 to 6 inches in front of where your right foot normally rests when you are seated at the machine. Put your heel on the floor and the front part of your foot on the foot rest and control button. To start, gently press the control button.

Or, your machine may have an electric knee control. Then press against the lever with the upper part of your leg.

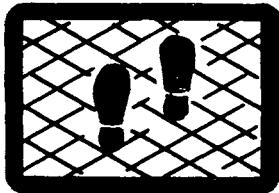


Fig. 8.

Then with the heel of your left foot. Do this over and over again until the machine runs smoothly.

To stop, place your right hand on the balance wheel. At the same time, quit treading or pushing on the control button.

## Now Let's Run

Like an automobile, a machine can go fast or slow. It's up to you to control it. To begin, run the machine unthreaded with the presser foot up. Here's how!

With your right hand, move the balance wheel in the proper direction for your machine—some turn forward and others backward. Press the electric foot or knee control or treadle slowly until the machine runs. Go from slow to fast, from fast to slow, and then try a steady medium speed. Always start and stop slowly.

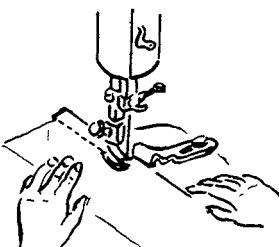


Fig. 9.

Keep hands a safe distance from the needle. Place your right hand 3 inches in front and your left hand 3 inches to the left of the needle (see figure 9). Let your hands feel limp. But, always sit erect in front of your sewing machine.

## STITCHING WITHOUT THREAD

Forget about thread at first. But, use a seam guide  $\frac{1}{8}$  inch to the right of the needle. Yours may be either

a metal one or a 5-inch strip of plastic gummed tape (see figure 10).

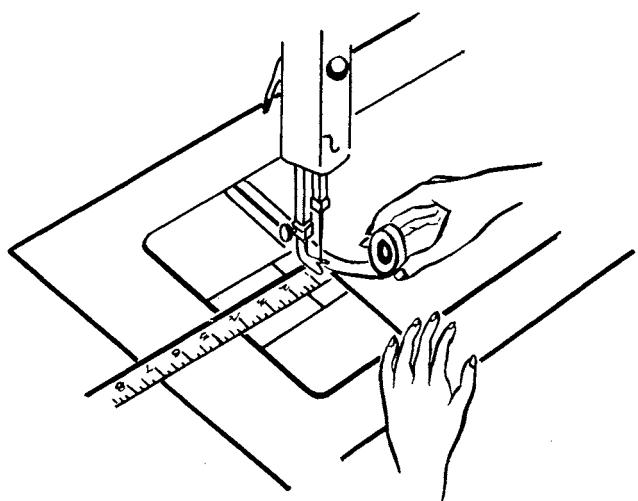


Fig. 10.

Place material under the presser foot. Turn the balance wheel until the needle is in the cloth. Then lower the presser foot.

As you stitch, let the material move along just touching the seam guide. Watch this edge, not the needle, as you guide the cloth lightly with your hands.

Stop stitching at the end of the cloth. You are not to run off. Before raising the presser foot, turn the balance wheel until the take-up lever is as high as it will go. Remember, only then is your last stitch completed.

Now let's change the direction you are sewing—turn corners and stitch backwards. To turn corners, stop with needle down. Raise presser foot and turn your work. Then lower presser foot and stitch. This is also one way to stitch backwards.

If your machine sews backward, push stitch adjustment lever up as far as possible. Sew backwards on the same line of stitching you made when going forward.

## STITCHING WITH THREAD

After you can run the unthreaded machine smoothly, use thread. For now, ask someone to thread the machine and bobbin. Soon you will be able to do this yourself.

Before starting to sew, make sure that the bobbin thread is on the top of the machine. Hold the end of the top thread loosely in your left hand—about 2 inches from the needle. Turn the balance wheel until the needle goes down and up once.

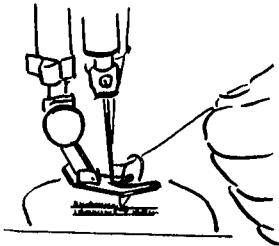


Fig. 11.

A loop should come up between the toes of the presser foot (see figure 11). This is the thread from the bobbin. Pull it out and place both top and bobbin threads under the presser foot and then to the left.

To begin stitching, place the edge of the material

next to the seam guide. Lower the needle, then the presser foot, and start.

When you finish your line of stitching, be sure the take-up lever is high. If necessary, turn the balance wheel by hand until the take-up lever is up.

Now pull your stitched edge back from the needle. Cut the threads with the thread cutter or scissors. But, leave a 3-inch length of thread in the needle.

Stitch until your lines are straight.

### Thread for the Top

Place the spool of thread on the spool pin. The thread should come off the spool from the back as it goes to the first thread guide.

Pass the thread through the first thread guide.

Run the thread between tension discs, from right to left, and under the tension wires. To have thread tight enough, hold one hand on the spool as you do this. Put thread through the hole in the take-up lever.

Place the thread through second and third thread guides to needle.

Thread the needle from the same side as the last thread guide—right to left, left to right, or front to back. If you thread the needle in the wrong direction, the thread will break.

### Thread for the Bottom

#### THREADING

In some machines, the bobbin and bobbin case come out. In other machines, you can only remove the bobbin. Read your machine's instruction book to learn how to thread the bobbin. Watch for:

- The direction the thread comes off from the bobbin.

- How to guide the thread into the slot and under the tension spring of the bobbin case.

Unless the bobbin thread is pulled to the top of the machine and under the presser foot, you are not ready to stitch.

#### WINDING

First loosen the thumb nut in the center of the balance wheel. This stops the needle from going up and down.

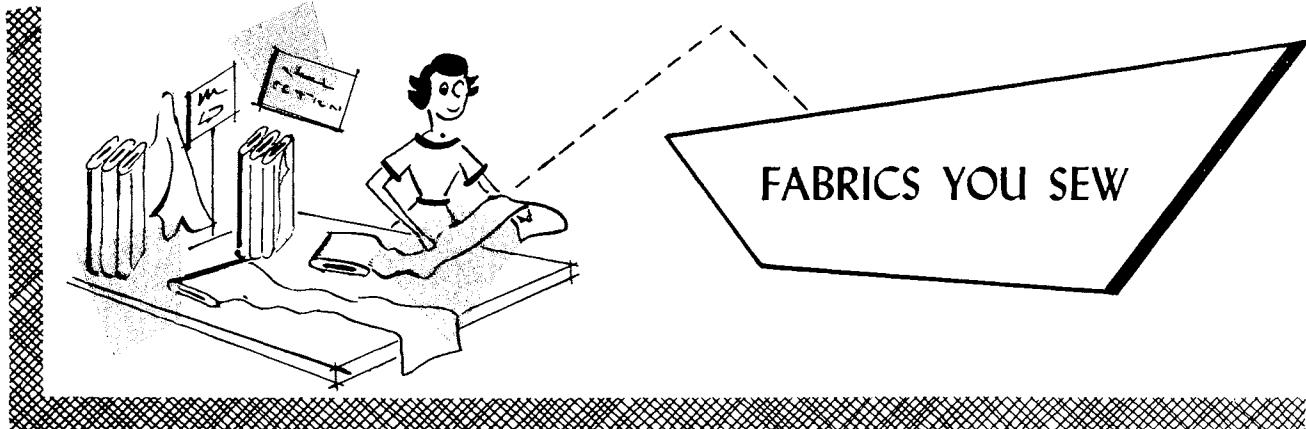
Then place the spool of thread on the special spool pin and through thread guide for winding the bobbin.

Put bobbin on the winder spindle. From the inside of the bobbin, pass thread through small hole in the left side.

Hold end of thread in your hand when you start to run machine. After a few turns of the bobbin, break thread off.

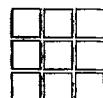
Continue to run the machine as you would for sewing. The thread should wind evenly on the bobbin. When the bobbin is full the winding stops by itself.

Tighten the thumb nut and place the bobbin into its case.



**FABRIC, MATERIAL, OR CLOTH**—whichever word you use, all mean the same. Fabric, however, is the modern word.

Turn back and read this section often. It is very important. And, just to keep count, put a check mark in this box each time you read and follow these instructions.



### Grain

Look at a piece of cloth. Some threads or yarns go up and down the length of the material. These are called lengthwise threads or grain. Others go across the cloth and are called filling threads or crosswise grain.

Along the sides are tightly woven threads called selvage. This means self-edge. The selvage is always the lengthwise edge of the cloth.

### ON OR OFF

When lengthwise and crosswise threads are woven together they should go straight across each other. The crosswise threads form right angles with the lengthwise threads. Such fabrics are on grain.

However, if the threads slant or curve across one another, the fabric is off grain (see figure 12).

The torn edges of material will help you check the grain. If the material cannot be torn, pull a thread at

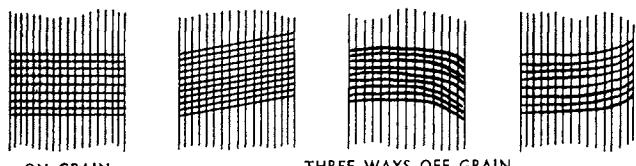


Fig. 12.

each end of the fabric and cut across the pulled line (see figure 13).

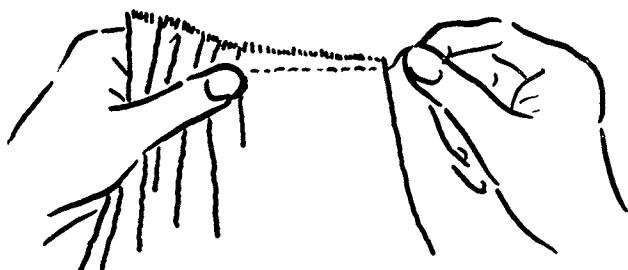


Fig. 13. Pull a thread to straighten.

Place fabric on a square table, smoothing out wrinkles. The raw edge should be even with the end of the table. The selvage edge must follow the long side of the table. Your material is on grain when it fits right into the table corner (see figure 14).

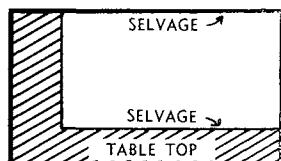


Fig. 14.

### HOW TO STRAIGHTEN

If material needs to be straightened, pull on the true bias while still on the table. Follow the num-

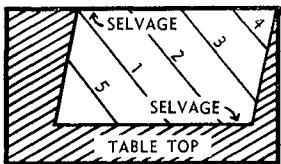


Fig. 15.

bers in figure 15 as you pull the crooked threads straight.

The reason you pull on the true bias is that it stretches most. To test this, cut a piece of cloth measuring 3 inches on lengthwise grain and 2 inches on crosswise grain (see figure

16). Gently pull on lengthwise threads—there is little or no stretch. Then on crosswise threads—a little more stretch. There is still more stretch when you pull corner to corner. But, it stretches most on the true bias.

Check the stretch of every fabric you sew. And, always make sure the grainline is straight before you cut your fabric. If not, the things you make will not fit correctly.

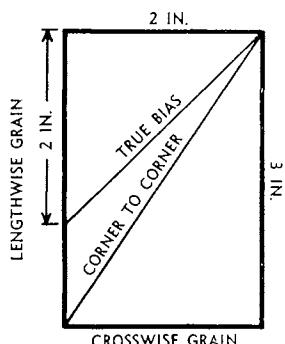


Fig. 16.

## Before You Buy

When you shop, examine the torn edges of folded fabric to see if the ends are even (see figure 17). Remember, you will have to straighten every uneven fabric.

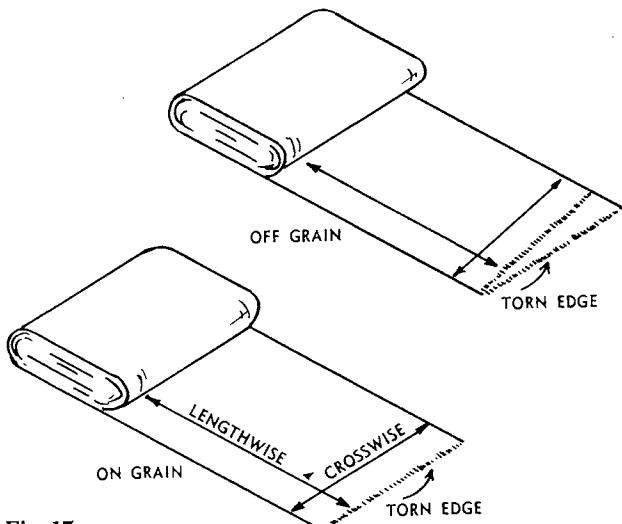


Fig. 17.

If you buy a print fabric, check if the design is straight with the torn edge. If the design is crooked, you may not want to purchase it (see figure 18). Whatever you sew would have the print crooked. You must follow the grainline or filling threads when cutting and fitting.

The label on fabrics will tell you other things you should know. Make sure the material is colorfast and will not shrink more than 1 percent.

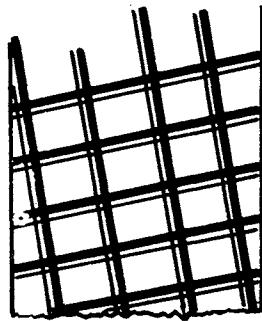
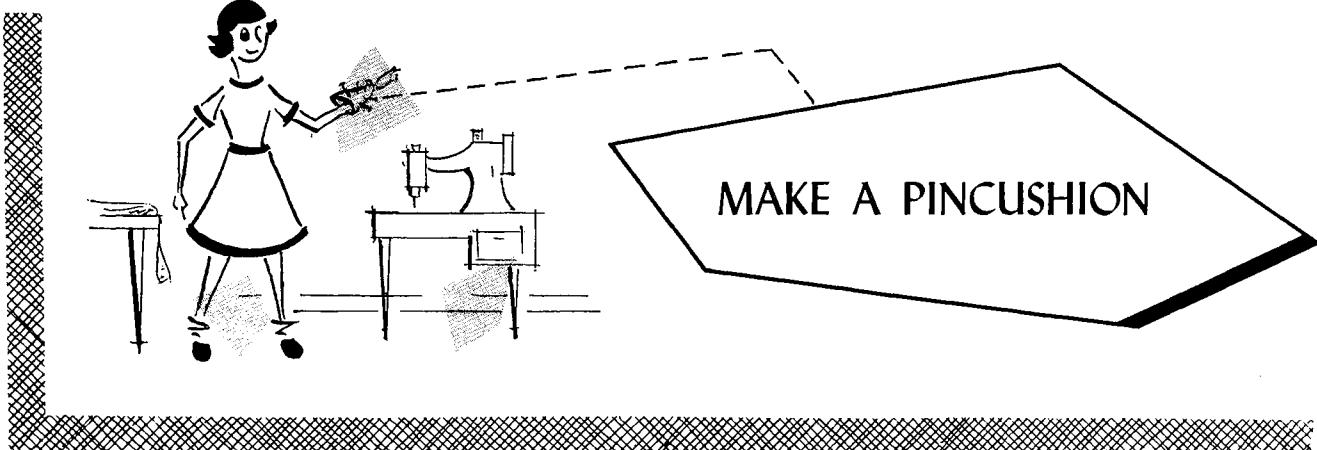


Fig. 18. Printed off grain.



SEWING TOOLS, SEWING MACHINE, FABRICS—why you know about all of them. Now let's actually make something with them—a pincushion.

It doesn't take long to make a pincushion (figure 19). Just do each step slowly and soon you'll be wearing yours proudly.



Fig. 19.

### What You Need

- A soft wool, velvet, or cotton fabric. Wool flannel is a good choice because pins slip through it easily. Pick a medium to dark color in a plain fabric so you can see the pins quickly.
- Thread to match the fabric.
- Sheep's wool or wool yarn clippings—not a cotton stuffing.
- One-fourth inch wide elastic—4 to 5 inches long. Black elastic doesn't show dirt and looks better than white on dark material.

### How to Make

Cut a 4-inch square following fabric grainline. Fold cloth in a triangle with right sides together (see figure 20). Pin along edges.

Trim top to round the corner a little.

Baste  $\frac{1}{4}$  inch from the open edges. Then machine stitch. Leave a  $1\frac{1}{2}$ -inch opening for turning and filling the cushion (see figure 21).

Turn right side out. Stuff firmly with sheep's wool or yarn clippings. Shape the cushion to your wrist as you fill it.

Pin and sew the opening together. Use small hand stitches across the two edges.

Sew a  $\frac{1}{2}$ -inch length of elastic to the cushion with small hand stitches. Then measure enough elastic to fit your wrist plus  $\frac{1}{2}$  inch. Sew this  $\frac{1}{2}$  inch to the cushion. The cushion is just right when it fits snug but not tight.

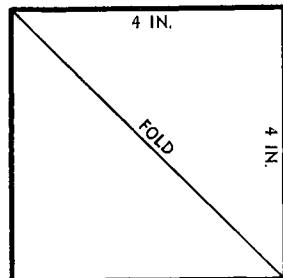
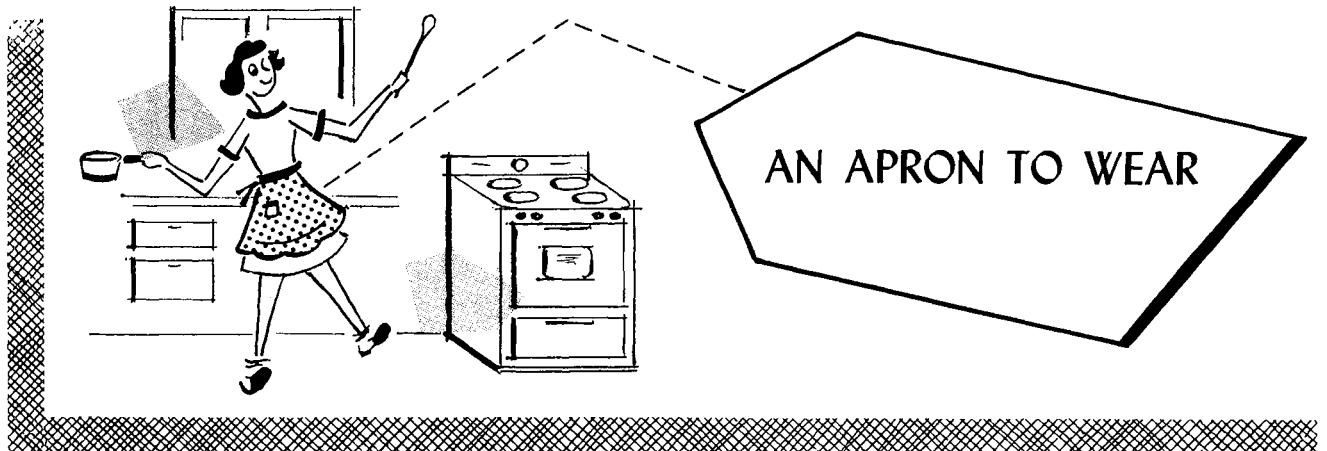


Fig. 20.



Fig. 21.



## AN APRON TO WEAR

**IN YOUR 4-H FOOD PROJECT,** when helping mother, or just for fun, wear an apron. Either a gathered or a drawstring apron is pretty and easy to make. Maybe you will want both kinds. You can learn different things about sewing with each.

### What You Need

- Cotton print, percale, gingham, or chambray are good fabric choices. Cotton print and percale have a right and wrong side. Gingham and chambray are woven with colored threads, so the same design is on both sides.

When buying print and percale fabric look at the torn edge to see if the design is printed on grain. If printed crooked, don't buy it.

Hold the fabric up to the light. See how far apart the yarns are. Choose a fabric where the yarns are close together. It will be easier to sew and wears better.

Select a color that goes well with your dresses. A small pattern is usually prettier than a large one, and a few colors look nicer than many colors.

- Thread to match your material. Buy a shade darker because the color appears lighter when sewn into fabric.

### HOW MUCH

Aprons look best when a little shorter than your dress. Have someone measure from your waist to where you want your apron to come. Write that measurement here \_\_\_\_\_.

**For Drawstring Apron**—Add 16 inches to length of apron. This allows 2 inches for top of apron, 6 inches for hems, and 8 inches for drawstrings.

**For Gathered Apron**—Ask mother to help you decide whether to cut your apron ties lengthwise or crosswise of the material. The amount needed differs.

Ties cut on crosswise grain take less material—your apron length plus 16 inches.

Ties cut on lengthwise grain take apron length plus 33 inches. Although you need more material this way, the ties are easier to sew and make a prettier bow.

### Measuring and Cutting

Your apron is all straight pieces so you won't need a pattern. Just follow these steps:

1. Straighten ends and grain of your fabric as described on page 8.

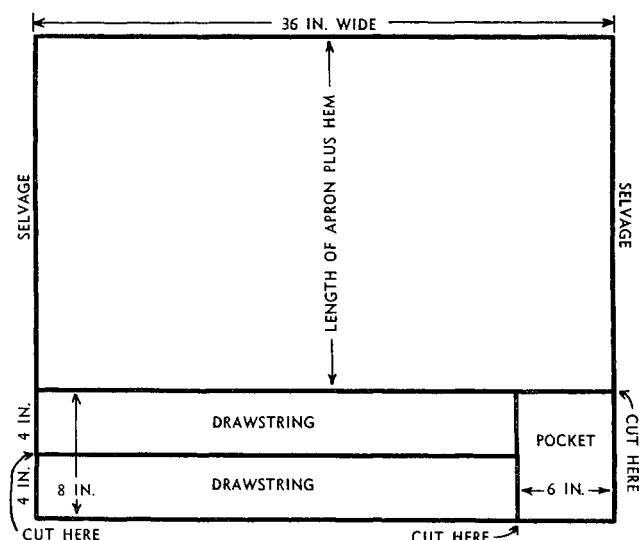
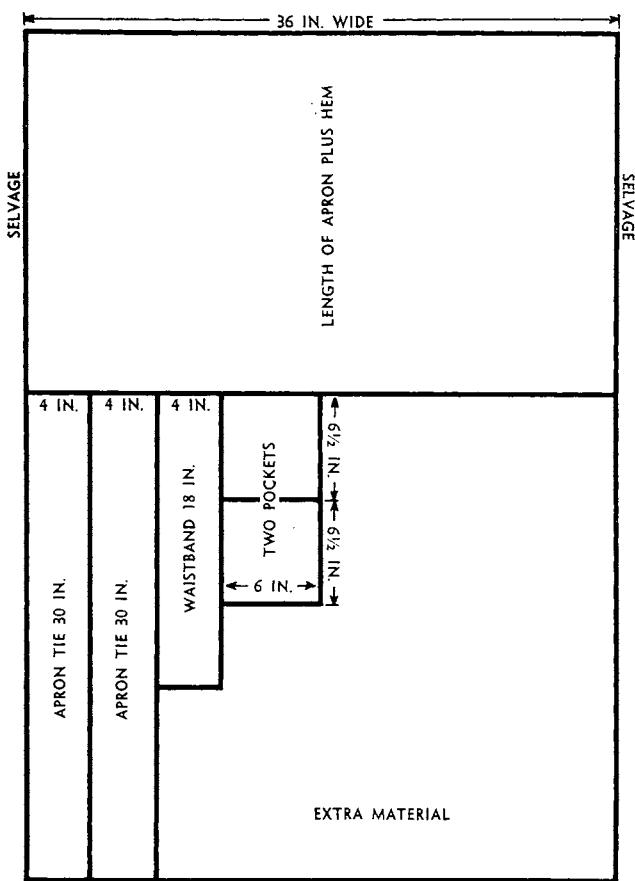


Fig. 22.



**Fig. 23.**

2. Press the entire piece, following the lengthwise grain.

3. Figures 22, 23, and 24 show three diagrams for aprons. Choose the one you want and measure the pieces as shown. With chalk or pins, mark where to cut the cloth.

The apron band length is about three fourths of your waist measurement. A band 16 to 18 inches long probably would fit, but check your measurement.

4. Cut each piece straight with the grain.

## How to Make a Drawstring Apron

### APRON SIDES

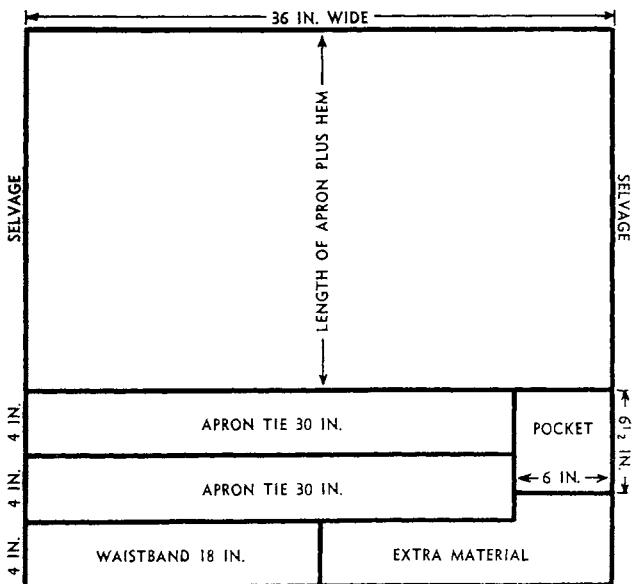
Until you have more practice using the sewing machine, you may want to keep the selvage edge. Clip a thread or two—no more—along the edge every 2 or 3 inches. This helps the selvage lie flat. Now make a  $\frac{1}{4}$ -inch turn to the wrong side of the fabric. Crease and press.

With the machine, stitch the  $\frac{1}{4}$ -inch turn near the edge of the selvage. Ask mother to set the machine so there are 12 to 15 stitches to the inch.

### BOTTOM HEM

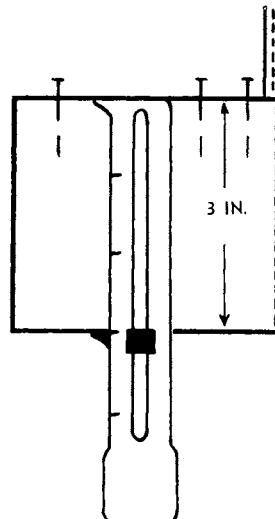
Staystitch across the bottom of apron  $\frac{1}{4}$  inch from the edge. Staystitching is a line of machine stitching through a single thickness of material. Turn hem under on stitching line and press.

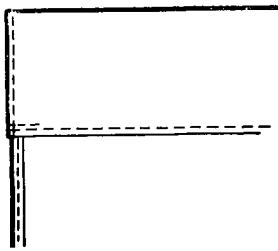
Now turn up 3 inches. Use your hem gauge and measure carefully (see figure 25). Pin and press. Stitch



**Fig. 24.**

**Fig. 25.** Use your hem gauge to measure carefully.





**Fig. 26. Backstitch both ends.**

on the machine. Backstitch both ends to keep it from ripping (see figure 26).

## TOP HEM AND CASING

Again staystitch  $\frac{1}{4}$  inch from edge, turn under, and press. Then turn under  $2\frac{1}{2}$  inches. Now measure, pin, press, and stitch as you did for the bottom hem.

A second row of machine stitching makes the place for the drawstring. To sew straight, use the seam guide. Stitch  $\frac{1}{8}$  inch from the top edge of the apron. Backstitch at both ends.

## DRAWSTRING SASH

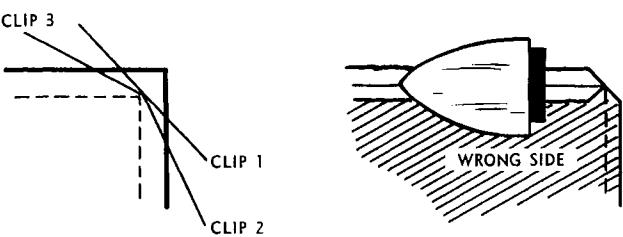
Join your two sash pieces together with a  $\frac{1}{4}$ -inch seam on the wrong side. Press this seam open.

Now fold the two long sides together and pin baste. Place pins about 3 inches apart. With your seam guide, stitch a  $\frac{1}{4}$ -inch seam across both ends and the long side. But, leave a 4-inch opening near the center so the sash can be turned (see figure 27).



**Fig. 27.**

Make three clips at each of the two corners and press seam open (see figure 28). This makes it easier to crease on the seam line when the sash is turned.

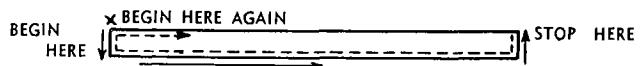


**Fig. 28.**

Turn sash, right side out, over the end of a ruler. Pin the edges of the opening to the inside. Keep the seam at the edge as you press your sash flat. Press well.

Stitch around the sash near the edge. Stitch the two ends and one side (see figure 29). Begin back where you started and stitch the other side. This keeps the sash from twisting. Stitch over the first stitches to make them tighter.

With a safety pin, run the sash through the casing. If you stitch the sash in place at the center of apron, it won't pull out.



**Fig. 29.**

## POCKETS

Most girls want a pocket to hold things. You may even want two on your apron.

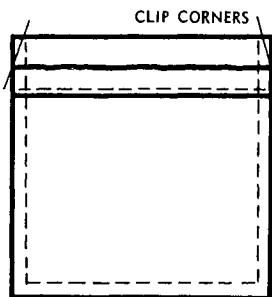
Measure and cut pocket piece 6 inches (crosswise grain) by  $6\frac{1}{2}$  inches (lengthwise grain).

Set seam guide and staystitch  $\frac{1}{4}$  inch from top edge. Turn to the wrong side on this stitching line. Stitch close to the edge of the fold.

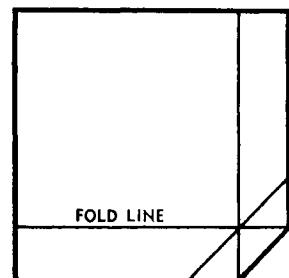
Fold over a 1-inch hem to the right side. Reset seam guide to  $\frac{1}{2}$  inch. Stitch ends of hem and staystitch sides and bottom of the pocket (see figure 30). Trim top corners. Turn and press down the pocket hem.

Crease the edges of the pocket on the stitched line. Open creases and fold corners diagonally. Trim  $\frac{1}{8}$  inch off the corners and refold the edges. You have made a mitered corner (see figure 31). When you've pressed the pocket, it is ready to stitch on the apron.

Place the pocket on the apron wherever you want it. The usual place is 4 to 6 inches from the waistband and the sides.



**Fig. 30.**



**Fig. 31.**

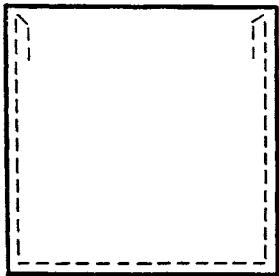


Fig. 32.

Pin in place. Stitch  $\frac{1}{8}$  inch or less from the edge. To keep the pocket from ripping, finish the top with double stitching (see figure 32).

At ends of stitching, pull top thread to the underside. Make a square knot to tie thread ends. Be sure to cut thread close to knot.

## PRESSING

Press your apron—with the grain—very carefully. If you use a damp cloth or steam iron, it may look better. The iron is almost as valuable a tool as the sewing machine in producing attractive garments for you.

## How to Make a Gathered Apron

### APRON TIES

Make a  $\frac{1}{4}$ -inch hem on the sides and one end of each tie. To do this, turn under  $\frac{1}{4}$  inch of the fabric and crease. Turn this over once again and then crease.

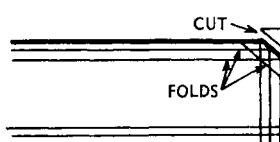


Fig. 33.

To miter the corner, open creases and fold corner diagonally. Cut away the point (see figure 33). Refold edges and press. Stitch as near the edge of the hem as you can—make from 12 to 15 stitches to the inch.

### APRON SIDES

Either use the selvage edge or trim it off. Ask mother or your 4-H leader to help you decide. If you trim off the selvage, make two  $\frac{1}{4}$ -inch folds along the edge as you did on the apron ties. If you keep the selvage, clip and fold edge as described on page 12.

### BOTTOM HEM

Same as for drawstring apron. See page 12.

### POCKETS

Same as for drawstring apron. See page 13.

## APRON BAND

Fold waistband lengthwise and press a crease on the right side of fabric.

Staystitch  $\frac{1}{8}$  inch from all the edges. Fold edges to the wrong side along stitched lines. Press.

Divide the band into four equal parts. Mark these parts with chalk or pins. Then baste them or use long machine stitch (see figure 34).

Divide and mark the apron top into four equal parts—just like you did for the waistband.

Set the machine to make long stitches—six to eight stitches to the inch. Using the seam guide on your machine, make three rows of stitching,  $\frac{1}{4}$  inch apart, across the top of the apron. Also make two rows of stitching across the unfinished end of the apron ties. These are gathering stitches.

Place the wrong side of the apron material against the right side of the band material. Match the four marked divisions of the apron and band together and pin them in position. Remember to have only a small amount of material on the pin. Look back to page 4.

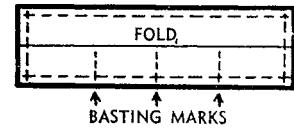


Fig. 34.

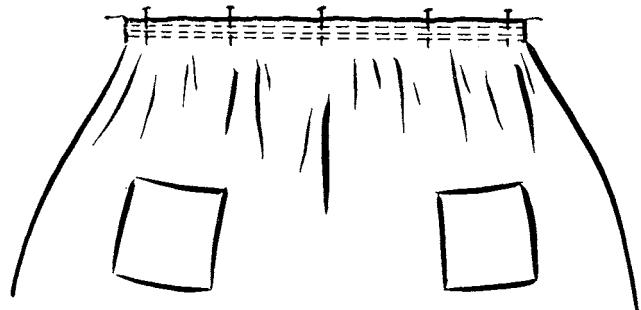


Fig. 35.

Gently pull the gathering stitches on the apron to fit the band. Pull on all three bobbin threads at the same time. Try to keep the gathers spaced evenly across (see figure 35). You'll need more pins.

Now baste apron to band. Basting stitches are to be  $\frac{1}{4}$  inch long when sewing gathers in place. Try to use your thimble each time you sew by hand.

Place basting stitches along middle line of gathering stitches and the staystitched line on the band. With gathered side up, stitch on this same line.

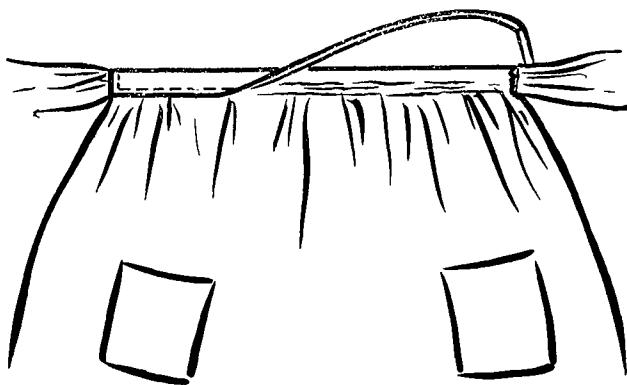


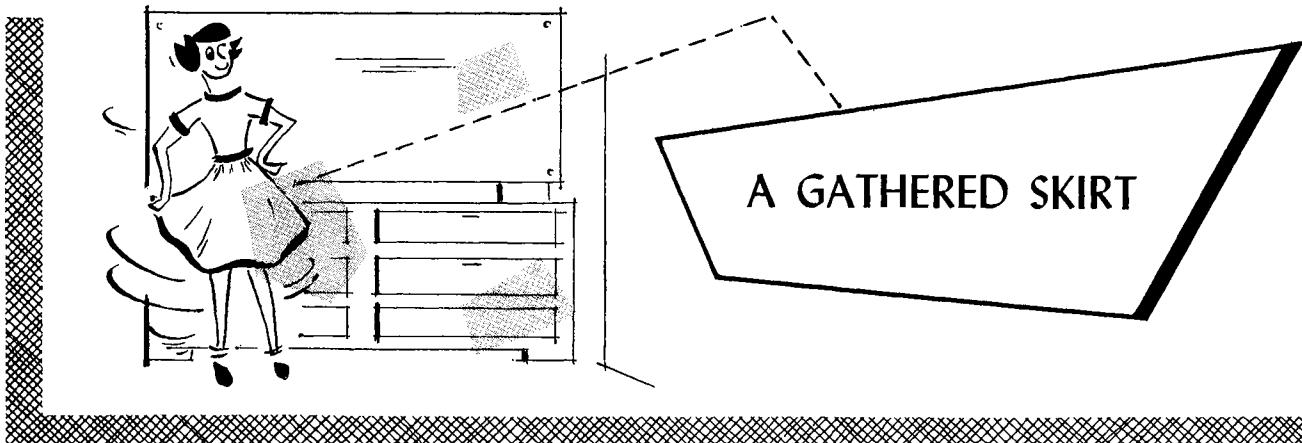
Fig. 36.

To attach apron ties to waistband, pull gathering threads to fit the back part of the band. Baste and stitch along the staystitched lines (see figure 36).

Fold the free edge of the band over the gathers. Pin and stitch the band to the apron. Backstitch to securely fasten the ends of stitching.

## PRESSING

Your apron is finished and ready for a careful pressing. It will look much better afterwards. Use a damp cloth or a steam iron and remember to press with the grain.



**A GATHERED SKIRT—ONE THAT'S FULL** and fun to twirl about in. One about which you'll be proud to say, "yes, I made it." And you can make one without a pattern.

## What You Need

- A firmly woven cotton fabric is easy to sew and suitable for a skirt. Plaids and stripes are difficult to match. So try a solid color or a small, allover print.

Before you buy, decide what blouses you will wear with your skirt. The colors should look nice together. If you have plain colored blouses, try a designed fabric. With a figured blouse, a solid color skirt looks best. Before you shop, reread pages 8 and 9. This will remind you about grainline, printed design, stretch, colorfastness, and shrinkage.

- Buy thread to match and fasteners for the skirt band at the same time you buy your fabric.

Most cotton fabrics are 36 inches wide. Two widths of 36-inch material make a full skirt.

Take one of your skirts that is a good length for you. Measure from the waistline to the bottom of the hem. Write down:

1. Length of skirt ..... inches
2. Add 5 inches for hem and seams ..... +5 inches
3. Add steps 1 and 2. This is enough for one width ..... inches
4. Multiply step 3 by two ..... inches
5. Add 5 inches for skirt band ..... inches
6. Divide by 36 inches for the number of yards to buy ..... inches

## Measuring and Cutting

First straighten fabric grainline. See page 8.

Now press the entire piece before measuring or cutting. Iron in the direction of lengthwise grain.

Measure and cut two lengths. Each one should be the length of your skirt plus the hem. At least 5 inches will be left for the band (see figure 37).

Measure your waist and add 3 inches. Then cut off the unnecessary extra length on the band piece.

## How to Make

### SEAMING

Place right sides of fabric together, selvages and cut edges even. Pin along the selvage edges. Mark 6 inches down from the top of the skirt along one side (see figure 38). This will be the placket on the left side of your skirt.

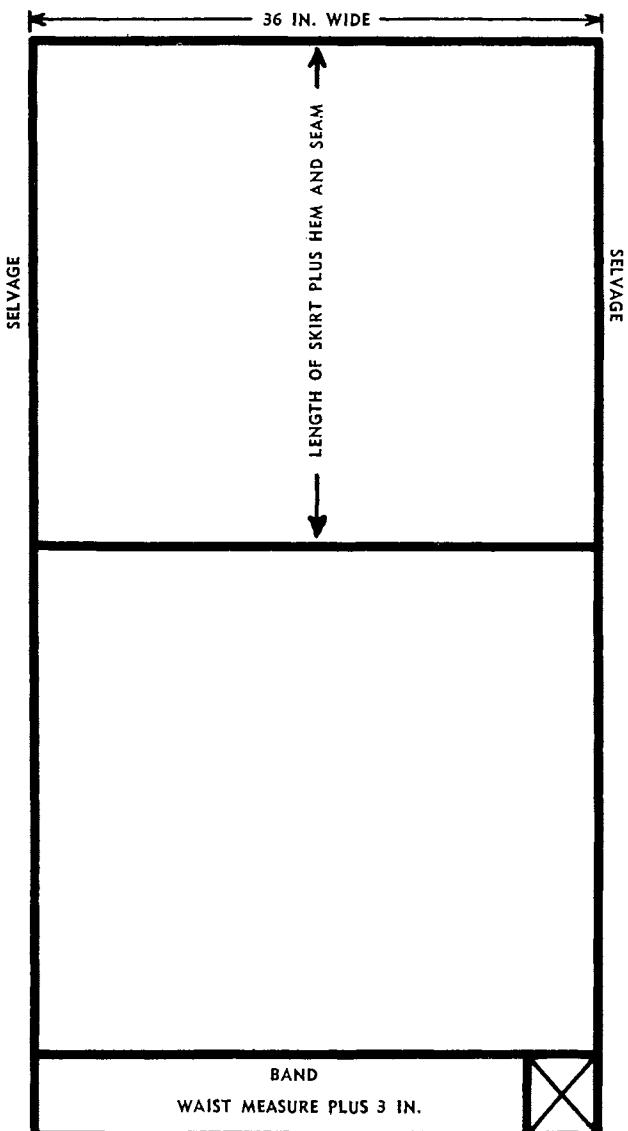


Fig. 37.

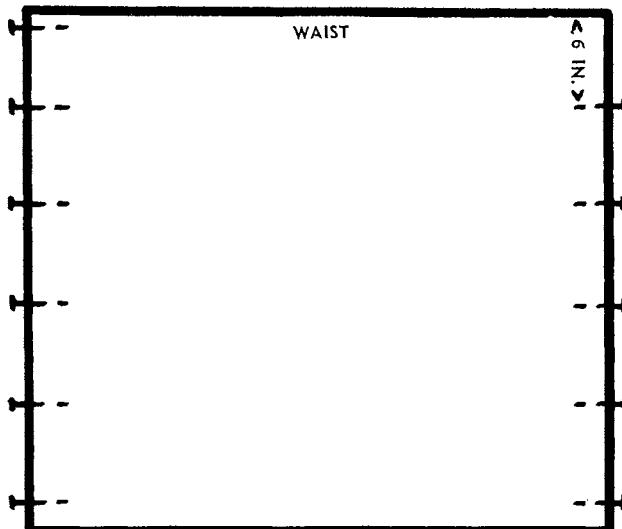


Fig. 38.

Now thread the sewing machine. Be sure that the tensions are adjusted and the length of the stitch is correct for the fabric (usually 12 to 15 stitches per inch for cotton). Ask mother to show you how.

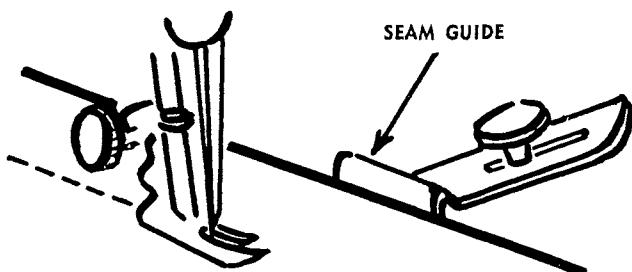


Fig. 39.

Stitch  $\frac{1}{2}$  inch from the selvages. The seam guide will help you stitch straight (see figure 39). Stitch the unmarked seam from bottom to top. On the other seam, stitch from bottom up to the 6-inch mark and across the seam allowance. Back-stitch for added strength.

On the placket side, clip across the back seam allowance below the stitching (see figure 40). Leave back seam allowance flat for the placket. Fold the front seam allowance under along the  $\frac{1}{2}$ -inch seam line for front of placket.

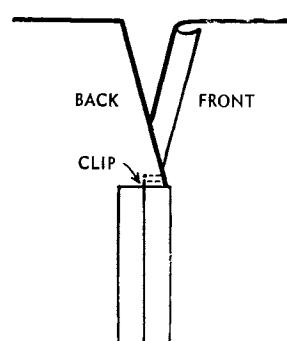


Fig. 40.

This easy-to-make placket is satisfactory for your first skirt.

Press both seams open. No seam is done until pressed—first from the wrong side and then, if necessary, from the right side.

If the selvage edge is tight, clip one or two threads every 2 or 3 inches along both seams. This prevents pulling.

## THE BAND

Staystitch  $\frac{1}{2}$  inch from all edges of the waistband.

Mark with tailor's chalk  $2\frac{1}{2}$  inches from the one end of the band. The distance between the chalk mark and the staystitch line at the other end equals your waist measurement.

Bring the chalk mark and staystitch line together. Now clip the edge of the fold  $\frac{1}{4}$  inch, dividing waistband in half (see figure 41).

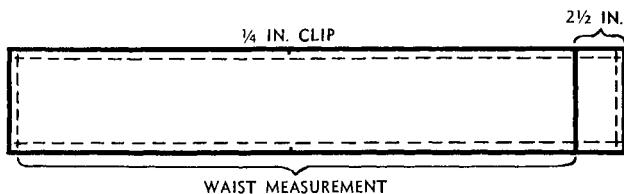


Fig. 41.

## GATHERING THE SKIRT

Set the machine to make six to eight stitches to the inch. Stitch three rows,  $\frac{1}{4}$  inch apart, around the top of the skirt. Don't forget the seam guide.

It is easy to pull gathers if you stitch from the placket to a seam, cut the thread, then stitch from that seam to the other placket edge. Leave thread ends 2 or more inches long.

Carefully pull all three bobbin threads at the same time. Gather the skirt to fit the distance between the marks on the band.

## PUTTING ON THE BAND

To be sure the band fits exactly right, follow these steps:

1. Fold band in half the long way, right side out, and press.
2. Place open band on table, not your lap, right side up.
3. Turn skirt inside out. Place wrong side of skirt against right side of band. Pin.

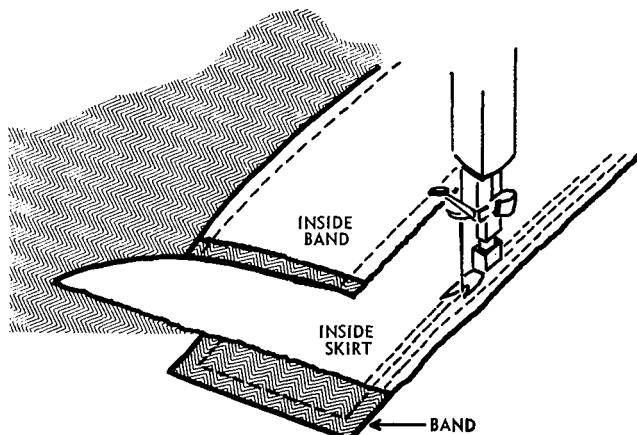


Fig. 42.

4. Match right side seam of skirt to clip mark on the band. Pin from the seam to the placket, pushing the gathers evenly around the skirt with the point of a pin.

Place pins on middle gathering thread, but pick up less than  $\frac{1}{4}$  inch of fabric. The band will be 2 inches longer than the placket at the back and  $\frac{1}{2}$  inch at the front.

5. Baste band to skirt. Stitch along the middle gathering thread (see figure 42).

6. Turn raw edge under on staystitch line at ends and lower edge of band. Press.

7. Fold band on creased line and bring to right side of skirt. Pin and baste.

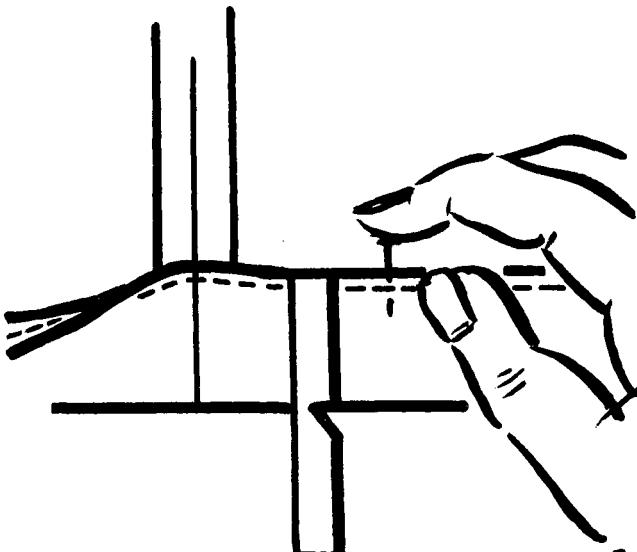


Fig. 43.

8. Machine stitch around the band from the top side. Keep stitches near the edge. You remember—you attached your apron waistband like this.

## HEMMING

Staystitch raw edge of skirt  $\frac{1}{4}$  inch. Fold under along the line. Stitch on the fold less than  $\frac{1}{8}$  inch from the turned edge. Press.

From your waist, measure the length you want for your skirt. The number of inches left will be how wide to make your hem—at least 3 inches for a straight gathered skirt.

Turn the hem width evenly with a ruler or hem gauge. Then pin and baste in place (see figure 43). Press.

There are two hemming stitches you can use—the slipstitch and the machine hemming stitch. Ask your leader to show you how to make them. Then use the one you want on your skirt. Try to keep stitches from showing on the right side of fabric.

**Slipstitch**—Fasten thread under turned edge of hem. Slip needle into the fold for about  $\frac{1}{4}$  inch. Bring out and cross directly over to the skirt fabric. Pick up only one thread. Pull needle through. Again cross over to hem and slip needle into fold for a distance of  $\frac{1}{4}$  to  $\frac{1}{2}$  inch. These stitches are at right angles with the hem (figure 44).

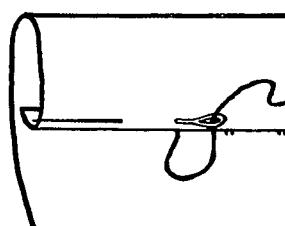


Fig. 44. Slipstitch.

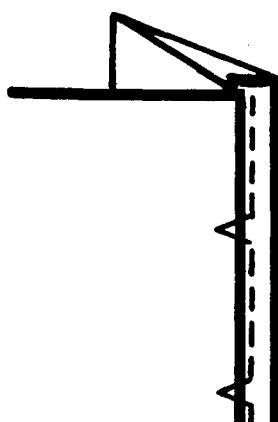


Fig. 45. Machine hemming stitch.

**Machine Hemming Stitch**—Fold hem back against right side of skirt. Place under presser foot so turned edge is under the needle. Take from four to five stitches. Then wiggle the fold of the skirt to catch one stitch only (see figure 45). Continue around the entire hem. This machine stitch looks better than a solid line of machine stitches through to the outside of fabric.

## AN INTERFACED BAND

You may want a firmer waistband on your next skirt. One way is to interface with skirt fabric.

Cut waistband three times the finished width, plus one seam allowance. For example, if waistband is to be 2 inches wide, cut width will be 6 inches plus  $\frac{1}{2}$  inch for seam allowance.

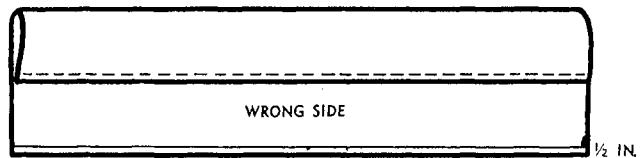


Fig. 46.

Staystitch one length of waistband  $\frac{1}{2}$  inch from the edge. Press a fold to the wrong side along the stitched line.

Now divide waistband into thirds. Fold over a one-third section the full length of the band with wrong sides together. Press. Stitch close to cut edge through both thicknesses (see figure 46). This is your skirt band interfacing.

Fold band over again. Press.

Open the  $\frac{1}{2}$ -inch fold. Join waistband to skirt with a seam. This time right side of band is placed against right side of skirt.

Pin, baste, and gather (see page 17). Machine stitch on middle row of gathers. Now seam ends of band.

Turn band and bring to wrong side of skirt. Pin and baste edge of waistband to seam line of skirt.

Machine stitch around the band from top side. Or, sew band to skirt with small hand stitches on wrong side.

If made with an extra thickness, the skirt band is less likely to wrinkle and will roll down less.

## A BOUND PLACKET

Here also is another way to make a placket. This one is made before the skirt seams are sewed together.

Cut two strips of fabric at least 6 inches long and  $2\frac{1}{2}$  inches wide. Each piece is to have a selvage on the long edge.

Pin the cut edge of the placket piece to the skirt seam where the placket opening will be. The right

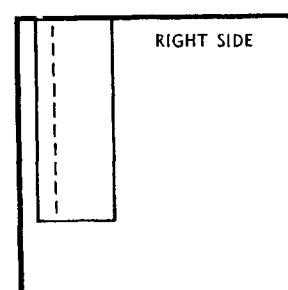


Fig. 47.

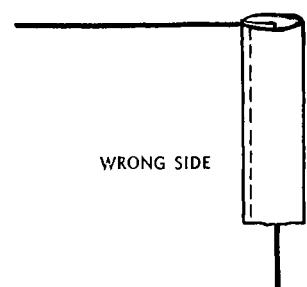


Fig. 48.

sides of the fabric and placket piece should be together.

Stitch on seam line the length of the placket (see figure 47). Then trim placket seam allowance to  $\frac{1}{4}$  inch.

Fold each placket piece in half lengthwise to cover the seam. The selvage will be right at the seam line—don't turn it under. Stitch close to selvage edge (see figure 48).

Stitch seam from bottom of skirt up to and across the end of placket. Clip back seam allowance about 1 inch below placket—almost to but not through the stitches (see figure 49). Press seam open.

Fig. 49.

## FASTENINGS

To fasten the band and hold the underlap in place, use either buttons and snaps or hooks and eyes and snaps (see figure 50).

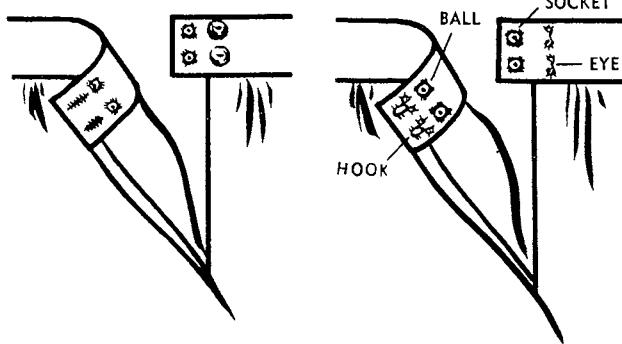


Fig. 50.

**Buttons**—The buttonhole may be made with a machine attachment. If you can not operate it, ask mother to make the buttonhole for you. Buttons are sewed on after buttonholes are made.

The button must go at just the right place. Therefore, follow these steps:

1. Lap the skirt band. Stick a pin through the end of the buttonhole nearest the end of the band. This marks where to sew the button.

2. Use double thread but no knot. Just make two or three small stitches where the button is to go to fasten thread.

3. Put needle up through one hole of the button. Now bring it back through the other hole and on through the cloth. Place a toothpick or heavy pin between the first stitch and top of the button (see fig-

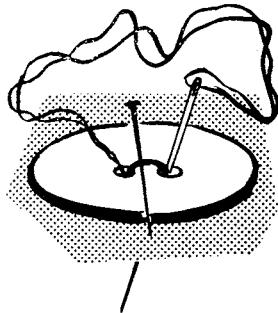


Fig. 51.

ure 51). Sew over the pin down through the cloth three or four times. On the last stitch, put the needle through the hole in the button but not through the cloth (see figure 52).

Fig. 52.

4. Remove pin and pull the button up. Wind thread from the needle around

threads between button and cloth. Start winding near the button and continue down to the cloth (see figure 53). You have made a "shank" to keep the band from puckering when buttoned.

5. Stick needle through the cloth to the wrong side under the button. Fasten thread with two or three small stitches.

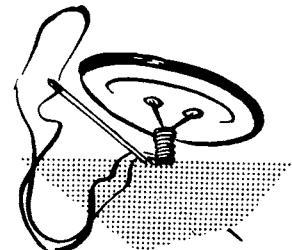


Fig. 53.

**Snaps**—Each snap has two parts—the ball (bump) and the socket (hole). Here is how to sew them:

1. Sew the socket on first. Place it on the underlap  $\frac{1}{8}$  inch from skirt band edges.

2. Use a single thread—no knot. Fasten thread with two or three small stitches.

3. Put needle up through hole number 1 (see figure 54). Make several over and over stitches. Go to hole 2, then 3, and then 4. Your snap will stay on longer when sewed in this order. Pass the needle under the snap when going from one hole to another.

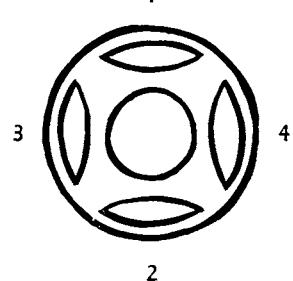


Fig. 54.

4. Fasten thread with two or three small stitches on the snap side.

5. To find where to sew the ball part, rub a little chalk on the socket. Then carefully lap the skirt band in place. The chalk will mark the spot for the ball. Now sew it on just like you sewed on the socket.

**Hooks and Eyes**—There are two kinds of eyes on the card of hooks and eyes—straight and round. Use straight eyes for your skirt band.

1. Sew the hook on the underside of the top lap. Place it  $\frac{1}{8}$  inch from the edges of the skirt band.

2. Use single thread—no knot. Fasten thread by taking several stitches.

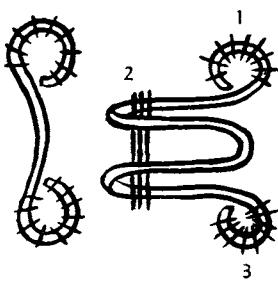


Fig. 55.

way to the second loop and sew it in place (figure 55).

4. Fasten thread with several small stitches on hook side.

5. To find where to sew the eye on, stick a pin under the the bill of the hook. That is where it goes.

6. Place the eye so the curve in the center is turned toward the end of skirt band. Sew it on as you did the hook.

**Buttonhole Stitch**—Hooks, eyes, and snaps stay on longer if sewed on with the buttonhole stitch. Put the needle into the hole of the fastener and bring the two threads from the needle down and under the point of the needle.

Pull the needle through the hole of the fastener and draw the thread tight. The purl (twist in the thread loop) comes on the edge of the fastener (see figure 56).

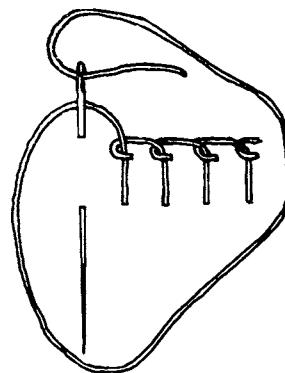
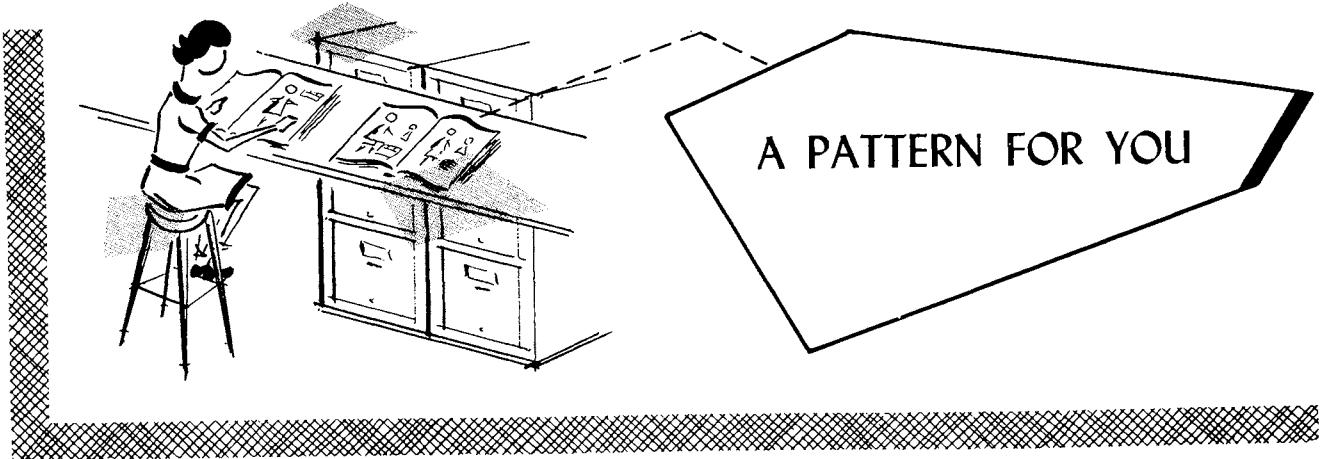


Fig. 56.



**A PATTERN IS MADE OF TISSUE PAPER** cut into different shapes and sizes. When these pieces are put together correctly, they make up the style of clothing pictured on the pattern envelope.

### Before You Buy

#### KNOW YOURSELF

Every pattern style comes in many sizes. To find what size you need, have mother or your leader take these four measurements of your body (figure 57). Breast or bust \_\_\_\_\_ inches

Waist \_\_\_\_\_ inches

Back waist length \_\_\_\_\_ inches

Hip \_\_\_\_\_ inches

Patterns are made in different figure types as well as sizes. Ask mother to help you compare your measurements with those in the pattern book to find your figure type (see table 1). Now select a style from the figure type to which you belong.

Be sure to buy the right size. Always take your measurements before you buy a new pattern. You may be growing without knowing it.

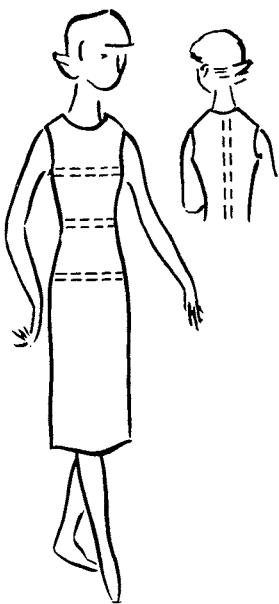


Fig. 57. Measurements to take.

There are also two or three pictures showing the garment made with different fabric or trim. The figure type and size are given too.

On the back of the envelope is a description in words of the style. It tells about details not always easy to

Table 1. New sizing and figure types

Girls' Sizes	7	8	10	12	14
Bust	26	27	28½	30	32
Waist	23	23½	24½	25½	26½
Hip	27	28	30	32	34
Back waist length	11½	12	12¾	13½	14¼

Young Junior/Teen Sizes	5/6	7/8	9/10	11/12	13/14
Bust	28	29	30½	32	33½
Waist	22	23	24	25	26
Hip	31	32	33½	35	36½
Back waist length	13½	14	14½	15	15¾

Junior Sizes	5	7	9	11	13	15
Bust	30	31	32	33½	35	37
Waist	21½	22½	23½	24½	26	28
Hip	32	33	34	35½	37	39
Back waist length	15	15¼	15½	15¾	16	16½

Junior Petite Sizes	3	5	7	9	11	13
Bust	30½	31	32	33	34	35
Waist	22	22½	23½	24½	25½	26½
Hip	31½	32	33	34	35	36
Back waist length	14	14¼	14½	14¾	15	15¼

Misses' Sizes	6	8	10	12	14	16
Bust	30½	31½	32½	34	36	38
Waist	22	23	24	25½	27	29
Hip	32½	33½	34½	36	38	40
Back waist length	15½	15¾	16	16¼	16½	16¾

#### KNOW YOUR PATTERN

On the front of each pattern envelope, there is a number. Use this number to tell the saleslady what you want.

see in pictures. There is also a diagram showing the shape of each pattern piece and the number of pieces in the envelope.

Find the chart on the envelope that tells the amount of material needed for each size and view in different widths of fabric. Be sure to buy just what it says.

Necessary sewing notions are listed. They are thread, buttons, zipper, tape, etc. Purchase them when you select the fabric.

Inside the envelope there is an instruction sheet. Read it carefully and don't worry if you can't understand it all. As you sew, reread it and it will be much clearer. But, always read the instruction sheet before you begin and you'll learn faster.

On the instruction sheet you will see:

- Several views of the garment.
- Large drawings of the pattern pieces.
- An explanation of pattern markings and seam allowance.
- General sewing directions.
- Suggested ways of placing the pattern on the fabric (cutting layout).
- Directions for putting garment together.

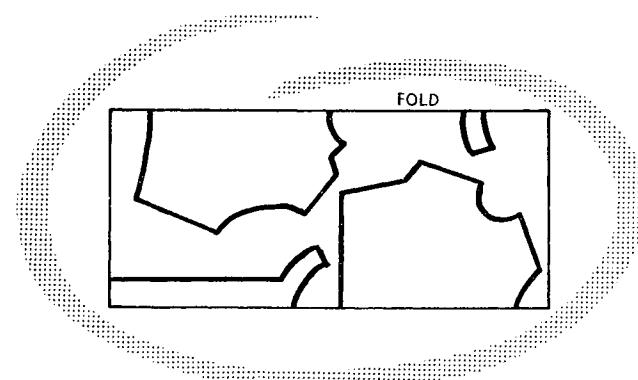


Fig. 58.

## How to Use

No matter how many times you use a pattern, the way you work will be the same. So this is an important lesson to learn.

Put a check mark in this box each time you read and follow the instructions on these pages.

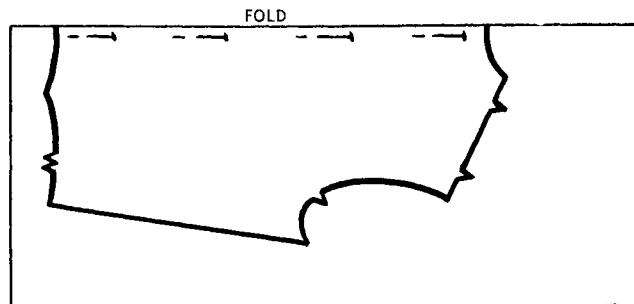
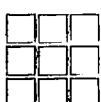


Fig. 59. Pin grainline fold.

## SORTING AND ALTERING

Check the view you will make. Then sort out the pattern pieces needed for this view and put the extras away. Press your pieces with a warm iron.

Now have mother or your leader check and alter the pattern to fit you.

## PLACING AND PINNING

Choose the cutting layout for the view you are making, your size, and the width of your material. Circle this layout so you can see it quickly (see figure 58).

Fold material—right sides together. Be sure that it is pressed smoothly and the ends are even. Stop a moment and read again about grainline on page 8. Lengthwise and crosswise yarns of fabric must be at right angles.

Following the layout you circled, place all pattern pieces on the material. Before pinning, move each piece until the pattern grainline is exactly on the fabric grainline.

On pieces marked "straight of grain," use a ruler for measuring. Be sure each end of pattern grainline mark is the same number of inches from the selvage or fold. The first pins you place are on this line (see figure 59).

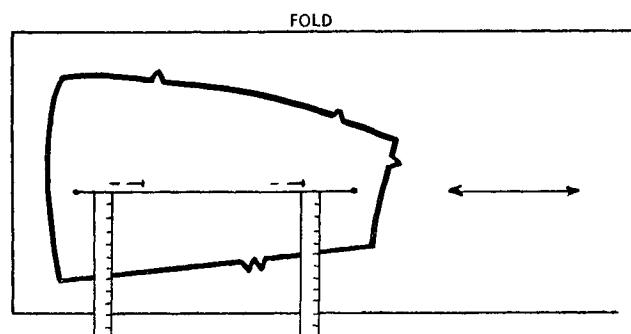


Fig. 60. Pin fold line first.

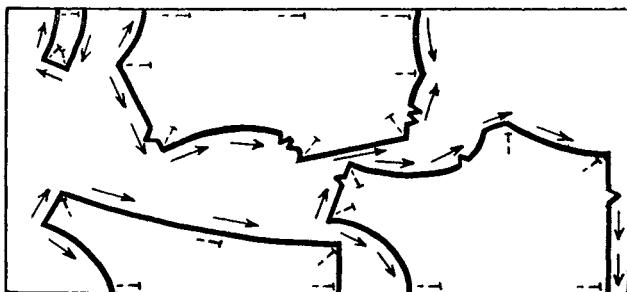


Fig. 61.

Other pieces are marked "place on fold." Pin that edge first. Keep pattern edge exactly on the fabric fold (see figure 60).

Next, smooth the pattern toward the edges. Pin each corner, placing pin diagonally. Space other pins about 5 inches apart at right angles to the edges. Do not lift the material when pinning or put your hand under it. Keep material and pattern flat on the table.

## CUTTING

Cut exactly along the pattern cutting line. Use the full length of the blade, but never quite close the points of the shears.

Cut around each piece in the direction of the arrow. Do not move the material when cutting—move yourself (see figure 61). And always keep one hand on the pattern piece as you cut.

Cut notches away from the pattern—not toward it. Groups of two and three notches are cut across the top as one big notch. Notches show exactly where two edges should come together (see figure 62).

Pinking shears shouldn't be used for cutting out garments. The uneven edge is an inaccurate guide for stitching.

## MARKING

Use tracing paper and wheel to transfer pattern markings to the material. Use the color that is closest to your fabric but still shows the marks clearly.

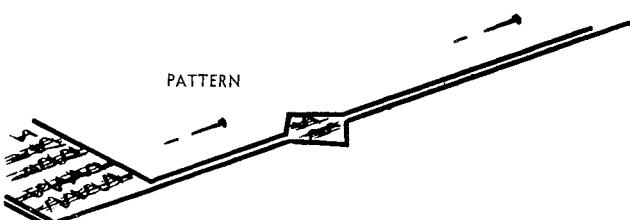


Fig. 62.

1. Put cardboard under area to be marked so the wheel won't mar the table.

2. Place one fold of tracing paper under the fabric to be marked. Place other fold between the pattern and fabric. The waxed side should be next to the wrong side of the fabric.

3. Make straight lines with a ruler. Bring tracing wheel towards you as you work (see figure 63).

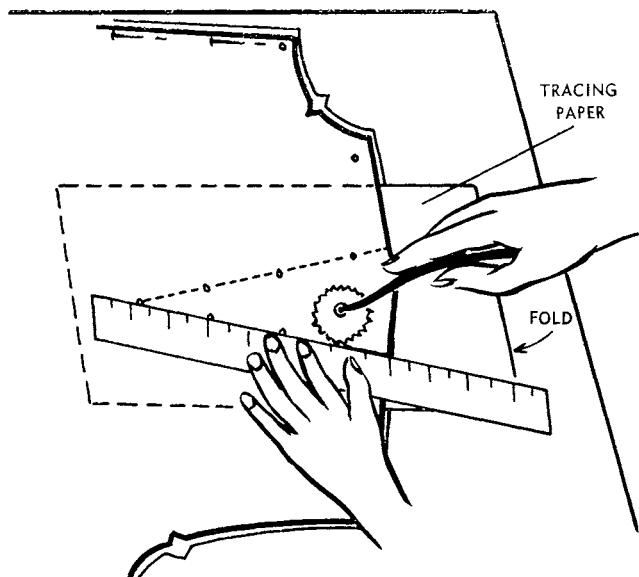


Fig. 63.

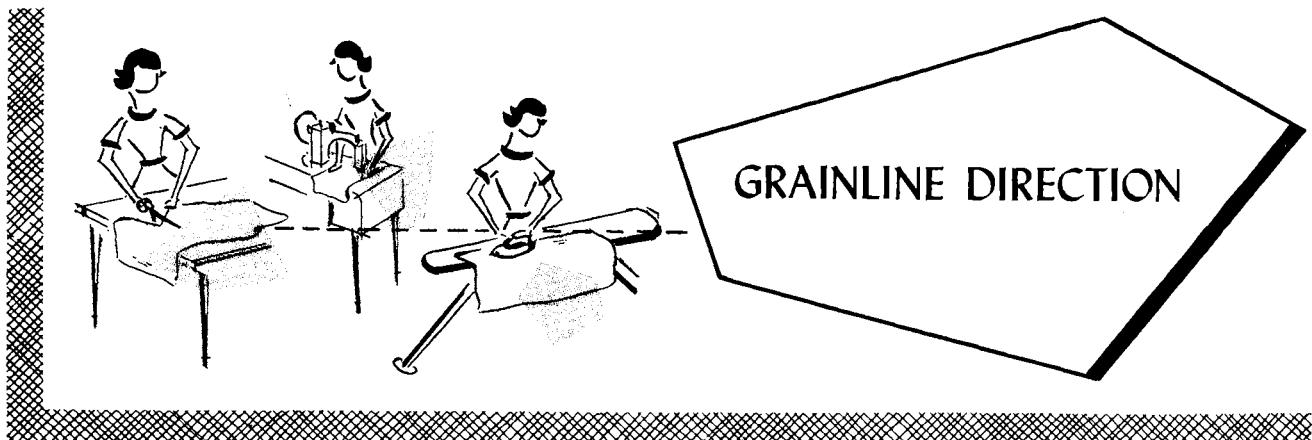
4. Mark across the point of darts and ends of any other stitching lines. If you press too heavily on the wheel, the color of the tracing paper may show on right side.

5. Transfer markings for pleats, buttonholes, and pockets from the wrong side to the right side with long machine stitches.

To mark the following places, make a snip not more than  $\frac{1}{8}$ -inch deep into the seam allowance:

- Center front and back of skirt
- Center front and back of blouse
- Center back of collar
- Top of sleeve

Until you are ready to sew, keep each pattern piece pinned to the fabric.



MORE AND MORE YOU ARE BECOMING AWARE of how important fabric grainline is in sewing. Already you know how:

- To straighten fabric so that lengthwise and crosswise yarns are at right angles to each other (see page 8).
- To place pattern pieces so that lengthwise markings are in line with grain of fabric (see page 22).
- To cut from wide part of pattern toward the narrow part (see page 23).

### Staystitching

Now you will learn to stitch in the direction of grainline. You have already staystitched straight edges:  $\frac{1}{4}$  inch for turning hems, and  $\frac{1}{2}$  inch around pockets and waistbands. Now let's staystitch edges that are slanted and curved. But first we'll define staystitching fully.

Staystitching is a line of machine stitching through a single thickness of material. Its purpose is to hold

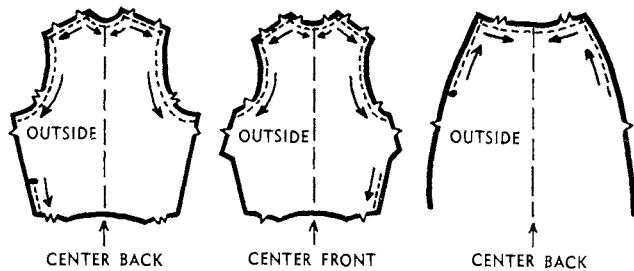


Fig. 65.

lengthwise and crosswise yarns at right angles and to prevent stretching. Unless directions say otherwise, it is always placed just a few yarns outside the  $\frac{1}{8}$ -inch seam line.

For staystitching use matching thread and the same number of stitches per inch as you will in sewing the garment.

To test for direction of stitching, brush your fingers along the cut edge of garment (see figure 64). Stitch in the direction which holds the grain in correct location.

See figure 65 for the usual places to staystitch. There are others you will learn about later.

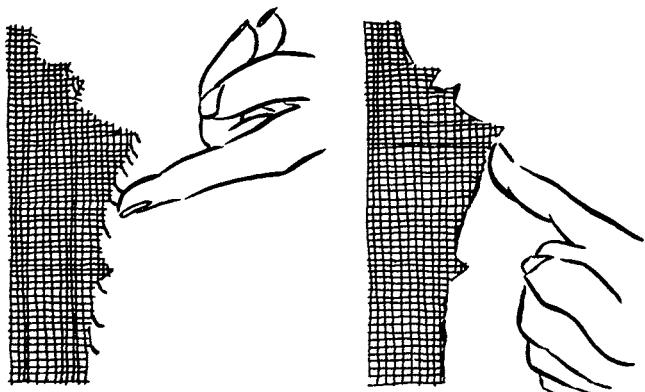
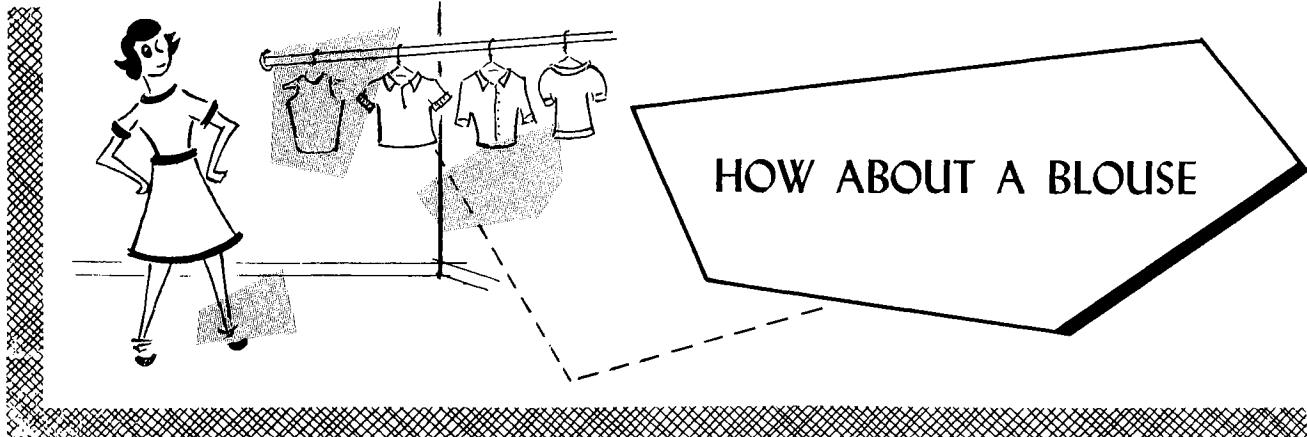


Fig. 64. Test for direction of stitching.

### DIRECTION TO STITCH AND PRESS

The direction of stitching garments together—seams, darts, etc.—is the same as for staystitching.

This is true for pressing too. The point of the iron moves along the line of stitching in the same direction it was stitched.



**HAVE YOU A SKIRT** with which you have nothing you really like to wear? Now you can complete the outfit with a new blouse. A cool blouse without sleeves or a collar. And this time you'll use a pattern.

### What You Need

- Using a pattern is still new to you. Ask mother to help you choose which to buy. Try an easy-to-make style.

Have someone measure your chest or bust and back waist length. Write these down. With the measurement chart in the pattern book, find your size.

- Take your pattern with you when you buy fabric. It tells you how much to get.

Think about the skirt you will wear with the blouse when you look at fabrics. You could have:

- Both in the same fabric.
- The skirt in a plain fabric with an overall print blouse in a matching color.
- A plain blouse and a figured skirt.
- Both in a plain fabric but different in color.

### Cutting

Turn and read pages 22 and 23. This will remind you how to cut out your blouse. Follow step by step. This bulletin and your pattern guide will show you how to sew your blouse together.

### How to Make

You will follow a certain order of work, called unit construction, when putting your blouse together. This means you do all the sewing you can on one piece or unit before going to the next. In this way you handle

your sewing less and your blouse is prettier when done.

### FRONT AND BACK UNITS

Staystitch the neck and shoulders on both front and back of blouse. See page 24 before you sew.

Machine stitch a line  $\frac{1}{4}$  inch from bottom of each piece. This will make turning the hem easier. Use your seam guide for accurate stitching.

Make darts. Place marked lines exactly together. Pin at each end, then in center.

Stitch from wide end of dart to the point. Make last three stitches only one yarn from folded edge to keep dart end flat (see figure 66). Backstitch  $\frac{1}{8}$  inch on folded edge or fasten threads with a square knot. Cut thread ends  $\frac{1}{4}$  inch—no longer!

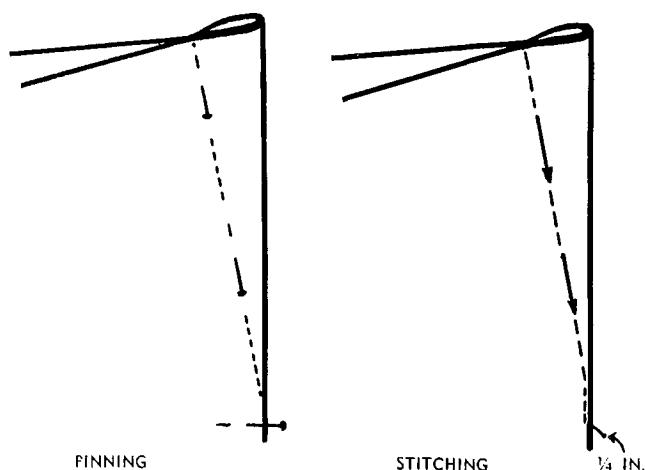


Fig. 66.

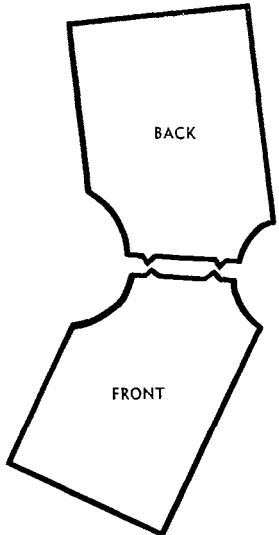


Fig. 67.

Press on stitching line. Then from right side, press darts toward center front or center back. Press underarm darts down but check the pattern guide sheet beforehand. If you have a pressing ham, use it here.

### SHOULDER SEAMS

The back shoulder is usually longer than the front (see figure 67). Otherwise, your shoulders couldn't move easily.

To join the front and back shoulder seam, match and pin outside edges evenly. Then pin notches. Baste if necessary.

Stitch from neckline to armhole—from wide to narrow part. Press seams open in the same direction.

### NECKLINE FINISH

Staystitch neck edge of facing  $\frac{1}{16}$  inch from seamline. Staystitch outer edge  $\frac{1}{4}$  inch from raw edge.

Make shoulder seams in facing. Trim seams to  $\frac{1}{4}$  inch and press open (see figure 68).

Turn outer edge of facing under on stitching line. Now, stitch near the folded edge.

Place right side of facing against right side of blouse. Match and pin at shoulder seams, center front, center back, and notches. Clip the curved neck edges of the blouse and facing to line of staystitching—but don't go through it.

Straighten curved edges as you sew. Use your  $\frac{1}{8}$ -inch seam guide width and stitch the two together—garment side up.

Trim seam allowance of blouse to  $\frac{1}{4}$  inch and of facing to slightly less. When seam allowances are cut two different widths, the finished edge lies flatter.

Clip seam allowance, every  $\frac{1}{2}$  inch, almost to the stitching line.

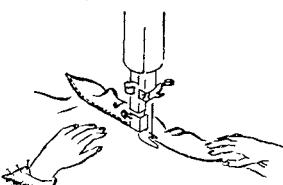


Fig. 69.

Pull facing up. Now machine stitch through the facing and back seam allowance. Stitch very close to the seam line (see figure 69). But watch out—don't include the blouse. This is called understitching. It

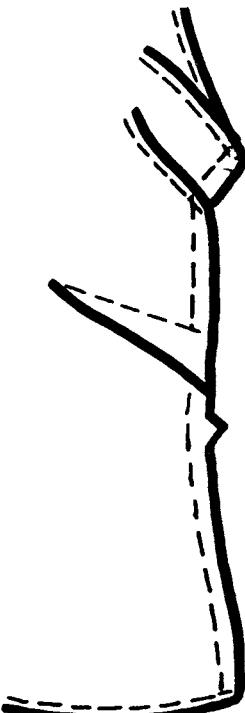


Fig. 70.

helps keep the facing on the underside.

Press facing to wrong side. Fasten by hand at shoulder seams, darts, and any other seam.

### ARMHOLE EDGE

Check your pattern guide sheet. If the armhole has a facing, make it like the neck facing. Do this before the underarm seam is sewed together.

If the sleeve edge is to be hemmed, place a stitching line  $\frac{1}{4}$  inch from the raw edge.

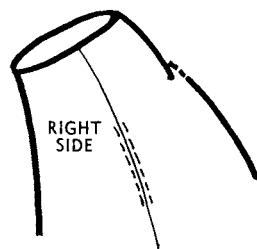
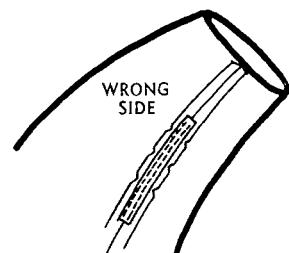
### UNDERARM SEAMS

Join side seams. Stitch and press open from wide to narrow (see figure 70).

If your blouse has a curve under the arm, clip seam allowance in several places. Make it stronger with a bias or selvage 1 inch wide and long enough to cover the curve part of the seam.

From the wrong side, center the strip over the seam allowance. Pin or baste. From right side, stitch in place  $\frac{1}{8}$  inch on each side of seam line. Trim reinforcing piece just outside the stitching lines (see figure 71).

Turn and press facing to wrong side. Fasten by hand at shoulder and underarm seams.

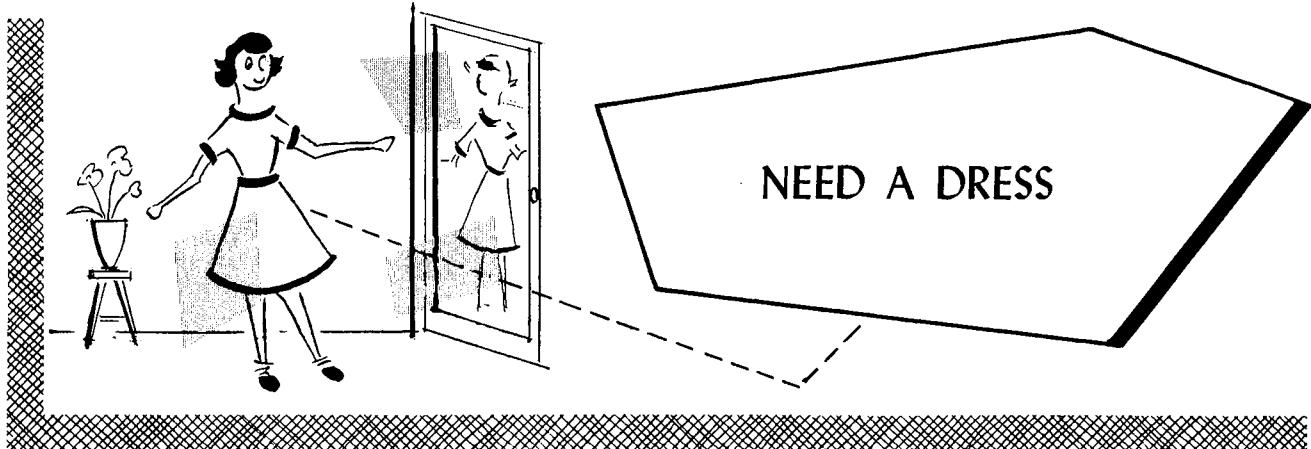


### HEMS

Turn lower edge of blouse (and sleeve) to wrong side along machine stitching. Press. Then turn this fold the width for the hem. Machine stitch bottom of blouse.

Slipstitch sleeve hem (see page 18).

Press the entire blouse carefully. And at the same time, press the skirt you will wear with it. Now you have a new outfit.



**FOR WHEREVER YOU GO** or whatever you do, a dress always makes you look a little special. The first one you sew will be without sleeves, have kimono sleeves, or be a jumper. And it will have a collar. Decide which style you really want.

### What You Need

- To buy a dress pattern, four measurements are needed. Write them here. Always take new measurements before you shop.

Bust or chest \_\_\_\_\_      Waist \_\_\_\_\_  
 Back waist length \_\_\_\_\_      Hip \_\_\_\_\_  
 Date \_\_\_\_\_

Ask mother or your 4-H leader what figure type and pattern size is right for you (see page 21). Select a style with few pattern pieces. The front bodice (blouse) facing and bodice should be only one pattern piece.

- Buy fabric amount suggested on pattern. As you shop for a fabric remember how important grainline and printed design are (see pages 8 and 9).

Look at labels and ends of bolts to learn about fiber content, shrinkage, and colorfastness.

- Select sewing notions such as thread, zipper, buttons, and belt buckle at the same time you buy fabric.

### How to Make

Ask mother to check and alter your pattern so you can cut your dress to fit.

You will repeat steps you have done before as you make your dress. Read about them again in this bulletin.

Check here after you have referred to:

_____Grain	page 8
_____Placing and pinning	page 22
_____Cutting	page 23
_____Marking	page 23

As you work, read both the pattern guide sheet and your 4-H bulletin.

### INTERFACING

You can make your first dress with or without an interfacing.

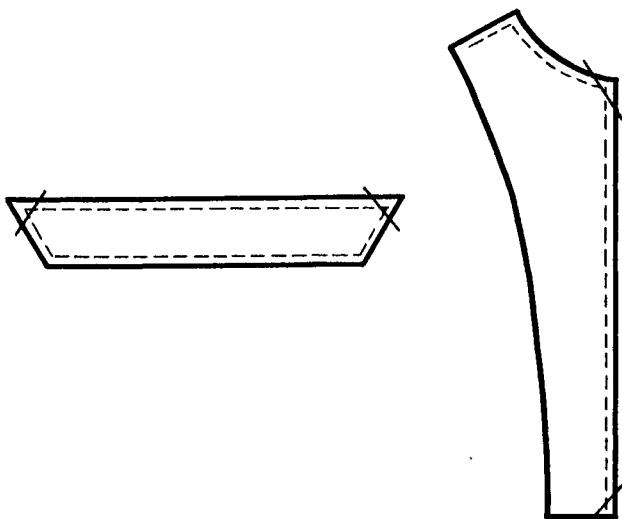


Fig. 72.

An interfacing gives added body to collars and strength under buttons and buttonholes. It is cut like the facing and on the same grainline. Corners are trimmed off  $\frac{1}{4}$  inch so they just miss being caught in the staystitching (see figure 72). This removes bulk and helps make sharp flat corners.

Use a lighter weight fabric for the interfacing than the garment fabric. And always shrink before using.

## FRONT UNIT

Trim  $\frac{1}{4}$  inch from outer edge of interfacing. Stitch  $\frac{1}{4}$  inch from this edge.

Press facing on fold line.

Place interfacing  $\frac{1}{4}$  inch from fold line. Hold in place with a machine basting to be removed later.

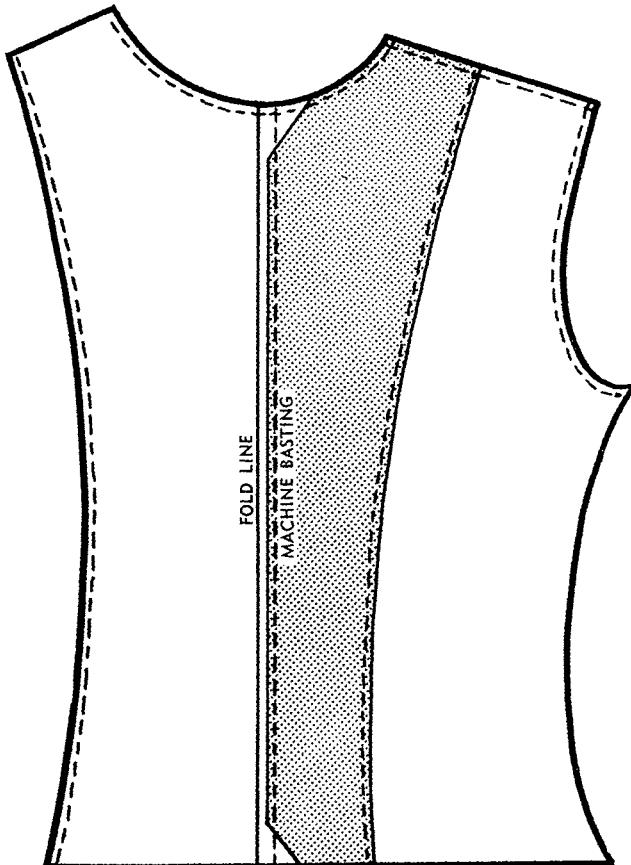


Fig. 73.

Staystitch close to seam line at neckline, shoulders, arm holes, and left side placket opening (see figure 73). Staystitch  $\frac{1}{4}$  inch from front facing edge and sleeve edge, if they are to be hemmed. See pattern guide sheet.

Make and press darts (see page 25).

## BACK UNIT

Staystitch and make darts as you did for front. Press. Join shoulder seams. Match notches and seam lines exactly. Ease back fullness on to front between notches. Press seam open in direction of neck to arm.

## FACING UNIT

Staystitch neck edge of back facing near seam line. Staystitch  $\frac{1}{4}$  inch from outer edge.

Seam back and front facings together at shoulder line. Use  $\frac{1}{2}$ -inch seam allowance. Trim to  $\frac{1}{4}$  inch and press seam open.

Turn outer edge under on stitching line. Stitch near turned edge.

## COLLAR UNIT

Staystitch interfacing to under collar  $\frac{1}{2}$  inch from neckline and  $\frac{1}{4}$  inch from outer edge. Trim interfacing away at  $\frac{1}{4}$ -inch stitching line, but not at  $\frac{1}{2}$ -inch staystitch line (see figure 74).

With right sides together, stitch under collar to upper collar. Trim upper collar seam to  $\frac{1}{4}$  inch. Trim under collar seam allowance so that it is slightly narrower. Cut notches into seam allowance to remove bulk (see figure 75).

Understitch the under collar wherever shape permits to prevent edge from showing (see page 26).

Turn collar and press following fabric grainline. Staystitch neckline.

Clip neckline of both collar and bodice to staystitching line. Place a clip on each side of shoulder seam and about 1 inch apart.

Match collar and bodice at notches, center front, and back. Straighten out curved edge as you stitch. Machine baste together with garment side up.

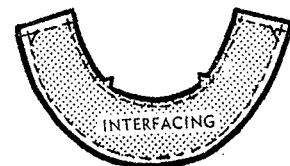


Fig. 74.

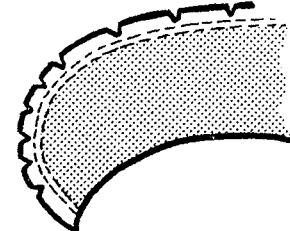


Fig. 75.

## FACING AND COLLAR UNIT

Clip facing neckline. With right side against right side of collar, again match notches, center front, and back. With garment side up, stitch from fold line of bodice facing around neck to other fold line.

Trim bodice seam to  $\frac{1}{4}$  inch and facing seam so that it is slightly narrower. Cut off corners diagonally. Understitch.

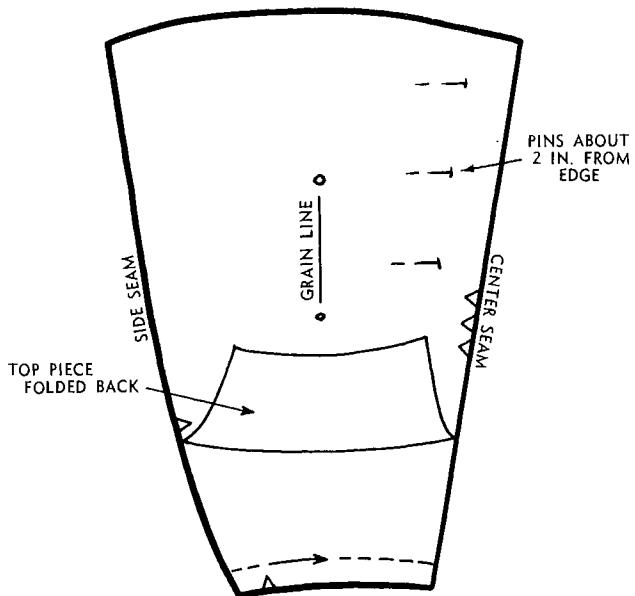


Fig. 76.

Turn facing to inside and sew by hand to shoulder seams. Press collar, neck facing, and front facing unit.

Lap right front over left. Match center front markings. Then machine baste across facings at waistline.

### UNDERARM SEAMS AND SLEEVE UNIT

Follow your guide sheet for this unit.

Your bodice is now ready to be placed on a hanger. That way it will stay pressed and keep its shape.

### SKIRT UNIT

The first steps when making a straight or goreskirt are the same whether you are going to wear it separate or make it part of a dress.

The front and back skirt pieces were cut with the right sides turned in. Without parting them pin these two pieces together. If you pin about 2 inches from the center seam, you can stitch without taking out or stitching over the pins (see figure 76).

Fold back top of skirt. Staystitch waistline near seam line from side seam to center front. Staystitch at hip line from notch to waistline. Here you staystitch  $\frac{1}{4}$  inch from edge.

Stitch the center front and center back skirt seams with grain of fabric (from wide part to narrow). Remember to press seams open in this same direction.

Make waistline darts and pleats if pattern has them.

Pin front and back pieces together. And do keep edges even and match notches. Place pins as you did at center seams. Stitch left skirt seam from the bottom to placket. Fasten thread ends securely by back-

stitching or tie them. Stitch right skirt seam from bottom to top. Now, press seams open.

### WAISTLINE UNIT

A stay tape at the waistline takes in fullness and gives a snug feeling. Use a strip of fabric selvage  $\frac{1}{8}$  inch wide and 2 to 4 inches longer than your waist measurement. Put it on the wrong side of the skirt at the waistline seam to help ease in the  $\frac{1}{2}$  to 1 inch fullness given in the pattern.

Work from wrong side. Leave enough tape to reach from placket opening to center front of skirt. Pin tape to center front. Tape should cover the waistline seam. From center front, measure one-half your total waist measurement on the tape. Pin this point to the center back of the skirt.

To ease in waistline fullness, lift one staystitch about every  $\frac{1}{2}$  inch until skirt fits the tape. Pin tape over the waistline seam (see figure 77).

Fold the loose end of tape back on itself. Measure from center front to closed side seam. Put a pin in tape to mark this point. Bring this marked point around to placket opening. Pin exactly at side seam line. Ease in fullness as before and pin in place.

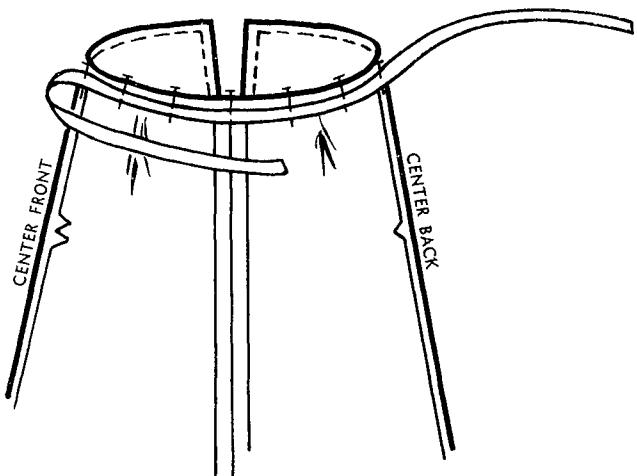


Fig. 77.

Measure, pin, and ease back skirt in the same way. Clip off tape at side opening so it just comes to seam lines. Now there will be no bulk in the placket.

With the tape side on top, stitch in place around waistline. Place stitching line about a thread inside the seam allowance.

### SKIRT AND BODICE UNIT

Turn the skirt wrong side out. Place bodice inside the skirt—the right sides together.

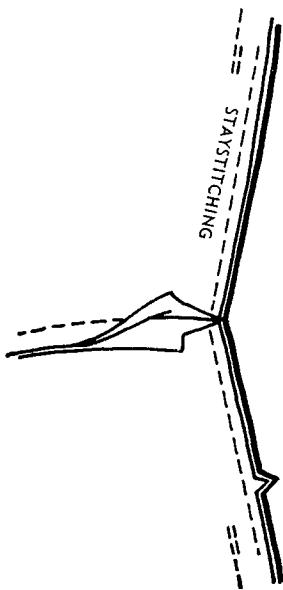


Fig. 78.

Pin the waistline of bodice and skirt together at these places: back edge of placket, center back, side seam, center front, front edge of placket, and any other construction points such as darts. Pin on bodice side and ease in fullness.

With bodice side up, stitch around the waistline. Trim waistline seam to  $\frac{1}{8}$  inch width.

Press seam open at placket only (see figure 78.) If there is more fullness in skirt than in the bodice, the seam edges go up. If the opposite way, then turn seam allowance down.

To finish the waistline seam, stitch the edges together with a second row of stitching. From the seam line, stitch the width of the wide side of presser foot.

## ZIPPER

Every zipper comes with instructions. If you have questions, ask your 4-H leader.

## FASTENERS

For your first dress with buttonholes, you may have someone make them for you. Then sew on the buttons and any other fasteners needed (see page 19).

## BELT AND BELT LOOPS

Only two ways to make a belt are given here, but there are other methods. Belts are cut lengthwise of fabric. If you have forgotten why, see page 9. For a belt with buckle, the length needed is waist measurement plus 6 inches.

**Belt With Stitched Interfacing**—Cut belt fabric three times desired width plus  $\frac{1}{8}$  inch for seam allowance. Turn over one width of belt placing wrong sides together. Press.

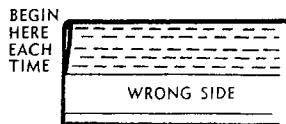


Fig. 79.

Use presser foot width for spacing. Fill with rows of machine stitching. Always begin stitching at the same end or the belt will pucker (see figure 79).

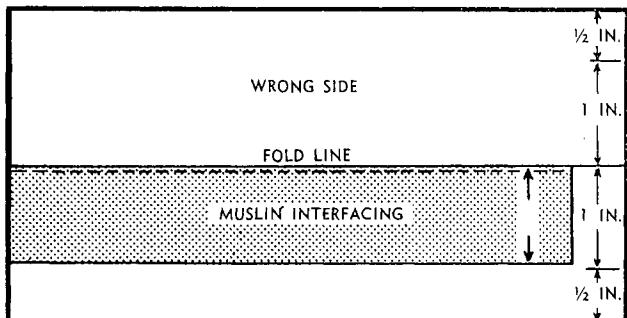


Fig. 80.

On opposite edge, fold  $\frac{1}{2}$  inch to wrong side and press. Next fold belt with right sides together and stitch ends. Trim corners, turn, and press.

Machine stitch around belt  $\frac{1}{8}$  inch or less from edge.

**Belt With Muslin Interfacing**—Cut belt fabric two times desired width plus 1 inch for seam allowance. Cut preshrunk muslin  $1/16$  inch less than width of belt.

Press belt through center lengthwise with wrong sides together. Place muslin interfacing inside and close to fold. Stitch  $\frac{1}{8}$  inch from edge of muslin (see figure 80).

With right sides of belt together, stitch the lengthwise seam and point at end of belt.

Press seam open over a large wooden knitting needle. Clip corners and trim seam width to  $\frac{1}{8}$  inch. Turn. Place seam line exactly at edge of belt and press.

**Buckles**—If buckle has prongs, you can make machine-made eyelets. These are just very small buttonholes. Or, work around a punched hole with the blanket or buttonhole stitch.

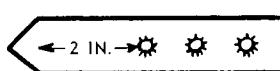


Fig. 81.

Three eyelets, 1 inch apart, will allow you to adjust belt. The first eyelet is placed 2 inches from the finished end of belt (see figure 81).

The buckle bar is the same width or a little narrower than the belt. Bring a  $1\frac{1}{2}$ -inch length of belt

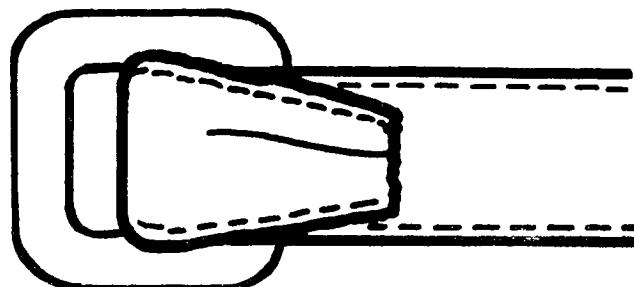


Fig. 82.

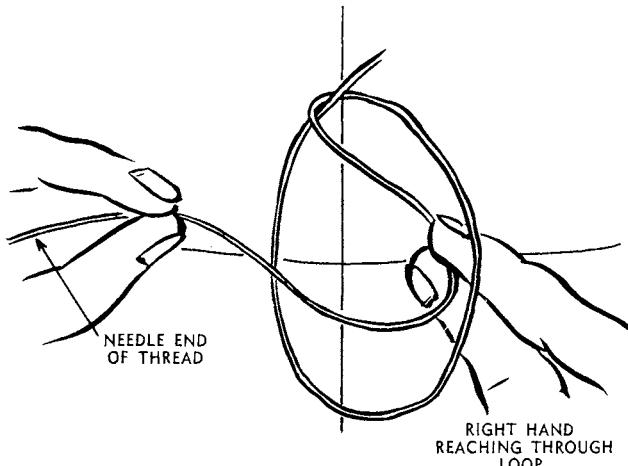


Fig. 83.

through the buckle and fasten to back of belt. Make pleat or fold on end (see figure 82).

## BELT LOOPS

Belt loops keep the belt in place. Make their length about  $\frac{1}{8}$  inch more than the width of the belt. Place them the same distance above and below waistline.

**Crochet Stitch Belt Loop**—This is made with a single hand crochet stitch. Using double thread, insert needle from wrong side bringing thread to right side. Take a small stitch. Now take another leaving a loop (see figure 83).

Reach through the loop and make a tight crochet chain. Continue until it is the desired length. To fasten, bring needle through last loop, take two stitches in garment, bring thread to wrong side, and secure with several over and over stitches.

**Buttonhole Stitch Belt Loop**—Another kind of belt loop is made with buttonhole stitches. Use single thread. Fasten it on the right side of the garment

with several over and over stitches. Now take several long stitches back and forth, the desired length of the loop. Work buttonhole stitches over these threads (see figure 84).

Make stitches close together to form a firm loop. When completed, fasten the thread on the wrong side by taking several over and over stitches.

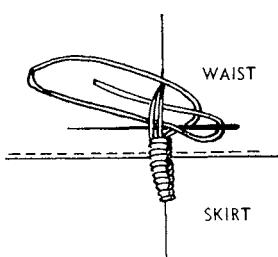


Fig. 84.

## HEMS

Hems should be an even width with stitches so small you can't see them. The average dress hem is  $2\frac{1}{2}$  to 3 inches wide. Narrow hems are better for circular skirts. But wider hems may be used on straight skirts to allow for growth.

When you put your dress on to have the hem marked, be sure placket is closed and buttons, snaps, and belt are fastened. Stand very still and look straight ahead.

Your helper will measure with a yardstick or skirt marker the number of inches from floor. She should move around you. Ask her to place pins every 3 to 4 inches and at each seam line (see figure 85).

Turn under on marked line. At each pin marking, place another pin going the other direction than the fold. Baste  $\frac{1}{4}$  inch from folded edge.

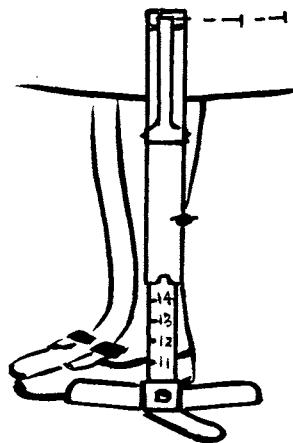


Fig. 85.

Staystitch  $\frac{1}{4}$  inch from cut edge. Ease fabric under the presser foot. Do not stretch. Turn raw edge under on this stitched line.

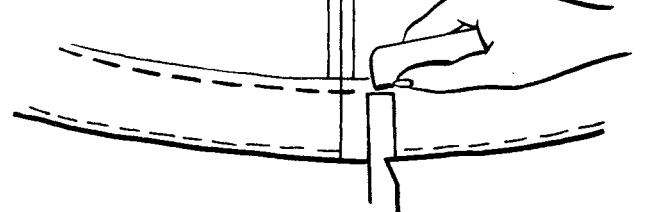


Fig. 86.

Place edge of hem gauge on the folded edge of skirt. Mark the width of hem with pencil or tailor's chalk. Cut along this line of marks (see figure 86).

Staystitch  $\frac{1}{4}$  inch from cut edge. Ease fabric under the presser foot. Do not stretch. Turn raw edge under on this stitched line.

If there is fullness at top of hem, pull the stitching so the top edge fits the skirt smoothly but loosely.

Press as much fullness out as possible. Press from hem line toward top of garment but never around the edge (see figure 87).

Pin hem to skirt. The first pins should be placed at side seams and center back and front. Be sure seam line of hem and seam line of skirt match.

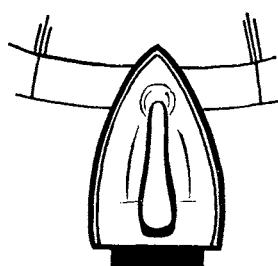


Fig. 87.

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Finish hem with invisible machine hemming, slip-stitch, or other hemming stitch your leaders show you how to make.

Now press.

You have now made many lovely things. If you have learned everything in this bulletin, it may be time to enroll in Junior Clothing. Ask mother, your 4-H leader, and county agent to help you make this decision.

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