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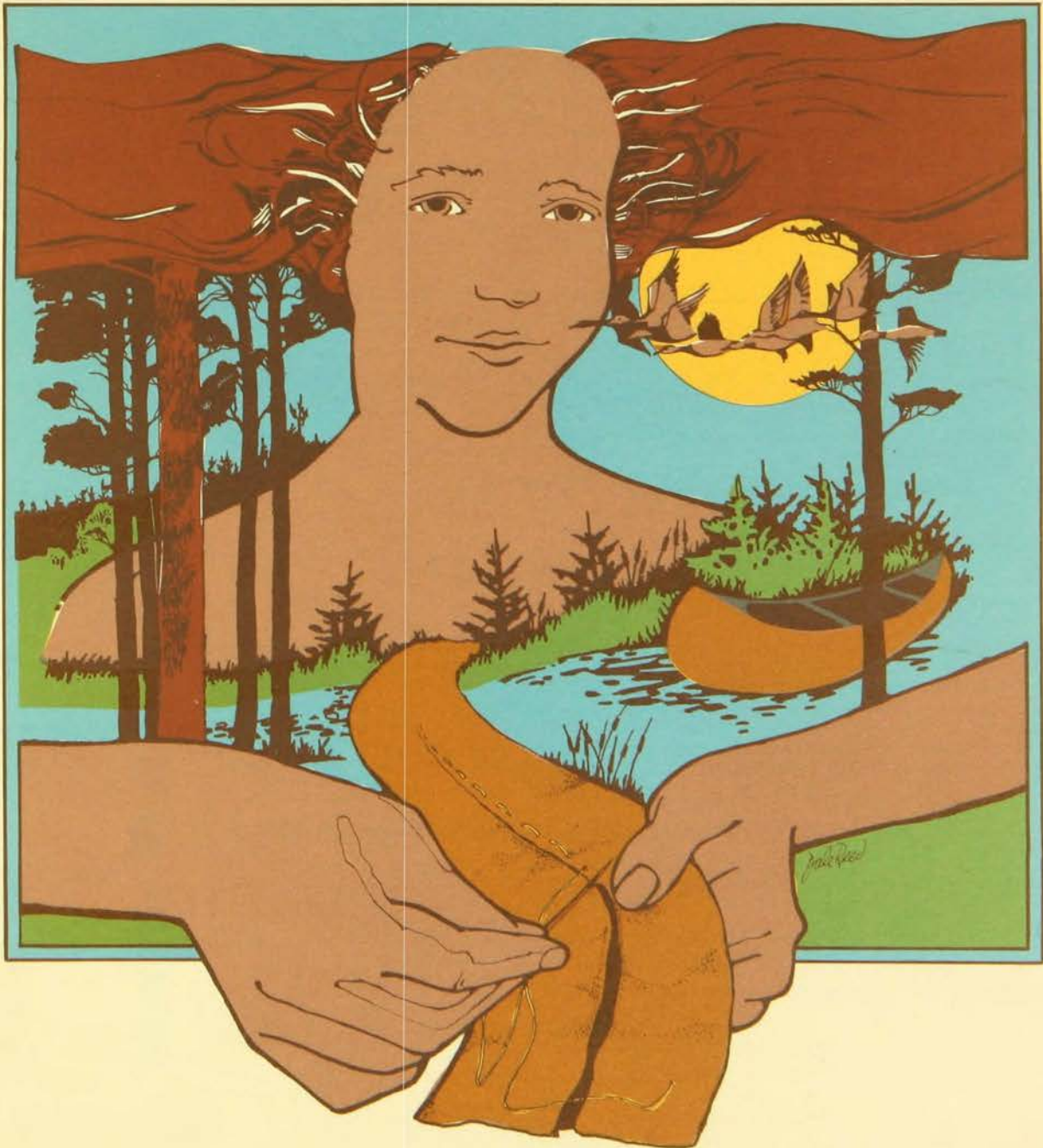
Minnesota 4-H

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1981



Unit

# Beginning Clothing



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# BEGINNING CLOTHING

## UNIT 1

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#### Acknowledgements

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**AGRICULTURAL EXTENSION SERVICE, UNIVERSITY OF MINNESOTA**

# I WISH, I WISH...



## WHAT IN THE WORLD ARE YOU WISHING FOR?

A look into your future?  
An allowance that lasts until the next one?  
A new wardrobe that is right for your  
different activities?

Wish on and on. Wish big or small. They're all free. But be careful what you wish for, because it might come true, you know!

Learning about clothes and yourself can be fun. You need to know where you are going and how to get there.

There are many parts to our clothing program. You will learn how to become more attractive, how to buy, make, and care for clothes that do something for you. Most of all, you will learn how to polish up the inside and outside YOU.

## LET'S START WITH A PLAN

The first step in your plan includes getting acquainted with basic equipment, skills, and methods. In this unit, your objectives will be to learn more about:

1. Grooming--proper care of hands and nails
2. How clothing makes you feel
3. Selection and use of small sewing equipment
4. How to use a needle and thread
5. Use and care of a sewing machine
6. How to sew a straight seam
7. How to turn a corner
8. Fabrics--fabric terms, buying your fabric
9. How to prepare fabric for cutting
10. How to press
11. Care of clothing--how to sew on buttons, mending
12. Keeping 4-H records
13. Helping other club members

# THINGS TO MAKE

You should make two or more items. First you will make one practice item from Group 1. Then you will make one main item from Group 2. For more experience, select an item from Group 3. Here are some ideas:

## GROUP 1

Ladybug pincushion  
Ski boot strap  
Patchwork pillow top  
Trapunto picture or pillow top  
Sewing room wall hanging

## GROUP 2

Adjustable bike bag or day pack  
Tote bag  
Book caddy  
Easy-to-make poncho  
Apron  
Chef or shop apron  
Skirt with elastic or draw string waist  
Ski bag

## GROUP 3

Back pack  
Sun visor  
Chicken bun warmer

You may wish to make some things that are not on the list. If so, check with your leader. You will need to decide with your leader what you can do.

Date \_\_\_\_\_

Write your plans for items selected from Group 1, 2, and 3 or others approved by your leader and parents:

Item

Date You Want to Finish


# THINGS TO DO

Collect and shop for small sewing equipment for your sewing kit.

Attend project meetings.

Keep a clothing record of the articles you are making from Group 1, 2, and 3.

Exhibit something you have made and your completed records.

# I WISH I HAD A GREAT APPEARANCE

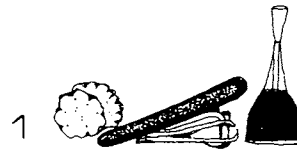
You can have! To get your good-looks goal, take careful steps every day. A clean YOU from top to toe is a must. Hands are a cue to attractive grooming. You can't hide your hands--they are on view all the time. Hand care starts with a manicure.

## MANICURE

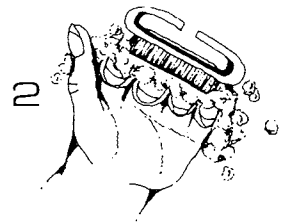
Wash hands often in warm, soapy water. Dry your hands thoroughly to prevent chapping. Gently work the cuticle back with the towel at the side and base of each nail. This will keep it soft and prevent it from tearing. Apply some hand lotion if your hands are rough and dry.

Everyone needs to have a weekly manicure for proper care of hands and nails. Steps 1 to 4 apply to everyone, while girls may want to complete Step 5.

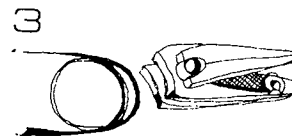
Step 1. Line up your tools: cotton, emery board, nail clipper. (Nail polish, and polish remover to remove old polish, are optional.)



Step 2. Use a nail brush to clean your nails in warm, soapy water.



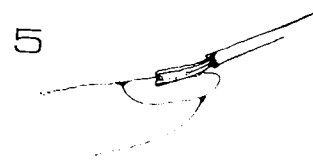
Step 3. Trim the nails into a rounded oval with a nail clipper. File nails in one direction, from sides to center, with the emery board.



Step 4. Soak hands in soapy water. Push cuticle back with the cotton or cotton tipped swabs. Wash your hands again and clip any loose hang nails.



Step 5. You may or may not want to wear polish. If you do, wash hands to be sure nails are free of oil. Dry carefully. Apply polish in long, even strokes. Don't dab.

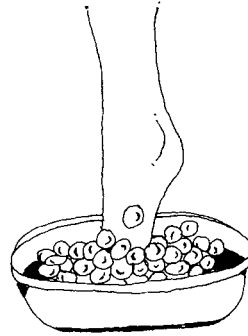


Watch your hand mannerisms! Avoid twisting hair and jewelry. Keep your hands relaxed and calm. If you have the nervous habit of biting your nails, try to identify the times when you bite them. Make a serious attempt to break the habit. You may even have a friend with the same habit. You can help each other stop with thoughtful reminders.

## PEDICURE

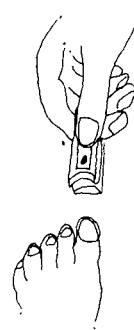
Don't forget your feet. They help you keep up with a busy schedule throughout your entire life. Your feet and toenails need extra attention just like your hands and fingernails. To take care of your toenails properly, you will need a toenail clipper or small straight-edged nail scissors, emery board, cotton balls or cotton tipped swabs, and a small brush. Girls wearing nail polish should remove it first before doing Step 1.

Step 1. Soak your feet in warm, soapy water or do your pedicure immediately after finishing a shower or bath.

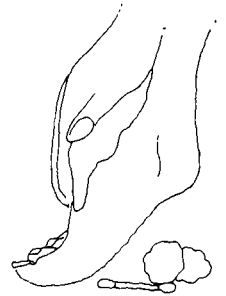


Step 2. Use the nail brush to clean under the nail and your heel. Dry your feet completely.

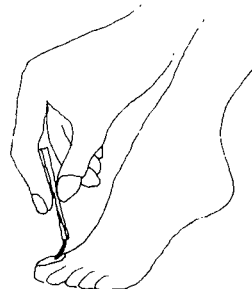
Step 3. Using a toenail clipper or small, straight-edged nail scissors, trim the nail straight across leaving the nail just a little longer than the tip of your toe. Toenails clipped too short or cut in an oval shape can become painful ingrown nails. Smooth the edges with the emery board.



Step 4. Push back the cuticle using a cotton ball or cotton-tipped swab. Apply lotion to your feet, especially at rough spots such as your heel.



Step 5. Girls may want to apply a light coat of nail polish, especially during the summer when sandals are popular foot wear.



## HAIR TIPS

The right style and correct care of your hair has a great influence on the way you look. In relation to your personal appearance, your hair is just as important as the clothes you wear.

There are many different hair styles, both curly and straight, that are considered fashionable for today's youth. The most important thing is to select a style that suits your face, hair type, and personal activities. It is recommended that you go to a professional hair stylist who will discuss these three factors with you before you get your hair cut. You will need to have your hair trimmed every eight weeks or more depending upon how fast your hair grows. If you have a simple straight cut, your parent may be able to give this trim. More difficult trims may have to be done by the professional stylist.



### WASHING YOUR HAIR

After you have had your hair cut and styled, you should shampoo and condition it regularly.

- Step 1. Comb your hair to remove any tangles.
- Step 2. Use a shampoo that corresponds to the condition of your hair and scalp: dry, normal, or oily.
- Step 3. Wet your hair and distribute a teaspoon or less of shampoo across the top of your head. Use the padded part of your finger tips to rub the shampoo into the roots and scalp area. Do not pile or mat the rest of your hair on top of your head to shampoo it; this only makes more tangles. A better method is to work your finger tips in small circular motions down and around your scalp. The scalp and root area usually have the most dirt and oil.



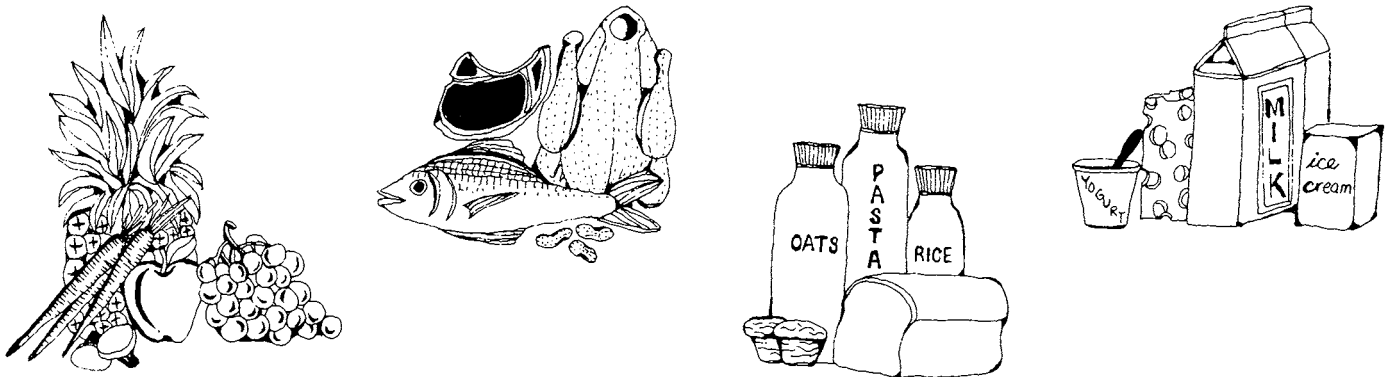
- Step 4. Put a little more shampoo in your hand or apply more water to the sudsy part of your head and gently rub the ends of your hair. Remember your hair is very delicate, especially when wet and the ends of your hair are easily damaged by rough rubbing and twisting.
- Step 5. Rinse your hair with warm water to remove all of the shampoo. Use your fingers to separate your hair and rinse away the shampoo completely from the scalp area.
- Step 6. Reapply the shampoo and repeat the previous process if the hair and scalp is excessively oily and dirty.
- Step 7. A conditioner is used to help remove tangles, gives your hair a shine and luster, plus it makes your hair easier to control after it has dried. A rinse can be purchased at the store or you can make your own.
- Add 2 tablespoons (30 ml) lemon juice to a glass of warm water for red or blonde hair  
or  
-Add 2 tablespoons (30 ml) vinegar to a glass of warm water for black or brown hair
- Pour the solution on your hair and work in.
- Step 8. Rinse the conditioner out of your hair thoroughly.
- Step 9. Next wrap a towel around your head to absorb the moisture. Take the towel off your head, letting your hair fall down naturally. Gently pat the top of your head, continuing down to the ends. Do not rub or twist your hair as this will make more tangles, plus rubbing can break and damage your hair.
- Step 10. Next, use a wide toothed comb to gently remove tangles. Do not use a brush as this stretches and breaks your hair. Follow the directions your professional stylist told or showed you in order to dry and style your hair.



# YOUR BODY AND ITS CARE

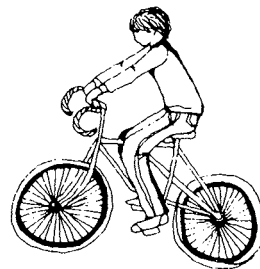
Every boy and girl wants to be liked and accepted by others. Personal appearance often has a great effect on the way others see you and feel about you. Your body and skin speak "loud and clear" to others. There are three basic guidelines to follow to be sure your body and skin are sending healthy and friendly messages to others: eat a balanced diet using the Basic V food groups; get enough exercise every day and rest each night; and cleanse your skin thoroughly by washing your face at least twice a day plus taking regular baths or showers.

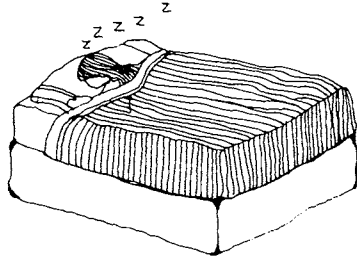
Let's look at each of the basic guidelines separately, starting with the balanced diet. A quick review of the Basic V food groups will provide all the information you need to go, grow, and glow. Fruits and vegetables are a must for the essential vitamins that make your skin have a healthy, natural glow. Meats are loaded with protein and minerals that make you grow. Breads and cereals have vitamins and minerals to make you grow and glow. Milk and dairy products have the protein, fats, vitamins, and minerals needed to make you go, grow, and glow!



It is easy to eat a lot of "junk" food such as candy and potato chips because of their appealing taste and easy availability. Just remember, goods in this fifth group do not contain the fuel for your body to make it go, grow, and glow!

The second guideline of body care is focused on getting enough exercise and rest. Exercise is important to keep your body in good working order. Muscle tone and regular body functions all improve with regular exercise. Get out and run, ride your bike, skate board, roller skate, and have fun!





We all need a regular period of sleep each night. This is especially true when you are growing at a fast rate and if you have a very active daily schedule. The hours of sleep needed by each person vary from 6 to 9 hours. The important thing to remember is to get about the same number of hours of rest each night. Don't worry, your body will tell you how many hours you need each night to feel good and grow.

The final guideline in body care is aimed at cleansing your skin from head to toe. A regular bath or shower is a must for good health and good friends! Many youngsters face the problem of acne every day when they look into the mirror. If you have this problem, you are not alone. Blackheads and whiteheads cause pimples and are a form of acne. They can develop for many reasons. Changes in body chemistry produce too much skin oil. Hereditary factors can cause you to have large oil-producing glands combined with sensitive skin. A diet rich in fats and sugars may cause acne problems. Emotional stress can also cause acne problems.

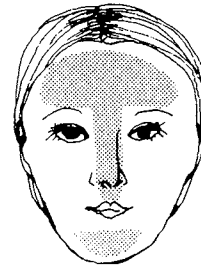
What can you do to control acne? Start out by following a regular cleansing schedule.

Step 1. Wash your face with warm soapy water. Be sure to clean all the facial areas that are especially oily: forehead, nose area, chin.

Step 2. Rinse with clear, warm water.

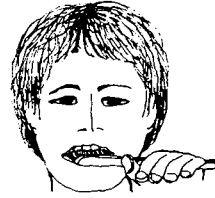
Step 3. Pat your face dry with a soft towel.

Step 4. Apply a little lotion to the areas of your face that seem dry. Repeat this cleansing process at night and when you get home from school if your skin is very oily.

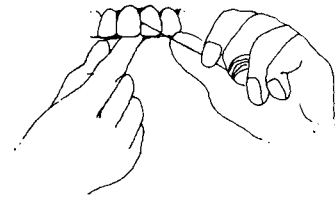


KEEP SMILING

A warm, happy smile is your own personal greeting that makes you something special. To keep that nice smile, be sure to brush your teeth at least twice a day. The best time to brush teeth is soon after you have eaten your regular meals.



Use a small, circular motion and hold the toothbrush at an angle. Start on the back teeth and move forward. Remember, the inside areas of your teeth need the same brushing motions. Brush the top edge of your teeth carefully as cavities frequently form on the top surface of teeth.



Dental floss should be used to clean the areas between your teeth. Hold the floss tightly and bring it against each tooth, starting at the gum line. Extra fine or waxed dental floss can be used on teeth that are very close together.

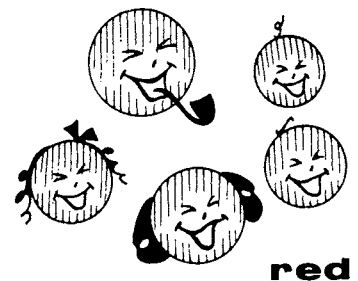
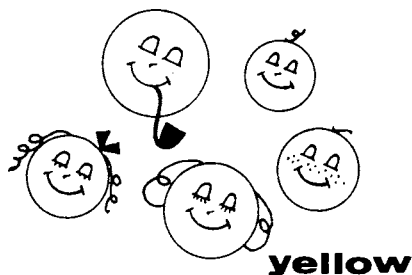
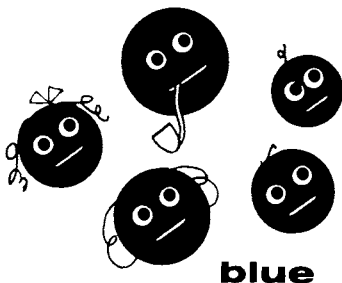
PERSONAL CHECK LIST		Yes	No
Do you take a regular bath or shower?		_____	_____
Do you shampoo your hair properly and regularly?		_____	_____
Do you wash your hands often?		_____	_____
Do you manicure your nails weekly?		_____	_____
Do you use a hand lotion when needed?		_____	_____
Do you give yourself a pedicure weekly?		_____	_____
Do you brush your teeth correctly and at least twice a day?		_____	_____
Do you eat balanced meals using the basic five good groups?		_____	_____
Do you get enough exercise every day?		_____	_____
Do you get plenty of sleep every night?		_____	_____

The Colors live  
 Between black and white  
 In a land that we  
 Know best by sight.  
 But knowing best  
 Isn't everything,  
 For Colors dance  
 And Colors sing,  
 And Colors laugh  
 And Colors cry --  
 Turn off the lights  
 And Colors die;  
 And they make you feel  
 Every feeling there is  
 From the grumpiest grump  
 To the fizziest fizz.  
 And you and you and I  
 Know well  
 Each has a taste  
 And each has a smell,  
 And each has a wonderful  
 Story to tell!\*

# The Magic of Color

Colors are like people. Colors may be happy--loud--dull--sad--interesting.

Colors live in families:



Blue, yellow, and red are called the primary colors. Secondary colors are made by making different combinations of the primary colors. The secondary colors are green, orange, and violet.

Just like people, some colors get along well together ... and others fight. Learn to select colors that are becoming to you.

Collect fabric samples. Choose a few colors that look warm to you and a few colors that look cool. Select color combinations that you like.

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\*Hailstones and Halibut Bones - Adventures In Color, Mary O'Neill, Doubleday and Company, Inc., New York, 1961.

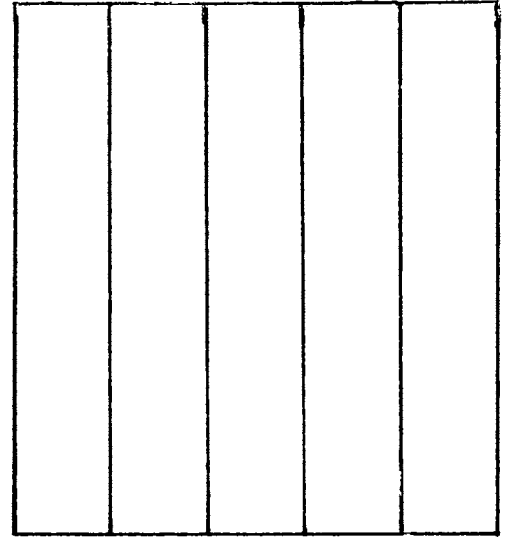
Although you may like some colors and color combinations, they may not be the best colors for you.

What are your colors? Some of your own colors are in your eyes. To find the colors that match your eyes, you will need small pieces of plain colored fabric or paper cut from a magazine.

While you look in a mirror, hold a color near one of your eyes. Other members and your leader will help you find the color that just matches a color in your eyes.

When you find a color that is "yours," put it aside. You may find two, three, four, or more.

When you have found your eye colors, cut a 1/2" (1.3 cm) strip of each color, 2 3/4" (7 cm) in length, then mount.



Skin tone is color of the skin and may be warm or cool-toned. It usually has lighter and darker areas of the complexion. A red-orange skin may be on a person with red to dark brown hair.

## **ANSWER THESE QUESTIONS**

What colors do you have in your eyes? \_\_\_\_\_

What is your skin color and skin tone? \_\_\_\_\_

What color is your hair? \_\_\_\_\_

Can you think of something else of the same color that would help describe it? Example: blue of the ocean (ocean blue); gold of wheat (wheat gold); gray of the storm clouds (cloudy gray).

# A Style of your Own

Clothes affect the way you feel and how you act.

- What you wear says how you feel about yourself.
- You generally choose clothing which will make you feel like someone special.
- Clothing helps you tell others about your best self.

You dress like the people you feel closest to, but you still like to dress so you can say, "This is me."

Remember that clothing is a part of your TOTAL APPEARANCE. This includes your grooming, posture, mannerisms, smile or frown, and clothes. When we view a person, we see all of these together.

Discuss these questions with your parents, other 4-H members, and your leader. You can write down what you think below. Each person's answers will probably be different.

WHAT IS YOUR FAVORITE GARMENT? \_\_\_\_\_

DESCRIBE IT: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

WHY DO YOU LIKE TO WEAR IT? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

HAVE SOMEONE ELSE TELL YOU WHAT GARMENT THEY LIKE TO SEE YOU IN BEST--AND WHY.

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

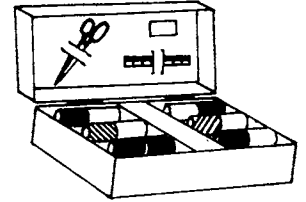
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# THE MAGIC BASICS

Good sewing tools are needed if you are to do good work. You will need tools for measuring, marking, cutting, sewing, and pressing.

## SEWING SUPPLIES

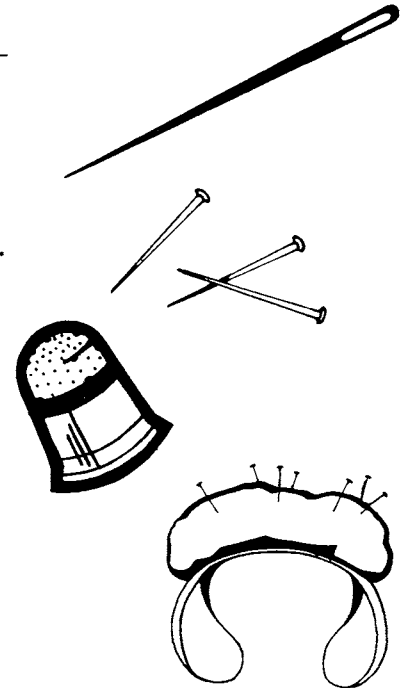
Sewing Box - A sewing box to hold all your small tools is a must. This may be metal or cardboard, or a basket. Be sure all your tools will go into it and that it has a cover or some other way of closing.



Needles - Check the size that is easy for you to use. Needles come in sizes of 1 to 12, with size 1 being large and size 12 very small. Size 7, 8, or 9 would be a good size for you.

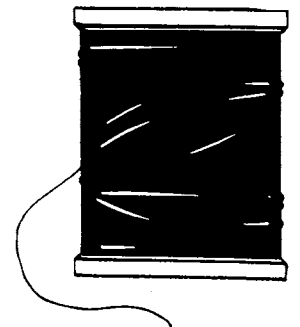
Pins - Select small, slender, and sharp pins. Rust-proof dressmaker pins are available in No. 15, 16, and 17. You may buy them in small packages or be the quarter- or half-pound box.

Thimble - A thimble is worn on the middle finger of your sewing hand to push the needle through the fabric. It should fit snugly enough to stay on and be short enough to come below the finger joint. Silver, nickel, brass, or steel is a good choice.



Pincushion - A pincushion helps you keep pins within easy reach. Be sure that it is one you can stick pins into easily. You may have one that fastens to the machine or table, or one that you wear on your wrist. A wrist pincushion allows you to use both arms and to have the pincushion with you as you move.

Thread - Mercerized thread is used on almost all fabrics. It has been treated to make it strong and to have a silky finish. You might also want to use a thread with a polyester core, such as Dual Duty or Polyspun. This has more stretch than mercerized thread. Thread comes in different sizes; the smaller the size number, the bigger the thread. Size numbers 50 to 80 should be suitable for the sewing you will be doing. You will need to check the color of your thread. Notice that a tone darker looks lighter as you sew it on your fabric. Remember that thread always looks darker on the spool than when it is separated in a single thread.



Emery Bag - The strawberry-shaped bag is used to polish rusty or sticky needles to keep them smooth. Needles are not left or stored in the emery bag.

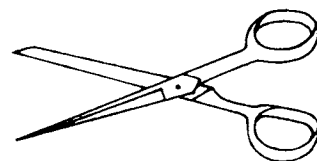
Paper and Pencil - Notes and reminders are helpful. Keep paper and pencil handy for suggestions from your parent and leader, and for the list you don't want to forget.



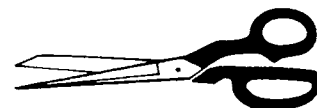


## CUTTING TOOLS

Scissors - Scissors are 3 to 6 inches long, with both handles the same shape and size. Use them for clipping threads, cutting corners, and trimming seams. The blades must be sharp and made to cut to the point. A 3- to 5-inch overall length is a convenient size.



Shears - Shears are larger than scissors and vary in length from 6 to 12 inches. The handles are shaped to fit the hand. To cut with shears, place the round handle over your thumb and the oblong handle over your fingers. The handles may be straight or bent; bent handles usually make it easier to cut fabrics. Try the weight and style of the shears for your comfort, and check the blades for cutting all the way to the point. A 7- to 8-inch overall length is a convenient size. Use shears only for sewing; don't use them for cutting paper or other things.

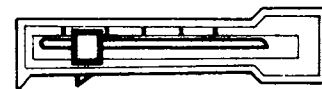


## MEASURING TOOLS

Tape Measure - The tape measure needs to be firmly woven of a non-stretch material. Choose one that is 60 inches long and is numbered from each end.

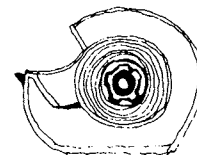


Gauge - A metal measuring gauge is helpful in marking and checking short distances.



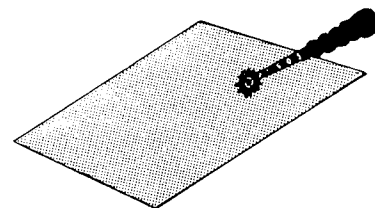
## MARKING TOOLS

Transparent Tape - This is easy to use when making pattern alterations. It can serve as a sewing guide or stabilizer to keep notions, such as zippers, in place while stitching.



Tailor's Chalk or Chalk Pencil - You will need something for marking. Tailor's chalk makes a thin line and brushes off easily. A chalk pencil is handy for making marks. It makes a thinner mark and is easier to handle.

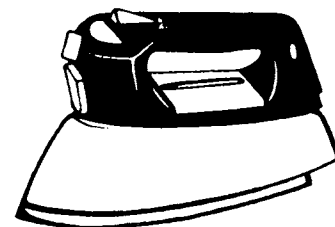
Tracing Paper and Tracing Wheel - Look for the new type of tracing paper that makes marks which disappear when water is applied to the fabric. Always use a test sample to be sure.



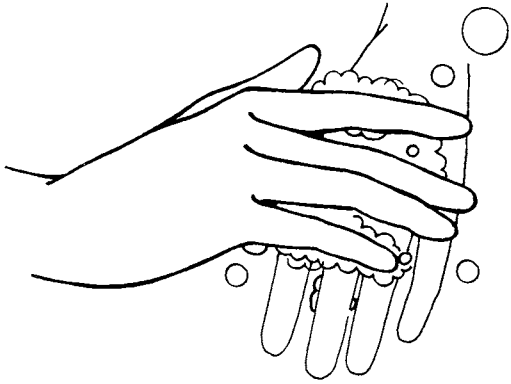
## PRESSING TOOLS

Pressing Cloth - Closely woven cheesecloth, lightweight broadcloth or a commercial press cloth will be best for cottons, synthetics, and blends.

Iron - The combination steam-and-dry iron is most useful. Your parent and leader will have an iron and ironing board.

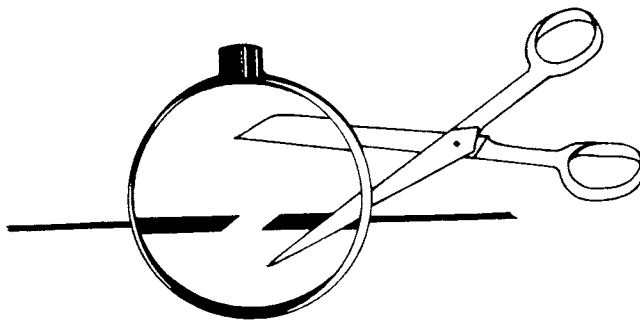


# I WISH I COULD SEW...



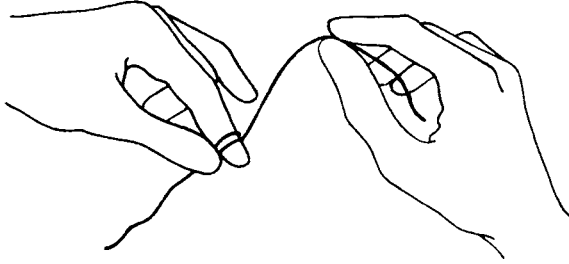
Your hands are the first tools you will use in hand sewing. How do they look? Are they clean? Would you like to manicure your nails before starting to sew? Turn to page 3.

A good seamstress chooses the right length of thread. Measure off 18" (45 cm) of thread. This will be a good length for you. A thread that is too long will knot and tangle.



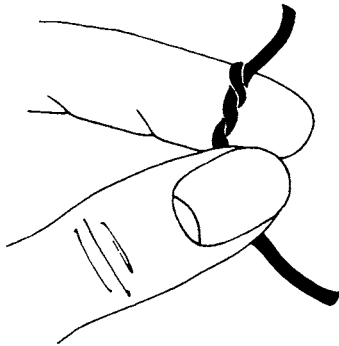
Cut the thread at an angle with sharp scissors. This will give a sharp point to the thread and it will find its way through the needle eye without trouble. Hold the eye of the needle so you can see light through it. Stick the thread through the needle.

# KNOT THE THREAD

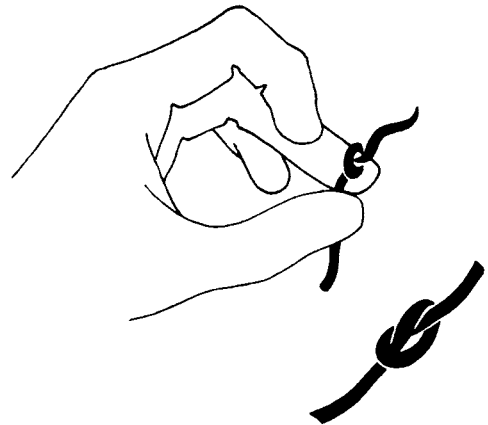


- 1** Hold the end that is cut from the spool between the thumb and the first finger of one hand. If you knot the cut end of the thread, it will not tangle and knot when you sew by hand.

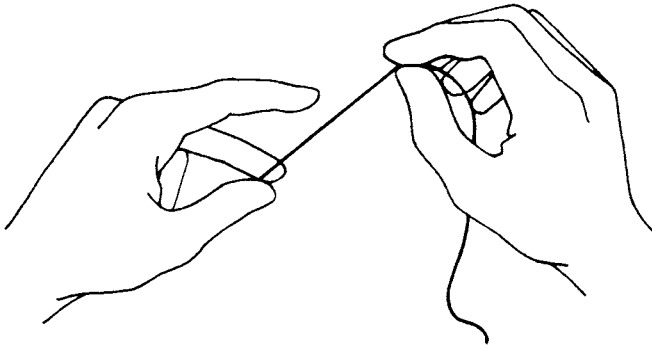
- 2** Wrap the end of the thread around the first finger once.



- 3** Roll the thread from the finger, pushing with the thumb.



- 4** Release the first finger as the middle finger takes its place to hold the thread in position.



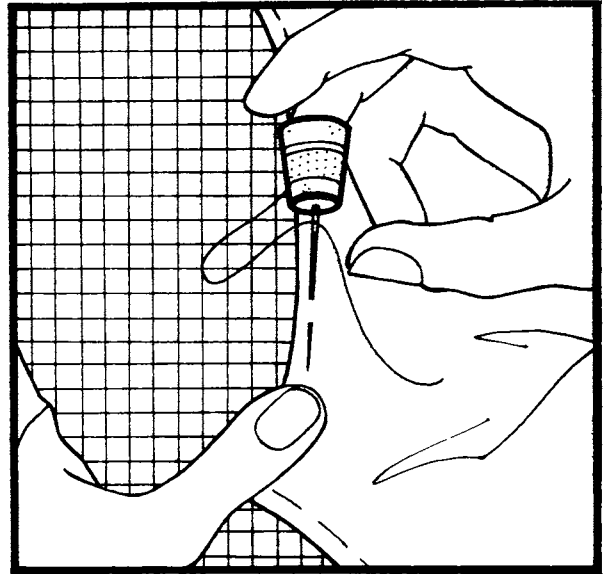
- 5** Pull on the long end of the thread with the other hand to tighten the knot.

It's not as hard as it looks; give it a try!

# USE THE THIMBLE

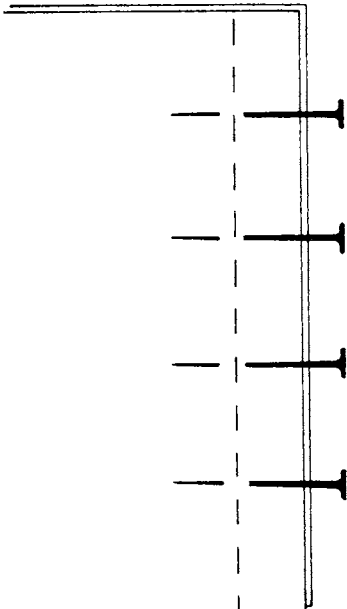
The thimble may seem like a pretty awkward gadget, but so did your first pair of skates! It will keep the needle from punching your finger when you sew thick fabrics, so put it on the middle finger and give it a try.

Consider your thimble a friend. Using it for all hand sewing will protect your finger and make sewing easier. Put the thimble on the middle finger of the hand you use for sewing. In the same hand, hold the needle between your thumb and forefinger near the point of the needle. As you are ready to sew, bend your middle finger, bring the thimble down on the eye end of the needle, and push the needle through. You may use either the side or end of the thimble to push the needle.



## HAND STITCHES FOR FIRST PROJECTS

There will be many times when you are sewing that you will need to do hand sewing. Learn to do each of these hand stitches and mount a 3" x 5" (7.5 cm x 12.5 cm) sample of your work on page 19. Ask your leader to demonstrate these stitches.

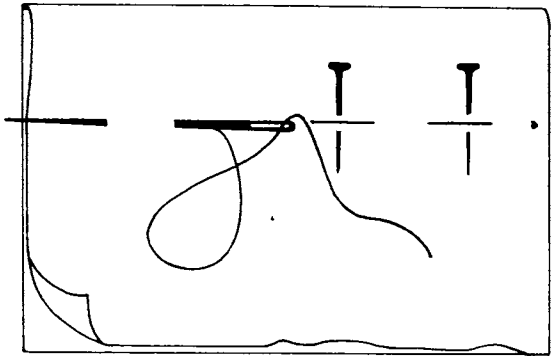


**1** Basting may be done with pins, hand stitches, or by machine. (Pin basting will be fine for the projects suggested in this book.)

To pin baste, simply lay the two pieces of fabric together. Pick up a few threads of both thicknesses of fabric with the pin. (Keep the fabric in place so the ends and edges meet.)

Place the pins 2" to 4" (5 to 10 cm) apart on straight edges and closer together on a curve. Place pins at right angles to the stitching line as shown.

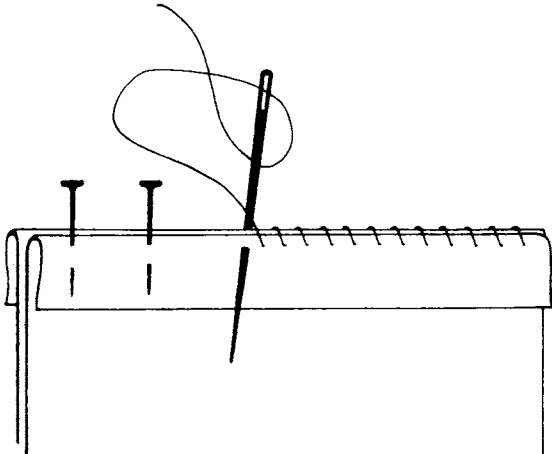
When you stitch, go slowly. Stop with the needle in the fabric just before you get to the pin and remove it. Stitching over pins is not a good sewing technique. It can dull, bend, or break the machine needle. Uneven seams are often the result of stitching over pins also.



**2** A hand basting stitch is used to hold two or more pieces of fabric together until it is machine-stitched or sewn by hand. Place your work flat on the table and pin together the edges to be basted.

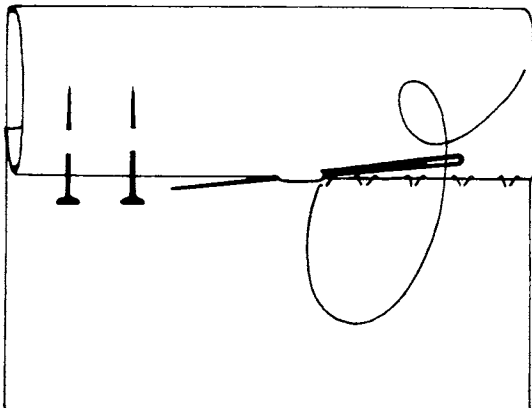
Begin with a knot in the thread. Working from right to left (or left to right, if you are left-handed), put the needle down through the fabrics. Bring it out again about 1/2" (13 mm) ahead, making a stitch even with the edge.

Draw the thread tightly enough to make it flat on the fabric. Fasten the thread by taking two or three small stitches, one over the other. This makes the thread easy to rip out.



**3** The whip stitch is used when a strong, secure seam is needed.

Put the two edges together with the seam lines matching. Take stitches over the edge with the needle held in a slanted position. Keep the stitches the same size, slanting the same way, and the distance between them the same.



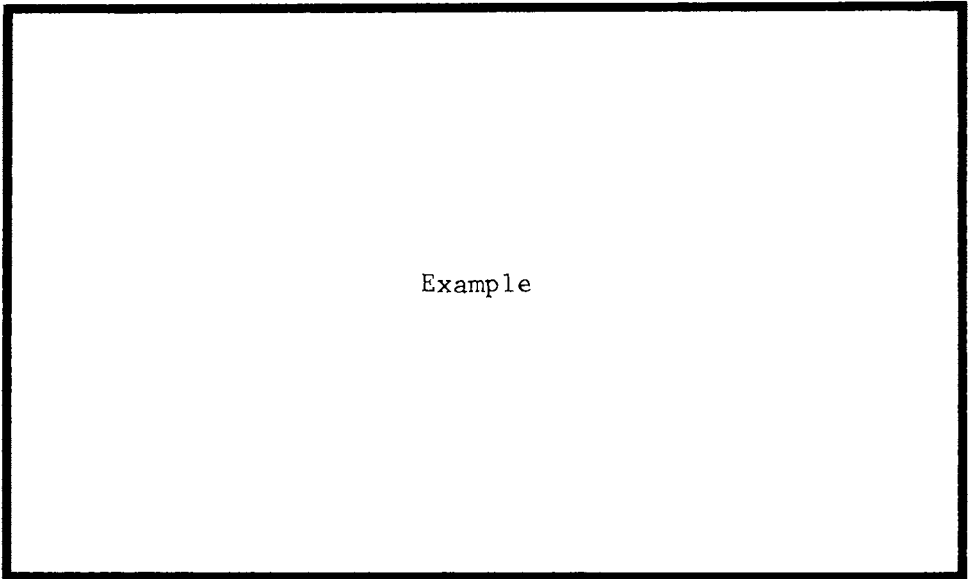
**4** The slip stitch is used when you do not want the stitches to show.

Pick up one thread of the under section with the needle. Take a 1/4" to 1/2" (6 to 13 mm) stitch through the fold of the top fabric. Pick up the next stitch in the under section directly below.

# HAND STITCHES

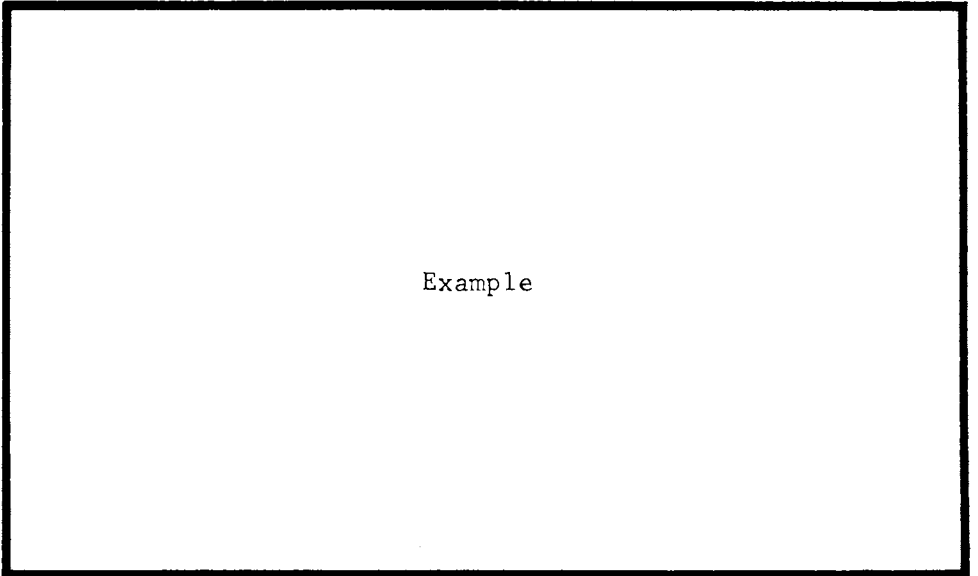
## HAND BASTING

Example



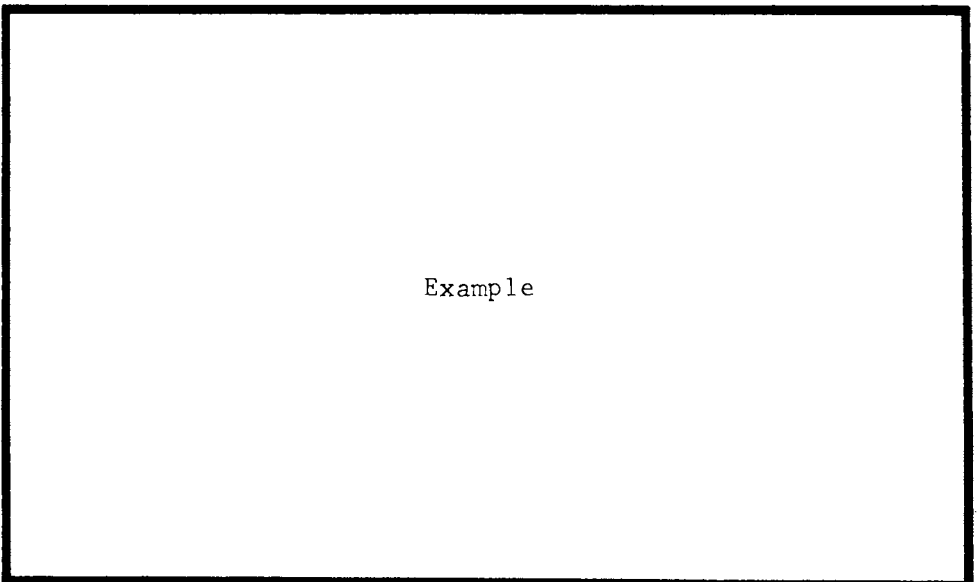
## WHIP STITCH

Example



## SLIP STITCH

Example



# THE SEWING MACHINE

Learning to use a sewing machine is like learning to ride a bicycle. It may seem awkward at first--but with a little help, patience, and practice, you will soon be whizzing along. Your leader will teach you:

The names and purpose of each major machine part.

How to remove the top and bottom thread from the machine.

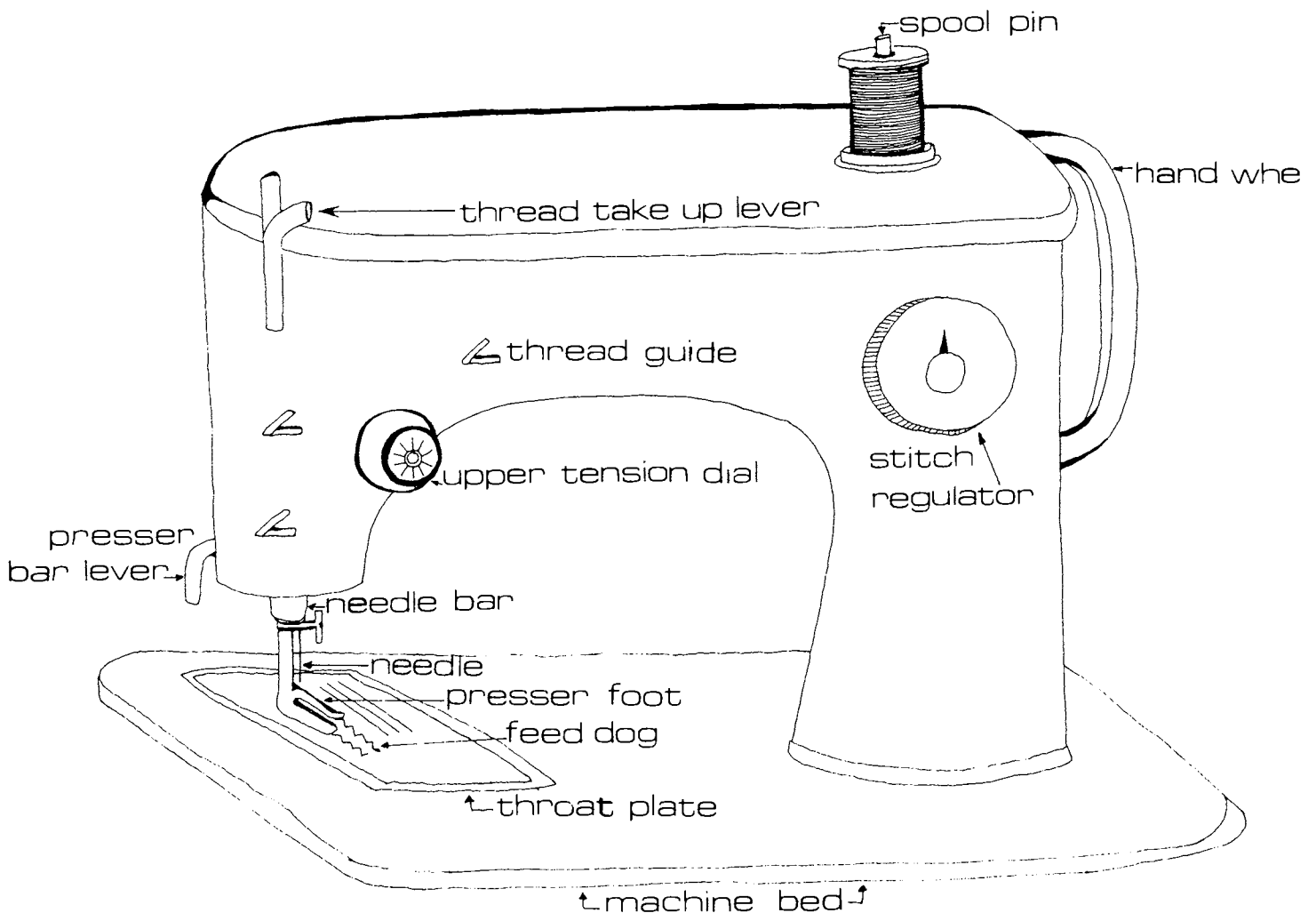
How to lower and raise the presser foot.

How to move the take-up lever to the highest point before starting to sew.

How to start and stop the machine.

How to regulate the length of stitch.

Remember that the sewing machine is an expensive piece of equipment. Do not change adjustments on the machine or sew with thread until you have some help from your parent or leader.



Learn the parts of a sewing machine. Study the drawing and find these parts on your own machine.

UPPER TENSION DIAL regulates amount of thread used on each stitch.

SPOOL PIN holds the spool of thread in place while sewing.

PRESSER BAR LEVER raises and lowers the presser foot.

PRESSER FOOT holds your fabric in place as you sew.

MACHINE BED is the flat, open surface of the machine.

FEED DOG is a set of small teeth or bars which go up and down to move your fabric as you sew.

NEEDLE carries the top thread and goes up and down through your fabric to make stitches.

THROAT PLATE covers the feed dog and often has markings for seam allowances.

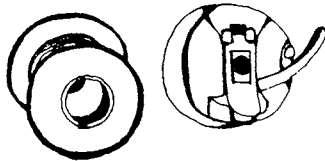
STITCH REGULATOR controls the length of the stitch.

THREAD TAKE-UP LEVER does just what it says. It moves up and down as the stitch is formed, and keeps the thread at the adjusted tension.

BOBBIN holds the thread for the underside of the seam. Learn how to put the bobbin in and take it out. Find the bobbin winder on your machine and learn to use it.

HAND WHEEL moves the needle up and down as it is turned. Which way does the wheel on your machine go, forward or backward?

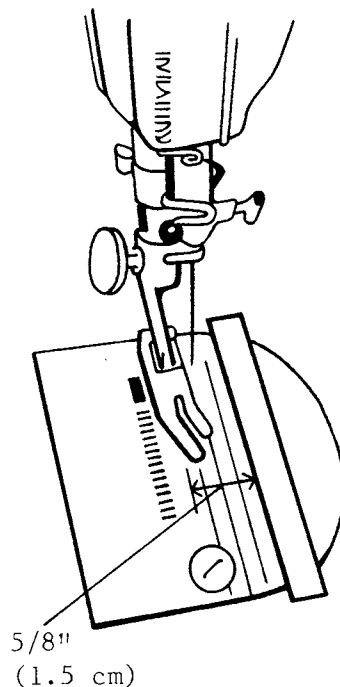
bobbin





# STITCHING WITH THREAD

1. Your parent or leader will show you how to thread the machine, wind the bobbin, and put the bobbin in place for sewing. Practice until you can do it by yourself.
2. Cut two pieces of cotton fabric 18" (45 cm) long and 3" (7.5 cm) wide. Place one piece on top of the other with the long edges matching. Pull the upper and bobbin threads under the presser foot so they are laying smoothly behind the needle area.
3. To stitch the seam, lower the needle into the fabric 5/8" (1.5 cm) from the edge. Be sure the cut edges touch the seam guide. Most seams are 5/8 inch (1.5 cm) wide. Use a metal seam guide or put a piece of masking tape on the machine so the left edge of the tape is 5/8" (1.5 cm) to the right of the needle hole.
4. Fasten stitching to keep the seam from coming apart. One way is to backstitch. To do this, adjust the stitch regulator for stitching backwards about 3 stitches. Then stitch off the edge of the fabric.
5. Turn the hand wheel towards you until the take up-lever is in the highest position. Pull the fabric to the back leaving about 6" (15 cm) of thread. Clip the thread close to the seam just stitched.



Sit tall when you sew. Rest your arms where you are able to guide your fabric most easily. Do not lean on the machine. Spread your fabric on the leaf of the machine and hold the bulk of it in your lap so that you will not be putting any strain on the edges being stitched. In this position, your sewing will be easy and it will go much faster. If you are working with a free arm sewing machine, raise your hands and rest them gently on the machine bed.

## HAVE YOU LEARNED TO:

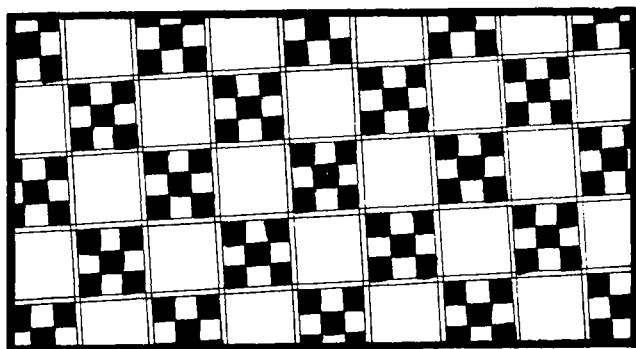
- |   |   |
|---|---|
| <input type="checkbox"/> Start and stop the machine?                                    | <input type="checkbox"/> Run the machine smoothly?                      |
| <input type="checkbox"/> Wind the bobbin and place it in its case or shuttle?           | <input type="checkbox"/> Adjust the length of stitch?                   |
| <input type="checkbox"/> Thread the machine, top and bobbin, and pull up bobbin thread? | <input type="checkbox"/> Stitch on straight lines, corners, and curves? |
|   | <input type="checkbox"/> Guide, not force, the fabric?                  |

# THE MAGIC OF

# FABRICS

Selecting your fabric is like painting a picture. You combine color, texture, and pattern to create the effect you want.

Some fabrics are easy to work with and others are not so friendly. Woven fabrics of mediumweight which are firm (but not stiff) such as gingham, chambrays, denim, percale, and many cotton blends are easy to work with and best for this project. Plain colors and overall prints are best because they do not have to be matched at the seams. Woven fabrics made of cotton and polyester are usually easy to sew with and care for.



Before you choose your fabric, see if it is guaranteed not to shrink more than 1% (Sanforized). Check to see if the fabric is colorfast. Watch for washing instructions.

If you choose a print, look to see if it is printed straight. If you sew with fabric like this (see illustration), your finished article will look crooked.

Before you choose your fabric, read the label on the end of the bolt of fabric. Ask for the care label which is supplied by the store for the fabric you want to buy. Look for and jot down these important facts about the fabric you select.

PRICE PER YARD \_\_\_\_\_  
WIDTH \_\_\_\_\_  
FIBER CONTENT \_\_\_\_\_  
CARE \_\_\_\_\_  
SHRINKAGE \_\_\_\_\_  
FABRIC FINISHES \_\_\_\_\_

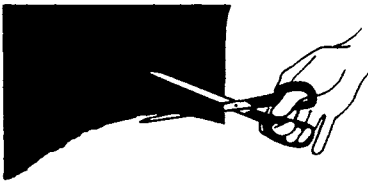
Include this information in your clothing record book for all of the items you are making.

## PRESHRINK YOUR FABRIC

Before you begin cutting any items you should wash your fabric in the manner stated on the fabric care label. You do not need to use soap however. Dry the fabric according to the care label instructions. Preshrinking the fabric removes excess finishes, dyes, and the initial shrinkage occurs.

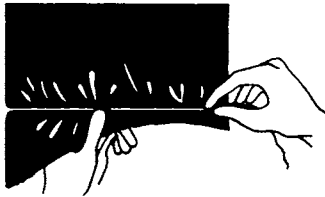
# PREPARE FABRIC FOR CUTTING:

The sides of the fabric are called selvages and prevent the fabric from raveling. The ends may have been cut or torn. Torn ends will be straight. Not all fabrics can be torn, so if your fabric was cut you will probably need to straighten it. Do this by pulling a thread.

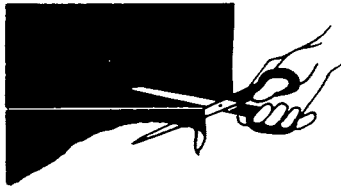


## SQUARING THE FABRIC

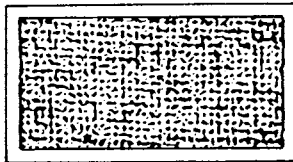
Make a small cut in the fabric ...



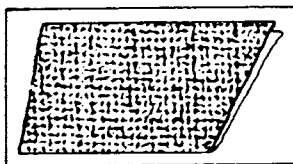
Pull out a crosswise thread ...



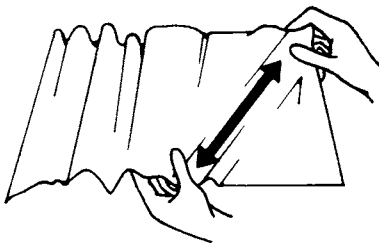
Cut along this line.



Sometimes the fabric is stretched when it is rolled on the bolt and will be crooked even though you have straightened the ends. Lay the fabric on the end of a table with the selvage on one edge of the table.



Does the cut edge of the fabric follow the end of the table? Or is it crooked (off-grain)?



You can straighten the fabric by pulling, or by dampening, laying out straight, and drying. (Fabric that has crease-resistant, wrinkle-resistant; or permanent press finish cannot be straightened.)



Press fabric before laying the pattern on it. (Also press the pattern, using lowest iron setting.)

Selecting fabric that is straight to begin with will save you time and effort.

# The Magic of Clothing Care

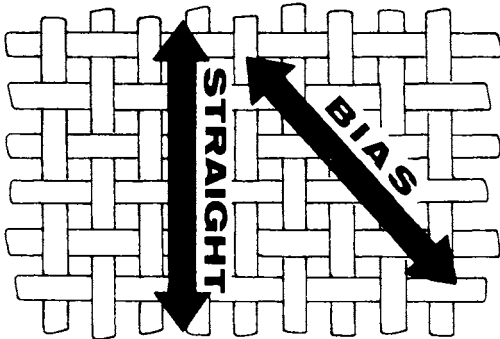
To have something to wear, always fresh and in good repair, you need the magic of the word:

**NOW**

is the time to hang up your clothes.  
is the time to learn a few ironing tricks.  
is the time to sew on those missing buttons.  
is the time to mend those rips.

## PRESS AS YOU GO

Pressing as you sew will help you have a good-looking article. Keep an ironing board handy as you sew. Most cotton and cotton-blend fabrics may be pressed with a dry or steam iron either on the right or wrong side, but some dark colors look best when pressed on the wrong side.



Use damp press cloth or steam iron. Here is the way to press the fabric. Dampen a piece of cheesecloth and squeeze it tightly to remove excess water. Place the cheesecloth over the cotton fabric and set the iron on it. Do not slide the iron across the fabric. Steam will form and dampen the fabric you are pressing. Always press with the grain of the cloth. Do not press on the bias. This may stretch the fabric.

Fabrics with a crease-resistant finish are hard to press and will need more moisture and lower heat than untreated fabrics. For seams that are hard to press, dip your finger or a small brush in water and dampen the seam line, then press. This will give a sharper crease. Set the iron at a lower temperature.

Press all seams and hems as you sew. Then, when you have finished, press the entire article. Pressing gives clothing a fresh look.

## SEW ON A BUTTON

Select a flat button that looks pretty on your fabric.

Mark the place for the button with a pin stuck through the finished buttonhole (A). The center of the button usually comes about 1/4" (6mm) back from the outer edge of the buttonhole.

Use a double thread and knot the end. Fasten the thread by taking several small stitches on the right side where the button is to be placed (B).

Put the needle through one hole in the button, back through the other hole, and through the fabric on the wrong side (C).

Place a pin under this stitch (D). The pin keeps you from sewing the button on too tightly. Sew over the pin and down through the cloth three or four times.

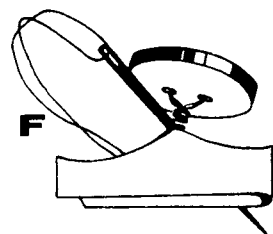
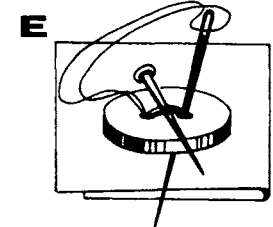
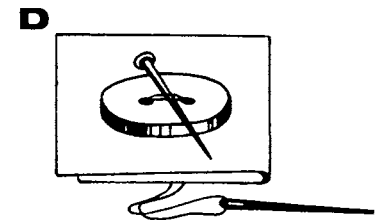
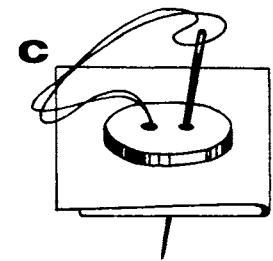
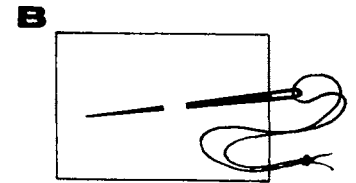
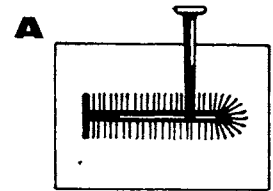
Bring the needle up through one hole of the button and down through the second, but not through the cloth (E).

Remove the pin. Pull up the button as far as the slack thread will let it come.

Wrap the thread from the needle around this slack thread several times without pulling the needle through the fabric. This is called making a shank for the button.

Bring the needle to the wrong side, putting it through the fabric close to the shank (F). Take three little stitches on the wrong side in the same place to fasten the thread.

Now you know how to replace missing buttons for all members of your family.



## **PATCHES**

You may want to practice using the sewing machine by patching your favorite pair of old jeans. Cut a piece of patch fabric that will completely cover the worn or torn area. Press under 1/4" (6 mm) on all sides of the patch. Pin the patch to the jeans or press a small piece of Stitch Witchery to hold it in place. Carefully place the jeans under the presser foot so you can stitch close to the edge of the patch on all sides. Stitch and pivot at each corner with the needle in the fabric. To add a personal touch you can use a few hand or machine embroidery stitches around the edge of the patch.

# Metric Sewing

It's time to get ready for metric sewing. All of the measurements in sewing can be accurately and easily expressed using the metric system. Understanding the metric system begins with thinking about every measurement in units of ten. We have been using units of ten similar to this in our money system for years.

Let's begin with the meter, which is equal to about 39 1/4". The meter is made up of 100 centimeters, expressed 100 cm. The centimeter is the most common unit used in sewing. One centimeter is made up of 10 millimeters (10 mm). One millimeter is the smallest metric measurement. The width of the wire used to make a standard size paper clip is equal to one millimeter.

## Illustration of Millimeters and Centimeters

To express length measurements in the metric system, be sure to place the letters mm (millimeter), cm (centimeter), and m (meter) after each number. By simply moving the decimal point, you can convert millimeters to centimeters and centimeters to meters. For example, 250 mm becomes 25.0 cm, which can become .250 m.

You will find metric hem gauges, tape measures, meter sticks (replacing yard sticks) at the store. Metric measurements are used on charts for pattern sizes, pattern envelope yardages, and garment dimensions such as width at lower edge or finished garment length. If you have an imported sewing machine, the numbers on the stitch length regulator dial and seam allowance markings on the throat plate are based on the metric system.

Gradually the conversion to the metric system will be made in measuring weight, volume, and temperature, as well as length. It's easy to think metric--think 10!

Metric measurements in this book were calculated by a simple arithmetic method. Multiply the number of inches by 2.5 and this converts to centimeters. If you want to be more accurate, multiply by 2.54. For a faster and better way, use a hand calculator with a built-in metric conversion system.

\*\*\*\*\*

# **PATTERNS FOR PROJECTS**

(Start on page 28)

# GROUP 1

# LADY BUG PIN CUSHION

A pincushion will help you keep your pins where you need them. A good pincushion is one that you can stick the pins into easily. You should also be able to see the pins easily.

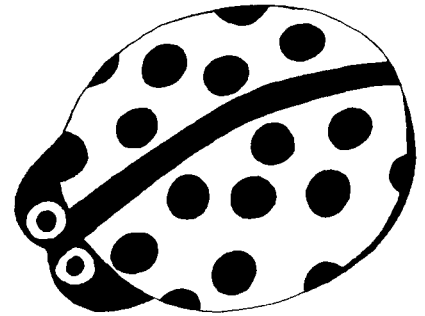
If you did not buy a pin cushion, you might like to make a ladybug pincushion for your sewing box.

## YOU WILL NEED

- A piece of colored felt, 5" x 7" (12.5 cm x 17.5 cm)
- A 3" x 5" (7.5 cm x 12.5 cm) piece of black felt
- A small piece of white felt for eyes
- Black thread
- Thread to match colored felt
- Stuffing: Polyester fiberfill or cut up nylon stockings, about 1" x 1" (2.5 cm x 2.5 cm) pieces, or use cotton batting
- White glue
- Lightweight piece of cardboard
- Optional: An 8" (20 cm) piece of  $\frac{1}{2}$ " (1.3 cm) wide elastic for wrist-type pincushion

## PATTERN PIECES

Trace the pattern pieces. Use the traced pattern pieces to cut your ladybug.



**CENTER OF EYE** ○  
(Cut 2)

○ **EYE**  
(Cut 2)

**BODY STRIPE** (Cut 1)

**BODY**  
(Cut 2)

**FACE**  
(Cut 1)

## STEPS TO FOLLOW

1. Cut the pattern pieces shown following the directions given with each piece. You will need the scraps later.

2. Lay black body stripe along the center of one body section. Hand baste along center of stripe. See first drawing. This piece will now be called the bug's back.

3. Thread machine with black thread. Set stitch regulator at 10 stitches per inch. Stitch close to each side of the body stripe. Remove basting.

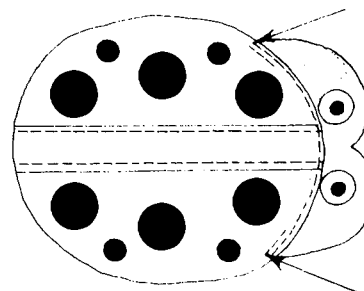
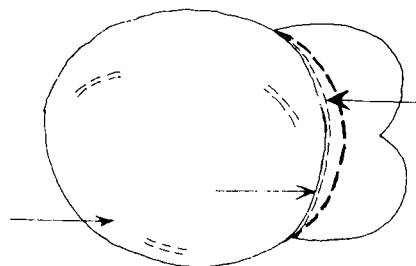
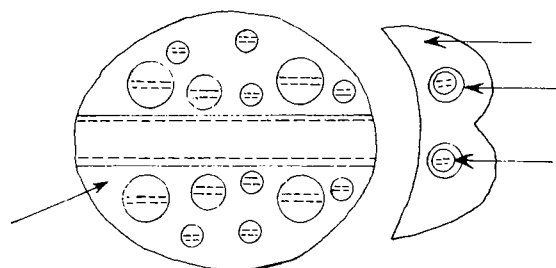
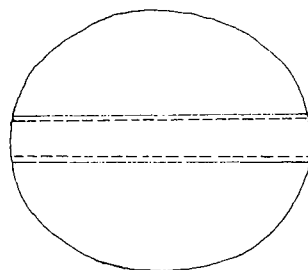
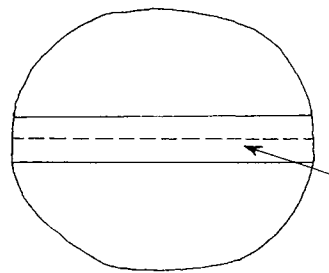
4. Decide how many spots you want on the bug's back. Cut spots from black felt scraps.

5. Stitch spots to the bug's back and eyes to the face by machine. Take two or three machine stitches across each spot or eye and backstitch over these stitches or stop with needle in fabric and pivot the body. Stitch over previous stitching. Cut threads close to body.

6. Turn the spotted back piece wrong side up. Lay lower edge of face section on back piece so it overlaps the back piece by 1/4" (6 mm) at outside edges. Baste face in place.

7. Thread the sewing machine with thread that matches the bug's body. Turn the bug's back right side up. Stitch the face to the back piece.

Keep stitches close to the neck edge of the bug's back. Backstitch at both beginning and end of the row of stitching. Remove hand basting. Go on to Step 9 if you do not want a wrist pincushion.





8. This step is for a wrist pincushion.

Measure your wrist snugly with a tape measure.

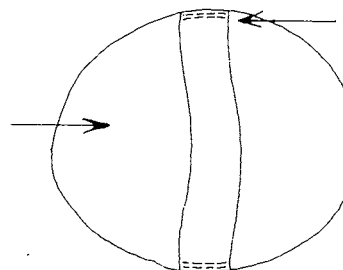
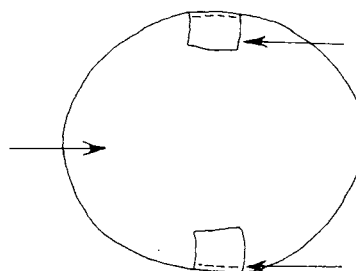
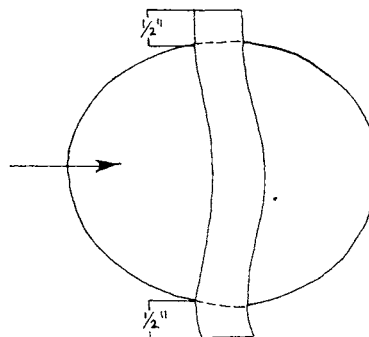
WRIST MEASUREMENT: \_\_\_\_\_

Cut a piece of 1/2" (1.3 cm) elastic the length of your wrist measurement. Center the elastic over the right side of the under body piece.

Turn under 1/2" (1.3 cm) of elastic on each side. Baste through both thicknesses of elastic on one edge of body piece. Repeat for other end of elastic. The wrong side of this under body piece should be flat.

Machine stitch twice across the elastic 1/4" (6 mm) from the edge of the under-body piece. Work from the right side.

The elastic should stand up and away from the felt body piece. If it does not, it will not be long enough to fit over your hand.

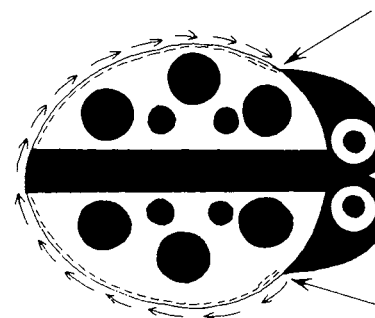


9. Cut an oval piece of lightweight cardboard 1/4" (6 mm) smaller than oval body piece. Glue this to the under body piece with white glue. (Place elastic ends under the cardboard.)

10. Place the back and under body pieces on top of each other with the wrong sides together. Baste close to edges of body pieces to hold the bug together.

11. Machine stitch around the bug's body. Before you start to stitch, push the elastic towards the head and neck area so it is out of the way. Begin and end at stitching connecting the face piece. Arrows show direction to stitch. Back-stitch to fasten machine stitches at each end.

12. Turn the bug over. There should be an opening at the neck area. Put stuffing in through the opening.



13. Stuff the bug lightly. Make sure a pin will not poke all the way through the bug.

14. Close the opening with the whip stitch. Keep your stitches small and close.

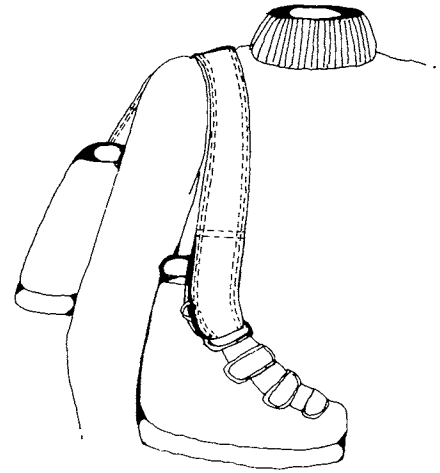
# SKI BOOT STRAP

## MATERIALS NEEDED

1/4 yard (0.23 m) of 45" (115 cm) fabric,  
tightly woven and durable

Matching thread

Your ski boots



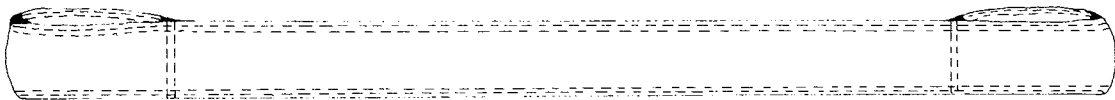
## STEPS

1. Straighten the cut edges of the fabric. (Extra fabric has been allowed.)
2. Cut a strip of fabric 4 1/2" (11.4 cm) wide and 44" (110 cm) long.
3. Fold the strip in half lengthwise with right sides together. Pin matching cut edges.
4. Use a 1/4" (6 mm) seam allowance to stitch across the short ends and the long edge. Leave a 6" (15 cm) opening to turn the strap right side out.



Trim corners diagonally.

5. Turn strap right side out. Press strap so seams are on the edge of the band.
6. Slipstitch opening to close.
7. Topstitch close to the edge starting on one of the short ends. Stitch again 1/4" (6 mm) from first row of topstitching.
8. Fold under 4" (10 cm) on both ends of the band; pin in place.



Slip the strap over your ski boots by unfastening the top two buckles on the boot. Adjust the loop so it fits over the buckles. Fasten your boot and place it over your shoulder. Adjust the loop so the boot rests at or slightly above your waist.

9. Stitch close to the edge of the loop through the front side of the strap. Stitch again 1/4" (6 mm) from the first stitching. Be sure to backstitch.

# PATCHWORK PILLOW TOP

## MATERIALS NEEDED

Scraps of fabric that are washable and similar in weight

1/2 yard (.45 m) solid color fabric for pillow back

Polyester fiberfill for stuffing

Thread to match the back of pillow

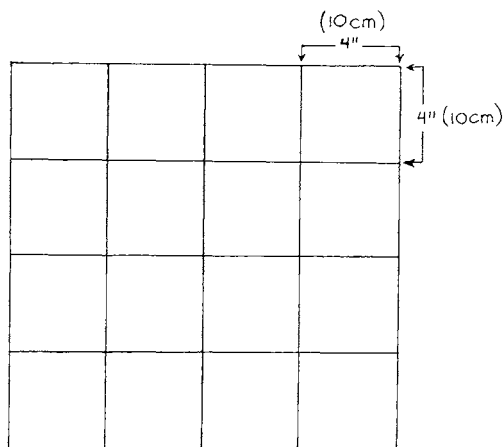
Small piece of cardboard

Tailors chalk pencil or lead pencil

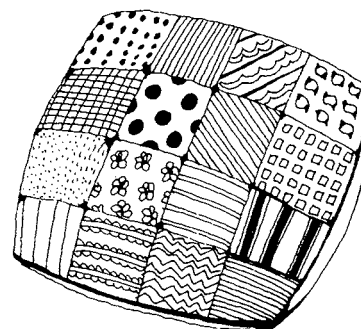
Piece of paper

## STEPS

1. Cut a 4 1/2" (11.4 cm) square from the cardboard using paper cutting scissors--not fabric shears!
2. Press the fabric scraps flat.
3. Place the cardboard square on top of the fabric scraps. Try to place the edges of the cardboard in line with the crosswise and lengthwise threads.
4. Trace around the cardboard making sixteen fabric squares.
5. Arrange the fabric squares in a pattern that is appealing to you. Look at the colors and designs in the fabric squares to arrange four squares across and down.



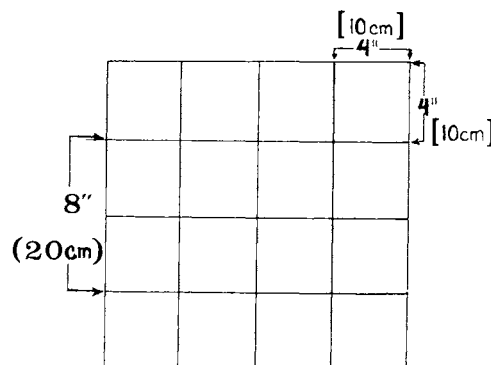
6. Pick up and stack the four rows of squares keeping them in the correct order. Use a piece of paper to mark row 1, 2, 3, and 4. Put a pin through the row label and the four fabric squares for each row.



7. Taking one row at a time, stitch the squares together using a 1/4" (6 mm) seam making four long strips. Press seams open.



8. Next, place the right sides of two long strips together. Put a pin in so the seams of each strip will match. Stitch a 1/4" (6 mm) seam. Join the other two fabric strips in the same manner.
9. Measure the outside edges of the patchwork pillow top and cut the pillow backing the same size-- 16 1/2" x 16 1/2" (42 cm x 42 cm).
10. Place right sides of patchwork pillow top and pillow back together. Stitch a 1/4" (6 mm) seam around all sides, leaving an 8" (20 cm) opening on one side for turning and stuffing.



Backstitch at each side of the opening.

11. Trim corners. Turn the pillow right sides out. Stuff with polyester fiberfill. Slipstitch the opening to close.

# TRAPUNTO PICTURE OR PILLOW TOP

## MATERIALS NEEDED

Printed fabric to outline manufacturers design or solid-colored fabric on which you can draw your own design. (The size of your picture or pillow-top is up to you.)

Lightweight, solid-colored broadcloth for backing (equal in size to your design fabric)

Polyester fiberfill

Sewing thread

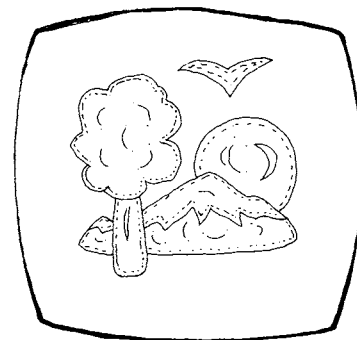
Tailor's chalk pencil

1/8 yard (.114 m) Stitch Witchery (optional)

Two 1/4" (6 mm) dowels for top and bottom of wall hanging,

or

Fabric for back of pillow

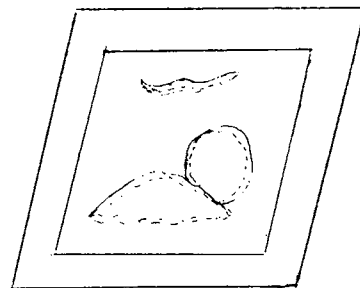


## STEPS

1. Decide what large and simple designs on the printed fabric you are going to outline with stitching. Lightly trace these areas with the tailors chalk or draw your own design on the solid fabric with the tailor's chalk.
2. Pin the broadcloth to the printed or solid fabric marked with your design. Machine baste around outside edges 1/4" (6 mm). Hand baste around design you will be outlining.
3. Adjust the machine to a small stitch (14 stitches per inch or 6 stitches per cm) and stitch around the traced designs. Turn your fabric or pivot with the machine needle in the fabric.
4. Pull the threads to the back broadcloth side and tie in knots.
5. With the broadcloth side facing you, use small scissors to slash only the broadcloth. Make the cuts just long enough to stuff area lightly with fiberfill.
6. Use a whipstitch to close the openings in the broadcloth or use a piece of Stitch Witchery large enough to extend over the slash and a piece of broadcloth equal in size. Fuse the broadcloth to the back with Stitch Witchery.

To finish picture:

1. Press under 1/4" (6 mm) on all four edges.
2. Fold again and press under 1/4" (6 mm) on the sides to make a narrow hem.
3. Stitch close to the hem edges on the sides.
4. Press under 1/2" (1.3 cm) on the top and bottom to form a casing.
5. Stitch close to the hem edges.
6. Slip the dowels through the top and bottom casings.



To finish pillow:

1. Measure the outside edges of the stitched panel.
2. Cut a piece this size from the pillow backing fabric. Pin right sides of stitched panel and pillow backing together.
3. Stitch around all edges using a 1/4" (6 mm) seam, leaving an opening for turning and stuffing.
4. Turn right sides out, stuff, and slipstitch opening to close.

## SEWING ROOM WALL HANGING

### MATERIALS NEEDED

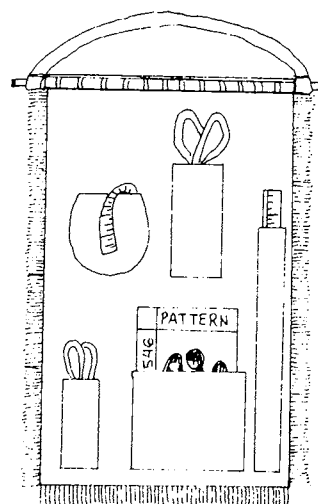
1 yard (0.90 m) of washable burlap

2 yards (1.80 m) of 1/2" (1.3 cm) to 3/4" (1.9 cm) wide trim: ribbon, woven trim, rick rack

Assorted pieces of washable felt

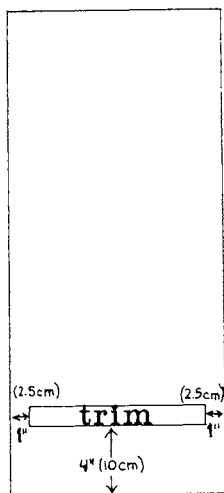
Matching thread

1/4" (6 mm) dowel 24" (0.60 m) long

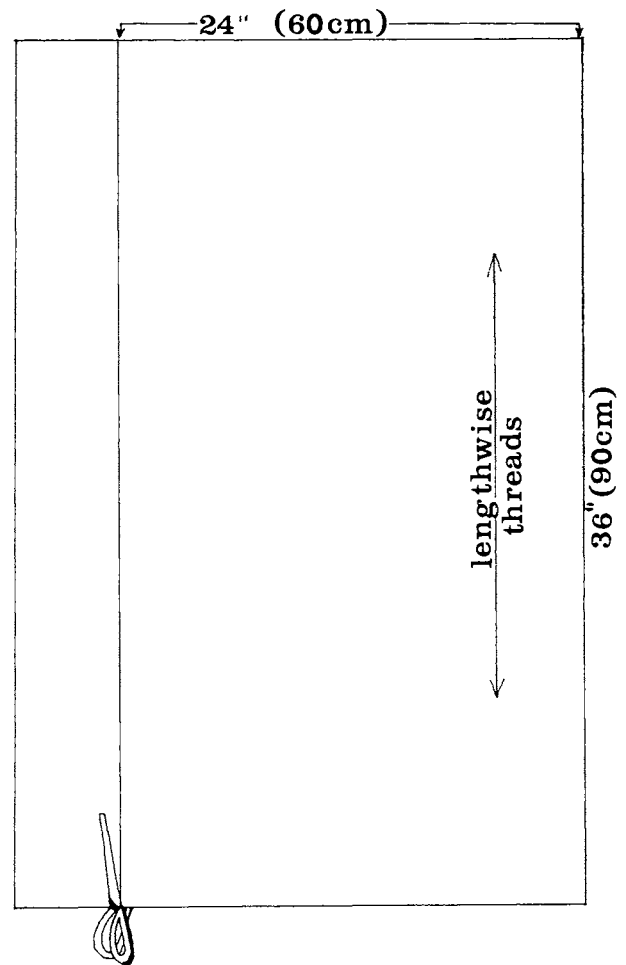


## STEPS

1. Straighten the cut edges of the burlap; trim off the selvages.
2. Measure across the fabric 24" (60 cm) and draw a chalk line following one of the lengthwise threads.
3. Cut along the marked line.
4. Along the two lengthwise edges stitch 1" (2.5 cm) from the cut edges; be sure to follow a lengthwise thread.
5. Mark a line 4" (10 cm) from the bottom edge using a crosswise thread as a guide. Start and stop 1" (2.5 cm) from each side edge at previous stitching. Stitch along this line.
6. Cut a length of trim 22 1/2" (57 cm) long, turn under 1/4" (6 mm) at both ends and pin the bottom edge of the trim along the stitching line you made in Step 5.



7. Stitch close to all edges of the trim.
8. To create a frayed edge, remove the extra threads beyond the stitching lines on the bottom and sides of the burlap. Remove stitching left along 4" (10 cm) frayed bottom edge.



9. Press under 1/4" (6 mm) along the top edge. Fold again and press under 1/2" (1.3 cm). Stitch close to the folded edge. (This is the casing for the dowel.)
10. Trim for hanging: Using the remaining trim, press under 1/4" (6 mm) on each end. Fold again and press under 1/2" (1.3 cm) on each end. Stitch close to the hem edge.
11. Cut the felt into pieces of assorted sizes and shapes to serve as pockets to hold sewing supplies. (Scissors, tape measure, tailors chalk, pencil, pattern envelopes.) Design your own pockets using different sizes and shapes. Stitch close to the edge of each felt piece or use a zig-zag stitch.
12. Place the dowel through the casing and slip the trim for hanging over the ends of the dowel.

# GROUP 2

## ADJUSTABLE

## BIKE BAG - DAY PACK

### MATERIALS NEEDED

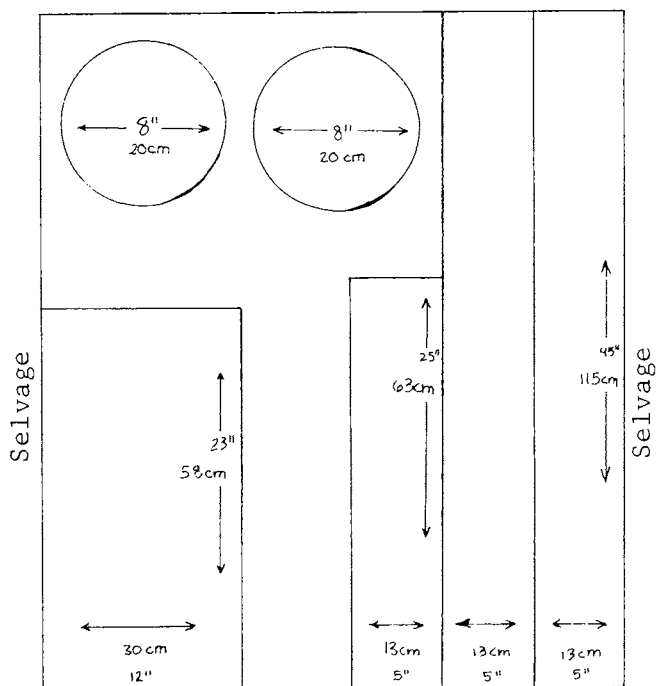
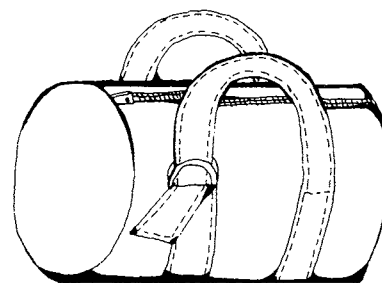
7/8 yard (0.80 m) of 45" (115 cm) wide fabric

4 - 1 1/2" (3.8 cm) D-Rings

11" (28 cm) metal trouser zipper

Matching thread

### CUTTING



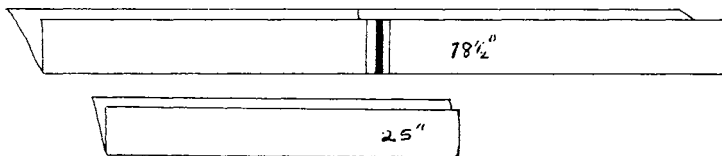
Use above layout and cutting diagram to mark and cut out the bag.

STEPS

Use a 1/2" (1.3 cm) seam allowance for all seams.

1. Straps: Stitch the two long straps together across one 5" (13 cm) edge with right sides together. Cut off 10 1/2" (27 cm) from both ends. Now the long strap is 78 1/2" (2.00 m) long.

-Fold each of the 5" (13 cm) wide straps in half lengthwise with right sides together.



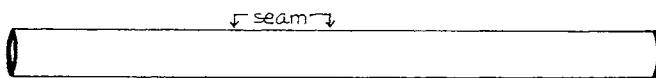
-On the short strap stitch the 25" (63 cm) edge only.



-On the long strap 78 1/2" (2.00 m) stitch across the ends and the long edge leaving a small opening for turning.



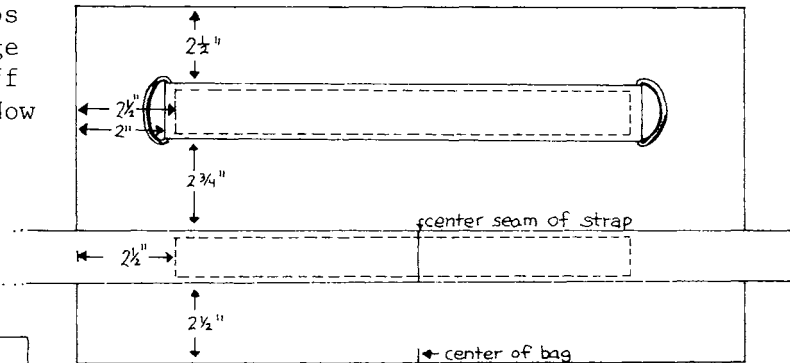
-Turn both straps right side out and press so the seam is on the edge of the band and is even in width.



-Slip 3" (7.5 cm) of the short (25") (63 cm) strap through two D-rings on each end of the strap.



-Place the straps on the rectangle bag section and top stitch close to the edge as shown.



Stitch again 1/4" (6 mm) from first row of top stitching.

2. Zipper: (Apply seam finish to zipper seam now).  
 -Press under 1/2" (1.3 cm) on both 12" (30 cm) ends of bag.  
 -Pin the folded edge close to the zipper teeth.  
 -Put on machine zipper foot.  
 -Stitch close to the fold on each side of the zipper.

3. Bag ends:  
 -Open zipper and turn bag wrong side out.  
 Pin the bag ends, which are 8" (20 cm) circles, to each of the bag sections with right sides together.  
 -Stitch 1/2" (1.3 cm) seam with zipper foot to get close to ends of zipper.  
 -Stitch again 1/8" (3 mm) from first row of stitching (close to edge of seam) to reinforce bag. (May use machine zigzag.)  
 -Apply seam finish to bag end seams.

The straps are now put through the D-rings to be adjusted by lengthening for a small day pack or shortening for a bike pack behind the seat of your bike. You may double the strap as it is passed through the D-rings to avoid having a long hanging strap.



# TOTE BAG

## MATERIALS NEEDED

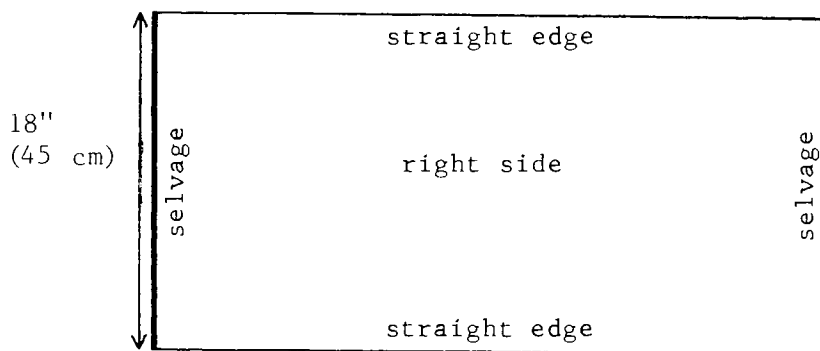
18" (1/2 yard) (0.45 m) of 36" (90 cm) or 45" (115 cm) firmly-woven fabric. You can make any size you want.

Matching thread

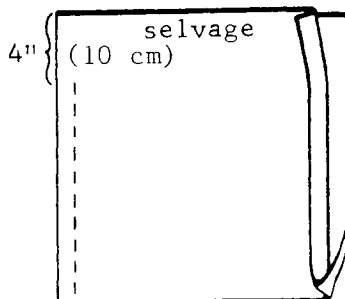
2 1/2 yards (2.30 m) of fine rope or cording

## STEPS

1. Straighten and shrink the fabric.

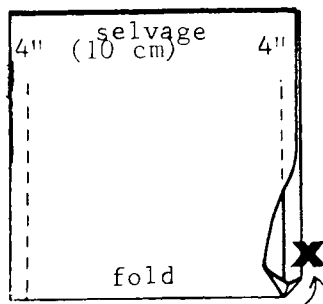


The selvage edge is to be the top or open end of the tote.

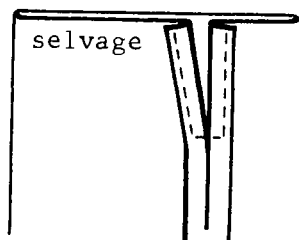


2. Fold the 18" (45 cm) x 36" \* (90 cm) piece with the right sides together. Pin the two raw edges on either side and stitch a 5/8" (1.5 cm) seam from the fold to within 4" (10 cm) from the top. Be sure there is exactly 4" (10 cm) from the top on both sides. Back-stitch at both ends.

\*If fabric is 45" (115 cm) wide, selvage may be used and a deeper tote bag made, or fabric may be cut to 36 1/2" (0.93 m) and 1/4" (6 mm) turned under on each end and pressed.

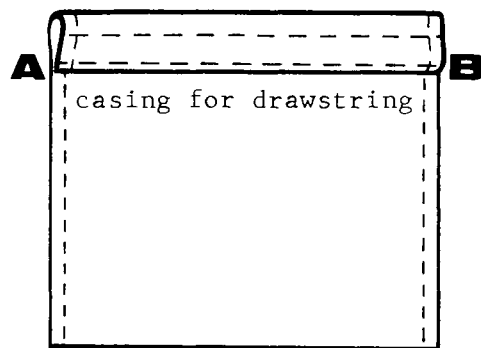


3. The seam may be clipped at the bottom for heavy fabrics. On light fabrics, bring the fold of the seam allowance up to the opened seam (X) and press. Press the seams open all the way to the top of the tote.

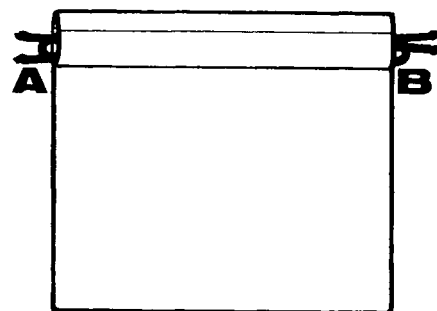


4. Topstitch 1/2" (1.3 cm) from the folded edge on the unstitched part of the side seam. Start at the top and stitch down one side; leave the needle in the fabric and turn. Stitch across the end to the other side; leave the needle in the fabric to turn. Stitch up the other side. Repeat for the other side of the bag.

5. Fold the selvage edge down 2 1/4" (5.5 cm). The edge will come 1/4" (6 mm) beyond the open slot at the sides. Pin, baste, and stitch on the machine close to the edge from A to B.



6. Measure and baste a row of basting 1" (2.5 cm) from the top edge. Stitch on the machine. Backstitch to fasten each end of stitching. This makes the casing for the drawstrings. Turn the bag right side out.



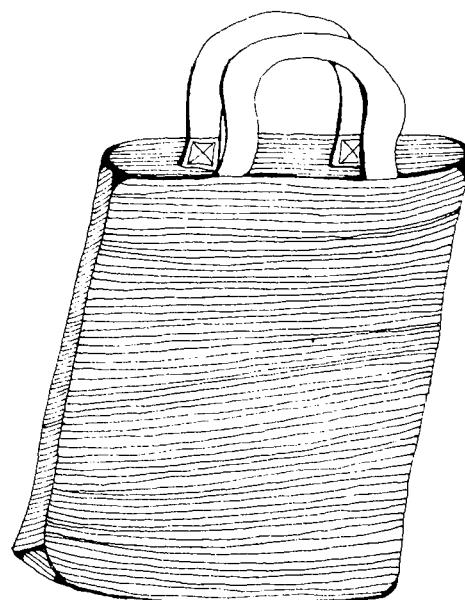
7. Cut the 2 1/2 yard (2.30 m) cord for the drawstrings into two equal pieces. Using a large safety pin, pull the drawstrings through the casing from opposite sides. Pull the string through at A, around B, and back out at A. Pull the other string through at B, around A, and back out at B.

## BOOK CADDY

### MATERIALS NEEDED

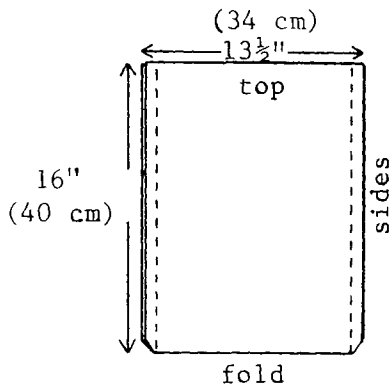
1/2 yard (0.45 m) of firmly woven fabric. Choose a fabric such as denim, sailcloth, or Indian Head.

Matching thread



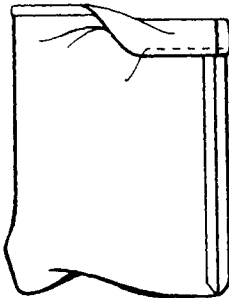
## STEPS

1. Cut a rectangle 32" x 13 1/2" (80 cm x 34 cm). Cut two pieces of fabric for straps 15" x 5" (38.1 cm x 12.5 cm).



2. Fold the fabric, right sides together.

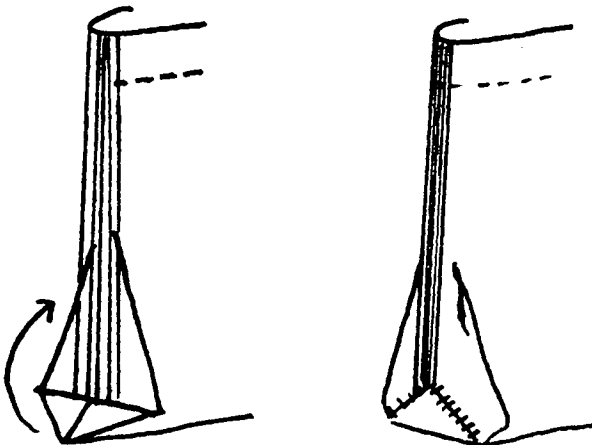
3. Pin the side seams together. If necessary, baste a 5/8" (1.5 cm) seam.



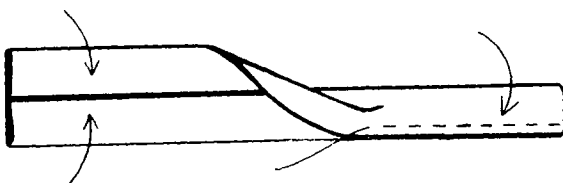
4. Stitch a 5/8" (1.5 cm) seam. Backstitch at the beginning and end of each seam. Trim the corners of the seam allowances at the bottom. Press the seams open.

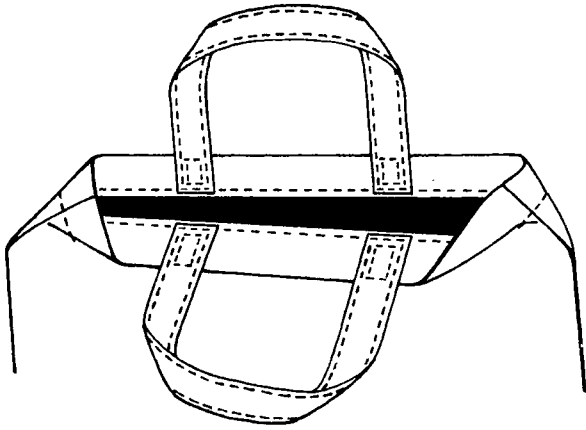
5. To finish the top edge, turn under 1/4" (6 mm) and press. Then turn under 1" (2.5 cm), press, and stitch close to the folded edge.

6. For a sturdy box corner fold the corner to make a 1 1/4" (3 cm) point at each side seam. Stitch across the base of the triangle. Hand stitch the triangle to the side seam.



7. To make the straps, fold the strips lengthwise, right sides out. Crease-mark the center. Fold the outer edges of each strap until they meet exactly at the center crease. Pin and press. Fold each strap on the center crease, matching the folded edges. Pin and press. Baste, if necessary. Stitch 1/8" (3 mm) from the outer edge on all four sides of each strap.





8. Pin the straps to the hem about 3" (7.5 cm) from the sides. About 1" (2.5 cm) of each end of the straps should be stitched down as shown at left. Press.

## EASY-TO-MAKE PONCHO

### MATERIALS NEEDED

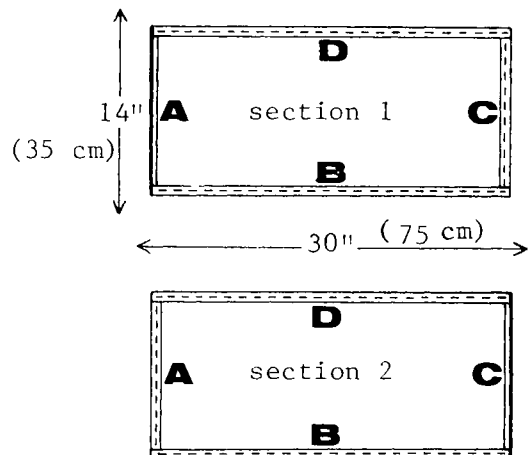
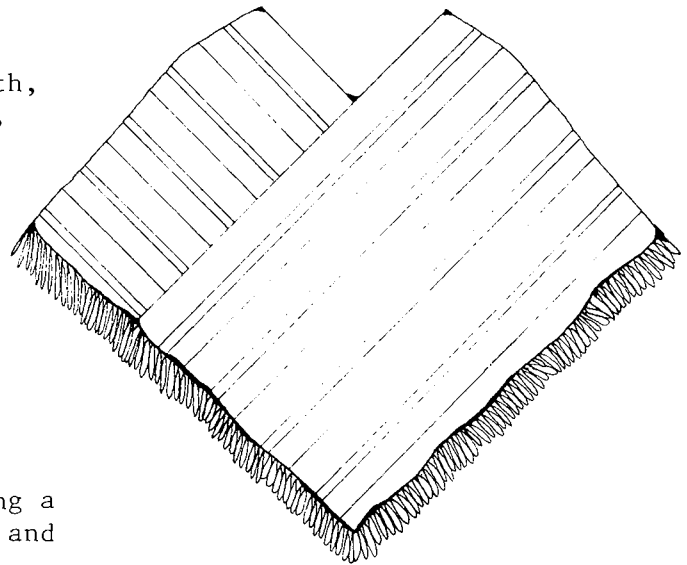
One yard (0.90 m) of fabric, of any width, is needed. Mediumweight fabric is best, such as denim, poplin, hopsacking, or sailcloth.

Matching thread

Enough trim to go around the outside edge of the poncho, if you like

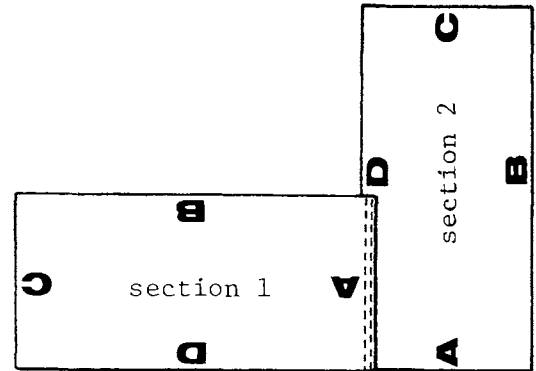
### STEPS

1. Test the size of the poncho by making a pattern of tissue paper. Try it on and adjust if necessary.
2. Straighten and shrink the fabric. Cut two pieces 14" x 30" (35 cm x 75 cm).
3. On all four edges of both sections make a 1/4" (6 mm) fold to the wrong side. Press. Fold the edges under 1/2" (1.3 cm). Press and pin in place. Stitch close to the seamed edges of sides B, C, and D on section 1 and A, B, and D on section 2. Backstitch at the beginning and end of the stitching.



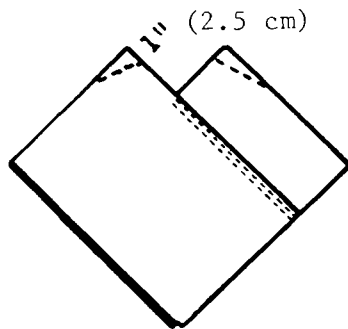
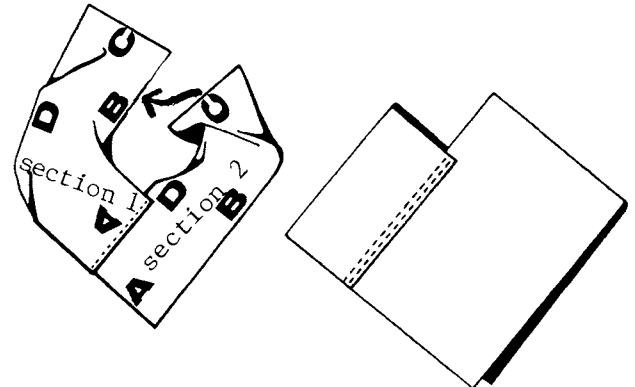
- Lay section 1, side A, on top of section 2, side D. Overlap 1/2" (1.3 cm).

Stitch with two rows of stitching. Sew one row close to the folded edge and the other row 1/4" (6 mm) from the first row of stitching. Backstitch at the beginning and end of the stitching.

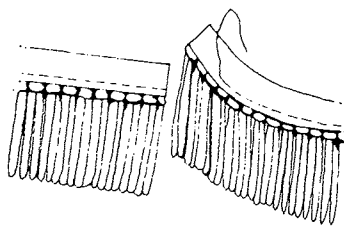


- To complete the poncho, bring side C of section 2 to meet side B of section 1. Overlap 1/2" (1.3 cm).

Stitch with two rows of stitching. Sew one row close to the folded edge, and the other row 1/4" (6 mm) from the first row.



- For a fitted poncho, turn poncho inside out, bringing points together at the bottom. At the neckline, draw a dart 1" (2.5 cm) wide at neck as shown. Taper the dart to nothing at the end of your shoulder. You will need to measure very carefully. Stitch the darts in and backstitch at both ends. Your poncho is completed.



- Trim your poncho with fringe. On the right side, pin fringe along the bottom edge. Turn under one end of the fringe and overlap the other end. Stitch close to the edge of the fringe.

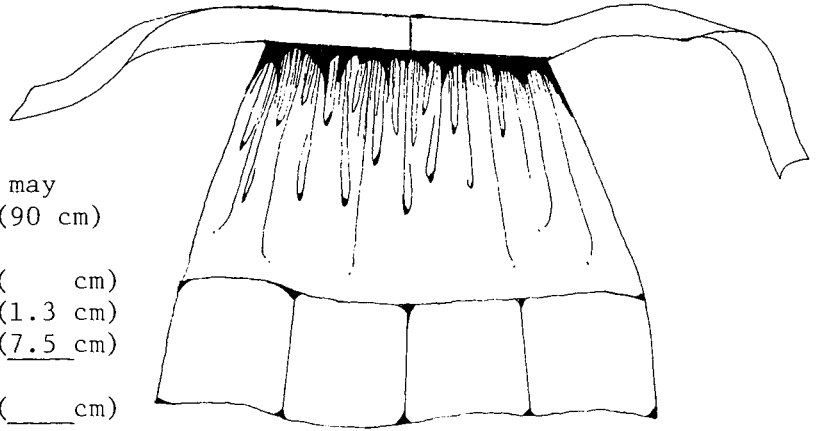
# APRON

## MATERIALS NEEDED

Apron fabric: 45" (115 cm) fabric may be used for a large figure; 36" (90 cm) may be used for the small figure.

Lenth of apron skirt	_____ "	( _____ cm)
Waist seam allowance	$\frac{1}{2}$ "	(1.3 cm)
Plus hem	+ 3 "	(7.5 cm)

Total: \_\_\_\_\_ " ( \_\_\_\_\_ cm)



\*(If you want pockets, add 4" (10 cm) more.)

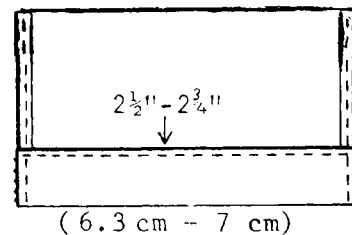
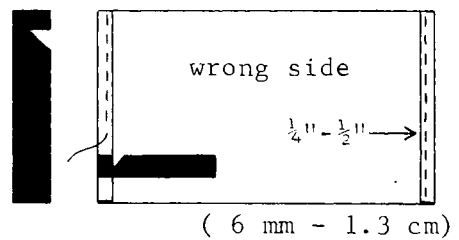
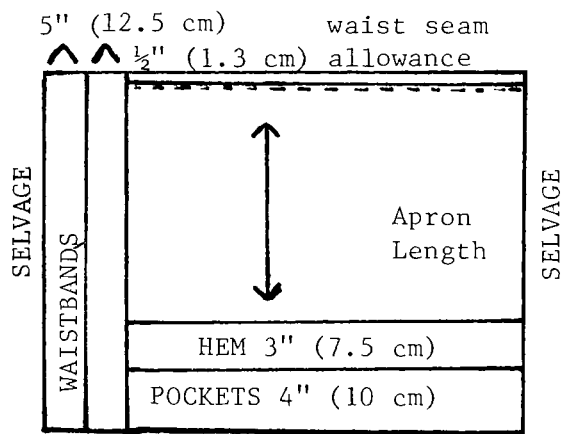
Matching thread

## HOW TO MAKE APRON WITHOUT POCKETS

1. Straighten the fabric.
2. Measure and cut apron and waistband ties.
3. Hem the sides. First, set your measuring gauge at  $\frac{1}{4}$ " (6 mm), or make a gauge out of cardboard. Use this gauge to measure a  $\frac{1}{4}$ " (6 mm) turn on each side of the apron. Press with an iron. Make a second turn  $\frac{1}{4}$ " to  $\frac{1}{2}$ " (6 mm to 1.3 cm) wide. Crease with an iron or your finger and place pins at right angles to the edge of your hem. Baste the hem in place. Stitch near the edge of the hem; turn the corner to close the ends. The stitching threads should be fastened securely. The top thread may be pulled to the wrong side. Then both threads may be tied and the ends clipped.
4. Hem the bottom of the apron. Width of the finished hem should be  $2\frac{1}{2}$ " to  $2\frac{3}{4}$ " (6.3 cm to 7 cm). Close the ends of the bottom hem with a hand stitch that cannot be seen on the right side.

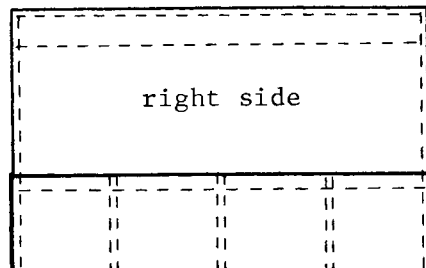
## HOW TO MAKE THE APRON WITH POCKETS

1. Straighten the fabric.
2. Measure and cut off the drawstrings (unless you are using a clamp).



3. If there is no difference on the right and wrong side of the fabric, such as chambray or gingham, measure 7" (17.5 cm) for pockets. Turn it up on the right side. If there is a difference, such as printed percale, cut off 7" (17.5 cm), 3" + 4" (7.5 cm + 10 cm) on layout.

4. Hem the top of the pocket so finished hem is about 1" (2.5 cm).



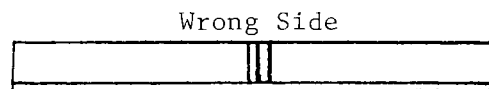
5. Place right side of pocket and wrong side of apron together at the bottom. Stitch to make a seam. Turn pocket to right side of apron and press pocket upward.

6. Stitch pocket divisions.

7. Hem sides, including the edge of the pocket in the hem.

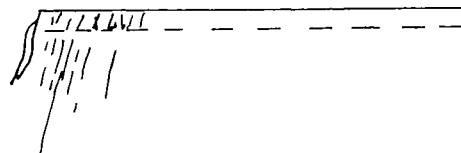
8. Finish top of apron like the one without pockets.

#### HOW TO MAKE WAIST TIES



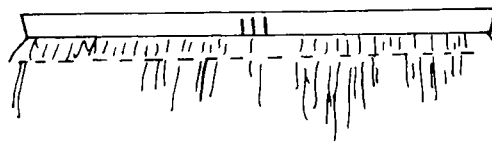
1. Seam the two strips together. Press the seam open.

2. Place a line of machine basting for gathering at the top of the apron 3/8" (1.0 cm) from edge.



3. Put right sides of waistband and apron together matching center front of apron and waistband seam.

4. Gather apron to waistband. Using waist measurement, pin in place, then stitch using a 1/2" (1.3 cm) seam.



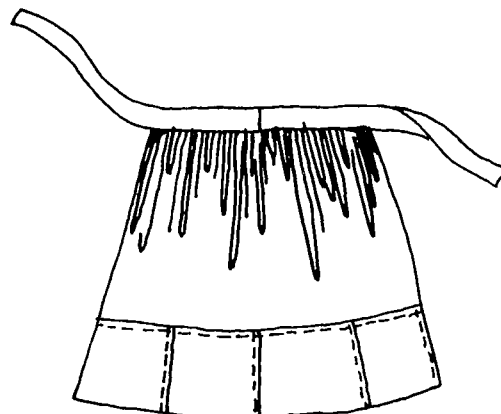
5. Fold right sides of band together. Pin.

6. Stitch 1/2" (1.3 cm) seam across the ends and along the ties to the gathered apron piece on both sides of the waistband.

7. Trim the corners and band seam. Turn ties right side out.

8. Press under waistband section that is not stitched to the apron piece.

9. Slipstitch band to apron piece.

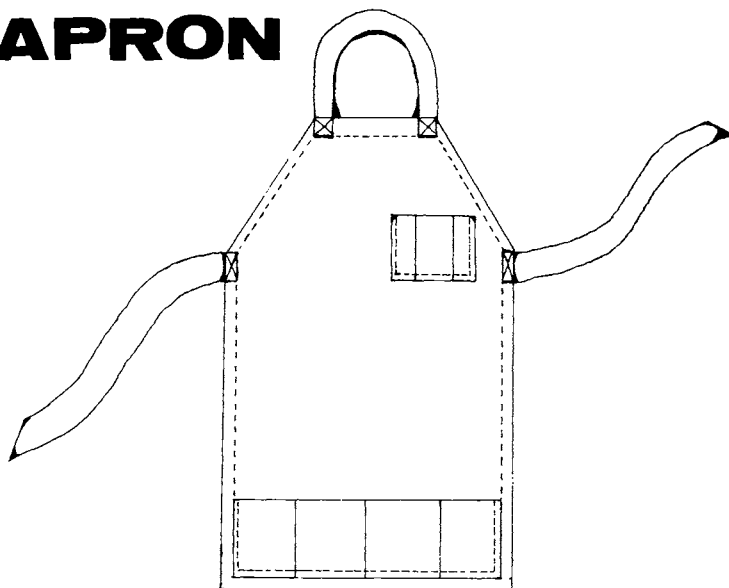


# CHEF OR SHOP APRON

## MATERIALS NEEDED

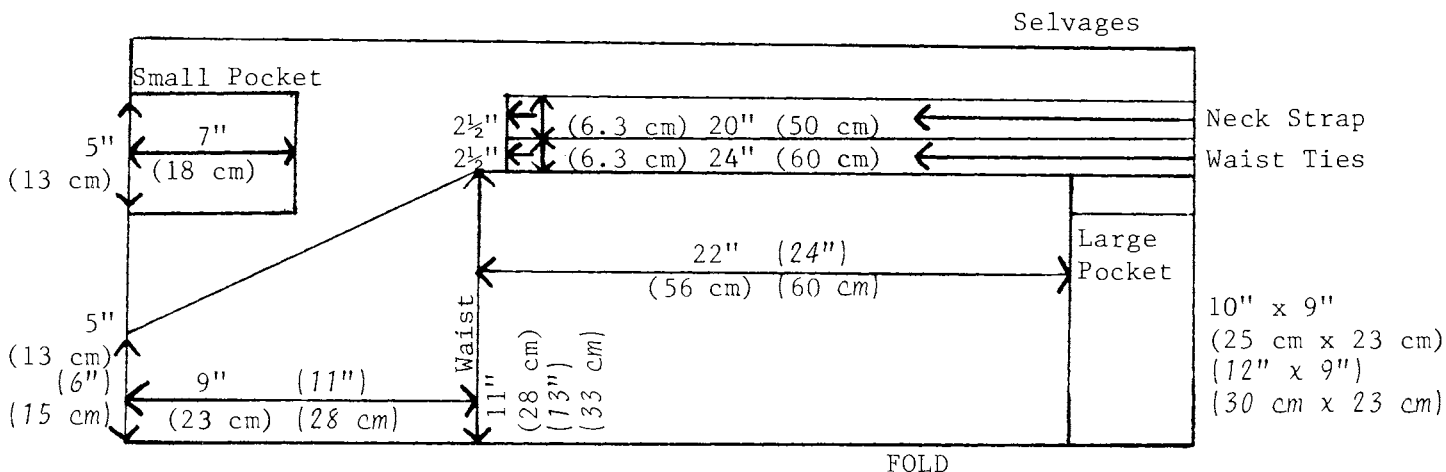
1 3/8 yard (1.30 m) of 45" (115 cm) wide medium to heavyweight fabric

Matching thread



## CUTTING AND MARKING

Two sizes have been included on the apron pattern: small for petite preteen figures; large for teens and adults. Straighten the fabric and pin the selvages together. Use tailors chalk to draw the pattern pieces directly on the fabric.



## STEPS

### 1. Hems

-Slanted sides of apron

Press under 1/4" (6 mm).

Press under additional 1/2" (1.3 cm).

Stitch close to the folded edge.

-Long sides of apron

Press under 1/4" (6 mm).

Press under additional 1/2" (1.3 cm).

Stitch close to the folded edge.

-Top edge

Press under 1/4" (6 mm).

Press under additional 1" (2.5 cm).

Stitch close to the folded edge.

-Bottom edge

Press under 1/4" (6 mm).

Press under additional 1" (2.5 mm).

Stitch close to the folded edge.



2. Straps

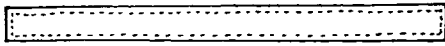
-Neck

Press under 1/4" (6 mm) along short edges  
 Press under 1/4" (6 mm) along long edges  
 Fold the strap in half lengthwise with  
 wrong sides together. Press.

Pin the strap to the top hem of the apron,  
 having folded edges even on the right side.

Try apron on. (Adjust length of straps  
 by turning under more fabric on short  
 edge of strap.)

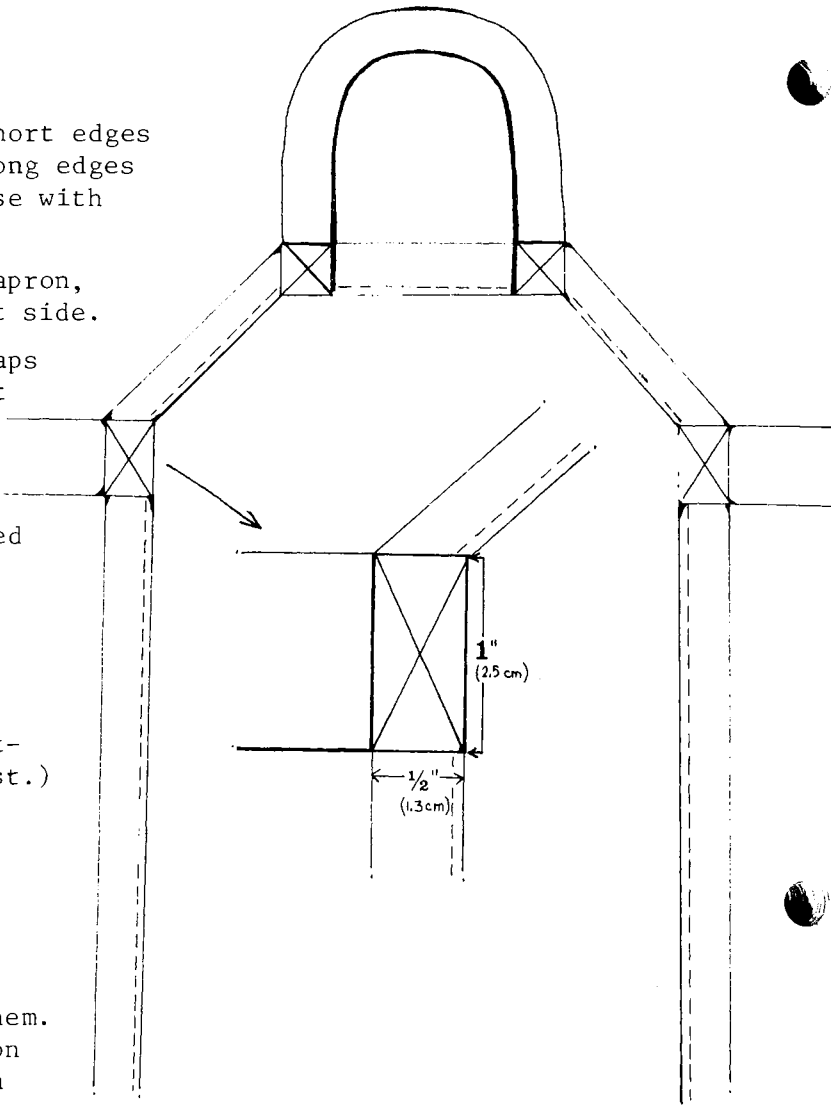
Remove the strap from the apron and  
 make adjustments; trim short edge if  
 shortened. Stitch close to the folded  
 edges now.



Repin the strap to the top apron hem,  
 rematching the folded edges. Stitch  
 the strap to the apron hem in the pat-  
 tern shown. (Mark it with chalk first.)

-Waist ties

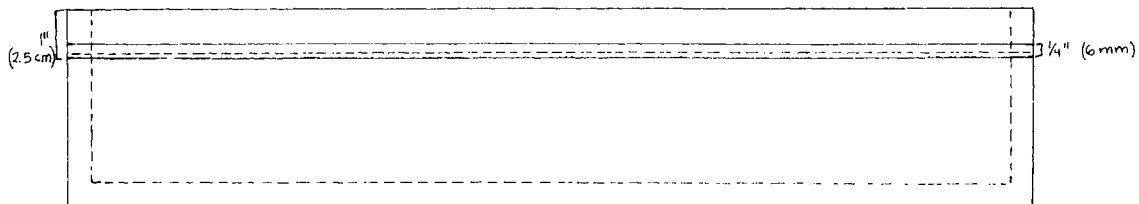
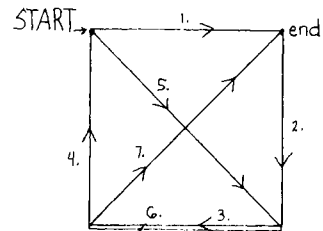
Follow the same directions used  
 to make the neck strap until  
 placement on the apron.  
 Pin the waist ties to the right  
 side of the apron matching the  
 folded edges of the apron side hem.  
 Use the same pattern to stitch on  
 ties. This time you will make a  
 rectangular box with diagonal lines.



3. Large Pocket

-Top hem

Press under 1/4" (6 mm) along top  
 edge  
 Stitch close to the fold.  
 Fold back 1" (2.5 cm), placing right  
 sides together.



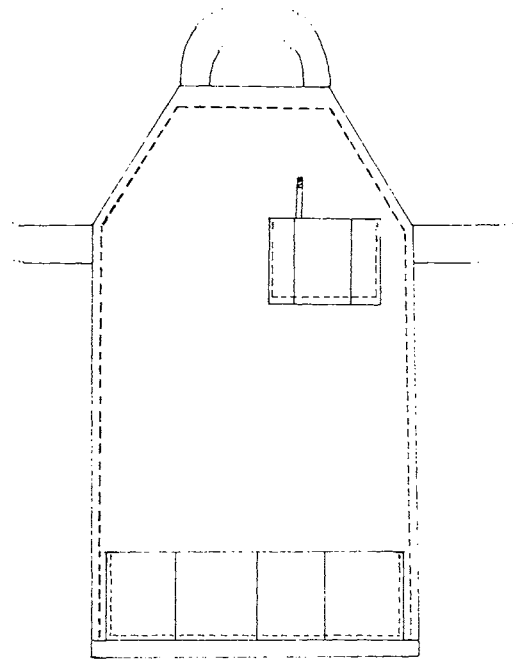
Stitch 1/2" (1.3 cm) seam along  
 sides and bottom edge of the  
 pocket.

Trim hem seam to 1/4" (6 mm).

Turn pocket hem right side out and press along the top hem. Press under 1/2" (1.3 cm) around pocket sides and bottom edges using the stitching line as a guide. Stitch 1/2" (1.3 cm) from the top fold. Fold the pocket in half and mark the center of the pocket with a pin. Fold the apron in half and mark the center with a pin. Place the pocket on the right side of the apron 4" (10 cm) above the apron hem and 1" (2.5 cm) from side edges. Match centers also. Pin in place and try the apron on to check the position. Adjust if necessary. Stitch close to the folded edge around the pocket sides and bottom. Backstitch at top of pocket hem.

4. Small Pocket

Follow the same instructions as the large pocket to hem and finish the sides and bottom edges. Place the pocket top edge 4" (10 cm) down from the top edge of the apron and 2" (5 cm) from side of apron. Put the pocket on the right or left side, depending upon which hand you write and work with. Pin in place. Try on apron; check placement; make adjustments. Stitch close to the folded edges of the sides and bottom. Make additional sections for pencils by stitching from top of pocket to bottom edge.

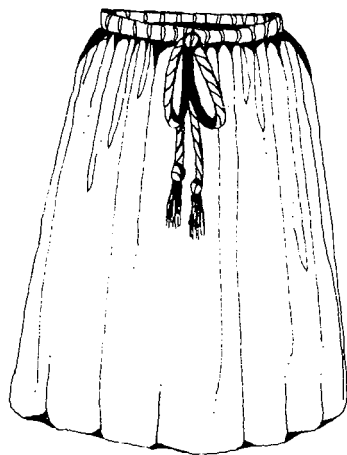


# SKIRT WITH ELASTIC OR DRAWSTRING WAIST

## MATERIALS NEEDED

To estimate fabric required:

Desired finished skirt length	_____ "	
Add 6" (15 cm) for hems	+ _____ "	(15 cm)
	= _____ "	
Multiply by 2	X 2	
Total:	= _____ "	



Suggested fabric: Firmly woven mediumweight fabric.

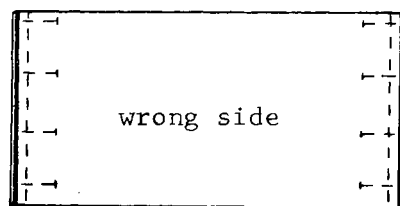
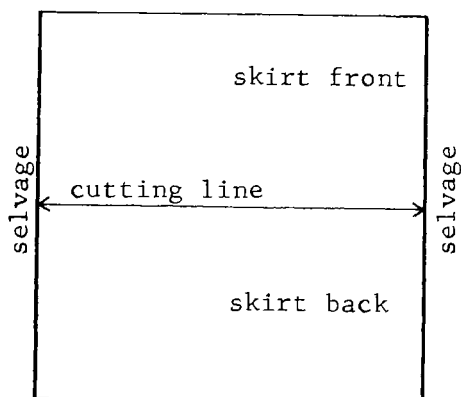
Elastic waist: 1" (2.5 cm) wide elastic equal to girl's waist measurement, plus 1" (2.5 cm)

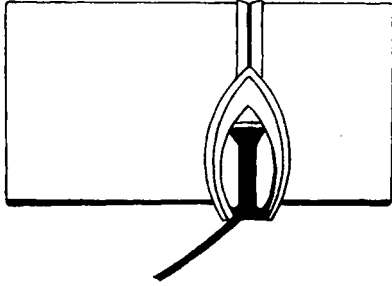
Drawstring: 2 yards (1.80 m) polyester cord, woven trim, or natural jute cord

Matching thread

## STEPS

1. Preshrink the fabric. Trim off the selvages and straighten the fabric.
2. Divide the fabric into two equal parts by tracing or pulling a thread and cutting along that line.
3. Put right sides of both pieces together. Place long edges together so they are even. Put a pin every 2" (5 cm) to hold the edges together.
4. Stitch both seams 5/8" (1.5 cm) from the edge. Stitch from the bottom to the top. Backstitch at each end of the seams.

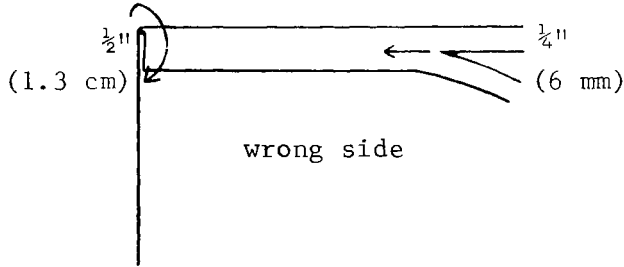




5. Press the seams open.

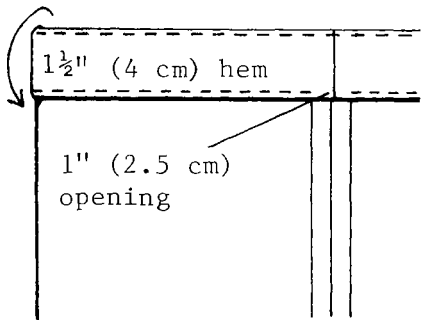
\*Drawstring Skirt Special Note: Make one vertical buttonhole 1/2" (1.3 cm) long at the center front starting 2 1/2" (6.3 cm) from the top edge.

6. Make a 1/2" (1.3 cm) fold to the wrong side around the top of the skirt. Pin and press edge of fold.



Trim to 1/4" (6 mm) from the folded edge. This will eliminate bulk when you are finished.

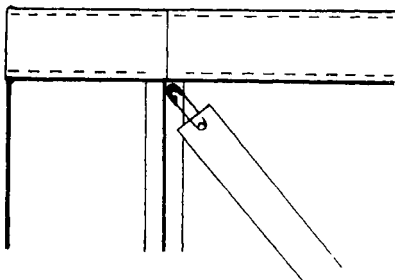
7. Measure a 1 1/2" (4 cm) hem around the top of the skirt. Pin it in place. Press.



The first row of stitching is 1/8" (3 mm) from the top fold. The second row is at the bottom edge of the hem. Start stitching at the bottom edge 1/2" (1.3 cm) away from the side seam. Stitch around the skirt, but stop 1" (2.5 cm) before the starting point. Backstitch at the beginning and end. The opening at the seam is to run the elastic through. (If you are making a drawstring skirt, the opening is not needed, so seam can be completed.)

Elastic Insertion:

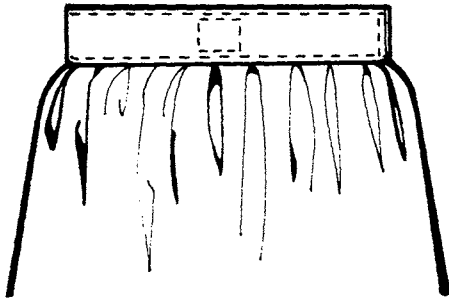
8. Measure the elastic around the waist. Fit it snugly, not tightly. Add 1" (2.5 cm) to this measurement.



9. To run elastic through the waist, use a large safety pin. Fasten the elastic to pin and run the pin into the opening in the hem. Continue running it through the hem until it comes out the same opening.

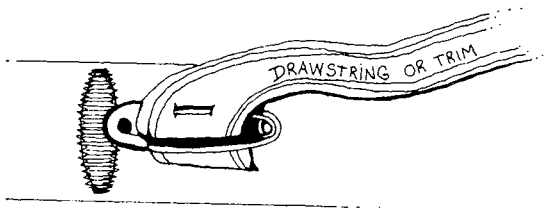


10. Sew the pieces of elastic together. To do this, overlap the ends of the elastic 1/2" (1.3 cm). Sew the two together on each side with a needle and thread, using a whip stitch (see page 18). Close the opening with hand stitches.

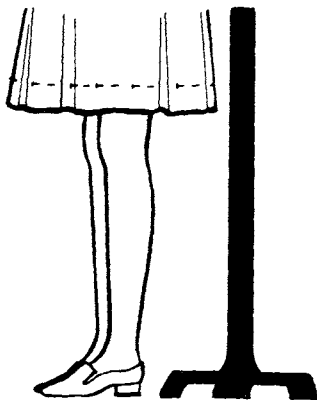


11. Distribute the fullness evenly at the top of the skirt. Put a pin through the elastic at each side seam and at center front and back. Stitch through the elastic at these points to keep it in place.

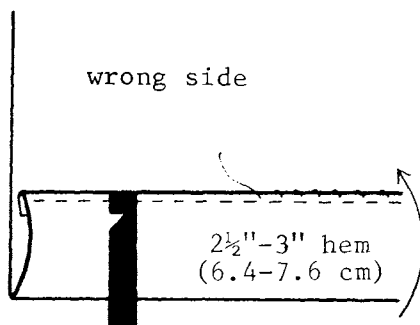
#### Drawstring Insertion:



Use a large safety pin and fasten the drawstring to the pin. Run the pin into the front buttonhole and continue until it comes out of the buttonhole again. Adjust the length of the drawstring allowing enough to tie in a knot or bow. Trim off extra drawstring, finish ends to prevent raveling.



12. Mark the hem length, using a hem marker or a yardstick and pins. Turn up the hem on the marked line and press.

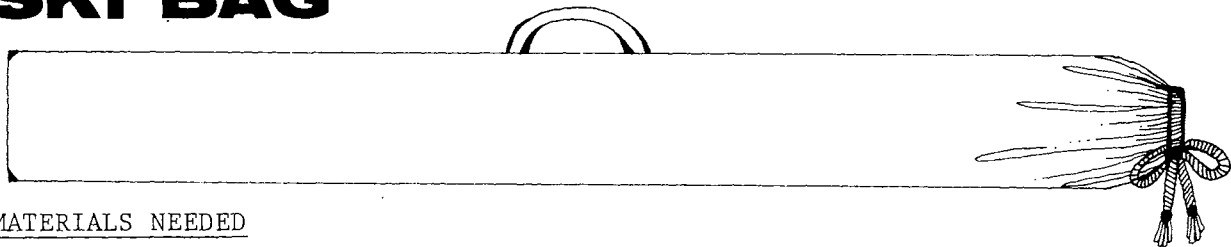


13. Use a hem gauge to even the hem. The hem at the bottom should be 2 1/2" to 3" (6.35 cm to 7.6 cm) wide.

Turn under raw edge of hem 1/4" (6 mm). Press. Stitch 1/8" (3 mm) from the folded edge as you did for the top hem.

Hem by hand or machine. Hand hemming does not show through to the outside of the garment as much as machine hemming.

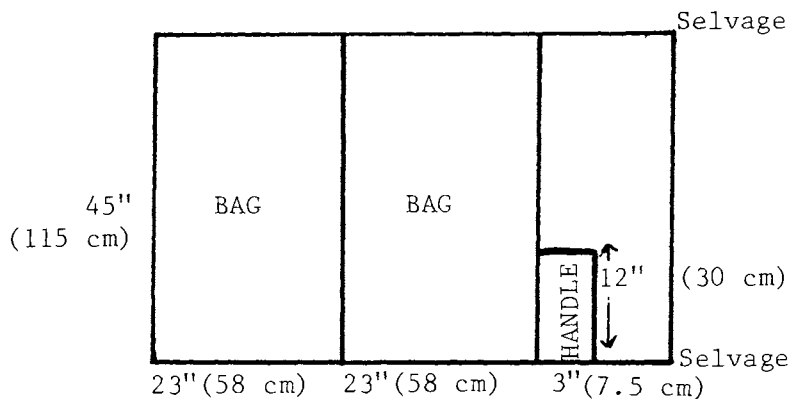
# SKI BAG



## MATERIALS NEEDED

- 1 1/2 yard (1.40 m) of 45" (115 cm) wide woven fabric--heavyweight and durable
- \*1/8 yard (.114 m) of 45" (115 cm) wide contrasting fabric or 3/4 yard (0.70 m) of wide, woven trim
- 1 yard (0.90 m) of 3/8" (1.0 cm) polyester cord
- Your skis

## CUTTING



Straighten the cut edges of your fabric and mark the pattern pieces on it. Cut.

## STEPS

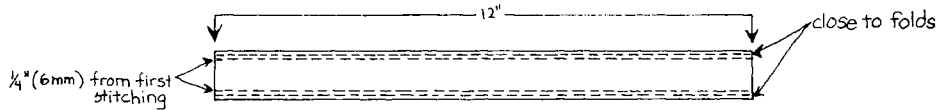
### FABRIC STRIPES OR TRIM

1. Place right sides of 23" (58 cm) wide edges together. Stitch using a 1/2" (1.3 cm) seam. Press seam open.
2. Cut a 3" (7.5 cm) wide by 23" (58 cm) long strip of the contrasting fabric,\* press under 1/4" (6 mm) along 23" (58 cm) edges or cut 23" (58 cm) long piece of wide trim.
3. Center the contrasting fabric strip or wide trim over the bag seam. Pin in place. Stitch close to edge of fabric or trim. Roll up the end of the bag to make it easier to feed under the machine.

\*This additional contrasting fabric or trim hides the seam and adds a decorative touch. You can add more stripes if you wish.

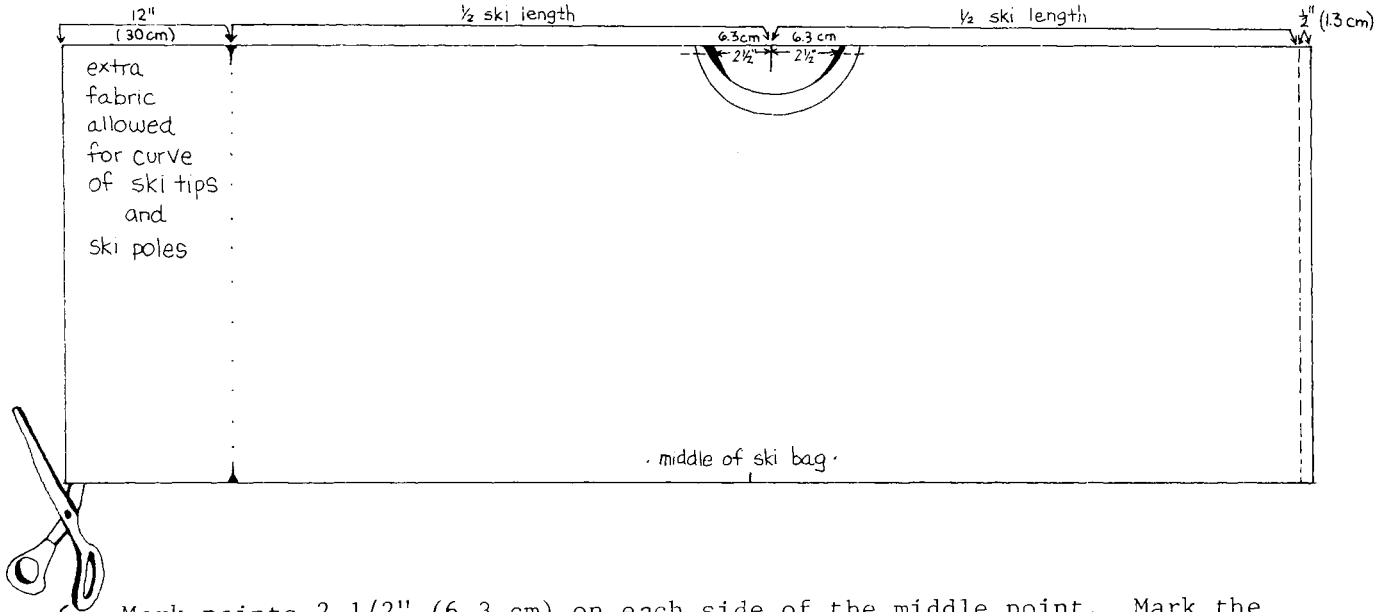
HANDLE

1. Press under 1/4" (6 mm) on the two 12" (30 cm) edges.
2. Fold handle in half lengthwise, press. Pin edges together.
3. Topstitch close to the folded edges on both 12" (30 cm) sides.



Topstitch again 1/4" (6 mm) from first row of stitching.

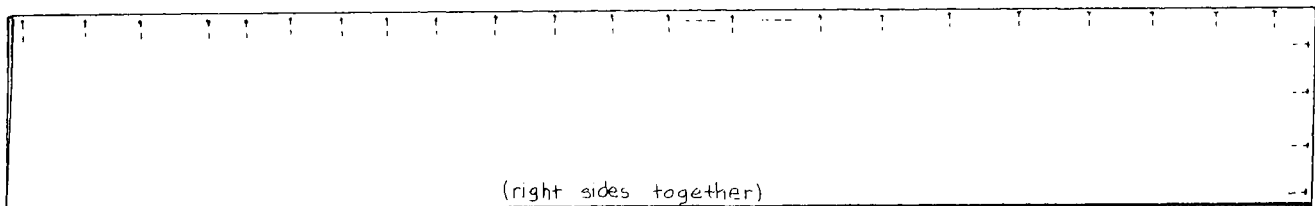
4. Measure the length of your skis. Divide this number by 2. Write the number here \_\_\_\_\_. This number is the middle of your ski length.
5. Measure the long edge of the bag from one end and mark this point; add 1/2" (1.3 cm) at end for seam allowance.



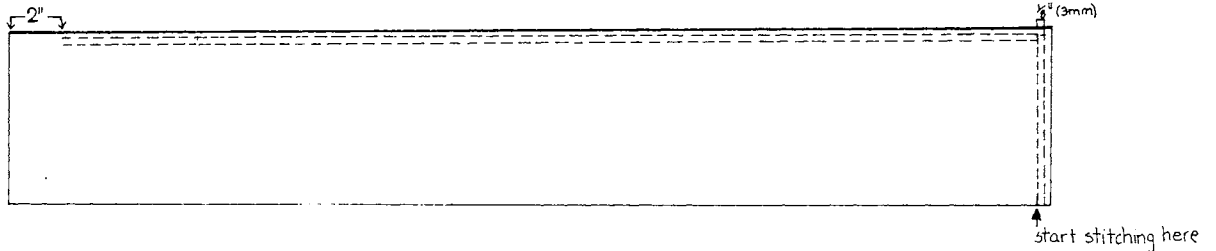
6. Mark points 2 1/2" (6.3 cm) on each side of the middle point. Mark the other half of the ski length on the bag.
7. Pin the cut edges of the handle to the right side of the bag centering the handle on the two marks. Baste in place.

FINISHING

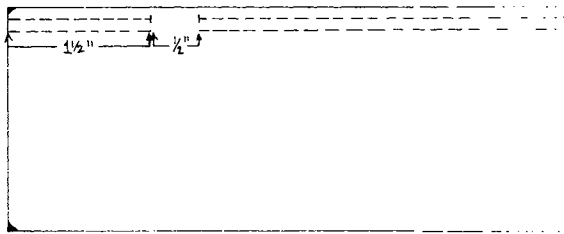
1. Make a mark 12" (30 cm) beyond the full length mark of your skis. Cut the bag at this new mark.



2. Fold the bag in half lengthwise with right sides together.
3. Starting at the short end used to mark the handle location, stitch across the short end and along the long edge. Stop stitching 2" (5 cm) from the end.



4. Stitch again 1/8" (3 mm) from first row of stitching to reinforce the bag. Apply a seam finish if your fabric tends to ravel.
5. Start stitching again along the long edge leaving a 1/2" (1.3 cm) space from the end of previous stitching. Stitch 1 1/2" (4 cm) to the end of the bag.



6. Press under 1/4" (6 mm) on short, open end. Press under 1" (2.5 cm) and stitch close to the fold. Stitch again 1/8" (3 mm) from the first row of stitching.
7. Insert polyester cord through the casing.

Use rubber ski clamps to hold your skis together inside the bag. Your ski pole handles can be slipped over the tips of your skis and carried in the bag.

## GROUP 3

### BACKPACK

#### MATERIALS NEEDED

1 1/2 yards (1.40 m) 45" (115 cm) wide, woven medium to heavyweight, durable fabric

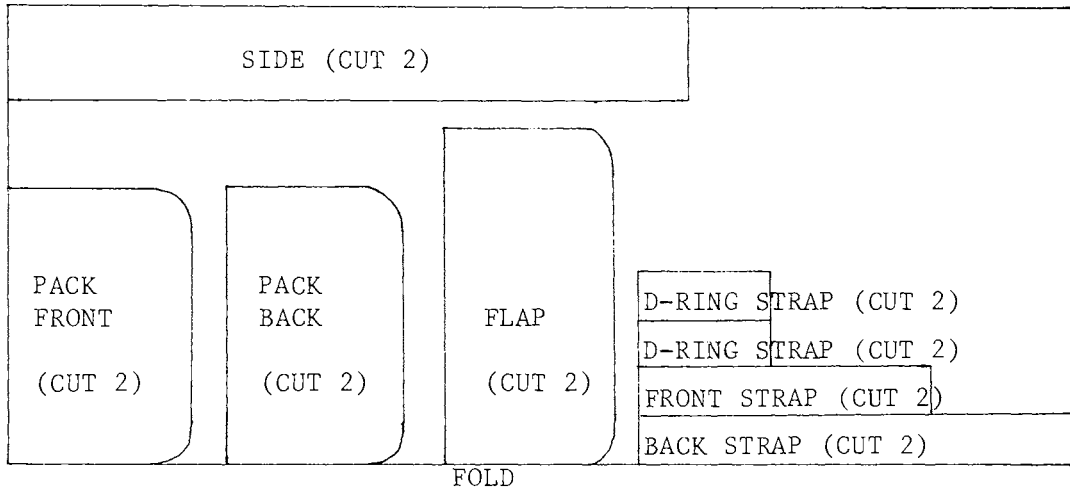
8 D rings 1 1/2" (3.8 cm) wide

Thread





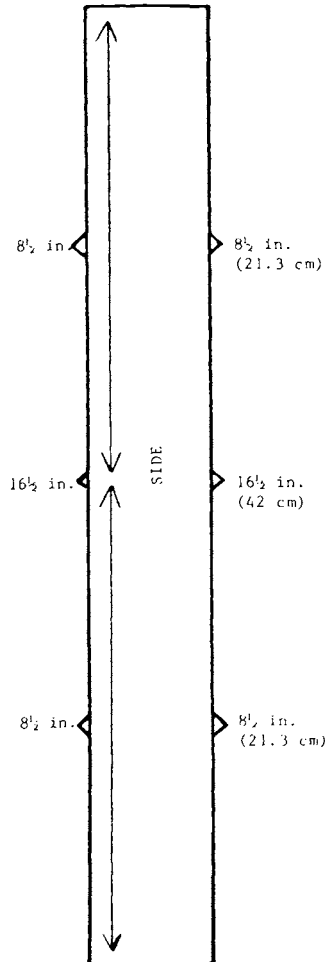
CUTTING LAYOUT



Use the pattern pieces and measurements provided to trace and cut out the back pack pieces.

CUTTING SIDES (Mark the points on the side pieces.)

Cut (2) 33" x 6" (0.84 cm x 15 cm)



CUTTING STRAPS

BACK STRAPS

Cut (2) 24" x 3"  
(0.60 m x 7.5 cm)

BACK STRAPS

With D-RINGS  
Cut (2) 4" x 3"  
(10 cm x 7.5 cm)

FRONT STRAPS

With D-RINGS  
Cut (2) 4" x 3"  
(10 cm x 7.5 cm)

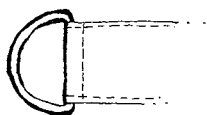
FRONT STRAPS

Cut (2) 11" x 3"  
(28 cm x 7.5 cm)

## STEPS

### D-RING STRAPS: (MAKE FOUR)

1. Press under 1/4" (6 mm) on each 4" (10 cm) side.
2. Fold in half lengthwise with wrong sides together.
3. Stitch close to the folded edge on all 4" (10 cm) sides.
4. Slip two D-rings over each strap and fold the straps in half.
5. Stitch about 1/2" (1.3 cm) from fold and D-rings.

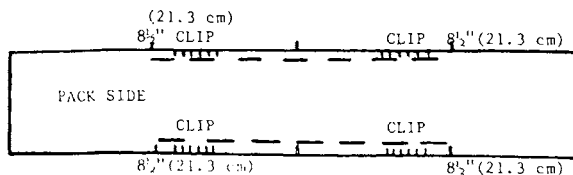


BACK STRAPS 24" (60 cm) long  
FRONT STRAPS 11" (28 cm) long

1. Press under 1/4" (6 mm) on short ends.
2. Press under 1/4" (6 mm) on long ends.
3. Fold straps in half lengthwise with wrong sides together. Pin.
4. Topstitch close to the folded edges.
5. Stitch again 1/4" (6 mm) from first row of stitching.

### OUTSIDE BAG

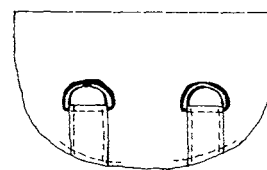
1. Make a line of reinforcement stitching using 1/2" (1.3 cm) seam on both long edges between the two 8 1/2" (21.3 cm) markings of the pack side piece.



2. Make clips in the 4" (10 cm) area by the markings.
3. Pin the right side of the pack front section to the right side of the pack side section.

Match the top edges, markings and centers. Ease around the clipped 4" (10 cm) section on the pack side piece. (Pin with pack side section on top facing you.)

4. Stitch using a 1/2" (1.3 cm) seam just inside the line of reinforcement stitching.
5. Place two D-ring straps on the right side of the back pack piece as indicated; baste in place with a 1/2" (1.3 cm) seam allowance.



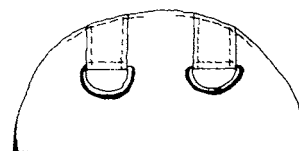
6. Pin and stitch the back piece with the D-ring straps to the pack side piece. (Use the same procedure used to attach the front piece to the pack side.) Stitch again over the straps to reinforce them.

### PACK LINING

1. Repeat the same steps used in constructing the outside bag; omit the D-ring straps.

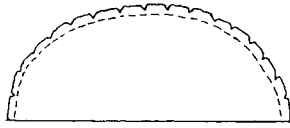
### PACK FLAP

1. Place the remaining two D-ring straps on the right side of one flap section as indicated on the pattern piece. Baste in place.

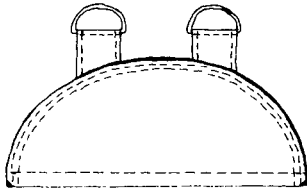


2. Place the right side of the other flap piece against the right side of the flap piece with the D-ring straps.

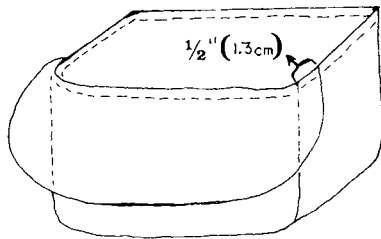
3. Pin and stitch a 1/2" (1.3 cm) seam around the curved section of the flaps.



4. Trim the seam to 1/4" (6 mm) and clip the curves.
5. Turn the flap right side out and press flat.
6. Baste straight edges together.



7. Place right side of pack back to right side of pack flap, matching edges and having flap extend 1/2" (1.3 cm) over pack side seam.

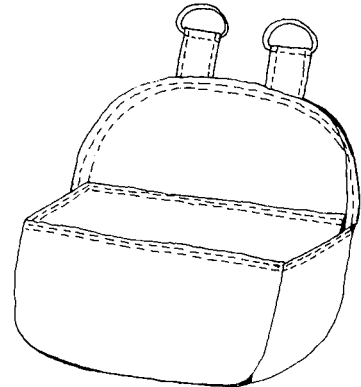


8. Stitch across the flap section and continue around the pack using a 1/2" (1.3 cm) seam.
9. Press 1/2" (1.3 cm) seam allowance towards inside of pack.

#### PACK LINING

1. Stitch 1/2" (1.3 cm) from top edges
2. Press to wrong side
3. Place pack lining inside pack with wrong sides together, matching folded edges.

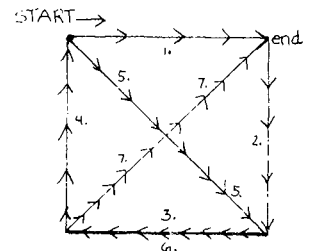
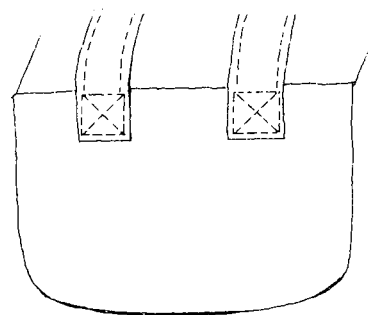
4. Carefully pin through flap section to match folded edges of outside pack and pack lining.



5. Stitch close to the folded edge.
6. Stitch again 1/4" (6 mm) from first row of stitching.

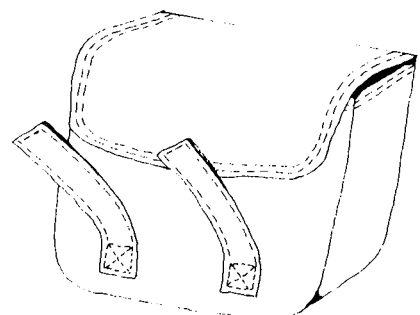
#### BACK STRAPS: 24" (60 cm) long straps

1. Place the short, 3" (7.5 cm) wide end at the top of the placement line as indicated on the pattern piece.
2. Stitch in the pattern (shown below) through all thicknesses (outside pack and lining).



#### FRONT STRAPS: 11" (28 cm) long straps

1. Place the short, 3" (7.5 cm) wide end at the top of the placement line on the pack front as indicated on the front pattern piece.
2. Stitch in the pattern (shown below) through all thicknesses.



# SUN VISOR

## MATERIALS NEEDED

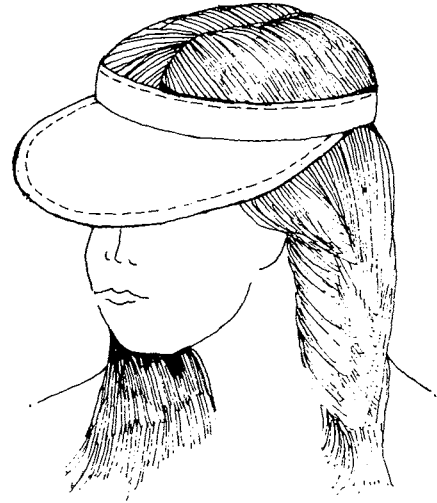
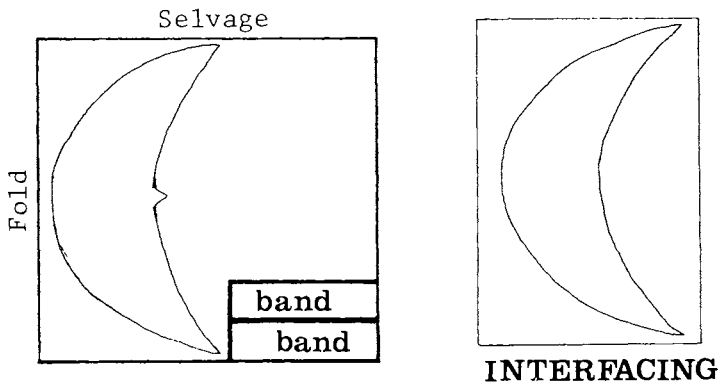
3/8 yard (0.35 m) of 45" (115 cm) wide woven fabric

1/4 yard (0.23 m) very firm heavyweight interfacing

1/4 yard (0.23 m) of 3/4" (1.9 cm) wide elastic

Matching thread

## CUTTING



Visor Shapes - Cut 2

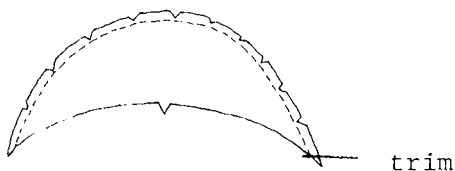
Interfacing Shapes - Cut 1

Front Band - 11 1/2" x 1 1/2"  
(29 cm x 3.8 cm)  
Cut 2

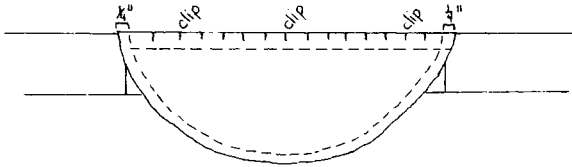
Back Band - 12 1/2" x 1 1/2"  
(32 x 3.8 cm)  
Cut 2

## STEPS

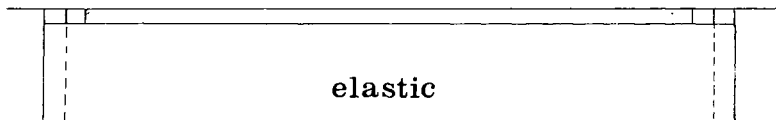
1. Apply interfacing to wrong side of top piece of the visor. Baste 1/4" (6 mm) from inner curved edge and 3/8" (1.0 cm) from outer curved edge. Trim the interfacing close to the stitching.
2. Stitch the top visor piece to the bottom visor piece with a 1/2" (1.3 cm) seam allowance along the outer curved edge.
3. Trim seam to 1/4" (6 mm). Clip out many small triangles along the curved edge. Press seam open.
4. Turn the visor right side out. Press visor with seam along the edge. Trim points of seam allowance. Machine baste unstitched inner curved edges together. Topstitch 1/4" (6 mm) from outer curved edge.
5. With right sides together, seam one front band to one back band at short side seams using a 1/4" (6 mm) seam allowance. Press seam open. Press under 1/4" (6 mm) on one edge of band. Mark the center front of the front band.
6. Put right sides of the front band and visor top together, matching the edge of the visor with the two side seams of the band at the 1/4" (6 mm) seam allowance. (Side points of the



visor will extend 1/4" past seam.) Match the center front notch of the visor with the center of the front band. Clip the visor to the basting to match the edges.

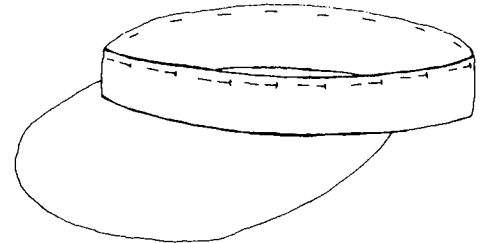


7. Baste and stitch the band to the visor using a 1/4" (6 mm) seam allowance. Press the seam towards the band.
8. Pin the elastic to the side seams of the back band. Adjust the elastic to fit your head size.
9. Once adjusted, cut the elastic so it extends 1/4" (6 mm) over the well (center) of the seam. Center the elastic over the wrong side of the band so it extends 1/4" (6 mm) over the well of the seam. Stitch through the well of the seam attaching the elastic to the band. Be sure to stitch on the right side of the band so you will be stitching in the well of the seam.

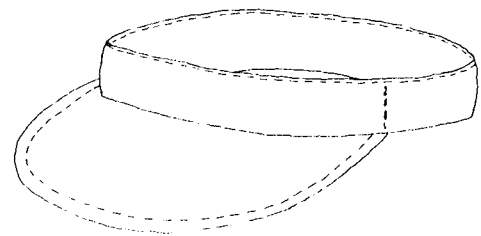


10. Stitch the facing front and back band together at the short side seam using 1/4" (6 mm) seam allowance. Press seam open. Press under 1/4" (6 mm) along top edge of band facing.
11. Pin right sides of the band and band facing together matching the side seams, the unpressed edges, and visor edges. Stitch around the unpressed edge of the band using a 1/4" (6 mm) seam allowance.
12. Turn the band right side out and press so the seam is along the bottom edge and wrong sides of the band are together.

13. Pin the pressed edges of the band together matching band side seams and stretch the back elastic to fit the band. Hint: It may be helpful to place one of the folded edges over the elastic and place pins parallel to the folded edge.



14. Stitch 1/8" (3 mm) from the pinned edge removing the pins as you stitch. Stretch the back elastic to fit the band.



# CHICKEN BUN WARMER

## MATERIALS NEEDED

1/2 yard (0.45 m) 36" (90 cm) wide quilted fabric

One 3 yard (2.75 m) package 1/2" (1.3 cm) wide per folded side, double-fold bias tape

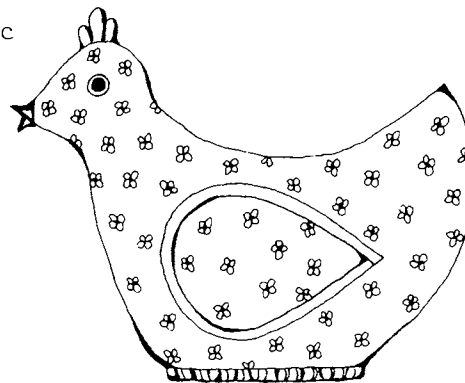
Scraps of red and yellow felt

Two 1/4" to 3/8" (6 mm to 1 cm) black buttons for eyes

1/2 yard (0.45 m) 1/4" (6 mm) wide elastic

Matching thread

3" x 9" (7.5 cm x 23 cm) oval basket (approximate size)



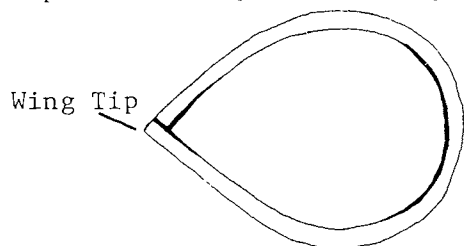
## CUTTING

Trace pattern pieces included in back of manual.

## STEPS

### WINGS

1. Finish each of the cut edges of the two wings with bias tape. Slip tape over wing. Start and stop the bias tape at the tip of the wing.

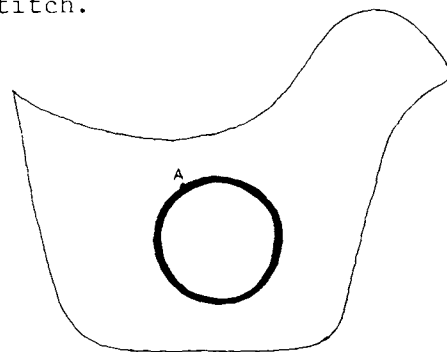


Slip stitch the folded bias tape edges together.

2. Cut out oval opening in each body piece.
3. Finish cut edge by carefully pinning the bias tape around the opening starting below point A. Place the center fold of the bias tape so it is even with the cut edge. \*On some brands of bias tape there is one slightly wider folded edge; place the wider folded edge on the wrong side of the body.

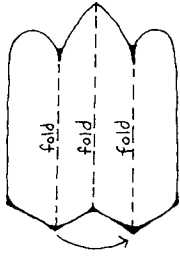
Cut the tape as you finish pinning; allow for an overlap of the bias tape and allow 1/4" (6 mm) of the tape to turn under for a clean finish.

Hand baste tape to the body. Topstitch 1/8" (3 mm) from the edge of the fold on the bias tape to the bias tape underneath. Slipstitch the folded edge. Repeat steps 1, 2, and 3 for the other opening. Put pins in a lengthwise position checking to be sure both sides of the bias tape will be secured in the topstitching. Stitch.

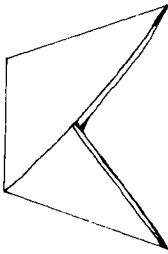


4. Pin the wrong side of the wing to the right side of the body matching points A and B. Stitch along previous stitching line from A to B.

## COMB AND BEAK



- COMB
1. Fold red felt comb along fold lines.
  2. Pin it to the right side of one body piece, as indicated on the pattern piece.
  3. Baste in place.



- BEAK
1. Fold beak pieces in half lengthwise.
  2. Place the bottom beak inside the top beak piece. Pin carefully.
  3. Pin beak to the right side of one body piece as indicated on the pattern piece.
  4. Baste in place.

## FINISHING

1. Place right sides of chicken bodies together; pin and stitch using a 1/2" (1.3 cm) seam.
2. Leave the bottom straight edge open.
3. Clip the curved areas.
4. Press under 1/4" (6 mm) along bottom edge.
5. Turn under 1/2" (1.3 cm) along bottom edge for casing.
6. Stitch close to the folded edge leaving 1/2" (1.3 cm) opening by a seam for the elastic insertion.
7. Insert the elastic through the casing.
8. Overlap the ends of the elastic and stitch together.
9. Sew buttons for eyes on each side of the chicken as indicated.
10. Slip chicken over oval basket; adjust elastic, if necessary. Remove chicken. Stitch across 1/2" (1.3 cm) opening in casing.

OBJECTIVES

<u>Unit I-I Wish, I Wish To Learn More About:</u>	<u>Date Completed</u>
1. Grooming - Proper care of hands and nails	
2. How clothing makes you feel	
3. Selection and use of small sewing equipment	
4. How to use a needle and thread	
5. Use and care of a sewing machine	
6. How to sew a straight seam	
7. How to turn a corner	
8. About fabrics - fabric terms, buying fabric	
9. How to prepare fabric for cutting	
10. How to press	
11. Care of clothing - how to sew on buttons, mending	
12. To keep 4-H records	
13. To help other 4-H members	

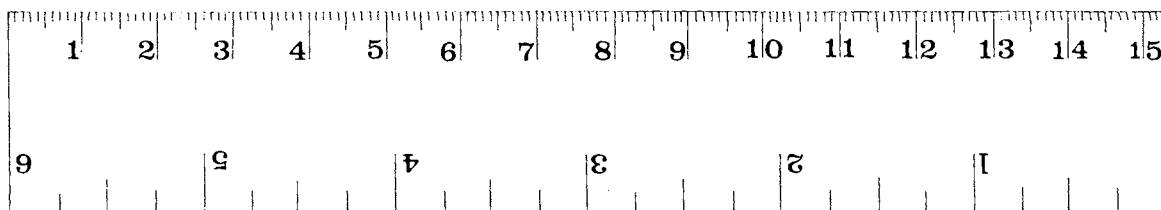
These measurements may be useful in this unit.

United States System

1 yard (36 inches)  
 1 foot (12 inches)  
 7 inches  
 9 inches  
 1 inch  
 5/8 inch  
 1/2 inch  
 3/8 inch

Metric System

1 meter (39¼ inches) (1.0 m or 100 cm)  
 30 centimeters  
 18 centimeters  
 23 centimeters  
 25 millimeters (2.5 cm)  
 15 millimeters (1.5 cm)  
 13 millimeters (1.3 cm)  
 10 millimeters (1.0 cm)





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