

# Montana Extension Service in Agriculture and Home Economics

Montana State College of Agriculture and Mechanic Arts  
and the U. S. Department of Agriculture, Cooperating  
Acts of Congress May 8 and June 30, 1914

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NUMBER 23

NOVEMBER, 1917

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## Garment-Making Project

FOR  
Montana Girls' Clubs

BY  
Mrs. R. G. Young

“It is not enough to know, we must also apply;  
It is not enough to will, we must also do.”

—Goethe.

For information regarding Boys' and Girls' Clubs, address M. J. Abbey,  
state club leader, Bozeman, Montana.

## TO TEACHERS AND PARENTS

An education which is not suited to and does not give expression to immediate and future needs of the individual is not the education for the twentieth century boy or girl. In brief, a large part of the school room instruction must be of such a character that the child is able to associate it with his future social and economic needs. In the markets of the world, values are placed upon the products of the educated hand and brain. No parent can afford to send a child out into the world unable to do the things which the world most demands. The unit upon which society rests is the home. Whatever else an education may accomplish, it must not overlook the fact that more than three-fourths of our boys and girls will ultimately become home-makers and home-keepers. Teachers and parents must recognize the importance of training them for these responsible positions which they are soon to occupy. This bulletin deals with one of the most difficult and yet the most important phases of home-making, namely, that of clothing. The exercises presented have been prepared from the standpoint of educational value, economy of material, adaptation to needs, durability, and pleasing effects. Each exercise leads to a more difficult one which involves new principles to the end that the girl may acquire efficiency in the art of garment-making. We ask the co-operation of teachers and parents in making this phase of our club work a success.

M. J. Abbey,  
State Club Leader.

## INTRODUCTION

Clothing the family is second only in importance to feeding its members. To women, since before the dawn of history, has been assigned charge of both of these functions. Of late years, the manufacture of cloth and the making of clothing have become commercial processes, and the home, under ordinary conditions, can not hope to compete with the manufacturer. Of late, there has arisen, however, a greater need for a working knowledge of sewing, more intelligent and economic buying, and careful conservation of wardrobes now in use.

Proper clothing is the symbol of civilization. When the world was new and only tropical regions inhabited, clothing was used only for the ornamentation of the body. The most numerous and largest ornaments, the brightest colors, made the finest dress.

As man went forth to master the earth, he made clothing a protection against the climate, and gave no thought to anything but its economy and usefulness.

Clothing made possible man's conquest of nature, and although clothes do not make the man, clothing deserves consideration. It should be beautiful as well as a protection. Beauty includes suitability of fabric and adaptation to its use as well as color and line.

The materials for our clothing now come from the ends of the earth, and the story of a wardrobe reads like a fairy tale.

### OBJECTS OF GARMENT-MAKING CLUBS

1. To give knowledge of simple stitches, and how to cut and make simple garments.
2. To develop efficiency in work; right habits of using sewing equipment, proper position of body, neatness, speed, and accuracy are as important as the finished product.
3. To conserve the family clothing by teaching proper care of garments and the repairing, remodeling, and cleaning of same.
4. To examine and learn about textile fibers and their manufacture into cloth. To compare fabrics and determine their proper uses. To study various weaves and weights of cloth; all to the end that buying may be done from the standpoint of suitability, economy, and usefulness.
5. To cultivate a knowledge of color and line, thus developing better taste in dress.

6. To put thought content into sewing by correlating it with geography, history, industry, art, and literature.

#### **CLUB MEMBERS MUST DO THE FOLLOWING THINGS**

1. **Sign membership card** and send to M. J. Abbey, state club leader, Bozeman, Montana.

2. **Read this bulletin** carefully and follow directions herein given. Also give same care and attention to additional directions sent out by the state club leader.

3. **Complete the articles** for one of the projects as outlined in this bulletin on or before May 1st.

4. **Fill out reports** of work on blanks furnished for that purpose. Send to state club leader and keep copy in booklet.

5. **Write a "Story of My Sewing."** The booklet must be exhibited at the same time and place as the sewing. No person has completed a project unless a booklet has been prepared. Booklet counts twenty-five per cent of the total.

6. **Exhibit sewing** as directed by county superintendent.

#### **REQUIREMENTS FOR MEMBERSHIP**

1. **Age:**—Any girl who is ten years of age and under eighteen years of age October 1, 1918, may enter the sewing contest for the year 1917-18.

2. **Enrollment:**—Every girl who enters the contest must enroll in the Junior Department of the Division of Agricultural Extension of the Montana State College before beginning the work of the contest.

Cards for enrollment may be obtained from the teachers, from the county superintendent of schools, or from the Extension office, Montana State College, Bozeman. When you have filled out the enrollment card and signed it, send it at once to the Extension Office, Experiment Station, Bozeman, Montana.

3. **Agreement:**—As soon as the contestant's name is received, an agreement card will be sent to the contestant, and as soon as she signs and returns this card, she is considered a formally enrolled member of the contest and may begin her work under the direction of the Junior Department of the Division of Agricultural Extension, Montana State College. Directions for work, report blanks, etc., will be sent to the club member at once.

4. **Required sewing:**—Each member must complete the work of either Project A or Project B, and should enroll in Project

A club unless she has had sufficient experience in sewing to qualify her to enter immediately upon the work of Project B.

5. **Record of sewing articles made:**—Each member must keep an accurate account of all materials used, hours of labor, cost of materials, labor, etc., on blanks furnished for that purpose, and which will be as follows for each project:

Estimate labor at fifteen cents per hour.

Name of article	Materials used	Cost of materials	Time required	Cost of labor
.....	.....	.....	.....	.....
.....	.....	.....	.....	.....
.....	.....	.....	.....	.....
.....	.....	.....	.....	.....
.....	.....	.....	.....	.....
.....	.....	.....	.....	.....
.....	.....	.....	.....	.....
.....	.....	.....	.....	.....
.....	.....	.....	.....	.....
.....	.....	.....	.....	.....

Estimated value of garment, materials, and labor.... \$.....  
 Total cost of garment, materials, and labor.....  
 Saving .....

6. **Story:**—Write in booklet form the “Story of My Sewing.”

What you did, how you did it, how you enjoyed the work, and the value of the work. This booklet is exhibited with the sewing work of the member and is scored by the judges on the following points:

1. Neatness.
2. Accuracy.
3. Artistic arrangement.
4. Originality.

Material from books read in connection with the sewing can be used in these booklets with great profit to the club member.

Suggested topics for study are:

- Cotton—its growth and uses.
- The story of Eli Whitney.
- The day of the spinning wheel and hand loom.
- The history of sewing—primitive methods.

Needles—kinds, history, and manufacture.

Pins—kinds, history, and manufacture.

Thread.

Thimble.

Scissors.

Stories of spinning, weaving, and sewing; as story of Dorcas, Joseph's Coat, Myths of Arachne, Penelope, etc.

"Clothing and Health," by Kinne and Cooley, published by the Macmillan Company, is on the state library list for public schools, and should be in every school library.

It is a most helpful book to use in connection with this work. Reference to this book will be made frequently in the following pages, both for directions and illustrations. Among other helpful books to use in sewing are the following:

How We Are Clothed.....	Chamberlain
Shelter and Clothing.....	Kinne and Cooley
Household Textiles .....	Gibbs
How the World Is Clothed.....	Carpenter

Each booklet should also contain the following general report:

#### GENERAL REPORT

1. Number of garments completed during the year.....
  2. Number of other useful articles made during the year.....
  3. Name the articles you have made during the year.....
  4. How many new stitches did you learn to use.....
  5. Did you sell any of your products..... If so, how much did you receive in cash.....
  6. Did you learn to use a sewing machine.....
  7. Did any members of your family assist you in your work.....
  8. What assistance did you receive.....
  9. Did you receive any prizes for your sewing.....
- Where ..... What date..... Nature of prizes.....
10. What line of club work are you planning to take next year...

The booklet then must contain:

- (a) Copy of the record of articles made in the contest.
- (b) "The Story of My Sewing."
- (c) The general report given above.

The booklet will count twenty-five points on the score of each member of the garment-making club.

For complete score card, see organization of clubs.

## ORGANIZATION OF CLUBS

1. **Membership:**—Any group of four or more girls, who are qualified as to age, may form a Montana girls' club to carry on the work of the garment-making contest. Individuals may take up the work under the direction of the teacher or mother.

2. **General directions:**—The organization, management, and method of conducting all boys' and girls' clubs are very similar. The bulletin on bread-making contest for junior home-makers' clubs contains suggestive directions upon above points.

3. **Local contest:**—Before April 14, 1918, each club shall hold a local contest conducted by the local leader to determine who shall represent the club at the county contest. At this local contest the work shall be scored by disinterested judges upon the following score card:

### SCORE CARD

- |   |     |
|---|-----|
| 1. Quality of finished work.....  | 50% |
| a. Structure—Accuracy of cutting; width and evenness of seams, hems, bands; suitability of width of hems, tucks and ruffles to size of garment; matching of material..... | 20% |
| b. Stitches—Evenness, size, strength and durability .....   | 15% |
| c. Finishing—Beginning and fastening of threads, removing bastings, buttons, buttonholes, hooks, eyes, cleanliness, pressing, and laundering .....                        | 15% |
| 2. Artistic worth .....   | 10% |
| Suitability of material, appropriateness of trimming, desirability of color combinations.   |     |
| 3. Efficiency .....   | 15% |
| Amount of work done in a given time, manner of doing work, position while working.  |     |
| 4. Booklet .....  | 25% |
| Neatness, accuracy, artistic arrangement, and originality.  |     |

### COUNTY CONTEST

4. The winners of the local contests, or girls working alone are entitled to enter the county contest, which shall be held some

time between April 15th and June 10th. The county bread contest will be held at the same time. Some member of the Division of Agricultural Extension of the Montana State College will be present, if possible, to conduct each county contest. If it is impossible for a member of the Division to be present, a properly accredited substitute will be sent to conduct the contest. The county contest shall be an exhibition of the work, efficiency, and booklets of the local winners. Prizes will be awarded for different articles. This exhibition shall be open to the public. In the county contests, the work will be judged according to the same score card as used in the local contest.

#### STATE CONTEST

The state contest will be held in connection with the state fair at Helena next fall. One person from each county, the winner in the county contest, will have all expenses paid for a three days' stay at the state fair, and will compete at the state fair contest. The details of this will be arranged and the contest will be conducted by the Junior Extension Department of the State College. The girls will be in charge of this department during the entire time they are in Helena. Arrangements will be made so that the girls will be met at the train when they arrive in Helena, will be properly supervised during their stay and will be put on their trains home at the close of their stay. Sight-seeing expeditions and various other features of entertainment will be arranged for them during their stay in Helena. Girls winning the free trip to the state fair must exhibit at the fair the articles upon which they won their trip. Be careful to keep your work clean.

Work must not be washed before entering it in an exhibition or contest. Press carefully, but do not wash.

#### PRIZES

Suitable prizes will be arranged for the winners of the state contest. Prizes should also be arranged for the local and county contests. Prizes for county fairs will be announced through the county fair catalogue, and those for the state fair through the state fair catalogue.

#### SUGGESTIONS FOR CLUB MEMBERS

Sit erect.

Keep feet on floor.



Turn so light reaches you from left side.

Do not sew with sunshine on work.

Do not bite the thread—it may crack the enamel on your teeth, soil your work, and spread disease germs.

Use a short thread for sewing—it may be as long as the distance from finger tip to elbow. Basting threads may be longer.

Wash your hands before beginning to sew.

Handle the work as little as possible—keep wrinkles and soil from materials upon which you are working.

Make all stitches uniform.

When removing basting threads, cut occasionally. Pulling out long basting threads may injure a garment.

Cut the ends of threads. Pulling on thread to break it weakens fastening and sometimes spoils stitch.

It takes good scissors to cut nice smooth edges—good cutting is a factor in a perfect garment.

Before buying material for any garment, determine with the help and advice of your club leader, what kind of cloth is suitable and just how much is needed. Whenever possible, use material which you have at home.

#### EQUIPMENT

All club members should have a bag or sewing box containing the following. These may be brought from home:

Package of needles—Numbers 5 to 10—Sharps.

Darning needle.

Paper of pins (good).

Pin cushion (small).

White cotton thread—Numbers 50, 60, and 90.

Pair of good shears—with at least a three-inch blade.

Thimble to fit second finger (not brass).

Tape measure—those with numbers beginning at both ends are much more convenient.

A note book of suitable size.

#### PROJECT A

The following articles are required for "Project A:":

1. Bag. See "Clothing and Health," Page 127, or 130, or 150.
2. Boy's apron.
3. Stockinet darn (On stocking or knit underwear. See "Clothing and Health," Page 167.)

4. **Christmas presents.** (Make two of the following.)
  - A. Hemmed napkin. See "Clothing and Health," Page 28.
  - B. Hemstitched towel. See "Clothing and Health," Page 148.
  - C. Sewing case. See "Clothing and Health," Page 118 or 130.
  - D. Handkerchief or doily with crocheted edge.
5. **Hemmed patch.** See "Clothing and Health," Pages 171 and 173.
6. **Cap.**

#### GENERAL NOTE

In these projects no demand is made that certain materials or certain patterns be used, as this might work a hardship upon some club members. Each project is designed to give training in certain sewing stitches and in certain problems. Also, a certain article is named as a basis for each project that the contest may have a reasonable uniformity throughout the State. These stitches and problems are named under each project, and judges will score on the basis of all the work called for under each project as well as its execution. Hence, the one whose work is complete in the above has an opportunity to score higher than a member who has omitted to use some stitch or problem called for in the article or garment she has made.

Members should select for each project materials and patterns suited to their needs in order that the finished article may have a real value to its maker. A pattern already tested in the home or any reliable commercial pattern may be selected.

Decoration and trimming may be added as indicated by the taste and judgment of the maker. By this means the projects may be adapted to the varying ages of the club members. But that no injustice be done the younger members, the judges will score only upon the execution of the work called for in each project. For example, a plain towel well hemstitched and overhanded, under Article 4, should receive a higher score than one not so well hemstitched and overhanded, even though the latter be highly decorated.

#### ARTICLE NO. 1—BAG

(See General Note under Project A, Page 10)

Sewing bag, knitting bag, shopping bag, or laundry bag.

**Materials:**—Such fabrics as are suited to the purpose for which the bag is intended, preferably of cotton or linen cloth.

**Suggested patterns:**—Ladies' Home Journal, No. 9766 or No. 9514; Pictorial Review, No. 6860; Butterick, No. 10663; McCall, No. 850; Standard, No. 9229, or any pattern already tested in the home.

**Required stitches and problems:**—

Basting stitch.	Blanket stitch.
Running stitch.	French seam.
Back stitch.	Hem (width and evenness).
Running and back stitch.	Casing.
Hemming stitch.	

Suggestive directions for a general utility bag:

**Materials:**—One yard cretonne, 27 inches wide; four yards cord, ribbon, or tape.

**Directions:**—Cut off selvage edge, as selvage is likely to draw if sewed into seam.

Fold crosswise of cloth with wrong sides together to make French seam on each side of bag. ("Clothing and Health," Kinne and Cooley, Page 87, describes French seam.)

**French seam:**—Pin sides of bag together. Place pins crosswise of the material. Baste seams one-quarter-inch from edges of bag, using even basting stitch.

As first seam does not require much strength, use running stitch. Sew about one-quarter inch from edge. Remove basting.

Press seam open flat with thumb nail.

Turn bag wrong side out and fold each seam carefully on the line of stitching.

Baste again one-quarter inch from edge.

For second seam, use full-back or stitching stitch (See "Clothing and Health," Page 260).

**Hem:**—On the wrong side of bag turn down, toward worker, a fold one-quarter inch and crease firmly. Use a gauge made of cardboard (see "Clothing and Health," Page 36) and fold a two-inch hem. Pin hem securely and baste. Remove pins and sew, using hemming stitch (see "Clothing and Health," Page 21). Remove basting threads.

**Casing:**—Casing is made by placing a row of stitching in hem parallel to hemming and either one-half or three-quarters inch distant, depending on size of tape or cord used as draw-strings. First,

using gauge ("Clothing and Health," Page 21), baste parallel to hemming. Sew by using running and back stitch ("Clothing and Health," Page 34-35).

**Opening for draw-strings:**—Measure one-quarter inch from the seam on both sides of the two seams in the casing and cut four openings, through one thickness only, parallel to the seams and just the width of the casing. To prepare these openings, first overcast (see "Clothing and Health," Page 41). Overcast all four openings to prevent raveling, being very careful to catch only the upper thickness of cloth. To finish these slits, use the blanket stitch (see "Clothing and Health," Page 138).

**To insert draw-cords:**—Cut draw-strings into two equal parts. Using bodkin or some substitute for a bodkin, commencing at front opening on right side of bag as held before sewer, run draw-string through casing entirely around bag, bringing the end out of opening at back of right side. Tie or sew two ends together. Insert the other draw-string in same manner from other side and fasten ends.

#### ARTICLE NO. 2—BOY'S APRON

(See General Note under Project A, Page 10)

**Directions:**—This is the boy's apron called for in the federal bulletin, Boys' and Girls' Club Work. Full directions as to materials, amount needed, and the making of this apron will be found on pages 5, 6, and 7 of Form S-6, States Relations Service document No. 35, entitled Home Canning Club Aprons and Caps, which will be sent out with this bulletin.

#### **Required stitches and problems:**

Drafting and cutting from printed directions.

Hemming pocket and edge of apron.

Hemming of pocket to apron.

Backstitching.

Overhanding on tapes.

#### ARTICLE NO. 3—STOCKINET DARN

(See General Note under Project A, Page 10)

**Materials:**—Stocking with hole in either heel or toe, or knitted under-garment which requires mending.

Darning thread to match and long-eyed darning needle.

**Required stitches and problems:**—This project gives experience in weaving stitch. Attention should be given to length and regularity

of stitches, smoothness and firmness of edges, and smoothness of finished darn.

**Directions:**—Darn on outside, as that will leave inside smooth and soft. Cut away any part that is badly worn. First, put in lengthwise threads, allowing them to extend one-quarter inch beyond the hole. Next, weave in crosswise threads by taking one thread over and one thread under the needle. When edge of hole is reached, weave first over and then under the edge, so that there shall be no ridges. These threads must not be drawn tight as they will shrink when washed.

(See Kinne and Cooley, pages 167, 168 and 169.)

ARTICLE NO. 4—CHRISTMAS PRESENTS

(See General Note under Project A, Page 10)

Club members may make two articles selected from following list:

- A. Hemmed napkins—one napkin to be exhibited.
- B. Hemstitched towel.
- C. Sewing case.
- D. Handkerchief or doily with crocheted edge.

These Christmas gifts should encourage the real Christmas spirit, appeal to the maker, and be suited to the recipients.

A. HEMMED NAPKIN

(See General Note under Project A, Page 10)

**Materials:**—Napkin of linen or mercerized cotton, or a sixteen-inch square of plain linen or figured damask. No. 90 thread and needle No. 8 or No. 9.

**Required stitches and problems:**

Folding hem.

Basting stitch.

Overhanding stitch.

**Directions:**—Straighten edges by drawing thread and cutting by line thus made. Fold a one-eighth inch hem, if possible. Baste. Overhand (See "Clothing and Health," Page 28).

Remove basting threads, and press.

B. HEMSTITCHED TOWEL

(See General Note under Project A, Page 10)

**Materials:**—Huckabuck toweling about fifteen inches wide is suggested. A guest towel will not tax the patience of younger members, as a larger towel might. It may be either linen or cotton.

Towels should be in good proportion as to length, width, and depth of hem. See following table for these points:

Width of towel	Length	Width of hem
15 inches	$\frac{3}{4}$ yard	1 inch
18 inches	1 yard	1 to $1\frac{1}{4}$ inch
20 inches	$1\frac{1}{8}$ yard	1 to $1\frac{1}{2}$ inch
22 inches	$1\frac{1}{4}$ yard	1 to 2 inch

**Required stitches and problems:**

Basting stitch.

Overhanding stitch.

Hemstitching.

**Directions:**—Straighten both ends of towel by drawing a thread and cutting by this line.

Use gauge and turn down one-quarter inch on wrong side, creasing firmly. Then measure twice the depth of desired hem, and draw from four to six threads according to coarseness of material.

Baste the hem up along the edge of the drawn threads, keeping the edges even.

Holding the towel with wrong side toward worker and hem at top, overhand the end toward the right side. Begin at the outside corner, and when drawn threads are reached, hemstitch across the end of the towel and overhand the other end of the hem.

(Overhanding, Kinne and Cooley, Page 28.)

(Hemstitching, Kinne and Cooley, Page 147.)

Finish other end of towel in same manner.

Decorate if desired.

**C. SEWING CASE NO. 1**

(See General Note under Project A, Page 10)

(See sewing case on Page 118, "Clothing and Health.")

**Materials:**—Six scraps of silk or fine wool cloth, three inches by five inches in size, all alike, or in good harmony or contrast.

**Required stitches and problems:**

Careful basting.

Overhanding.

(Note to club leader:—As this sewing case and the hemmed napkin have the same stitches, it is not advisable for club members to select both of these for Christmas presents. Better select the ones giving more variety in work.)

**Directions:**—(See "Clothing and Health," Page 118.)

### C. SEWING CASE NO. 2

(See General Note under Project A, Page 10)

If desired, sewing case as illustrated on page 130 of "Clothing and Health" may be made.

**Materials:**—Silk or wool.

**Amount:**—Two pieces of silk ribbon or cloth, or woolen cloth, four to six inches wide and eighteen inches long. Small rectangular piece of white flannel for needles. Two yards of narrow ribbon or tape for draw strings and tying.

**Required stitches and problems:**

Back stitching.

Blanket stitching.

Feather stitching.

### D. DOILY WITH CROCHETED EDGE

(See General Note under Project A, Page 10)

**Materials:**—Circle of linen from four to nine inches in diameter. Crochet cotton of appropriate size according to texture of linen.

**Required stitches and problems:**

Evenness of hem.

Neatness and regularity of crocheting.

Suitability of thread and pattern to linen used for center.

**Directions:**—Baste narrow hem about edge. Hem should not be over one-eighth inch wide. Crochet over this edge, using double crochet, and add simple edge after some pattern desired by club member.

### D. HANDKERCHIEF WITH CROCHETED EDGE

(See General Note under Project A, Page 10)

**Materials:**—A nine or ten-inch square of linen or fine cambric.

**Required stitches and problems:**

Neatness and evenness of hem.

Neatness, accuracy, and suitability of crocheting.

**Directions:**—Fold and baste narrow hem, as narrow as possible. Crochet about edge, using double crochet. Finish with simple crocheted edge.

### ARTICLE NO. 5—HEMMED PATCH

(See General Note under Project A, Page 10)

**Materials:**—Preferably a cotton garment to be mended, but a six-inch square of checked gingham or figured cotton can be used.

Thread to match color of cloth.

A piece of the same material for patch. Patch must be one-and-one-half-inches larger each way than the hole to be patched. If garment has been washed, patch should also be washed.

**Required stitches and problems:**

Shaping the opening, cutting corners, matching of pattern.

Basting stitch.

Hemming stitch.

Smoothness of patch, matching of pattern, and regularity and size of stitches should receive the most careful attention.

**Directions:**—About the hole in garment to be mended, mark off carefully a rectangle. Care should be exercised to remove all the fabric that is even slightly worn around the spot to be mended. Cut out on a marked line, made by drawing a thread upon which to cut.

Cut diagonally one-quarter-inch at each corner, crease back on wrong side from sides of open square and baste.

Match the design of patch to design of material in garment.

Cut patch one inch larger than open square, being careful to match figures or stripes or checks accurately and having warp and woof of patch running the same directions as garment.

Baste patch to under side of garment, then hem down around edge of fold on right side, making very small, neat stitches.

On wrong side turn in raw edge one-quarter-inch and hem down flat, allowing stitches to show as little as possible on right side. (See "Clothing and Health," pages 171, 172 and 173.)

#### ARTICLE NO. 6—CAP

(Automobile cap, dust cap, or boudoir cap)

(See General Note under Project A, Page 10)

**Materials:**—Governed by purpose of cap. It may be of cotton, linen, or even silk.

**Suggested patterns:**—Pictorial Review, No. 6327; Butterick, No. 9253; Ladies' Home Journal, No. 8306; McCall, No. 6880; cap pattern in Home Canning Club Aprons and Caps, or any cap pattern already tested in the home.

**Required stitches and problems:**

Basting.

Running stitch.

Hemming stitch.



Straight machine stitching.

Button-holes and sewing on of buttons. ("Clothing and Health," Page 39.)

The directions for the Home Canning Club Aprons and Caps will be sent to each member of a garment-making club. The boy's apron and cap shown in this leaflet is an especially good pattern for a simple cooking outfit for girls as well as boys. Either cap may be used by the girl members.

These directions are only suggestive.

The manner of making the cap depends on the style of cap made and the material from which it is to be made.

### PROJECT B

(For girls who have had school training or a great deal of home experience in sewing.)

Articles and garments included in the work of this project are:

1. **One of the following:**

- A. Kimono night gown.
- B. Bungalow apron.

2. **Three-cornered darn.**

3. **Christmas presents.**

Two of the following:

- A. Guest towel.
- B. Napkin ring, either crocheted or of cotton.
- C. Table runner.
- D. Silver cases—for knives, forks, or spoons.
- E. Shoe bag.
- F. Crocheted holder.
- G. Fancy apron.

4. **Collar.**

5. **One of the following:**

- A. Skirt.
- B. Petticoat.

6. **One of the following:**

- A. Middy.
- B. Bloomers.
- C. Drawers.

**Note.**—The work here outlined calls for extended use of the sewing machine. "Clothing and Health," pages 80-86, gives some valuable directions for using a machine and this should be carefully

studied. Study the sewing machine itself, its parts and their adjustment, and learn to use it before making these articles. Good tools deserve careful, intelligent use and treatment.

The use of the commercial pattern is also emphasized; practice in recognizing the parts of a pattern; how the parts are joined; how to adapt size of pattern to person, both in length and width; how to lay on cloth in order to cut to best advantage. When to lay edge of pattern on fold of goods and which edge of pattern should be on this fold; when the fold should be lengthwise, when crosswise of the cloth; how many pieces of cloth should be cut after each part of pattern, can only be determined by practice and study.

Time spent in learning to handle patterns, is time saved in the future, as well as insuring against mistakes in cutting which waste materials and spoil garments.

#### ARTICLE NO. 1—A. KIMONO NIGHT GOWN

(See General Note under Project A, Page 10)

**Materials:**—Muslin, cambric, longcloth, cotton crepe, or nainsook. No. 70 or 80 thread.

**Amount:**—Twice the distance from highest point of shoulder to floor, plus three inches.

**Suggested patterns:**—Butterick, No. 5922; Pictorial Review, No. 5713; Ladies' Home Journal, No. 8431; Standard, No. 9021; McCall, No. 5309, or any kimono night gown pattern already tested in the home.

**Required stitches and problems:**

French seam—machine work.

Bias facing or hemming of neck and sleeves.

Turning hem at bottom and machine-stitching same.

Application of trimming.

**Directions:**—Fold material lengthwise.

Correct pattern as to size and length.

Lay pattern on goods with middle of front on lengthwise fold of cloth. Cut carefully. ("Clothing and Health," pages 78-80.)

Finish neck.

Fold gown crosswise with fold passing through top of shoulders. Have wrong side of cloth together. Pin and baste. Stitch within one-quarter inch of edge. Slightly stretch the under-arm seam in the curved portion in both the first and second stitchings. This makes the seam stronger. Trim edges of seams and turn. Press

open carefully upon row of stitching. Baste second seam about one-quarter inch from edge and stitch. (See "Clothing and Health," pages 86-88.)

Finish edges of sleeves.

The hem at the bottom should be made by first turning up cloth on wrong side one-quarter inch. Then make second turn of cloth the desired width for hem, using cardboard gauge. ("Clothing and Health," Page 36.)

The width of the hem depends upon the length of gown. It may be from one-and-one-half inches to three inches in width.

#### ARTICLE NO. 1—B. BUNGALOW APRON

(See General Note under Project A, Page 10)

**Materials:**—Percale, gingham, or chambray and cotton thread, No. 70 or 80.

**Amount:**—Twice the distance from highest point of shoulder if the goods is thirty-six inches wide; with narrower cloth, allowance for gores at sides must be made.

**Suggested patterns:**—Butterick, No. 9291; Pictorial Review, No. 5214, or any bungalow apron pattern already tested in the home, or bungalow aprons given in boys' and girls' club work.

**Required stitches and problems:**—(Same as for kimono night gown.)

**Directions:**—Directions for cutting and making kimono night gown apply to apron, except the closing. The method of making this closing depends on style of pattern used.

The directions for the home canning club aprons and caps will be sent to each member of a garment-making club. Pages 1, 2, and 3 give full directions for bungalow aprons.

#### ARTICLE NO. 2—THREE-CORNERED DARN

(See General Note under Project A, Page 10)

**Materials:**—Woolen garment torn at right angles from a common starting point. Thread to match. Threads raveled from same fabric often used, sometimes split sewing silk, horse hair or human hair makes invisible darn. Use as fine needle as will carry mending thread.

Wash net to hold fabric in place.

**Required stitches and problems:**

Basting stitch.

Mending or fine running stitch.

Size and evenness of stitches and closeness of rows of stitches and small loop where each row turns.

Neatness, durability, and invisibility of finished darn.

**Directions:**—Bring edges of rent into place by basting to piece of net laid on wrong side of garment.

Begin darning stitch without knot on thread, a little beyond end of tear. Go back and forth with fine running stitches perpendicular to tear.

Keep thread just loose enough not to draw cloth and to allow for stretching and pulling in use. This is usually accomplished by leaving a tiny loop at the turn of each row of stitching.

In finishing the tear of both woof and warp threads, extend the rows of stitching a little beyond the end of the tear.

At the corner, where direction of tear changes, there will be both warp and woof rows of darning. These rows should be interwoven like a stocking darn.

(See "Clothing and Health," pages 163-166.)

#### ARTICLE NO. 3

(See General Note under Project A, Page 10)

Each member should complete two of the following:

- A. Guest towel.
- B. Napkin ring—either crocheted or embroidered.
- C. Table runner.
- D. Silver cases—for knives, forks, or spoons.
- E. Shoe bag.
- F. Crocheted holder.
- G. Fancy apron.

Each member may elect to make any two of the above articles, and in any desired fashion. This gives an opportunity to use materials found in the home and to suit gift to person for whom it is intended, but the Christmas projects must utilize the following stitches and problems:

1. Feather stitch. (See "Clothing and Health," Page 120.)
2. Outline stitch. (See "Clothing and Health," Page 119.)
3. Cross stitch. (See "Clothing and Health," Pages 142-145.)
4. Blanket stitch. (See "Clothing and Health," Page 138.)
5. Outline stitch. (See "Clothing and Health," Page 121.)

6. Overhanding stitch. (See "Clothing and Health," Page 28.)
7. Binding with ribbon tape or bias band.

#### ARTICLE NO. 5—COLLAR

(See General Note under Project A, Page 10)

**Materials:**—Fine lawn, flaxon or organdie, No. 100 thread and No. 20 embroidery cotton.

**Amount:**—Eighteen inches long by eighteen inches wide.

**Patterns:**—This collar is to be cut according to directions. It is well to draft collar upon paper first.

**Required stitches and problems:**

Tucking.

Mitred corners.

Hemming.

Feather stitching.

Binding neck with bias band.

**Directions:**—Draw thread on woof and cut seventeen-and-one-half inches. At each end, draw thread of warp and cut seventeen-and-one-half inches. Cut across on drawn woof thread. This gives a square seventeen-and-one-half inches by seventeen-and-one-half inches.

**Practice:**—If the club members are not experienced in making tucks and in mitering corners, it will help them greatly to practice making tucks and corners in paper before making them in the collar itself.

**Tucking:**—Three-and-one-half inches in from both warp edges, mark for tuck by placing pins carefully, using gauge to measure. Fold on this line. This gives folded edge of first tuck on both warp sides. Baste three-sixteenths-inch from this edge, sew this tuck one-eighth-inch from the edge, using very tiny running stitches. Then mark for the second tuck, one-half inch further in from the edge of the first tuck. Make second and third tucks the same as first, being careful to keep the edges and lines of sewing straight. Fasten the sewing securely for the last two inches at ends of tuck, so that when cut for neck the tucks may not loosen. After group of three tucks are finished on two sides and pressed toward outer edge, a group of three tucks should be made in same way across one woof end.

**Hem.**—First make one-eighth inch turn toward wrong side around the three tucked sides of collar. Make second turn one-inch wide. Crease and pin this second turn until corners have been mitred.

**To mitre corners.** After hem has been pinned, open the two corners and measure back along each edge two inches. Take hold of the corner and fold back on the goods until a diagonal fold can be made between the two-inch marks. Place the hem back in position. The two diagonal edges should just meet and be of equal length. Again open the hem and cut off the corner one-eighth inch outside of the diagonal fold. Now baste hem in position. Overhand or slip stitch these diagonal edges together.

Baste in the hem. Turn to the right side and fasten the hem into position with feather-stitching.

**Shaping neck:**—Fold the collar through the middle on a warp thread. Measure from the finished end along this fold eight-and-one-half-inches and place pin. From a point one more inch along this fold or nine-and-one-half inches from the finished end, measure in at right angles two-and-one-half inches and place second pin. Connect these two pins and the unfinished corners with a curved line, marking this line, first with pins and then cutting on this line.

Bind neck with bias band one-inch wide and one-inch longer than neck measure of collar. Band should be sewed on with running stitch, folded and hemmed down and ends overhanded.

#### ARTICLE NO. 6—A. SKIRT

(See General Note under Project A, Page 10)

**Materials:**—Some cotton cloth suitable for outside skirt such as galatea, Palm Beach cloth, khaki, or gabardine. Cotton thread to match in color.

**Amount:**—Determined by careful measurement of person and pattern previous to purchase. Width of material must also be considered.

**Patterns:**—McCall, No. 7714; Standard, No. 9312; Butterick, No. 9374; Ladies' Home Journal, No. 9883; Pictorial Review, No. 7125 or No. 6768, or any pattern which has been tested in the home.

**Required stitches and problems:**

Stitching of seams.

Overcasting.

Placket. May be disguised in various ways.

Adjustment of belt.

Hooks and eyes.

Snap fasteners.

Hem—width and evenness.

**Directions:**—Careful cutting, basting, fitting, stitching, and finishing are necessary. "Clothing and Health," on pages 236-239, and also on pages 46-55, gives general directions for making a skirt. The commercial patterns used also carries directions. Read directions for petticoat.

## B. PETTICOAT

(See General Note under Project A, Page 10)

**Materials:**—Muslin, longcloth, or cambric.

Amount to be carefully determined before cloth is purchased and depends upon size of girl, width of material, and selected pattern.

**Required stitches and problems:**

French seam.

Applying bias band.

Placket.

Hooks and eyes.

Hem of ruffle.

Snap fasteners.

Hem of bottom of skirt.

**Suggested patterns:**—Butterick, No. 8778; Ladies' Home Journal, No. 9012; Pictorial Review, No. 6723; Standard, No. 8716; McCall, No. 7060, or any reliable pattern already tested.

**Directions:**—Baste seams one-half inch from edge with wrong sides of cloth together and with a bias and a straight edge together, except in the back.

**Fit.**

Stitch one-quarter inch from edge.

Finish French seams according to directions under kimono night gown. Make a bound placket as per directions under drawers, except use a strip only two inches wide.

Have placket opening long enough to slip skirt on and off easily.

If skirt is fitted about waist without fullness, face the top on inside of skirt by using a bias band three-quarters-inch wide when finished.

If fullness is allowed, finish with a band.

**Band:**—Measure a band two inches wide and one-and one-half inches longer than waist measure. Measure off one inch on one end of band, then divide remainder into halves and crease. Place this crease at the middle of front gore with the end of band having extra inch extending on the left side of skirt. Gather extra fullness in back gores.

Pin band and skirt together in seam, allowing a very little fullness on front and sides, and measuring to be sure that seams are

exactly opposite on sides of skirt. Allow the placket on left side to extend and baste to extra length of band. Turn placket back under skirt at right side.

Fit. Stitch.

Turn in ends and other edge of band. Fold over on right side and baste just over row of stitching. Stitch.

To fasten skirt, use hooks and eyes on band and snap fasteners on placket.

**Hem:**—Measure desired length from floor.

Turn hem on bottom of skirt and finish as per directions for hem under kimono night gown.

**To cut ruffle:**—Decide upon depth of finished ruffle and allow for hem, tucking, and gathering at top.

Hem should be in proportion to size of tucks, but should not be over one-inch wide. For each tuck, allow twice the depth of the finished tuck.

Allow one-quarter inch for gathering.

The length of ruffle should be one-and-one-third times the distance around bottom of skirt.

Sew up widths of ruffle with narrow seams and overcast edges.

Hem, then tuck flounce.

Divide skirt into fourths. Divide ruffle into fourths also. Gather top of ruffle with double thread, using separate thread for each fourth. Thread should be one inch longer than space to be gathered.

Trimming may be used on lower edge of ruffle if desired.

Apply ruffle to skirt having the lower edge of ruffle and of skirt even. Pin. Baste.

Use bias band, finishing braid or insertion to cover top edge of ruffle. Let stitching of lower edge of band hold ruffle in place.

(See "Clothing and Health," pages 101-105.)

#### ARTICLE NO. 7—A. MIDDY

(See General Note under Project A, Page 10)

**Materials:**—Indian head, muslin, drill, duck, Palm Beach cloth, galatea, linene, or any suitable white cloth. White thread Nos. 50 or 60.

**Amount:**—Carefully determine this before cloth is purchased, depending on size of girl, width of material, and pattern selected.

**Suggested patterns:**—McCall, No. 6520; Butterick, No. 6604; Standard, No. 9432 and 8364; Ladies' Home Journal, No. 9294;



Pictorial Review, No. 5687 and No. 7125, or any pattern which has been tested in the home.

**Required stitches and problems:**

Basting.

Flat felled seam (see "Clothing and Health," Page 216).

Hem or facing at bottom.

Facing.

Buttonholes or eyelets. (See "Clothing and Health," Page 270.)

**Directions:**—"Clothing and Health," pages 268-271, contains directions for middy blouse.

Cut carefully. Baste with seams on the outside. Fit. Finish shoulder with flat felled seam. Sew in sleeves using flat felled seam. Then sew up sleeve and under-arm in one seam, also a flat fell.

Finish collar about edge and baste to neck of middy having center of collar at center of back of the blouse.

Face about front opening and neck. Hem or face bottom of blouse. Finish bottom of sleeves with cuff. Work eyelets in front of neck opening and at sides of bottom of middy also, if desired.

Lace with cords.

**B. GIRL'S DRAWERS**

(See General Note under Project A, Page 10)

**Materials:**—Muslin, longcloth, Berkeley cambric. Threads Nos. 70 or 80.

Two buttons.

**Suggested patterns:**—McCall, No. 4730; Ladies' Home Journal, No. 8035; Butterick, No. 5531; Pictorial Review, No. 5186; Standard, No. 9659, any commercial pattern or pattern already tested in the home.

**Required stitches and problems:**

Button-hole stitch and button-hole, sewing on of button.

Flat felled seam.

Placket.

Putting in a gathering thread and sewing on of a band.

**Directions:**—Sew fronts together with flat felled seams. Sew backs together in same manner.

Pin the backs and fronts together, beginning at the seam. Baste together, also beginning at the seam.

Beginning at lower edge of one leg, stitch across to lower edge of other leg using flat felled seam.

To make flat felled seam:

1. Stitch basting three-eighths inch from edge of seam.
2. Cut one thickness of the cloth to one-eighth inch from line of stitching.
3. Turn in other raw edge one-eighth inch and place over the narrow edge.
4. Baste down flatly to the drawers.
5. Stitch along edge.

(See "Clothing and Health," Page 216.)

If ruffles or other trimming is put about the bottom of drawers, it should be applied before any other sewing is done. (For gathering a ruffle and sewing to garment, see "Clothing and Health," Page 104.)

Placket at side or both sides, as desired, should next be made.

1. Cut a lengthwise strip of material three inches wide and twice the length of the placket opening.
2. Place this strip on the right side of the goods and baste carefully along the long edge.
3. Run the seam to almost nothing at the bottom of the slit.
4. Stitch just inside the line of bastings—remove bastings.
5. Turn in other long edge of strip one-quarter inch and baste just over the line of stitching.
6. Stitch.
7. Turn placket under on button-hole side and allow it to extend out on button side to form the under-lap. This placket is not easily torn and is not seen when the opening is closed.

(See "Clothing and Health," Page 105.)

To put on belt:

1. Run gathering thread across back (front also if any excess cloth there).
2. Pin center of back of drawers to center of back of band.
3. Pin drawers to band, distributing gathers evenly.
4. Baste three-eighths inch from edge, stitch.
5. Remove basting and turn in the other long edge of belt one-quarter inch.
6. Fold the band to the right side over the raw edges so the fold just comes over the line of stitching.
7. Baste along the edge and stitch.
8. Put front waist band on in same manner.

Work button-holes one-quarter inch from end of back waist band.  
Place buttons on end of front waist band.

(For button-holes and sewing on of buttons, see "Clothing and Health," pages 40-45.)

#### ARTICLE NO. 7—C. GIRL'S BLOOMERS

(See General Note under Project A, Page 10)

**Materials:**—Serge, flannel, brilliantine, satin, galatea, khaki, denim, or any material suitable for athletic and outdoor sports.

**Suggested patterns:**—Standard, No. 7618; Pictorial Review, No. 6851; Butterick, No. 8660; Ladies' Home Journal, No. 8733; McCall, No. 7050, or any pattern tested in the home.

**Required stitches and problems:**—Same as girl's drawers.

**Directions:**—Bloomers are made the same as girl's drawers except the finish at the bottom is a casing with elastic to hold fullness about limbs. Bloomers must be cut longer than drawers to give room for play of knee.

If the bloomers are of wool or are to be worn in athletic work, the fullness at the top should be laid in pleats instead of being gathered in.

#### CLUBS FOR BOYS AND GIRLS

Teachers are requested to read pages sixteen and seventeen of the State Course of Study in Agriculture for information on organizing other clubs.