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Garment Making Project

FOR

Montana Girls' Clubs

BY

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ACKNOWLEDGMENT

Much of the material used in this bulletin is taken from Bulletin No. 23, "Garment-Making Project," prepared by Mrs. R. G. Young, formerly connected with the Home Economics Department of the Montana Extension Service.

Garment Making Project

OBJECTS.

1. To train the girl in the manufacture of simple but artistic garments, their care, and give some knowledge of fabrics.
2. To teach the value of time by keeping records.
3. To encourage economy in dress.
4. To stimulate the girl to become capable and self-reliant, both for her own sake and others.
5. To put thought content into sewing by correlating it with geography, history, industry, art and literature.
6. To dignify the art of home-making.

GARMENT CLUB REGULATIONS.

1. Age. **Project I.** Beginning work—10-13, inclusive.
   Project II. Advanced work—14-18, inclusive.

Girls of 14 years or over who have had no previous work in sewing should first complete Project I.

2. Requirements.
   a. Each member must complete the seven articles of either Project I. or Project II., as outlined in this bulletin, on or before May 1st.
   b. Keep an accurate account of all materials used, hours of labor, cost of materials, labor, total cost of garments, total value of garments and saving, on blanks furnished for that purpose. Estimate labor at fifteen cents per hour.
   c. Make an illustrated booklet, which may include the origin, manufacture and use of cotton, linen, silk and wool; the method of weaving today as compared with the use of the spinning wheel and hand loom; the history of sewing; the kinds, history and maufacture of needles, pins, thread, thimbles, and scissors, and a short "Story of My Sewing," telling how you did it, how you enjoyed the the work, and the value of the work to you. The booklet should also include a copy of the record of articles made in the contest. The booklet should be attractive, but simple, and may be used to advantage as material for

language lessons. See State Course of Study on Agriculture, page 11, for making a booklet.

Score Card for Judging Booklets:

Accuracy	40%
Neatness	25%
Artistic Arrangement	15%
Originality	20%
	100%

The booklet will count 25% of the total score in all contests.

d. The local winner in each club is to meet in a sewing contest with the local winners in other garment clubs of the county. At this time the booklet and garments made are to be on display and judged.

e. Mail a copy of your story and the record of the articles made, their cost and value, to the State Club Leader, Bozeman, Montana.

3. Enrollment. Each member must enroll on or before March first with the club leader, county agent, or superintendent of schools.

4. Full membership Card. The full membership card will be sent with this bulletin and should be returned as soon as the member has begun work.

5. Final Summary Sheet. The final summary sheet is to be sent to State Club Leader, Bozeman, Montana, by November 1st.

6. Basis of Awards.

SCORE CARD.

1. Quality of work 50%
   a. Structure—Accuracy of cutting; width and eveness of seams, hems, bands; suitableness of width of hems, tucks and ruffles to size of garments, 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 trimmings, 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.

100%

This score card will be used by the judges in all garment club contests.

LOCAL CONTEST.

Each club should have a local contest before April 15, conducted by the local leader to determine who shall represent the club at the county contest. Disinterested judges should be secured by the leader to score the work according to the preceding score card.

COUNTY CONTESTS.

The local winner in each project shall represent her club at the county contest. Girls working alone are also entitled to enter the county contest, which will be held in the county during the months of April, May and June. The county bread contset will be held at the same time.

A representative of the college will be present to conduct this contest. At this time the local winners will participate in a public contest where they will be judged upon three points: a. Articles made in the contest; b. Booklet; and, c. Efficiency in sewing.

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

PRIZES.

Suitable prizes will be offered at county and state fairs for garment club work. Prizes for county fairs will be announced through the county fair catalogue, and those for the state fair through the state fair catalogue. Where possible, prizes offered in local and county contests will add much to the interest in the work.

SUGGESTIONS FOR CLUB MEMBERS.

1. Sit erect, well back in the chair and keep feet on the floor. In this position the body is well supported and one does not tire so quickly.

2. Hold the work up to the eyes instead of bending the head to bring the eyes near the work.

3. Turn so the light reaches you from the left side.

4. Do not sew with sunshine on work.

5. Do not bite the thread or wet it in the mouth. Biting the thread may crack the enamel on your teeth, while wetting in the mouth soils the thread and work and may spread disease germs.

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

7. Wash your hands before beginning to sew.

8. Handle the work as little as possible—keep wrinkles and soil from material on which you are working.

9. Make all stitches small and even.

10. Baste all work carefully. Much poor work is due to lack of basting.

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

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

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

14. Have the wrong side of the work neat and carefully finished. Work that is not well finished on the wrong side is poor work.

15. 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.

16. Before starting any piece of work, be sure to read through all directions.

INDIVIDUAL 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—Sharp.

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.

GENERAL EQUIPMENT.

"Clothing and Health," by Kinne and Cooley, is referred to frequently in this bulletin both for directions and illustrations. This book is on the state library list for public schools and should be in every school library. It may be secured from Mr. W. A. Moore, 633 Helena Ave., Helena, Montana, for $.72, by mail, postpaid, at present prices.

Other helpful books are:
"How We are Clothed"—Chamberlain.
"Shelter and Clothing"—Kinne and Cooley.
"Household Textiles"—Gibbs.
"How the World Is Clothed"—Carpenter.
"Clothing for Women"—Baldt.

SOME OF THE PRINCIPAL STITCHES AND THEIR USES

PLAIN STITCHES

Basting.—Even basting is illustrated in cut by No. 5 and uneven basting by No. 3. The basting stitch is used to hold two or more pieces of material together until they can be permanently joined.

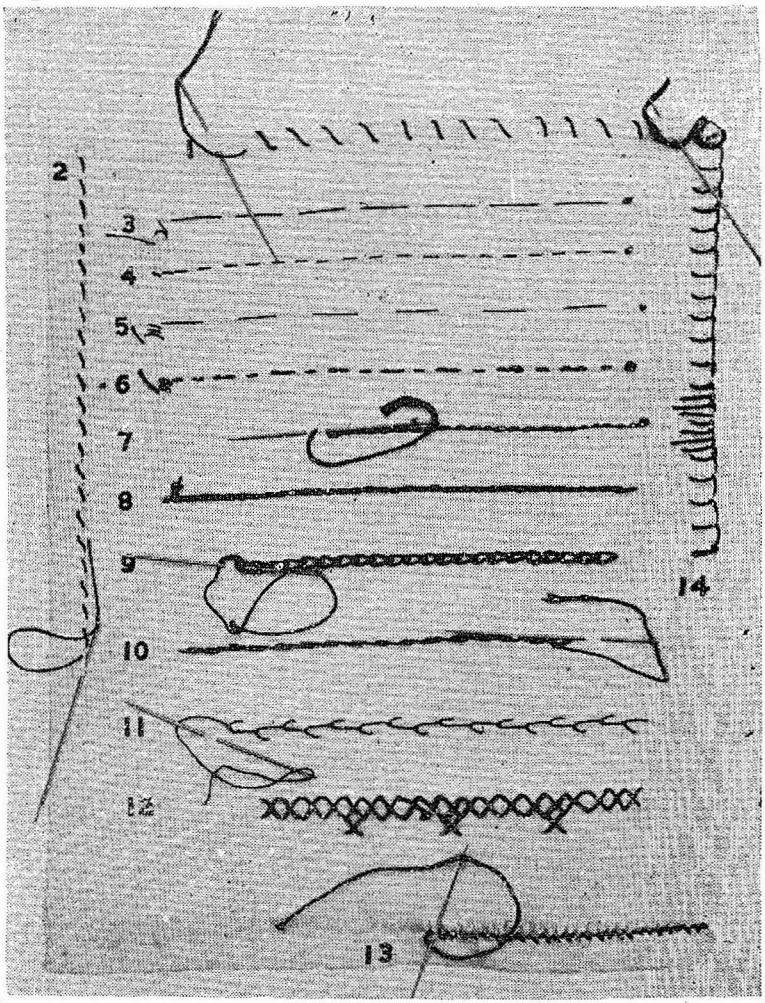
Running Stitches.—Illustrated by No. 4. These stitches are used for sewing seams where there is to be no strain, and for gathering.

Combination.—Shown by No. 6. Also called two runs and a backstitch. This stitch is used for seams that must stand some strain.

Backstitch.—No. 7 shows the right side and No. 8 the wrong side of the backstitch. This is a very strong stitch and will stand a great deal of strain.

Hemming.—No. 2. This stitch is used to hold hems in place where it is not desirable to use the machine.

Overcasting.—No. 1. Used to keep raw edges from raveling when it is not desirable to finish them in any other manner.



DECORATIVE STITCHES

Chain Stitch.—No. 9. May be used to secure hems where a decorative stitch is desired. It is very effective where a heavy line is desired.

Outline or Stem Stitch.—No. 10. As the name indicates, this stitch is used to outline a pattern and for making stems of flowers in embroidery work. This stitch can be varied in a number of ways by changing the length, size and slant.

Feather Stitch.—No. 11. This stitch may be used for decoration or for finishing the edges of a hem. Double and triple feather stitching may be made by taking two or three stitches respectively on one side, then the same number on the opposite side. The feather stitch is very effective when made carefully and even.

Cross Stitch.—No. 12. This is an easily made stitch and can be used in a number of ways. It may be used in working out a variety of designs, either original or from a book of patterns. It is very interesting to work out your own designs with this stitch.

Hemstitching.—No. 13. This stitch makes a most attractive finish for the ends of guest towels, and other straight edges where a little decoration is desired.

Blanket Stitch.—No. 14. This stitch is used to finish and decorate the raw edges of flannel or woolen material. It is also used to finish the edges of articles made of canvas and similar materials.

PROJECT I.

The following are required to complete the work in Project I:

A. Seven articles of sewing.

1. Bag.
2. Stocking darn.

3 and 4. Two Christmas presents selected from the following:

   a. Hemmed napkin or hemmed tea towel.
   b. Hemstitched towel.
   c. Quilted holder.
   d. Handkerchief or doily with crocheted edge.

5. Hemmed patch.
6. Cap.
7. Apron.

B. Booklet including "Story of My Sewing."

C. General summary of all articles made from time of beginning contest to November first.

GENERAL NOTE.

The 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. **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 Articles 3 and 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 I, Page 9.)

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

Amount—Depends on purpose of bag. A sewing bag for thread, thimble, tape, etc., will require two pieces of material 8x10 inches, or ¼ yard, while a laundry bag will require 1¼—1½ yards of material.

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.	French or overhanded seam
Hemming stitch	Hem (width and evenness)
Blanket stitch	Casing

Running and backstitch or backstitch.

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 edge 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," Pages 25-26).

Overhanded Seam—Preferable if bag is of ribbon on which selvage should be left. May also be used on other materials if desired, but is not so strong as a French seam.

For ribbon, pin sides of bag together, with strong sides together. Baste one-quarter inch from edges of bag, using even basting stitch.

Overhand edges together, using very fine, even stitches.

If made of cretonne or similar material, cut off selvage edge.

Make a one-half inch fold on wrong side on edges of the material which are to be side seams of bag. Baste one-quarter inch from edge, using uneven basting stitches.

Then fold crosswise of cloth with right sides together. Pin sides of bag together and baste one-eighth inch from edges of bag, using even basting stitches. Overhand edges together (See "Clothing and Health," Page 28).

Remove bastings. Overcast (See "Clothing and Health," Page 41) raw edges separately to prevent raveling, thus leaving a flat seam.

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-string. First, using gauge (See "Clothing and Health," Page 21) baste parallel to hemming. Sew by using back stitch or running and back stitch ("Clothing and Health," Page 25-26 and 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 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 2—STOCKINET DARN.

(See General Note under Project I, Page 9.)

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 "Clothing and Health," pages 167, 168 and 169.)

ARTICLES NOS. 3 AND 4—CHRISTMAS PRESENTS.

(See General Note under Project I, Page 9.)

Club members may make two articles selected from the following list:

A. Hemmed napkin or tea towel.

B. Hemstitched towel.

C. Quilted holder.

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 I, Page 9.)

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.

A. HEMMED TEA TOWEL.

(See General Note under Project I, Page 9.)

Materials—Flour sack or tumbler toweling, 27 inches long. No. 60 thread.

Required Stitches and Problems—Same as of hemmed napkin.

Directions—Wash flour sack and iron. Cut close to the seam or remove stitching by raveling out the threads. Put in hem as directed for hemmed napkin.

B. HEMSTITCHED TOWEL.

(See General Note under Project I, Page 9.)

Materials—Huckaback toweling about fifteen inches wide is suggested, or crash may be used. 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	¾ yard	1 inch
18 inches	1 yard	1 to 1¼ inch
20 inches	1⅛ yard	1 to 1½ inch
22 inches	1¼ 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 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 hem.

(Overhanding, "Clothing and Health," Page 28).

(Hemstitching, "Clothing and Health," Page 147).

Finish other end of towel in same manner.

Decorate if desired.

C. QUILTED HOLDER.

(See General Note under Project I, Page 9.)

Materials—Two six-inch squares of heavy cloth, as unbleached canton flannel, three-fourths yard of one-half inch bias tape, and No. 60 thread (See "Clothing and Health," Page 24.)

Required Stitches and Problems:

Careful basting.

Learning to sew straight with sewing machine.

Overhanding tape hanger to holder.

Directions—Cut two six-inch squares of canton flannel, cutting parallel to warp and woof threads. Place one piece on top of the other, having the heavy nap on the inside and the warp threads of one parallel to the warp threads of the other; pin together; baste through center, first along warp threads, then along woof threads. Smooth out carefully and baste one-half inch from each edge, using one-half inch uneven basting.

Have the machine (See "Clothing and Health," Pages 80-83) threaded with No. 60 white thread.

Place the holder under presser foot so the needle will just escape line of basting on one side. Stitch carefully, following the warp line of basting. When the end is reached, lift presser foot, loosen the thread and cut near the work. Again place the holder under presser foot, having the needle come down one-half inch from the first row of stitching.

This time the first row of stitching is used as a guide and the presser foot must be kept equally distant from it for the entire length of the holder.

Repeat until rows of stitching one-half inch apart have been made across the holder. Turn the holder and stitch across, following the same directions by having the stitching parallel to the woof threads. Round off the four corners, trim the edges, so the upper and under sides are even, and stitch around the holder one-eighth inch from the edge.

Open out the bias binding and cut the end following a thread. Fold the binding through the center and crease. Begin at one side and lay the binding over the edge of the holder, having the two edges of the binding exactly even. Baste with even basting, beginning about 1½ inches from the end of the binding. The binding should be stretched a little on the center fold so the edges will lie smooth. When nearly around, measure the amount of bias needed, allow one-fourth inch for seam and cut the end, following the thread. In joining the bias the points should extend a little at each side and the sewing come in line with the angle formed by the meeting of the two ends. Sew by hand, crease open the seam, trim off the points and finish basting on the holder. Stitch the bias on, stitching near the edge, but catching in each side. The ends of the threads should be pulled through and tied on the under side.

D. DOILY WITH CROCHETED EDGE.

(See General Note under Project I, Page 9.)

Materials—Circle of linen from four to nine inches in diamete 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 I, Page 9.)

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 I, Page 9.)

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, make 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 garments.

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, boudoir cap, or club uniform cap.)

(See General Note under Project I, Page 9.)

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

Suggested Patterns—Pictorial Review, No. 6327; Butterick, No. 9235; Ladies' Home Journal, No. 8306; McCall, No. 6880; or any cap pattern already tested in the home.

Required Stitches and Problems:

Basting .

Running stitch.

Hemming stitch.

Directions—The manner of making the cap depends on the style of cap made, and the material used. If the club member expects to become a member of the Canning Club and wishes to make the cap and apron adopted as the Canning Club uniform, she may secure full directions for making the uniform from the local club leader or by writing to the State Club Leader, Bozeman, Montana.

ARTICLE NO. 7—APRON.

(See General Note under Project I, Page 9.)

Materials—Governed by purpose of apron. It may be made from percale, gingham, chambray, toweling, cambric, muslin, or long cloth and cotton thread No. 70.

Amount—Depends upon selected pattern, width of material, and size of girl. Should be carefully determined before material is purchased.

Patterns—Butterick, No. 1641; Pictorial Review, No. 6504; Ladies' Home Journal, No. 191 or 1313, or any other simple pattern desired. If the garment club member desires to become a member of the canning club and wishes to make the uniform adopted for the canning club, full directions for making the apron and cap may be secured from the local club leader or by writing the State Club Leader, Bozeman, Montana. This pattern makes a splendid utility apron when made up in colors.

Required Stitches and Problems:

Cutting of garment from pattern (commercial or drafted).

Machine stitching.

Use of bias binding.

Turning hem.

Buttonholes and sewing on of buttons. ("See Clothing and Health," Pages 39-46).

Directions—General directions for cutting and making are included with the commercial pattern. (See note under Project II, Page —).

PROJECT II.

The following are required to complete the work in Project II:

A. Seven articles of sewing.
   1. One of the following:
      a. Kimono night gown.
      b. Bungalow apron.
   2. Three-cornered darn.
   3 and 4. Christmas presents (Make two of the following):
      a. Guest towel.
      b. Dresser scarf
      c. Table runner.
      d. Silver cases—for knives, forks or spoons.
      e. Shoe bag
      f. Napkin ring, either crochet or of cotton.
      g. Fancy apron.
      h. Pillow case.
   5. Collar (hand sewing).
   6. One of the following:
      a. Skirt.
      b. Petticoat.
      c. Slip.
      d. Envelope chemise.
   7. One of the following:
      a. Middy.
      b. Bloomers.
      c. Drawers.
      d. Simple cotton dress.

B. Booklet with "Story of My Sewing."

C. General summary of all articles made from time of beginning of contest to November 1st.

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 careful-

ly 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. (See "Clothing and Health," pages 48-52.)

ARTICLE NO. 1—A. KIMONO NIGHT GOWN

(See General Note under Project I, Page 9.)

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. ("See 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. (See "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.

B. BUNGALOW APRON.

(See General Note under Project I, Page 9.)

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

Amounts—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 apron adopted for club uniform. Full instructions for making uniform apron may be secured from the local leader or by writing the State Club Leader, Bozeman, Montana.

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.

ARTICLE NO. 2—THREE-CORNERED DARN

(See General Note under Project I, Page 9.)

Materials—Woolen garment or a six-inch square of woolen material 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).

ARTICLES NOS. 3 AND 4—CHRISTMAS PRESENTS

(See General Note under Project I, Page 9.)

Each member should complete two of the following:

A. Guest towel.
B. Dresser scarf.
C. Table runner.
D. Silver cases—for knives, forks, or spoons.
E. Shoe bag.
F. Napkin ring.
G. Fancy apron.
H. Pillow slip.

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. The Christmas projects should utilize the following stitches and problems. However, if the club member prefers to make a sampler, 10 inches square, showing samples of each of these stitches once across the cloth, instead of using them on her Christmas presents, she may do so. If she makes sampler, this sampler must be exhibited in addition to the two articles selected from the list of Christmas presents:

1. Feather stitch. (See "Clothing and Health," Page 120).
2. Chain 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 (HAND SEWING).

(See General Note under Project I, Page 9.)

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

Amount—Eighteen inches long by eighteen inches wide.

Pattern—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 end 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 I, Page 9.)

Materials—Some cotton cloth suitable for outside skirt such as galatea, Palm Beach cloth, khaki, or garbardine. 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 carry directions. Read directions for petticoat.

B. PETTICOAT

(See General Note under Project I, Page 9.)

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.
Placket.
Hem of ruffle.
Hem of bottom of skirt.
Applying bias band.
Hooks and eyes.
Snap fasteners.

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).

C. PRINCESS SLIP OR CHEMISE

(See General Note under Project I, Page 9.)

Materials—Muslin, longcloth, berkeley cambric or nainsook and bias binding.

Amount—The amount of material is stated on the envelope containing the pattern. The amount may be determined by taking the length from shoulder to bottom of dress, plus the width of the hem desired.

Suggested Patterns—Butterick, No. 9828; Ladies' Home Journal, No. 9206; Pictorial, No. 6600, or any reliable pattern already tested.

A pattern for an envelope chemise may be used for the chemise by turning up the flap on the back to make this edge even with the front.

Required Stitches and Problems:

French seam.

Hem on bottom of slip. Applying bias band.

Directions—Place pattern on cloth according to chart on the pattern envelope and pin in place. Cut smooth edges.

Pin the under-arm and shoulder edges of front and back together with notches matching. Baste carefully. Make French seams. (See "Clothing and Health, Pages 86-88).

Try on slip. Note size of neck and arm holes.

The only alteration likely to be necessary is in the size of the neck. It may or may not need gathers. If gathers are not necessary, the edge may be finished with a very narrow hem, a facing or a binding. Lace may then be overhanded or stitched on the edge of this hem, facing or binding.

If there is extra fullness it may be taken care of in one of two ways: (1) Finish the neck edge with a binding or facing as already suggested, but make it wide enough to use as a casing for a drawstring; (2). Gather the edges for a few inches each side of the center front and if necessary each side of the center back. Then bind or face this edge. This will hold the gathers in place. Embroidery may be used as a facing.

The bottom of the slip or chemise may be finished with a plain wide hem, with a narrow hem with lace overhanded to the edge, with a facing or with a ruffle either plain or of embroidery.

If a ruffle is made, see under petticoat for directions.

D. ENVELOPE CHEMISE

(See General Note under Project I, Page 9.)

Materials—Muslin, longcloth, berkeley cambric, nainsook or cotton crepe and bias binding.

Amount—Stated on pattern or may be determined by taking twice the length from shoulder to bend of knee, plus eight inches for flap on back.

Suggested Patterns—Butterick, No. 9828; Ladies' Home Journal, No. 9559; Pictorial Review, No. 6828, or any pattern already tested in the home.

Required Stiches and Problems:

French seam.
Applying bias band.
Buttons and buttonholes.
Facing on bottom.

Directions—Same as princess slip for cutting and finishing neck.

The lower edge of the flap should be faced rather than hemmed; the facing strip should be at least one inch wide. The flap buttons to the front section of the garment from the underside. Therefore, three buttonholes are worked in the front section of the garment at a place four inches from the lower edge; it should be reinforced by stitching on a strip one inch wide and six inches long.

The bottom may be finished with lace or embroidery to match the finish at the neck.

ARTICLE NO. 7—A. MIDDY.

(See General Note under Project I, Page 9.)

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 nack. 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 I, Page 9.)

Materials—Muslin, longcloth, berkeley, cambric. Thread No. 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:

Buttonhole stitch and buttonhole, sewing on of buttons.

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-eighth 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 ruffle 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 buttonhole 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-eighth 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 buttonholes one-quarter inch from end of back waist band.

Place buttons on end of front waist band.

(For buttonholes and sewing on of buttons, see "Clothing and Health," Pages 40-45).

C. GIRL'S BLOOMERS

(See General Note under Project I, Page 9.)

Materials—Serge, flannel, brilliantine, sateen, 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.

D. ONE-PIECE COTTON DRESS

(See General Note under Project I, Page 9.)

Materials—Calico, percale, gingham or chambray, preferably plain or small figured materials, as this is most easily handled (See "Clothing and Health," Pages 250-262).

Amount—Depends on size of girl and pattern selected. Amount given on pattern.

Patterns—Butterick, No. 1793; Pictorial Review, No. 8341; Ladies' Home Journal, No. 1832, or pattern tested in the home.

Required Stitches and Problems:

Placing of pattern.	Buttons and buttonholes, or
Cutting and basting.	Snap fasteners.
Putting in sleeves.	Placket.
French seam.	Turning hem.

Directions—Study directions with pattern carefully before cutting (See "Clothing and Health," Pages 47-52). Pin right hand side of back to right hand side of front and left hand side of back to left hand side of front of waist with right side of material out. See that notches match, then carefully baste shoulder and under-arm seams, using one-quarter inch even basting stitch.

Fit waist, testing neck size and arm holes. If waist is too large, take up under-arm seam by pinning. If neck and arm's eye are too large, take up shoulder seam.

Always rebaste carefully after fitting and test to be sure it is

correct before stitching. Finish shoulder and under-arm with French seams, stitching one-quarter inch outside the line of basting on the right side to allow for take-up when garment is turned and stitched on wrong side.

If necessary to trim neck and arm's eye, use care to keep the proper shape and not to cut too much. Trim only one side of neck and one arm's eye while waist is on, then remove and trim other side to match.

Put sleeves on and pin in place, according to notches. If cuff is added, this should be pinned on to see that sleeve is of proper length.

A shaped or fitted sleeve should have seams pressed open and overcasted separately. A one-piece sleeve with straight seam may be finished with the French seam.

If there is fullness at top of sleeve, put in two rows of gathers one and one-half inches from edges between the notches. Match notches of sleeve to waist, and baste sleeve in, keeping gathers even. Use care, as fit of sleeves is very important. Usually the front seam of the sleeve comes to the most biasing point of the arm's eye.

After the sleeve is basted and stitched, finish the arm's eye seam by overcasting edges of seam together or bind with a bias strip.

Turn the hem, baste and stitch in bottom of skirt. Three inches is a good width for hems.

Cuffs to match collar made in this project would make a nice set to wear with this dress, particularly if the feather stitching were done with thread matching the color of the dress.