SIMPLE ARTICLES FOR CLOTHING
AND HOUSEHOLD USE

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For Use in Girls' Clothing Clubs.
SIMPLE ARTICLES FOR CLOTHING AND HOUSEHOLD USE

The sewing problems outlined in this bulletin are planned for girls who are beginning Club Work, and who are under fourteen years of age, (see Bulletin 230-A, "Girls' Clubs, Their Organization and Plans of Work.").

In order that the work may be kept uniform and count for club credit the directions given for each problem should be followed carefully.

HAND-MADE HOLDER

Materials Required.—Two 6-inch squares of gingham, preferably a check or plaid, which can be cut according to the check or plaid, are usually used. If the latter is used, plan the holder according to the design of the plaid.

One 6-inch square of outing flannel, cut by a thread of the material is necessary as an interlining. An old flannel night dress or worn-out article of knitted underwear can be utilized very satisfactorily.

Thread about No. 50, of white or a color to harmonize with the material is about right. A colored embroidery cotton will give quite a decorative effect if used for overcasting.

One brass ring about one-half inch in diameter is needed by which to hang the finished article.

Making.—Place one square of gingham over the square of interlining material, and baste diagonally from corner to corner with an even basting stitch. Fold over all edges three-eighths of an inch and baste. Fold over the edges of the remaining square of gingham three-eighths of an inch and baste. Pin the two squares together, with the edges even, and baste around the edges. Sew diagonally from corner to corner with a running stitch, following the lines of basting which hold the interlining to the first square of gingham. Take care that the line of run-
nitting stitches is straight and that the stitches are uniform in size.

Finish the edges with double overcasting but, on account of the edges being folded instead of raw, it will not be necessary to take them in as deep as in finishing the raw edge of a seam.

Cover the ring with thread, blanket-stitched on, finishing off the blanket stitching by sewing the ring onto one corner of the holder with over-and-over stitches.

**NAPKIN HOLDER OR RING**

Where metal or other types of napkin rings are not available very attractive hand-made ones will serve the purpose of identifying the personal napkin of each member of the family. They are especially convenient for the use of a guest remaining for more than one meal.

**Material.**—Any linen or cotton material in which the thread is of a sufficient size to be used as a guide in cutting, is satisfactory.

The color may be white or a soft shade of brown or tan, as in the natural-colored art linen. If desired, any color which will harmonize with the dishes or table decorations may be used. A strip of material cut by thread 10½ inches on the lengthwise and 3½ inches on the width will be necessary for each ring.

Other materials necessary are:

Thread for hemming to match the material, about No. 70; No. 8 needles, sharps; No. 6 needles—crewel or long...
SIMPLE ARTICLES OF CLOTHING

eyed; Embroidery cotton for initial.

Making.—Before shaping one end of the strip in a point for overlapping, cut a strip of paper the same size as the cloth; then, while holding the paper in the left hand, fold the upper edge over towards the right, even with the right-hand edge, unfold and fold again to the left, so that the upper edge is even with the left-hand edge. Rule dotted lines on these folds from the edges of the strip to the center of the square as in illustration, cut on these dotted lines, pin this pattern onto the strip of cloth and cut the end in a point.

Cut a measure with one-fourth inch markings, fold over one-fourth of an inch on all edges and crease. Then fold over again one-fourth inch on all edges and baste. Sew with the hemming stitch. Draw the initial desired and transfer by carbon paper to the overlapping end of the napkin holder. Work with
embroidery cotton, using the outline or chain stitch. Sew three
snap fasteners on the overlapping end, placing the ball portions
of the fastener on the overlapping end.

MACHINE-MADE HOLDER

Materials.—Two six-inch squares of flannel, either the ma-
terial known as Canton flannel or outing flannel, cut even with
the threads of the material; three-fourths of a yard of one-half
inch bias tape; and white thread, No. 60, are sufficient.

Machine Practice.—Refer to the Sewing Handbook for in-
structions regarding the use of the sewing machine.

Practice stitching several rows at an even distance from
each other, using the foot of the machine, the gauge or the quilter
as guides.

Making.—Pin the two squares
of material to-
gether and baste
diagonally from
corner to cor-
ner; then baste
from edge to
edge on each
side, one-half
inch in from the
edge. Try the
stitch of the
sewing machine
taking care that
the stitch is not
too small. Ad-
just the quilter
on the machine
exactly one inch
from the needle
and, placing one
edge of the hold-
er against the
quilter, stitch parallel rows on both the length and width of the
holder. This machine stitching should form one-inch squares.
Remove all bastings, and round the corners of the holder slightly
by curving from the ends of the outside rows of stitching. Fold
and press the bias tape so that one long edge will extend very
slightly beyond the other. In basting and stitching the wider
part of the fold should go underneath, thus making it possible
for the machine stitching to hold both edges.

Starting at the center of one side of the holder, baste the
bias tape around the edges, lapping and folding back one-half inch at the finishing point.

Cover a ring with blanket stitching of thread and sew to one corner according to the directions given for the hand-made holder.

Following the practice in the use of the sewing machine in making this holder machine stitching may be used in any of the problems following.

**BLOOMERS**

These garments have so largely done away with the wearing of drawers that they have become a definite part of the wardrobe of all girls.

There are several distinct types of bloomers.
1. The slightly full, used for general wear.
2. Those cut circular with no fullness about the hips.
3. The pleated or gymnasium type of bloomers used for athletics and hiking.

**Materials.**—The materials used for bloomers differ according to the locality, life, and climatic conditions. The materials listed for underwear may be used, or the bloomers may be made of material to match the dress. Satine in a dark color may be used and occasionally wool is used. In fact almost any material not too stiff can be utilized for bloomers.

Thread to match, and half inch elastic for waist and legs will also be needed.

**Making.**—The seams of bloomers should be flat felled, although in some of the lighter-weight materials French seams will answer. The sewing of the seams should be done by machine, although if the club is large, and only one machine available, the second sewing of the flat-felled seam may be done by hand, (see Sewing Handbook). If the French seam is used the first sewing may be done by hand and the second by machine. If the bloomers are to be held at the waist with elastic, the casing should be stitched by machine with a buttonholed slit at one side for inserting the elastic.

In stitching these casings, a second row of machine stitch-
ing close to the outside fold of the casing will prevent the elastic from twisting.

Quite frequently bloomers are gathered or pleated into a band at the waist, buttoning at one or both sides. In this case the back buttons over the front, and the buttonhole should be made horizontally at right angles to the end of the band.

When the bloomers are to button onto an underwaist, three vertical buttonholes should be made in both front and back bands. The side openings are bound and faced, according to the placket directions in the Sewing Handbook. The lower end of the leg portions may be finished with a machine-stitched casing and a buttonholed slit through which elastic is passed, or they may be gathered into a band buttoning over on the outside of the leg just below the knee. In this case a small placket finished with a continuous facing is used.

**DRESS**

**Pattern.**—A choice of two designs or types is allowed in the dress problem—a plain dress with kimona sleeves and a jumper dress.

Other styles and those with set-in sleeves, when attempted by first year girls, require considerable assistance from the leader, therefore dresses made contrary to these two designs will not be accepted for exhibit with First Year Work.

Practically the same points of construction are involved in the making of both dresses.

The dress with kimona sleeves may be cut all in one piece or there may be a seam on the shoulders. Both dresses have a slight curve on the lower edge.

The making of a guimpe or waist for the jumper dress is not required, as it is presumed that girls will have some blouse which can be utilized.

The illustration of the jumper dress shows a slight fullness gathered at the front of the shoulder, the back being extended over the shoulder bringing the shoulder seam an inch or more in front of the shoulder.
**Making.**—General directions for the use of patterns will be found in the Sewing Handbook, and are also given with each commercial pattern. Hold the pattern up to the figure and note whether it is necessary to make any alternations. The long straight edge of the dress with kimona sleeves cut all in one piece is placed on a lengthwise fold of the goods, as are the straight edges of the front and back sections of the jumper dress. Pin the pattern sections carefully to the material and cut, allowing extra material at the seams if necessary. After removing pattern, pin the front and back sections of the material together, with the seams on the right side and try on.

Directions for fitting garments will be found in the Sewing Handbook. After fitting, baste and finish the underarm seams with a French seam.

If the dress with kimona sleeves has a shoulder seam this should be finished with a flat fell.

If the shoulder seam of the jumper dress is directly on top the shoulder and there is no fullness in either front or back, a French seam may be used here also. If, however, the back extends over onto the front of the shoulder, make a plain seam on the wrong side, then turning the seam up against the back section, baste flat. Finish with a row of machine stitching on the right side close to the seam line, which will hold the seam flat.

Finish the neck and armseye of either dress with a narrow bias binding, using the commercial bias tape. Fold and crease the bias tape before basting onto the garment. In finishing the ends of the bias tape, lap the finishing end and turn it back about one-half inch. Finish the neck binding at the left shoulder seam.

In the dress with kimona sleeves if it is desired to have the
neck binding extend to use as ties, bind the placket opening at the center front with the bias tape, then having allowed the desired length of tape on one end, baste around the neck and allow the same amount of tape at the other end before cutting. In stitching sew to the end of the ties, turning in or buttonholding the ends.

If the dress has been cut exactly according to the pattern, or if it has been lengthened or shortened an even amount, the lower edge should be an even distance from the floor. In that case it will be a simple matter to turn the hem following the directions given in the Sewing Handbook. A 3-inch hem will be a satisfactory width.

Finish the hem by hand, using the hemming stitch, sewing firmly but with the stitches not too close together.

If a pocket is planned, turn in the edges of the pocket the width of a seam, and baste and press before applying to the dress. Pockets sewed on the outside of a dress should always be put on by machine. To prevent tearing down at the corners, it is a good plan to start the stitching about one inch below the corner, stitching to the corner, then turning and stitching back through the first stitching and around the pocket to the other corner. Stitch back about one inch at this corner also before removing from the machine.

If a belt is used it should be cut narrow and double. Stitch all around except for a three-inch space in the center of one long edge. Turn the belt through this opening, baste all around, then overhand the opening and stitch by machine close to the edges.

Sew narrow straps of the material to the underarm seams to hold the belt in position.

Press the dress carefully and it is ready for exhibit.