COLORADO AGRICULTURAL COLLEGE
EXTENSION SERVICE
FORT COLLINS, COLORADO

GIRLS' SEWING CLUB
(SECOND YEAR)

By
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Associate Professor in Home Economics
and
MAUDE E. SHERIDAN
State Leader of Boys' and Girls' Clubs

CO-OPERATIVE EXTENSION SERVICE IN AGRICULTURE AND HOME ECONOMICS—COLORADO AGRICULTURAL COLLEGE AND U. S. DEPARTMENT OF AGRICULTURE CO-OPERATING

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SECOND YEAR SEWING CLUB

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The purposes of the second year work are, to better prepare the girls to make their own clothes and to help in the care of the clothes of other members of the family.

Girls who are qualified to do the work, and are 14 years of age or over, may take the second year work without having been first year members.

The work of the second year will be the care of clothing, the operation of the sewing machine with the use of the common attachments, and the making of several garments of underwear. Several Christmas projects are given for hand work.

The members will be required to keep records on blanks furnished for that purpose, exhibit the garments made at some fair designated by the County Leader and write a story of the year’s work.

BASIS OF AWARD

Garments—
Accuracy and evenness of stitches will count 30%
Neatness of the work 35%
Pattern of garments made 15%
Suitability of materials and trimming 20%

300%

Story 100%
Records 100%

5) 500%

Score based on 100%

All club members who succeed in making a grade of 75% or above will be permitted to take up third year work.

The third year work will consist of the making of a simple dress, a remodeled skirt and a dresser scarf.

SUGGESTIVE CONSTITUTION

Name: This club shall be known as the ...................... Sewing Club.

Purpose: The purposes of the club shall be: (1) To acquire a better understanding of the principles of sewing; (2) to help in
caring for the clothing of the family; (3) to make simple and appropriate garments.

Membership: Any girl between the ages of 10 and 18, inclusive, may become a member by signing the membership roll.

Dues: Members shall pay no dues except such as may be mutually agreed upon.

Duties: Each member shall study all lessons received from the State Agricultural College and do the required work in sewing, attend club meetings regularly and furnish reports of work done.

Officers: The officers of the club shall be a President, a Vice-President and a Secretary-Treasurer.

Exhibits: At a time to be determined by the leaders, members will be expected to make an exhibit of sewing at a local or a county fair; proper instructions will be given each member and prizes may be offered by the local community or fair association.

BY-LAWS

1. The President shall preside at all meetings.

2. The Secretary shall keep a record of the names of all members, a record of the proceedings at meetings, and shall attend to all correspondence of the members with the County and State Leaders.

3. A Local Leader, the teacher or other interested person, shall be appointed by the County Leader to aid the President and Secretary in their official duties.

4. This club shall hold meetings on ....................... of each month. The officers may call such extra meetings as shall be deemed necessary.

5. In connection with the meetings, the Club shall entertain their parents and friends with a special program consisting of readings, music, discussion of club matters, lectures by the County Leader or others.
ARTICLES MADE IN SECOND YEAR WORK

The second-year work shall be the making of:

1. A holder. (Machine practice.)
2. Night gown.
3. Cambric slip.

Three Christmas projects are given, all of which may be made, one is required.

Articles to Be Made in Second Year Work.
MACHINE PRACTICE

The practice work should be done at home or on the machine that is to be used in making the garments.

Object—The object of this practice work is to learn to run the machine so as to make straight, even stitches.

Material—
1. Two six-inch squares of unbleached canton flannel.
2. Three-fourths yard of one-half inch bias tape.
3. No. 60 thread, No. 7 needles, shears, thimble, pins.

Practice.—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 the center, first along warp threads, then along woof threads; smooth out and baste one-half inch from each edge, using one-half inch uneven basting.

Have the machine properly threaded with No. 60 white thread; see that the lower thread comes up through the plate and that two threads are carried back under the foot; place the holder under the foot, so the needle will just escape the line of basting on one side. Lower the pressure foot, turn the balance wheel and stitch, following the warp line of basting. When the end is reached, lift the pressure foot, loosen the thread and cut near the work. Again place the work under the pressure 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 pressure foot must be kept equally distant from it for the entire length of the holder; repeat until rows of stitching one-half an inch apart have been made across the holder. Turn the holder and stitch across, following the same directions but having the stitching parallel to 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 warp or woof thread. Fold the binding through the center and crease.
Begin at any 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 one and one-half 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 the bias needed, cut the end, following the thread of the bias and allow one-fourth inch for seam. 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.
NIGHTGOWN

Object.—The objects are, to learn to cut by pattern, to control the sewing machine, to stitch straight, and to apply trimming.

Material.—
1. Berkley cambric, long cloth or muslin, twice the length of the gown and hem, plus the length of the sleeves.
2. One and one-half yards of three-fourths-inch bias tape, two yards of three-eighths-inch bias tape or strips of bias cloth folded to these widths.
3. One and two-thirds yards of two-inch embroidery having long eyelets near the edge, through which ribbon may be run.
4. Two and one-half yards of narrow white cotton or linen lingerie tape.
5. Pattern of a slip-over nightgown with set-in sleeves. Buy according to bust measure.
6. White thread No. 70, No. 8 needles, shears, thimble, tracing wheel, tape measure, pins.

For this club project a nightgown pattern with set-in sleeves must be used. The embroidery edge must be used and not a crocheted yoke. Other nightgowns may be made as club work but the garment with set-in sleeves and embroidery edge is to be used for the necessary practice given.

Place Pattern and Cut Garment.—Read carefully the directions given on the envelope containing the pattern. Take out the pattern and hold against the body to see if it is the right size and length. Fold the material lengthwise thru the center. Place the pattern on the material, following the directions given on the pattern. Pin carefully, having the pattern lie smooth. Be sure to note whether the pattern allows for seams. Cut with long, even strokes, following the edge of the pattern. Mark all perforations for seams.
and notches with a tracing wheel, colored thread or by creasing. DO NOT CUT NOTCHES, or mark with a pencil. Take out pins, lay pieces of the pattern together, fold and put into envelope.

**Basting.**—Lay the front and back pieces together, having the markings on the under-arm seam match, pin the pieces, wrong sides together, having the cloth smooth, and place the pins at right angles to the edge. Baste the parts, following the line of tracing or marking, using one-fourth-inch even basting. Pin and baste the second side seam, the two shoulder seams and the seams of the sleeves. Be sure the sleeves are for different arms. Try on the gown. If it fits properly, the seams may be stitched. The long joining seams of the garment will be French seams.

**Stitching.**—See that the machine is properly threaded, the tension even and the stitch a good length. A good length for machine stitches is twelve to the inch. Bring the lower thread up through the throat plate and carry the upper and lower threads back under the foot. Place the work under the foot, starting at the upper end, with the body of the garment to the left of the foot, so the needle when lowered will come one-fourth inch outside the line of basting. Lower the foot, turn the balance wheel and stitch slowly and evenly. The stitching should be one-fourth inch from the line of basting. When the end of the seam is reached, raise the pressure foot, loosen the thread and cut near the work.

When all seams are stitched, clip and remove basting threads. Trim the seams, cutting at a distance of one-eighth inch from the line of stitching. Work out the seam, turn to the wrong side, baste on the line of tracing, or one-fourth inch from the edge with one-fourth-inch even basting. Stitch just inside the line of basting, thus forming a French seam. Clip and remove basting.

**To Put On Trimming.**—See that the neck and arms' eyes are trimmed evenly, also that enough of the embroidery for the neck is cut to a uniform width and trimmed according to the pattern of the embroidery, leaving but one-fourth inch below the design. Join the trimming at the left shoulder seam. Place the embroidery so the end extends one-fourth inch beyond the shoulder seam with the wrong side of the embroidery to the wrong side of the gown. Hold the embroidery toward you and baste one-fourth inch from the edge, holding the embroidery slightly full. When joining the embroidery have the scallops match, sew the seam on the wrong side and make a one-eighth-inch felled seam, hemming down on the wrong side.

**Felled Seam.**—Sew a one-fourth-inch seam on the wrong side. Cut a little less than one-eighth inch off one edge of the seam, turn
the wider edge over the cut end and fold down on the cloth, baste and hem down. Be sure to catch the scalloped edges of the embroidery together.

**Bias Fold.**—To make a bias fold, cut the cloth on a true bias, cutting two yards of three-fourths inch strips and one and one-half yards of one and one-fourth-inch strips.

To join bias, have the ends cut with the thread of the goods, lay the pieces with the right side together so they form a right angle with each other. Let the points of one piece extend beyond the side of the other piece the width of the seam. This forms an angle on each edge. Sew on the line connecting the two angles. Press open the seam and cut off the points. Cut two strips from a postal card or stiff paper, one of which is one-eighth inch wide and the other three-fourths inch wide. Have a hot iron, dampen the cloth slightly, fold the two edges over the card and press. This will give you a strip like the bias tape. The three-fourths inch cloth folded over the one-eighth inch strip of card board will make the one-fourth inch tape.

**Applying Bias Tape.**—Have the cut end two inches back of the shoulder seam. Place the one-fourth inch bias against the embroidery so one folded edge comes on the line of basting and the other extends over the seam of the neck. Baste along the edge, holding the bias loosely so the outer edge will spread and lie smooth when basted down around the neck of the gown. Allow one-fourth inch for joining. Cut the bias fold on the thread of the goods; this end should be parallel to the beginning end. Unfold the bias and sew the seam on the wrong side, keep the edges even, press open the seam, fold down the edges and complete the basting. Stitch the bias fold and trimming to the gown, stitching near the edge of the bias fold. The gown and embroidery should be on the right side of the pressure foot and the bias edge on the left. When nearly around
the neck, stop the machine, pull the beginning thread through to the
under side and tie to the under thread and hide the ends by sewing
two or three running stitches and then cut the thread off. Complete
the stitching, going one or two stitches beyond the first stitch. Lift
the pressure foot, loosen and cut the thread, take out the work, pull
the upper thread through to the under side, tie finish as above and
cut ends. Take out the basting thread. Lift the bias and trim off
the seam. Work out the seam so the embroidery extends out beyond
the neck of the gown and the bias lies against the gown; baste the
seam and bias down to the gown; if it does not lie smooth, the edge
of the seam may be clipped a bit. Baste down the second edge of
the bias and stitch, having bias and embroidery on the right and the
gown on the left. Keep the stitching straight and near the edge and
fasten the threads as directed above.

Sleeves.—The sleeves may be long or short, to suit the desire
of the wearer. Run two gathering strings in the bottom of each
sleeve—the first one-fourth inch from the bottom, the second one-
fourth inch from the first. Trim the embroidery for the sleeve,
allowing three-eighths inch more in width than was allowed for the
neck. Measure the length needed to slip easily over the fullest part
of the arm. If this does not match, allow enough extra for match-
ing and one-fourth inch for seam. Sew the embroidery together
on the wrong side, and make a one-eighth inch felled seam. Place
the wrong side of the sleeve against the wrong side of the embroid-
ery, pin, having the lines of stitching match and seam of the sleeve
turned toward the under side, pin at the beginning and end of gath-
erings and at center of embroidery. Pull up gathering thread and
fasten the ends of the thread around pins. Adjust gathers, having
the greater amount opposite the seam or near the elbow-pin and baste
a one-fourth-inch seam. The gatherings should be spread rather
evenly and not bunched. Baste the bias on, having ends cut and
joined as before directed. Have the joining on the under side about
one and one-half inches from the seams. The folded edge of the bias
just covers the line of basting, and is placed against the sleeve ex-
tending over the seam. Baste both sleeves before stitching. Turn
the sleeves wrong side out and stitch along the edges of the bias,
having the sleeves and embroidery to the right and the bias and seam
to the left of the needle. Fasten threads as directed. Cut and take
out bastings. Lift the bias and trim the seams. Work out the seams,
this time turning the bias out over the embroidery, baste the bias
and seam down to the embroidery near the sleeve, then baste bias to
the embroidery along the other edge and stitch.

Basting In Sleeves.—Corresponding marks are found in arm’s
eye and at top of the sleeve. Place these together and pin, having
the seam on the wrong side. If there is fullness, run two rows of fine gathers around the top of the sleeve. Two-thirds of the fullness should come to the front of the shoulder seam and one-third to the back, the fullness gradually growing less away from the seam. This brings most of the fullness on the top of the shoulder. Adjust fullness and pin in place. Hold the sleeve toward you and baste, allowing a one-fourth-inch seam and being careful not to bunch the gathers. Try the gown on to see that the sleeves set well and that the gathers are properly adjusted. If the sleeve is correctly placed, put in the second sleeve, if not, cut bastings and change, adjusting the gathers, or moving sleeve forward or back, so threads of goods drop straight from shoulder. When the sleeves are straight, trim the seam so there is an even edge. Take the three-fourths-inch bias binding, have the end cut with the thread, fold through the center, having the two edges come together. Begin under the arm where there is no seam, place the bias over the edge of the seam and baste. Be sure both edges are caught in basting. When around, cut the bias to match the first end and join as directed. Bind the second arm’s eye the same way and stitch, keeping near the edge of the bias and catching both the upper and under edges. Tie threads, cut and take out bastings.

Put the gown on and have some one pin the hem. It is easier if you can stand on a table. Take a card, mark the width you wish the bottom of the hem from the floor. Let the card rest on the table and put pins in the gown just at the top of the mark. The pins are put in parallel with the table. Take off the gown and turn the hem to the wrong side, turning on the line of pins. Baste one-fourth inch from this fold. Take a card and cut a notch, making a marker one-fourth inch wider than the width you wish your hem. Lay the bottom of the gown on a table, keeping the portion where you are working smooth. Place the end of the marker along the bottom of the hem and place a pin at the notch. The pins should run parallel with the bottom. When the hem is marked, fold and crease along the line of pins. Take out the pins and cut along this line. Turn in one-fourth inch and baste down the top of the hem. At the sides near the seams, put in a gathering string and adjust the fullness. When the hem is all basted, stitch. Begin back of the side seam, keep the line of stitching straight and near the edge, tie the ends of the threads. Cut and take out the bastings. Press the gown. Put narrow white ribbon through the eyelets of the embroidery at the neck and in the sleeves; tie the ends in neat bows. For exhibiting fold the gown carefully so the neck and ends of the sleeves will show.
MUSLIN OR CAMBRIC SLIP

Object.—To make a slip and to learn to use the various attachments of the machine such as the hemmer, tucker and ruffler.

Materials.—
1. Pattern.—Any standard make of pattern may be used. The style should be simple and suited to the age of the wearer. For young girls the size is determined by the age. For the small girl, where the garments have no distinct waist line, the slip should be a straight-cut garment with the flounce set in the bottom of the body of the garment. For the larger girls, the garment should be more closely fitting and the flounce should be set on the slip which extends under the flounce.
2. Berkley-cambric and long cloth are suitable materials. The amount required is given on each pattern.
3. Two and one-fourth yards of bias cambric binding. This may be made if desired.
4. A tucked flounce not less than nine inches wide is to be made and a linen lace or round mesh Valenciennes three-fourths to one inch wide makes an attractive finish for the flounce if one wishes the extra expense. If lace is used on the flounce, the same should be used for the neck and arm's eye. Where lace is used for the neck and arm's eye only, the finer laces may be preferable. It usually takes from two to two and one-half yards for the arm's eye and neck.

5. Six to twelve pearl buttons, three-eighths inch in diameter are to be used for fastening the garment. No. 70 thread, needles, shears, thimble, tracing wheel, and tape measure.

Making the Garment.—First, read carefully all directions given on the pattern. Unfold the pattern and hold it against the figure to see that the length and size are right. If it is too long, a fold may be taken in each piece half way between the hip and the bottom of the skirt.

Placing the Pattern.—Fold the material and lay the pattern according to the directions. Where possible, one should have a large, smooth surface so the entire pattern can be laid on at once. Pin the pieces in place.

Cutting.—Cut the material with long, even strokes, carefully following the edge of the pattern when allowance is made for seams. If allowance for seams has not been made be sure that such allowance is made before the cutting is begun.

For the younger girls the flounce is set on the bottom and one must see that one inch is allowed on the body of the garment for the three-eighths-inch tuck and the one-fourth-inch seam. On the larger garments the body of the slip extends under the flounce so the length of the slip, in this case, must allow for the width of the hem plus three-fourths inch for a tuck under which the flounce is to be set.

Notches, seams, and other guide lines should be marked with the tracing wheel or with colored thread.

In cutting the flounce, allow one and three-fourths inches for a three-eighths-inch hem, four one-eighth-inch tucks and a one-fourth-inch seam. The pattern will usually give the length of goods needed for the flounce. One-third of the length of the flounce is usually allowed for fullness.

After the pieces are carefully marked, take out the pins, place the pieces of the pattern together, fold carefully and place in the envelope.
Basting.—Take the front and the adjoining pieces, separate the two sides, place one on the right of the front with the corresponding marks together and pin in position, having the seam tracings come together. The pins should be placed at right angles to the edge of the pieces. Baste the two pieces together, having the stitches follow the line of tracing. The basting stitches should be about one-eighth inch long. Place the second side piece to the left of the front, following the directions just given. Take the next pieces, separate, pin and baste, adding first to the right and then to the left until all of the body pieces have been joined. For the smaller girls, where the flounce forms the entire skirt, allowance has been made for a hem on either side of the back. Fold, pin, and baste the hems, having the hems turned to the side opposite the seams. One-fourth-inch basting may be used for basting the hem. Place the front and back shoulders together so the corresponding marks meet. Pin and baste. Try on the slip to see if it fits properly, if neck or arm’s eye need to be trimmed and if the garment is even around the bottom. After the necessary alterations are made the garment is ready to be stitched. The seams in the body of the garment are French seams.

Stitching.—See that the tension is even and the stitch is of medium length. Stitch the hem on either side of the back. Have the stitching straight and as near the edge of the hem as possible. When stitching the body of the slip, stitch with the inner edge of the pressure foot along the line of basting and the needle outside. This brings the stitching about three-sixteenths of an inch outside of the basting. Stitch slowly and keep the line of stitching true. After all of the seams have been stitched, clip and remove the bastings. Trim each seam, leaving but one-eighth inch of material beyond the stitching. Work out the seams, turn to the wrong side and make a French seam, basting along the line of tracing. See that no raw edges show on the right side. Stitch, keeping close to the line of basting. Having the seams sewed, we are now ready to finish the back, if the hem was not used.

For the larger girls, the back seam is left open about twelve inches below the waist line and the opening finished after the second stitching of the seam. Use a lengthwise strip of material one-half inch longer than the opening and one and one-eighth inches wide. With this, face the right-hand side of the back. The lower end of the strip should be turned in one-fourth inch and the strip should be placed so the right side of the strip comes against the right side of the garment and the line of basting on the line traced or marked
for the seam. Stitch, having the line of stitching just outside the line of basting. Take out the basting, trim the seam to three-sixteenths inch, work out the seam, fold back the facing so the line of stitching comes along the edge and baste. This brings the facing to the wrong side. Turn under the loose edge one-eighth inch and baste to the garment. The left side of the back is bound. A strip of equal length to the facing but one and three-fourths inches wide is pinned and basted to the left side of the back. This strip should be placed with the right side of the strip against the wrong side of the garment. The line of stitching should come one-eighth inch outside the line of tracing and the seam trimmed to three-sixteenths inch. After the bastings have been taken out the seam is pressed against the strip, then one-eighth inch is turned on the second edge of the strip and this basted so the edge just covers the line of stitching. This makes an extension three-fourths inch wide for buttons. After being basted, this may be stitched, but the stitching must be straight and come on both the upper and under edge of the extension. Stitch down the facing, beginning at the top. When the bottom is reached, lift the foot, place under it the extension and stitch across. The stitching should catch the lower edges of the extension and the facing. The ends of the thread should be pulled through and tied. A bar also should be worked across the seam so there will be no strain on the stitching.

*To Make a Bar.*—Where the strain will be greatest at base of placket make a bar on the wrong side by taking across the end six stitches three-sixteenths long side by side and closely crowded together. Blanket stitch these six stitches until the whole space is filled and fasten thread well.

The pieces of the flounce are then pinned together. The selvage should be left and overhanded together. If the selvage has not been left a three-sixteenths inch seam may be taken, the seam pressed open, the edges carefully trimmed and overcast so there will be as little bulk as possible to go through the hemmer.

*Hemming.*—Raise the needle to its highest point. Lift the pressure bar. Remove the pressure foot and adjust the three-eighths-inch foot hemmer. Care must be taken in the adjustment so the needle comes through the center of the hemmer-foot eye and passes through the edge of the first fold of the hem. Practice on a piece of the material until the edge will turn true and the stitching will come near the edge of the fold. Make a one-eighth-inch turn toward the wrong side for a couple of inches and crease. Insert the
folded edge under the hemmer-foot, having the fold up. Draw the
folded edge to the right, then up and over to the left the width of
the hemmer. Pull the goods through the hemmer foot about an
inch, or until the metal edge falls into the crease. Lower the pres­
sure bar and begin stitching. Hold the edge to be turned in the
right hand. If too little cloth goes in, move the hand toward the
left, if too much, move toward the right. When almost around,
pull the beginning thread through to the wrong side, tie a square
knot and cut off the ends of the thread. Pull the thread through the
needle and cut. Lift the pressure bar. Remove the material from
the hemmer. Pull the thread through to the wrong side, tie and cut
off the ends. The inch or two remaining must be creased and stitched
without the use of the hemmer. In finishing, start and end so two
or three stitches overlap and have ends pulled through to the wrong
side, tie securely and clip.

**Tucking.**—The hemmer should now be removed and the tucker
put in position. The tucks are to be one-eighth inch deep and one-
fourth inch apart. The crease for the first tuck must be put in by
hand. Take a card and place a mark seven-eighths inch from the
end. Use this as a guide, creasing seven-eighths inch above the
bottom of the hem.

**To Set the Tucker.**—On the tucker of each machine is a gauge
for the tucks and one for the spaces. The gauges have correspond-
ing numbers. When the pointers are placed at the same numbers
the tucks will meet. If a space is desired the pointer for the spacing
should be moved to the left as far beyond the figures as the space
desired, which in this case is one-fourth inch. After the tucker is
set, try it on a piece of cloth before starting to tuck the flounce.
Place the material under the bar, the creaser and pressure foot with
the folded edge against the guide and the hem on the under side.
See that the threads are pulled out at the back. Lower the pressure
foot and stitch, guiding the work so that the folded edge runs along
the guide but does not crowd. When the end of the tuck is reached,
lift the pressure bar, cut the threads and take out the work. Pull
the threads through to the wrong side and tie. Fold the material
along the line marked by the creaser. You are now ready to stitch
the second tuck. Adjust the work as before, placing the hem and
tuck on the under side. Repeat until the four tucks have been
stitched.

If the flounce is to be set on the bottom of the slip, a three-
eighths-inch tuck should be made in the body part. Adjust the
tucker for a three-eighths-inch tuck. Have the bottom of the slip cut true. Measure up one inch and crease. Stitch the three-eighths-inch tuck. Tie the threads at the beginning and end. Crease the tuck so it lies flat and turn the bottom of the slip up under the tuck. This should turn to the right side and the folded edge should come even with the folded edge of the tuck.

When the slip extends under the flounce, the hem is turned, basted and stitched before putting on the flounce. In basting the hem, see that all seams turn to the back. The width of the flounce plus three-eighths inch is then taken. Measure up from the bottom this distance and mark. Crease along this mark and stitch a three-eighths-inch tuck.

To Gather the Flounce.—Remove the tucker and adjust the ruffler. Be sure that the fork of the ruffler is around the needle clamp, see that the needle comes in the center of the opening, and fasten the ruffler in position.

Measure the width of the slip at the bottom and the width of the flounce and see how much has been allowed for fullness; the ruffler must be adjusted so this will gather in. Try out the ruffler on a twelve-inch strip of the material. Slip the edge of the cloth between the two blue blades and into the gauge, stitch, measure and see how much has been used for fullness. This strip should measure nine inches when finished if one-third of the length of the flounce has been allowed for fullness. If too much has been taken up, adjust for less fullness, if too little, adjust for more. Each machine has a book of directions which tells how to adjust the ruffler.

If the machine has no ruffler, the flounce may be divided into fourths and marked; see that the center of the front comes in the middle of a width of the flounce. The common stitch of the machine may be lengthened, the upper tension loosened, and the flounce stitched one-fourth inch and one-half inch from the cut edge. The bottom of the slip should also be divided into fourths and marked, beginning with the center of the front. Slip a pin through the under threads at each fourth marked on the flounce and draw it up to the desired length. Be careful not to break the thread and see that the fullness is evenly distributed. Place the flounce between the tuck and the turned up portion at the bottom of the slip, pinning the center fronts and quarter marks together. Pin the flounce in position and baste. Fold the tuck down over the seam and baste in place. The edge of the tuck must be directly over the folded edge of the slip. When the slip extends under the flounce, the
To Put Flounce in Tuck.

flounce is adjusted in a like manner. The upper edge of the flounce comes just below the line of stitching. Baste the flounce in place. The tuck is then brought down over the raw edge, basted and stitched along the lower edge. In all basting see that the seams of the garment are turned toward the back. Stitch, having the line of stitching just above the folded edge of the tuck and the turned edge of the slip. Be sure that both edges are caught in. See that the threads are well fastened. Clip and take out the bastings.

Finish the Top.—See that the top and arm’s eye are trimmed even. Turn one-eighth inch of the material to the right side around the top and the arm’s eye. Baste. For the neck, cut the end of the bias straight across and fold under the end. Begin at the right and lay the bias so the upper edge of the bias comes to the turned edge of the slip. In no place must the slip show beyond the bias. Baste
the bias flat to the slip, holding the bias loosely around the curve so the lower edge lies flat. At the end allow one-eighth inch to turn under. Baste the lower edge. Stitch along each edge of the bias. Carefully fasten the threads and overhand the ends.

When sewing the bias around the arm's eye, start under the arm and leave an inch of the bias before beginning to sew. Especial care must be taken to allow for curves. The ends must be cut with the threads of the material. When nearly around, measure the amount needed to complete the arm's eye, allowing one-fourth inch for a seam. Open up the bias and fold one-eighth inch at the end, folding along the thread. Fold down the side and see where this comes on the end. Crease parallel with the thread. Cut one-eighth inch beyond the crease, following the thread. Again unfold the bias, bring the two right sides together and sew in a seam. The bias edges lie at right angles to each other and the straight edges are together with the point at either side extending the width of the seam beyond the edge. Sew with small running stitches. Crease open the seam, cut off the points, fold back the edges and finish bast­ting to the arm's eye. Baste down the outer edge. Face the second arm’s eye the same way. Stitch carefully along each edge. Pull the threads through to the wrong side and tie.

*To Sew on Lace.*—Turn and sew a hem in the beginning end of the lace. Place the right side of the lace to the right side of the garment. Hold the lace toward you and overhand the lace to the garment. Do not hold the lace too full or take the stitches too deep. When the end is reached, hem. Be sure that the ends of the lace are well fastened to the garment.

When sewing lace into the arm's eye begin under the arm's eye, starting about one-half inch from one end. When almost around, join the lace with a one-eighth-inch felled seam and then finish sewing on the lace.

Place the first buttonhole in the center of the bias strip. If the garment fits rather close, the buttonholes should be two inches apart, if very loose place them four inches apart. Mark the position of the buttons, seeing that the back laps the required amount. Sew on the buttons. Take out the basting, press, fold carefully.
CHRISTMAS PROJECTS

The following articles are given as Christmas projects. All of these may be made but one is required. These articles are chosen because they are simple and easily made, each is useful and each teaches some stitch or design in sewing which will be useful in later work.

NAPKIN RING

Object.—To learn hemstitching, the satin stitch, and the button-hole stitch.

Materials.—
1. White linen nine and three-eighths inches by two and three-fourths inches. The round thread linen is best for work of this kind.
2. Thread No. 70 and No. 18 embroidery cotton, white darning cotton.
3. Design for three-fourths inch letter and scallop for the end.
4. One-fourth inch (or less) button, shears, tape measure, needles, embroidery hoop (small).
Cutting.—Cut the linen following the warp and woof threads. The napkin ring may be cut lengthwise or across the material.

Hemstitching. — Threads are pulled for hemstitching across one end and the two sides. Begin in five-eighths inch from the edge and pull five threads on each side, working toward the center. If the linen is very fine it may be better to pull out six or seven threads, but the space should be less than one-eighth inch. Turn in one-eighth inch along each side. Fold over these turned edges until they come to the edge of the open space, crease and baste in position. Be sure that the edge of the hem lies exactly along the edge of the space. Hold the hem toward you and the turned side up. Begin at the right-hand side, lift the edge of the hem and take three or four stitches in the under side of the first to fasten the hem. Count three or four threads, depending on the fineness of the thread of the linen, put your needle down to the left of these threads, turn the point of the needle to the right and bring it up to the right of this group of threads. The working thread is then drawn tight around this group and held under the thumb of the left hand and a stitch is taken to the left of this group, the needle being put down in the space and brought up, catching the first thread of the hem and the edge of the fold. Again count three or four threads, put the needle down to the left of the group, turn the needle to the right and bring it up on the right side, pull the thread tight around this group, hold it under the thumb while a stitch is taken through the under side of the hem and the edge of the fold to the left of the group. Repeat until the end is reached. Hemstitch the second side. The one end should now be turned, basted and hemstitched. Care must be taken at the corners where the two hems cross. Turn to the right side and stamp the scallop and the letter.

Pieces of cloth should be basted on either side and across the end of the napkin ring so it may be held in the hoop.
The Satin Stitch.—To pad the letter and scallop. Work one, two and in a few places three rows of chain stitches, following the outline of the letter so the space between the lines of stamping is filled. Where the single line is used, there should be no padding. The padding is done with a double thread of the darning cotton.

Having the letter padded you are ready to begin the satin stitch. Open up the skein of embroidery cotton, cut through the end, have someone hold the skein in the center, divide into three strands and braid loosely. When taking out a thread, take hold of the middle of the thread with the right hand, while holding the skein in the left hand, carefully pull out your thread. This keeps the threads from tangling.

Having threaded the needle, take two or three running stitches in the letter near the beginning; bring the needle out on the left outer edge of the letter. Put the needle down on the right side at the outer edge of the stamping and bring it up one thread from where it was brought up before. Carry the thread over and cover the padding. The threads must lie together but not crowd and the stitches on the two sides must be a uniform distance apart except where the letters curve, here the spacing on the outer edge increases a bit and the spacing on the inner edge may crowd a little. Where single lines occur, a close outline stitch may be used instead of the over-and-over satin stitch. To fasten the thread, carry the needle through to the wrong side and take three or four running stitches and a back stitch on the under side of the padding.
Blanket Stitch.—This stitch is the same as that used on the needle book only it is worked much closer. Fasten the thread as for the satin stitch, bringing the needle out at the left hand side on the lower edge of the scallop. Hold the thread down with the left hand. Put the needle down on the upper edge of the scallop and bring it out on the lower edge, letting the needle come out over the thread held by the thumb. Pull the thread through smoothly but not too tight. Hold the thread under the thumb and again put the needle down on the upper edge of the scallop to the right of the first stitch, bring it out on the lower edge and pull smooth. Repeat until the scallop is completed.

At the point of the scallop a loop is made. Fasten the thread by taking three or four back stitches on the under side of the scallop near the middle, bring the needle up under the purl one-eighth inch to the right of the middle, one-eighth inch to the left put the needle down under the purl, leaving a loose stitch of one-half inch, the length of this stitch being determined by the size of the button. Take a small stitch on the under side, catching through into the linen. Cross over, take a small stitch on the under side to the right of the center and bring the needle out under the purl. Repeat until there is a group of five threads. After fastening the thread at the left, bring the needle out on the left side and blanket stitch around the threads until the loop is entirely covered. Be careful to keep the purl from twisting. When the right side is reached, put the needle through and fasten the thread on the under side.

Two and one-half inches from the hemmed end sew the button on the right side.

Take out basting threads. Dampen and press carefully. Press from the wrong side. The scallop and letter should be pressed on several layers of soft cloth, so they will stand out. If the napkin ring is badly soiled it should be washed and pressed while still damp. Carefully trim the linen away at the scalloped end, taking care not to cut into the loop or threads.

ORGANDIE COLLAR

Object.—To learn to make tucks, to miter corners and the use of the feather stitch in the making of an ornamental hem.

Material.—

1. Fine lawn or organdie. Each collar requires a piece fourteen inches by seventeen and one-half inches. Two yards of material thirty-six inches wide will cut ten collars.

2. Thread. No. 100 thread and No. 20 embroidery cotton.
3. Paper gauge.
4. Tape measure, pins, needles Nos. 8 and 10, shears.

Cutting.—Have the material pressed smooth. Cut off the selvage, following a warp thread. Draw a woof thread, near the end of the goods, and cut across the material on this line. Measure seventeen and one-half inches along the woof thread, draw warp thread and cut along this line. Measure fourteen inches along the warp thread, draw woof thread and cut on this line.

To Make a Paper Gauge.—The paper gauge is convenient to use in making the tucks and the hem. Take a stiff piece of paper or card five inches long and one inch wide. Measure from the end the distance desired for the first tuck (three and one-half inches), cut in at right angles to the edge one-fourth inch. One-fourth inch below, make a diagonal cut meeting the first cut. In marking, the pin is placed as near as possible to the straight edge.

Making the Tucks.—Mark the position of the first tuck on one side, following a warp thread. Place the end of the gauge along the cut edge of the collar and mark the position of the tuck by putting a pin into the material at the notch, keeping the pin parallel and as near the straight edge as possible. Move the gauge forward, marking every inch or two. When the end is reached, fold and crease along the line connecting the pins. This gives the folded edge of the first tuck. One-eighth inch from the end of the gauge, cut in one-fourth inch, and one-fourth inch below, cut diagonally to end of the first cut. This marker is now used in measuring the width of the tucks. Have the needle threaded. Place the end of the gauge along the folded edge of the tuck and with the needle against the straight edge of the notch take a short stitch. Move the gauge forward a short distance and take a second stitch, continuing until the end is reached. This gives a line of uneven basting that is used as a guide line in sewing in the tucks. The finished tuck should be one-eighth inch wide.

Sewing the Tuck.—Thread a No. 10 needle with No. 100 thread and sew in the tuck, being careful to sew on the right side. Fasten
the thread well four and one-eighth inches from the unfinished end on the under side of the tuck. Take tiny one-thirty-second inch (or less) stitches, keeping close to the guide thread. A small back stitch should be taken every two inches. For the second, third and fourth tucks a notch should be made one-half inch from the end of the gauge.

Place the end of the gauge on the folded edge of the first tuck and place pins at the notch for the edge of the second tuck. Crease along the line of pins. Baste the guide line for the second tuck one-eighth inch from the fold and sew, beginning about four and one-half inches from the unfinished end. Put in the third and fourth tucks the same way, being very careful to keep the edges and lines of sewing straight, except that the third tuck should be securely fastened about four and seven-eighths inches from the unfinished end and the fourth tuck five and one-fourth inches from the end. The object in fastening the sewing threads different distances from the end is to avoid cutting them later when the collar is shaped.

Put the group of tucks across the second side. Remove the bastings and press the tucks toward the outer edges. The group of tucks should then be put in across the end.

*Putting in the Hem.*—A hem is turned to the wrong side, along each side and across the tucked end. First make a one-eighth inch turn. Make a second turn one inch wide. A notch will need to be made one inch from the end of the paper gauge. Crease and pin the second turn. Do not baste until the corners have been mitered.

*Mitering the Corners.*—Take a piece of paper and practice cutting and folding mitered corners. Then try it on the collar.

For practice on the paper, make a one-eighth-inch turn for the first turn of the hem; the second turn in the paper may be made

![Diagram](image)

(a) First turn of hem (⅛ inch); (b) second turn (1 inch); (c-d) crease made when corner is turned down. Dotted line is where the cut is made.
one inch. Unfold both turns. Now fold the point down toward the center of the collar forming a triangle, the base of which will go through the point made by the second turning of the hems as you will see in the illustration.

Before cutting, measure from the corner to “c” and then from the corner to “d” and have them the same distance. Now cut off the triangle formed in the corner, cutting one-eighth-inch from the crease and toward the outside.

Fold “c” to “d,” wrong side out, and sew a one-eighth-inch seam from “c” to union of “c” and “d,” using tiny combination stitches. With the thumb and fingers press the raw edges of the seam to each side of the stitching. Turn right side out and finish hem.

Baste in the hem, using the even basting. Turn to the right side and sew the hem into position with fine feather stitching.

*Feather Stitching.*—On the right side of the collar make a guide line of colored thread, using uneven basting, one-eighth inch from the inner edge of the hem. Thread a No. 8 needle with No. 20 embroidery cotton. Begin one inch from the end on the left hand side of the collar, as the stitches are taken toward one in feather stitching. Fasten the thread to the under fold of the hem and bring the needle through to the right side one-sixteenth inch from the edge of the fold. Have the thread down under the thumb of the left hand, put the needle down through the turned edge of the hem and bring it up one-sixteenth inch to the front, two threads to the left, having the needle come out above the thread. Pull the thread smooth but not tight. Again hold the thread down with the thumb of the left hand, put the needle down to the left of the one-eighth inch space or along the blue guide line, one-sixteenth inch ahead of where it went in and two threads to the right, bringing it out over the thread. Continue taking a stitch first on the right and then on the left and always bring the needle out over the thread. When the thread is to be fastened, put the needle down in the same space it came up, being sure that the thread is caught in this stitch. On the wrong side lift the edge of the hem and take three or four back
stitches on the under fold. When taking a new thread, fasten in the first fold of the hem and bring the needle up so it is brought out in the space occupied by the last stitch, or in the angle last formed. End the feather-stitching one inch from the end.

To Shape the Neck.—Fold the collar through the middle lengthwise, having the two hemmed sides together. Measure from the finished end five inches along this fold and place a pin one-half inch below this or five and one-half inches from the finished end, measure in from the fold two and one-half inches, place a second pin. Connect these points and the unfinished corners, with a curved line marking with pins. Cut on this line. The tucks were fastened in from the end and they will not ravel when the collar is cut.

Measure the distance around the neck of the collar and cut off a piece of one-inch bias one inch longer than the measure. Open out one folded edge, find the middle of the piece and place at the middle of the neck of the collar, with the right sides together. Pin the bias to the collar, turning in one-half inch at each end. Baste the collar to the bias, keeping the edges even and the line of basting just inside the crease. Sew along the crease with fine running stitches, taking a short back stitch occasionally. Remove the basting and fold the bias back against the seam. Crease the bias through the middle lengthwise, so the seam is covered and the two folded edges come together. Baste in position. Overhand the ends together and sew along the edge.

Remove all bastings and press carefully. The collar should be pressed from the wrong side and on several thicknesses of soft cloth, so the feather stitching and tucks will stand out.

GUEST TOWEL

Object.—To learn hemstitching, Swedish weaving and the satin stitch.

Materials.—

1. Two-thirds yard of 15-inch linen huck.
2. Thread, No. 70 white thread, white darning cotton, No. 18 embroidery cotton (Peri Lustra or D. M. C.) Any soft twisted embroidery floss in white and color (Royal Society or India). Delph
blue, soft yellow or a light pink should be used for the colored thread.


Method.—Straighten the ends of the huck by pulling the first thread that extends entirely across the towel, cut on this line. Measure up 2 inches from each end and pull threads. At the first end pull three to six threads and at the second end pull enough threads to make a space three-eighths inch wide. Make the first turn for the hem three-sixteenths inch wide and for the second turn bring the folded edge up to the edge of the space made by pulling the threads. Baste the hems in place.

To Hemstitch.—Begin with the end having the narrower drawn space. Work with the wrong side of the hem up and the hem toward you. Begin at the right-hand side, lift the edge of the hem and take three or four stitches in the under side of the first fold to fasten the hem. Take enough threads to make one-sixteenth inch, put the needle down to the left of this group, turn the point of the needle to the right and bring the needle up on the right side of these threads. The working thread is then drawn tight around this group and held under the thumb of the left hand while a stitch is taken to the left of the group. The needle is put down in the space, point toward you and brought up, catching the first thread of the hem and the edge of the first fold. Again, put the needle down at the left and bring it out at the right of a one-sixteenth-inch group. Pull the working thread tight, hold under the left thumb, take a stitch in the first thread and the edge of the hem. Repeat until all of the threads have been used. It is not necessary to count the threads every time as one is soon able to judge where to put the needle down, but the groups must be of uniform size. The thread is fastened by lifting the edge of the hem and taking several back stitches in the first fold. The second end of the towel is double hemstitched. Hemstitch the side near the hem as directed for the first end. Then hemstitch the second side, keeping the same threads in the groups and putting the needle in the same spaces and catching into the body of the towel for the second stitch. After the ends are hemstitched, overhand the ends of the hem. When the hemstitching is finished on the hem, turn and hemstitch the other side thus making the double hemstitching.

Swedish Weaving.—The Swedish weaving is to be done in the wide drawn space, using the white and the colored cotton. A crewel or blunt-pointed needle is easier to work with, but any needle will
do. Work with the right side of the towel up. Fasten the work in the embroidery hoop so that the hemstitched space lies smooth. Begin with the colored thread. Slip the needle between the hem at the edge of the drawn space about one-half inch from the right-hand side. Carry the needle between the hem and bring it out at the right-hand edge, leaving about one-half inch of thread in the hem. Take a small stitch over the edge to hold the thread. Put the needle under the first group of threads and over the second group and pull the embroidery cotton through. Turn the work slightly, put the needle under the second group and over the first, then again under the first and over the second. Repeat, alternating the over-and-under stitch until half the space is filled. Draw the threads smoothly each time but not tight. Crowd the threads down with the needle, while it is in position for weaving. When half way up the space, drop the first group of threads and take up the third group. Weave back and forth over and under until the remainder of the space is filled. Turn to the wrong side, slip the needle through the weaving and carry the thread down with the needle, bringing it out between the second and third groups. Now weave under the third group and over the fourth until the hem is reached. Slip the needle between the hem and skip two groups of threads (Nos. 5 and 6), and bring it out at the edge and start weaving again, following the directions above until all the color has been woven in. There will always be two groups of thread left between the colored units. When a new thread is to be taken, fasten the thread by taking a tiny stitch in the edge of the hem and running the thread between the hem about one-half an inch, bringing it out and cutting close to the towel. Start as in the beginning.

The other half should be filled in with white. Take three or four running stitches along the selvage and one or two over stitches at the edge of the drawn space. Weave the first group of threads, going over the fourth and under the fifth until the space is filled, then over the sixth and under the fifth. Continue weaving about the fifth and sixth groups until the hem is reached. The needle is now carried back to the center by running it under the weaving with the last group of threads. The sixth and seventh groups are then woven. When the edge of the space is reached the needle is crowded between the weaving and the edge of the space to the next set of threads to be covered.

To Embroider Initial.—At the second end of the towel, stamp or mark a two-inch letter in the middle and one inch above the hem.
Place on the embroidery hoop. Pad the letter with two strands of darning cotton and work with No. 18 embroidery cotton, following the directions given under the napkin ring for working the initial.

If the towel is soiled, it should be carefully laundered, pressed carefully on the wrong side, having the wrong side up, carrying the left hand edge two-thirds of the way across the towel. Bring the right hand edge over to the fold on the left. This divides the towel lengthwise into three equal parts. Press in the lengthwise creases. Bring the two ends together so the letter is on the outside and crease but do not press.

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