

# CLOTHING Project for 4-H Clubs



## SEWING...

*a new venture!*

Circular 383

UNIVERSITY OF KENTUCKY  
College of Agriculture and Home  
Economics, Extension Service

Thomas P. Cooper, *Dean and Director*

## CLOTHING PROJECTS FOR 4-H GIRLS

The following nine projects of clothing work are available to 4-H Club girls:

- Sewing—A New Venture
- School Frocks
- Sleeping or Lounging Ensemble
- Play and Work Clothes
- Dress-Up Costume
- 4-H Girl's Formal Dress
- Semitailored Cottons and Rayons
- Tailored Suit or Ensemble
- Bringing Your Wardrobe Up-to-Date

Only one project should be undertaken within any one year of 4-H club work. A girl starting in 4-H work with no experience in sewing should take the first project ("Sewing—A New Venture") the first year and "School Frocks" the second. After completing these she may choose either one of the next two ("Sleeping or Lounging Ensemble" or "Play and Work Clothes"). The next three ("Dress-Up Costume," "4-H Girl's Formal Dress" and "Semitailored Cottons and Rayons") may be taken in any order, depending on the girl's wardrobe needs.

The last two ("Tailored Suit or Ensemble" and "Bringing Your Wardrobe Up-to-Date") may be taken in the order desired. They are for girls above the average in sewing skill and planning knowledge, and should be taken only when the other project requirements have been completed.

Girls who have had some experience in sewing before enrolling in 4-H clothing projects may, upon approval of the leader, or agent, start with the second group, then follow the order given above.

Lexington, Kentucky  
October, 1942

# SEWING—A NEW VENTURE

## Clothing Project for 4-H Clubs

By EDITH LACY, DOROTHY THRELKELD, and ANITA BURNAM DAVIS

Young 4-H club girls who have never made a garment before will find this sewing project fun and a real adventure. You will start at the bottom rung of the ladder and climb, project by project, to the top. If you have ambition and are a faithful worker you will some day find yourself at the top, wearing a tailored suit of your own making. Of course you can't reach this goal in one leap, but you will progress by one interesting costume to a yet more interesting and desirable one. Each outfit you plan and make will bring added knowledge, skills and opportunities.

### THINGS TO DO IN THIS PROJECT

#### Head H or study group

1. Learn "Hints for the Young Seamstress".
2. Study a sewing machine, learning the parts, how to thread, how to clean and oil it. A sewing machine guide will help you.
3. Learn standards for all articles made in this project.
4. Learn correct method of washing and ironing a towel, apron and simple dress.

#### Hand H or work group

1. Equip a workbox.
2. Make by hand, a pincushion and a towel or holder.
3. Make by machine, a pot holder.
4. Make by machine, an apron or pinafore (hand finishes desirable).
5. Keep an accurate record of work.
6. Wash garments and press those needing it.
7. Exhibit work at the end of the project.

### THE WORKBOX AND ITS EQUIPMENT

#### Workbox

A box of tin, pasteboard, or wood, large enough to hold the sewing equipment is needed by every girl. Such containers can be made attractive and durable by finishing with shellac, wax, paint, paper, or cloth. Pockets and straps fastened to the inside and top are convenient for holding small equipment. An inch-wide piece of flat molding fastened to the bottom of the box with finishing nails every 2 inches, makes an excellent spool rack.

### Equipment for workbox

Thread—right size for cloth. Cotton thread No. 60 or No. 70.

Needles—right size for thread and for cloth. Hand needles No. 6 or No. 7. Machine needles, medium size.

Thimble—well fitting

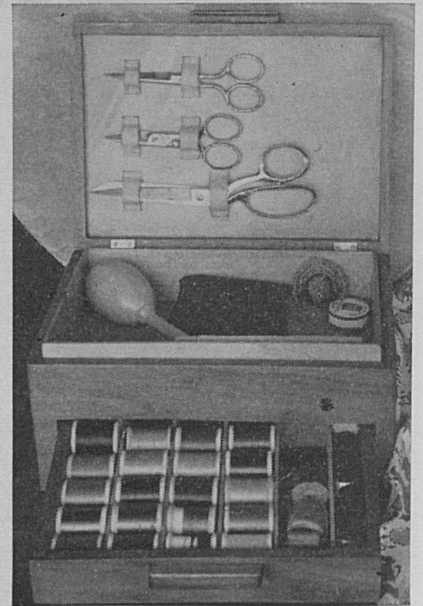
Scissors—sharp; used only on cloth

Tape measure—cloth with metal ends

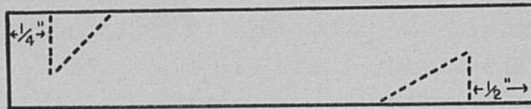
Pincushion—stuffed with hair or wool

Pins—small and sharp pointed. Best pins are bought by the box.

Cardboard—for gages



A well equipped workbox



To make a measuring gage, as in drawing at left, (1) cut a piece of heavy cardboard 1 inch wide and 5 inches long; (2)

measure from the end of cardboard the number of inches for the gage, such as the  $\frac{1}{2}$ -inch measurement you will use in hemming the towel; (3) cut out section of cardboard as in picture. More than one notch for measuring may be placed on a gage.

### HINTS FOR A YOUNG SEAMSTRESS

1. Sit erect with hips against back of chair and feet on the floor.
2. Hold the work up so that bending the shoulders and dropping the head will not be necessary. Do not pin the work to the table or to the knee.
3. Have plenty of light, coming from the back and above, over the left shoulder, so no shadow falls on the work. If you are left-handed, the light should come over your right shoulder.
4. Remember, biting the thread may crack the enamel of your teeth. Moreover it soils thread and may spread disease germs.
5. Use a short thread. It may be as long as the distance from finger tip to elbow. Basting threads may be as long as 24 inches.
6. To prevent twisting of cotton thread, knot the end cut from the spool and thread the opposite end.
7. Stop twisting of thread by smoothing the whole length of the thread between thumb and forefinger.

8. Use a knot only in basting or when it can be hidden.
9. Use a finishing knot to fasten thread after finishing a process. This knot is made by taking a stitch and completing this with a buttonhole stitch.
10. Never use bent, rusty, or blunt needles. Learn to use a fine needle.
11. When laying the work aside always remove the needle from the cloth, as it might otherwise leave rust spots.
12. Pin carefully and then baste. Poor work is often due to lack of pinning and basting. Work with the cloth flat on a table.
13. Cut threads at intervals when removing basting so that the garment will not be injured in pulling out the threads.
14. Own a good pair of shears. It is a profitable investment, for exact cutting is of utmost importance in making a perfect garment. Keep narrow blade of shears down when cutting.
15. Finish the wrong side of work neatly and carefully. Neatness of work on the wrong side of the garment is a test of the workmanship.
16. Wash your hands just before sewing, and during the sewing if necessary.
17. If hands perspire, dust them lightly with cornstarch or talcum powder.
18. "Fit the thimble you wear and wear the thimble you fit."

### ORANGE-SHAPED PINCUSHION

#### Steps in making

1. Mark circles with a pencil, about  $3\frac{1}{2}$  inches across, using a round object such as a jar top. Cut two round pieces of cloth.
2. Fold edges of each circle to wrong side and baste. Insert the needle into the material taking stitches in and out, about  $\frac{3}{8}$  inch long. This stitch is used to hold two edges of material together before being sewed.
3. Place wrong sides of 2 pieces together and overhand edges together, leaving a small opening. See following directions for overhanding.
4. Stuff with hair, wool, or cotton and sew opening together.
5. With a needle and heavy cord or embroidery floss make sections in the pincushion by the following method. Tie a knot in the thread and, starting at center top of pincushion, run needle down through center of cushion and out at the bottom. Then take needle around pincushion and through center again, drawing cord tight enough to make a section. Continue until as many sections as desired are made, spacing them as evenly as possible.

### Overhanding

Work from right to left. Hold the cloth parallel to body, the working edges in a straight line, between thumb and forefinger of left hand. Fasten thread without a knot. Put the needle through the cloth from the opposite side pointing the needle straight toward yourself. Take up only one thread of each of the folds. To join thread, push thread ends down between the folds of cloth, hold them within the next few stitches. To end, overhand back about  $\frac{1}{4}$  inch, insert needle in fold of cloth for 1 inch, bring out and clip off close to cloth.

## TOWEL

### Material

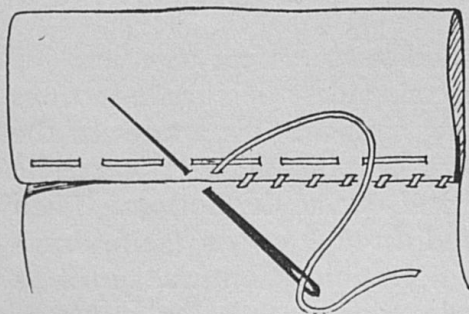
Three-fourths or a yard of cotton or linen toweling is satisfactory. Select according to type of towel. A bleached sack may be used, but is more difficult to hem than other kinds of toweling.

### Steps in making

1. Straighten the ends of the toweling by drawing the woof thread that goes entirely across the material and cutting on this line. If a sack is used, a thread must be drawn on each side.
2. For toweling, turn  $\frac{1}{2}$  inch hems. For sacks, turn  $\frac{1}{4}$  inch all round. Use a cardboard gage for measuring.
3. In hemming, use either the damask or the plain hemming stitch. Close the ends of the hems with the same stitch. Simple decorations may be used.

### Plain hemming stitch

In making the plain hemming stitch, hold work with the hem in a vertical position; place the hem over the forefinger and hold it down with the thumb. Draw the thread through at the edge of the hem, leaving one-half inch which can be concealed under the fold of the hem. Pointing the needle towards the left shoulder, make a slanting

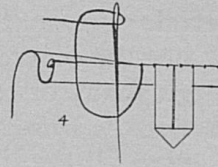


Plain hemming

ing stitch by taking up a few threads just under the edge of the hem of the material and one or two threads at the fold of the hem. Take up as little cloth as possible with each stitch. The stitches are slanting on both the right and wrong sides. This hemming stitch is used to hold seams, hems, fells, and other folded edges in place.

**Damask or napery hem**

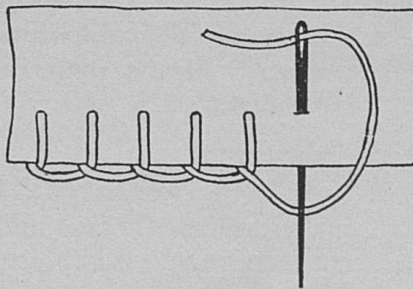
In making a damask or napery hem, turn a narrow hem twice to wrong side of the material. Fold back to right side and crease. Overhand both folds. When completed, press hem out flat.



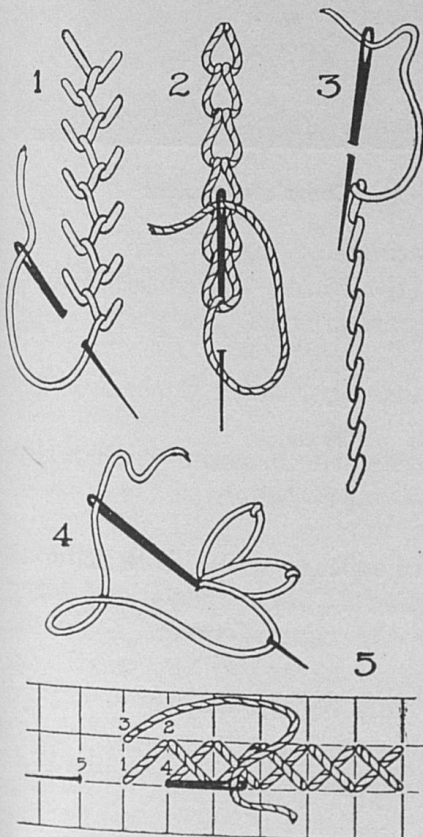
Damask hem with hanger

**Simple decorative stitches**

The darning, blanket, chain, feather, outline, lazy daisy, and cross stitches are all suited for embroidering simple designs on towels and such articles. Remember to keep the design very simple, use a pleasing color combination, and make the stitches small enough to stand laundering and wear. Basting and darning stitches make good borders. Any of these stitches may be used separately or combined in embroidery designs.



Work blanket stitch from left to right, with edge of cloth toward you.



Feather stitch (1), a variation of the blanket stitch—work alternately from left to right and right to left

Chain stitch (2)—work toward yourself

Outline stitch (3)—make small stitches

Lazy daisy stitch (4)—each petal is formed with just two stitches

Cross stitch (5)—is one of the most attractive of simple embroidery stitches.

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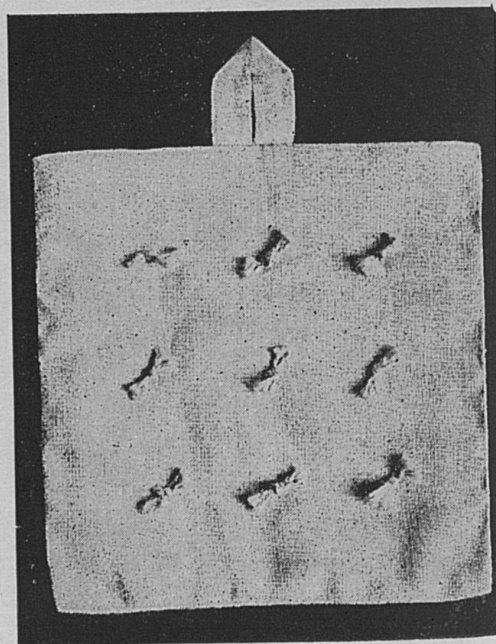
## HANDMADE HOLDER

## Materials

1. For the cover, any firmly woven material, such as denim, print, gingham, or cretonne, may be used.
2. For the lining, cotton outing flannel or knit underwear may be used. If the lining used is lightweight, it will require more than one thickness for padding. Cotton should not be used for padding, because it lumps when laundered.
3. For the hanger 4 inches of tape or a folded and whipped strip of the material is needed.

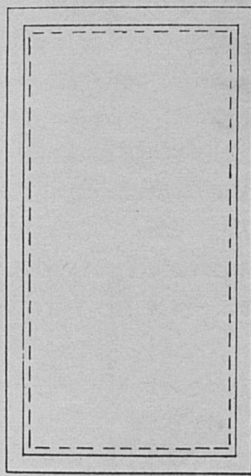
## Steps in making

1. Cut the cover exactly 7x13 inches. Draw threads and cut to be sure it is straight.
2. Cut the lining exactly 6 x 12 inches.
3. Baste the lining to the cover, placing the lining on the wrong side of the cover and the same distance from the edges at all points. Baste the two together with long basting stitches. See part 1 of the illustration.
4. Turn the edges of the cover over the lining  $\frac{1}{2}$  inch all around; then baste. Be careful to turn square corners. See part 2 of the illustration.
5. Fold the holder as in part 3 of the illustration so the lining is on the inside.
6. Pin diagonally through the corners so the material will not slip.
7. Baste around the three sides.
8. Overhand the edges together.
9. To make a hanger, fold 4 inches of tape, or strip of the material, in the exact center and crease it there. Then open it and bring each outer edge of the tape to the center crease. Baste the triangle formed, then overhand.
10. Apply the hanger to the holder, using backstitch, then overhand stitch to fasten tape to holder.
11. Tack or tie the holder with light-weight cord in nine places as shown in illustration.

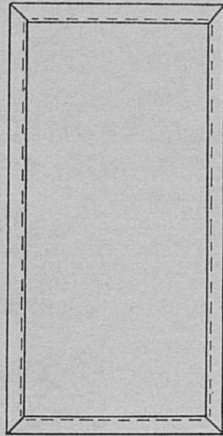


Completed holder

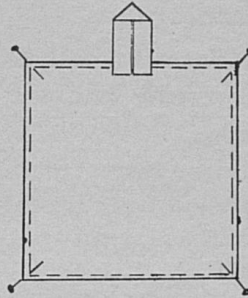




1.



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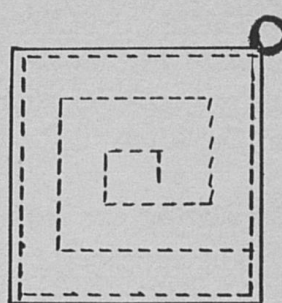
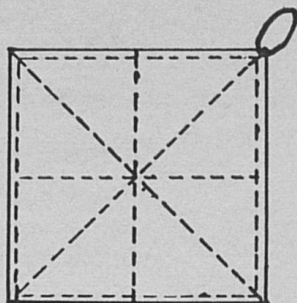
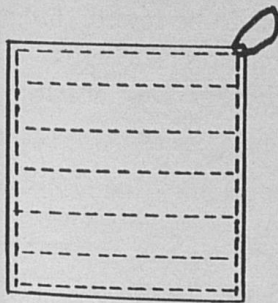


3.

Making the holder

### MACHINE-STITCHED HOLDERS

Follow the first seven steps for the hand-made holder, p. 8. Then stitch by machine in any simple pattern. See illustration. A ring or tape may be used for the hanger.



Patterns for machine stitched holder

### USING THE SEWING MACHINE

Every girl should know how to thread a sewing machine, wind and thread the bobbin, and run the sewing machine.

An easy way to learn to stitch straight is to run the machine smoothly without any thread in it, stitching on lines marked on wrapping paper or newspaper.

In making a corner, remember to stop the machine when the needle is in the cloth, then lift the presser foot, turn the work, and lower the presser foot again before continuing. After becoming familiar with

the way the machine runs, thread it up and practice on paper, then on cloth.

### Treading

Place the ball of the left foot upon the upper left-hand corner of the treadle and the ball of the right foot on the lower right-hand corner. When the feet are held in this position, it is easy to maintain smooth, even treading. Electric machines are operated by foot or knee control, but the majority of machines used by club members are the treadle type.

### Winding the bobbin

Learn from the instruction book, which comes with the machine, the correct way to wind the bobbin. It must not be wound too full.

### Removing the sewing from the machine

Raise the needle and the "take-up bar" as high as possible; raise the presser foot; draw the cloth and thread back (*not* forward), and cut the threads. Leave enough thread to keep the needle from coming unthreaded.

### Length of stitching

The length of the stitch depends on the material to be sewed. From 12 to 20 stitches per inch should be made in ordinary sewing, as in this project. Get your leader or mother to see whether your machine has the stitch regulated properly.

### Regulating the tension

The appearance of the stitch depends upon how tightly or loosely the thread is held in the machine. This is called the "tension." The perfect stitch looks the same on the right and the wrong side of the work. If the thread appears to be drawn too tight (or too straight) on the right or top side, the upper tension needs to be loosened; if the stitching looks too tight or straight on the under side, the upper tension needs to be tightened. Regulating is generally done by means of the top tension regulator on the machine.

### Care of the machine

Sewing machines need regular cleaning and oiling. Dust the machine each time before it is used. At close of work place a piece of cloth under the presser foot before lowering it.

## APRON OR PINAFORE

## Materials

White or unbleached domestic, cambric, flour sacks, printed or plain percale, or gingham may be used. Also good materials from old garments—for example, shirt tails, and cotton skirts—and scraps from new garments.

## Pattern

Young girls should select a very simple apron pattern, easy to make. Pinafores may be chosen by older girls.

## Directions for Making a Simple Apron

## Amount of material needed

Thirty inches wide and 18 inches long, for a small girl. To get proper length, measure from waist to about 3 inches above knee.

*Suggested color combinations*

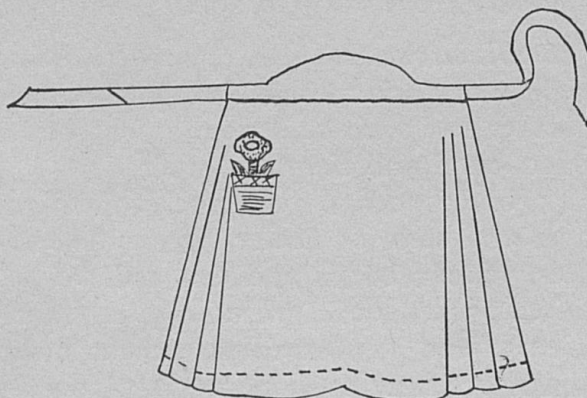
1. Apron, bright red; pocket, dark blue; pocket facing, blue check or stripe; leaves and stem of flower, green; flower, yellow; center, red print; band and tie, dark blue.
2. Apron, dark blue; pocket, red; pocket facing, red check or stripe; leaves and stem of flower, green; flower, blue and red print; center, yellow; bands and ties, red.
3. Apron, white; pocket, dark green; pocket facing, green check or stripe; leaves and stem, medium green; flower, red; flower center, red and green print; band and ties, dark green.

Look through your mother's scrap bag for pieces of material to make attractive color combinations.

*Directions for making apron*

1. Cut material to right length and width.
2. Make  $\frac{1}{4}$ -inch hem on each side. Stitch on machine.
3. Make two pleats at top of apron on each side. Each pleat is  $1\frac{1}{2}$  inches deep. First pleat 1 inch from side hem and second pleat adjoins first; pin; then baste pleat in place.
4. Cut two pieces to fit top of apron, for the band. The bottom of the band is straight and the top curved. Baste, then stitch together the curved edges of the bands. Turn and press.
5. Place right side of straight edge of band on right side of apron. Baste and stitch.
6. Make ties the length desired. Hem ties on both sides and one end with  $\frac{1}{4}$ -inch hem.
7. Sew unfinished end of tie onto band.
8. Whip other edge of band to apron taking small stitches that will not show through on right side.

9. Turn hem of apron (2 or 3 inches deep), baste, and put in by hand.
10. Make the flower and pocket.
  - a. Sew pocket facing on top of pocket.
  - b. Place pocket on apron so top is 5 inches below apron band. Baste into place and stitch.
  - c. Turn under and baste all edges of stem, leaves, flower, and center.
  - d. Place stem and leaves in position above pocket. Baste, and whip to apron.
  - e. Place flower on stem, baste, and whip.
  - f. Place center on flower, baste, and whip.
11. Take out all bastings, tie thread ends, and press apron.



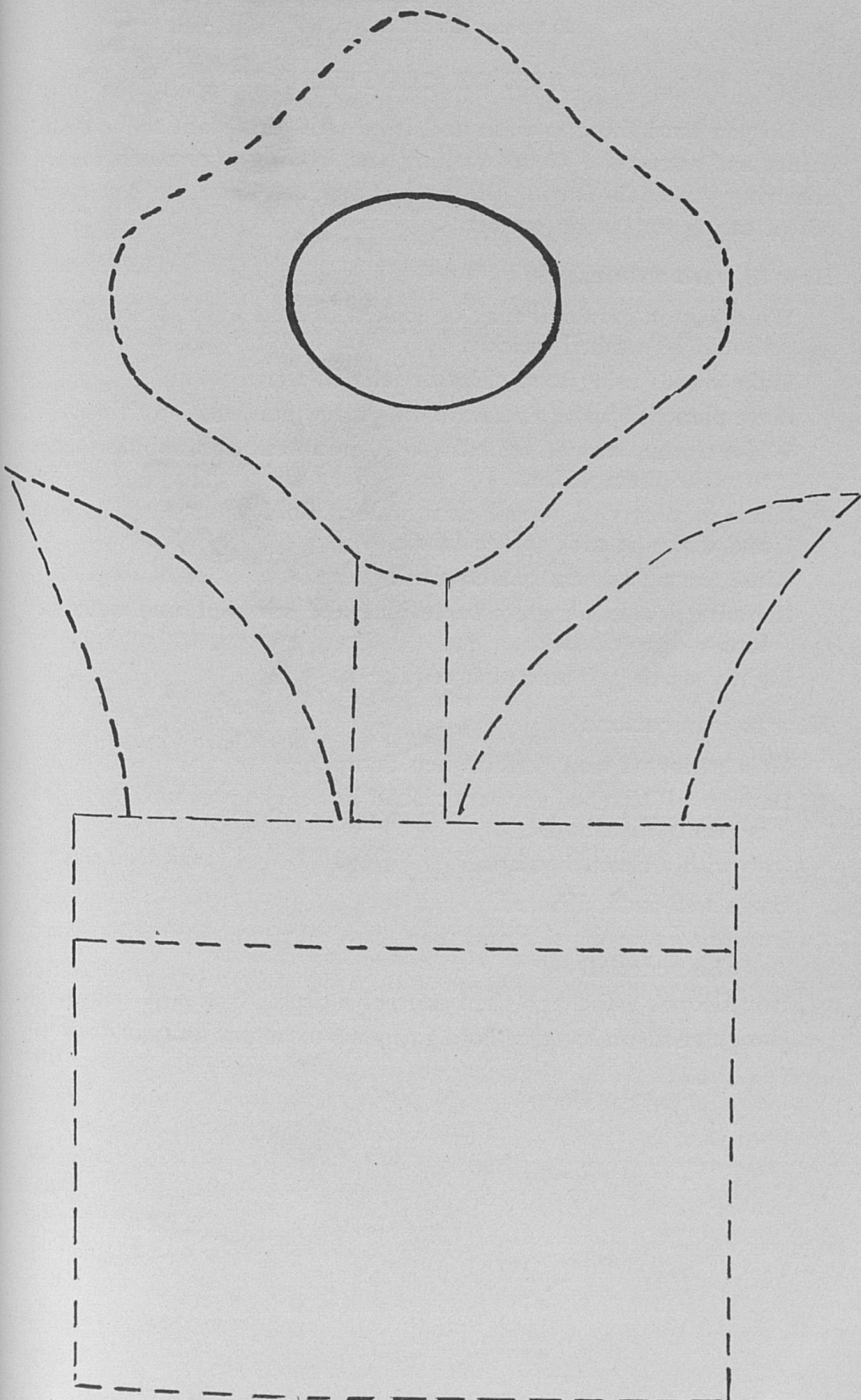
Completed apron

### Directions for Making a Pinafore

Pinafores are popular with girls today. They usually consist of a quite fully gathered skirt with a low neck and sleeveless top. This top may be plain or ruffled over the shoulders. Girls enrolled in this project may want to make this type of apron and let mother make the blouse to go with it. Gathering the ruffles and the skirt will be the biggest problem. Machine gathering can be used here. Stitch  $\frac{1}{4}$  inch from top edge with a long stitch, using coarse thread. Then pull bobbin thread, thus gathering to desired length. Ties may be used at the waist instead of buttons.

Look through your fashion sheets and select an easy pattern, then have fun making a becoming pinafore of gay cotton print.

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Actual size of pocket completed. Cut pieces  $\frac{1}{4}$  inch larger all around to allow for turn.

## CARE OF CLOTHING

Do you know how to wash and iron? All girls want to be clean, dainty and attractive. Good washing and ironing does much toward achieving this goal. During this project you can learn the best methods of caring for cotton garments.

### How to wash cottons

White cotton garments may be soaked in cold water, colored ones should be washed quickly.

Make a suds using soap chips or jelly in warm water.

Have plenty of water and wash only a few garments at a time.

White clothes may be boiled 5 to 10 minutes. Long boiling tends to make them yellow.

Rinse in plenty of warm, clear water. Cold water hardens soap and makes it stick to the fabric.

Rinse through several waters until there is no trace of soap.

If bluing is needed, use soluble blue and stir well into water before adding clothes.

Lightly starch garments that require it.

### How to iron cottons

Most garments iron better when damp.

Dampen all starched garments. Roll in heavy towel until moisture is evenly distributed.

Iron with a clean, hot iron.

Use a well-padded board.

Iron first on wrong side and then press on right. Iron with thread of the material.

Iron sleeves, waist, and then skirt of a dress. Iron dry.

Hang dresses on hanger. Fold garments to be put away in drawers.

4-H SEWING RECORD OF

Name \_\_\_\_\_

Age \_\_\_\_\_ Address \_\_\_\_\_  
(town)

\_\_\_\_\_ Kentucky.  
(county)

Articles made

Money spent

_____	_____
_____	_____
_____	_____
_____	_____

1. Have you sewed before? \_\_\_\_\_
2. If so, name articles you have made? \_\_\_\_\_  
\_\_\_\_\_
3. What have you learned in this project that you like best? \_\_\_\_\_  
\_\_\_\_\_

Write a story about your work on a separate page and hand it in to your leader with this record.

Date: \_\_\_\_\_ 194\_\_\_\_. Signed: \_\_\_\_\_  
(Club member)

Approved: \_\_\_\_\_  
(Project leader)

Approved: \_\_\_\_\_  
(County extension agent)

When you have completed your project fill in this page, tear it out along the dotted line, and give it to your leader.

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