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Clothing Club Manual

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EXTENSION CIRCULAR NO. 121

CLOTHING CLUB MANUAL

BY
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EXTENSION SPECIALIST IN CLOTHING

First Year



"TO MAKE THE
BEST BETTER"

Extension Service
South Dakota State College
W. F. Kumlien, Director

Issued in furtherance of Acts of Congress, May 8 and June 30, 1914

CONTENTS

	Page
Foreword.....	2
Tea Towel and Kitchen Holder.....	3
Care of Machine.....	4
Apron and Cap.....	6
Kimono Dress.....	9
Electives:	
Bloomers.....	12
Bloomer Draft.....	14
Princess Slip.....	15

FOREWORD

To be well dressed is the legitimate ambition of every girl. Clothing was used primarily for physical comfort only, but now also serves as an adornment, adding or detracting from one's charm. Clothing also reflects one's character. With the amount of time and money allowed for the clothing of the average girl she may make herself attractive and add enjoyment to others.

To be well dressed means to have clothing that is inconspicuously, appropriately and well constructed, of good material, pleasing color and design. They should be suited to the age of the girl and should always be immaculately clean, as personal cleanliness and care are the foundation of good dressing. A girl should keep her body clean, her hair well brushed and neatly arranged, her nails clean and of medium length, her teeth properly cared for, and her shoes clean and well heeled. It is usually possible for a girl to have a good clear complexion; if her physical condition is good she will need no powder or rouge to give her cheeks color.

The girl who can make her own clothes is not only saving money, but she is also learning to adapt materials, color and style to her own particular needs. It is this ability to make clothing emphasize, rather than hide the personality that marks the well dressed woman, whether her garments be costly or inexpensive.

"A stitch in time saves nine." Not only is this stitch a time saver, but a money saver. Daily care, such as replacing a hook, fastening a button, darning a rent, sewing a rip, or removing a spot, does much to lengthen the life and improve the appearance of a garment. No amount of finery can make up for lack of care and cleanliness.

To dress well on a limited amount means careful planning and study. The first requisite is a healthy body, and through the Club Project the club girls will become not only well dressed and well nourished, but will also be an aid to the family and as physically perfect as possible.

TEA TOWEL

MATERIAL

One flour or sugar sack, or $\frac{1}{4}$ yard of unbleached muslin.

DIRECTIONS FOR MAKING

Prepare a sack for a towel by ripping it. Soak it in warm water to which a little kerosene and soap powder have been added and then boil in the same water for ten or fifteen minutes. Wash in a good soap suds, boil, rinse and blue. This should remove all the colored stamping that is present in flour sacks. Have this all done before coming to the meeting.

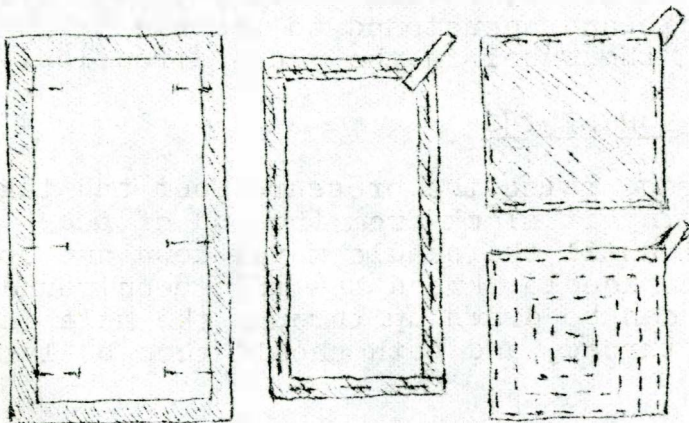
Even off the raw edges and turn a $\frac{1}{4}$ inch hem, baste and hem using a hemming stitch. This stitch is worked from right to left on the edge of a folded hem. Place the work across the first finger of the left hand with the fold toward the outside of the hand. Make a small knot and conceal under the first fold. Now point the needle toward the left, first into the material and then into the edge of the hem. Make slanting stitches, Overhand the ends of the hem. Remove bastings, press and fold the towel.

KITCHEN HOLDER (Home Problem)

MATERIAL

Use an oblong piece of cotton material, 7 by 13 inches, and a piece of soft material, 6 by 12 inches for the inside. The outer material may be of unbleached muslin, flour sacks, or similar material. For the inside, cotton or outing flannel is better.

DIRECTIONS FOR MAKING



Place the smaller piece on the wrong side of the larger with the centers matching. Fold the edges, the larger over the smaller and baste. Tack a loop of tape in one corner and then fold the material double, bringing the short ends together and baste. Stitch close to the outer edge around the four sides. Using the presser foot as a guide, continue stitching inward in rows until the center is reached.

Steps in making holder

CARE OF THE SEWING MACHINE

1. Care of Machine

A. Oiling

A sewing machine, like any other piece of machinery, needs oiling to insure easy running and to prevent unnecessary wear of the parts which bear on each other.

If a machine is used continuously it should be oiled every-day. With moderate use an occasional oiling is sufficient. One drop of oil at each place is plenty. More than this will retard rather than help the action of the machine. If the machine runs hard, it is due to lack of proper oiling of some bearings. Should the machine become gummed from long standing or poor oil, apply kerosene to all the bearings to remove the gum, then run the machine rapidly, wipe clean and oil thoroughly with good sewing machine oil before beginning to sew.

B. Running the Machine

A uniform motion is necessary to secure best results. If you are not accustomed to running a sewing machine, practice as follows: First, raise the pressure foot, then remove the shuttle, replacing the shuttle slide; loosen the hand wheel; place your feet on the treadle, with the instep directly over the center, and turn the hand wheel (either backward or forward as the case may be), allowing the feet to move up and down on the rocking treadle with the motion produced. Continue this motion by pressing on the treadle, first with the heel, then with the toes, until an easy and steady motion is obtained. After becoming familiar with the treadle movement in this way connect the hand wheel with the machine.

When you are able to operate the treadle with a steady motion put a piece of cloth between the feed and pressure foot, bring the pressure foot down and operate the machine without threading it up, until you have learned to guide the material and make a straight seam. Do not attempt to do any sewing until you are able to run the machine by the treadle and accustomed to starting the machine readily without turning the wheel in the wrong direction.

TO PREPARE FOR SEWING

Before commencing to sew, raise the pressure foot and take hold of the needle thread, leaving it slack from the end of the needle. Turn the balance wheel until the needle moves down and up again to its highest point. The needle thread has then been wound around the under thread, which can be drawn up through the hole in the throat plate by the needle thread, and both should then be laid back under the pressure foot.

The best results are obtained when both the upper and lower threads are the same size and quality.

To turn a corner: Stop the machine while the needle is raising, but before it is out of the material, raise the pressure foot and turn the corner, using the needle as a pivot.

To Avoid Breaking Needles: When a needle is broken it is in nearly every case the fault of the operator, caused by putting the work so that the needle strikes the throat plate. A needle may also be broken by sewing heavy seams or very thick goods without having the pressure on the pressure foot as heavy as it should be for such work.

Breaking the Upper Thread: This may be caused by improper threading of the machine; the upper tension being too tight; the needle being too small for the thread; the needle being set the wrong side out or set crooked; or by a sharp edge on the shuttles; or the needle rubbing against the pressure foot.

Breaking the Lower Thread: This may be caused by the shuttle being wrongly threaded; the tension being too tight; the bobbin being wound too full so it will not revolve freely; a rough or sharp place in the edge of the shuttle.

Cause of Machine Skipping Stitches: Should there at any time be skipped or long stitches at intervals, it is owing to the needle being set too low, or its having been bent away from the shuttle; or its being too small for the thread in use. Never use a needle with the point blunted or turned over.

THE BELT

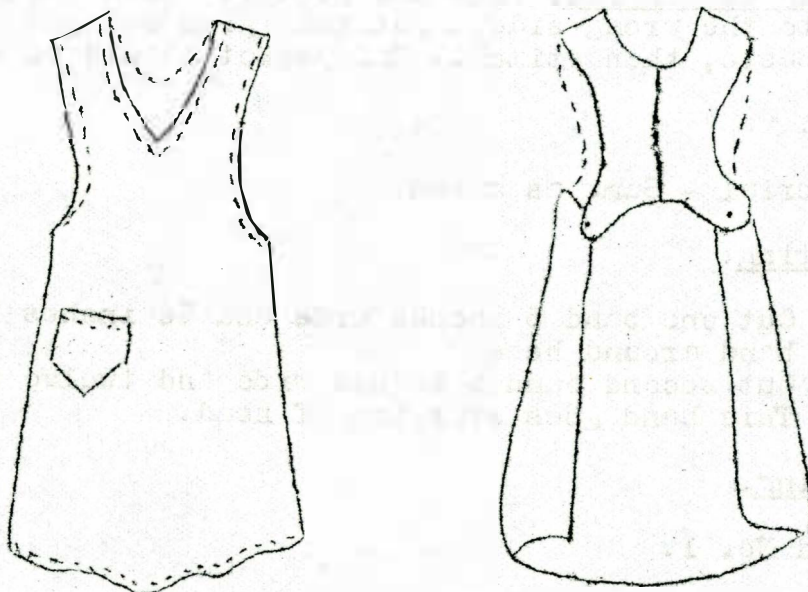
If the belt is too tight the effect is to make the machine run heavy. If the belt is too loose remove one end of the hook, cut off a piece and connect the belt. Keep the belt as free from oil as possible, because oil will cause the belt to rot.

SIZES OF NEEDLES AND THREAD

Size of needle	Class of Work to Sew	Size of Cotton or Silk
0	:Very thin muslins, cambrics, linens	100 cotton ? 60 silk twist
B	:Very fine calicoes, silks, linens, shirt-ings, fine silk goods.	80-100 cotton silk twist
$\frac{1}{2}$:Shirtings, Sheetings, Bleached calicoes, : :Muslins, Silk, General Domestic Goods, : :All classes of general work	60-180 Cotton A & B silk twist
1	:All kinds of heavy calicoes, light woollen goods, heavy silk	40-60 cotton C-silk twist
2	:Tickings, woollen goods, trousers, cloaks : : boys clothing	30-40 cotton D-silk

I. APRON.

Commercial patterns may be used for this apron or it may be cut from the design without using a pattern.



Material - White cotton sheeting, cambric, Indian head, or muslin. One bolt, $\frac{1}{2}$ inch bias tape, two buttons and white thread.

Amount - Front length plus length of back.

Directions - If pattern is used study carefully and adjust to wearer.

- a. Pinning and Basting. Pin all the pattern on the material, then cut. Note whether or not seam allowances made. Baste on side pieces if material is too narrow.
- b. Seams and Finishes. The only seam is the one down the back. Use a fell seam. If material is too narrow and side seams are necessary, use fall seams. Reinforce the ends of the straps for the buttonholes by basting on an extra thickness of material, 2 inches, on the end of the strap and baste one inch facing on the front side to

reinforce for sewing on the button. Bind the neck, sides, arm-holes and bottom with bias tape. This may be basted on, then stitched or the machine binder may be used.

Putting on the Pocket. Hem the pocket. Turn a $\frac{1}{4}$ inch hem, turning to the wrong side. Put the apron on, pin the pocket in place. Baste, then stitch. The pocket should be stitched.

II. CAP.

Material - Same as apron.

Cutting.

1. Cut one band 5 inches wide and 26 inches long. This band around head.
2. Cut second band 5 inches wide and twelve inches long. This band goes over top of head.

Making.

Band No. 1.

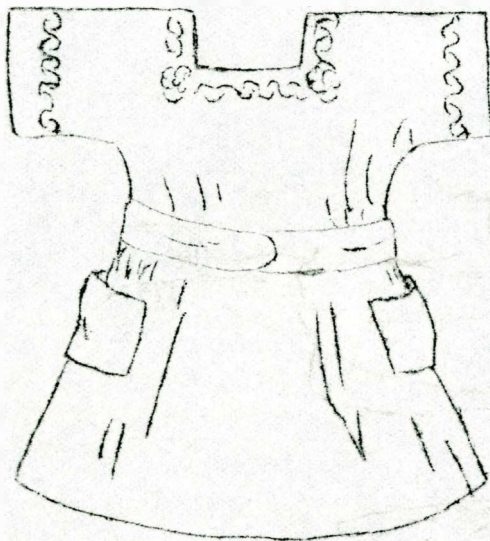
1. Fold band No. 1 through center lengthwise making it $2\frac{1}{2}$ inches wide.
2. Measure and mark with pin 12 inches from each end toward center.
3. Baste ends and side $\frac{1}{4}$ inch from edge to these two pins. This leaves $2\frac{1}{4}$ inches in center open to insert band which goes over top of head.
4. Stitch on machine just within line of basting. (Be sure to leave center open).
5. Turn band inside out and lay aside until band No. 2 is ready to be attached.

Band No. 2.

1. Fold band No. 2 through center lengthwise, making it $2\frac{1}{2}$ inches wide. Baste one end and side $\frac{1}{4}$ inch from edge.
2. Stitch on machine just within line of basting.
3. Turn to right side.
Putting bands together - Insert band No. 2 in open space in center of band No. 1, $\frac{1}{4}$ inch and baste making edge of band No. 1 a straight line from end to end.
4. Stitch by machine $\frac{1}{4}$ inch in from all sides.
5. Fit on head and fasten with snaps.

Note: Launder cap, starch stiff and iron glossy.

KIMONO DRESS



Material:

Calico, percale, gingham, kindergarten cloth and chambray.

Amount:

Twice the length from the shoulder to the bottom of the skirt plus the desired hem. If the material is striped, extra will be needed for the belt; if not, it may be cut from pieces left from the under arm. For the extra large figure, side gores may be necessary and that will require the purchasing of an added length.

Measurements:

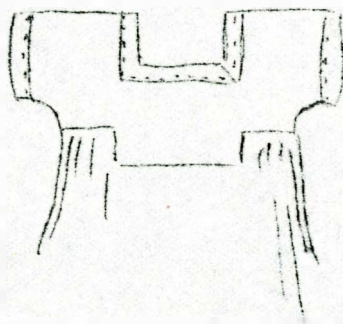
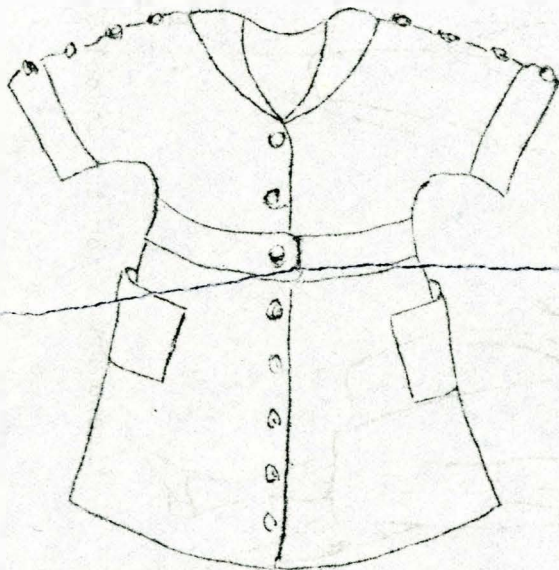
a. Length of dress - Measure from shoulder to floor. Subtract desired distance of skirt from floor, add 4 inches for hem.

b. Length of sleeve - Measure from center neck over top of shoulder down arm to desired length.

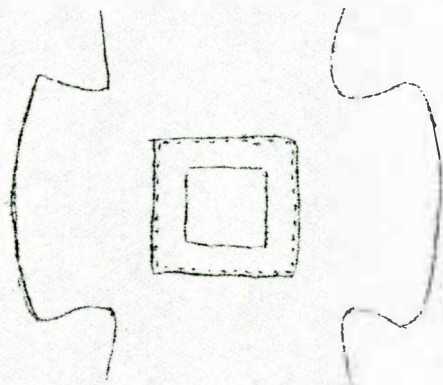
c. Width of sleeve - Measure around upper arm.

d. Depth of bust - Measure from hollow of shoulder to fullest part of bust.

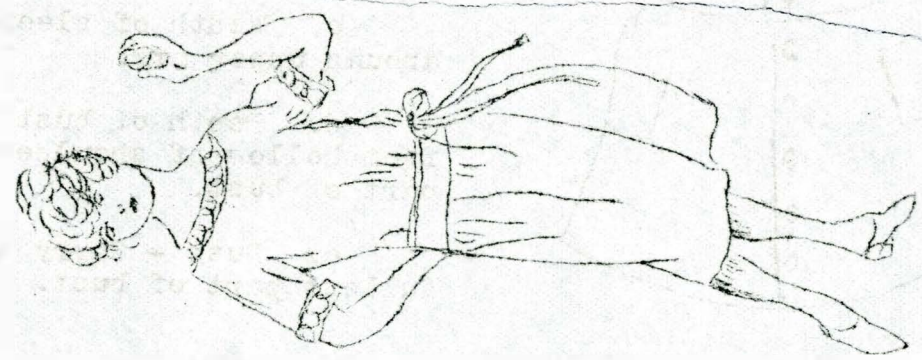
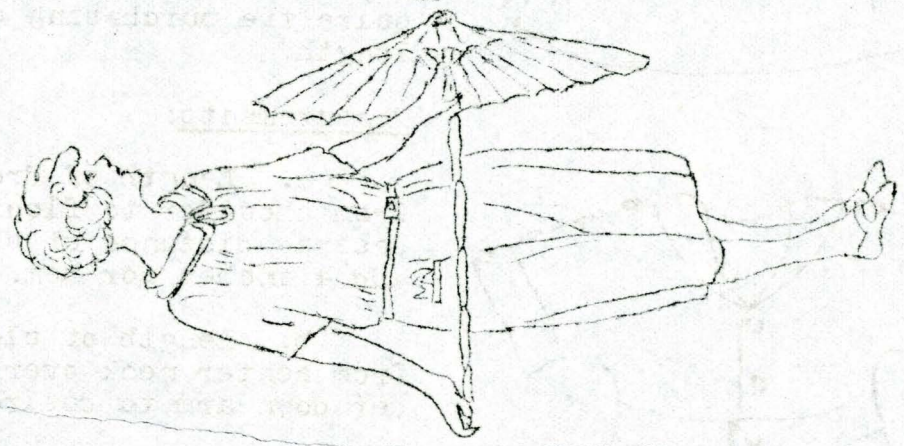
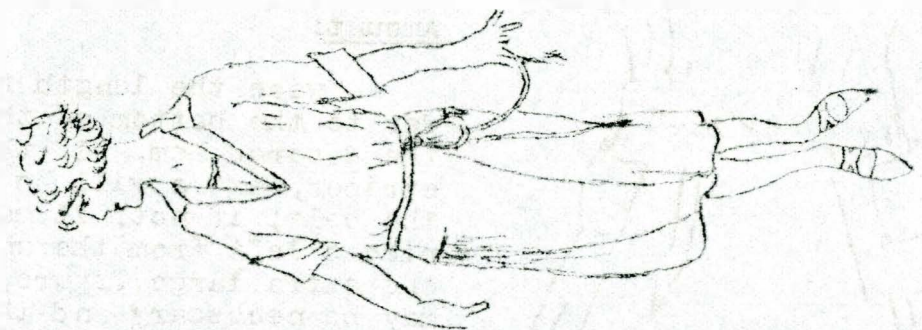
e. Bust - Carry measure around fullest part of bust.



Use of fitted facing



Fitted facing



Kimono Dress for the School Girl.

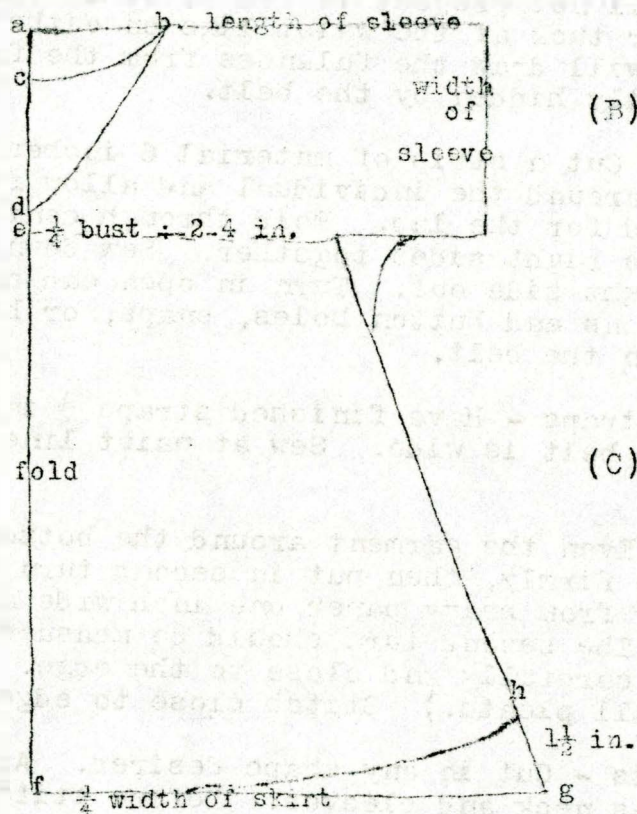
Draft for one-piece kimono dress--

Decide on length of garment desired and make allowances for hem. Fold the material in half crosswise, then fold over in half, lengthwise.

Note - This draft is made with a V shape neck line although any neck line may be used.

(A) Measurements--

1. Bust
2. Length of sleeve
3. Width of sleeve
4. Length of garment.



(B) Markings--

1. a to b -- 3 inches
2. a to c -- 1 inch
3. a to d -- 5 inches
4. a to e -- distance from shoulder to bust. Depth of bust.
5. a to f -- length
6. h to g -- $1\frac{1}{2}$ inches.

(C) Tracing--

1. Trace upper neck line for back of pattern.
2. Trace lower neck line for front of pattern.

Note--

1. Curve the under arm. This is apt to tear if a sharp angle is left.
2. Curve the bottom of the skirt.
3. Neckline - Various neck lines may be used besides the one illustrated, square, round and diamond.

Directions for making:--

1. Under arm seams - Use french seams. Place the two wrong sides of the material together and baste $\frac{1}{4}$ inch from the edge and stitch. Trim seams if necessary. Then turn, bringing two right sides together and baste $\frac{1}{3}$ inch from edge, stitch.

2. Neck and sleeve finishing - Bias tape, rick-rack, contrasting material used as a piping or facing may be used. Collar and cuffs of some contrasting color, or of organdy are suitable finishings. If a plain hem is used at neck and sleeve, a simple decorative stitch gives it a more finished appearance.

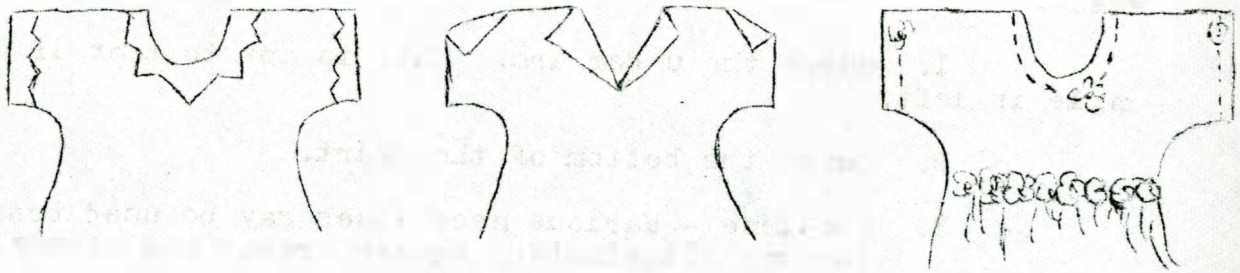
3. Fitting - Often to make a kimona dress hang properly so that it will not project in front, it is necessary to take a small dart or tuck at the waist line on either side above the hips. This will draw the fullness from the front. The tuck or dart is easily hidden by the belt.

4. Belt - Cut a strip of material 6 inches wide and long enough to go around the individual and allow for plenty of looseness and for the lap. Fold through center, lengthwise with the two right sides together. Sew down one side and end. Turn right side out. Turn in open end and slip stitch together. Buttons and button holes, snaps, or hooks and eyes may be used on the belt.

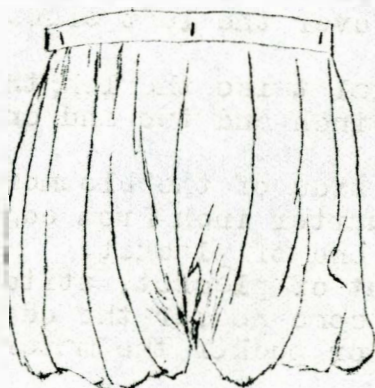
5. Belt straps - Have finished straps $\frac{1}{2}$ inch wide and $\frac{1}{2}$ inch longer than belt is wide. Sew at waist line along under arm seam.

6. Hem - Even the garment around the bottom. Turn up $\frac{1}{3}$ inch and crease firmly, then put in second turn with marker. Make a marker from heavy paper one inch wide and as long as desired hem. The second turn should be measured accurately and basted carefully and close to the edge. (Put in any fullness by small pleats.) Stitch close to edge.

7. Pockets - Cut in any shape desired. At the top they may be finished as neck and sleeves. Before stitching to dress, try dress on model and place pockets correctly.



BLOOMERS

Material:

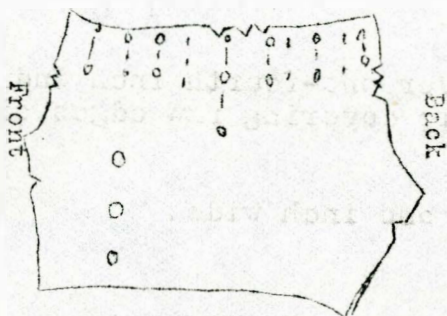
Cotton crepe, long cloth, muslin, or same material as kimono dress.

Amount - (Full bloomers)

Age	:	10	:	12	14	:	15	
Material	27 in.	:	2 $\frac{1}{4}$:	2 $\frac{1}{2}$	2 $\frac{3}{4}$:	3
"	36 in.	:	1 $\frac{1}{2}$:	1 $\frac{3}{4}$	2	:	2 $\frac{1}{4}$
"	40 in.	:	1 1/3	:	1 $\frac{1}{2}$	1 2/3	:	2

Pattern:

A commercial pattern either for full bloomers at waist line or fitted bloomers at waist line may be used.

Directions for Making:

- A. Seams - The flat fell seam should be used. Make a plain seam three eighths inch wide and stitch. Trim edge on front part of garment to one-eighth inch. Turn extended part over one-eighth inch (so that it just meets the trimmed edge). Baste this down to material and stitch. This makes the flat fell seam one-fourth of an inch wide.

The leg seams should be first made (see fig. 1) When these seams are finished sew front and back seams. (See fig. 2).



Fig. 1

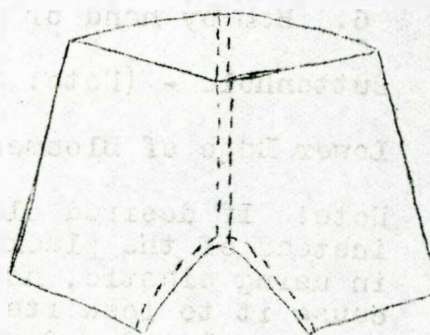


Fig. 2

B. Bound Placket - Plackets should be finished so that the right side of the garment will lap over the left side.

1. Cut lengthwise strip of material twice the length of the placket opening, plus one inch and two and one-half inches wide.
2. Place this strip to the right side of the bloomers, with edges even. Baste one-quarter inch from edge to within one-quarter inch of end of placket.
3. Instead of basting around point of placket, stitch by hand, allowing the seam to come nearer the edge and being careful not to pull or pucker the material at the turn.
4. Continue close stitching one-quarter inch around point of placket.
5. Finish basting seam on this side.
6. Stitch by machine, down the long edge but skip part stitched by hand.
7. Remove bastings.
8. Crease seam flat.
9. Turn other edge of strip over one-fourth inch and baste entire length of strip covering raw edges of seam.
10. Hem by hand.
11. This will make the placket one inch wide.

C. Waist Band.

1. Cut a strip of material the length of the waist plus one inch and three and one-half inches wide.
2. The fullness at the top of the bloomers may either be gathered or plaited in. Adjust fullness.
3. Place the right side of the strip to the right side of the bloomers allowing the strip to extend one-half inch beyond the edges. Be sure that placket is correctly adjusted. Make a plain seam one-fourth inch from top.
4. Turn ends in one-half inch and top of strip one-fourth inch.
5. Baste, covering raw edges of seam.
6. Hem by hand or stitch with machine.

D. Buttonhole - (Note: See Circular, "Care and Repair of Clothing")

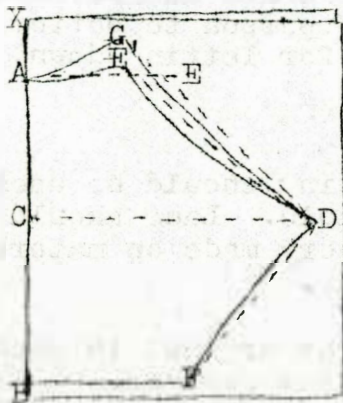
E. Lower Edge of Bloomers - Elastic may be used in the legs.

Note: If desired elastic may be used at the waist line instead of the placket and band. There is one disadvantage in using elastic, hot water and continued stretching will cause it to lose its elastic qualities and will probably have to be replaced before the garment is worn out.

BLOOMER PATTERN DRAFTING

If a commercial pattern is not used, it is easy to draft a bloomer pattern. Three measurements are required - waist, hip and side length, waist to bended knee.

Take the waist measure tightly and the hip measure, over the largest part of the hips loosely. Take a piece of paper 12 inches longer than the side length measure, and 12 inches wider than the hip measure. Newspaper may be used for this, and two pieces may be pasted or pinned together to give the desired length and width.



Fold paper lengthwise, and follow directions.
 X to A equals 5 inches.
 A to B equals side length plus 6 inches.
 A to C equals one-half A B minus 1 inch.
 C to D equals one-half hip measure plus 4 inches.
 A to E equals one-fourth waist measure plus 4 inches.
 B to F equals one-fourth waist plus 6 inches. (8 inches may be added if more fullness is desired)
 Extend E 5 inches to G.
 Connect A and G.
 Place E 2 inches under G.
 Draw A E' and E' D.

To Cut out Pattern: With paper folded, starting at A, cut G, F, and B. Unfold pattern and cut on curved line from inter section, and cut on curved line from inter section of line, A, E', to D. If more fullness is desired at waistline, A E may be made longer.

To Cut out Bloomers: Fold material crosswise, and lay pattern as in

Figure 2, with lower edge of pattern on fold of material, and cut carefully around edge. It will not be necessary to allow seams on the pattern. If material is not wide enough, piece on one side only (Fig. 3), join by using a fell seam.

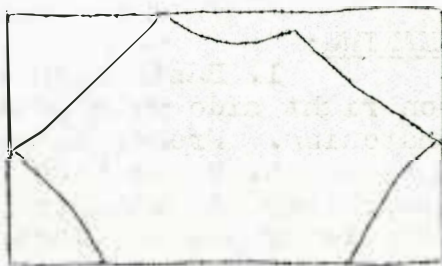


Fig. 2

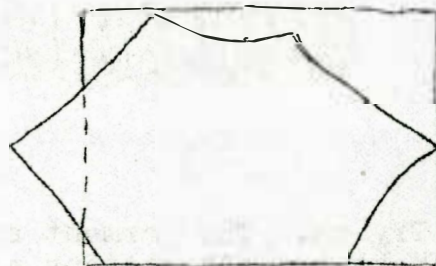


Fig. 3

PRINCESS SLIP

MATERIAL:

Cambric, longcloth, nainsook, or muslin are suitable materials.

PATTERN:

Any standard pattern. The style should be simple and suited to age of wearer. For young girls the size is determined by age, for older girls by measurement. For the small girl the slip should be a straight-cut garment, while for a larger the garment may be closer fitting.

AMOUNT:

Amount found on envelope. Reckoned as follows--the length from top of shoulder of the person to bottom of dress, plus amount desired for a hem and for letting down, multiplied by two.

TRIMMING:

A simple but attractive trimming should be used. Narrow lace or embroidery edging is suitable. Lace should be of a kind that will wear well. Embroidery made on materials that matches the material of the garment.

Elaborate and showy decorations are not in good taste in under garments. Avoid bright colored ribbons.

CUTTING:

Read instructions carefully on pattern. Unfold pattern and see if length is right. If it is too long, fold may be taken in each piece half way between hip and bottom of skirt. Notice that only half of the pattern is given. Place pattern on material in the most economical way. Cut with long even strokes following the edge of the pattern.



MAKING:

1. Baste seam carefully on right side with notches matching. French seam.
2. Baste back seam only from the notches marking the lower end of placket to bottom of skirt.
3. Baste the shoulder seams on right side with notches matching.
4. Try on. The garment should fit smoothly but not snugly.
5. Make any alterations necessary in seams.
6. Stitch seams $1/8$ inch from edge.
7. Remove bastings and finish in French seam $1/4$ inch wide.

PLACKET:

Consists of underlap and facing.

1. Baste and stitch facing to right side of placket. Turn to wrong side. Turn in raw edge. Baste and stitch.
2. Baste and stitch underlap on left side of placket.

Finishing of neck and armholes in any of the ways given below:

1. Bias binding and lace sewed on by hand.
2. Embroidery without bias binding.
3. Edge hemmed back and lace sewed on by hand.

Bias tape may be used - Open and place right side of tape on right side of garment. Baste and stitch in first crease. Press down and stitch so that tape does not show on right side.

To Use Embroidery:

1. Cut away the material on embroidery inside edge within $\frac{1}{4}$ inch of design.
2. Join ends of embroidery matching design.
3. Place right side of embroidery to right side of garment and pin extending embroidery about $\frac{3}{8}$ inch beyond raw edge of garment.
4. Baste $\frac{1}{2}$ inch in from embroidery design all around.
5. Stitch and remove bastings.
6. Fold the protruding $\frac{1}{8}$ inch of material over raw edge of neck.
7. Crease on line of stitching back against wrong side of neck.
8. Baste close to edge and stitch.
9. Finish armhole and lower edge of garment in same way.

Putting in hem - Finish the same as petticoat.

Buttons and buttonholes - See General Instructions.