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FOOD CLUB CAP AND APRON

by

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I. APRON.

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

Material--White cotton sheeting, cambric, Indian head, or muslin.

One bolt, 1/2 inch bias tape, two buttons, white thread.

Amount--Front length plus length of back.

Directions--for construction--If a 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 allowance is 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 the material is too narrow and side seams are necessary, use fell seams. Reinforce the ends of the straps for the button-holes 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, armholes, sides, 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 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 thru center lengthwise making it 2 1/2 in. wide.
2. Measure and mark with pin 12 in. from each end toward center.
3. Baste ends and side 1/4 in. from edge to these two pins. This leaves 2 1/4 in. 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 thru center lengthwise, making it 2 1/2 in. wide. Baste one end and side 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, 1/4 inch and baste making edge of band No. 1 a straight line from end to end.
4. Stitch by machine 1/4 inch in from all sides.
5. Fit on head and fasten with snaps.

Note: Launder cap, starch stiff and iron glossy.