4-H Club: Clothing Project "C" Plan

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Goals For Completion of “C” Plan

Cottons for Home and School

Suggested for Beginning Girls

To Learn Proper Clothing Care

Hang up your clothes.
Care for your shoes.
Do your own hand laundering.
Help with the ironing.

To Make Better Choices

Make a study of cotton fiber and fabrics.
  a. Include tests, weaves, uses, shrinkage, thread count, sizing, fading, etc.
Decide upon the garments you will make.
Keep a record of all money spent for your shoes and hose for a year. (Blanks are provided in member’s record book.)

To Learn To Sew and Save

Learn to use and care for sewing tools.
Learn to run a sewing machine.
Organize and equip a sewing box or basket.
Below are seven suggested articles. Make any two.
A learning problem such as: hemming a dishtowel, making hot dish holders, making a laundry bag or a bib.
A nightgown.
A slip for wear with a simple cotton dress.
A kitchen apron and two matching holders.
A simple cotton dress for home or school wear.
A pinafore or jumper.
A simple cotton skirt.

To Know How To Look Your Best

Improve posture and carriage.
Check up on personal grooming.
Carry out a health improvement program.

*Extension Clothing Specialist.
Clothing Project “C” Plan

Presenting Your Sewing Tools

Tools for sewing with which we want to become acquainted may be grouped into five kinds depending upon the work they will help us do. Shall we call them tools for cutting, for measuring, and equipment for marking, for sewing and for pressing. First let’s get acquainted with the cutting tools:

**Cutting Tools**

**Shears** are cutting tools at least six inches long, which have a small ring handle for the thumb and a larger handle large enough for several fingers. A shears with bent handles like the illustration is easier to cut fabrics as they lay flat on the table. See Figure 1A.

**Scissors** are from three to six inches long and have two ring handles the same size for thumb and finger. A four inch size is handy for clipping threads, ripping, cutting through buttonholes and general use. See Figure 1B.

**Pinking shears** have a blade edge that is notched. They are sometimes used for finishing edges of firmly woven fabrics. Pinking shears should never be used for cutting out a garment as it is hard to cut accurately with them. They should be used only for finishing. See Figure 1C.

**Tools for Measuring**

Learn to sew accurately. Good tools for measuring are found in every good sewer’s work box.

A **tape measure**—A good 60 inch long tape made of oilcloth will not stretch and so gives accurate measurements as long as it lasts. Look for one that has numbers starting at one on one side and at the opposite end on the other side so that regardless of how it is picked up it is ready for action. Metal or plastic strips on the ends will prevent fraying.
A six-inch ruler is handy for measuring. If it is of transparent plastic material it is possible to see the grain of the fabric through it.

A yardstick of good durable smooth wood is needed for taking hem measurements, etc.

Tools To Help You Sew Easily

Get the thimble habit! It takes patience to learn to use a thimble, but it will reward you by protecting your finger as you sew. Be sure your thimble fits comfortably. Try it on to see that your finger tip just touches the end and that it is snug enough not to fall off and still not pinch. Wear it on the middle finger and push with the side of the thimble, not the end. See Figure 2.

Fig. 2

Pins are helpful tools and should always be used for holding patterns firmly in place for cutting. Dressmaker’s pins (size 5 or 6), which are made of brass and have very sharp points which will not mar fabrics, are best. Select pins with sharp points and which are rustproof. Pins should be put in at right angles to the seam line to hold patterns firmly without slipping. See Figure 3.

Fig. 3

Make a Wrist Pincushion

Pins will be handy for use if they are put in a pin cushion fastened to your left wrist. Here is the way to make one.

Choose a dark colored wool material. Wool flannel is good because the pins go through it easily and it is firm enough so it will wear well. Pins show up better in a dark material.

You will need enough elastic, one-fourth inch wide, to go around your wrist and sewing thread to match the cloth.

Cut a piece of cloth exactly four and one-half inches square. Be sure it is straight. Figure 4A.

Fold diagonally as shown in Figure 4B. Round the corners slightly. Baste and stitch one-fourth inch from the open edges, beginning at “A.” In the center of side BC leave an opening about 1 inch long for stuffing. When the place for the opening is reached lift the pressure foot and hold the cloth firmly in place and stitch three or four times in the same stitch to fasten the thread. Now raise the foot and needle and pull the material until a one inch opening has been made. Start stitching, again, fastening the thread as before and stitch to the corner. Stitch back again over the same stitching to make the line of stitching stronger. Be sure you do not stitch up the one-inch opening.

Turn right side out and stuff with clean raw wool, or wool yarn clippings. Stuff tightly. Sew up the opening as in Figure 4C and sew to the elastic. Your pin cushion will look like Figure 4D.
Needles

Sewing is easier with the correct needle. They come in sizes varying from very small to very coarse. The coarse needles are marked with the smallest number. For example, a number 3 needle is coarse while a number 9 needle is very fine. Some people like different kinds of needles for different jobs. For general sewing:

- **Sharps** have small rounded eyes and are medium in length. They come in sizes 3/0 to 12.

- **Betweens** have the same kind of eyes as sharps but are shorter in length. They are used to make fine, short stitches in tailoring and fine handwork. Size 1—12.

- **Milliner’s needles** have the same kind of eye and diameter as sharps but are much longer. They are good for quick long stitches. Some people like to use them for basting. Size 1—12.

For embroidery:

- **Crewel needles** are known as embroidery needles. They have long eyes. Sizes 1—12.

For darning:

- **Cotton darning** needles are like crewel needles but are longer for looser weaving. Size 1—10. Yarn darning needles are extra coarse and are for mending woolens. They are numbered from 14—18—all coarse.

Thread—Cotton thread in black and white varies in size. Coarsest, Numbers 8-10-12 used for sewing canvas, coating, etc. Next coarsest, Numbers 16-20-24 for sewing buttons on heavy material, sewing overalls, etc.

Medium coarse, Numbers 30-36-40 for sewing buttons on medium heavy material—and for sewing some woolens.

Medium, Numbers 50-60-70 for percale, gingham, linen, light-weight wool.

Medium fine, Numbers 80 for lawn, voile. Fine, Numbers 100 for organdie, batiste, etc.

Most colored threads come in two weights—one for general sewing (generally mercerized) and heavy duty thread for heavier work.
Sewing Machines Are Fun To Run

Why be afraid of a sewing machine in an age when girls drive cars and airplanes? Get acquainted and you will soon become great friends. Take it easy!

1. Learn to run the machine first. Take out the needle and sit down to the machine in a chair of the right height to be comfortable.

2. Place the feet on the treadle, the right toward the front and the left foot toward the back and the balls of each foot about on the edge. See Figure 5. This is the easiest position in which to have the feet in order to have the best control of the machine. Turn the handwheel with your hand until you feel the motion with your feet. Notice that when the toe of the right foot goes up the heel of the left foot is up.

3. Now run the machine with the presser foot up and the needle out until you feel that you can run it evenly.

4. Replace the needle and try stitching on paper which has been marked with lines. Try stopping and starting. See how accurately you can follow the lines.

It will be interesting to know what the parts of the machine are for. Then it will be easier to learn about their adjustment. Figure 6 is a picture of the head of a sewing machine. Your machine will look something like it. Study the picture and your machine and become familiar with the names of the parts and their uses.

Use the seam gauge for more accuracy in stitching. Set the gauge for the seam allowance called for in the pattern and let the cut edge of the cloth follow along the gauge.
Use of the seam gauge assures an even seam. See Figure 7.

Here are some facts which may help you prevent some common machine troubles:

1. Remember that the last thread guide is on the side from which the needle threads. Thread from that side and you will have no trouble. If the needle is threaded from the wrong side, the thread will break.

2. Pull the under thread up from the bobbin by holding down the top thread and turning the balance wheel. Then draw both threads back under the presser foot and hold them loosely before you start to stitch. This will always prevent bunching up of thread during the first few stitches.

3. Pull enough thread through the needle to keep the needle threaded when the take-up lever rises as high as it will go.
4. Always loosen the thread before taking out the cloth so as not to bend the needle. If the needle is bent it will strike against the needle plate and break the next time you stitch.

5. When the machine is not in use put a little pad of cloth between the presser foot and the feed dogs. This will keep the feed dogs sharp. Your leader and mother will help you get further acquainted with the machine. There are many interesting things you should know about machine stitching. The length of the machine stitch varies with the kind of material. If the material is fine, the machine stitch should be shorter, etc. About 16 stitches to one inch is right for gingham, chambray, percale, and most materials you will be working with.

The circular, "Sewing Machines," Farmers Bulletin No. 1944 which your leader may get, will help you with any problems you may have. See pages 12 and 13 in the Farmers Bulletin for a discussion of tension and stitch control; also how a good machine stitch should look.

Begin to Sew on Cottons

Cotton materials are perhaps the easiest for the beginner to cut and sew. They are easily washed and are inexpensive to keep looking well. They are also comfortable to wear for home and school.

Cotton has been called the "maid of all work" because it is used for so many purposes.

The cotton fiber comes from the fluffy white balls of the cotton plant.

Where Cotton Grows

Cotton is grown in our own country and in Egypt, Peru and Brazil. China and India also grow a short fiber variety. There are three main varieties of cotton grown. The cotton with the longest fiber is called Egyptian, next in length is Sea Island and third is called Pima.

The cotton which is grown in the southeastern part of the United States is of good quality. Cotton is one of the important crops of that section.

More Interesting Facts About Cotton

The longer the cotton fiber used in making cotton yarn the stronger the cloth or sewing thread is, which is made from it.

Cotton fibers have a natural twist which makes it easy to spin into yarn and easy to wash. A cotton fiber looks like illustration Figure 8 under the microscope.

If you wish to test material to find out if it is cotton, touch a flame to it. The flame is large and yellow and burns with an odor of burning paper or wood. It leaves very little ash and the ash is gray in color and falls apart when it is touched. Notice that it burns rapidly and smoulders as it goes out.

Some Facts You Can Learn About Cotton Cloth

Much of the cotton cloth we buy is woven with each crosswise thread (fill thread) woven over and under each lengthwise thread (warp) evenly to form an even surface. See Figure 9A.
Such materials as muslin, percale, gingham, chambray, cotton flannel, organdie, and voile are examples of plain weave cloth. Some cottons are woven in what is known as twill weave. This weave is made by passing one fill thread over one warp thread and then under two more and so on across the cloth. Twill weave gives cloth a distinct diagonal line. It looks like Figure 9B. Some examples of twill weave are denim, ticking, serge and gabardine.

See if you can find an example of each of these two kinds of weave and paste them in the space provided:

Introducing Some Cotton Materials You Should Know

As you sew and select materials, no doubt you will become acquainted with the following common cotton materials. There are many more kinds. See how many you can find of those listed below. Paste them in the space provided.

Plain-woven cotton fabrics with simple all-over printed designs. They are sometimes called “prints” and might, for example, be cambric, percale, or muslin. They are used for house dresses, aprons, and children’s clothing.

A plain or twill woven fabric napped on both sides. It may be used for sleeping garments.
A closely woven material made of good-grade cotton in plain weave and also printed. It is given a slight starch finish and is used for aprons and house dresses.

Percale

A firm cloth of plain weave, with more body than cambric or longcloth. It may be bleached or unbleached. Wide widths and heavy qualities are used for sheets. Some light-weight fine muslins are used for underwear.

Muslin

A plain weave cotton. It is crinkled after it is woven and may be used for sleeping garments. The crinkle is not permanent.

Cotton Crepe

A sturdy, firm fabric in twill weave. It is used for men's work clothing, play suits, etc. Warp yarns are usually in a dark color and filling yarns are white.

Denim

A smooth, soft cloth of plain weave. It is similar to gingham with warp threads one color and the filling threads white. Selvage is always white. Some chambray is used for dresses and shirts.

Chambray
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A light-weight fabric with warpwise crinkly stripes made by different tension on warp threads. Weave is plain and the crinkle will not come out. It may be used for children's garments, dresses, and sleeping garments.

Plain weave has warp threads more closely spaced than the filling threads, so it shows a distinct crosswise, but fine, rib. It generally has a shiny finish. (Mercerized.) It may be used for shirts, pajamas, shorts, tailored blouses and uniforms.

Organdie is a crisp, transparent cotton in plain weave. Sometimes printed or treated with chemicals to give a design. Used for dresses, neckwear, hats, etc.

Pique is a cotton fabric having lengthwise cords running parallel to the selvage. There are lots of novelty piques on the market today—some are printed. It is used for dresses and neckwear.

Nainsook is a soft fabric made of fine yarns in plain weave. One side has a slight luster. It is used for underwear, nightgowns and infants' dresses.
Do You Know These Cotton Terms?

Progress in the development of new finishes for cottons is so rapid these days that it is almost impossible to keep up with the new terms which have various meanings in the cotton world.

It is fun to see how many of them have a meaning for us. The following are just a few of these terms with which we might become familiar:

Lisle—A term used to mean fine, smooth two-ply cotton yarns made from a very long staple cotton tightly spun and singed.

Mercerization—A chemical process used to treat cottons to give them a higher luster, more strength and make them absorb dye more readily.

Nafal—A term used to indicate that the fabric has been tested for color fastness to the sun and washing.

Color Tested—When this label is found on material, the garment or fabric has passed color fastness tests for the use to which the material is to be put.

Sanforized—A term used to indicate that material has been shrunk both in length and width and will not be expected to shrink more than one-fourth inch to the yard in either direction.

Vitalizing—A trade name of a process for treating materials to make them more resistant to wrinkling.

Sanitized—A name applied to a process that acts to prevent perspiration odors in fabrics and to make textiles more germ-proof, self-sterilizing and antiseptic.

Needle-finished or Needleized—Term applied to fine, evenly woven fabric, finished without sizing—nainsook, dainty, muslins, etc.

French linen, linene, flaxon, India linen, Linno cloth are cotton fabrics which have been starched or otherwise finished to imitate linen.

Buy Material Carefully

When buying cotton cloth there are some facts you can learn by reading the label on the bolt. Often the label will tell how many threads are woven into each inch of material. This is called "thread count." If there are too few threads to the inch, the cloth is apt to shrink a good deal in washing and lose its crispness. Sometimes cloth has few threads to the inch and is starched or filled heavily. Tear a piece of the cloth you suspect is filled and see if a powdery substance falls out of it. Rubbing a piece of the cloth between your fingers will show how much starch is in it too.

Try measuring off one square inch of cloth and actually counting the number of threads both ways by ravelling out the threads or using a reading glass. Cotton cloth varies in thread count depending on the kind of weave and kind of material. See Figure 10.

Will the Cloth Keep Its Color?

The material chosen for the apron or dress should be chosen carefully to avoid buying cloth which will fade in the sun or in washing. See what the label says about color fastness. If there is any question about the color fastness of the material you are considering, wash a sample and then while it is still...
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Damp, slip it into a magazine or book with one end hanging out. Place it in the bright sun and after a few days compare the color of the part exposed to the sun and the part in the book. This way you will know if the color will last in the sun. Washing a sample will show whether or not it will fade in washing.

How Designs Are Made

Designs in cotton cloth are generally made in two ways. One way is to weave the design into the material as it is made. A material to illustrate this method is gingham. Another way is to print the design on the surface of the cloth. Printed designs are often found in percales, and cambrics as well as in other materials, such as organdies, voiles, muslins, flannels, cotton crepes, and piques.

What Makes a Good Garment?

Be Sure Cloth Is Straight

You have learned that cloth is woven with warp and filling threads at right angles to each other. Along both edges of the length of cloth is a finished edge which is called a selvage.

When the piece of cloth is taken from the bolt it is often torn. If it is, it is straight on the ends. Sometimes it is not torn or cut straight, so a thread must be pulled across both ends to straighten it. Cut along the pulled thread. See Figure 11.

All washable cotton materials should be shrunk before cutting. Even if very little shrinkage is expected the folded material should be put in warm water for at least half an hour, hung over the line to dry and ironed on the wrong side when still slightly damp. When ironing, be sure that the ends and the selvages make a perfect right angle. In this way you can be sure the threads of the cloth are perfectly straight for cutting. See Figure 12. A garment should never be cut if the cloth is not straight. Garments will not hang right or keep their shape if they are cut poorly. Remember the first lesson in good sewing is to cut everything perfectly. This is not hard to do if you know the rules.
Fold Cloth with Right Sides In for Cutting

When laying out the cloth, fold it with the right sides folded in. This is a good idea because the wrong side of the cloth is up for marking and seams which are supposed to be sewed together are all ready for pinning or basting. This is a good way to save time in your sewing.

Place Pattern Accurately

Patterns are all marked with arrows or large round holes to show how to place the pattern on the cloth. Study your pattern and the pattern chart to find them. When placing the pattern on the cloth, use the tape measure and measure out from each hole to the selvage and see that the number of inch-
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es is the same for every one. Only by measuring, can you be sure that the piece of pattern is exactly straight with the thread. See Figure 13. When you are sure that each pattern piece is placed just right, pin them to the cloth. Always pin first along the marks which show the straight of the material or the fold. Then place pins at right angles to the edge. Use plenty of pins to hold the pattern firmly in place for cutting.

Cut Carefully From Wide to Narrow End

The cut edges will be smoother and straighter if you remember the rule to always cut from the wide to the narrow end. This way you are cutting with the threads and not into them. Run your finger along a cut edge and notice how the threads "rough up" when you brush from the narrow to the wide end. Now run your fingers from the wide to the narrow end and see how nicely the threads lay in place. This explains how much easier it is to cut straight when you cut in the right direction. Cut on a flat smooth place, like a table, the floor, or a cutting board. Cut accurately and with long even strokes without lifting the material except where the shears are cutting. Never cut paper, string, or any other material with the shears you use for fabrics for they will dull and spoil the cutting edge.

In cutting notches, always cut them out rather than in. Then they may be trimmed off when the seam is finished leaving a neat even edge. See Figure 14.

Mark Accurately

Pattern pieces should not be removed from the fabric until each piece has been marked for stitching. All notches should be cut out, rather than in, so as not to weaken the seam line.

Mark all perforations which indicate darts, pleats, pockets, buttonholes or any others needed.

Marking may be done with chalk, white manicure pencil or dressmakers' tracing paper if you have it (may be bought at some notion counters). A light pencil mark may be used on washable materials on the wrong side.

Pins and Basting Make Sewing Easier

Pins may be used to pin seams which belong together before the garment is lifted from the cutting table. An example is pinning the center fronts and center backs in a gored skirt.

Place pins at right angles to the cut edge.

If you need to baste to hold the cloth together for stitching on the machine follow these directions: Always baste from the wide to the narrow end if the seam slants. Match all notches and both ends and pin in place before basting. The side should come out even with nothing to trim off if cutting has been accurate. Begin to baste with a knot in the thread. Put the edge to be basted toward you with most of the cloth on the table. An uneven basting is a good guide as well as a good way to hold the material together. Uneven basting is a small stitch followed by a long stitch. See Figure 15. Baste from right to left just outside the line where you wish to machine stitch. Bastings should be removed after the seam is stitched and before pressing. To take out bastings, clip stitches every so often so that the material will not be drawn.

How To Thread a Needle and Make a Knot

A good thread length is about 18 inches or
about the distance from the fore-finger to the elbow. Cut the thread from the spool after the needle is threaded. The thread will knot and twist less if the end coming from the spool is threaded. Too long a thread is apt to knot and become tangled. A doubled thread is seldom used, except to sew on a button.

Can you make a good knot? Take hold of the thread, about half an inch from the end, between your thumb and the first finger of your left hand Figure 16. With your right hand, bring the long end of the thread around the finger and in between the thumb and finger which is still holding the short end Figure 16B. Keep holding the long end with your right hand. Roll the short end forward between the left thumb and finger until the loop is off the finger Figure 16C. Pull the loop down in a knot with thumb and middle finger of left hand Figure 16D.

What Will You Sew?

After you have become acquainted with a needle and thimble and the sewing machine by making a simple learning problem such as a head scarf, a bib for the baby, a hot dish holder or a dish towel, you will want to make a garment using a pattern.

Talk it over with your mother and select a garment which you need such as a slip, a kitchen apron with two holders to match, a simple cotton dress to wear to school or at home, a cotton skirt or a pinafore or jumper. None of these garments would be hard to make. Of the list suggested, maybe a simple gathered skirt would be a good choice for a first garment. Try to select a garment and a pattern which will not be too hard for you to finish. More difficult things will come later as you learn to sew. If you select a dress for a first garment, choose a pattern without set-in sleeves if you have never made a dress before. There are many simple attractive patterns which will be becoming to you and which you will enjoy wearing.

Your mother or leader will help you buy a pattern which is the right size for you. There will be printed material on the envelope and on a sheet inside which will tell you how much is allowed for seams, how to lay out the pattern economically, etc. Refer to this 4-H bulletin for help in cutting, seams to use, etc.

If you decide to make a slip to be worn
under your cotton dresses, choose a material which will wash and iron well.

The style you choose for your slip will depend upon your size and what you like. Some girls like a slip with straps; others like the built-up shoulder. If you are still growing, no doubt you will want to have a generous hem so that the slip will be long enough next year. If you think you will not be growing much more before the slip is worn out, the hem may be narrower. Generally though, a cotton slip hangs better if at least one and one-half inches are allowed for the hem.

Use care in selecting the color for your slip. If you are sure that the slip will never need to be worn with any other dress, then it might be safe to try a color. However, most girls need to wear their slips with many dresses. For this reason, white or a very light peach would be the most practical selection.

An apron may be your choice for a first sewing problem. If it is, choose a simple style which will wash and iron easily. A good kitchen apron should keep your dress from getting soiled. Most girls think an apron is more comfortable if it is designed to hang from the shoulder so it does not pull on the back of the neck and does not fall forward. Be sure to put a pocket on your apron. Stitch the pocket well at the corners so it will not tear off. Figure 17. If you use trimming, keep it simple and easy to iron.

Hot dish holders can be made from scraps of the apron material. Make them large enough so they will protect your hand well. Avoid fancy shapes and square corners. They can be padded with several thicknesses of outing flannel. Use enough padding so the heat will not go through but be careful not to use so much that the holder is stiff and thick.

If bias binding is used, the best way to sew it on is to open it out and stitch first on the wrong side of the garment. See Figure 18A. Turn to the right and stitch it the second time on the right side. See Figure 18B. Be sure to piece the bias with the thread. See Figure 18C.

Begin With Good Sewing Habits

Choose a comfortable chair. Work on a table, not in your lap. Sit where the light is good, without glare or shadow. Keep your sewing clean; cut off all loose threads. Pick up scraps; carefully put away your work; and keep sewing box neat.

Always use a thimble on the right middle
finger. Cut thread ends with scissors. Biting threads often chips teeth.

Remove all bastings and press as you sew.

Follow all directions carefully.

Use matching thread for stitching.

Do your own work. Ask for advice and if help is given watch and learn.

Always sew with clean hands and nails.

**Keys to Good Sewing**

1. Before cutting a garment, be sure the fabric is perfectly straight or “grain perfect.” The ends and sides should form right angles.

2. Place the right sides of the cloth together so that the wrong side is out for marking and so the seams which belong together are ready for pinning and basting.

3. Mark all construction details accurately. Use ruler for darts.

4. Use machine gauge if you have one. It will be much easier to sew straight and with the right seam allowance if you use one.

5. Cut, baste, sew and press all slanting seams from the wide to the narrow (for example, from hem to waist). In this way, seams will not be stretched out of shape.

6. Fasten stitch at beginning and end of seam darts, etc., by stitching backwards and forwards or raising the presser foot and stitching two or three times in the same place to lock threads.

7. Clip all threads at ends of seams, etc., to keep sewing “clean.”

8. Any seam which is cut at all slanting or curved (off grain) should be staylined if there is any chance of the edge stretching in sewing. Staylines are especially necessary on necklines, armholes, the top of the skirt, shoulder seams and from the fullest part of the hips to the waist line on skirts with slanting side seams.
To stayline, means to stitch through the single thickness of the cloth about one-fourth inch in from the cut edge. The stitching should always be done from the wide to the narrow end to keep the grain in place and keep the edge from stretching.

See Figure 19. The arrows will show you the direction to stitch. Test for direction of stitching that holds the grain of material in correct location. Maybe, as is true in necklines and waistlines, the off-grain line varies from the average. See Figure 20. In these cases brush your finger along the line and see how the grain runs, Figure 21, and stitch in the direction which holds the grain in correct location. Ask your leader to help you understand more about this principle.

Seams You May Use for Cotton Dresses and Aprons

Seams which are suitable for such cotton materials as gingham, piques, percales, cambrics, chambrays, etc., should be easily ironed and not bulky. The following seams are suggested as suitable. Choose the one you think is the best for your dress.

1. Plain seam (pinked) Figure 22A.

A plain seam with edges pinked is suitable for materials which do not ravel readily. Firm percales, piques, etc. Stitch on the line indicated as a seam allowance on the patterns and pink to desired width. (It is not generally advisable to pink by hand with ordinary shears as notches are apt to be irregular.)

2. Plain seam (double stitched) Figure 22B.
One of the most satisfactory seams for firm cottons is the plain seam which is stitched a second time about three-sixteenth inch from the first stitching. This seam is sometimes called a cord seam. This seam is practical for the armhole of a garment also.

3. **Plain seam** Figure 22C.

Edges should be pressed open and turned under and stitched. (Clean stitched seam.) A plain seam, stitched on the indicated seam allowance line may be pressed open and the edges turned under a scant one-eighth inch and then stitched very close to the edge. Complete seam when finished will measure slightly over one-half inch. This seam is often used in unlined jackets to make a neat looking seam.

4. **Flat fell seam** Figure 22D.

For sturdy clothes such as very tailored dresses. Stitch first on the basting line from the right side. Trim the under seam edge away to one-eighth inch of seam line. Turn other edge in and stitch flat. Three-sixteenths inch completed is a good width.

**Hems for Cotton Dresses and Slips**

Hems in washable cottons should be about two inches wide. This width gives weight enough so that the skirt hangs well and also allows a little for lengthening if necessary.

Follow these steps in turning the hem:

1. Have a helper mark the distance from the floor using a skirt marker or yardstick and pins.
2. Trim any extra length so the skirt is even.
3. Turn the raw edge and stitch on the machine about one-sixteenth inch from the edge using matching thread if possible.
4. Measure with paper gauge to get hem even. See Figure 23.
5. Fold on the line indicated by the marker and pin in place.
6. Baste and divide fullness evenly in small pleats or gathers.
7. Sew hem by hand using a slip stitch as follows: Hold the bulk of the material toward you. Insert needle into dress taking up just a few threads of the fabric; the stitch should be in line with the hem. Next slip the needle into the stitched hem edge and take a stitch about one-fourth inch long. Take up another few threads of the dress fabric and so on. Don't pull stitches too tightly. See Figure 24. Stitches may be closer together in a heavy material as the weight of the hem needs to be held so as not to pull out. Note: A fine slender needle and fine matching thread are desirable for hemming.

**Buttons**

1. Buttons are always sewed on double thicknesses of material. Reinforce under the button if there is no hem. A small piece of twill tape or a scrap of the cloth is suitable. A strip of gauze bandage slipped between the two thicknesses of cloth is fine because it is straight and shrunk.

2. Buttons should be sewed on after the buttonhole is made. To mark location of buttons, pin flap in position. Place pins in the overlap through the buttonholes from the right side.
3. If there is to be a strain, or for large buttons, place button at end of the buttonhole nearest to edge of the opening of the garment. If there is to be no strain, or for small buttons, place the buttons in the center of the buttonhole.

4. To attach the button use a strong double thread. Fasten the thread by taking a small stitch on the right side just where the button will cover it. Take one stitch and place a pin across the button under the stitch. (See Figure 25A.) Sew over the pin until enough stitches have been taken. Bring needle out between button and fabric. Remove pin and, holding button as far away from the fabric as possible, wind thread around the stitches holding the button. (See Figure 25B.) Bring thread to wrong side and finish off with a few overcast stitches. (See Figure 25C.)

**Fig. 25.**

**Hooks, Eyes and Snap Fasteners**

The neatest and most durable method of sewing on hooks, eyes and snap fasteners is with a button hole stitch. Make enough stitches in each hole so that the fastener is held securely. Place purl of buttonhole stitch on outer edge. (Figure 26.) Never sew a snap on a single thickness of material.

In sewing pick up one thickness of the fabric with the point of the needle so that the stitches are not caught through to the right side. The thickest half of the snap should be on the bottom or next to the body.

To space snaps, hooks and eyes equally is sometimes a problem. A gauge which can be made very easily will simplify this problem and make the spacings of snaps easier. Make the gauge so that width of the gauge marks the desired space from the edge of the garment, the lengthwise edge is then notched for space between snaps. Figure 26. Sew one side of the snap to the garment, then the opposite half, placing the center on the mark.

**Fig. 26.**

**Finishes for Slips**

The seams most suitable for cotton slips will vary with the style and weight of material. The main thing to remember in selecting a seam for a slip is to select one which is smooth and not bulky and so does not interfere with the fit of the dress which is worn over it.

A plain seam double stitched (see seams for cottons) might be used in heavier materials such as muslin and long cloth. For the lightweight cottons such as slip-sheen (a
fine mercerized cotton cloth) batistes, a top stitched seam is often used. To make a top stitched seam, make a plain seam and then from the right side stitch again about one-sixteenth inch from the seam line. Be sure to keep the stitching an even distance from the seam line. See Figure 27A. Two stitchings might be used, the second about three-sixteenths inch from the first. See Figure 27B.

A French seam is also suitable for lightweight slip material. To make a French seam: Make one-eighth inch seam on right side. Trim it close. Press the seam open. Stitch the second time. See Figure 27C.

Hems for cotton slips may be made according to directions found under hems for cotton dresses and slips in the circular.

If the length of the slip does not permit a hem, a small hem about one-fourth inch wide stitched on both top and bottom is sometimes used.

Straps for cotton slips are best when they are about one-half inch wide when finished. This is narrow enough to be neat and attractive yet not so narrow as to be bouncy. One of the best ways to make a strap is to cut the material for the strap with the lengthwise thread of the cloth. Make it twice the desired width plus enough for a seam. Stitch and turn to the right side. Press well with the seam exactly on one edge. Now stitch on each side with the machine as close to the edges as possible. This makes a strap which is durable and easily ironed.

Straps may be attached in a number of ways. One of the best ways is to slip the finished strap under the edge of the top hem or facing and stitch. See Figure 28A. Turn the strap up and stitch again into position. See Figure 28B. Reinforce by stitching in a rectangular shape where the strap is attached.

The neckline of the slip may be finished with a bias facing of the slip material or may be hemmed with a narrow hem as in the case of a built-up top. In either case, it adds strength and gives a nice tailored effect to stitch it twice. Some girls like to trim the top of the slip in some way. If lace is used, it should be chosen carefully so that it is as strong as the material of the slip and that it is not too wide. Omit the top stitching if lace is used as trim as it will be stitched in most cases to the top edge.
Score Your Garment

It will be fun now to see how well the garment you have made (dress slip, or apron) scores according to our score card. Ask your leader to help you interpret the meaning of each section.

Score Card

Suitability (design, material, style, color) .......................................................... 30
To individual To use
(For slip—to type of dress worn under hygienic aspect—comfort, protection and laundering)
General appearance ................................................................................................. 25
Design
Individuality (Does it look like it belonged to you?)
Color combinations Texture combinations
Pressing and cleanliness
Workmanship ........................................................................................................... 25
Cutting Fitting
Quality of finish (How well done?)
Appropriateness of finish
Economic aspect ....................................................................................................... 20
Value of garment in relation to cost in time and money
Durability of material and design
Judgment shown in distribution of cost
Cost of upkeep, ease in laundering

Total Score ................................................................................................................ 100
Dresses for School

School dresses should be simple in line and reasonably serviceable; easily cleaned, pressed or laundered; without much trimming; of a color dark enough to go to school the year around if necessary; good construction which includes even stitching of a length to suit fabric, durable seams, adequate hem, good buttons and buttonholes or suitable fastenings. Good cutting—watch grain of cloth, check for possible wrinkles, uneven flares or wrong position of seams. Check belts and buckles to see that they will stand up under cleaning or laundering. Always try the garment on. Check width across chest, around thighs, sleeve and skirt. Check length of sleeve and skirt when reaching, standing and sitting. Notice if color, texture and line are becoming to you and suitable for the occasion. Does cost fit your clothing budget?

Shoes

Check the following when buying shoes:
Where and with what clothes will these shoes be worn? For sport, for street and school or for dress or party wear. Shoes should always be in keeping with rest of costume both in color and in style. Do not buy shoes which are extreme in color and in style. Simplicity means ease in upkeep. Shoes for school and street wear should have heels which are comfortable and permit a natural walk and good posture. A broader heel, not over one and one-half inches in height, is the best support for the natural heel of the foot. Select these for school, sport and street wear. Higher heels may be worn for dress and special occasions if the costume calls for them. (See scorecard on judging shoes for other points in selection.)

Anklets

Check for elasticity around the top, also from heel to instep. Some anklets are knit with too little yarn at these points and they break at these points due to strain. Anklets knit in one piece are generally better than those with cuff attached by a seam. Look for reinforcement at toe and heel.

Pants

Is the cut of the garment generous enough to be comfortable? Are seams well made, generous enough to give good service with even machine stitching and proper weight thread used? Are the seams in the crotch in the right position to give comfort and not bind? Are the legs a comfortable shape and length for you?

Will the garment fit smoothly and without wrinkles? Generally elastic in back with fitted front fits smoother than garment with elastic all around. Choose garment in which elastic may be easily replaced if necessary. Is material firm enough to give good service? Is trim, if any, the right weight and texture to wear as long as that of the garment?

Is the material color fast and easily laundered?

Slips

Check design. Will it fit smoothly under the dress? Does top design fit design of dress, is it low enough in the neck line, high enough, etc.?

Check kind and quality of seams. Check stitching quality. Will trim, if any, wear as long as slip? Will material stand up under repeated washings—check for yarn slippage. Plain tailored slips made of good material and of good workmanship are generally preferred to lace trimmed slips as they will look better after laundering and wear.

Try on slip and test for:
Length—be sure to test while sitting for bias slips.
Width
Grain of material
Check for diagonal wrinkles, crooked seams, uneven hem line in front, back or sides.
Clothing Project "C" Plan

Take Good Care of Your Clothes

Have a Plan for Undressing

Here is a simple plan for undressing which will help save your clothes.

1. Take off your dress by slipping it down over the hips if possible. Step out of it carefully and put it on a hanger at once. To take a dress off over the head will tend to strain the seams more than to step out of it.

2. Remove slip. Sit down and take off your shoes and stockings; take your shoes off and place them neatly by the chair slipping shoe trees into them as you do so. Slip hose off; do not let them hang around your ankles as you walk around.

3. Take off your bra and panties and slip into your housecoat before doing the before-bedtime chores.

After clothing has been taken off, it is best not to hang it in the closet right away, but to let it air. Put soiled clothing into the clothes hamper and lay out fresh ones for the next day.

Learn to Hang Up Your Clothes

Perhaps one of the easiest ways to help keep your clothing in good condition is to always hang it up.

Hang your dress and coat on a hanger the moment you take it off. Always hang garments squarely on the hanger. Use hangers as wide as the shoulders of the garment. Shoulders stretch out of shape if they slide off hanger ends. If you haven't enough hangers you can make a fairly good one by rolling a magazine or newspaper into a firm roll and tying a string around the center with which to hang it.

Always fasten a dress or coat when you hang it up—at the neck—down to the front and at any other place that will help the garment to hang straight. Just hanging a garment straight will do a lot to keep it in press and shape.

Belts should be hung separately, away from the dress because their weight often pulls down on dress materials and stretches it.

Skirts should never be folded straight down the center. If the hanger is not wide enough to reach the full width of the skirt belt, fold both sides back leaving the center front and back free of folds.

Care should be taken in choosing clothes hangers so that they will serve the purpose for which they are intended. A few general rules for choosing a hanger are:

The heavier the garment the more important it is to have a wide properly shaped hanger, preferably wood. See Figure 29A.

If the garment is a coat or suit with a high collar choose a long necked hanger to prevent rubbing.

Choose a curved-down hanger for stretchy materials to keep shoulders from stretching.

Skirt hangers are fine to keep skirts in good condition. Snap clothes pins attached to a wire hanger make a good skirt hanger. See Figure 29B. Trousershangers serve nicely, too, if the skirt is hung properly. See Figure 29C.
Watch Clothes Every Day

Here are some things you can do every day to keep your clothes in good order.
1. Watch for rips and broken stitches and mend them at once.
2. Carefully darn snags and worn places.
3. Patch when necessary—matched patches hardly show when done well.
4. Reinforce seams and buttons on a new dress and save much mending later.
5. Check buttons and other trimming often and especially when the garment comes from the cleaner.

To Make Shoes Last

Your shoes will last longer if they are worn only for the occasion for which they are suited—sturdy shoes for work and play—dressy shoes for best wear.

Take care of shoes every day. Protect them when you aren’t wearing them by keeping them in a shoe bag—on a rack or in a box, never lying around on the floor. Good shoe trees help most shoes keep their new shape.

Get new heel lifts— toe protectors and soles as soon as they are needed.

Attention to small repairs will often save more expensive repairs. Check all stitching from time to time and have rips rewed.

Shoe horns are helpful in keeping heels and counters in good shape. Use a shoe horn in putting shoes on.

If you have two pair of shoes wear one pair of shoes one day, another the next. A day of rest is good for shoes because it gives each pair a chance to dry and air inside.

Wet weather can easily spoil a good pair of shoes. So, wear rubbers or galoshes. Before you put on galoshes, make sure there is no mud or dust on your shoes. This will prevent the lining of galoshes from becoming soiled. Soiled linings leave marks on shoes and stockings later. If possible take off galoshes as soon as you get inside. Galoshes worn inside the house cause feet to perspire and perspiration injures shoe linings and shoe leather.

Wet shoes should be put on good form-fitting shoe trees to dry. If you do not have shoe trees, stuff shoes with soft paper and let them dry. Keep them away from sunlight and heat as they dry. Soften smooth leathers with a little saddle soap after they are dry.

Different kinds of shoes call for special care. Here are some ways to help take care of various kinds of shoes.

Smooth Leathers—calf, kid, etc. Use cream polish, liquid polish or wax polish that contains no turpentine. Turpentine dries out leather. Neutral colored cream may be used on all shades of leather but it will not cover water spots as well as colored creams.

Patent Leather—Temperature changes from hot to cold causes patent leather to crack. The first time patent shoes are worn rub them briskly with a cloth to warm them. Then bend your feet to limber the shoes while they are still warm. Each time patent leather shoes are put on they should be warmed a little with the palm of the hand. Use patent cream or oil polish that contains no turpentine and use it very sparingly. Wrap shoes in a clean cloth when they are not being worn.

Suede—Suede shoes may be cleaned with a rubber or bristle brush. Avoid wire brushes. Very fine sand paper may be rubbed lightly over scuffed places to raise the surfaces, take off the shine. When suede shoes become worn and the color uneven, a liquid dry cleaner may be daubed on sparingly in one direction. Before it is dry, brush the shoe with a rubber sponge in the opposite direction.

Gabardine—Shoes may be brushed and cleaned with carbon tetrachloride. If shoes are wool gabardine they should be protected in storage against moths as you do other woolens.

Cotton Fabric—Play shoes, etc., may often be cleaned with a mild soap and water.
Use a brush and not too much water. Remove all soap and dry away from heat. This method is only advised if the color is fast and the quality of the fabric is good. It is a good idea to ask about color fastness when you buy play shoes.

White Shoes—Since there is no all-purpose white cleaner use the cleaner recommended for the particular type of leather in your shoes. Ask the dealer how the shoes should be cleaned when you buy them. For some, mild soap and water will work.

Galoshes and rubbers—If overshoes are muddy or oily, wash them with water and soap before they are put away. Dry with a cloth and put in a cool, airy place. Always keep overshoes away from heat. Stuff galoshes with wadded-up paper and put in a dark, cool place.

Hats Need Care

Hats, when they are not in use, should be placed where they will best keep their shape. This might mean on hat stands but generally, most hats are better when the crown is stuffed with tissue paper and placed in a dresser drawer or box with enough space around the hat so as not to crush it.

Keep your hats clean by thorough brushing and removing soil with a cleaning fluid such as carbon tetrachloride. French chalk for light hats and often fine sandpaper rubbed gently over smooth or soiled spots will keep felt hats new looking. Clean the inside bands frequently with a cleaning fluid.

Have Tidy Dresser Drawers

Clothes can become shabby in drawers and closets if they have to be handled too much because they are in the way when you want to get something else. Well organized dressers and closets with suitable hangers for all kinds of clothes will keep clothes fresh and ready for the next wearing.

Keep sweaters, and garments that do not hang well in boxes or drawers.

A wise precaution is to put tissue paper in the shoulders of dresses to keep the hanger from marking them.

Use Care in Laundering

If stockings or anklets are carefully washed every time they are worn, they will last longer. To wash stockings or anklets, make a good suds by dissolving soap flakes or powder in hot water then adding cold water until the mixture is lukewarm. Turn stockings wrong side out and squeeze gently in the suds. Press out the moisture. Do not wring or twist. Then rinse in at least three clean lukewarm rinses. Hang on a hanger. Do not use clothes pins as they often catch threads, making a run. In case stockings have runs, holes or weak places, mend them before washing.

Perhaps you may be washing such underthings as panties, slips and some night clothes by hand. Don't let these garments get so soiled that they need to be scrubbed clean. This is very hard on them and you. Even dark slips should be washed often. Often one can smell soil and stale perspiration in a garment when it cannot be seen.

To wash such garments, dissolve mild soap in hot water. Add cool water to make a lukewarm suds. Wash the garments by squeezing the sudsy water through it. If the material is rayon the fabric will be weakened when wet so it should be handled carefully—never twisting or wringing it. Rinse thoroughly in lukewarm water until all suds are removed. Roll in a Turkish towel to remove moisture. Gowns and slips may be hung on rust-proof hangers until ready for ironing. Lay panties over a line but do not use clothes pins.

When You Iron or Press

No matter how old a garment may be, if carefully and well pressed it will have a much better appearance. In order to do good pressing, a well padded ironing board is required. Good pressing cannot be done on either a hard board or a board which is too soft. A commercial pad may be used or several thicknesses of an old blanket is excellent. Some people like to use cotton for pad-
The pad should be fastened on firmly and fit over the edges and end. A cover that can be taken off and washed easily may be made at home from an old sheet or muslin, as follows: Draw the shape of the board on a piece of paper, then allow three inches all around this and cut out. Use this as a pattern and cut out of material. Make a three-fourths inch hem all the distance around and insert elastic in this casing so that it will pull tightly on the board. Place tapes on each side of the cover at the wide end about 12 inches from the end and use these to tie it firmly in place. See Figure 30.

More Suggestions for Pressing

A wool pressing cloth with a muslin piece on top is needed for pressing woolens. The moisture is then applied to the muslin piece. Cotton garments are usually pressed when damp from the right side unless a dull appearance is desired as on heavy pique. Linen garments need to be quite damp and should be pressed on the wrong side to prevent them from becoming shiny.

A good order to follow in pressing a dress is: sleeves, cuffs, collar, waist, shoulders, skirt, hem and belt. To avoid pressing a crease in the sleeve, lay the edge just off the board on the side nearest you.

Iron bias-cut skirts with the weave of the cloth to prevent bulging at the seams.

Iron all seams from the wide to the narrow end. Darts and shoulder seams should be pressed on a curved surface. The end of the ironing board or a pressing mit will do.

To iron pleated skirts, iron the hem first on the wrong side, then the right. Turn the skirt wrong side out, place on ironing board, and pin the pleats in place to ironing board pad, taking care not to catch fabric where the pins will show. Iron from bottom to top of skirt, repeat on right side.

To iron zipper placket, iron along the sides of the closed zipper, but not directly over it. Avoid pulling and stretching.

Hang blouses, dresses, and skirts on hangers as soon as they are ironed.

Guard Your Grooming

Good grooming is the keynote to feeling and looking your best. It starts with either a sponge bath or tub bath taken at bed time or before dressing in the morning. When bathing, use plenty of mild soap and water. Follow with a good deodorant to remove the odor of perspiration. Dusting powder gives a good fresh clean feeling after the bath but should not be substituted for a deodorant. There are many kinds of deodorants and non-perspirant powders and creams for sale. Find the one you like best and use it every day to keep you fresh and dainty all day.

Have Hair That Shines

Well-groomed hair requires frequent shampooing to be clean, and daily brushing with a good type stiff brush to have luster. Roll brush slightly, lifting the hair away from the scalp as you brush, holding your head down to stimulate the circulation of the blood in the scalp. Continued brushing helps to distribute natural oil. Be sure to wash your brush and comb each time you shampoo your hair, and as often between shampoos as is needed.
**Cover Your Shoulders When Combing**

If you comb your hair after you dress, be sure and protect your dress. A good dress protector can be made from print or chintz or plastic material and would be well worth the time spent in making it because it will save your dress. Cut a circle of material about 27" in diameter. In the exact center of this large circle of material draw around a saucer. This is just the right size for the neck opening. Cut from the edge of the large circle to the edge of the small one. Hem all around. Bind neck opening and allow enough for a tie. See Figure 31.

**Protect Necklines From Lipstick**

Close your lips when putting on or taking off a dress if you wear lipstick! If lipstick gets on your wash dress it will come off more readily when washed if it is sponged with carbon tetrachloride. Carbon tetrachloride will remove lipstick from a non-washable fabric too.

**Have Teeth That Sparkle**

It is ideal to brush the teeth after each
meal and before going to bed at night. If this is not possible, a thorough brushing night and morning will help keep healthy teeth that are in good condition, clean and sparkling. You may have a commercial dentifrice which you like or you may wish to use soda and salt, which many dentists recommend. Have a good type tooth brush with plenty of space between the tufts of the bristles to aid in keeping the brush clean. Let the brush dry thoroughly after each use. It is wise to have the dentist care for your teeth twice a year to keep the teeth in a good healthy condition.

**Posture Pointers**

Good posture will help you look your best, will help you improve your health, will give you self-confidence, and will help you look better in your clothes. It is the basis for that smart, smooth look. Walk toward a full-length mirror. Do you walk with your toes pointed straight ahead as if you were walking along a narrow board in the floor? Do you walk lightly with your legs swinging from the hips in an easy, graceful stride? Is your head held high as if you were trying to touch the ceiling with the top of your head or were trying to keep a book balanced there? Is your stomach pulled in where it belongs so that it is flat? Are your hips tucked under in the back so that you have a smooth line? Sit in a straight chair in front of the mirror. Are you sitting gracefully? Are your hips back against the back of the chair? Is the upper part of your body straight without looking stiff? Remember than you have to stand tall, walk tall, sit tall, and think tall in order to have good posture.

Do you think about and check your posture at least once a day? To get the feel of good posture, stand with your back and head touching the wall with your heels three inches from the wall. Push back against the wall so that your spinal column touches the wall all the way down. Relax your knees slightly. Breathe deeply a few times in this position, then walk away from the wall holding this position. To improve your posture, practice the following daily:

1. Stand tall.
2. Sit tall.
3. Walk tall with weight on balls of feet.
4. Draw in the abdomen, pulling it back and up and tuck in the hips as you do when trying to squeeze through a tight place.
5. Keep shoulders square and high, but not hunched and stiff.
6. Pull chin straight back toward the collar button.
7. Lie tall and flat. Sleep tall.

**Give Your Hands Extra Care**

That well-groomed look for your hands depends first on the use of plenty of warm water, a mild soap and a thorough drying after each washing. A hand brush is handy to use when your hands and nails are especially dirty and often the use of a mild abrasive soap works wonders to remove stains. Lemon juice, vinegar and rhubarb will help remove stubborn stains.

**Have a Skin That Glows**

A healthy skin not only requires proper care but also depends upon a balanced diet, fresh air, exercise, and the right amount of rest. A natural clean, scrubbed look is the basis for that smooth and smart appearance. A beautiful complexion is more dependent on rest, diet, exercise and water inside and outside than it is on cosmetics. The best cleansing agents are mild soap and warm water, plenty of clear rinse water, and a soft washcloth. Wash gently, working lather into the skin, rinse thoroughly in warm water and then in cold water; blot dry with a towel. Creams are not necessary to the proper care of the normal skin. If your skin needs extra protection from winter winds and summer heat, use a lotion or light cream especially made for that purpose. Ask your doctor for advice if you are bothered with stubborn skin blemishes, and then follow his advice.
Clothing Project "C" Plan

9. Head held high.
7. Ear—directly above shoulder lines.
8. Chin in—be friendly.
6. Shoulders held straight but not stiff.
5. Chest held high.

4. Arms relaxed—be at ease and let hands be comfortable.

3. Hips tucked under and note what it does to your tummy.

2. Knees unlocked and at ease.

1. Feet parallel—distribute weight evenly.
Agricultural Extension Service
George I. Gilbertson, director
South Dakota State College and United States Department of Agriculture, Cooper.
In Furtherance, Acts of Congress, May 8, June 30, 1914