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4-H Clothing Project for South Dakota 4-H Girls

Anna D, Walker

Ima R. Crisman

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Clothing Project
FOR SOUTH DAKOTA 4-H GIRLS

AGRICULTURAL EXTENSION SERVICE - - SOUTH DAKOTA STATE COLLEGE, BROOKINGS
U. S. DEPARTMENT OF AGRICULTURE COOPERATING
4-H Clothing Project
By Anna D. Walker, Clothing Specialist
and Ima R. Crisman, Assistant
State 4-H Leader

“C” PLAN
Cottons for Home and School
Suggested for Beginning Girls

Goal 1. To Learn Proper Clothing Care
1. Hang up your clothes.
2. Care for your shoes.
3. Do your own hand laundering.
4. Help with the ironing.

Goal 2. To Make Better Choices
1. Make a study of cotton fiber and fabrics.
   a. Include tests, weaves, uses, shrinkage, thread count, sizing, fading, etc.
2. Decide upon the garments you will make.
3. Keep a record of all money spent for your shoes and hose for a year. (Blanks are provided in member’s record book.)
4. Do group judging.

Goal 3. To Learn to Sew and Save
1. Learn to use and care for sewing tools.
2. Learn to run a sewing machine.
3. Organize and equip a sewing box or basket.
   Below are seven suggested articles. Make any two.
   1. A learning problem such as: hemming, a dishtowel or head scarf, making hot dish holders, making a laundry bag or bib.
   2. A nightgown.
   3. A slip for wear with a simple cotton dress.
   4. A kitchen apron and two matching holders.
   5. A simple cotton dress for home or school wear.
   6. A pinafore or jumper.
   7. A simple cotton skirt.

Goal 4. To Know How to Look Your Best
1. Improve posture and carriage.
2. Check up on personal grooming.
3. Carry out a health improvement program.

“B” PLAN
Costume for School Wear
Suggested for Older Girls

Goal 1. To Learn Proper Clothing Care
1. Care for and repair your wardrobe.
2. Remove three or more different stains.
3. Improve storage in one or more ways.
4. Practice control of moths.

Goal 2. To Make Better Choices
1. Learn to know all fibers.
2. Take an inventory, decide on clothing needs; keep a clothing account; and summarize what you learned from this planning.
3. Learn the essentials of a complete costume.
4. Do judging work.

Goal 3. To Learn to Sew and Save
1. Make a piece of pressing equipment or a kit of cleaning and pressing supplies.
2. Make over a garment for yourself or another member of the family. (Take before and after pictures where possible.)
3. Plan, make and model a complete costume needed in your wardrobe.
   a. Choose suitable new or used materials for the main garment.
   b. Suit undergarments to the main garment. (Undergarments may be made if desired.)
   c. Accessories may be made, selected or ones already in wardrobe which have been cleaned, renovated, or restyled.
   Suggested Costumes:
   Tailored outfit
   School Outfit
   Dress Outfit
   Party Dress
   Sports Outfit

4. Make one other garment or article for yourself or another member of the family.

Goal 4. To Know How to Look Your Best
1. Improve posture and carriage.
2. Check up on personal grooming.
3. Carry out a health improvement program.
GOOD SEWING HABITS
1. Choose a comfortable chair. Work on a table, not in your lap. Sit where the light is good, without glare or shadow.
2. Keep your sewing clean; fasten all ends and cut off all loose threads. Cut threads with scissors.
3. Use a thimble.
4. Remove bastings as you sew.
5. Use matching thread for stitching.
6. Do your own work. Ask for advice and if help is given, watch and learn.
7. Always sew with clean hands and nails.

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 us 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. A thimble helps to balance the needle and makes sewing easier. See Figure 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.

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. See Figure 3.

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. See Figure 4.

Fold diagonally. 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 and sew to the elastic. Your pin cushion will look like D.
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 woollens. 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 woollens.

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

Medium fine, Numbers 80 for lawn, voile.

Fine, Numbers 100 for organdy, batiste, etc.

Most colored threads come in two weights—one for general sewing (generally mercerized) and heavy duty thread for heavier work.

Sewing Machines

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.
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, chambrays, percales, 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.

Cut With Care

Remember that the key to good sewing is careful and accurate cutting. Do not skimp on the time you spend in preparing the cloth. If the garment is cut "off grain," on the time you spend in preparing the cloth. 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.

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. Figure 7

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.

Shrink Before Cutting

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.

Al though wools are generally pre-shrunk it is advisable to shrink all wools before cutting. Pressing and cutting will be more satisfactory if this is done.

To shrink woolens at home, proceed as follows:
1. Unfold the fabric and clip selvages every two inches.
2. Straighten both ends by pulling a thread.
3. Wet a sheet in cold water, wring it out nearly dry.
4. Lay the fabric smoothly on a sheet.
5. Roll the sheet and fabric together and let stand twenty-four hours.
6. Unroll fabric and lay it out on a flat surface to dry. Make sure it is perfectly straight, and if it is necessary, press on wrong side with a moderate iron following the grain of the fabric. Use a pressing cloth and press until the cloth is nearly dry. Watch the threads as you press to keep them straight. Do not press the cloth completely dry as too much pressing will cause the material to shine. Allow to dry first holding the fabric with the right side inside, the selvages together and the ends together so the ends and sides form a perfect right angle. It is important that the threads are straight for cutting.

No shrinking or sponging at home is necessary before cutting rayon unless it is pressed crooked and needs to be straightened before cutting. Then it should be sponged and pressed. It is a good idea to wash rayon slip material or any washable rayon before cutting.

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, or yardstick, and measure out from each hole to the selvage and see that the number of inches is the same for every one. Only by measuring, can you be sure that the piece of pattern is exactly straight with the thread. 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. See Figure 8.

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 9.
Mark Accurately

Pattern pieces should not be removed from the fabric until each piece has been marked. 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 any (may be bought at some notion counters). A light pencil mark may be used on washable materials on the wrong side. See Figures 10 and 11.

To Mark a Dart

Mark the dart with a ruler and dressmakers’ carbon paper. Draw the line through the middle of the perforations. Be accurate! A line drawn across the end of the dart will help you know where the dart ends when the stitching is being done.

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. 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.

Protect Edges from Stretching

Any seam which is cut at all slanting or curved (off grain) should be stay lined if there is any chance of the edge stretching in sewing. Stay lines 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.

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 the seams which belong together are ready for pinning and basting.

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

4. Use seam gauge if you have one. It will be much easier to sew straight and with the right seam allowance if you use one. Be sure you follow the exact seam allowance marked on the pattern envelope.

5. Cut, baste, sew and press all slanting seams from the wide to the narrow (for ex-
ample, 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.

Direction of Sewing Seams

All seams should be stitched with the grain of the fabric in mind. Stitch from the direction indicated by arrows in Figure 13 to hold grain threads in correct location, that is, from the hemline to the waistline, from the neckline to the armhole and from the under arm to the waistline.

Seams and Seam Finishes

The kind of seam used in a garment will vary with the kind of fabric and the position on the garment. Choose the one which will give the smoothest effect and still be durable.

The following table will serve as a guide for you in selecting a suitable seam for your garment.

<table>
<thead>
<tr>
<th>Seam</th>
<th>Direction for making</th>
<th>Fabric</th>
<th>Garments</th>
</tr>
</thead>
<tbody>
<tr>
<td>Plain Seam</td>
<td>Baste or pin two right sides of the fabric together. Use a seam gauge and stitch exactly on the seam allowance. This seam may be pinked or left plain. Selvage edge may be used in some materials, if clipped every six or eight inches.</td>
<td>Fabrics which do not fray and do not call for more finish for durability.</td>
<td>Dirndl skirts. Some aprons. Garments which are to be lined.</td>
</tr>
<tr>
<td>Edge Stitched Seam</td>
<td>Make a plain seam. Keep double thickness together and stitch again ¾ in. to ½ in. from first stitching. Excess width may be trimmed.</td>
<td>Fabrics which have a little tendency to fray.</td>
<td>Dresses, Blouses, Shirts, Children's dresses, Aprons</td>
</tr>
<tr>
<td>Stitched edge—seam open</td>
<td>Make a plain seam. Press open. Stitch through the single thickness of both sides.</td>
<td>Fabrics which have a tendency to ravel.</td>
<td>Wool or spun rayon skirts, Dresses, Housecoats</td>
</tr>
<tr>
<td>Edge turned and stitched French seam</td>
<td>Make a plain seam. Press open. Turn each raw edge under 1/16 in. to ¼ in. and stitch along each folded edge.</td>
<td>Light to medium weight fabrics.</td>
<td>Unlined coats, jackets, boleros or weskits.</td>
</tr>
<tr>
<td>Flat-fell</td>
<td>Place wrong sides of fabric together and stitch a seam ½ in. to ¾ in. less than the seam allowance. Trim edges very narrow—not over ¼ in. Press seam open. Be sure the first stitching is right on the folded edge. Press. Stitch seams just wide enough to completely enclose the raw edges—not more than ¼ in.</td>
<td>Light or medium weight cotton, linen, rayon, nylon and silk.</td>
<td>Blouses, slips, night gowns, dainty children's dresses.</td>
</tr>
<tr>
<td>Mock Flat-fell or Top-Stitched</td>
<td>Two stitchings are on the right side. Place wrong sides of fabric together—stitch on seam allowance—trim one edge to ½ in. Press wide side over the narrow and turn under. Baste flat to garment and stitch close to the folded edge. The finished seam should be ¼ in. wide.</td>
<td>Light and medium weight wash fabrics such as broadcloths, outing flannel.</td>
<td>Slips, panties, children's clothing, tailored pajamas, boys' suits, tailored blouses and shirts. Use only where seam allowance is not needed for alteration.</td>
</tr>
<tr>
<td>Make a plain seam as wide as the seam allowance. Stitch and press both edges to one side. Stitch again on the right side through both the garment and the seam about ¼ in. from the seam line. Two rows of stitching may be made, if a more tailored appearance is desired.</td>
<td>For fabrics that do not ravel easily. Sturdy cottons which would be too bulky with a flat fell.</td>
<td>Slips, Pajamas, Slacks, Children's clothing.</td>
<td></td>
</tr>
</tbody>
</table>
Single cord

Make a plain seam. Press to one side. On right side stitch close to the folded edge. This seam resembles a top-stitched seam in appearance but cannot be used successfully on sharp edges or curves. If used where one side is gathered or pleated, press seam away from the fuller side.

Any fabric except bulky ones.

Used wherever a top-stitched seam may be used except on curved or angular seams.

Some further helps in seam construction follows:

- **Figure 14**

  Turn flat-fell seams that meet in opposite directions. Crossed flat-fell seams are matched only at the first stitching. The seams are turned in opposite directions to avoid a bulky joining as in the crotch of pajamas. See Figure 14.

- **Figure 15**

  Clip curved seams. Seams on curved edges that are pressed open or turned should be clipped to avoid bulk. See Figure 15.

### Hems

Before you hem your dress press the entire dress carefully, making sure to press the seams flat, always pressing from the wide to the narrow end, i.e., hem to waistline as in skirt etc. This will keep the seams from being pressed out of line and insure a better hanging skirt.

When you are ready to put the dress on for marking the hem, be sure you have on the same kind of shoes and underclothes you will be wearing with the dress.

Have someone measure with a ruler, yardstick, or skirt marker the distance from the floor you want the skirt to be. Have her mark the line with pins all around the skirt, about three inches apart. Or use one of the markers that you can work yourself. See top, Figure 16.

Turn up hem on this pin line. Pin. Try on dress to be sure skirt hangs evenly and the length is right.

Baste hem at the bottom, take out the pins, and press the fold.

Even off turned up part of hem to about 1½ or 2 inches all around. See middle, Figure 16.

If the garment has been cut and sewed carefully, there will be very little evening up to do.

Turn cut edge under one-fourth inch. Press. Machine stitch about one-sixteenth of an inch from the turned under edge. If the skirt is circular, use a longer stitch in the machine stitching so that the fullness may be adjusted by drawing up the thread. This is better than using pleats. Press hem in an up and down direction. Crosswise pressing may stretch the hem.

Use slip stitch, see bottom, Figure 16, to sew hem in place—or a vertical stitch.

For heavier wool materials and some rayons which are not washable, a ribbon seam binding may be used. Baste lower edge of seam binding to the cut edge of the hem, overlapping the binding and the hem about one-fourth inch. Machine stitch the binding to the hem edge as close to the edge of the ribbon as possible. To finish, one of the most satisfactory methods is to slip stitch along the ribbon, tipping the ribbon back enough so that the stitching is entirely concealed under the edge of the binding. Some prefer to catch-stitch the ribbon to the skirt but this method is less desirable because the stitching is apt to be too tight and thus make the hem line show on the right side. The hem line stitching should not be seen at all on the right side.

For very circular skirts in heavier wool or rayon fabrics, fit a bias strip of muslin inside the hem letting the muslin extend a scant one-half inch beyond the raw edge. Pin the muslin to the edge of the hem, stretching the bias as you pin. When the bias strip goes back into shape it will carry the fullness with it. Stitch the muslin strip to the hem edge. Leave the bias in and trim enough so that the hem edge can be covered with ribbon tape applied as described.

This is an excellent method to use on a jacket or coat hem. In that case the lining will cover the muslin and it is not necessary to use the ribbon binding. See Figure 17.

- **Figure 16**

- **Figure 17**

### To Set in Sleeves

Press open sleeve seams—press open blouse seams.

Stitch with a long machine stitch (machine basting) between the notches at the top of the sleeve almost on the seam line.
This is to be used in gathering up the ease or fullness.

With right sides of material together, on the sleeve side, pin sleeve seam to under arm seam, perforation marking at the top of the sleeve to the shoulder seam of the dress and the notches on the sleeve matching with the notches on the armhole.

Now pull up the machine basting (long machine stitching) so as to distribute the fullness evenly and correctly. You should remember that there is more ease over the sleeve cap than there is just above the notches but none at the very top of the sleeve.

When the fullness is correct, pin or baste on the seam line running the pins parallel to the cut edges. Stitch on the sleeve side (sleeve up) around the armhole. Begin to stitch at the underarm seam. You may stitch the sleeve in with a machine basting if you are not sure about the fit. If the sleeve does fit, then you may stitch right over it with the regular length stitch. Check the grain line in the sleeve. It should run as in Figure 18.

If the sleeve is without gathers be sure that the ease is distributed evenly so no fullness is visible in the sewn in sleeve. In wool fabrics, the seam may need to be pressed well to shrink out the fullness at the edge of the seam.

Another very satisfactory method of setting in a sleeve is as follows:

1. Mark a line from notch to notch around the sleeve exactly on the seam allowance. Tailor’s chalk or dressmaker’s carbon may be used.

2. With a small machine stitch, stitch exactly on this marked line. As you stitch, stretch the seam edge, i.e. with thumbs placed on each side of the marked line, stretch at right angles to the cut edge. Be sure to stretch in this manner so as not to pull the threads out of line. You will notice when this stitching is done that the sleeve is cupped exactly right to fit into the armhole.

3. Pin the sleeve into the armhole matching the mark, which indicates the top of the sleeve, with the shoulder seam, the under arm seams with the sleeve seam, and match the notches. Place pins along the line of stitching with the heads all pointing in one direction so they may be pulled out as you sew.

4. Sew exactly over the line of stitching on the sleeve side.

Closures

Slide Fasteners

See Figure 19

To put in slide fastener at side seam:
1. Baste-stitch by using a long sewing machine stitch left side seam at placket opening closing the entire placket opening. This stitching is ripped out after the final stitching is done.

Press seam open.
2. Stitch seam binding to front edge of seam.

Extend back of side seam one-eighth inch and press flat.
3. Place this fold on right side of slide fastener close to slide and stitch.

Snip fold at ends of stitching.
4. Open seam, with slide fastener placed flat against front seam allowance.

Hold flat and pin or baste parallel to metal slide.
5. If pinned, place pins on outside (dress side). On outside, stitch parallel to basting, allowing space at top for lock. Remove baste-stitching. This method is used in both skirt and dress plackets.

Caution: Remember to always do all sewing from the bottom to the top of the zipper to avoid stretching the grain out of line.

Placket-continuous lap. This is used in heavy materials. Sew a strip one inch wide to front edge of opening. Cut a strip 2½ inches wide for under lap. Sew one edge to back of opening, right sides together. Fold and hem other edge of lap to position on inside. Overhand or stitch lower ends together.

Gap proof plackets are made by sewing a rectangular piece of cloth into the placket opening. The rectangle is sewed across both ends making the placket appear as a set in pocket. See Figure 21.

Placket with underlap. This is used in heavy materials. Sew a strip one inch wide to front edge of opening. Cut a strip 2½ inches wide for under lap. Sew one edge to back of opening, right sides together. Fold and hem other edge of lap to position on inside. Overhand or stitch lower ends together.

Fastenings are applied.

Placket with underlap. This is used in heavy materials. Sew a strip one inch wide to front edge of opening. Cut a strip 2½ inches wide for under lap. Sew one edge to back of opening, right sides together. Fold and hem other edge of lap to position on inside. Overhand or stitch lower ends together.

Gap proof plackets are made by sewing a rectangular piece of cloth into the placket opening. The rectangle is sewed across both ends making the placket appear as a set in pocket. See Figure 21.
Buttons and Buttonholes—Snaps, Hooks and Eyes

Buttons. If buttons are used suitable buttonholes should be provided for them unless of course, they are small buttons used only for trim. Snap fasteners are never placed under buttons. Good buttonholes contribute a lot to the attractive appearance of your dress. Make them with care. They may be worked by hand which is probably the easiest—most suitable kind for a wash dress. They may be made by a machine attachment and if it is handled with skill these buttonholes are practical on some fabrics. Bound or cored buttonholes may be made. Corded and buttonholes are good in some wool and rayon fabrics and are also sometimes used in the heavier cottons.

Directions for Worked Buttonholes

Pattern markings for the buttonholes may not be right for you so try on the waist, pin center fronts together, and mark with a pin the place where you want the top button. Take off the dress, lay the buttons on the right front with the top button on the pin to work out an attractive spacing for the buttons. Make sure that they are an equal distance apart and an equal distance from the front edge of the dress. Mark the place on the center front.

Next, decide on the length of buttonholes. Measure the button and add about one-eighth inch for thickness of button. Never make the buttonholes before you buy your buttons. Usually it is a good idea to make trial slashes in scraps of goods and slip the button through to be sure the size of the buttonhole is right.

Mark buttonholes with chalk, pencil, or basting. Start buttonholes one-sixteenth inch from the center front toward the front edge of the dress and measure back the length of the buttonhole. Then when your dress is fastened, your buttons will be exactly at center front. Be sure to mark the buttonhole line along the thread of the material. This is the cutting line for the buttonhole.

To keep the material firm and to form a guide for working the buttonhole, machine-stitch about one-sixteenth inch from each side of the chalk or basting line. Cut along the chalk or basting line the length of the buttonhole and overcast the cut edges. Work the buttonhole using buttonhole stitch. Make stitches long enough just to cover machine stitching. Strengthen ends of buttonhole with several small stitches in a fan or bar. See Figure 22.

Try a few buttonholes on scraps of material first. Then make them on your dress after you finish the front edges and facings. For most fabrics use ordinary mercerized sewing thread. Buttonhole twist makes a heavy buttonhole and is suitable only for heavy woolens.

Bound buttonholes a kind of tailored buttonhole are made using a number of methods. By using the following method you can make a bound buttonhole very successfully.

First mark the location for each buttonhole. For fabrics where it is not practical to use a mark, stitch with a long sewing machine basting on the two lines indicated on the pattern for the width of the buttonhole. Then stitch again across the two lines for the placing of each buttonhole.

1. Cut lengthwise strip one and one-half inches wide and twice the length of total number of buttonholes. Fold strip one-half inch and stitch tuck one-eighth inch from fold. See Figure 23.

2. Repeat on other edge keeping cut edge of first tuck free. Result: two one-eighth inch tucks one-fourth inch apart.

Cut into sections twice the marked buttonhole size.

3. Shorten machine stitch. Place fold of tuck on location line which has been marked grain perfect. Stitch marked length of buttonhole on original tuck stitching, securing at each end by making several stitchings on the same spot.

4. Bring cut edges of tucked strip together with strip laying flat and repeat stitching on the other tuck forming a parallel line.
5. On the wrong side, cut between parallel lines of stitching to three-eighth inch from each end.
   Clip diagonally to each end of stitching.
6. Turn the tuck strip to the wrong side. Pull ends of strip to square the corners.
7. Holding the garment away, stitch back and forth over triangle and strip at end of buttonhole.
   Repeat at other end.
8. For finishing, slash material under buttonhole in the same manner as for the buttonhole. Turn in cut edges and slip stitch in position.

**Hooks, Eyes and Snap Fasteners**

The neatest and most durable method of sewing on hooks, eyes and snap fasteners is with a buttonhole stitch. Make enough stitches in each hole so that the fastener is held securely. Place purl of buttonhole stitch on outer edge. 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 the 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 24.

Sew one side of the snap to the garment, then the opposite half, placing the center on the mark.

**Buttons**

1. Buttons are always sewed on double thickness 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. 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. Bring thread to wrong side and finish off with a few overcast stitches. See Figure 25.

**Construction Detail Helps**

**Bias**

Bias of material is often used for binding or facing edges. It is more elastic than a straight piece of material so goes around curved edges more readily without bulk.

Bias is often cut twice as wide as needed and folded in the middle. Stitch the cut edges together with a small machine stitch, stretching as you stitch. This bias may be applied as described below but the folded edge makes it unnecessary to turn the edge in. This is a good method unless the fabric is heavy and bulky.

Bias is cut diagonally across the warp and filling threads at a 45° angle. Find it by folding a square corner so that the warp threads of the corner are parallel to the filling threads of the rest of the piece of fabric. See Figure 27.

**Patch Pockets**

Be sure to reinforce corners of patch pockets. See Figure 26.

**Tailored Pockets**

See directions in the pattern instruction sheet for special kinds of pockets. Follow directions carefully.

**Crosswise**

Mark with a ruler as in Figure 28 and cut on the marked lines.

When applying bias tape or bias pieces, sew to the wrong side first. Turn to the right side and make final stitching on the right side. Figure 29.
Peter Pan Collar

Place the right sides of the upper and under collar together. Stitch together leaving the notched or neck edge open. Press seams open and trim interfacing to the seam line, the under collar about ¼ inch and the collar to about ¾ inch.

Snip tiny wedges out of the seam allowance around the collar (a) Figure 30. Turn collar to right side and press so that none of the under collar shows from the top side.

To apply collar to neckline (b) Figure 30, pin center back of collar to center back of neckline, the underside of the collar against the right side of blouse. Pin front ends of collar to the center fronts of blouse. (The neckline is usually slightly larger than the collar so that the collar will lie smoothly.) Ease neckline in as you pin or baste. Place the right side of fitted facing against the top side of the collar, matching center back of facing to center back of collar. Pin or baste blouse, collar and facing together. Clip seam allowance of collar, blouse and facing to the stayline stitch. This causes the neckline to straighten out and makes it easier to sew.

Begin stitching at one edge and stitch all the way around the collar. Trim seams and press. The facing will fall inside the blouse. Tack facing to blouse at shoulder seams.

Convertible or Notched Collar

Place right sides of collar pieces together. Stitch on seam lines, leaving notched or neckline side open. Trim seams, clip corners, figure 32 (a). Press seam open, turn to right side and press flat.

Place under side of collar to right side of blouse. Match and pin front edges of collar to center fronts of blouse. Match and pin center backs and notches, easing in any collar fullness (b).

With this collar there is a front facing that extends to at least to the shoulder line. When there is a back facing piece, join to front facing and turn under outside edge of facing just as in the peter pan collar. Pin collar to blouse, baste, and clip seams to staystitching. Stitch collar facing and blouse in the same way as for the peter pan collar. Trim seams and corners. Press facing to inside, tack facing in place at seam lines and back darts.

See mimeographed circular on “Tailoring” for methods used in tailored suits and coats.

Problems of Facings

Top Finishes of Slips

A bias or fitted facing may be used on a slip with built up shoulders or straps. A beginner may find the fitted facing easier to make. A facing that is not wider than one-half inch may be machine stitched on both edges (Figure 33). Shoulder straps are usually made of the same material as the slip and may be the same width as the facing. Cut two straight pieces of material on lengthwise or crosswise thread the correct length plus two seam allowances. With right side of piece down on table, fold over and crease seam allowances on both lengthwise sides. Bring folded edges together. Press. Baste and stitch both edges of strap. INSERT THE ENDS OF THE FINISHED STRAPS AT CORRECT LOCATIONS BETWEEN FACING AND TOP OF SLIP (Figure 33). Stitch as in Figure 33 (a).

Fitted Neckline Facings

For neckline facings, cut one to fit the back and one for the front. Join facing seams at shoulder, stitch and press open. With right sides together, pin and baste the entire facing to the neckline. See Figure 34.
It is wise to miter a hem, facing (except fitted) or binding on square corner to do away with the extra material. After the first stitching, fold the excess fabric at the corner and stitch diagonally from the outside corner to the inside corner (Figure 35). Trim the seam to one-eighth inch and press edges apart (Figure 35). Turn hem to wrong side (Figure 35).

Press As You Sew

Good construction calls for good pressing. Your garment will have a more professional look if pressing is done as you sew. No two seams should ever cross without being pressed first.

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 padding. 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 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 Figure 36.

Press Cloths

Should be smooth, lintless, all sizing removed. No one press cloth will work on every fabric. The kind used makes a lot of difference. In general, most fabrics look better pressed on the wrong side. Hems, seams, collars, and pleats may need to be finished on the right side.

Silk and Rayon—Cheese cloth: (1) Dampen slightly; lay over garment; press until dry with warm to moderate iron. (2) Tissue paper: Dampen paper with sponge, press; or press without moisture. Good for top pressing; also good on cottons that shine easily, as gabardine.

Wool—If a wool press cloth is used, wool is less apt to water spot or get hard and shiny. To make: Size 12 by 24 inches. Firm wool, men’s wear; cotton drizzling or heavy unbleached muslin. Both pieces must be fully shrunk. Cut one inch smaller on all sides and stitch the two pieces together on the outer raw edge of the wool. Figure 37. Place the cloth over the garment wool side down. With a sponge moisten the cotton side. Lift and lower the iron, forcing the steam into the garment. Two double press cloths may be used: one fastened on the board, wool side up, the other used over the garment, wool side down.

Treated cloths are available, some chemically treated to use on wool.

Wrapping paper, cardboard. Place strips under seam edges, pocket flaps, collar edges to prevent marking right side.

Sponge—to dampen press cloth. Cellulose sponges are very good—hold water evenly.

Shallow pan for water—place near ironing board, convenient for wetting sponge.

Whisk broom or stiff brush—to brush up nap on wool.

More Pressing Aids

Pressing mitts are useful for small seams such as armhole seams or shoulder seams.

To make a pressing mitt cut two pieces of heavy muslin 10 inches long, eight inches wide and a third piece eight by eight inches. Curve one end of each of the three pieces. Place the short length between the two long pieces. Stitch one-half inch seam along the sides and around the curved end. Lay cotton two inches thick on one of the long pieces, tack to the seam. Turn right side out. Sew the edges of the longer pieces together. Hold the mitt over your left hand when it is used in pressing.

A Tailors Cushion sometimes called a tailors ham, is handy to use in pressing curved seams such as armhole seams, dart seams, sleeves, coat lapels, etc. See Figure 38. To make a tailors ham, cut two pieces of heavy unbleached muslin or canvas 20 by 9 inches. Curve the ends making one end five inches. Sew pieces together with a small sewing machine stitch leaving an opening on one side for stuffing. Stuff with fine wool clippings or new wool. Wool makes the best filling. If you do not have wool, cotton or even sawdust may be used; but these materials will make a heavy cushion. Stuff evenly and tight because it will flatten with use.

See Extension Circular “Press As You Sew” for more help on pressing.
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 inches 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.

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.

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 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.

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.

1. Feet parallel–distribute weight evenly.
2. Knees unlocked and at ease.
3. Hips tucked under and note what it does to your tummy.
4. Arms relaxed—be at ease and let hands be comfortable.
5. Shoulders held straight but not stiff.
6. Chin in—be friendly.
7. Ear—directly above shoulder lines.
8. Head held high.
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?

Better Care Means Longer Wear

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.

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 39.

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 39. Trouser hangers serve nicely, too, if the skirt is hung properly. See Figure 39.

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.

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 being stiff? Remember that you have to stand tall, walk tall, sit tall and think tall in order to have good posture. See Figure 38.

Figure 39

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.

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.

Some Laundering Helps

Clothing which is selected and constructed carefully can be kept in perfect condition by following a few simple rules for washing, cleaning and pressing. Remember that dirt, dust and perspiration can cause unnecessary wear if they are allowed to become imbedded in the fabric. It is better to wash a garment often so that hard scrubbing is not necessary to remove soil. Follow these special laundering suggestions for successful laundering of cloths.

Test new fabrics for color fastness and shrinkage on an unnoticeable part of the garment.

Remove any trimmings, buttons and buckles that may be damaged in the laundering.

Mend, brush and sort as to the soil and color and remove stains.

Make a heavy suds with a mild neutral soap, even for cloths, in lukewarm water or cooler water.

Do not soak garments. Handle colored fabrics or prints as quickly as possible. White cloths only may be soaked 10 to 15 minutes. Overnight soaking is not recommended as dirt may be set in the garment.

Immerse entire garment and squeeze through suds, never rub or scrub delicate fabrics or garments. Squeeze out, don't ring or twist.

Rinse well in two or three waters. The first rinse should be the same temperature as the wash water; the next rinse may be cooler. Cold water hardens soap and makes it stick to the fabric. Soap left in fabric may cause yellowing or weakening of the fabrics.

Rayons, sheer cloths or delicate garments should be rolled in towels with one towel between folds of the garment, one above and one below.

Hang white cloths in the sun; colored in the shade. Try to avoid letting clothes freeze on the line. This weakens the fiber.

Use lukewarm water for sprinkling as it penetrates the fabric more quickly. A whisk broom or a bottle with perforated top or a vegetable brush aids this job. Clothes may mildew if sprinkled and left over night in warm weather.

Press with warm or moderate iron. Iron single thickness when possible. Iron one section dry before starting on the next. Always iron with the grain of the fabric up and down or across, not on the bias, to avoid sagging seams.

Too heavy or too frequent pressing may take the life or newness from many fabrics.

Washing Rayons

Rayons in general, are washable. However the design of the dress, its trimming or weave may make dry cleaning advisable. Read the label on the garment to see what the manufacturer advises.

When you buy a dress think about how you will clean it. Is it colorfast? Will it shrink so it will not fit? Will it be easy to iron? Will the trimming wash?

Dry cleaning at home is always a risk. Never use explosive solvents for home dry cleaning.
cleaning. It is never safe to use gasoline in home dry cleaning.

When washing rayons it is well to remember that rayons are weakened when wet. Some rayon dresses and undergarments can be washed in the washing machine but hand washing is easier on clothes. Good quality fabrics stand the wear of the washing machine better than slceaz fabrics.

To wash rayons by hand follow these suggestions:

- If you are in doubt about shrinkage, take measurements of garment.
- Remove trimmings that may be ruined or stain the fabric.
- Wash before garment is too badly soiled.
- Turn satins wrong side out to prevent fuzziness caused by one part rubbing against another.
- Wash quickly and carefully.
- Use lukewarm water and mild soap; make into thick, active suds.
- Do not soak—even for a short time.
- Squeeze suds through garment. Do not rub, twist, or lift garment high out of water.
- Support the weight of cloth by your hands.
- Use soft brush on collars, cuffs to take out extra water.
- Wash in second suds if clothes are very dirty.
- Rinse several times in lukewarm water.
- Do not rub, wring or twist.
- Roll in a turkish towel to knead out excess moisture.
- Remove from towel, shake out, place on a hanger or hang up. Stretch back to size.
- Quick drying is important. Do not hang near the stove, radiator, or in the hot sun. Avoid whipping in the wind. If garment is to be ironed damp, roll in a towel when almost dry.
- Some rayons may be ironed soon after rolling in towel; others iron better if almost or entirely dry. The secret of ironing rayons is that of learning the right amount of dampness in the cloth. You will need to experiment to get best results. A fabric ironed when too damp will look over-ironed.

General rules for dampness: spun rayon—dry; crepe—damp enough to stretch to size; crisp, smooth weaves—definitely damp. Sharkskin must be quite damp. Roll, then put in refrigerator or cool place for several hours before ironing.

Iron satins, slightly dampened, on wrong side.

Hints for Washing Sweaters

- Wash gently—sweaters can be easily shrunk or pulled out of shape.
- Mark outline of garment on paper for guide to stretch it back to original size.
- Wash by hand with lukewarm water and heavy mild suds. Work quickly. Do not rub, twist or rub soap on sweater.
- Use several suds if the sweater is very dirty.
- Do not lift out of water or dip up and down. The weight of the wet garment will stretch the yarn. Support weight of sweater in your hands.
- Rinse several times in lukewarm water, until all soap is removed. Changing from hot to cold water shrinks wool, makes it harsh and stiff. Squeeze water out gently.
- Lay between two bath towels and pat out extra water.
- Spread on paper and gently stretch back to size.
- Dry in a warm place but not near a stove, radiator, or in hot sun. Do not allow to freeze.
- Blocking—some sweaters look better if lightly pressed or blocked. To block—when the sweater is practically dry, cover with a dampened press cloth, then with a dry cloth. Barely touch a warm iron to top press cloth to force steam into the sweater. Remove the press cloths and allow sweater to dry.
- Brush napped sweater, when dry, to improve the appearance.

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 are not 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 rewoven.
- Shoehorns 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 rubber 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—call, 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 they will bristle 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.