Clothing Handbook for Club Girls

May Kiethline

Follow this and additional works at: http://openprairie.sdstate.edu/extension_circ

Recommended Citation

This Circular is brought to you for free and open access by the SDSU Extension at Open PRAIRIE: Open Public Research Access Institutional Repository and Information Exchange. It has been accepted for inclusion in Cooperative Extension Circulars: 1917-1950 by an authorized administrator of Open PRAIRIE: Open Public Research Access Institutional Repository and Information Exchange. For more information, please contact michael.biondo@sdstate.edu.
Clothing Handbook
for Club Girls

Extension Service
South Dakota State College of Agriculture and Mechanic Arts
Brookings, S. D.
INDEX

Page
Alterations ........................................ 17
Bindings ............................................ 14
Buttonholes ........................................ 11
Care of Machine .................................. 3
Daily Care of Clothing ......................... 19
Darning ............................................. 18
Facings ............................................. 15
General Instructions for Sewing ............ 1
Hems .................................................. 9
Measurements ..................................... 17
Patching ............................................ 19
Patterns ............................................ 16
Plackets ............................................ 13
Seams ............................................... 7
Sewing Equipment ............................... 2
Sewing Machine .................................. 3
Stitches ............................................. 4
Weave and Fold of Material .................. 4
Clothing Handbook for Club Girls

MAY KIEHLING, Extension Specialist

Every girl should know how to dress simply, attractively and within her means.

A girl should not only know how to make her own garments but she should also learn to buy materials, taking into consideration quality, suitability and color. She should select the best materials she can afford. Cheap, gawdy garments will have to be replaced by new ones and will become an extravagance. Good materials usually clean well and may be remodeled.

Attractive clothing will have good materials, color, design and workmanship and will be appropriate to the person and the occasion.

A Clothing Club girl will learn to draft and alter patterns, to know materials, to construct garments, to care for her clothing and to know the principles of design and choice of color. Leadership and usefulness to the community will be developed.

To be well dressed, one must have a clean body, well brushed and carefully arranged hair, clean and neatly trimmed finger nails, teeth which are well cared for, shoes which are well polished and in good repair and appropriate clothing which is carefully brushed and pressed and in good condition.

General Instructions for Sewing

1. Always have clean hands.

2. Sit in an erect position with hips against back of chair and the feet resting on the floor.

3. Hold the work up to the eyes instead of bending the head to bring the eyes near the work.

4. Work with light coming over your left shoulder so there will be no shadow on the work.

5. When sewing by hand, the thread should be about eighteen inches long. A longer thread may be used for basting.

6. Always wear a thimble that fits the second finger on the right hand.

7. To thread the needle: Put thread slanting or roll between thumb of right hand and put the thread through eye of needle with right hand.

8. To make a knot: Lay the end of the thread on the ball of the first finger of the left hand. Wrap the thread around once so it comes on top of the end. With the thumb, roll it off the end of the finger; then with the second finger and thumb, draw the knot to the end of the thread. A knot may be used where it will be hidden or where the thread is to be removed as in basting.

9. To fasten the thread: Fasten a thread by making two or three short stitches over your last stitch.

10. Cut the thread from the work. Do not bite the thread off with the teeth. It will injure the enamel of the teeth.

11. Make permanent stitches small and even. Finish the wrong side of the garment neatly and carefully.
12. To straighten material: Draw out first thread that continues across the entire width or length of the material and cut on the open line formed.

13. Before starting any piece of work, be sure to read all instructions clear through.

14. Always put the work and tools away in a sewing-bag or basket when through with sewing.

Equipment for Sewing

To be successful with home dressmaking, one must have good equipment. The following equipment will meet most needs:

Shears and Scissors—Shears should be sharp with true cutting edges. They are always over six inches long and should be used for heavy cutting and long seams. Scissors are six inches and less in length and are used for trimming edges or cutting short lengths and for curves.

Needles—Needles may be obtained in a number of different sizes from No. 1 to No. 12, the latter being the finest. The finest needle that will carry the thread should be used.

### NEEDLES USED IN GENERAL SEWING

<table>
<thead>
<tr>
<th>Type</th>
<th>Shape</th>
<th>Special Use</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sharps</td>
<td>Slender</td>
<td>General use in sewing and dressmaking</td>
</tr>
<tr>
<td>Ground downs or shorts</td>
<td>Very short and fine</td>
<td>Very fine sewing</td>
</tr>
<tr>
<td>Embroidery or crewel, darning tapestry</td>
<td>Long eyes</td>
<td>For floss and yarns</td>
</tr>
<tr>
<td>Milliner's</td>
<td>Long, round eyes</td>
<td>Basting and millinery work</td>
</tr>
</tbody>
</table>

Thread—Thread is made from cotton, linen and silk. Cotton and linen threads are numbered, the highest numbers being the finest threads. The sizes of silk thread are distinguished by letters, triple O being the finest, then double O, then O, A, B, C, D, E and double E which is the coarsest. A is the ordinary size for sewing. For basting, use basting thread as it is made with a glazed finish which allows it to be easily removed without harming the material. To avoid knotting the thread, put through the needle's eye the end that first came off the spool.

Pins—Pins should be short, slender and have good points to avoid injuring the material. Dressmaker's pins are best and most economical. They can be purchased in one-fourth pound boxes.

Thimble—Select a thimble to fit the middle finger of the right hand. This is because the middle finger is longer and stronger than the others. The thimble aids in pushing the needle through the cloth. Thimbles should be of silver, gold, celluloid or aluminum. Brass may poison the finger.

Tape Measure—One made of double thickness of cloth, numbered on both sides and numbers beginning at opposite ends is best.
Emery—A small emery bag is inexpensive and will be found very useful to remove rust or roughness from the needles.

Tailor's Chalk—Tailor's chalk is used for marking. Use white on dark materials and colored on light materials.

Gauge—A measuring gauge insures quick and accurate measuring in putting in a hem or making an even facing. It may be of metal with an adjustable point or of cardboard.

Pin Cushion—Use a small pin cushion filled with any material that allows pins to enter easily.

The Sewing Machine

The sewing machine was invented in 1846 by Elias Howe of Cambridge, Massachusetts. Today there are many makes. Select one of a standard make, so that you may always be able to get repairs. Get a machine that has the attachments.

1. Study instruction book which comes with the machine.
2. Look at all parts of the machine below the table. Study their relation.
3. Look at all parts of the machine above the table. Locate the following: Spool holder, shaft, needle bar, presser foot, the needle, the needle plate, the feed, take-up, tension.
5. Notice how length of thread is controlled.
6. Learn to thread the machine. All machines work on the same principle—the thread must go through the tension before it passes through the take-up lever.
7. Practice treading until you can do it easily and evenly. In practicing, loosen the stop-motion screw so that the needle will remain motionless. Use both feet in treading the machine.
8. Practice stitching first by using paper with the machine unthreaded. Use ruled paper and stitch back and forth until you can stitch straight; then use unruled paper. Practice stitching on plain cloth and try to turn square corners. This is done by raising the presser foot until the needle is down in the corner desired; then with needle in cloth, raise the foot and turn material. Practice parallel rows of stitching. Do not stitch with presser foot down without something under as it dulls the feed. Always stop the machine so that the take-up lever is at its highest point. Raise the presser foot and draw material to the left. Cut the thread leaving enough to tie on wrong side.
9. Learn to thread the machine, to wind the bobbin, and thread the shuttle.
10. The thread, needle and length of stitch should be determined by the material. For ordinary white work, No. 70 or 80 thread should be used.
11. If the machine does not work well, even though it is in good condition, it is generally because it is not threaded right, above or below, or it is due to a blunt needle.
12. Learn to shorten the belt when necessary. The machine will not do good work if it is loose.
Care of the Machine

A machine must be kept clean and oiled. Usually one drop of oil in places where there is friction or a joint is sufficient. Oil all places mentioned in the instruction book. Wipe the machine carefully after oiling. Keep a cloth in the machine drawer and always wipe the machine off before using. Use only a good quality of oil. If the machine becomes sticky, clean thoroughly with kerosene oil and after cleaning, oil with machine oil. A small brush should be used to clean any lint. Remove the plate under the presser foot and clean often because much lint collects there.

The Weave and Fold of Materials

The selvage is the outside edge of woven border of materials. The warp threads of materials are the lengthwise threads or the threads running in the same direction in which the selvage is woven.

The woof threads of materials run across and over and under the warp threads and in the opposite direction to the selvage.

The grain of materials runs with and in the same direction as the warp threads or selvage.

The lengthwise fold is a fold made lengthwise of the materials on a warp thread.

The crosswise fold is a fold made straight across the warp thread from selvage to selvage.

The true bias or diagonal fold is a fold made by bringing a straight lengthwise edge to a straight crosswise line.

To cut bias strips for binding or facing, it is necessary to have a bias edge or fold of the material. Crease the material on this fold and cut on the crease. Measure from the cut edge the desired width of bias strips; mark and cut.

To join bias strips, place the two pieces to be joined right sides together, forming a right angle. The design and thread of material should match. Sew in plain seam. Press seams open and cut off protruding corner. If properly made, the edges will be on the straight line and the strips of uniform width.

Stitches

The basting stitch is used to hold two or more materials together or to serve as a guide in sewing.

Pin materials together before basting. If a long straight seam, place materials on a flat surface with the seam to be basted toward the edge of table, nearest the worker. Pin and baste with material on table. If
Fig. 2.—Stitches

curved seam, it will be necessary to hold material in hands to baste together smoothly.

Sew from right to left and always use the same hand for taking the stitch and pulling needle through material. The other hand should be used in holding material in place.

Use combination basting for all long, straight seams and the running stitch for curved seams. Before fastening the thread, slide stitches and material between thumb and finger to be sure that the material is not drawn. End the basting by making two diagonal stitches.
Even Basting—Stitches and spaces are of equal length about one-fourth inch, and are used for fitting and where firm basting is needed; shown in A, Figure 2.

Uneven Basting—The space should be one-third the length of the stitch; thus the stitches on the wrong side are quite small compared to those on the right side. This basting is used for any temporary holding together of the edges of material; shown in B, Figure 2.

Combination Stitch—This stitch is so named because it is a combination of the even and the uneven basting. A long stitch is taken, followed by a short one as in C, Figure 2. Combination basting is used for temporary holding of seams which require a firmer, closer stitch than the uneven basting gives.

Diagonal Basting Stitch—This stitch is used to join material to lining. It consists of a short vertical stitch on the under side and a long slanting stitch on the upper side, as in D, Figure 2. Pin materials together at intervals. Hold them down on a flat surface with the left hand and, pointing the needle toward you, take short vertical stitches an inch or more apart, proceeding from right to left.

Running Stitch—This stitch is closely related to the even basting. It is made by passing the needle in and out of the material, keeping the stitches and spaces the same length. Stitches and spaces must be even and true. Running stitch is used for hemming, tucking and gathering. Shown in E, Figure 2.

Back Stitch—The back stitch is used in sewing seams requiring strength or to imitate machine stitching. On the right side, it consists of a series of short stitches, the end of one stitch meeting the other as in F, Figure 2. On the wrong side, it consists of a series of stitches overlapping each other as shown in G. Hold the material over the cushion of the left forefinger. After fastening the thread, bring the needle up through the material one-eighth of an inch from the right-hand edge. Then insert the needle one-sixteenth of an inch back toward the edge of the cloth and bring it forward underneath twice that distance and up through the material. Continue in this manner.

Half-Back Stitch—The needle takes up a single stitch in the material. It is then pulled through. For the next stitch, the needle is thrust through the fabric half way back toward the beginning of the last stitch as in H, Figure 2. The wrong side is shown in I.

Combination Stitch—Take two or three running stitches and then a back stitch as in J, Figure 2. This is used for a seam having medium or light strain.

Overcasting—Hold raw edge along cushion of left forefinger. Insert needle one-fifth or one-fourth inch from the edge, pointing the needle to the left shoulder. Take loose stitches one-fourth inch apart. Used to finish raw edges. Shown in K, Figure 2.

Overhanding Stitch—Baste edges exactly even. Work from right to left. Sew over and over on edges, taking in as little of the material on each side as possible. Do not draw so tightly that the seams will not be perfectly flat. Used to join two folds together or to attach lace. Shown in L, Figure 2.
Decorative Stitches—Decorative stitches are applications and combinations of one or more plain stitches such as basting, running, outline, blanket, catch stitch, lazy daisy and French knots. If care is taken in the selection of colors, decorative stitches make effective trimming.

Seams

A seam is a line of sewing joining two or more pieces of cloth. In choosing the seam to be used in a garment, select a seam that is suited to the material, to the style of the garment, and, in wash garments, one that launders well. The stitch should be suited to the weaves of the material. In stitching very sheer material such as net and chiffon, the seams should be stitched on paper to prevent the cloth from puckering.
Plain Seam—Place the right sides of material together and baste. Stitch on wrong side from one-half to one inch from the raw edge as in A, Figure 4. The width of seam will depend upon the material used. The raw edges of the seam may be finished with any of the following methods:

- a. Overcasting the raw edges separately or together.
- b. Binding the edges with bias tape which is put on by machine.
- c. Binding the edges with silk or cotton seam binding, usually sewed on by hand.
- d. Pinking or notching the edges. This is good for heavy materials.
- e. Opening the seam and hemming edges, using a running stitch. Used on soft materials.
- f. Folding the two edges of the seam over and either running by hand or stitching on machine.
- g. Catch stitching on each edge of the seam down to the garment.

French Seam—Place the two wrong sides of the garment together, pin, baste and stitch. Trim to within one-eighth to three-sixteenths inch from stitching. Crease exactly on the line of stitching with the raw edges on inside and stitch again far enough from the edges so that the raw edges are covered. This seam is on the wrong side of the garment, and is used on undergarments and on all thin dress materials. Shown in B, Figure 4.

Flat Fell Seam—Baste the right sides of materials together so that one side extends beyond the other from one-eighth to one-fourth inch according to the material. Stitch about one-eighth of an inch from the edge of the inner piece. Remove basting. Fold over the edge of the extended piece. Crease the seam carefully so that the seam will lay flat when finished. Baste down smooth and flat on the material. Stitch on the machine close to the edge or hem by hand. If the crease is not exactly on the seam, the material underneath the hemmed-down part may pucker. This seam is used on undergarments. Shown in C, Figure 4.

The Tailored Seam—Place the wrong sides of the material together and make the same as the flat fell seam. There will be two rows of stitching showing on the right side of the garment. It is used on outside garments where a tailored effect is desired. Shown in D, Figure 4.

The Slot Seam—This consists of two tucks facing each other which are stitched to a piece of material cut with the weave of the material. Turn under the edge of each piece of material on the seam line. Place these folds on a strip of material which is wide enough so that when the edges of the folds meet in the center of it, the raw edges of the folded pieces and the strip will be even on each side. Baste and stitch the desired distance from the edge of the folds. Overcast, notch or bind the edges together. The finish will depend upon the material used. Shown in E, Figure 4.

Overhanded Seam—Place the wrong sides of the material together and overhand. Stitches should be close together and very shallow. This seam should press out perfectly flat. Stitches slant on the wrong side and straight on the right side. Used in joining selvages or folded edges.
This seam may be used in making over a garment where the material requires piecing, providing it is heavy material that will not ravel and the piecing comes where it will not show in the garment. Shown in F, Figure 4.

**Tucked Seam**—Turn one piece of the material to the wrong side the width you wish to tuck, plus one-half inch for a seam. Lay this over the other piece so that the raw edges are even. Baste and stitch through the three thicknesses of the material. Overcast the edges together. Used in heavy materials where seams are joined. It gives the appearance of a tuck. Shown in G, Figure 4.

**Hems**

**Plain Hems**—Turn one-fourth inch of the raw edge to the wrong side and crease. Use a gauge which measures the desired width of hem and turn the hem to the wrong side of the material. If the hem is three or more inches wide, pin before basting. Use the hemming stitch or stitch on the machine. Shown in A, Figure 5.

**Napery Hem**—This hem is used on household linen. Turn under the edge of the material twice for a narrow hem. Fold the hem back on the right side, crease the material along the first fold and overhand the fold and crease together. The needle is inserted straight as shown in B, Figure 5. Open and flatten stitches with the thumb nail.

**French Hem**—French hem is made the same way as the Napery hem except the hem is turned toward the right side of the material instead of toward the wrong side as in other hems, and is then folded back toward the wrong side and overhanded. Lace may be put on at the same time by holding it so the right side of the lace and right side of the material are together. The overhanding stitch is taken through the three thicknesses as in C, Figure 5.
Rolled Hem—The rolled hem is used on fine materials where the work is exceptionally dainty. It is made by holding the material between the thumb and the first finger and rolling the edge into a tiny hard roll. It is easier when held tightly. Moisten the fingers slightly also aids. Start the roll a short distance from the end of the materials as it is difficult to get a fine roll by starting just at the corner. An overcasting stitch is used, inserting the needle under the roll but not catching it. Bring the needle through at the upper edge of the roll. This stitch does not show on the right side. Shown in D, Figure 5.

Mitering—Mitering is to do away with the extra material in the folding of corners of hems. Mitered corners are made by joining two bias edges to form an angle. Turn the edges as for hems and crease as shown in A-B and D-C, Figure 6. Open the material, fold the corner toward the center, and crease where the lines cross as in E-F. Cut the corner off, allowing a narrow turning as dotted line parallel to E-F. Fold the hems
down all around. Bring the mitered corners together and hem the side. Hem the corners but do not catch the stitches through the material underneath. H, Figure 6, is the finished corner.

**Buttonholes**

Mark with thread the exact positions of the buttonholes as in A, Figure 7. The hole should be one-eighth to one-fourth inch longer than the button to be used. This thread will be a guide for cutting and will strengthen the buttonhole. The distance from the edge and the distance apart must be kept even in marking. Cut a straight line exactly between the threads. Overcast the edges to prevent ravelling as in B. Use coarser thread for buttonholes than was used in making the garment. No. 50 is the common size for cotton materials, Nos. 60 and 70 being used on or-

![Fig. 7.—Buttonholes](image)

gandy and similar materials and No. 40 on heavy materials. Silk twist or sewing silk is used on silk and wool garments.

Begin the overcasting and purl stitch at the opposite end from the one which is to bear the strain or pull because it is not as strong there. Begin at the right hand end of the opening and work from right to left, holding the buttonhole along the forefinger of the left hand. Put the needle in as shown in C, Figure 7, bringing the thread back or below the needle and around under the point and draw the thread up. This makes a purl stitch and gives a firm edge to the buttonhole. Work around the end of the slash as shown in D. Turn the work in your hands, so the edge to be worked is toward the left. Continue until the buttonhole is completed. The end may be barred. This is down by making three stitches across the end of the buttonhole. This bar is then covered with buttonhole stitches worked close together, purled toward the hole and caught through the cloth.

**Bound Buttonholes**—Mark position with a basting thread as in A, Figure 8. This binding piece may be on a straight or bias of material. The binding should be two inches wider than the length of the buttonhole and two and a half or three inches from top to bottom. (If a bound pocket is to be made, the binding should be large enough for a pocket).
Crease the binding piece through the center lengthwise and place this crease over the basting line which marks the position of the buttonhole. Baste around the edge as in B.

Mark through from the wrong side with a pin at each end of the basting and draw a pencil line between these pins. Mark in at each end one-eighth inch and also one-eighth inch straight up and down from the ends of the pencil line and draw slanting lines connecting these points as shown in B.

Stitch by machine on the dotted lines, then cut on the solid line as in C. Remove basting, turn binding material through onto the wrong side as shown in D. Keep the binding material smooth over the cut edges and turn in the triangular ends square at each end of the buttonhole. Baste. The width of the binding depends on the distance of the stitching from the cutting line of the buttonhole. The bound edge should just meet in the center and not overlap.

Fig. 8.—Bound Buttonholes

Fig. 9.—Bias Binding Used to Make Bound Buttonholes
The wrong side of the buttonhole will look like E. The binding material is held in place by hand or machine stitching, as in F. If done by hand, sew from the right side in the seam line of the stitching, overhanding the ends. If machine stitching is used, stitch on the binding close to the seam line which joins the binding to the goods. Stitch across the ends. Turn square corners.

To make the bound buttonholes in Figure 9, bind a strip as wide as the finished buttonholes are to be apart as in A. Cut crosswise into strips one-half inch wider than the buttons to be used, illustrated in B. Sew strips together as in C. Stitch the buttonhole strip to the garment and bind both sides as in D.

![Fig. 10.—Fastenings](image)

**Sewing on Buttons**—The exact place for the button may be found by bringing the buttonhole in place over the strip and inserting a pin through the buttonhole at the exact place where the center of the button is to be. The buttons should not be sewed down tightly. Place a pin across the top of the button and sew over it as in A, Figure 10. When the button is sewed on securely, remove the pin. This will loosen the stitch.

Insert the needle from underneath. Bring it out between the button and the cloth, pull on the button and wind the thread tightly around three or four times, making a neck for the button.

Hooks and eyes and snaps may be attached to the goods by the buttonhole stitch or by the "over and over" stitch. This is shown in B and C, Figure 10. Loops are used as fastenings and as decorations as in D.

**Plackets**

A placket is an opening in a garment which enable one to slip on fitted parts easily. The opening above a cuff and below dress bands are
A.

The Hemmed Placket—This is the simplest placket to make. It is used where there is little strain and usually where there is fullness such as slips and children’s dresses. Cut a slit the desired length. On the left side, make a narrow hem; the hem on the right side should be wider. This will form a plait at the bottom of the placket. A double row of stitching should be made across the bottom of these hems to strengthen the placket. Figure 11, A.

Continuous Placket—The continuous placket is used for openings in fine materials. It may be finished with straight or bias bindings. No stitching shows on the right side of the garment. The binding should be a little longer than twice the length of the finished placket and the width should be twice the desired width, plus two seam allowances. Place the right side of strip to the wrong side of the garment, holding the garment toward you. With the garment up, baste and stitch to the end of the gash, turn the garment and stitch the other side of the placket in one continuous line. Fold the binding to the right side of the garment, baste and stitch. Fold the placket in position and stitch across the bottom to hold it in place. Shown in B and C, Figure 11.

Faced Placket—Cut two strips of material, each one-half longer than the pocket opening, the first one and one-half inches wide and the second two and one-half inches wide. The narrow strip is for the facing on the left hand side of the placket and the wide strip is for the right hand side of the placket and the wide underlap on the left hand side. Shown in D, Figure 11.

Bindings and Facings

These are edge finishes made by applying another piece of material. Bindings—A binding may be straight or bias. A straight binding must be used on a straight edge but bias must be applied to a curved edge. The sewing machine binder is a great time saver. If bias is bought, be sure to get it wide enough so that the two edges will catch when using the binder.

Bias may be made by turning material on bias and marking the width of the desired bias and cutting, shown in Figure 1. It may be cut accurately with the bias cutting gauge which comes with sewing machine attachments. In piecing or joining bias pieces, match the grains as well as designs in the cloth. In thin materials, it is often desirable to have the bias double.
To finish machine bindings on the right side, stitch the binding on the garment with the right side of the binding against the wrong side of the garment. Turn the raw edge of the binding down one-fourth inch. Crease the binding flat against the edge of the garment. Turn the binding to the right side of the garment, so that the turned edge meets the seam exactly. Baste and stitch on the edge.

To finish machine bindings on the wrong side, stitch the right side of the bias to the right side of the garment. Finish as when turned to the right side. If no stitching is to show, baste so that the binding when turned just comes to the machine stitching and hem by hand so that no stitches show on the right side.

Facings—Facings may be straight, bias or shaped. They may show as trimming on the right side or as a hem on the wrong side. Straight facings may be used on a straight edge, usually as a hem. Bias facings may be used on a straight or curved edge if not cut too wide. Shown in A, B and C, Figure 12.

Shaped facings are cut like the pattern with the warp and woof threads of the facing matching those of the garment. Unless this is done, the facing will pucker. Illustrated in D.

If the finish is on the right side, place the right side of the facing against the wrong side of the garment; but if the finish is on the wrong

Fig. 12.— Bindings and Facings
side, place the right sides together. Turn the facings to the opposite side, crease the seam and baste on the line of the crease, otherwise it will not lay flat. Turn the raw edge under and baste flat against the garment. Either stitch or hem by hand. Facings finished on the right side as trimming look better stitched by machine.

A facing for the front of a dress is often desired with no stitching showing on the right side. The facing is placed directly over the center front on the right side of the garment and two rows of stitching made. Then cut between the rows of stitching, turn the facing to the wrong side and tack in position. The collar is then put on and this holds the facing in place at the upper edge. Shown in E, Figure 12.

Patterns

The commercial pattern is the accepted foundation for home sewing. Each commercial pattern company uses its own set of measurements. Find the make of pattern which fits you best. It will require few alterations. Before buying a pattern, study the fashion magazines, keeping in mind your own figure and the lines suited to it. Patterns for misses are usually purchased according to age; otherwise dress patterns are purchased by the bust measurement.

Fig. 13.—Measurements
To Take Measurements—Tie a cord tightly around the waist to locate the natural waistline as at (a) and a cord around the arm as at (b), Figure 13. Stand straight, keeping the shoulders in a natural position. Use a good tape line; otherwise your measurements will not be accurate.

Neck: Put the tape around the base of the neck. (c) Draw it snugly. Note the measurements in inches.

Bust: Put the tape around the body loosely. (d) Bring it over the fullest part of the bust, well up under the arms and high across the back over the shoulder blades. The tape should be tight but not so that it binds.

Front Waist Length: Measure from the top of the shoulder near the base of the neck to the waistline. (e)

Chest: Measure across the chest about four inches below the base of the neck. (f)

Width of Back: Measure across the back at the narrowest point between the shoulders. (g)

Back Waist Length: Measure from the neck bone at the base of the neck in the back to the waist line. (h)

Shoulders: Measure from the base of the neck at the side to the top of the arm where the cord goes around. (i)

Inside Sleeve Length: Measure from the arm pit to the wrist. (j)

Wrist: Measure around the wrist between the wrist bone and the hand. (k)

Hand: Measure around the hand at the fullest part, including the thumb. (l)

Hip: Measure over the fullest part of the hips which is six to ten inches below waistline. Have it snug enough so that it will hold up in an even line all around. (m)

Skirt Length: Taken center front, side and center back. The measurement will be more accurate if taken to the floor and then subtract the number of inches you want the skirt from the floor. (n, o, p)

Alteration of Patterns—To Increase Bust Measure: Draw a line straight from the center of the shoulders through the waistline on both front and back. Cut through these lines and separate the pieces to give one-fourth of the whole amount needed.

To Decrease Bust Measure: Lay a fold extending from the center of the shoulder straight through the waist line on both back and front, the fold to take up one-fourth the whole amount to be decreased.

To Lengthen Back and Front: Cut through the pattern about two inches above the waistline, separate the pieces enough to give the desired length.

To Shorten Back and Front: Lay a fold through the pattern two inches above the waist line to take up the amount the pattern needs to be shortened.

To Alter the Skirt: Apply the same principles as for the waist. All alterations should be made through the center of the pattern.

Repair of Clothing

No one is well dressed who wears clothing that needs mending. Clothing wears twice as long if kept in good repair. Mend as soon as
the worn place is discovered. Holes in garments may be darned or patched.

Darning—Darning is the weaving in of a new thread with the old woven threads of the material. If the old threads are entirely gone, the new threads must be woven closely in order to give the strength required. Thin or worn places should be darned before they wear entirely through.

Stocking Darning: Use darning cotton or yarn. A darning hook should be used as it helps to hold the stocking in shape and aids in running the needle in and out of the material. As a means of comfort, holes in the feet of the stockings are usually darned from the right side and in the leg from the wrong side. Snip away ragged threads. The darn should extend beyond the edge of the hole including any thin spots. To prevent strain on any set of threads, make the outside edge of darn irregular. Do not have a knot in the thread. Place the lengthwise threads first by making even running stitches back and forth the distance of one thread apart until the space is filled. Turn the darn one-half way around and make running stitches at right angle to the first rows, weaving the threads that cross the hole over and under forming a true weave. Do not draw the edge of the hole or the darn will pucker. Shown in A and B, Figure 14.

Runs may be mended by overhanding the edges together. Take in only the edge of the run. A fine crocket hook may be used to pick up the stitch. Begin at the bottom of the run and draw the thread above it through the stitch on the needle and continue to the top. Fasten thread securely with needle and thread.

Damask Darning: This is used in repairing table linen. Use ravelings of the material if possible, otherwise a soft embroidery linen or cotton thread resembling material. Put in warp threads the same as in stocking darning. The woof threads should be put over three, under one,
for the first row. The next row the thread will go under the first one of
the three gone over the first time and over the next three. This means
going over the one gone under in the preceding row. Each time the
thread will pass over the one gone under the time before and will go over
a new one. This gives the satiny appearance that is found in damask.

Knit Materials: In materials like sweaters, care must be taken to
catch up all the loops or it will continue to ravel. Proceed as in stocking
darning.

Garment Darn: Use thread which matches the garment in color and
texture. An embroidery hoop, paper or oilcloth may be used to keep the
shape while darning. Be careful not to stretch the material.

To strengthen thin places, threads may be run lengthwise or piece
of cloth put under to reinforce and darned over this.

In darning a tear, the edges must be neatly joined together by pass-
ing over and under them in the alternate rows. The lengthwise, cross-
wise, diagonal and corner tear are shown in C, D, E and F, Figure 14.
In the corner tear, both warp and woof threads must be supplied. All
darns should be pressed.

Patching—Hemmed Patch: This patch is used on garments that are
laundered. If there is a design in the material, cut to match and cut
large enough to cover the thin part. Turn the raw edge of the patch to
the right side and baste to the wrong side of the garment, keeping the
design or warp threads even. Hem the patch with fine hemming stitches.
Turn to the right side of the garment and cut away the thin part, al-
lowing one-half inch for the turn. Cut the corners diagonally to within
one-fourth inch of the hem; turn the raw edge under, baste, hem and
press. Shown in G and H, Figure 14.

Overhand Patch: Make the hole a true square. Cut the patch one
inch larger than the hole in each direction, taking care to match the de-
sign if there is one. Turn a one-fourth inch fold to the wrong side on
the four sides of the place to be patched. Turn in the edges of the patch
so it will fit exactly into the space to be filled. Overhand in place from
the wrong side, making stitches that show as little as possible on the
right side. Do not pucker the material. After the patch has been over-
handed, the edges should be trimmed, overcast and seam pressed. Use
fine thread. If new material is to be used and the garment has faded,
fade the piece for the patch by washing and leaving in the sun until
faded like the garment. Illustrated in I and J, Figure 14.

Daily Care of Clothing

One should not only know how to make her clothes, but also how to
keep them in order from day to day.

Hang your dresses, waists, suits and coats on hangers as soon as they
are taken off. Hangers are inexpensive. They can be made by rolling a
newspaper or magazine, tying it through the center and suspending it
by a loop. A smooth stick, padded and covered, answers the purpose.
The hanger should be the width of the shoulders.

Skirts should be hung from the waist band. Hangers may be purchased
or large safety pins used. Sweaters and garments of sleazy materials
should be kept in a box or drawer. Garments that cannot be hung should
be folded carefully and placed in drawers or boxes.
At night always hang your undergarments over a chair, spreading them out so they will air well. Examine clothing to see if there are any tears, rips or loose fasteners. Repair before wearing. Mend all clothing before laundering or the rent will become larger.

Brush clothes and remove dust before hanging away. Spots should be removed immediately, especially from woolen materials as dust settles in them and makes cleaning more difficult. Sugar spots may be removed by sponging with clean water. If grease is present, use absorbents or warm water and soap, gasoline, benzine or commercial cleaner.

To remove shine, sponge the garment with ammonia water (one tablespoon to one quart of water) or vinegar and water. Cover with dampened cloth and press on the right side.

Keep clothing well pressed. Pressing gives new life to a garment. Lay a damp cloth on the garment. Press, do not rub, with a moderately hot iron. Let the steam out occasionally by raising the pressing cloth. Do not press until absolutely dry or the garment will be shiny. Hang where it will dry before wearing.

Keep shoes in good repair and well polished. The polish preserves the leather. When not in use, put shoe trees in them or stuff with paper. Keep rubbers washed and away from heat. Mend with adhesive tape.