

1-1-1912

UA60/1 Book of Instructions in Domestic Science in Warren County Schools

WKU Domestic Sciences & Domestic Arts

Follow this and additional works at: http://digitalcommons.wku.edu/dlsc_ua_records



Part of the [Home Economics Commons](#)

Recommended Citation

WKU Domestic Sciences & Domestic Arts, "UA60/1 Book of Instructions in Domestic Science in Warren County Schools" (1912).
WKU Archives Records. Paper 164.
http://digitalcommons.wku.edu/dlsc_ua_records/164

This Other is brought to you for free and open access by TopSCHOLAR®. It has been accepted for inclusion in WKU Archives Records by an authorized administrator of TopSCHOLAR®. For more information, please contact connie.foster@wku.edu.

BOOK OF INSTRUCTIONS

....IN....

DOMESTIC SCIENCE

....IN....

Warren County Schools

1912

FARMERS' BULLETINS

- No. 28.—Weeds and How to Kill Them.
No. 34.—Meats: Composition and Cooking.
No. 42.—Facts About Milk.
No. 63.—Care of Milk on the Farm.
No. 85.—Fish as Food.
No. 93.—Sugar as Food.
No. 389.—Bread and Bread Making.
No. 128.—Eggs and Their Use as Food.
No. 142.—Principles of Nutrition and Nutritive Value of Food.
No. 182.—Poultry as Food.
No. 185.—Beautifying the Home Grounds.
No. 200.—Turkeys.
No. 203.—Canned Fruits, Preserves and Jellies.
No. 218.—The School Garden.
No. 220.—Tomatoes.
No. 241.—Butter-Making on the Farm.
No. 255.—The Home Vegetable Garden.
No. 293.—Use of Fruit as Food.
No. 298.—Food Value of Corn and Corn Products.
No. 332.—Nuts and Their Uses as Food.
No. 348.—Bacteria in Milk.
No. 359.—Canning Vegetables in the Home.
No. 363.—The Use of Milk as Food.
No. 375.—Care of Food in the Home.
No. 377.—Harmfulness of Headache Mixtures.

DOMESTIC ART

Course of Study for Rural Schools

I. OBJECT:

1. To train the mind and hand so that both may work together.
2. To create a desire for serving and arouse a respect for the dignity of home and household labor.
3. To promote morality by inculcating habits of industry and broadening the sympathies.
4. To build a womanly character.
5. To develop judgment, will power, self-control, accuracy, perseverance, neatness, and originality.

II. CONTENTS OF WORK BOX:

- a. Scissors.
- b. Thimble.
- c. Tape measure.
- d. Pins.
- e. Needles.

III. WAYS TO MEASURE THREAD:

- a. From shoulder to shoulder across the chest—loose measure.
- b. From shoulder to waist line.
- c. From fingers, over the hand and around elbow.

NOTE—Never allow the girls to take a long thread; it will knot and break.

IV. WAYS TO DETERMINE WARP AND WOOF OF THREAD:

- a. By appearance
 - (1) Warp threads are stronger.
 - (2) Woof threads are full of waves.
- b. By the design.
- c. By pulling.

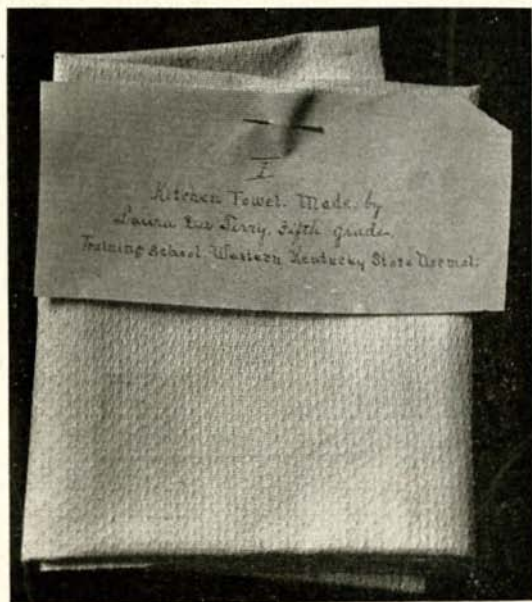
- (1) Woof threads are looser, therefore give more.
 - (2) Warp threads are firm and will not stretch.
- d. By snapping.
- (1) Warp threads give a sharp, quick sound.
 - (2) Woof threads give a dull sound.

V. POSITION:

- a. Have the girls sit erect, feet on the floor.
- b. Bring the work up instead of going down to it.
- c. Do not allow work to be pinned to the knee.

VI. GENERAL SUGGESTIONS:

- a. Have clean hands.
- b. Do not put work or thread to the mouth—use scissors.
- c. *Always* use a thimble.



ARTICLES TO BE MADE

I. TOWEL

a. Material.

- (1) Cotton huck.
- (2) Linen huck.
- (3) Linen crash.
- (4) White thread No. 50.
- (5) Needle, No. 8.

b. Size.

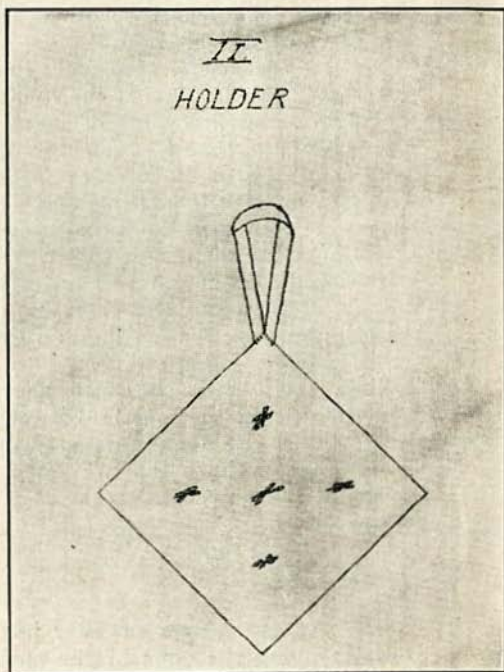
- (1) Length.
 - (a) Not more than 3-4 yd. when finished.
- (2) Width.
Variable.

c. Method of making.

- (1) On the ends make a 1-4 inch turning then turn a 1 inch hem; each turning must come to the wrong side.
- (2) Baste on end with
 - (a) Even basting.
 1. Method of making.
 - a. Make a knot in the thread.
 - b. The needle must pass over and under the same size group of threads.
 - c. A stitch comprises the amount of thread that the needle goes over and under with one movement.
 - d. Make the basting stitch 1-2 inch long; or 1-4 inch under the needle with one movement.
 - e. Baste close to the folded edge.
 - f. Fasten thread with two small stitches, one on top of the other.
 - g. Clip thread.
- (3) Baste the other end with
 - (a) Uneven basting.

1. Method of making.
 - a. Make a knot in the thread.
 - b. The needle must pass over about 2-3 of the stitch and take up the remaining third of the stitch on the needle.
 - c. Make the stitch 1-2 inch long.
 - d. Baste close to the folded edge.
 - e. Fasten thread with two small stitches.
 - f. Clip thread.
- (4) Hemming.
 - (a) Purpose.
 - (1) To hold or sew down a fold.
 - (b) Appearance.
 - (1) Stitches are short and slanting on the side of the cloth having the fold and parallel with the edge of the fold on the right side of the garment.
 - (c) Method of making.
 - (1) *No knot in the thread.*
 - (2) Hold the fold over the end of the forefinger of the left hand.
 - (3) Pointing the needle from you, take up two or three threads of the fold at the right hand and pull it, leaving 1-2 inch of the thread; tuck this under the fold with the needle; fasten with two *small* stitches; this end will be sewed down with the first stitches.
 - (4) Now pointing the needle toward the left shoulder, take up two or three threads of the cloth and the edge of the fold, keeping the needle on a line with the edge of the fold.
 - (5) When the thread becomes short, join by cutting the end to 1-2 inch, draw under the fold, and, starting as before, sew down the two ends.
- (5) Overhand the ends.
 - (a) Purpose.
 - (1) To hold ends together.
 - (b) Method of making.
 - (1) *Have no knot.*
 - (2) Hold the two edges of hem horizontally along the edge of the cushion of the left forefinger.

- (3) Start at the right hand, point the needle toward and through the edge nearest you and take up two or three threads. The needle must come through the two edges at right angles to them.
- (4) Leave about a 1-2 inch of the thread between the fold; it will be sewed over by the first stitches.
- (5) Insert the needle through both edges, pointing it toward you, and take up as little of the cloth as you can.
- (6) The stitches should be close and slanting and not seen from the sides.
- (7) On the right side the threads should be perfectly straight.



II. HOLDER

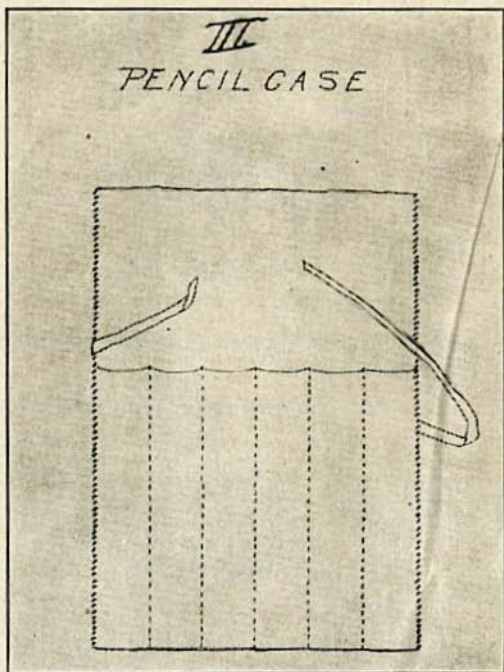
(a) Material.

1. Gingham or calico 7x7 inches. Two squares.
2. No. 8 needle.
3. No. 70 thread, white.
4. Narrow tape, six inches long.
5. White darning cotton.

(b) Method.

1. Ask the girls to bring some old soft cloth from home for filling.
2. Use four thicknesses, if thin, and cut to a 6-inch square.
3. Place half the filling on each square of the gingham or calico and baste all around, one inch from the edge of filling.
4. Turn the edges of gingham or calico over on the filling, turning opposite side first.
5. If the material is such that it will not remain turned, baste with uneven basting.
6. In one corner place the tape; so place it that the edges come just together at the corner; baste in position.
7. Place the two pieces together, wrong sides together and the design on each side of holder running in the same direction. Baste, even basting.
8. *Overhand* the edges together.
9. Find the center by folding diagonally both ways and tie with the darning cotton using four strands. Repeat halfway between the center and each corner.

III. PENCIL CASE



(a) Materials.

- (1) Blue and white striped gingham 6 by 17 inches, cut lengthwise of the cloth.
- (2) Tape 1-2 inch wide, 12 inches long.
- (3) Needle, No. 8.
- (4) No. 50 thread, cotton, white.

(b) Method.

- (1) Turn a 1-4 inch fold on the long edge.
- (2) Turn a 1-2 inch fold across *one* end.
- (3) Fold the piece crosswise and crease the middle of it.
- (4) Open again and fold the end with the raw edge over to this crease.
- (5) Lap the end having 1-2 inch fold over

the first end, placing all raw edges together on the inside.

- (6) Pin carefully in position and baste with even basting, stitching one-half inch long, around the outside edges. Baste across the middle to hold the fold in position.
- (7) *Overhand* the edges together.
- (8) To make the divisions for pencils.
 - (a) Fold the case through the center lengthwise and mark with a crease.
 - (b) Fold each half of the case in three divisions and mark with a crease, making six divisions in all.
 - (c) Begin at the folded edge across the middle and follow each crease with a line of running stitches. Do *not* use a knot to start thread, but take three or four stitches over the folded edge at the beginning of each division. This is to make it strong.
 - (d) Back stitch the middle of the tape to the edge of the case at the middle of one side to tie around the case when in use.
- (1) Method of making.
 - a. Fasten thread with two small stitches.
 - b. Make *one* running stitch.
 - c. Carry the thread back over the last half of the running stitch and take up this last half also as much more space as the last half of the running stitch. This will always keep the thread one-half stitch ahead of the one last made.
 - d. In the right side the stitches just come together resembling machine stitching; on the wrong side they overlap.
 - e. Remove all basting.

IV. PLAIN APRON



1. Material.
 - a. Two lengths each the length of the girls' dress plus three inches for a hem.
 - b. No. 8 needle.
 - c. No. 70 white thread.
2. Method.
 - a. Cut the strip of gingham in two, following a thread or stripe.
 - b. From the length of one piece take off a strip 2 1-2 inches wide for a band.
 - c. Cut the remainder of this piece in two for the gores.
 - d. Be careful to determine the right and wrong side.
 - e. Baste with even basting the right side of gores to the right side of the other width, one on each side, parallel with the warp.
 - f. Hold the full width toward you and sew both seams with the combination stitch. When finished these seams must turn toward the edges of apron.

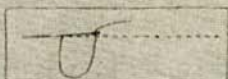
- (1) Method of making combination stitch.
 - a. Fasten the thread and make one running stitch.
 - b. Make half a back running stitch and allow the needle to come out to the top of seam exactly where it did when you had made the one running stitch.
 - c. Make two running stitches and over the last half of the second stitch make a back stitch and let the needle come out where it did in the last running stitch. Continue across the seam.
 - g. Overcast any raw seams.
 - h. Turn toward the wrong side of apron and make one-fourth inch hems on each.
 - i. Turn and make a hem three inches wide on one end; overhand the ends of the hem.
 - j. Find center of the band for the child and allow for a 1 1-2 inch lap.
 - k. Find center of band and make a notch.
 - l. From each end of the band measure 9 3-4 inches and make a notch on same side that the center notch is made.
 - m. Find the center of the apron and make a notch.
 - n. Use a *single* thread for gathering.
 - o. Hold the wrong side of apron to you.
 - p. Fasten thread on the hem on the right hand side of apron, 1-4 inch from the edge.
 - q. Gather, using the running stitch and 1-4 inch from the edge until the center is reached, place a pin here parallel with the warp, draw up the gathering thread, gently, and wind around this pin in the form of a figure eight.
 - r. Stroke the gathers by.

1. Use the eye of the needle as the sharp point might cut the material.
2. As nearly as possible stroke between each tiny plait, beginning at the gathering thread and stroking down 1-2 to 3-4 of an inch.
- s. Place the right side of apron to right side of band, center notches together and hem in the notch $9\frac{3}{4}$ inches from the end. Pin each one in place.
- t. Gather the other half just as the first one and pin on the band.
- u. Adjust the gathers so that there are more in the back than in the front. Pin on to band carefully then baste with even basting, stitches 1-2 inch long. Baste just below the gathering thread.
- v. Sew apron to the band with the back stitch *exactly* on the gathering thread.
- w. Make a 1-4 inch turning to wrong side of each of the bands, and a 1-4 inch turning to the other side of the band, also the short side of band from apron to the end.
- x. Turn toward the wrong side so that ends are even and that the folded edge just covers the back stitching.
- y. Pin and baste in place.
- z. Overhand the ends and band and the under side up to the apron. Hem the band to the apron so as to just cover all back basting.
- aa. Remove all basting.

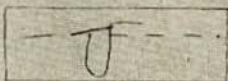
V. SUGGESTIONS FOR HOME WORK

1. Hemmed towels.
2. Hemmed dust cloths.
3. Kitchen aprons.
4. Pine cushion covers.
5. Pillow case.
6. Sheet, for a doll's bed.
7. Comfortable.

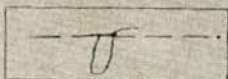
STITCHES



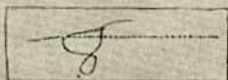
Running Stitch



Even Basting



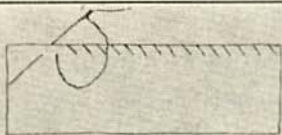
Uneven Basting



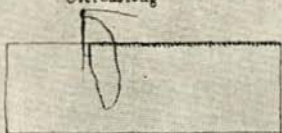
Box Stitch



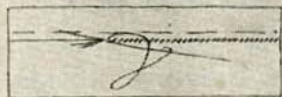
Combination Stitch



Overcasting



Overhanding



*Hemming, wrong side
Joining Threads*



Hemming, right side

MISS IVA SCOTT,
Teacher Domestic Science, Western State
Normal.

MISS MARY McNAMARA,
MISS DAISY O'DELL,
MISS LILLIE POPE,
MISS IDA JUDD,
MISS DAISY HORNE,
MISS VIRGINIA HUDSON,
MISS CARRYE E. RUNNER,
County Teachers.

EMERY H. WHITE,
County Superintendent.