

Missouri University, College of Agriculture.
Agricultural Extension Service
4-H club circular.

GARMENT MAKING I

HOUSEHOLD PROJECT

BOYS' AND GIRLS' CLUB

CIRCULAR 1 COLUMBIA, MISSOURI AUGUST, 1922
(Reprinted October, 1923)



COOPERATIVE EXTENSION WORK IN AGRICULTURE AND HOME ECONOMICS

UNIVERSITY OF MISSOURI COLLEGE OF AGRICULTURE AND THE UNITED
STATES DEPARTMENT OF AGRICULTURE COOPERATING

A. J. MEYER, Director, Agricultural Extension Service

Distributed in furtherance of the Acts of Congress of May 8, and June 30, 1914

FOREWORD

The material in this circular is derived from many sources. In the main it represents a compiling and rearranging of mimeographed sheets and miscellaneous publications heretofore used in garment making club work.

The subject matter context has been reviewed by Miss Essie M. Heyle, Extension Professor of Home Economics. The circular itself was arranged and re-written by Mrs. J. K. Byfer, Special Assistant in Boys' and Girls' Club Work. The drawings are by Miss Catherine Bedford, Supervisor of Art in the Columbia, Mo., public schools.

This circular is the first of a series which has been arranged especially to meet the needs of many people of club age.

TABLE OF CONTENTS

Did you ever read about something in a book and then try to find it again? Perhaps you have spent many minutes, even hours, trying to locate it. If there had been a complete table of contents and an index, you could have turned immediately to the article you wanted and there would have been much pleasure in referring to subjects you wanted to read again. In this book there is a table of contents to help you find any stitch, seam, material or directions that you have used in making the articles found in the Household Project. Consult the contents often so you can turn at once to any item you wish.

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The Garment Making Club—I.

The Garment Making Club which you are just starting, girls, has some very interesting articles for you to make. What girl is there among you who does not like pretty clothes and useful articles about the house? To have pretty clothes does not mean to spend a large amount of money, but it does mean to know how to sew and how to choose clothing that is suitable to the wearer and the occasion, and not to go beyond one's pocketbook. This club has the work outlined for a year. The meetings should be at regular times. If there are to be meetings every two weeks be sure to meet then unless something very unusual takes place to prevent it. A club member is not required to take any one article first. The person organizing the club should use his judgment in recommending the work to be taken that it may fit the needs of the group.

HOUSEHOLD PROJECT

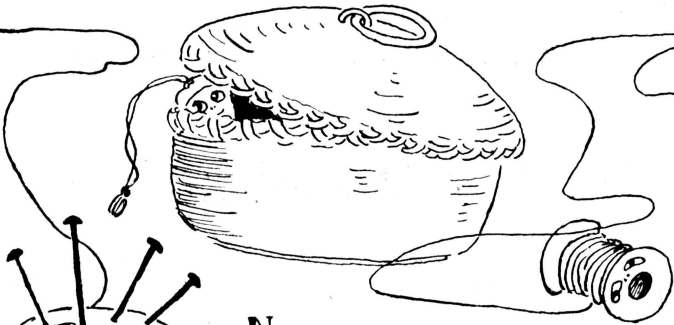
Each member should assist her mother in making a list of household linens that are on hand in order that she may better choose which article to make. In order to complete the work, each girl shall make at least one article from each of the following four groups:

1.	2.	3.	4.
Tea towel	Pillow case	Laundry bag	Kitchen apron
Hand towel	Dresser scarf	Sewing bag	Sewing apron
Napkin	Table runner	Dust cap	Bungalow apron

In addition each girl shall do the following:

1. Darn two pairs of stockings.
2. Patch two garments.
3. Remove two stains.

TOOLS

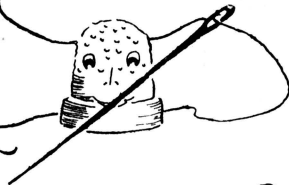


NEEDLES



THREAD

THIMBLE



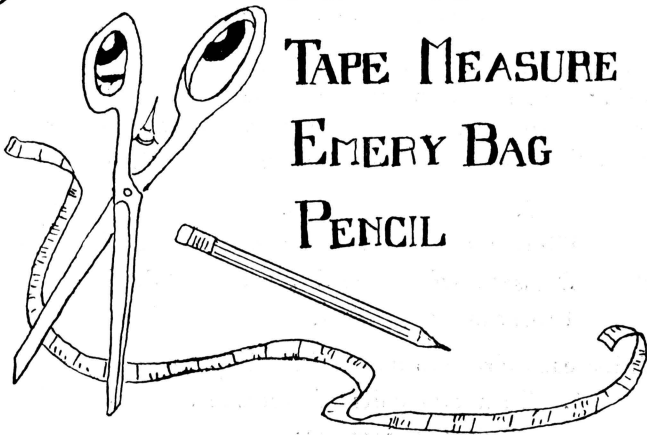
SCISSORS

PIN AND CUSHION

TAPE MEASURE

EMERY BAG

PENCIL



Before you begin the work, it is necessary to talk about the tools you will need in your club work:

- | | |
|-------------|---------------------|
| 1. Needles | 5. Pins and cushion |
| 2. Thread | 6. Tape measure |
| 3. Thimble | 7. Emery bag |
| 4. Scissors | 8. Pencil |

I. There are several kinds of needles:

- (a) Milliner's needles are long needles with round eyes and are useful for basting as well as for millinery work.
- (b) Embroidery or crewel, darning and tapestry needles have long eyes and are used for flosses and yarns.
- (c) Sharps are needles in general use in sewing and dress making.
- (d) Ground downs or shorts are used in very fine sewing.

II. Thread, too, is of many kinds and sizes:

- (a) Basting thread is finished with a glazed surface so that it may be removed easily from the material (it usually comes in white).
- (b) Sewing thread Nos. 8 to 200 white and Nos. 30 to 90 colored.
- (c) Linen Nos. 25 to 250.
- (d) Silk Nos. E to 000.
- (e) Silk twist.

Number of Thread and Needles for Materials in Hand Sewing

Kind of Material	No. of Needle	Thread Number
Shirtings, suitings, and heavy muslins	6	40 to 60 cotton C, sewing silk
Silk and general domestic goods	7	60 to 80 cotton A, B sewing silk
Soft linens, muslins, and silks	8	70 to 90 cotton A, B, sewing silk
Sheer lawns, linens, and muslins	9	80 to 100 cotton 0 sewing silk
Very sheer linens, organdies, chiffons, and georgettes	10-12	100-150 cotton 00-000 silk

III. Thimble should be of silver, celluloid, or aluminum and should always be worn when sewing, for no girl can ever make a good seamstress if she does not use a thimble.

IV. Scissors should be sharp.

V. Pins should be of good quality and should be kept in a pin cushion of cloth stuffed with curled hair, cork or sawdust.

VI. Tape measure should be 60 inches in length, $\frac{3}{8}$ to $\frac{1}{2}$ inch wide

and stitched on both edges. Those tapes that are marked on both sides with inches numbered from opposite ends are most convenient to use.

- VII. An Emery bag is most useful to smooth the needle when it becomes rusty or rough from the perspiration or oil of the hand.



RECORD BOOK

Just as important as the making of these articles is the keeping of a record telling how you have made them and adding interesting things that have happened. In this first Garment Making Club, the articles are so arranged that each group is a little harder than the group just before it. Group II is harder than Group I, and Group III is harder than Group II, etc. This will be shown in your Record Book, too, as you will be able to tell more after you have finished the second group than you did after the first group. Then after you have finished the third group your record will be longer and more complete and interesting than your report on the second group, and so it will continue. Make a record of every meeting whether an article is finished or not. At the last you will have a Record Book that not only you will be proud of, but your parents, your club, and the College of Agriculture will be equally proud of. The Record Book will contain a history of your club work and you will want to keep it. After the Agricultural Extension Service has examined it, it will be returned to you.

Group I.

All the articles are so useful and so interesting you perhaps would like to make them all, but you will not have the time; so, after deciding which you wish to make, the next thing is to choose the material. A material that will wear must have the following qualities: The warp or lengthwise threads of the cloth and the woof or crosswise threads of the cloth must be about the same weight and both threads strong enough for the purpose for which the material is to be used. It must be of firm weave. There must be nothing in the material that can be easily picked off or pulled out.

To find out if warp and woof threads are equally strong, ravel the goods a bit and compare the weights of the threads, also the ease which they can be broken. Toweling, silk shirting, wool poplins, crepe-de-chine, outing flannel, and cambric may have warp and woof threads of different strengths. If there is any difference in the weight of the warp and woof threads, the warp should be the stronger. Dimities woven of fine threads with an occasional heavy thread or cord do not wear well. Materials woven of round threads are better as a rule than those woven of threads not so definitely rounded. Look for round threads in buying linens, muslins, silk hosiery, etc.

If goods is firmly woven, the threads will not move or slip when the material is drawn in both directions between the finger and thumb, and will not stretch much when held between the first fingers and thumbs and the wrong side of the cloth is rubbed by the first finger with an upward pressure.

TEA TOWEL

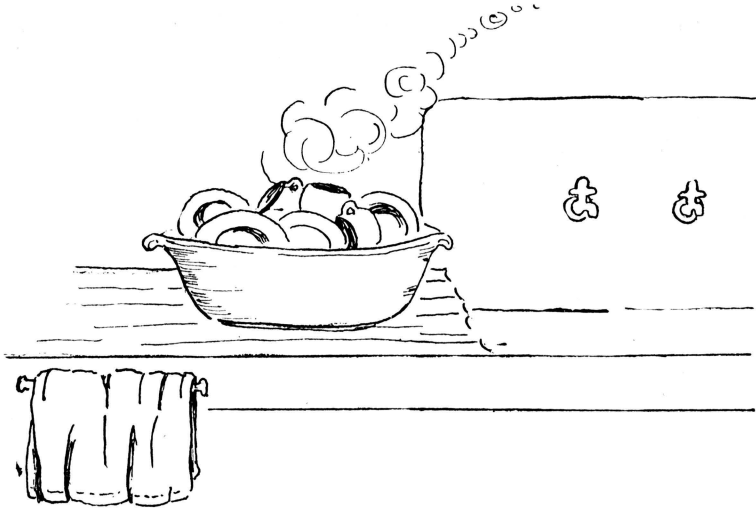
Before you attempt to cut any article read the directions entirely through and remember that the article described is a standard one, but you may want to change it a little so that yours will be different. Each club member should plan to make her articles have a personal look. When all of the project is on exhibition it would be very pleasing to see that no two articles are exactly alike.

A good housekeeper always has plenty of tea towels on hand. They should be hemmed and kept laundered and not used for anything but wiping dishes.

Material.—Linen crash, soft quality of unbleached muslin, or flour sack, the seam of which has been ripped at the side.

Making.—Cut the towel straight with the thread, one yard long.

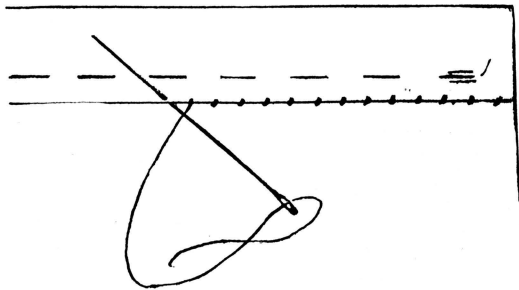
Turn $\frac{1}{4}$ -inch *hem** at cut edges. Baste with *even basting stitch*. Sew hem in place with plain *hemming stitch*. *Overhand* ends of the hem.



Hem.—A hem serves as a finish for a garment or as an ornament. The plain hem is made by twice folding the edge to be hemmed, the first fold being very narrow and the second the width of the desired depth. The first turning of the hem varies from $\frac{1}{8}$ to $\frac{1}{4}$ inch in width depending on the width of the second fold. The width of narrow hems may be gauged by the eye but wider hems must be measured with a gauge or other marker. The basting stitch is used to hold two pieces of material together until they are firmly stitched.

Even Basting.—

Even basting is used when a strong basting is needed as for the seams of a waist that is to be fitted, or for hem on goods that does not crease easily. These stitches are usually made $\frac{1}{4}$ inch long on both the upper and under sides of the material.

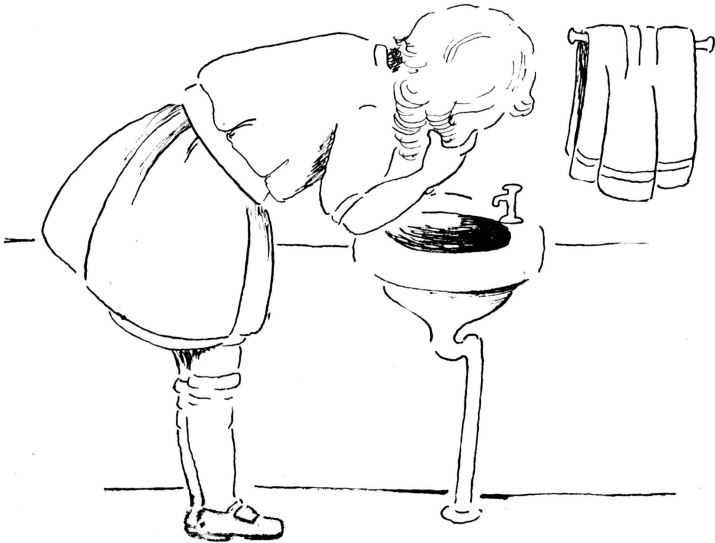


(Hemming Stitch)

*Words printed in *italics type* on this and succeeding pages are fully explained in paragraphs directly following their first occurrence.

Hemming Stitch.—To make a hemming stitch, hold material across the first finger of the left hand with the bottom of the hem toward the palm. Hemming is done toward the worker and the needle is slanted slightly to the left. Since the hemming stitch is a slanting stitch the needle should not be placed straight across the hem. To make a small stitch place the needle under the fold of the hem catch a few threads and bring it through the very edge of the fold of the hem. (See explanation of hem, above.)

Overhanding is used to join two finished or folded edges such as selvages of goods or ribbon, bottoms of hems, lace, ribbon, some embroidery, etc., or in making hems in napkins or table cloths or other household articles. This stitch insures a flat seam and a damask



hem in which the stitches show little because they are taken straight across the hem and lie in the same direction as the threads of the damask. After basting the edges together, the material is held in the left hand with the edges along the forefinger. The needle is inserted at a right angle to the edge and pointed directly toward the worker. The stitches are taken very close together and just deep enough to catch the material. Overhanding may be begun and ended with *fastening stitches* or the end of the thread may be laid along the top and caught with the first four or five stitches, and fastened at the end by reversing the material and sewing over the last four or five stitches.

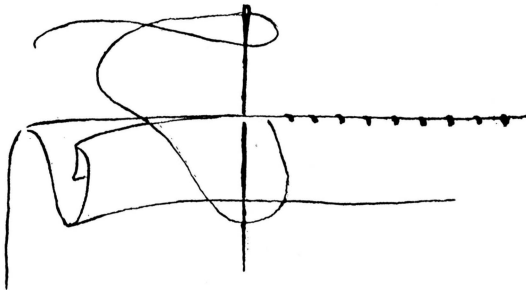
Fastening Stitch.—To fasten the thread when the end of the thread or seam is reached, take three or four short stitches on top of each other. This is called the fastening stitch and is used also for fastening the thread when beginning most all stitches except gathering or basting, then the knot is used.

HAND TOWEL

Hand towels, like tea towels, should be neatly hemmed, laundered often and every member of the family should have his own towels to use.

Material.—Linen huck or crash, or union toweling.

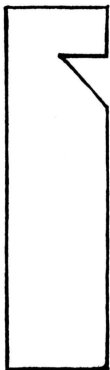
Making.—Cut edges straight with thread and make the towel three-fourths to one yard long. Make a *napery or French* hem, one-half inch to one inch wide, using a **gauge** for folding the hem, and *overhand* the ends of the finished hem.



(Overhanding Stitch)

Napery Hem. — The napery or French hem is used on table linen and similar material. To make this hem, crease the material as for a plain hem, then turn the hem back on the right side and overhand.

The Hem Gauge.—The hem gauge is used to secure even width in hems and tucks. This is easier to handle than a tape measure or a ruler. The gauge is made from a narrow piece of cardboard about one by four or five inches. Measure down from the end on the long side of the cardboard the width the hem or tuck is to be made and make a cut a half inch long, straight into the cardboard and parallel with the end. Make a diagonal cut just below or just above this straight cut so that a triangular piece is cut out. This notch must be made very accurately, else the width of the hem or tucks will not be correct.



Overhanding. — See explanation under Tea Towel.

NAPKIN

Napkins last so long that much care should be used in hem-



ming them. "Every-day" napkins need only a plain naptery hem, but extra nice ones that are for special occasions might have an initial embroidered in white for decoration.

Material. — Linen damask in plain or figured patterns, plain linen or mercerized cotton damask.

Making.—Cut according to pattern if the material is woven especially for napkins. If plain material is being used, cut at least 16 to 20 inches square for dinner napkins. Straighten the cut edges by cutting along the thread. Turn $\frac{1}{8}$ inch hems on all cut edges. Hems need not be basted if material is heavy enough to be turned into place. Make naptery or French hem as described and shown under making of hand towel.



RECORD BOOK

After you have finished making one of these three articles, put down in your Record Book just what you have done as this will help

you to tell the story of your clubwork when you have finished. You might start a real diary of your sewing club and tell all about the program, and what each member did, what visitors you had, and any plans that were made for the next meeting, and just what progress you have made with your article of sewing, what difficulties there were, and why you chose the material you did.

It would be helpful if you would collect samples of the different goods mentioned in the materials for these articles and find out the cost and width. Then try to find out the difference in the materials. Place small samples of materials neatly cut and of about the same size into the Record Book, attach them with library paste along the upper edge. Give the name, the width, and the cost below each sample. In every one of the three articles in Group I, linen or crash is mentioned as a good material. Can you find out why linen or crash is especially good for a tea towel, hand towel or napkin?

USE OF MACHINE

All of the articles in the Household Project can be done by hand, but it would be helpful in making firm, strong seams if the sewing machine is used.

The seams of the laundry bag and the pillow cases can be stitched on the machine in a much shorter time than doing it by hand with a back stitch. The book of directions that belong to the machine should be carefully studied for each make of machine varies from every other make. The club leader will help in explaining the directions.

A few important things are necessary to remember.

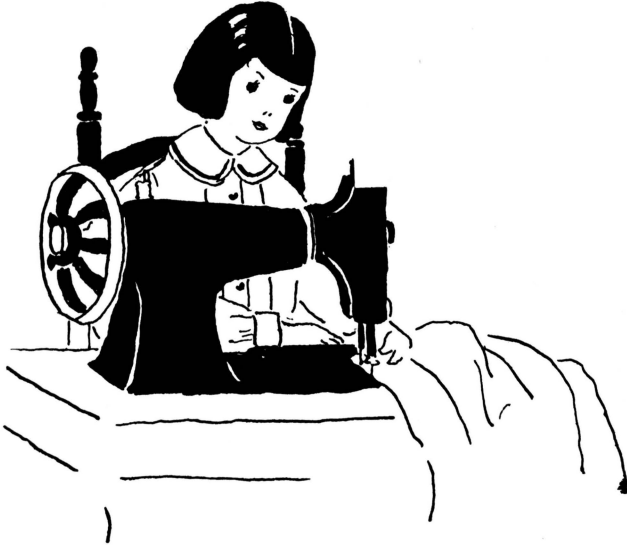
1. Always have the machine clean and well oiled. If it becomes sticky or if it is not to be used for some weeks, oil it with kerosene. This will clean it. Then run the machine so that the oil will get to every part then wipe it carefully. After thoroughly cleaning it, oil it with a good quality of machine oil. Never use the machine without first carefully wiping it.

2. The book of directions will tell you the size of needle to use with the size of thread and both should be chosen to suit the material to be stitched. The length of stitch should be regulated to suit the material, too.

3. The machine must always be threaded carefully above, and below else it will not take tight, even stitches or the thread may break.

Needles are sometimes blunted by wrong threading or improper setting of the needle and should never be used then as a blunt needle draws the threads of the material.

4. Keep the belt tight for when it is too loose, much energy is wasted.



5. Until the beginner learns the proper direction to turn the wheel and the art of treadling with both feet, the machine need not be threaded but it can be run in this manner until treadling becomes a habit and starting and stopping easily and exactly has been learned.

6. The bulk of the material should be kept to the left of the presser foot.

7. Practice in making straight stitching can be done on striped goods so the stripes may serve as a guide.

8. Try threading, treadling, regulating the length of stitches, and guiding work until all these can be done without much thought, or have become a fixed habit.

Group II

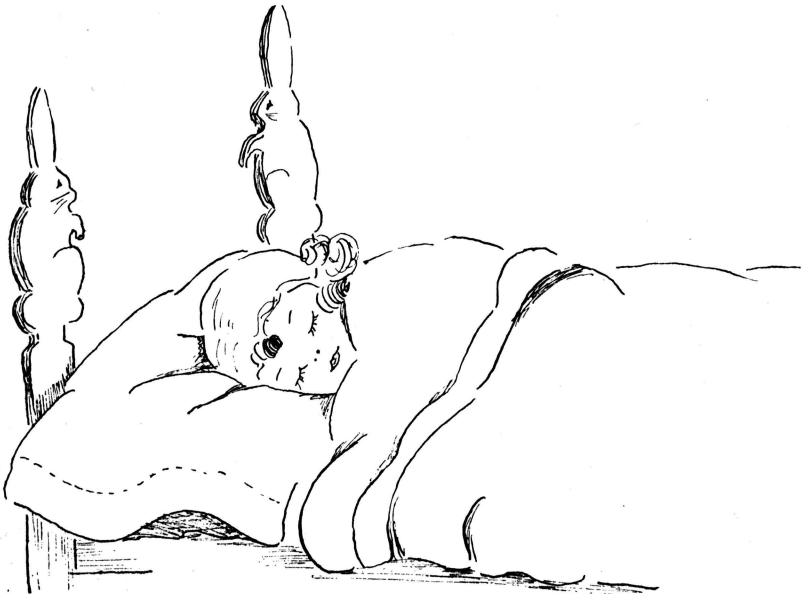
Group II gives you a choice of articles again, pillow case, dresser scarf or table runner.

In every article for the house good taste must always rule. For decoration of household linens, especially pillow cases, white is best for embroidering, scalloping or any fancy stitches.

Towels may have colors used upon them if they harmonize and do not fade in laundering. Never use very showy wide crocheting or colored laces upon them or pillow cases as these often fade or get torn in washing and ironing and are not usually in good taste. Narrow laces and crocheted edges are more practical.

PILLOW CASE

Material.—Cotton or linen pillow tubing, sheeting, cambric, or muslin.



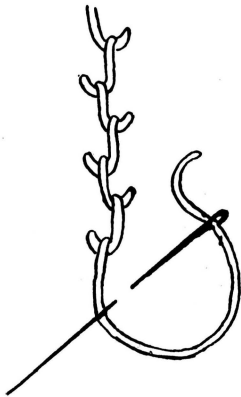
Making.—Make the pillow cases to fit the pillows in your home. The average size pillow case is 20 to 22 inches wide by 30 to 36 inches long. Straighten the edges of the material. Measure the length of the case desired, adding 2 to 3 inches for the hem, then cut it off from the piece of goods. Measure the width desired, adding enough to

make $\frac{1}{4}$ -inch straight seams. Be sure both selvedges are cut off.

Decoration.—The hem of the pillow case instead of being stitched or fastened down with a *hemming stitch*, may be finished with a simple decorative stitch done in white. There are many stitches that can be used as the *feather stitch* or the *chain stitch*, etc., or these may be put on after the hem of the case is stitched. Threads may be drawn and the case may be *hemstitched*. A monogram or initial may be made with a *satin stitch*, preferably with white floss. Avoid all elaborate decoration which tears in laundering and looks worn in a short time.

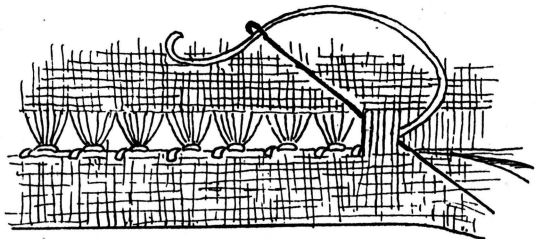
The Hemming Stitch is described under Tea Towel.

Feather or Briar Stitching makes a beautiful and effective trimming and may be varied by putting the needle in straight or slanting, and by taking one, two or three stitches on each side before working, on the other side. The stitch is made toward the worker. Bring the needle through from underneath; hold the thread down with the left thumb; put the needle in $\frac{1}{8}$ inch or less to the right of where the thread came out and bring it through, making a stitch about $\frac{1}{8}$ inch long. Bring the needle out over the thread so that a blanket stitch is formed. To make the left hand stitch, the thread must be thrown to the left so that it will be underneath the point of the needle when the stitch is taken.



Hemstitching.—Hemstitching is an open work finish used at the top of a straight hem. To make this finish, draw threads where the top of the hem will come when it is folded the desired width. Baste the hem into place being careful that the fold lies exactly along the lower edge of the drawn threads. There are two methods of hemstitching.

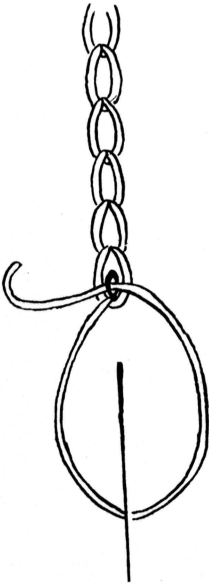
Method I.— Hold the wrong side of the hem toward you with the open work space along



the first finger of the left hand and work from right to left. Do not use knots, but conceal the end of the thread under the fold of the hem and take two fastening stitches on the fold of the hem. Pass the needle from right to left behind three to six of the threads and pull the thread through. Now pass the needle behind the same group of threads and through the extreme edge of the fold of the hem but not through the material underneath. Draw the thread tight.

Method II.—Hold the material so the bottom of the hem is toward the palm of the hand and work from left to right. Fasten the thread as before. Pointing the needle to the left, pass it under a group of threads and pull the thread through. This causes the thread to go completely around the group of threads. Take a tiny stitch in the fold of the hem. Draw the thread tight.

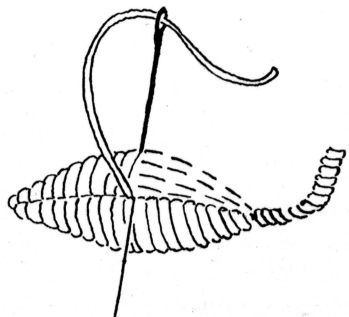
Chain Stitching.—The chain stitch is made toward the worker.



Bring the needle up through the material, hold the thread down with the left thumb, put the needle back a thread or two next to the hole it just came through, and bring it out a short distance in advance and over the thread which is thus held down in the form of a loop. A knot may be used to fasten the thread at the beginning or small fastening stitches used at both beginning and ending.

Satin Stitch.—The satin stitch usually has a padding made of running or chain stitching or of floss laid along the part that is to be covered with satin stitching. The padding is always made at right angles to the direction in which the satin stitches are to be made. The material should be held

so that the stitch can be worked vertically and the work progress from left to right. The stitches should be exactly parallel and close together and the outline of the decoration should be unbroken.



DRESSER SCARF

Dresser scarfs offer great variety of materials and decorations. They have two purposes to fulfill: that of protecting furniture from scratches and that of adding beauty to the room. In deciding the kind of scarf you will think more about the beauty.

Plain hems and decorative stitches always show good taste, if crocheting or lace is used care must be taken not to have it too wide.

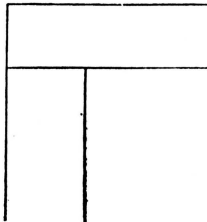
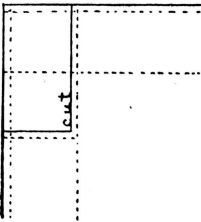
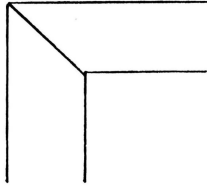
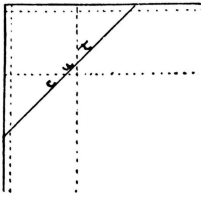


Material.—Cotton, linen, crash, pique, Indian head, unbleached muslin, cretonne, to match the bed spread or the hangings in the bedroom. To determine the amount of the material needed, measure the length and width of the top of the dresser; decide whether the dresser would look better with a scarf $\frac{1}{2}$, 1, or $1\frac{1}{2}$ inches smaller all around than the top of the dresser or whether a scarf with ends hanging over the dresser 10 to 12 inches would look better. Plan width of the hem desired and figure the amount of the material needed.

Making.—The dresser scarf may be made with $1\frac{1}{2}$ to 2 inches for the hem and *mitered corners* and it may be *hemmed by hand*, *hem-stitched*, or the hem held down with a *chain stitch*, or other decorative stitch. It may be trimmed with crocheted edge or embroidered de-

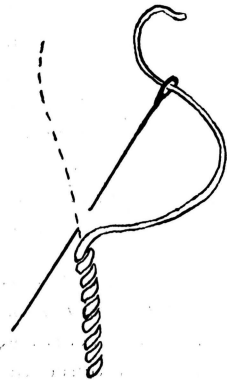
sign, or a design that is made with the *outline stitch* or the *couching stitch*, or a narrow lace sewed around the edges. Instead of a wide hem, the dresser scarf may have a $\frac{1}{8}$ to a $\frac{1}{4}$ inch hem over which a *blanket stitch* or narrow crocheting is made, or the edge may be *scalloped*.

Mitered.—Mitered or cut-out corners are used on hems or facings when goods is of a weight to make it necessary to cut out some of the surplus material in order to have a flat, less bunglesome



corner. They are used for lace or embroidery trimmings that are sewed around corners where a flat trimming without fullness is preferred at the corner. To miter a corner of a hem, first turn the hem in the ordinary way and crease. Cut a triangular piece from the material at the corner, the base of which will be $\frac{1}{8}$ inch above the meeting of the creases made by the top folds of the hem. Turn down the $\frac{1}{8}$ inch on the diagonal cut and overhand or seam the miter together on the wrong side.

To make a cut-out corner, crease the hem and cut an oblong piece from the under fold leaving $\frac{1}{8}$ inch along the side and bottom of the hem. Turn back the hem and hem and overhand the ends of the hem.



Hem by Hand.—See explanation page 10.

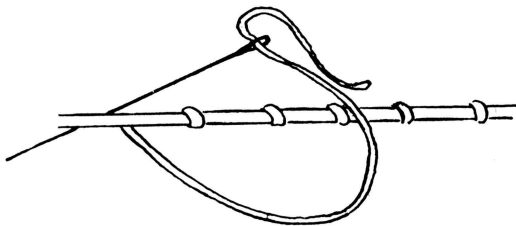
Hemstitching.—See explanation page 17.

Chain Stitch.—See explanation page 18.

Outline Stitch.—Outline stitch is made from the worker. Put the needle in almost straight with the line that is being worked and take up just half of the stitch wanted, bringing needle out each time at the end of the previous stitch. To start the stitch take

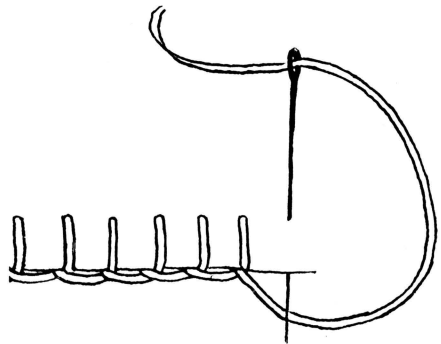
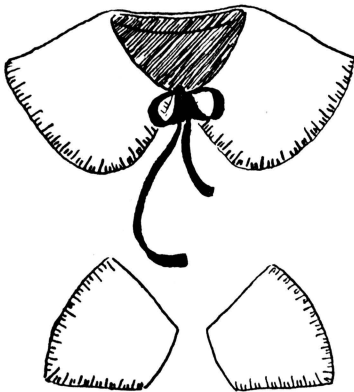
several small running stitches along the line on which the outline stitch is to begin, ending them at the starting point. Finish the stitch by taking several stitches through the wrong side of the outline stitches.

Couching.—The couching stitch is a decorative stitch which may combine different shades or colorings very attractively. Two



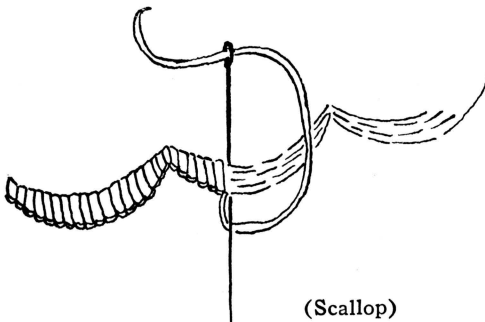
threads are used in making this stitch. One is held in place on the material with the left hand. The second thread is used in making the stitches which hold the first thread in

place. These stitches are made over the first thread and at right angles to it and are made $\frac{1}{4}$ to $\frac{1}{2}$ inch long on the wrong side.



(Blanket Stitches)

Blanket Stitch.—Blanket stitches are used to finish the edges of flannel and other woolens or for scalloped edges or decoration. The



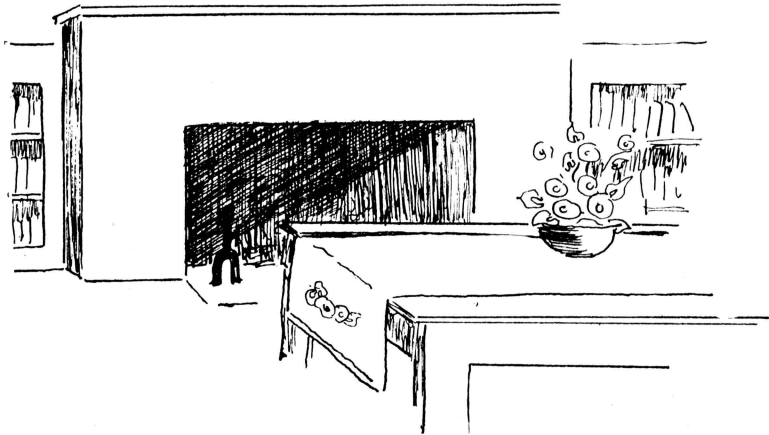
(Scallop)

stitch may be made any desired depth or combination of depths and any desired distance apart. For making scallops when embroidering, the stitches are made as closely together as possible. The edge of the material is held next to the worker and the stitch

is made from left to right. Fasten the thread by making a fastening stitch where it will not show and bring the thread out as near the edge as possible. Let the thread fall naturally to the right or hold it down with the left thumb. Put the needle in at the desired depth and bring it out at the bottom of the scallop or over the raw edge so that the thread is underneath the point of the needle. Pull the needle through. The thread should be continuous along the edge.

TABLE RUNNER

Table runners like dresser scarfs serve two purposes, but the one of decoration is your interesting problem. Use firm, plain materials,



as linen or cotton crash, for they have weight enough to lie flat and hang well. The grey or tan of these materials serve as a good background for soft colors in stitches or design. Be careful not to over decorate.

Material.—Gray or tan linen or cotton crash, 14 to 18 inches wide.

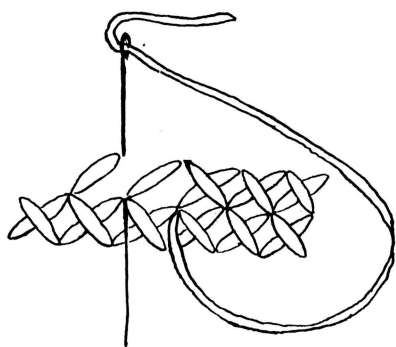
Making.—Measure the table. Straighten the ends of the cloth by drawing threads. The runner may just cover the top of the table or hang over 6 to 15 inches. For a large library table or dining room table, allow a 3-inch hem; for smaller tables, a narrower hem. *Hemstitch* or *hem by hand*. A design with a *satin stitch*, *cross stitch*, *outline stitch* or *couching* may be worked in brown, greens, or soft blues, according to coloring in room where the scarf is to be used.

Hemstitch.—See explanation under Pillow Case.

Hem by Hand.—See explanation under Tea Towel.

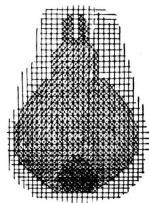
Satin Stitch.—See explanation under Pillow Case.

Cross Stitch.—The cross stitch may be made over the thread in loosely woven materials such as scrim, monk's cloth, etc. In fine material canvas must be basted into place, the stitches made over



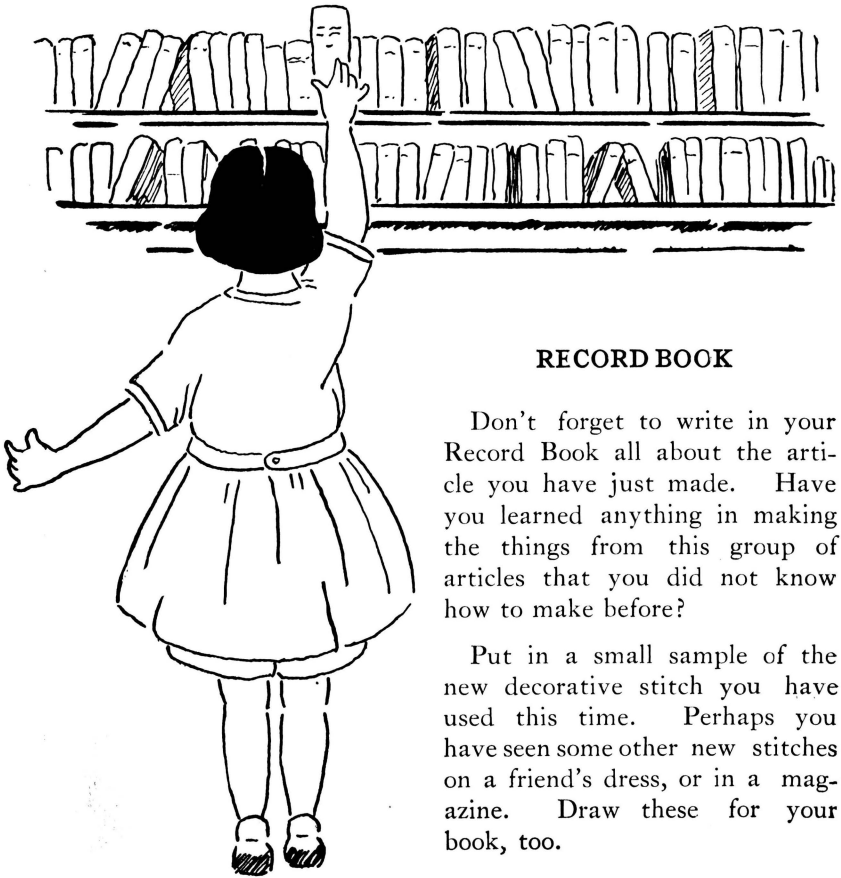
this and the canvas removed by wetting it to soften the glue and pulling out the threads. If a pattern is stamped upon the material no canvas is needed. The stitch may be made by bringing the needle through at the upper left-hand corner of the square, then taking the stitch by putting the needle in at the lower right-hand corner and bringing it out at the lower left-hand

corner, putting it in at the upper right-hand corner and bringing it out at the upper left-hand corner of the square at the left of the one upon which the cross stitch has been completed. When canvas is used the stitches are crossed over the threads of the canvas. Every alternate row the patterns should be inverted so the work should always be done from right to left, but care must be taken always to cross the threads in the same way or an attractive design will not result.



Outline Stitch.—See explanation under Dresser Scarf.

Couching.—See explanation under Dresser Scarf.



RECORD BOOK

Don't forget to write in your Record Book all about the article you have just made. Have you learned anything in making the things from this group of articles that you did not know how to make before?

Put in a small sample of the new decorative stitch you have used this time. Perhaps you have seen some other new stitches on a friend's dress, or in a magazine. Draw these for your book, too.

Group III

In this next group there are two different styles of laundry bags, a sewing bag, and a cap from which to select. Whichever one you choose will prove to be a most useful article and one that you will delight in making.

Laundry bags have hard wear so they should be made of strong washable materials. They need to be washed almost as often as the clothes, so it is important to select colors that will stand much laundering. Two styles of bags are described here but there are many other styles and you may make a different style if you are careful to learn how to make the stitches correctly. If you are making one for the family clothes it will have to be larger and stronger than if you are making one for just your own.

One thing to remember in making bags that have draw strings is the need of a good, firm buttonhole stitch on the slits where the tape or cords come out. These get so much wear in drawing up the bag that a carelessly made buttonhole will soon pull out with injury to the goods of the bag.

LAUNDRY BAG (A)

Material.—One and one-third yards of cretonne, cotton or linen crash, unbleached muslin, etc. A pair of 12-inch embroidery hoops.

Making.—Straighten the material. Fold it crosswise, so that the fold is at the bottom of the bag and stitch the selvages together in a seam on both sides to within about 4 inches of the top. Fold on each side about an inch hem or one deep enough to sew over the embroidery hoop easily. Sew each hem with close hemming stitches over embroidery hoops.

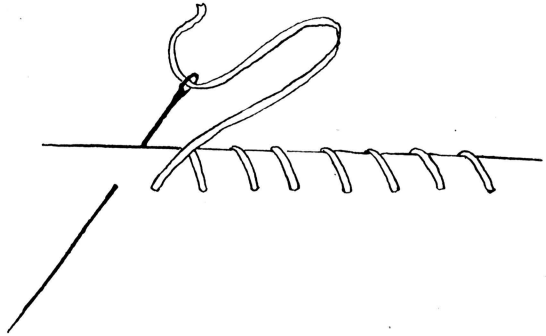
LAUNDRY BAG (B)

Material.—Cretonne, cotton, or linen crash, muslin, or other cotton goods. The amount of material needed will vary with the size of the bag desired. About 20 inches wide and 27 inches long is a very good size for a finished bag. For this size $\frac{5}{8}$ of a yard of 40-inch material is needed to make the bag with the woof threads lengthwise of the bag. If the bag is made with warp threads lengthwise $1\frac{3}{4}$ yards of 30-inch material will be needed. If you have forgotten what warp and woof threads are see page 9.

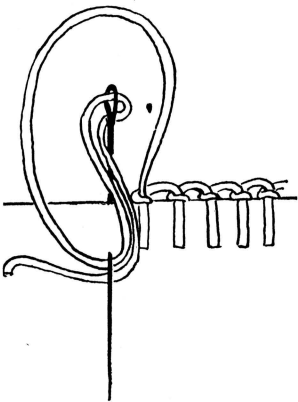
Making.—Straighten the cut ends, of the material. Stitch and *overcast* seams. Make $3\frac{1}{2}$ -inch hem, stitching $\frac{3}{4}$ to 1 inch above the

bottom of the hem to form casing for the tape which will thus have a heading above it. At each side of the bag just on the outside of the casing, rip the seam or if necessary cut a slit about $\frac{3}{4}$ inch long for putting in the tape to draw up the bag. If a slit is cut, make *buttonhole stitches* over the cut edges. Cut two pieces of tape or cable cord each 4 inches longer than twice the width of the bag. Insert one piece of tape in each opening, running it completely around the bag and bringing it out through the same slit by which it entered. Tie ends of tape or sew with a *flat felled seam*.

Overcasting.—Overcasting is making a large stitch over a raw edge to keep it from raveling. Hold the raw edges slantingly across the first finger of the left hand. Bring the needle through from the back of the goods each time about $\frac{1}{8}$ inch down and $\frac{1}{4}$ inch from the last stitch letting the thread fall over the edge of the cloth. Begin and end by taking small fastening stitches $\frac{1}{8}$ of an inch down from the raw edge.

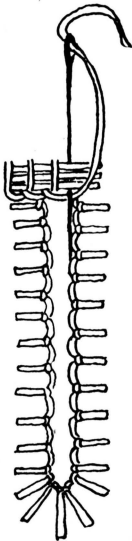
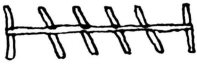
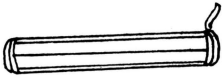


Buttonhole Stitch.—Buttonhole stitch is made by inserting the needle just beyond the stranding or overcasting threads, bringing it to the right side of the garment. Be sure that the thread which comes from the edge of the material is always kept back of the needle. Before pulling the needle through, pass the thread from the eye of the needle under the point of the needle from right to left. If the worker is left-handed or is working from left to right, throw the thread under the point from left to right. Draw the needle through and away from the worker so that the thread is pulled at right angles to the edge and so that the purl or double knot which the stitch makes is along the cut edge. Keep the stitches as nearly the same depth as possible, the distance

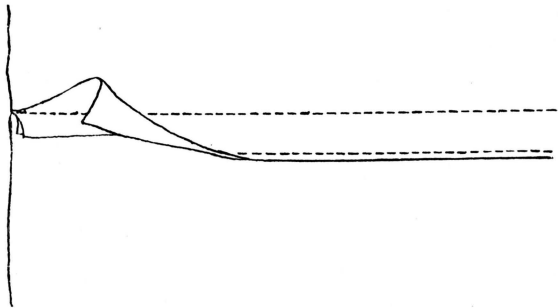


of one thread apart, and as shallow as they can be made without pulling out of the material.

There are three finishes which may be used for the ends of the buttonhole; the *fan*, the *worked bar*, and the *unworked bar*. The *fan* is made in the end of the buttonhole where the button will rest. It is made by continuing the buttonhole stitches in a fan shape around the end of the hole. The *worked bar* is usually in the opposite end from the fan to prevent the tearing of the buttonhole. This is made by taking two or three stitches across the end to be barred, and then applying a close blanket stitch. The *unworked bar* does not make as strong an end as either the fan or the worked bar, but it is strong enough for ordinary purposes and is easier to make. The bar is put in when the buttonhole is being prepared and no stitches are made over the bar. When the buttonhole is finished the needle is put through the purl on the opposite side and fastening stitches are made on the wrong side of the garment near the buttonhole.



Fell Seam.—To make this seam, stitch a seam about $\frac{3}{8}$ inch wide. Trim the underside of the seam from $\frac{1}{4}$ to $\frac{1}{8}$ inch; the upper side from $\frac{1}{4}$ to $\frac{3}{8}$ inch. Fold the wide edge down



about $\frac{1}{8}$ inch over the narrow edge, turn both edges down flat to the cloth and baste down the folded edge. Care must be taken to push back the material as the folded edge is basted down so as to prevent any pucker on the right side.

SEWING BAG

It surely is a pleasure to have a bag in which to keep one's sewing tools; for, if thimble, scissors, thread, and other needed sewing aids are always put into the bag after using, one need not spend time hunting them when in a hurry.



Usefulness is one of the first things to think of, but along with that one can have a pretty bag, too. In your mother's scrap bag you may find enough material to make a pretty and serviceable one. If you are going to buy material remember some pretty materials will not be at all suitable or serviceable. A bag that will wash is very satisfactory for constant use. If plaid or figured goods is used, small

patterns and soft colors are in better taste than large, gaudy ones.

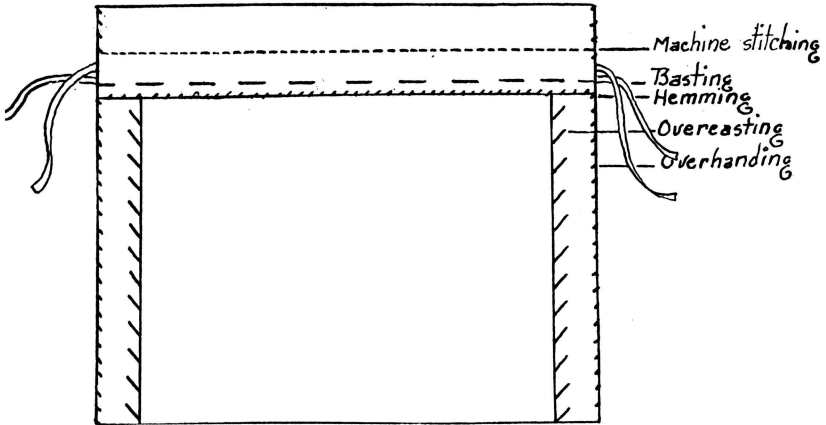
There are so many styles of sewing bags that you may each have one entirely different from every one else. After you have read over about the standard one you will find that there is an opportunity to make some change or to add something that will make the bag very different from the standard one and at the same time be learning all of the steps in making it.

Material.—Linen, cretonne, chambray, poplin, gingham, crash, denim, or other material.

Size.—A good size for sewing bag is 18 inches wide by 15 inches long when finished. This will take a piece of cloth 18 inches wide and 36 inches long.

Making.—Straighten all edges. Overcast raw edges on the sides of the bag, $\frac{1}{8}$ inch deep. Make $\frac{1}{4}$ inch turn on all the edges to the wrong side of the material and baste. Turn a $2\frac{1}{2}$ -inch hem at each end. Baste a hem and stitch on the machine or hem it by hand. Begin with fastening stitch instead of knot and take four or five stitches to make the fastening at both the beginning and the end of all hand stitches used on the bag. Beginning at the side of the bag (measuring up $\frac{1}{2}$ inch from the stitched edge of the hem) make a row of machine stitching in the hem to form a casing in the top of the bag for a draw string. Place the hems together and fold the material in halves with the right sides together. Overhand the sides. Overhand the ends of the hems from the running stitches

to the top of the bag. Cut two pieces of tape 4 inches longer than twice the width of the bag. Insert tape in the opening of the sides of the bag. Run in one tape from each side. Each tape should come



out the same hole it enters the casing so that the bag can be drawn up at the top. The end of the tape may be fastened by tying or by sewing in a flat-fell seam.

CAP

The cap in this group may be used as a house or dust cap, or it may be made of white material and worn when showing or demonstrating what you have done in your club work.

A pretty cap is useful in dusting and cooking but it should never be used to hide uncombed hair in the morning. Caps really can be varied much in shape and material. For summer caps lighter weight material is more comfortable than Indian head or closely woven ones.

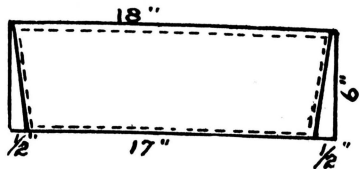
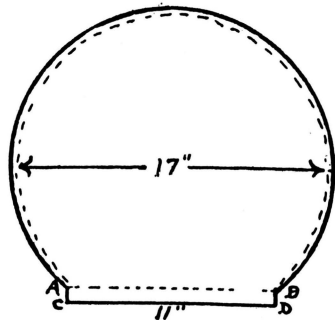
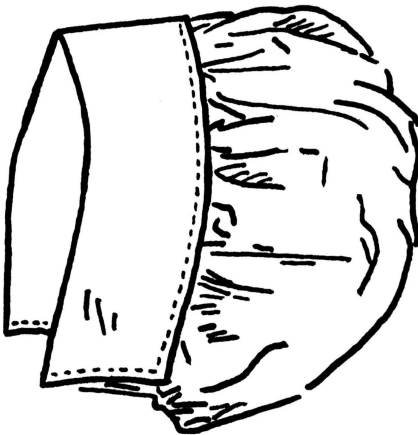


This standard cap will look quite different if it has the folded part shaped, and edged with rick-rack or some narrow trimming that was left from making some other garment. A row or two of narrow bias binding stitched flat trims a cap neatly. The cap may be made of two different kinds of materials. The crown might be of a checked material, the brim of a solid color to match the checks of the crown, and a little stickerei trimming, rick-rack, etc., stitched on the edge of the brim.

When cooking or canning any cap may seem warm so surely you will decide in favor of a light, airy cap.

Material.—Galatea, Indian head, linen weave, suiting or any cotton material with smooth finish.

Cutting.—From the illustration above it will be seen that the cap consists of two pieces, the crown and the brim. For the crown use a piece of material 18 inches square and draw a circle 18 inches



in diameter. Lay a ruler across the circle so the distance measured is 11 inches and mark points "A" and "B". From these points

measure down $\frac{3}{4}$ inch to the points "C" and "D". Connect points "C" and "D" with a straight line.

For the brim take two pieces of material 6 inches by 18 inches. Measure in from each end on one edge $\frac{1}{2}$ inch as shown in diagram. This will leave one edge 17 inches and the other 18 inches.

CAP FOR YOUNG GIRL OR ONE WITH SMALL HEAD

If the cap is being made for a young girl or one with a small head, make the diameter of the cap 15 inches and the space between "A" and "B" $9\frac{3}{4}$ inches. The length of the brim should be 16 inches at the folded edge where it is sewed to the cap and 15 inches at the edge of the brim.

Making.—Hem across the straight edge of the back of the crown turning a $\frac{1}{2}$ -inch hem. This forms a casing in which to run the tape or elastic. Cut two pieces of tape 7 inches long. Fasten one end of the tapes at AB and CD and run them through the casing and out at an opening left in the middle of the hem. If this is done the cap can be drawn up to fit the head and let out for laundering. The opening cut in the hem for the tape should be finished with a *button-hole stitch*. Divide the rounded portion into halves and *gather* evenly with two single coarse threads. Place the right side of the brim pieces together. Begin at the end of the two pieces for the brim and sew $\frac{1}{4}$ inch from the edge around both ends and the shorter side, using the *combination stitch*. Turn right-side-out and divide the open side into halves. Place the raw edge of the brim to the gathered edge of the crown and pin it in position. Baste, using even basting stitches holding the gathers toward you. Sew, using the *back stitch*. Turn the other raw edge of the brim under $\frac{1}{4}$ inch and bring it forward just to the stitching of the seam. Baste it down flat and sew, using the hemming stitch.

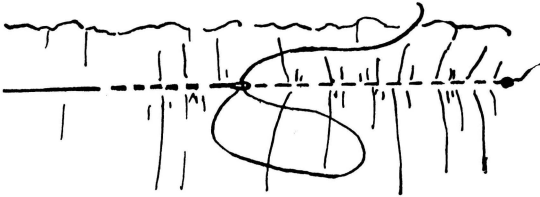
Decoration.—For a demonstration cap you will surely want a small shield like the picture below. At the time of the publication of this circular the only firm from which these emblems can be purchased is The Camden Curtain and Embroidery Company, Camden, New Jersey. They come in two sizes, one for the cap and a larger one for the apron. These may be put on with an outline stitch, blanket stitch, or hemming stitch, or attached with snaps, so they can be removed when laundered.



Buttonhole Stitch.—See page 26.

Gathering Stitch.—The gathering stitch or running stitch is

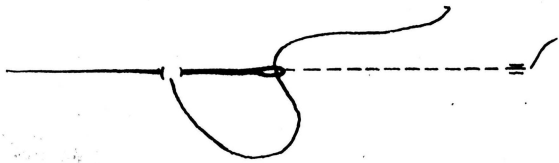
used for gathering, for tucking and for seams that do not require strength. These stitches are very small and may be even or uneven. Uneven running stitches are desirable when there is a good deal of fullness to be gathered into a small space. To make a running stitch, take a small stitch on the point of the needle and place



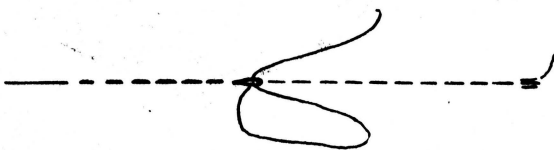
the first finger of the right hand on the under side of the cloth at the point of the needle, the thumb on top and the middle finger with the thimble on

it, at the end of the needle. With the left hand, hold the edge of the cloth about 1 inch from the point of the needle. Pull gently with the left hand, turn the right hand slightly back and forth and push the needle through the tight cloth. After several stitches have been taken move the position of the hands along but do not pull the needle through until as many stitches as possible have been taken on the needle. Begin and end running stitches with a fastening stitch except when used for gathering, when a knot can usually be used at the beginning. At the end allow the thread to extend several inches beyond the cloth and put a knot in the end of it.

Combination Stitch.—The combination stitch is the *running* and the *back stitch* used together. The combination stitch uses a few running stitches with an occasional back stitch. This stitch is used for a seam where more strength is needed than is given by the use of a running stitch.



Back Stitch.—A back stitch is used for sewing seams by hand where much strength is required. To make this stitch, first take a



very short stitch then put the needle back to where it was first put into the material and bring it out a space beyond

the stitch which is the same distance as the length of the stitch. Take the second stitch by putting the needle back to the end of the last stitch and bring it out the same distance beyond. Always advance from the under side of the material, making the under stitch twice the length of the top stitch. When carefully done with small stitches, back stitching closely resembles machine stitching. Begin and end back stitching with a fastening stitch.

Running Stitch.—See explanation of gathering stitch, above.

RECORD BOOK

It is time to use the Record Book again for surely there are many new steps and interesting facts to tell about, and you don't want to



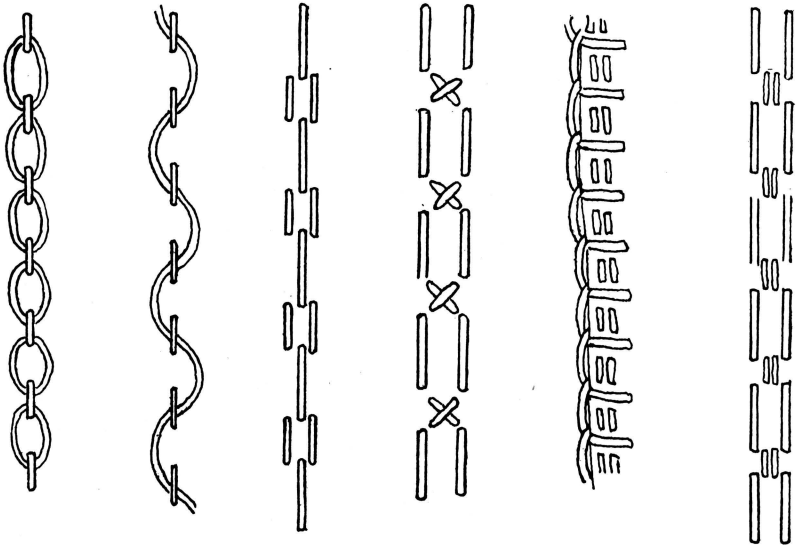
forget a single one. If you have used the buttonhole stitch, overcasting or a flat felled seam or any other stitch that you haven't used before it would be well to make it on a small piece of material and paste it carefully along the top edge into your Record Book. If there have been any demonstrations be sure to tell about them, too.

Group IV

APRONS

In Group IV there are so many styles of aprons suggested, it will be hard to select just one. You may make more than one if you have time.

When any one is doing housework an apron is a much needed article. One should protect the dress when cooking or cleaning as it is much harder to launder a dress than an apron. Besides it costs more to buy a new dress than a new apron. A fresh, crisp looking apron makes one look well dressed for housework. An apron can be made very attractive by choosing a pretty and suitable material and then making it by a simple pattern. Some people have an idea that dark aprons must be worn about housework as they won't



show the soil. But they get soiled the same as lighter colored aprons and need washing just as often. Dress sleeves often become very soiled when they rub against an apron that is not clean, so remember, no matter how pretty a pattern and material you have used in making your aprons, they cease to be pretty when they are soiled. See how many good styles of kitchen aprons you can find and if you like some other style better than the standard style, cut a pattern of it and make yours by it. When writing in your Record Book about it tell how your apron differs from the standard aprons.

KITCHEN APRON

This standard apron may be made for a work apron for home use or as a demonstration apron for club work.

Material. — Indian head, linen finish suiting, firm grade of muslin or any cotton material with smooth finish; flour or feed sacks, if well bleached, may be used. Choose 40-inch material if apron is for person of 40-inch bust measure, 36-inch material for a person of 36-inch bust measure. For the amount of material needed measure from the base of the neck in front to the bottom of the skirt. This allows for a hem. One bolt of 1-inch cotton tape. One spool of white thread (No. 70). Narrow bias binding if desired.

Making the pattern. — Measure from the base of the neck in front to the bottom of the skirt.

This measure less 3 inches equals AB.

AC is $\frac{1}{2}$ the width of the material.

AD is $4\frac{1}{2}$ to $5\frac{1}{2}$ inches.

AO is 6 inches for small girl, 8 inches for a larger girl.

OH is drawn parallel with AC.

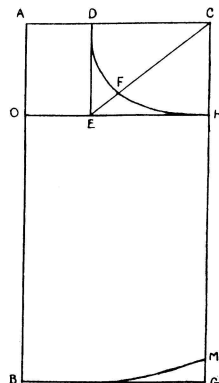
DE is drawn parallel with AO.

Connect E and C with a straight line.

EF is $\frac{1}{5}$ of EC.

Draw a curved line through F from D to H.

M is 2 inches up from G.



Draw a curved line connecting B and M.

Allow 1 inch at top of the apron above AD and 2 or 3 inches at the bottom of the apron below BM for hems, marking it on the pattern.

Cut out the pattern ACBMHFD.

Cutting and Making of the Apron.—Fold the material lengthwise. Place the pattern on the material with AB on the fold and HM on the selvedge. The curve DH may be finished by turning



in a $\frac{1}{2}$ -inch hem, or by facing it with bias tape. Baste and sew on machine or by hand, using the hemming stitch. Turn a $\frac{3}{4}$ -inch hem at the top of the bib and the hem allowed at the bottom of the apron. Baste and stitch. Attach tape at corners of the bib at point D; these should be long enough to cross in the back and sew to the apron opposite F.

From the pieces DFHC, small square pockets may be cut. Hem across the top and turn $\frac{1}{4}$ inch around other three sides. Sew into desired position.

SEWING APRON

A sewing apron is just as great a convenience as the cook apron. It helps to protect the dress and also the article one is making as it rests on the lap. There are four types of aprons given, but perhaps you can think of something even prettier and better than these.

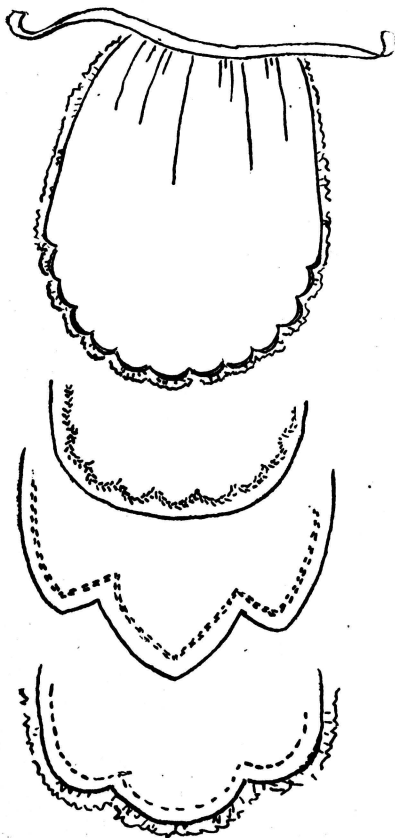
Material.—Lawn, dimity, crash, or other washable material. The amount of material varies with the kind of apron to be made. A sewing apron should cover the lap when a person is seated sewing, so that when finished it should come to the knees. It should be about 20 to 24 inches wide.

Making.—Four types of sewing aprons are used.

First.—A straight gathered apron with a hem.

Second.—A straight shaped apron with scallops or points, trimmed with decorative stitches or lace.

Third.—A straight gathered apron with three pockets, about 8 inches deep, made by turning the bottom of the apron up on the right side, dividing this into three equal parts, and stitching up and down twice so three pockets are formed. This apron is usually trimmed with feather stitching.

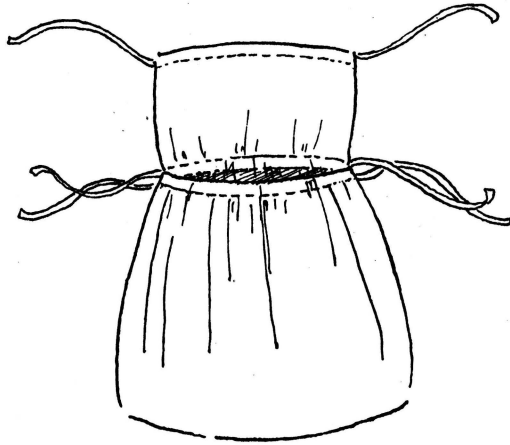


Fourth.—A combination apron and bag is made by cutting the apron about 27 to 30 inches long, making an inch hem at the bottom turned on the right side, and an inch tuck on the wrong side of the apron about one-third of the way down from the top of the apron. Bring the end of the apron up so the bottom of the hem comes just to the stitching of the tuck and overhand both sides on the inside of the bag. When used as an apron, the belt is fastened around the waist, while the bottom of the apron, which is the bag, lies in the lap; when it is used as a bag, the top of the apron is pushed into the bottom or bag, and the bottom is drawn up with a ribbon or tape, which must be

run in each side as for a sewing bag, through the inch hem on one side and the tuck on the other side.

When making either the bag apron or the apron with pockets, if a one-fourth inch hem is made down the side, it should be turned to the wrong side down to the point where the pocket begins or the

bottom of the tuck is. At this point a tiny cut $\frac{3}{8}$ inch long should



be made straight in from the sides; then the side of the apron can be turned to the opposite or right side $\frac{3}{8}$ inch and the length of the pocket or bag.

The edges thus folded in are overcasted on the inside. Take several stitches over the edges of the short cut to keep them from fraying out.

Sewing aprons are usually belted and may be buttoned or fastened with ties. Sometimes the bag or pocket apron has no belt, but an inch hem through which an inch ribbon or tape is run which is tied around the waist.

BUNGALOW APRONS

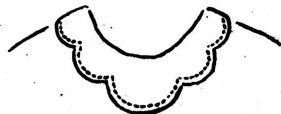
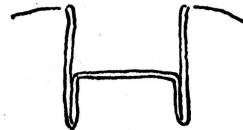
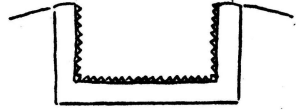
The bungalow apron is different from other aprons because it can be worn as a dress in very warm weather. It is so comfortable for it does not slip from the shoulders. Nothing makes a housekeeper look so well prepared for work as a clean, simple, apron of attractive style.



Material.—Gingham, percale, unbleached muslin or other firm wash goods that washes well. Two lengths measured from the highest point of the shoulder to a point of desired length plus width of hem, 1 inch for waste in making and about 2 inches for shrinkage. If goods is very narrow or a pattern is used that does not have the kimono sleeve, more material may be needed.

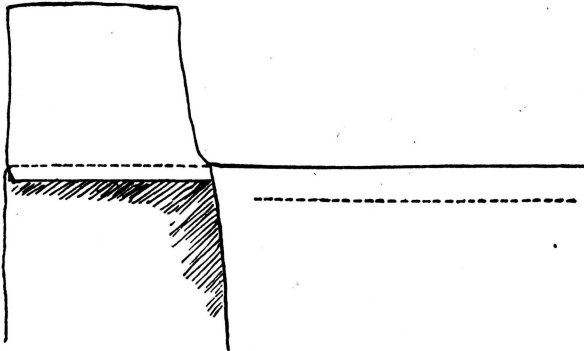
Making.—Shrink the goods before making or put a tuck in the hem as the apron will shrink about an inch to each yard's length. A special pattern may be bought or a kimono nightgown pattern may be used. If you do not have a kimono nightgown pattern, send for the nightgown draft used in the undergarment project. Use *French seams* and trim the belt and bands around the neck and sleeves with plaid or striped material—having some of the same colors in it as the apron, or of the same material as the apron trimmed with rick-rack or scalloped braid.

French Seam.—The French seam is used in making undergarments and outer garments that are made of light weight materials. To make this seam, allow $\frac{3}{8}$ inch for material which does not ravel and $\frac{1}{2}$ inch for materials which ravel. Pin and baste together the materials and make the first stitching on the right side of the materials $\frac{1}{8}$ to $\frac{1}{4}$ inch from the edge. Trim to $\frac{1}{8}$ inch and press flat on the right side. Then reverse the fold so that the seam edges come within the fold, crease, and stitch 3-16 to $\frac{1}{4}$ inch from the edge. This row of stitching must entirely cover all raw edges from the first stitching. This seam may be used in hand made



garments, the running stitch being used for the first stitching, the combination or back stitch for the second.

If you have decided to use any trimming on your apron it would be a good plan to get samples of narrow lace, rick-rack and stickerei trimming. See which kind will look best on the material you have chosen for your apron before you buy it. Why will a heavy torchon lace not look well on a thin dimity apron?



RECORD BOOK

There is much that you will want to write in your Record Book now for you have finished the four groups of the Household Project. Never fail to tell about every interesting little new thing that comes up in doing your work and tell it just after it happens for if you delay you may forget it and then your final report will not be so complete. Draw a little picture in your Record Book of the kind of apron you have made and if you trimmed it in stitches, lace or any bought trimming put a little sample in the Record Book. If you have a picture of your apron in a fashion sheet you might put that one in the Record Book.

MENDING

Although everyone likes new articles for the home and new garments to wear, the old ones must have attention as well. No girl should wear clothes with spots on them or with holes in them, for these can be avoided if she will just take a little time and care. To be able to darn one's stockings or clothes neatly, and make them last longer, and look better ought to make any girl justly proud. During this year's work there are to be two pairs of stockings darned, two garments patched and two stains removed.

Select some garment to darn or patch and by following the directions given below you will be delighted to see how you have helped the looks of the garment and at the same time have added to the length of its use, besides having learned something new.



You should form the habit of mending holes in your stockings and other garments as soon as they appear for washing tends to make the holes larger.

DARNS

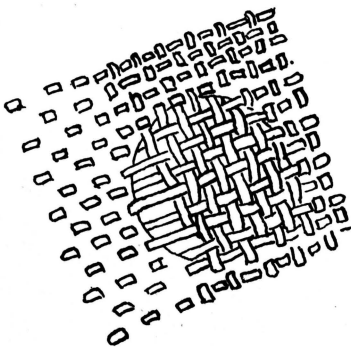
Darning is used for mending tears, worn places and holes. The thread used should be as nearly the weight of the material to be darned as possible. Ravelings of silk and wool goods often make the best threads for darning such materials.

A darning ball makes stocking darning easier and if a



r a t h e r
stiff piece
of paper is
b a s t e d
under the

place on a garment to be darned the work will be done with more ease.



For darning, small running stitches are used. These are made along both the warp and woof threads carried across the hole and woven in and out in a regular basket weave. When carrying the thread across a hole or tear, it is a good plan to place the needle alternately first over and then under the edge. When darning knit material, particularly where there is a runner, put the needle through

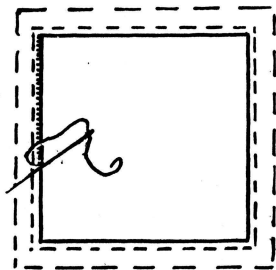
the loops at the end of the runner or hole. In all darning carry the

thread far enough beyond the hole or tear to make a strong darn. If the material is fine or loosely woven do not carry the darning each time to exactly the same thread of the material or the material will pull and a hole will result. The illustration herewith shows a method of avoiding this trouble since when a diagonal darn is made the pull of the darning thread does not come on any one set of threads in the material. When darning on cloth, however, the stitches are taken in the same direction as the threads of the material. When darning a stocking or knit material do not pull the thread tight but leave a small loop each time the thread returns.

PATCHES

There are two types of patches which may be used: (1) hemmed patch and (2) the overhand patch.

The Hemmed Patch is the stronger patch and is always used except for patching an outer garment where the patch will show. To make this patch, cut straight along the first continuous thread on each side of the hole so that as small a square or rectangle as possible results.



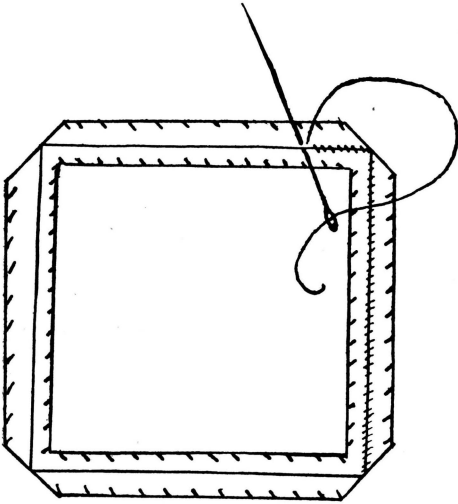
A

If the material around the hole is badly worn, however, the worn place would better be cut away. Cut each corner diagonally in about $\frac{1}{8}$ inch. Turn each side of the square back once. Place the material which will form the patch underneath the hole, matching the warp and woof and, if figured, the design; baste

the folded edge down carefully to the patch, and hem or stitch. On the wrong side cut away the part of the patch not needed to make stronger any weak place that was not cut away, turn edge once and hem patch to the garment. Patches are better looking if the distance between the two rows of hemming stitches is not more than $\frac{1}{2}$ inch.

The Overhand Patch is used a great deal on outer garments where there is little strain. As in the hemmed patch, the worn part is cut away along a thread on each side, the corners clipped and the edges turned and basted. The cloth for the patch is carefully matched in pattern and threads, and is creased to fit the hole exactly. Then

it is folded back on the material of the garment, and overhanded on all four sides, being careful to strengthen the corners with additional stitches. To prevent raveling, the raw edges on the wrong side are overcasted.



STAINS

Stains and spots are always unpleasant to see and no well dressed person ever wears clothing that has them. Everyone at sometime gets stains and spots on his clothing so you will find the directions given below useful. If you have some garment that needs a stain removed, study

the way to remove it and see how easily it is done. You will not want to stop after you have removed the required two stains for you will be so glad to see "spotless" clothes that you will want to help your mother keep all spots removed.

GENERAL RULES

Treat Promptly.—

A fresh stain comes out more easily than an old one.

Find Out What Made the Stain.—

Some stains are set by treatment that would remove others.



Consider the Material.—White and colored goods, cotton, linen, silk, and wool can not always be treated in the same way.

Try Simple Methods.—They often do the work and are not likely to harm the material.

Work Carefully.—Experiment on a sample. Rub gently. Haste makes waste in taking out spots.

Keep All Stain Removers Together in a special place and properly labeled. Mark "Poison" on poisonous ones.

To Use Absorbents.—Absorbents are useful in removing fresh spots from materials upon which solvents cannot well be used. They will seldom entirely remove stains.

"Cover grease spots with powdered absorber such as talcum, French chalk, fuller's earth, starch and bolted meals, let stand several hours, then brush carefully, repeating if needed. A second method is to lay the material on white blotting or unglazed paper and cover with powder or paper until the stain is removed. Cover dry blood and ink stains with starch paste; when the paste dries and discolors, brush off and repeat until the stain disappears. Cover freshly spilled liquids with powder, meal, or bits of blotting paper to prevent the liquid from spreading and sinking into the material."

To Use Solvents.—"Water-soak washable goods in cold water and wash with cold or tepid water and white soap. Use hot water in the same way or stretch the stained goods over a bowl and pour boiling water from a height."

Note: Hot water sets some stains such as blood, meat juice, milk and egg.



Place non-washable materials over a pad of white cloth or absorbent paper—sponge, using very little water at a time. Change the pad as it becomes soiled or wet. Rub gently until dry. Caution: Water spots some materials; experiment with a sample.

“Other solvents, such as alcohol, benzine, carbon tetra-chloride, and gasoline can be used on materials that water will spot. Place the stained goods over a pad of cloth apply the solvent, and work from the edge of the stain to the center. Change the under pad frequently.”

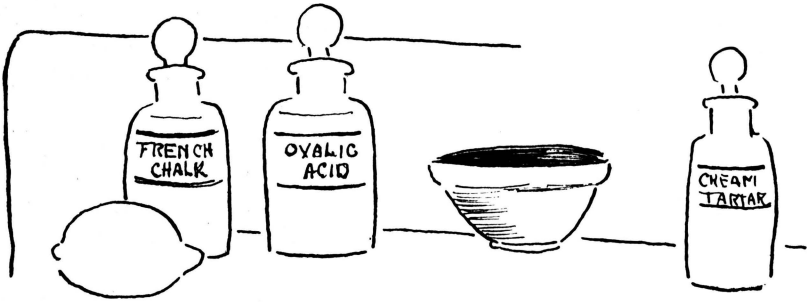
To Use Bleaching Agents.—Remember a number of short applications of dilute bleaches are safer than long applications of strong bleaches. Sunlight, lemon juice, sour milk, borax, sulphur, oxalic acid, hydrogen peroxide, potassium permanganate are commonly used bleaches.

“Place the stain, such as fruit, ink, iron, etc., over a bowl of hot water and apply the bleaching agent a drop at a time. When the stain changes color, dip it into the water. If the potassium permanganate leaves a pink stain, remove it with dilute oxalic acid.”

Oxalic Acid—Poison.—Dissolve a teaspoon of the acid crystals in a cup of hot water.

Potassium Permanganate.—Dissolve one teaspoon of crystals in one pint of water.

Hydrogen Peroxide.—Add a few drops of ammonia just before using to make it work more quickly.



REMOVAL OF STAINS

Blood and Meat Juice.—(1.) Rub with naphtha soap, soak in warm water and wash. (2.) A paste of raw starch mixed with cold water can be applied to stains on flannel and blankets and heavy goods. Repeat if necessary.

Bluing.—Boil the stained material for about twenty minutes, adding vinegar if a bleach is necessary.

Chocolate and Cocoa.—Soak in cold water and borax or soda and wash in warm water with mild soap. Bleach if necessary with potassium permanganate or oxalic acid.

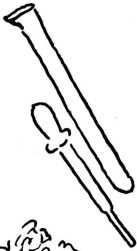
Coffee.—If coffee is clear use boiling water. If cream has been added remove as chocolate or cocoa.

Egg.—Wash in cold water, then warm water and soap.

Fruit and Fruit Juices.—Use boiling water, applying bleach if necessary. Repeat the application of boiling water, poured from a height.

Grass.—(1) Wash with cold water and soap; bleach if necessary. (2) Use grain or wood alcohol, applied by sponging.

Grease and Oils.—Use absorbents as listed above in materials liable to be injured by water. Use carbon tetra-chloride or benzine on delicate fabrics. Use warm water and soap on wash goods.



Indelible Pencil.—(1) Soak in alcohol and wash with water and soap. (2) Wash with soap and water and apply potassium permanganate. Remove ordinary pencil marks with a rubber eraser.

Ink.—(1) Soak fresh stains in sour milk or buttermilk or apply an absorbent. (2) Soak stain with oxalic acid solution, rinse in water to which few drops of ammonia are added. (3) Use commercial ink eradicator according to directions on box.

Iodine.—(1) Soak or sponge with ammonia. (2) Prepare starch as for laundry purposes, cover stained material and boil. (3) Wash with alcohol.

Iron.—(1) Cover stain with salt, moisten with lemon juice, hang in sunlight. (2) Boil stain in solution of cream of tartar water made in proportion of four teaspoonfuls of cream tartar to one pint of water. (3) Apply undiluted oxalic acid or dilute hydrochloric acid. Rinse thoroughly in hot water to which has been added borax or a few drops of ammonia.

Kerosene.—Use soap and warm water.

Machine Oil.—(1) Use soap and cold water. (2) Sponge with turpentine.

Medicine.—Soak in alcohol, dilute oxalic acid or apply boiling water.

Mildew.—(1) If fresh, wash with soap and cold water. (2) Soak in sour milk, place in sun without rinsing. (3) Bleach old stain with potassium permanganate followed by oxalic acid solution.

Mud.—(1) Allow to dry and brush. (2) Sponge with alcohol.

Paint and Varnishes.—(1) Sponge with turpentine. (2) Boil white cottons and linens in solution of washing soda (three teaspoons to each gallon of water). (3) Use carbon tetra-chloride on delicate goods.

Perspiration.—Use soap and warm water; bleach.

Pitch, Rosin, Automobile and Wagon Grease.—(1) Rub with fat as lard and wash. (2) Sponge with benzine, gasoline or carbon tetra-chloride.

Scorch.—Wet and bleach in sunshine.

Shoe Polish (Black).—Rub with grease then make thick suds and wash. Use turpentine on wools and silks. (Brown) soap and water; sponge wool with alcohol, then wash in soap and water.

Soot.—Brush lightly, then use absorbent powders, as fuller's earth or corn starch.

Stove Polish.—(1) Soap and water, followed by lemon juice bleach. (2) Sponge wool with alcohol.

Tea.—(1) Soak in borax solution and rinse in boiling water. (2) Boil in strong soap solution. (3) Lemon juice and sunlight for several days. (4) Potassium permanganate.

Tomato Vine.—(1) Bleach with sunlight and lemon juice. (2) Sponge stain with alcohol. (3) Bleach with oxalic acid solution.

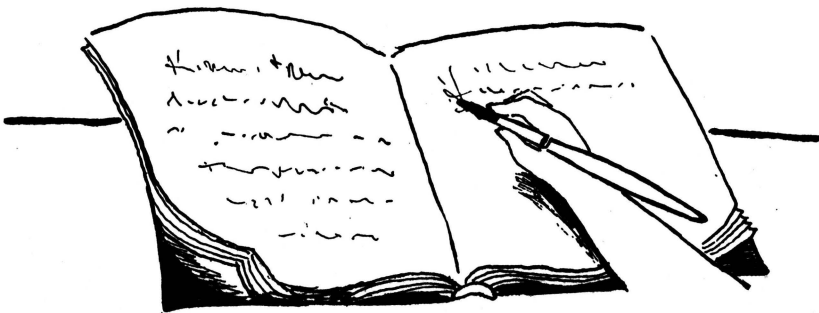
Vaseline.—Treat as grease. Soak old stains in turpentine.

Wax or Paraffin.—Treat as grease, using absorbents. Bleach.

Further directions can be found in Farmers' Bulletin 861, "Removal of Stains from Clothing and Other Textiles." This can be obtained free from the Division of Publications, U. S. Department of Agriculture.

RECORD BOOK

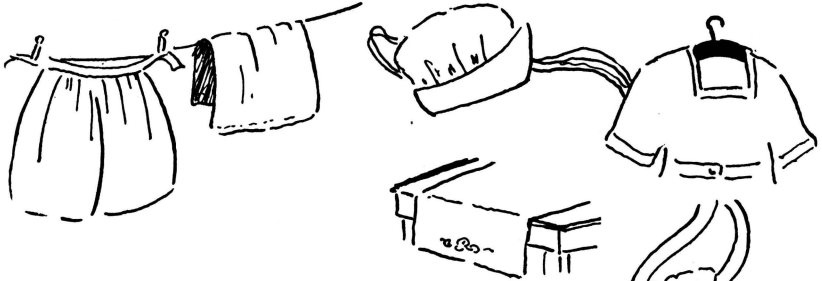
Be sure to write carefully in the Record Book all about removal of stains.



Here would be a good place to put in a small piece of material with a darned place, a sample of patching, and a sample with a stain and one that has had the same kind of stain removed from it.

Achievement Day Program and any interesting facts connected with the work should be included in the last record.

HOUSEHOLD ARTICLE CLUB PROJECT



Suggestions for Roll Call

1. Name material made from cotton, if possible show a sample. Same suggestions applicable to wool, silk and linen.

2. The important equipment that should be kept in a sewing bag.

3. The uses of a dusting cap.

4. Name a stitch and kind of material upon which it might be used, and give number of needle and thread that would be best to use in making the stitch on given material.

5. Name as many household articles as possible that could be made by a club member.

6. Difficulties in darning stockings.

7. One way to tell cotton from linen.

8. One household article I would make of linen, and why.

9. Advantage of having simple decorations on household linen.

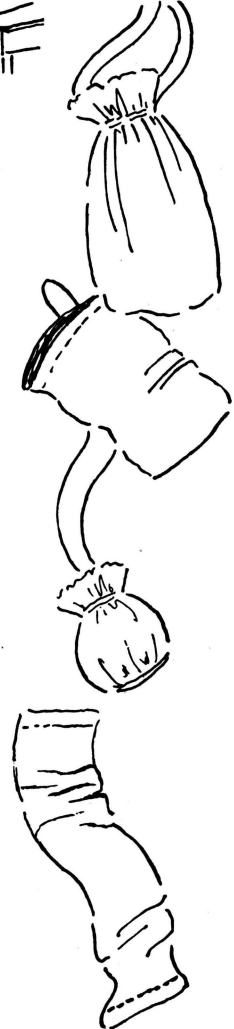
10. Name different stitches and use.

11. Name some decorative stitches and tell where to use them.

12. Style of kitchen apron I like best, and why.

13. Each girl choose the article in Group II, which she thinks is best and give reasons for her choice.

14. My experience in removing stains this week.



Suggestions for Team or Individual Demonstrations at Club Meetings.

1. Turning a hem.
2. Darning a stocking.
3. Making patch on wash material.
4. Cutting material for a towel.
5. Making a pillow case.
6. Mitering corners.
7. Hemming of a napkin (napery hem.)

Suggestions for Public Demonstrations.

1. Making of either a sewing or a kitchen apron.
2. Removal of stains. (1) Berry. (2) Blood. (3) Rust. (4) Ink. (5) Grass. (6) Grease.
3. Mending.
4. Sewing Equipment.

GARMENT CLUB MAXIMS

Every Garment Making Club member should not only be familiar with the ten maxims here given, but she should diligently follow them throughout the whole period of her clothing work. As has been stated, these maxims should be a part of her club creed. It is recommended that club members acquire habits of right dressing in a way that is interesting. It may be done perhaps through enlisting a spirit of play.

1. Air clothes well before putting them away. Hang outer garments on hangers to keep their shape.
2. Keep clothes well brushed and pressed.
3. Mend rips or tears as soon as they appear. Darn holes in stockings and strengthen weak places promptly.
4. Remove stains while fresh.
5. Keep clothes well laundered, mending carefully before beginning to wash.
6. Remember that a pin is not a worthy substitute for a button.
7. Polish shoes often to preserve surface and give a good appearance. When not in use, keep in shoe trees to preserve shape.
8. Fasten shoes neatly and have worn down heels leveled promptly

9. Keep hats free from dust and store them where they will not be bent or marred.

10. Remember that a girl's character is reflected in the neatness of her clothing, the cleanliness of her person, and the tidiness of her hair.

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