The Just So Girl

By Helen Cowgill

Clothing Project 1B  First Year

Oregon State System of Higher Education
Federal Cooperative Extension Service
Oregon State College
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Club Series L-72  4-H Club Clothing Project
Suggested designs for laundry bag, dresser scarf, and stand cover.
The Just So Girl Clothing Project

Clothing 1B

By
HELEN COWGILL, Assistant State Club Leader

The Just So Girl—Did you ever hear anyone say, “See how nice Evelyn looks—she always has to have everything ‘just so’.”

Well, that is where the name of this project came from; and when you read over the list of requirements, you will see how the work this year will help you to be a “just so” girl, too.

Record Book. Did you find your record book and one report card in your envelope with this bulletin? I am sure you did. Let’s look at them a minute.

The record book is very valuable and of course you will want to take good care of it and keep it neat and clean and up to date.

Do you want to write your name and address on the cover now? You may fill in all the spaces except, perhaps, the club number which may be given you later. Every time you finish an article, write it up in your record book. Pieces that come out of the scrap bag need not be charged; if you did not spend any money for materials, you should draw a line in the cost column.

When you have completed your work write a short story in which you may tell any interesting facts about your work.

Remember that this record book must be received by the county extension agent before you can be permitted to compete for either county or state prizes or receive the achievement pin that all club members prize so highly. This record book should be sent in as soon as you have completed your work, but not later than November 1.

Report Card. When you finish your coin purse, please fill in the report card and hand it to your leader or your secretary, who will mail all the cards of the members of your club to the extension agent in your county who is responsible for club work. When he has received your cards, he will consider you a member in good standing and will have reason to expect you to complete your project and turn in your record book.

Exhibit. An exhibit, consisting of all the articles required, is to be made at a local, county, or state fair.

Reading Instructions. The sooner you learn to do things from printed directions, the sooner you will be independent and can
follow any printed instructions. Form the habit early of consulting this bulletin before beginning your work. This will often save difficulty and later ripping.

You are asked to follow instructions carefully regarding material, method, and finishing. It is not the quantity nor the difficulty of the work you do that will be of most value to you but the quality of work and the accuracy with which you follow instructions.

To the Local Leader: No girl should be encouraged to do more difficult work than the project requires. If she is capable of doing advanced work, perhaps it would be best to permit her to enroll in Clothing II. It is not enough for the leader to read the directions; she should teach her club members to read them for every article and then help the girls to follow them.

Last Year. In the Handwork project (Clothing 1A), you learned to: (1) read and follow printed instructions; (2) equip and use a work box; (3) use scissors, needles, and thimble; (4) make several stitches applied to several articles; (5) combine a few colors; (6) attend and take part in club meetings; (7) keep accurate records; and (8) last but not least, finish what you began.

The Just So Girl Clothing Project carries on from there, and the following are its requirements and basis of awards.

Requirements:

1. Blanket stitch applied to a felt coin purse or needle case.
2. Turned hem, basting stitch, and outline stitch applied to a dresser scarf or a stand cover.
3. Crocheting or knitting applied to the making of a wash cloth, hot dish holder, or beret or beanie.
4. Simple repairs to a garment.
5. Cutting and machine stitching, design in chain stitch, applied to a laundry bag.

Basis of Awards:

(a) Exhibit .............................................. 75
   (1) Coin purse or needle case ......15
   (2) Dresser scarf or stand cover ...20
   (3) Crocheted or knitted article .....15
   (4) Laundry bag .........................25

(b) Completeness and accuracy of record book ............................................. 25

Possible score ..................................100
CLUB MEETINGS

How many meetings should a club hold? Every club is expected to hold not less than ten meetings, and in order to receive a charter a program covering the ten meetings must be sent in to the State Club Leader, soon after instructions for the project are received.

How should club meetings be planned? It is desirable that each meeting be divided into three parts: (1) business, (2) project discussion and work, and (3) recreation.

The following plan for a meeting may help the leader and program committee to plan all of the meetings. Note: In large clubs of young girls it may be necessary to hold a few more meetings merely for work, and it may be necessary at times to dispense with the business meeting or the recreation, but if possible the three-part plan will be found most desirable and helpful. Remember, we are building girls and boys rather than making "things." Cooperation, self-expression, and initiative are important qualities to develop.

Before making up the program for your meetings, read over the list of requirements for the entire project, read over the instructions for the different articles, and decide on the number of meetings for each.

The business meeting is presided over by the president. The project discussion that includes the work to be done at the meeting is handled by the leader and any assistants she may have. The recreation part is led by the chairman of the recreation committee.

The following program for a meeting is merely suggestive but does follow the plan as outlined.

FIRST MEETING AFTER THE PROJECT BULLETINS ARRIVE

A. Business meeting—President presiding.
   1. Meeting called to order.
   2. Flag salute.
   3. Club pledge (take time to learn it).
   4. Roll call by secretary—answer "here" or "present," or name something you made last year.
   5. Secretary reads the minutes of the organization meeting.
   6. President appoints committees such as program committee, recreation committee, committee on name for the club.
   7. Business meeting adjourned. A motion to adjourn is in order.
B. Project discussion and instruction—Leader in charge.
   1. Discussion of the project requirements.
   2. What to make first.
   3. Materials and equipment to bring to next meeting.
   4. What is a Just So girl?
   5. Review the use of scissors, thimble, tape line—what the work box should contain.

C. Recreation.
   1. Learn the girls’ 4-H Club song, “Dreaming.”
   2. Play a game.
   3. Put the room in order.
   4. Homeward bound.

The same general plan is followed for all the meetings with these points in mind:
   (1) A definite time and place to meet.
   (2) Certain work to do. Time needed for each part.
   (3) Plans for an Achievement Day—possibly a picnic—surely participation in county demonstration and judging contests.
   (4) Understanding that more than ten meetings may be needed and that extra, unannounced meetings may be called when they seem necessary.

For further suggestions see the “Handwork” bulletin.

DEMONSTRATIONS

We can hardly possess workable knowledge until we have used it not only for ourselves but for others, and the demonstration is ideal for passing on information. Every time anyone shows how anything is done, she has given a demonstration. Such demonstrations may be as simple as showing another person how to thread a needle or it may be as difficult as showing how to make a dresser scarf. It may be done by one person or by two working together. It should always follow a plan and should be so carefully worked out that every part of the work can be readily understood by the audience.

Selection of the subject. Choose a subject you have found interesting and helpful and that you have learned to do well. Practice doing it until you can do it easily and well.

Then list the material and equipment needed. Write down what is to be done—step by step—in sentence form—and then practice doing and explaining at the same time. Learn to describe what is being done but try to avoid memorizing what has been written. Practice several times to be sure you do not leave out any important step.
In a demonstration, work is actually done and carefully explained. The following outline should help you plan your demonstration.

**Outline for demonstration:**

**Team Member No. 1 Talks—**
1. Introduces team.
2. Tells nature of demonstration.
3. Explains work being done.

**Team Member No. 2 Works—**
1. Stands quietly.
2. May arrange equipment.
3. Begins to work and continues until point is reached where team mate begins work.

**Team Member No. 1 Works—**
1. Takes up work where team mate left off.
2. Completes work and picks up equipment.
3. Answers questions related to work she explained.

**Team Member No. 2 Talks—**
1. Continues explanations.
2. Sums up demonstration.
3. Asks for questions and answers questions related to work she explained.

In an excellent demonstration, probably very few questions will be asked because the points are brought out clearly during the demonstration.

**Some demonstration topics:**
1. How to use scissors, thimble, needle, tapeline.
2. How to turn a hem using a cardboard gauge.
3. How to miter a corner.
4. Some stitches we have learned.
5. How to sew on buttons, snaps, hooks and eyes.
6. Care of hands.
7. Making a laundry bag.
8. How to run a sewing machine.
9. Making a coin purse out of felt.
10. How to crochet.
11. How to knit.

**Tips for successful demonstrations:**
1. Know your subject.
2. Have all materials and equipment ready.
3. Be neat and well groomed.
4. Be confident.
5. Enjoy what you are doing.
6. Speak clearly and distinctly. Be happy; smile and look at your audience.
7. Sit down to sew—use your thimble!
8. Use some posters to help explain your work.
9. Remember this is your opportunity to help others.
THE JUST SO GIRL

The Just So girl is particular about her appearance and so tries to keep her clothes clean and in repair and herself not only clean but well groomed. That means she washes at least her face and hands before going to bed, brushes her teeth twice daily, takes frequent baths, keeps her finger nails clean, and not too long, shampoos her hair about every two weeks, oftener if necessary, brushes her hair daily and arranges it becomingly.

The Just So girl eats the foods that will give her abounding health—fruits, vegetables, milk, eggs, cereals, meat. She learns to stand and sit correctly. She sleeps nine to ten hours every night in a well-ventilated room.

Did you ever see the jack pines along the coast? If you did, you probably noticed how they were bent and misshapen. Of course, it is the strong winds blowing in from the ocean that bend them. Boys and girls who do not stand erect and who sit in slouchy position are growing as crooked as the jack pine. Stand and sit tall and grow like the stately white pine in the forest.

PLANNING THE PROJECT

Please read the requirements for the project before beginning to work. Then decide on the colors you would like to use. You may use a piece of an old felt hat for your coin purse. It will be wise to plan your other articles to harmonize with the purse. For example, if the purse is to be brown, orange, or yellow, then a medium green would be attractive to use on your white or natural colored dresser scarf or stand cover; your laundry bag of natural colored feed sack or of brown denim; your wash cloth of cream or white cotton rug yarn, perhaps edged with yellow or green. With this explanation, you can easily see how you can start with any colored felt and make a pleasing and harmonious color scheme. Of course, if you buy a piece of felt for your purse, your first thought would be to find a color that would harmonize with the coat or dress you plan to carry it with. Your color scheme will be more pleasing if you plan to use only two colors with your background color. Cream, white, or natural color for the dresser scarf or stand cover and either the same, or a color to match the purse, for the laundry bag would be suitable.

Some good color combinations are: (1) brown, rose, dull blue; (2) dark blue, bright red, medium blue; (3) tan, medium blue, rose; (4) cream, yellow, light green; (5) dark green, orange, pumpkin yellow. Note: The first color is the one to be used for the coin purse.
and usually for the laundry bag; the other colors are suggested for the embroidery. The dresser scarf or stand cover is most effective on white material although light colors are sometimes used.

THE WORK BOX

Those who had Handwork last year prepared a work box to keep their sewing equipment and some of their materials together and ready to use. This box should be ready to use again this year. Those who did not have the project should get a box and assemble the following articles: a pair of scissors with sharp blades and a tight nut, a thimble that fits, a pin cushion, a needle case, a tape line, a pencil and little note book, needles and pins, a small piece of cardboard to use as a gauge to mark the width of hems.

The work box may be a pasteboard shoe box, a cigar box or a wicker basket; but it should be of a convenient size to carry to your meetings and should be kept in order.

COIN PURSE OR NEEDLE CASE

(Make either one)

COIN PURSE

Girls always seem to need a small purse, and this little coin purse will be handy to have.

You will need a piece of felt 9 inches long by 4 inches wide. Be sure to use a ruler to measure the felt to exactly this size. If you draw a pencil line, using a ruler to get a straight edge, then use sharp scissors or shears to do the cutting; it will not be too difficult to have your work neat and accurate. Because felt is not woven there is no grain, and it is permissible to rule a straight line for cutting. Note: Try to cut with long even strokes of the scissors rather than short jerky motions. Follow the pattern for cutting. Measure down at the two upper corners ½ inch. Mark the center point on the upper edge. Draw a curved line from A on one side through B at the center top and to A on the opposite side.

Blanket stitch entirely around the felt piece as follows: Use either No. 5 Pearl Luster Cotton or six strands of embroidery cotton in the chosen color. Hold the cut edge of the material toward you. Fasten the thread by taking three tiny running stitches, beginning in the depth desired for the blanket stitch and ending at the cut edge. Put the needle in where the first running stitch started and bring it up through a loop formed by the thread from the attached end of the thread. Draw the thread through so that the loop just comes to the edge of the material. Insert the needle for the second
stitch the same distance from the cut edge as the first stitch and as far from the first stitch as the stitch is deep. Always bring the thread up through a loop, working from left to right. Keep the stitches even in size and spacing. When the thread is to be renewed, take three little running stitches beginning at the cut edge, just where the next stitch is to be. Leave the thread a little loose; end where the stitch is to end. Cut off the thread. Next, start just as you did the first time with three little running stitches ending at the cut edge and bring the needle out through the loop. Take the next stitch just like the first one. Done in this way, it is difficult to tell where one thread ends and the next one begins. Note: Do not begin at a corner.

After the entire edge has been blanket stitched, turn the lower part up 3 inches to form a pocket. Be sure it measures 3 inches on each side, so the purse will be straight. Pin or baste in place and
fasten with the overhanding stitch. A knot can be used to hold the thread in place for the overhanding stitch if it is tucked inside so it won't show. Use the same thread as you used for the blanket stitch.

To make the overhanding stitch: Fasten the thread near the fold of the pocket. Pointing the needle toward you, pass it under the loops on the edge of the blanket stitch. Pull the thread through and continue in the same manner to the top of the pocket.

Fastening the purse: Look in mother's button box for a button that is between $\frac{1}{4}$ inch and $\frac{1}{2}$ inch in diameter and matches one of the colors used in your project. Fold the upper part of your purse over the pocket and mark the place for the button on the pocket just where the center of the curved edge comes. If the button is marble shaped, sew it in place through the eye in the shank. If it is a flat button, follow the directions given under Care of Clothes on page 27 of this bulletin.

Make a loop of thread at the center of the curved edge of the flap by taking several stitches back and forth at the edge (see Figure 2), and blanket stitch over these threads. Fasten the thread securely, and your purse is finished.

If you can answer "yes" to all of these questions, your purse is perfect.

1. Did I cut it really straight?
2. Did I start my blanket stitching as directed?
3. Are my blanket stitches even in length and evenly spaced?
4. Did I turn up the bottom just 3 inches?
5. Did I overhand them together neatly?
6. Did I sew my button on well?
7. Did I make the loop so it will go over the button, be strong, and look well?

**NEEDLE CASE**

The cover of the needle case may be of felt or any desired material.

**Felt cover.** Cut one piece $3\frac{1}{2}$ inches wide by $5\frac{1}{2}$ inches long. For the cover of woven material (percale, light weight wool, rayon, satin, necktie silk) cut two pieces 4 inches wide by 6 inches long. Cut two leaves of baby flannel or outing flannel, the larger one 3 inches by 4 inches and the second one $2\frac{1}{2}$ inches by $3\frac{1}{2}$ inches.

The felt cover may be blanket stitched or left plain. If you have notching shears, the edge may be notched.

The double cloth cover is made this way: Place the two pieces with the right sides together and stitch around either by hand or on
the sewing machine, leaving a 2-inch opening in the center of one
long side through which to turn it to the right side. Turn and close
the opening with small overhanding stitches.

For finishing the leaves, follow the directions for blanket stitch-
ing given above for the coin purse.

Put the cover and leaves together so that there is the same mar-
gin between the cover and the first leaf on all sides and between the
first and second leaves (see Figure 3). Fasten the leaves and cover together with
tiny running stitches through the center
as shown in the illustration.

When the coin purse or needle case
is finished, record the costs in your record
book, fill in a progress report card, and
you will be ready to begin on your dresser
scarf.

**DRESSER SCARF OR STAND COVER**

This scarf will be used for your bureau, dresser, or dressing
table or you may make it for mother or grandmother.

**Materials.** Flour sack, good quality unbleached muslin, cotton
suiting, osnaburg, linen crash, linen’s rival, or any similar material
in white, cream, or ecru. *Before buying,* measure the piece of fur-
niture on which it is to be used so that you may know exactly how
much to buy. If the material is narrow enough to fit the dresser, no
allowance need be made for hems at the front or back. Some like to
have an inch or two of the top of the dresser show at both the back
and front. Some prefer to have the cloth wide enough to extend to
the back edge of the dresser but narrow enough to allow an inch or so
of the dresser to show at the front.

The cloth may extend from 4 to 6 inches over the ends of the
dresser, or it may be cut short enough so that the space on all four
sides is equal. In addition to the amount needed for the finished
article, allowance must be made for the hem, which should be from
½ inch to 1 inch in width finished. Do not cut off the selvedge if the
cloth is the desired width without hemming, but cut it off on all edges
to be hemmed.

**Making.** Turn a hem from ½ inch to 1 inch wide to the right
side of the cloth. See that the hems are exactly the same width.

**Why is the hem turned to the right side?** The hem is
turned to the right side because it is easier to take the basting stitch
so that it decorates the hem when it can be taken near the edge of
the folded hem.
Sometimes the back edge is left with the selvedge on and the front and two ends are hemmed. Sometimes all four sides are hemmed. Whenever a side and end are both hemmed, a neater corner is possible if the corner is mitered.

**Mitered corners.** When two joining edges are to be finished with a hem, the corner will be less bulky if mitered. (See Figure 4.)

![Figure 4. Steps in mitering a corner.](image-url)
(1) First turn the hem on both sides of the corner and crease well. Then open the folds. (2) Fold across the corner so that this crease passes through the point "a" where crease "b-b'" crosses crease "c-c'," and crease "b" lies directly in line and on top of "c'" and crease "c'" lies directly in line and on top of crease "b'". (3) Cut off the corner ¼ inch from the fold and again make the ¼ inch fold on either side of the corner. This is done to prevent sewing to the edge and having to rip later. (4) Fold the corner so that the two folded edges are together and the cut edge of the corner is to the outside. Starting at the outer corner whip to the center fold "a." (5) Turn the hem to the right side and finish the hem with the long and short basting stitch which is made by taking a short stitch on the wrong side and a long stitch on the right side.

The design. Select a design that is very simple, preferably one of those given in this bulletin. Decide on the placing of it. If the scarf is to hang over the ends, the design may be in the form of a band across both ends. If the scarf is hemmed on all four sides, the design may be placed in each of the four corners. If the back edge is a selvage that is to be placed against the back of the dresser, the design may be placed in only the two front corners, or it may be placed in the two front corners and the center front.

Figure 5. Suggestions for arrangement of outline patterns.

Transfer the pattern to the cloth with transfer paper, but take care to follow the design accurately and avoid smudging the cloth. Conventionalized flowers are particularly good for a girl's room. Animals and figures are not so attractive. Circles, triangles, and scrolls are good when cleverly used. If you like to design, why not make your own design for this or copy designs on pages 2, 15, and 16.

Colors. Use the same color for the embroidery as was used on the hem. A second color or a lighter or darker shade of the same color may be used, but avoid too many and very bright gaudy colors. Of course, your choice of colors will depend on the rest of your articles as you want everything to harmonize.

Outlining. Use either two or three strands of six-stranded embroidery cotton, depending on the size of the design and the weight or fineness of the cloth.
Suggested designs for laundry bag, dresser scarf, and stand cover.
Suggested designs for laundry bag, dresser scarf, and stand cover.
Use a medium long needle with a long eye that is large enough to carry the thread through the cloth without pulling.

Work away from you. To start, take three tiny running stitches toward you on the line to be outlined. Put the needle in one stitch ahead of the place where it has just come out and bring it out half a stitch back toward your left hand. Always keep the thread to the right of your work. Continue to put your needle in a stitch ahead and bring it out a half stitch back each time. Take very small stitches around sharp curves and corners. When you reach the end of your thread, carry the thread to the wrong side of the cloth and go over three or four of the little stitches and clip the thread off close. Start the new thread with the running stitches, coming out for the first stitch, a half stitch back of the last stitch.

The wrong side of embroidery must always be kept smooth. No knots or ends of thread should be left. Never jump across from one part of the design to another farther than ¼ inch, but fasten the thread and start again, because often such threads show on the right side and look untidy.

Finishing. If your work is soiled, wash the piece carefully and iron very smooth and straight.

Note: If you do not have a dresser in your room, you may make a stand cover in place of the scarf, but the same directions for making should be followed.

When you have completed this article, write it up in your record book, and you will be ready to begin your crocheting or knitting.

CROCHETED HOLDER, BERET, OR WASH CLOTH

Hot dish holder and wash cloth are made alike, but the hot dish holder should be 6 inches square while the wash cloth should be 10 inches or 12 inches square, whichever you prefer.

Make one article either crocheted or knitted.

How to crochet.* Start to learn to crochet with needle and crochet cotton in hand, as though you were attending a class. Do not attempt to learn merely by reading. It is confusing. Start at the beginning of the lesson and work it out, having each point clear before you go on to the next.

There are two ways to hold a needle, either loosely inside the closed hand, or as a pencil is held. Either is correct. Take the needle in your right hand and hold it as seems natural.

* This section is quoted by courtesy of The Spool Cotton Company.
Thread is held in the left hand. It is wound over the forefinger and carried down inside the hand. The thread on the forefinger comes from the work. Hold the forefinger a little high, but not too high, because the length of thread between work and forefinger regulates the tension. The work is held by the thumb and middle finger of the left hand, just below stitch or needle.

Tension is important. If the stitch is to be loose, wind cotton over the forefinger once; if tight, wind it two or three times, as necessary.

**Chain Stitch.** All work starts with one or more chain stitches. Make a slip loop on needle with beginning end of cotton, and with the hook draw the thread through this loop. This is the 1st chain stitch. Draw the thread through loop on needle as many times as there are chain stitches required.

**Single Crochet.** Turn at end of chain and work back along chain, turning rough side of chain toward you. Skip chain next to needle, insert hook in next chain so that 2 threads of chain are above needle, 1 thread below. With hook draw working thread through chain, giving 2 loops on needle. Again catch up working thread with hook and draw it through both loops. This is 1st single crochet. Make all others like it. At the end of chain, if you wish another row of single crochet, turn, chain 1, and pass needle through below the 2 threads—or loops as they are called—which form the top of single crochet of preceding row. Draw thread through as in 1st row, giving 2 loops on hook. Finish as usual.

**Double Crochet.** This is made much like single crochet, but before inserting the hook in preceding row or chain, wind the working cotton over the hook. Then insert hook in preceding row and draw loop through, giving 3 loops on hook. Pick up thread and draw
it through all 3 loops at once. To start a row of double crochet make 2 chains.

**Treble Crochet.** Have 3 loops on needle exactly as for double crochet. With hook pick up working cotton and draw it through 2 loops, leaving 2 loops on hook. Pick up working cotton and draw it through these 2 loops, completing stitch. To start a row of treble crochet make 3 chain stitches.

The above 4 stitches are the most important in crochet, and with a mastery of them it is possible to do any piece of crochet work. For while many other crochet stitches are used, these simple stitches form the foundation.

**Abbreviations:** In crochet directions c h means chain stitch; s c means single crochet; d c means double crochet; t r means treble crochet.

**Fastening Off:** After the last stitch is made make a chain stitch, cut threads a few inches below it, pull cut end through chain until latter is tight. Do not cut threads too close, either at beginning or end of work. If this is done it weakens work and causes wear. Leave a long end and run this through the finished crochet, to avoid all danger of ripping.

**Hot dish holder.** Use mercerized crochet cotton or cotton rug yarn in any preferred color. Make a chain 6 inches long. Turn; make a single crochet stitch in the second stitch from the hook. Make a single crochet stitch in each chain until the end is reached. When putting the hook in, leave only one loop below the hook. Turn your work, chain one, take a stitch in the second stitch of the previous row, passing the hook under both loops on the top. Continue back and forth in this manner until the holder is 6 inches long and 6 inches wide.

If preferred, you may use either the double or treble crochet stitch. Be sure to have the same number of stitches in each row.

**Wash cloth.** Use cotton rug yarn in the same way, making the chain stitch 10 to 12 inches long and making enough rows to make the cloth square.

Perhaps you would like to have a crocheted beanie or beret. Since fashions in these change frequently, it will be best for you to find a pattern of one you like and follow the directions for making it.

**Knitting.*** Either the holder or wash cloth may be knitted of rug yarn and made the same sizes as suggested for the crocheted articles. Follow the directions in the pictures for casting on, knitting, and casting off.

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*This section is quoted by courtesy of the Spool Cotton Company.
CASTING ON . . . The First Step in Knitting

Putting the first stitches on the needle is called casting on.

How to begin

1. To cast on 20 stitches in the material suggested, it will be necessary to measure off 16 inches of yarn (Figure 7).

2. Make a slip loop 16 inches from the end of the yarn (Figure 8, 9, 10, 11).

3. Place the loop on the needle and gently pull the ends of the yarn (not too tight, Figure 12). The ball end of the yarn is to the right and the free end of the yarn is to the left.
What to do with the right hand

1. Place the needle between the thumb and first finger, as if you were holding a pencil (Figure 13).

2. Be sure that the loop is near the pointed end of the needle (Figure 13).

3. Using the ball end of the yarn, place the yarn loosely over the first finger, under the second, over the third, under the fourth above middle joint (Figure 13). The second and third fingers are very important because they keep the flow of yarn even, not too tight or not too loose, that is, they regulate the correct tension.

What to do with the left hand

1. Grasp the free end of the yarn lightly against the left hand with the second, third, and fourth fingers (Figure 14).

2. Place the yarn near the needle around and under the thumb (Figure 15).
Now you are ready for work

Bring the hands close together and adjust the yarn. For position see Figure 16.

Procedure

1. Notice that the yarn makes a loop around the left thumb.
2. Insert your needle through the underside of the loop (Figures 16 and 17).
3. Bring the yarn in the right hand over the point of the needle from the back (Figure 18).
4. Draw it through the loop (Figure 19).
5. Gently pull the free end of the yarn with the left hand to tighten the stitch (Figure 20).
6. Place the yarn around thumb as directed before and repeat steps 2 to 5 inclusive until you have 20 stitches.
THE KNIT STITCH

Plain Knitting or Garter Stitch

What to do with the left hand
1. In the left hand, hold the needle with the stitches just cast on. For position see Figure 21.
2. The first stitch is held lightly by the index finger near the tip of the needle (Figure 21).

What to do with the right hand
1. Hold the needle between the thumb and the index finger, as if you were holding a pencil (Figure 22).
2. The yarn is placed over the first finger, under the second, over the third, and under the fourth above the middle joint. As you practice knitting, you will learn to adjust the yarn so that you will get the best results (Figure 22).

Now you are ready for work
Bring your hands close together. Adjust the yarn and insert needle in first stitch as in Figure 23.
Procedure . . . first row

1. Insert the right needle into the front of the first stitch on the left needle from the left side (Figure 24).

   ![Figure 24](image)

2. Steady the right needle against the forefinger of the left hand. Keep your yarn to the back of your work.
3. With the right hand bring the yarn over the point of the right needle (Figure 25).
4. Draw the yarn through the stitch (Figure 26).

   ![Figure 25](image)

   ![Figure 26](image)

5. Slip the old stitch off the left needle, thus completing the first stitch. A new row is being formed on the right needle (Figure 27).
6. Always keep pushing your work up so that the stitch on which you are working is near the tip of the needle.
7. Repeat steps 1 to 5 until all the stitches have been knitted off the left needle. An easy way to remember these steps is to repeat to yourself: “In”—(step 1—Figure 24)—“Over”—(step 2—Figure 19)—“Through”—(step 3—Figure 20)—“Off”—(step 4—Figure 27).
8. Now you have knitted one row. You should have 20 stitches on the needle.

Procedure . . . second row and succeeding rows

1. Change the needle with the stitches into the left hand.
2. The empty needle is in the right hand. The yarn is over the first finger,
under the second, over the third, and under the fourth above the middle joint (Figure 22).

Note: When using a long needle many knitters tuck one end of the right needle under the right arm. This relieves strain and enables you to knit faster.

3. Insert right needle into the front of the first stitch on the left needle from the right side and slip the first stitch off the left needle onto the right needle without knitting. Do this with the first stitch of each succeeding row and you will have a smooth edge known as a chain edge (Figure 28).

4. Bring your yarn to the back of your work by passing it between the two needles.

5. Proceed as before (Figure 28). Watch your work closely.

Note: It is not necessary or even desirable to use the chain edge in all cases. It makes a smooth edge on straight knitting. The closed edge produced by knitting every stitch is especially used when shaping various parts of a garment.

**BINDING OFF**

When you have worked 10 rows you are ready to finish off the swatch. This process is called binding off.

**Procedure**

1. Slip the first stitch on the row off the left needle onto the right needle without knitting.

2. Knit the second stitch very loosely. (There are two stitches on the right needle.)

3. Insert the left needle through the left side of the first stitch (Figure 29).

4. Keep the yarn in the right hand very loose so that the second stitch remains loose.

5. Bring the first stitch forward over the second stitch and over the tip of the needle so that one stitch remains on the needle (Figure 29).

6. Knit the next stitch loosely. There are two stitches on the right needle.

7. Repeat steps 3 to 6 (Figure 29).

8. When you come to the last stitch, clip your yarn about three inches from
the needle. Bring the loose end through the stitch remaining on the needle and pull tightly. Darn in loose end so that it will not show.

Note: Beginners have a tendency to bind off too tightly. To prevent this, many knitters use a needle two sizes larger in the right hand.

Note: Directions for purling and its uses are included for those who wish to do more knitting.

**PURL STITCH**

The purl stitch has two differences from the knit stitch.

1. In plain knitting you keep your yarn at the back of your work. In purling you bring it to the front of your work.
2. In plain knitting you insert your needle in the front of the stitch from the left side. In purling you insert your needle in the front of the stitch from the right side.

The purl stitch is not used alone, but when it is combined with the knit stitch in straight knitting, it makes another stitch known as stockinette stitch.

**STOCKINETTE STITCH**

In straight knitting the stockinette stitch is produced by knitting one row and purling the next row. It has two different surfaces—the front as in Figure 30 and the back as in Figure 31. Make a sample or a swatch to practice the stockinette stitch.

![Figure 30](image1.png)

![Figure 31](image2.png)

1. Cast on 20 stitches.
2. Knit every stitch in the first row.
3. On the second row insert the right needle into the front of the first stitch on the left needle from the right side and slip the first stitch from the left needle onto the right needle.
4. Bring your yarn to the front of your work. Now you are ready to *purl*.
5. Insert the right needle in the front of the next stitch on the left needle from the right side.
6. Bring the yarn over the point of the right needle (Figure 31).
7. Draw the yarn through the stitch.
8. Slip the old stitch off the left needle, thus completing the first purl stitch.
9. Keep your yarn to the front of your work and continue to purl the entire length of the row, repeating steps 5 to 8.
10. Knit the third row, purl the fourth row.
11. Repeat these two rows alternately until you have ten rows.

*Note:* When the smooth surface of the stockinette stitch is toward you, you knit the row. When the rough surface of the stockinette stitch is toward you, you purl.

**RIBBING**

Ribbing is produced by alternating a number of knit stitches with purl stitches. Although other combinations are used, the most common form of ribbing is knit two, purl two. This means that when you have knit two stitches in the regular way, you bring your yarn forward and purl two stitches. Then again bring yarn to the back and knit two stitches. Continue in this manner until the row is completed. The next row is done in exactly the same manner.

The number of stitches in knit 2, purl 2 ribbing should be divisible by four so that if you begin with knit 2, you end with purl 2. When you turn your work for the next row the last 2 stitches which you purled on the previous row will become knit 2 on the following row. You will notice that these two stitches have a smooth surface. In ribbing when this smooth surface is toward you, you knit the stitches. Next you purl 2 stitches. These two stitches are rough and bumpy. When this surface is toward you, you always purl the stitches.

When binding off in ribbing it is correct to knit the knit stitches and purl the purl stitches as if you were continuing to rib.

Because ribbing is elastic, it is frequently used on the part of the garment that fits snugly, as the waistband and cuffs of a sweater and the tops of socks. It is usually worked on a smaller size needle than the rest of the garment. Ribbing is also used for an entire garment as it produces a very interesting texture.

**CARE OF CLOTHES**

In this project each member is to do the following: Bring to a meeting a dress, slip, skirt or coat that needs some simple repair, such as: (1) one or more buttons sewed on, (2) snaps replaced, (3) hooks and eyes replaced, (4) any loose fastening made secure, (5) rips in seams sewed up, (6) ripped hem rehemmed. Make at least two of these repairs and check them in your record book.

1. **How to sew on buttons:** Two-hole buttons (Figure 32): Use strong thread matching the color used for sewing on the rest of
the buttons. Note carefully just where the button should go. Place a pin across the button to prevent sewing the button on too tight. Fasten the thread through the cloth at the place for the button. Take several stitches up through one hole, down through the other, bringing the needle up the last time only through the cloth. Remove the pin and raise the button until the thread across the top is snug.

Then, wind the thread around the threads between the cloth and the button to form a shank (Figure 33). Fasten the thread securely with small stitches on the wrong side of the garment, unless no threads are to show on the wrong side. If no threads are to show, avoid letting any stitches go through to the wrong side; fasten the thread under the button by taking three small stitches on top of each other through one thickness only.

Four-hole buttons are sewed on in various ways but always use the pin to keep the threads loose enough to make a shank. (Figure 34.) Some buttons have shanks.

2. Snaps: Be sure to sew the socket piece on the under side of the opening and the ball piece on the upper side. Use the blanket stitch you learned how to make on your coin purse.

3. Replace hooks and eyes. Use the kind that matches the others on the garment and place them in the exact place where the original ones were. The blanket stitch is a good one to use but the over and over stitch may be used if preferred.

Be sure to replace all the missing fasteners on the garment!

4. Repair any loose fastening such as loops, bound buttonholes, belt guides, or belt buckles.

5. Rips in seams and hems: Very long rips will look best if stitched on the machine, but short rips can be hand sewn with tiny running stitches.

The Just So girl keeps her clothes in good repair, but such difficult things as darning and patching and mending buttonholes are left for mother until in Division II clothing you learn to darn your hose and in Division III you learn to patch neatly and make buttonholes.
How to use a sewing machine. You should know the names of just a few parts of the machine so you can follow instructions intelligently. Look at the illustration and locate the following: needle bar, presser foot, stitch regulator, spool pin, bobbin winder.

If the machine has a foot treadle, learn to treadle evenly without jerking. It is easier to treadle well if one foot is placed with the toe near the top of the treadle and the other with the heel near the bottom. Press down with the top foot when that part is up, then with the other foot when the lower part of the treadle is up. Practice doing this with the needle unthreaded and the presser foot up, until you can do it smoothly.

Next, still with the needle unthreaded, (1) try stitching a row of needle holes in a straight line (use ruled scratch paper), (2) turn corners, (3) stitch on a curved line.

You are now ready to learn how to thread the machine. Since the different makes of machines are threaded somewhat differently, your mother or your leader will have to show you how to thread the machine you have.

Do not try to stitch fast because you cannot do as nice work as you should, and fast stitching is hard on the machine.

When you have gone this far, you should be ready to make your laundry bag.

LAUNDRY BAG

Materials. Use plain percale, light weight denim, flour or feed sack (may be dyed). Use thread to match the color of the material. Use a wooden coat hanger.
First seam

Second seam

Back of finished bag

Front of finished bag

Figure 36. Laundry bag.

Figure 37. Laundry bag, finished.
Making. Tear or cut by a thread so both raw edges are straight. The piece should be twice the width of the hanger plus 2 inches. It should be \( \frac{1}{2} \) yard long.

Before folding tear or cut off the selvage edge. Fold the material with the right side in and the lengthwise edges together. Pin together, putting pins in at right angles to the edge.

Beginning at one corner, measure along the cut edge, toward the other corner 15 inches. Mark with a pin. Baste a \( \frac{1}{2} \)-inch seam between the corner and the pin. Start basting with a knot and secure it at the end with three stitches.

Ask your leader to examine your work after basting to see that the basting is straight, the seam exactly 15 inches long and the end securely fastened.

Stitch close to the basting, beginning at the corner and ending by turning the work, with the needle in the cloth and stitching back for an inch, directly on the top of the first stitching. Cut the thread close to the stitching (see Figure 36).

Again, ask your leader to examine the work to see that the stitching is straight and the end correctly fastened.

Pull out the bastings. Press the seam open and press the fold to the upper corner on either side of the opening above the stitching in a straight line with the stitching.

Machine stitch close to the edges of the opening to make this a firm edge. Begin at the top of the opening and stitch \( \frac{1}{2} \) inch from the folded edge down to \( \frac{1}{2} \) inch below the top of the seam. With the needle in the cloth raise the presser foot and turn the work and stitch across to \( \frac{1}{2} \) inch beyond the fold on the opposite side. Turn again and stitch to the top \( \frac{1}{2} \) inch from the fold.

Embroidery. This bag will be more attractive with a little embroidery; so on the plain side of the bag, which we shall call the front, you are to put a little design in chain stitch. The designs on pages 2, 15, and 16 are suitable for the laundry bag. Select the one you prefer. Do the embroidery before closing the bottom of the bag.

Making the design. Fold the cloth lengthwise and mark the lengthwise center fold. Place the design so the bottom of it is 7 inches from the bottom and the design is centered over the crease. Use tracing paper to transfer the design to the cloth. Use three strands of six strand embroidery cotton in the colors used on your dresser scarf, and outline around the design in chain stitch. Chain stitch is very effective where a heavy line is desired. It is a loop stitch, so called because several chain stitches together resemble a chain.

To make. Hold the material over the left forefinger. Work toward you with the needle pointed toward your chest.
1. Fasten the thread on the wrong side of the material by taking three tiny over and over stitches.

2. Bring the needle out on the right side of the material at the place on the traced line where you desire to begin the stitch.

3. Hold the thread to the left with the thumb of the left hand, insert the needle where the thread comes out, and bring it out a stitch ahead over the thread that forms a loop.

Always reinsert the needle in the place where the last stitch comes out, and be sure to have the thread form a loop in front of the needle. Take each stitch directly into the marked line. Keep the stitches all the same size. Do not draw the thread tight enough to pucker the cloth.

The smaller parts of the design may be done in outline stitch if you prefer. The outline stitch will look best if done with two instead of three strands of thread.

Pin the center of the seam to the center fold of the cloth. Pin up to the top of the cloth.

Baste a \frac{1}{2} inch seam across the bottom.

Lay the coat hanger on the upper edge of the material \frac{1}{2} inch from the edge. Mark along this curve on the top edge with a pencil. Baste on this line. Stitch the lower edge, beginning and ending by retracing stitching for 1 inch. Stitch along the curved edge on the pencil mark, retracing stitching at both ends.

Measure up \frac{1}{2} inch from this row of stitching, trim for a \frac{1}{2} inch seam.

Cut the scraps left after trimming into 1 inch strips. Press \frac{1}{2} inch fold along one edge. Beginning at the top of the hook wrap the hook until it is covered. Keep the folded edge on top. Make a turn around the center of the hanger and fasten securely with a few stitches. Remove bastings.

Turn the bag right side out and press carefully, using a damp cloth to insure the removal of creases.

Put in the hanger, and the bag is ready for use. We hope you will enjoy using it and that its use will help you to keep your room and clothes closet neat.

When you have finished your laundry bag and pressed it neatly and recorded it in your record book, you will have completed this project and we trust you enjoyed your work and are proud of it.

Be sure to write your story in your record book and then send all your record books to your county extension agent.

Then, when fair time comes, it will be fun to exhibit your work and compare it with that of girls in other parts of the county.