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# Clothes for Fun and Sun



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4-H Clothing Project

Club Series L-79

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This booklet was prepared by Murle Scales, Extension clothing specialist, Oregon State College, with the cooperation of the Oregon 4-H Club Clothing Advisory Committee. Mary Beth Minden, Extension home management specialist, assisted with the section on planning your sewing center, and Diane Jenkins, Benton County 4-H member, posed for the photos on page 14. Members of the Advisory Committee include: Mrs. John Lyda, Benton County 4-H leader; Mrs. L. V. Cutsforth, Portland City 4-H leader; Miss Cleo Lyda, Benton County 4-H junior leader and club member; Miss Helen Sawin, Benton County 4-H junior leader and club member; Mrs. Lois Christian, Crook County Extension agent (Home Economics); Mrs. Clare G. Morris, Portland City 4-H Club agent; Miss Jane Gates, Douglas County 4-H Club agent; Kenneth C. Minnick, Benton County 4-H Club agent; and members of the central 4-H Extension staff.

# Clothes for Fun and Sun

Wear the right Clothes for Fun and Sun. You want comfortable clothes that will take hard wear and not wrinkle too easily—clothes that will look nice even after several hours of wear.

Make some of your play clothes for this project. Select the type that is best suited to what you do and where you go. Talk it over with your mother and leader.

These garments may serve many other purposes as well. You may like to wear shorts or pedal pushers or a sun dress while you work at home. By adding a jacket or a short bolero you can wear the sun dress to town. It may be the type of sleeveless dress that also makes a good date dress.

A well-dressed girl always wears clothes and accessories to fit the occasion. In wearing any garments—even shorts—you wish to be well dressed. You might wear a scarf folded and wound around your head to hold your hair in place. There are times when you may wish to wear a tailored scarf around your neckline. Play shoes or the type of loafer or saddle shoes that you wear to school look well with these clothes. Save your dressy shoes or shoes with heels for better dresses. Fancy bracelets, earrings, beads, pins, or flowers give you an overdressed look when worn with shorts, slacks, pedal pushers, and bathing suits.

With different accessories you can “dress up” your sun dress. By wearing shoes with heels, a jacket, a flower, or casual jewelry you can wear the dress for many occasions. You may wish to add some other accessory such as earrings, beads, or a bracelet.

When you plan your Clothes For Fun and Sun, consider what you already have and what you would like to add. Make as many garments as you or members of your family need. Your exhibit will be two outfits. Choose your outfits from **any two** of the following three groups. For example, you may make:

pedal pushers, halter, and a beach coat

or

pajamas and robe

or

sun dress and pajamas

## GROUP 1

1. Sun dress
2. Dress
3. Skirt and blouse

## GROUP 2

1. Slacks or shorts with a blouse, halter, bodice, or jacket
2. Pedal pushers with a blouse, halter, bodice, or jacket
3. Bathing suit
4. Culottes
5. Pajamas
6. Ski pants and unlined jacket
7. Skating skirt and matching pants

## GROUP 3

1. Robe
2. House coat
3. Brunch coat
4. Beach coat

# Make Clothes for Fun and Sun

Before selecting the pattern and fabric, it is wise to consider the number of garments you have made and your ability to sew. It takes the fun out of sewing if you choose too difficult a pattern—or fabric that is hard to sew. The more pieces a pattern has the harder the garment is to make. It takes longer too. Before you buy a pattern, look on the back of the envelope to find the number of pieces.

Look for a pattern that has only one or two construction details new to you. With the help of your mother or leader, check the sewing details in the pattern that are new. The following are construction details usually found in patterns. Check those new to you. If the pattern has more than three new details, perhaps you had better choose a more simple one.

- |  |                          |
|--|--------------------------|
| 1. Round collar                                  | <input type="checkbox"/> |
| 2. Notched collar, mandarin, or Chinese collar   | <input type="checkbox"/> |
| 3. Another type collar you have never made       | <input type="checkbox"/> |
| 4. Pockets set in side seams                     | <input type="checkbox"/> |
| 5. Other type of pocket besides a patch pocket   | <input type="checkbox"/> |
| 6. Flaps on pockets                              | <input type="checkbox"/> |
| 7. Putting trousers together                     | <input type="checkbox"/> |
| 8. Set-in sleeves                                | <input type="checkbox"/> |
| 9. Other types of sleeves besides set-in sleeves | <input type="checkbox"/> |
| 10. Pleats                                       | <input type="checkbox"/> |
| 11. Tucks  | <input type="checkbox"/> |
| 12. Scallops                                     | <input type="checkbox"/> |
| 13. Cuffs on trousers or on sleeves              | <input type="checkbox"/> |
| 14. Facing different from ones you have put on   | <input type="checkbox"/> |
| 15. Piping or cording                            | <input type="checkbox"/> |
| 16. Piped or corded buttonholes                  | <input type="checkbox"/> |
| 17. Contour belt                                 | <input type="checkbox"/> |
| 18. Unusual type darts                           | <input type="checkbox"/> |
| 19. Flat fell seams                              | <input type="checkbox"/> |

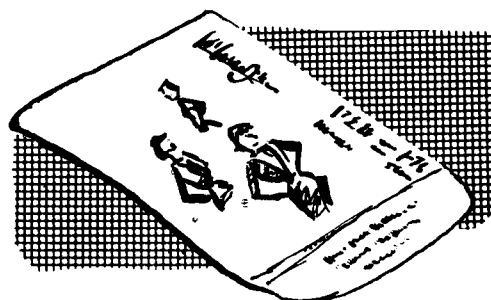


Figure 1.

## Buy the Right Size Pattern

For the robe, pajamas, blouse, dress, and bathing suit, buy your pattern by bust measure as you did in "Teen-Age Miss." For the slacks, shorts, or pedal pushers, you usually buy the pattern by the waist measure. If your hips are larger than the hip measurement listed for your size, it is better to buy the size to fit your hips and alter the pattern at the waistline. This is an easier alteration than the hip measure. You can learn how to alter the pattern for pedal pushers, shorts, or pants by following the instructions on page 7. Ask your mother or leader to help you check and alter your pattern for a dress, jacket, blouse, or robe.

## Buy Suitable Fabric

Look on the back of your pattern for the suggested fabrics, yardage, and notions needed. You may find other cotton or cotton-like fabrics that you wish to use. Here are a few suitable fabrics. There are many others.

### Slacks, pedal pushers, shorts, and jackets

Denim  
Indian head  
Cotton broadcloth  
Sail cloth  
Seersucker

### **Dresses, housecoats, or robe**

Denim  
Indian head  
Cotton broadcloth  
Seersucker  
Gingham  
Percalé  
Cotton tweed  
Chambray

### **Pajamas, blouses, bathing suits**

Gingham  
Seersucker  
Percalé  
Broadcloth

Look for labels to tell you about shrinkage, special finishes, colorfastness, and instructions for washing. Here are some things that are found on the label:

"Sanforized"—guarantees that fabric will not shrink more than 1 per cent

"Vat Dyed"—a dependable guarantee of colorfastness

### **Check Pattern for Fit**

Check the pattern with your measurements to see whether any alterations are needed. Put your measurements and the pattern measurements in the table shown on page 6.

### **Your measurements**

► **Waistline measure.** Take a snug, but not tight measure.

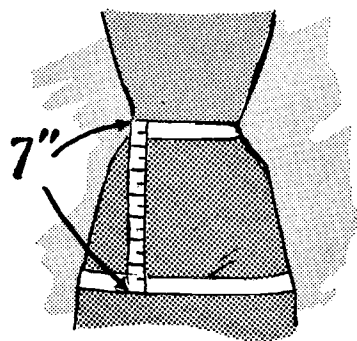


Figure 2.

► **Hip measure.** Tie a tape around your waistline. Measure down 7 inches from the waistline. At each side, and at center front and center back, put a pin in your slip 7 inches down from the tape. This is the position to measure your hips. Hold a tape measure around your hips just where the pins are placed. Put two fingers under the tape measure so that it will not be drawn too tightly in taking the measure.

► **Crotch measure.** With the tape still around your waistline, sit on a straight chair with space beside you wide enough to stand a yardstick as shown here. Measure from waistline to chair seat for your crotch measurement. It may help to locate the exact spot on the ruler by holding a pencil from your waistline out to the ruler. This measurement from the chair to a line level with your waistline is your crotch measure.

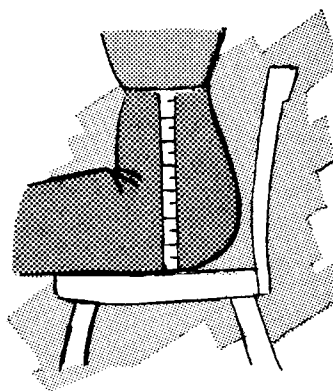


Figure 3.

► **Side length.** While standing, have someone measure from the waistline to your ankle for the length of the slacks. For shorts or pedal pushers, measure on the body (from the waistline) the length you wish them to be.

## Pattern measurements

► **Waistline measure.** Place tape measure on edge to measure along the waistline of the pattern. Double this measure, for this is only half of the garment. **Do not** measure across seams, or include them in the total waistline measure.

► **Hip measure.** Measure down 7 inches from the waistline in 5 or 6 places. Connect these with a curved line. Measure across these dots. Remember: **Never include seam allowance.** Your pattern should measure at least 2 inches more for ease than your measurement.

► **Crotch measure.** Draw the crotch line (see figures 4 and 5) from the side seam to the deepest part of the back crotch

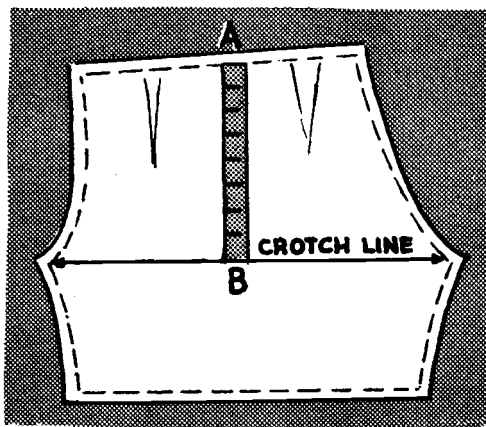


Figure 4.

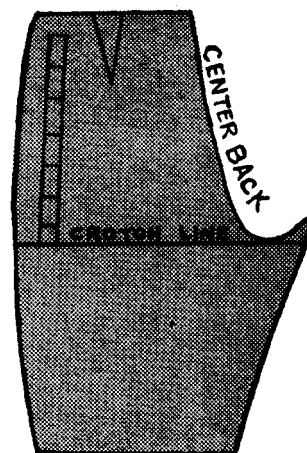


Figure 5.

seam. It is drawn at right angles to the grain line as shown in figure 5.

Measure from the crotch line straight up to the waistline at the side to get the crotch measure. This should be 1 to 2 inches longer than your crotch measure for all trousers except pajamas. Since you wish pajamas to be very loose and comfortable, allow 2 to 4 inches ease to your crotch measure. The amount of ease needed also will vary with fashion and the individual.

► **Side Length.** Measure from the waistline to the bottom of the trousers. **Do not** include seam allowances.

## Chart for Measurements

	Your measurements	Pattern measurements	Pattern alteration needed
Waist .....		*	**
Hip .....		*	**
Crotch .....			**
Length .....			

\* This is only  $\frac{1}{2}$  of your measurement. Multiply it by 2 to compare with your actual measurement.

\*\* Remember to consider the amount of ease needed.

When your measurements, plus needed ease, are exactly the same as the pattern measurements, no alteration is needed. If this is the case, put a zero (0) in the "Alterations Needed" column. If your measurement is smaller than the pattern, put a minus sign (—) and the amount of difference. This is the amount you need to take out of the pattern.

If your measurement is larger than the pattern, put a plus sign (+) and the amount you need to add to the pattern. Now you can tell at a glance what pattern alterations, if any, are needed.

### Alter Pattern If Needed

► **Pattern too long in crotch measure.** Draw along the entire grain line of each piece of pattern. For review refer to "Teen-Age Miss."

Draw a line at right angles to the grain line about one-half way from crotch line to waistline. You can use a school tablet or notebook in squaring off from the grain line. Place the tablet alongside the grain line with the top of the tablet about halfway between the crotch line and the waistline. Draw the line along the top of the tablet using that as a guide. Now use a yardstick and finish drawing the line all the way across the pattern.

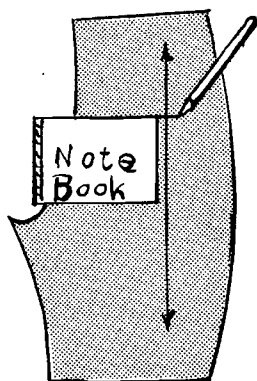


Figure 6.

If the crotch measure is 1 inch too long, measure in two places 1 inch from the line you have just drawn. Draw an-

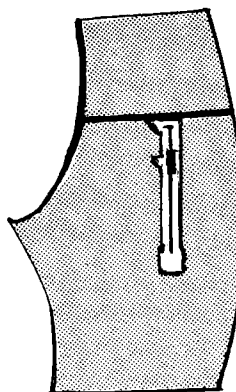


Figure 7.

other line following these dots and 1 inch below first line. Fold the pattern on one of these lines and take a tuck bringing it to the second line. Hold in place with pins or gummed tape. See figure 8. In like manner you would alter for whatever length you desire.

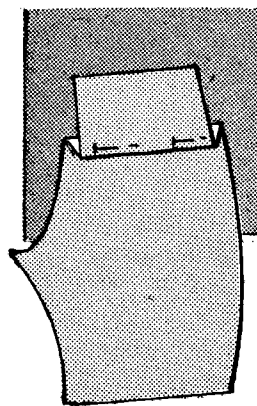


Figure 8.

► **Pattern too long in leg length.** Alter the pattern the same way, but fold a tuck in the pattern about halfway between the crotch line and the bottom of the trouser leg.

► **Pattern too short in crotch measure.** Square off as before, and draw a line halfway between crotch line and waistline of pattern. Draw two or three short lines at right angles to the line. Cut along the first line drawn.

Pin a strip of paper under one piece of the pattern. Measure on the paper the amount you wish to add to the pattern and draw a line. Pin the other half of the pattern to this. If you place a ruler connecting one of the short lines drawn at right angles it will be easier to keep the pattern in line.

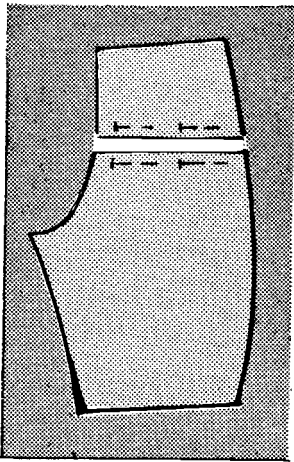


Figure 9.

► **Pattern too short in leg length.** To make the leg longer, alter the pattern halfway between the crotch line and the bottom of the trouser. Alter the same as above with the exception of drawing the cutting line halfway between the crotch line and the bottom of the trouser.

► **Pattern too wide through waist or hips.** Pin in one or two small darts parallel to the grain line.

► **Pattern too tight through waistline or hips.** If there is a side seam, make it less curved at the waistline.

## Choose the Right Seams

You will probably use plain seams for a cotton dress. The other garments may have plain seams or another type that holds a little better. If you have some readymade play clothes such as slacks, shorts, or jeans, etc., examine the seams. Which kind of seams have given the best wear? You will probably find one of the following.

► **Plain seam pressed open.** The seam may be reinforced by top stitching on both sides of the pressed-open seam.

✓ Make a plain seam on the wrong side.

✓ Press seams open on the pressing roll you make in "Teen-Age Miss."

✓ From the right side, stitch  $\frac{1}{8}$  inch on each side of the seam line.

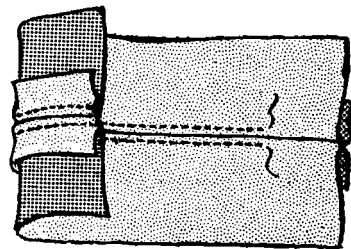


Figure 10.

► **Plain seam pressed to one side**

✓ Make plain seam on the wrong side.

✓ Press both edges of seams to one side. Baste in place if needed.

✓ Top stitch  $\frac{1}{4}$  inch from the seam line. This is a satisfactory seam for heavy fabrics that do not ravel. You may wish to pink seams before top stitching.

► **Flat fell seam**

✓ Place two wrong sides together and stitch the seam allowance on the right side.

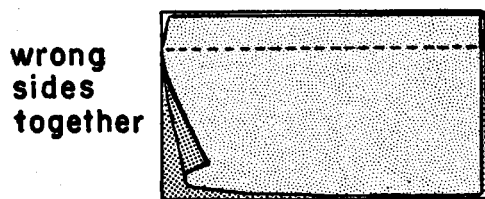


Figure 11.

✓ Trim one side of seam close to the stitching.

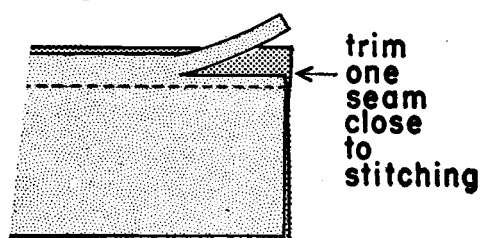


Figure 12.

✓ Turn other side of seam over this. Press.

✓ Turn under raw edge of wide part of side seam to form the width seam desired. Baste. Stitch on the very edge of the fold. Usually  $\frac{1}{4}$ -inch seams are used.

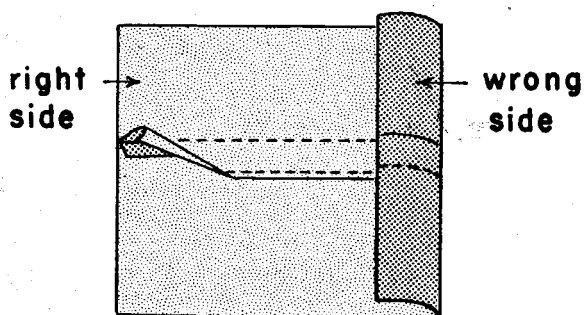


Figure 13.

**Note:** You will have two rows of stitching on the right side and only one row on the wrong side.

Where two flat fell seams cross in the crotch of shorts, slacks, or pedal pushers, there will be less bulk if the flat fell on one leg seam is turned to the front and the other to the back. When the long seam is basted, have the seam line of each leg in a straight line. The seams will then look like the illustration.

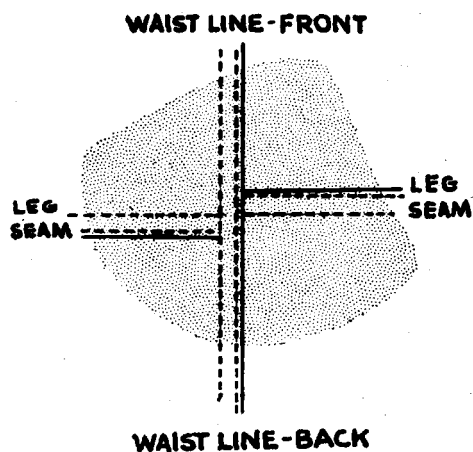


Figure 14.

► **French seam**

✓ Make a plain seam on the right side.

✓ Trim the seam to less than  $\frac{1}{4}$  inch.

✓ Turn fabric, and make a little wider seam on the wrong side. Make it just wide enough to hide all of the raw edges of the first seam.

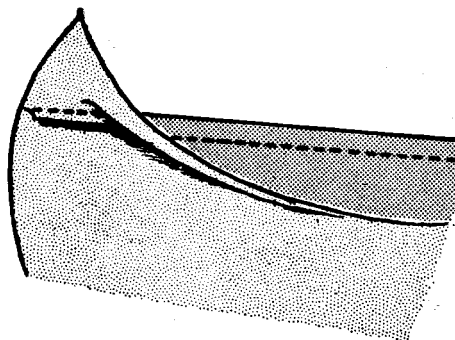


Figure 15.

## Learn a New Sewing Skill

Making bias bindings is another new sewing skill that may be needed on Clothes for Fun and Sun. They have many uses such as, bias bindings at neck, armhole, and for other finishes. They are also used to make covered cord belts, etc. Bias strips are made as follows:

### ► Cut bias strips

✓ Straighten one crosswise end of the fabric.

✓ Fold fabric so that selvage or lengthwise edge lies evenly along a crosswise thread. See figure 16. Lightly crease or press the fold. This creased line is a true bias and is very easy to stretch out of shape, so handle carefully.

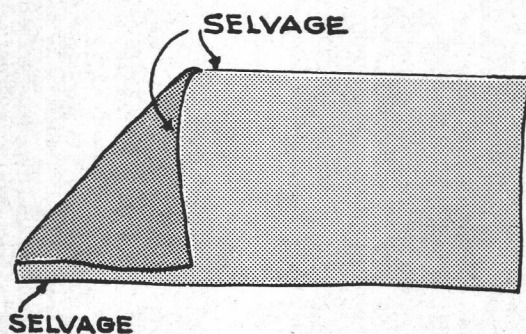


Figure 16.

✓ Mark width of bias strips. It is helpful to measure several widths at one time, then draw lines as a guide in cutting the bias.

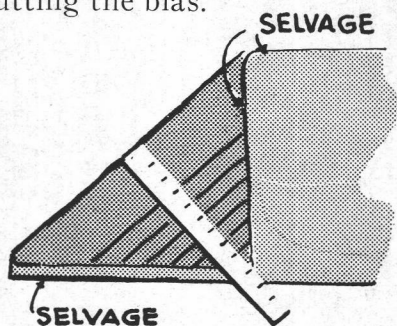


Figure 17.

### ► Join bias strips

Bias strips are joined on the lengthwise thread of the fabric, but the seam is at an angle. If the ends of the bias strips are not straight, pull a thread on each end and cut straight.

✓ Pin the two right sides together. Notice that the points extend past the edge the exact width of the seam, which is usually  $\frac{1}{4}$  inch.

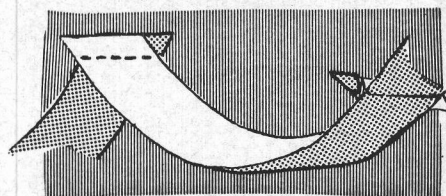


Figure 18.

✓ Stitch  $\frac{1}{4}$ -inch seam on the wrong side. Back stitch at beginning and end to prevent seam ripping.

✓ Press seams open on pressing roll.  
✓ Trim off points that extend over the edge.



Figure 19.

Follow your pattern guide sheet for any other new sewing skills.

► **Make bias covered cords**

These may be used as ties at the neckline instead of ribbon. You can use large cords such as cable cord (used in slipcovers and upholstery) to make belts. See pictures. There are many ways to cover the cord. Try this method and see what results you get.

✓ Cut a true bias strip 1 inch to 2 inches wide and the length desired.

✓ Provide a cord that is more than twice the length of the bias strip. (The bias strip will become longer as it is stretched in stitching.)

✓ Place cord in center of the bias. Fold the two cut edges together with the right side of the fabric inside. The cord should be placed with half of the length inside.

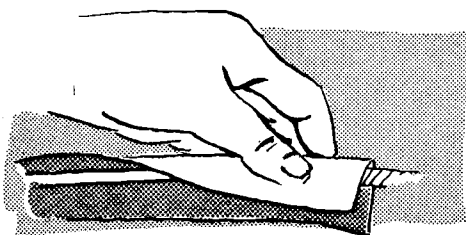


Figure 20.

✓ Sew across the cord making a curve out so that there will be more room for turning. Hold the edges together while stitching, for the bias piece will twist if not held securely. Stitch slowly, and stretch the bias. Pull from both ends while you stitch. If this is not

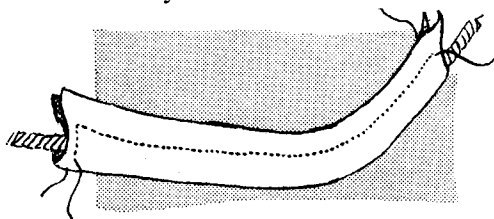


Figure 21.

done, the threads of the stitching will break when the fabric is stretched in turning.

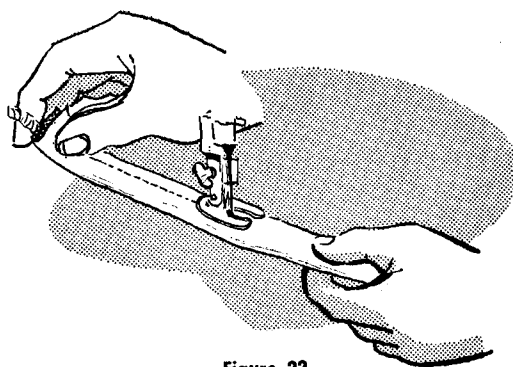


Figure 22.

✓ Trim surplus seams away where you attached the cord at the top as shown. This will make it easier to get the fabric started in turning.

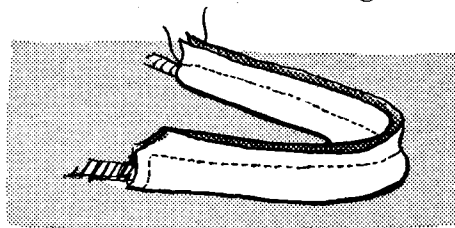


Figure 23.

✓ Ease the fabric up over the place where the cord is attached, thus pulling the fabric right side out and enclosing the opposite end of the cord inside the bias fabric. Move fabric evenly to avoid bunching. The bias strip must be slightly difficult to turn, however, in order to be well filled. The extra cord may be cut off. Now use your bias cord as button loops, a belt, or tie at the neck.

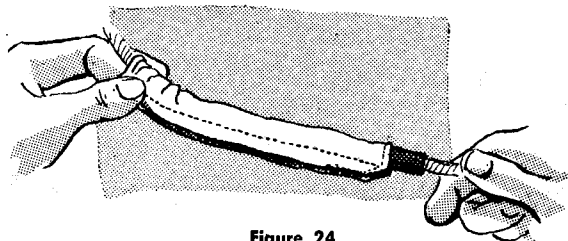


Figure 24.

# Add New Sewing Equipment

## Make Pressing Pad or Ham

As you do more sewing you will add to your sewing and pressing equipment. Last year you made a pressing roll that was helpful in pressing seams. Here is a small pressing ham or pad that will make pressing easier. This pressing pad is particularly useful in pressing parts of shorts and pedal pushers while you are making them. Pressing the top of the sleeve is another use. Later you will find the pressing pad excellent for pressing piped and corded buttonholes.

Among your school supplies you will probably find a compass—at least your older brother or sister will have one. You can use this in making the pattern for the pressing ham. If you don't have a compass, use a saucer or small plate and draw around it.

Old overalls, very heavy muslin, pocket drill, ducking, or similar fabrics are excellent for pressing hams. Do not use a color that might fade when you press with steam. Follow the steps below in making the pressing ham.

✓ Make the pattern by drawing a circle with the pencil and pointer of the compass 3 inches apart. This is the pattern for the top and bottom of the pressing ham. If you do not have a compass, use a saucer or small plate as a guide. It should be about 6 inches

from one side to the other. You can draw your circle larger or smaller to adjust the size.

✓ Cut a 2½-inch bias strip about 18 inches long for the boxing. For method of cutting a true bias, refer to page 10.

✓ Stitch the bias strip to one of the circles using ½-inch seams. Join the boxing at an angle. Refer to page 10. You notice that you are really joining the boxing on the straight of the grain line. Be sure to use ½-inch seams throughout or ham will be too large.

✓ Sew the other circle to the bias to form the top of the pressing ham. Leave about 3 inches unstitched. Tie threads or back stitch. You may find it easier to whip the edges of the opening together on the stuffed ham if you stay stitch both sides of the opening on the seam line before sewing the boxing and top cover together.

✓ Turn the pressing ham right side out.

✓ Fill the ham through the 3-inch opening with hardwood or fir sawdust. Do not use pine. The steam and heat will bring out the resin in the pine and stain the fabric.

Put in a little sawdust at a time and pack very hard. Put in all of the sawdust that you possibly can and still leave room to turn under the ½-inch seams in the opening.

Wool yarn and very tiny wool scraps also make good stuffing. Ravel an old sweater, or cut wool scraps into pieces between ½- and ¾-inch square.

✓ Turn the seam allowance of the opening inside and whip the two

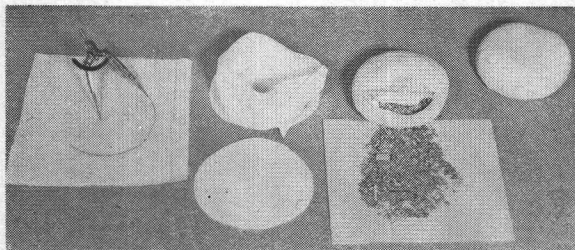


Figure 25.

edges together. Use strong thread (do not use nylon)—about No. 20 or 40, or heavy-duty thread. Double No. 40 thread for added strength. Make tiny, whipping stitches and go one way and then come back the opposite way. This gives a row of crossed stitches.

### Plan Your Sewing Center

Sewing is more fun if your supplies and equipment are conveniently arranged. This means you will want to plan the place where you sew—your sewing center.

In “Teen-Age Miss” you learned about the U-shaped sewing center. It is easy to set up such a sewing center, and it is convenient to use. You will probably want it in your own room or in some area which is out of the main traffic of the house. You need good light so that you can see well and not strain your eyes.

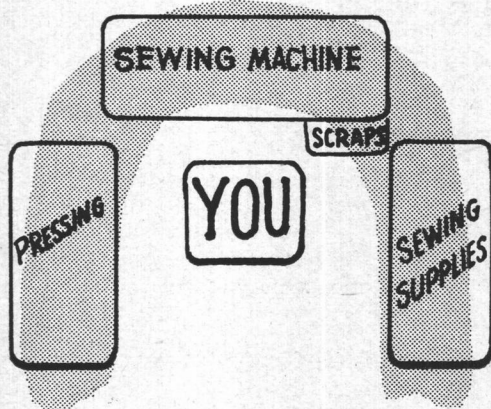


Figure 26.

The things you work with are arranged around you. You will include in any sewing center a place for your machine, a handy spot where you can press as you sew, and a place to keep your sewing supplies. See figure 26.

There are several ways of making a small, sitdown pressing surface. Work

out one that fits you and your house. Some people prefer the pressing equipment on the right side—others on the left. Plan for your pressing on the side most convenient for you.

This picture (figure 27) shows a small pressing board placed on a card table. A complete sewing center is shown in figure 28. Here the ironing board is placed on orange crates.



Figure 27.

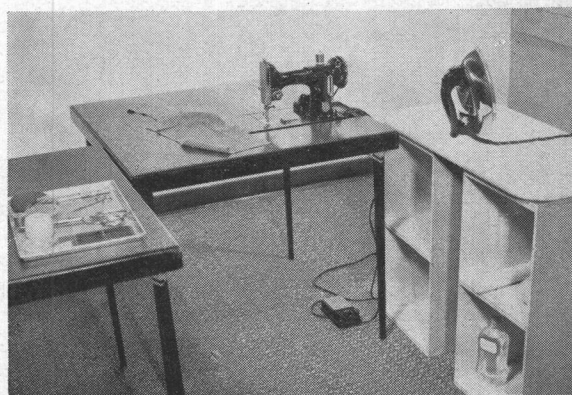


Figure 28.

To make the board, use  $\frac{3}{4}$ -inch plywood about 30 inches long and about 14 inches wide. Put  $\frac{1}{2}$  to 1 inch of padding

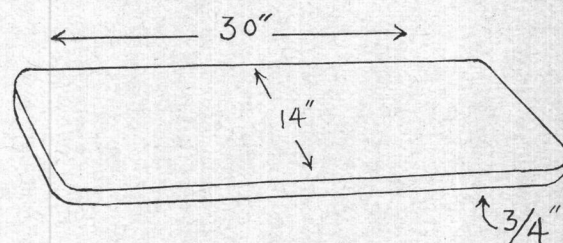


Figure 29.

on the board. Pull padding smooth, and sew it in place.

Cover with a smooth and somewhat heavy material. White pocket drill, heavy unbleached muslin, or a good portion of a worn sheet might be used. Wash new material to shrink and remove sizing before making cover. Old material will stretch and wrinkle, so it will have to be tightened from time to time.

If you do not have a board or do not wish to buy one, you may make a small pressing surface by padding and covering a piece of very heavy cardboard.

If you have an adjustable ironing board in your home, it will serve in your sewing center. Adjust the height so you can press without raising your shoulder and causing strain. Notice that the girl is uncomfortable in the first picture because her board is too high. She will tire quickly. In the next picture, she is more comfortable and relaxed as she works.

Now plan a place to keep your sewing supplies while you work. This will become the other side of your U-shaped sewing center. A card table as shown in figure 27, or a small table may be used.

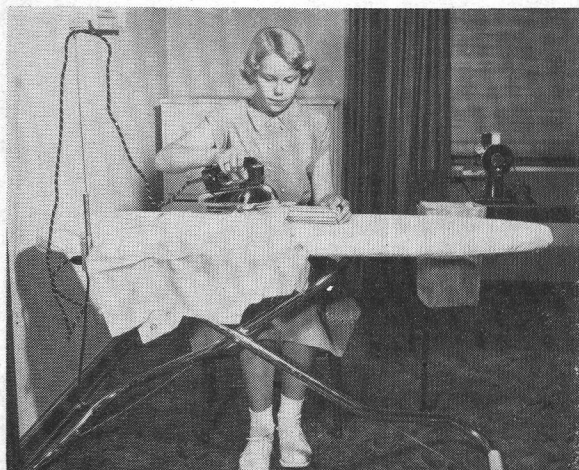


Figure 30.

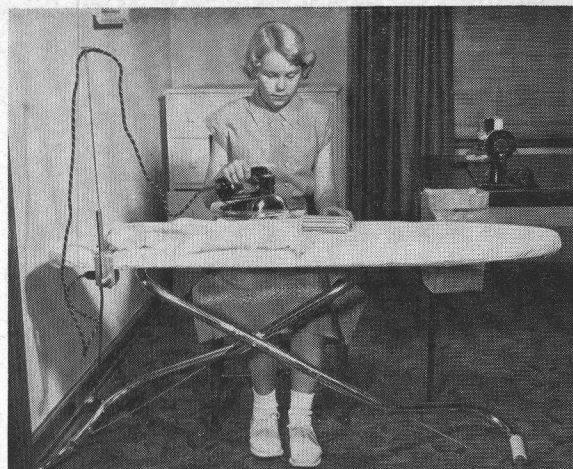


Figure 31.

Also consider a place to store your sewing supplies. One of the drawers in your dresser might be used. You could store the box, which you take to club meetings, at one end of this drawer. Notice that smaller boxes are used as dividers and keep the supplies from slipping.

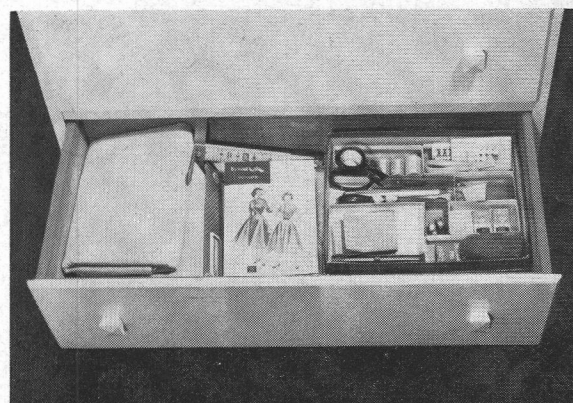


Figure 32.

It is always a question where to cut out your garment. A large surface is the most convenient. The dining or kitchen table may be used. Place a piece of oilcloth upside down on the table to protect it. The rough surface of the oilcloth will also keep your material from slipping.

# Buy a Sweater

Do you need a new sweater? If you don't need a sweater, maybe you can help a member of the family or a friend select one. Let's take a look at some of the things important to consider when you buy.

**Type of sweater needed.** Do you need a cardigan, slipover, tailored, or dressy-type sweater?

**What are your favorite colors?** These are often most becoming colors. Are you buying a new skirt to go with your sweater? Will it go with the skirts that you have on hand. If you have a plaid skirt, it is nice to buy a sweater the same as one of the colors in the plaid. For a solid-colored skirt, you may wish a sweater to match or contrast, or a richer or lighter shade in the same tone.

**Fibers used in sweaters**—there are many from which to choose.

## Wool

Wool of good quality is durable, elastic, and warm. The sweater may be labeled "woolen" or "worsted."

**Woolen yarns** are spun from short, crisscrossed fibers that have not been combed. The yarn feels soft and fine.

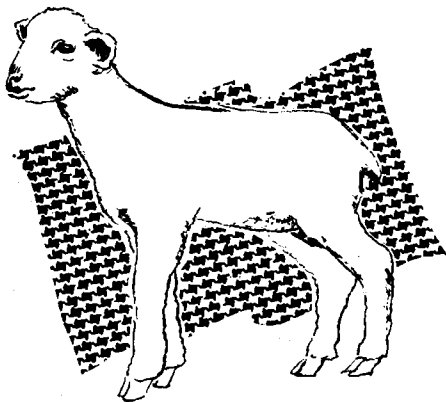


Figure 33.

Fabrics made from them are soft, lightweight, and wear well, but they tend to pull and are not as durable as worsted knits.

**Worsted yarns** are made from long-staple wool fibers which have been combed to make them lie parallel. The yarn is tightly twisted, has a smooth finish and luster. The fabric knit from it is firm, strong, and resistant to rubbing that causes "pilling" (wool yarn rolls like little pills from rubbing).

On the label of wool and worsted sweaters you may find the terms "zephyr yarn" and "French-spun yarns" and "Shetland wool."

**Zephyr yarn** is a type of worsted yarn spun from the finest of fine wool. It is very soft and used only for fine-knit sweaters.

**French-spun yarns** are soft worsted yarns made from shorter fibers than those ordinarily used. "French" refers only to the method of spinning. It does not mean the yarns were spun in France.

**Shetland wool** is so named because it comes from the Shetland Islands. It is a lightweight, warm-feeling fiber. The name is often misused to mean soft, fine wool that is much like Shetland, but not from the Shetland Islands.

## Other Natural Fibers

**Cashmere.** A soft and fine silky yarn made from the fleece of Cashmere goats is the most used of the luxury fibers. The best Cashmere sweaters are soft—getting softer with each washing—are finely knit, and are free from the black or dark hairs some-

times found in the low grade. Cashmere is very expensive and very fragile. It must be handled carefully.

**Angora rabbit hair** is soft, fluffy hair combed from a special breed known as French Angora. Sweaters made of Angora are always fluffy but have a tendency to shed. It is wise, therefore, to select a sweater for wear with skirts of matching colors, or with tweeds on which fuzz will not show as it does on plain materials of contrasting color.

### Manmade Fibers

The manmade fibers used most commonly for sweaters are nylon, Orlon, Vicara, and Acrilan. These are often blended with wool or cotton. All of these fibers are constantly being improved and new ones coming on the market.

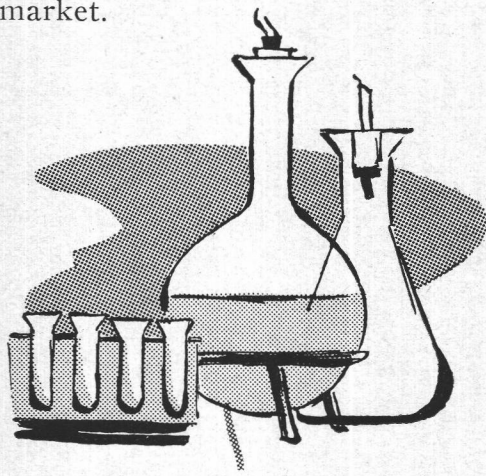


Figure 34.

There are other things to consider when you buy a sweater. Buy the best sweater you can get for the amount of money you wish to spend.

**Look for firm, close-knit bands** on sleeves, neck, and bottom of sweater. A band should stand strain without losing its shape and elasticity. Test it by lightly stretching between your hands—

then letting it spring back. A firm rib-knit will spring back quickly to its original shape. A band that fails to do so will lose its shape and need reblocking after it is worn a few times.

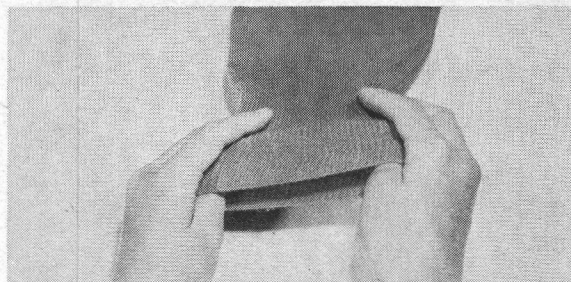


Figure 35.

**Stretch seams to see whether they give readily.** If they do not, they will bind and thread will break.

**Check ribbon backing** (if a cardigan sweater) to see whether it is smooth, or if seams are drawn or too tight.

**Check for well-made buttonholes** which are cut straight with both the knit and the reinforcement at the back. The stitches should be deep enough to prevent pulling out, and close enough together to cover the cut edges. Buttonholes with widely spaced and shallow stitches look rough, stretch out of shape, and tear easily. Buttonholes should be evenly spaced and the same distance from the edge.

**Buy the right size.** Ask for size by bust measurement. Generally, sweater sizes run smaller than those of other readymade clothing because allowance is made for the stretch of the fabric. Sweaters of the same style, marked with the same size number, may differ as much as two inches in bust or chest measure, and an inch or more in a sleeve length and width. The only safe way to buy a sweater is to try it on.

# Care for Your Sweater

## Mend Sweater as Needed

If you pull a thread in your sweater, pull the loop through to the inside. If it is long enough, cut the loop and tie the threads in a square knot.

Mend snags and breaks in your sweaters at once. This **knit stitch mend** will take care of all knits with a plain knit stitch. This takes time and isn't easy, but it is worth the effort for a good sweater.

1. Make two horizontal cuts—one above the hole—one below it.

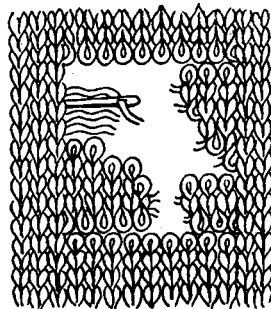


Figure 36.

2. Ravel the knit to the ends of the cuts. A thread may be run through the loops at the top and bottom of the hole so they won't ravel. Fasten on the wrong side.
3. Fill in with lengthwise yarns beginning at top left side. Use matching yarn. Be sure not to draw these

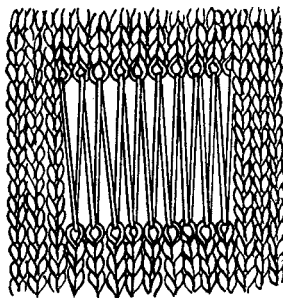


Figure 37.

threads too tightly, but have the right amount of tension in the yarns.

4. Fasten yarn with a square knot at the beginning and end. Now the ribs are in place.
5. Thread a bodkin or tapestry needle (a blunt needle) with a 24-inch length of yarn.
6. Fasten yarn on wrong side at lower right row of stitches.
7. Push needle through first stitch, over to the second, and pull out to the right side.

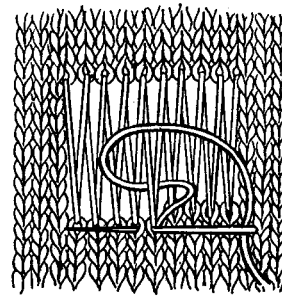


Figure 38.

8. Repeat by carrying yarn around the second rib. Push needle through second stitch over to the third and cut to the right side.
9. Fasten into the side row of stitches when you reach the left side.
10. Turn and proceed for second row of stitches. Continue to make stitches around ribs. Pull stitches so they will be of the same tension.

## Wash Sweaters

Sweaters of wool, nylon, Orlon, cashmere, or other yarns—or a mixture of yarns—can all be washed by the same method. **Remember**—Sweaters are knitted and must be handled differently from a woven material. Here's how . . .

First, mend any snags or broken threads in the sweater before washing. Then, place sweater on piece of heavy paper and draw around it. The brown paper from the cleaners is good to use. (Do not use newsprint as the print will rub off onto the sweater.) This is your guide for shaping the sweater to it's original size after washing.

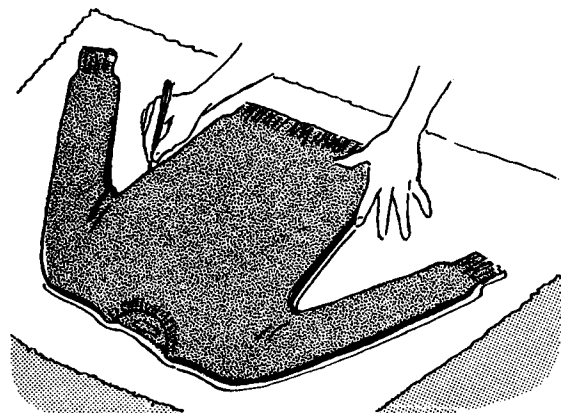


Figure 39.

Friction and rapid change in temperature (while the wool is wet, will cause shrinking and felting. For that reason it is very important to use lukewarm water for the sudsing and for all rinse waters.

Water that is comfortable to the elbow is all right for washing the sweater. A good water softener is needed if the water is hard. Use the softener in both the suds and in the first rinse. This prevents a soap scum from forming.

Some special soaps and detergents for washing wools are made and may be used but are not necessary. A good household soap or detergent may be used. "Suds" the water and place sweater in it. Let soak for a few minutes allowing the soil to loosen. Never allow the sweater to soak more than 10 min-

utes. Gently squeeze suds through the sweater. Do not rub or scrub. Remember, friction while damp may cause felting and shrinking. Check for cleanliness at neck, cuffs, elbows, and under the arms. Repeat washing in clean suds if necessary, but do not rub or twist.

Rinse the sweater in water the same temperature as the washing water to prevent shrinking. Squeeze the water through the sweater several times. You may need to use two or three rinsings with clean water to make sure all of the suds have been removed. Then gently squeeze water from the sweater and roll it in a bath towel. Figure 40.

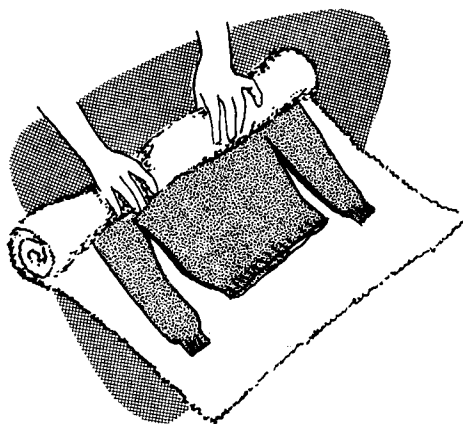


Figure 40.

Remove the sweater from the towel and place on the paper pattern. Pat the sweater into shape on your pattern. Avoid stretching the ribbed sections at neck, cuffs, and waist. If the ribbing has become stretched, push it in smaller than the pattern. Allow the sweater to dry naturally. Do not use heat or sunlight. If sweater pulls in from pattern as it dries, pat back into shape. Do not pull the sweater from the edges, but start in the center and pat out to the edges to make sweater larger.

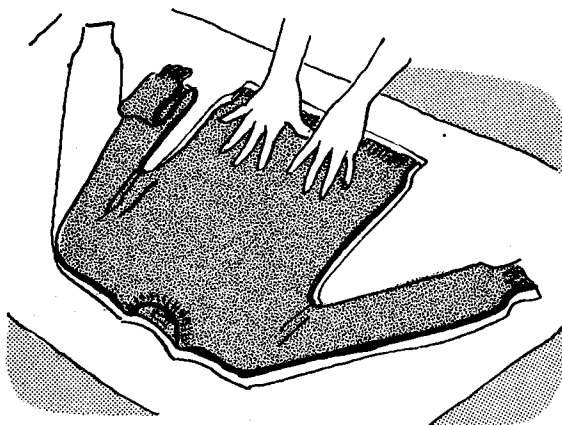


Figure 41.

Press the sweater when it is thoroughly dry. Use a steam iron with control set for wool. Cover sweater with a press cloth and press by lifting the iron up and down. Do not move iron back and forth across sweater. Never allow the full weight of the iron to rest on the sweater. Pay particular attention to bindings at front and neck to see that they have a smooth look. If you wish to use a dry iron, place a damp cloth over sweater and steam using the same up-and-down motion with the iron.

**Warning.** Sometimes the grosgrain ribbon on cardigan sweaters shrinks when washed. You may be wise to have an expensive cardigan sweater dry cleaned.

### Store Sweater

Hanging stretches sweaters and pulls them out of shape. It is better to fold sweaters and store them in a dresser drawer, on a shelf (plastic bags will protect them from dust), or in boxes. Suggestions for folding sweaters were given in "Just So Girl." The plastic bags used for freezing food are excellent

to use. The size used for freezing chickens or turkeys is ideal. This makes it easier to handle sweaters and keep them folded.

A wool sweater should be clean when put away for any length of time to avoid moth damage. Moths like to eat soiled garments and live best in dark, warm places such as closets.

To protect sweaters from moths wash them frequently. Keep them fresh and ready to wear. Never tuck them away for the summer until they are clean. If storing them for any period of time, scatter paradichlorobenzene crystals or naphthalene flakes in the folds of the clean sweater and seal in an airtight bag, box, or jar. A large jar such as the ones in which cafes receive pickles and mayonnaise is excellent. You may use EQ-53 in the rinse water to mothproof the sweater. Follow directions on the label.



Figure 42.

# Care for Your Cottons

## Keep Those Cottons Fresh

It may take time to keep your clothes fresh and neat, but it will pay off in the way you look and feel. Be proud of your neat and perky cottons.

Most cottons can go in with the family wash. But watch out for those that must be "done up" by hand. Read the label for any special washing instructions or ask about laundering when you buy your material. Shop for fast colors too, since clothes that fade are a special laundry chore. Wash cottons frequently—they will come clean easily.

## Starch the Cottons

If the cotton does not have a permanent finish, starching will add crispness and freshness. You will want to add starch to a cotton garment to give body and finish to the material, and to repel soil and make laundering easier.

There are several types of starch you can use. Some are boiled, some are made with cold water, some are already in liquid form, and some are synthetic starches which last for more than one washing. The starch you choose should be inexpensive, easy to apply, and easy to iron. You will want to find the one you like.

Your club may enjoy testing starches by having each member starch a cotton blouse with a different kind of starch. Bring the blouses to the next club meeting and ask yourselves:

1. Do the blouses look fresher and neater because they were starched?
2. Did I add too much starch? Will any of the blouses be uncomfortable to wear—look too stiff?

3. Will I wear the blouses longer because they were starched?
4. Was any blouse harder to iron?
5. How long did it take to starch the blouse.

**Remember.** Starch only enough to "freshen" the garment. Cottons with a permanent finish should not be starched. Be sure to follow instructions on the label.

## Iron the Cottons

You may have both steam and dry irons at home. There is a time to use each. The steam iron does a nice job of pressing wrinkles from wool skirts, rayon blouses, and wool sweaters, but it is the dry iron that does the best job of ironing cottons.

Before ironing, sprinkle with "just enough" warm water to make it easy to iron out the wrinkles. Roll or fold clothes loosely and allow them to stand



Figure 43.

## Ironing Can Be Fun

**Yes   No   Do you iron the easy way by . . .**

- ☐ ☐ Moving the iron slowly with the lengthwise grain of the fabric?
- ☐ ☐ Ironing the garment dry as you go?
- ☐ ☐ Using the full surface of the iron whenever possible?

**Do you eliminate part of ironing by . . .**

- ☐ ☐ Moving the garment as few times as possible when ironing?
- ☐ ☐ Using "no ironing" techniques such as pants stretchers for jeans or slacks?

**Have you made ironing enjoyable by . . .**

- ☐ ☐ Arranging the ironing board and chair or stool so you can sit down and iron?
- ☐ ☐ Placing the ironing board where you have a good light?
- ☐ ☐ Making sure air circulation is good where you are ironing?
- ☐ ☐ Tuning in the radio, talking with family or friends, or planning a picnic or special event while you iron?

**Is your equipment easy to use?**

- ☐ ☐ Do you use a lightweight iron with a thermostat?
- ☐ ☐ Do you use a board that is well padded—without bumps?
- ☐ ☐ Is the ironing board the right height?

**Do you take care of your iron and ironing board?**

- ☐ ☐ Have you read the instruction book and followed directions?
- ☐ ☐ Do you know the right way to store your steam iron (see direction book if in doubt)?
- ☐ ☐ Do you avoid ironing over pins, zippers, or snaps when pressing or ironing?
- ☐ ☐ Are you very careful to avoid dropping an iron?
- ☐ ☐ Do you keep the faceplate of the iron clean and free of starch? When the iron is cool, clean off burned starch with baking soda. Rub the baking soda on the faceplate of the iron with a damp cloth. Rinse. Wipe with a dry cloth.
- ☐ ☐ Is your ironing board cover clean—without stains or scorch?

at least 2 hours—overnight is better. This insures even dampness. A towel or a plastic bag may be used to cover clothes.

When you iron, remember it is the heat of the iron that does the job. Set the thermostat for the kind of fabric you are going to iron. First iron collars, sleeves, belts, and parts of the garment which can be laid over the side of the board. Next, iron the body of the garment moving it as little as possible.

For slacks, pedal pushers, or shorts, there are seven steps to easy ironing:

1. Place the waistband over the tapered end of the board, and iron as far down toward the crotch as possible.
2. Remove from the end of the board and place garment with legs lengthwise on board; fold at midfront and midback of trousers leg.
3. Fold top leg back and iron inside of bottom leg.
4. Bring top leg back into position and iron top side.
5. Turn slacks over on board.
6. Again, fold top leg back and iron inside of leg.
7. Place top leg back in position and iron.

Be sure all dampness is removed so that bands or places where material is thick will not "pucker up" as the garment dries.

For a quick method on jeans, try pants stretchers and touch up with the iron only if needed.

For an easy way to iron a cotton blouse, or shirt see Extension Circular 579.

## **Remove Stains**

Fruit or grass stains may permanently stain your clothes if left on them for any length of time. These stains are usually easy to remove if you can work on them immediately.

Here are some general rules for all stain removal.

- Treat stains promptly. Start while they are fresh—even before they dry if possible.
- Be sure you know what the fabric is composed of, if at all possible—cotton, rayon, etc. What works on one fabric may harm another.

### **Peach, pear, cherry, and plum stains (tree fruits)**

1. Sponge stain with cold water. Do not use hot water.
2. Work glycerine or a soapless shampoo into the stain. Rub lightly between the hands. Do not use soap as soap sets the stain.
3. Let stand several hours and then apply a few drops of vinegar. Allow to remain for a minute or two and then rinse thoroughly in cold water.

If you get to the stain immediately you probably can get it out by using only the cold water. Work from the wrong side so stain will not be forced through to the wrong side.

**Note:** You would not use this on any fabric that water spots, such as silk shantung.

### **Other fruit stains—strawberries, blackberries (vine fruits)**

Use this method only on cotton and linen, and on colored fabrics that will not be faded by hot water. Do not use on wool or silk.

1. Place stained part of garment over a bowl with the wrong side up. Ease the fabric so it forms a little well or cup in the bowl.
2. Pour boiling water from a teakettle held above the bowl so the water strikes the stain with force. **Be careful.** Remember, the water is boiling hot. Do not spatter the water on you, or let the steam burn you.

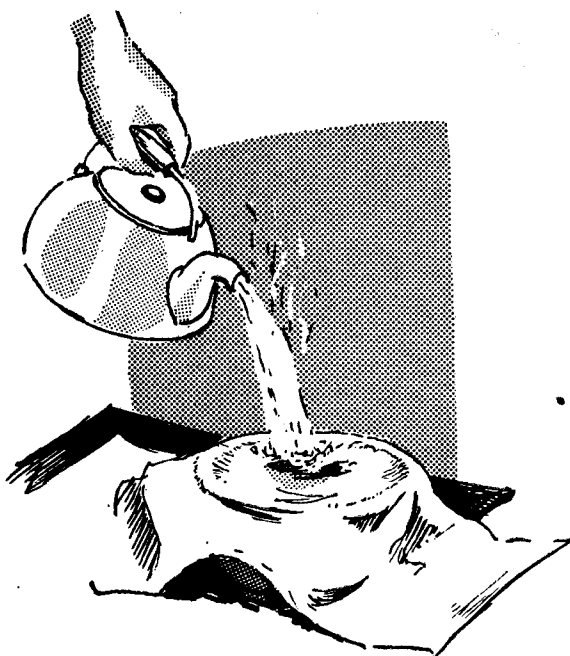


Figure 44.

**Remember.** Use cold water for fruits that grow on trees and boiling water for fruits that grow on vines.

### Grass stains

Use hot water and soap if the fabric is washable. Remember to get the stain while it is fresh and before it has penetrated into the fibers.

### Patch Your Jeans

Do you have any torn jeans? Here is a quick, easy way to patch them without having to rip open the leg of the jeans. They may not look so pretty, but they will still be wearable when you are doing some task where you wouldn't want to wear your best jeans. You might like to repay your brother or father for some nice favor by patching his overalls or jeans.

1. Cut away the worn fabric to a firm edge. Cut on a thread so the hole is either a square or rectangle. Make the corners true right angles.
2. Crease a  $\frac{1}{2}$ -inch seam allowance on all 4 sides. Fold this seam allowance to the wrong side.
3. Cut diagonally to the four corners formed by the crease. See figure 45.

**Note.** You may prefer to use a lead pencil and mark the  $\frac{1}{2}$ -inch seams on the wrong side instead of creasing the seam allowance from the right side.

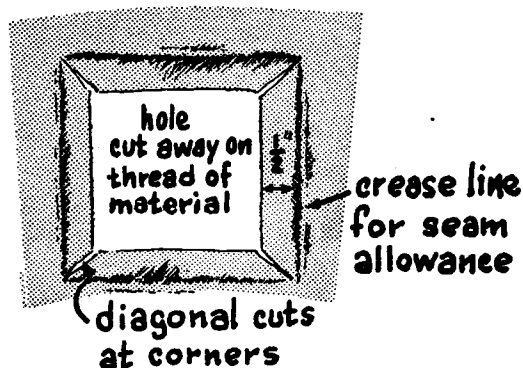


Figure 45.

4. Turn the jeans wrong side out.
5. From a discarded pair of jeans, cut a patch which is several inches larger than the hole. Have one side of the patch fabric cut straight with a thread.

6. Place the patch on the sewing machine right side up. Lay an up and down edge of the trimmed hole of jeans on this straight edge of the patch—right sides together. You may use one or two pins to hold it in position, but they are not necessary.
7. Start the stitching in the center on creased line as shown in figure 46.

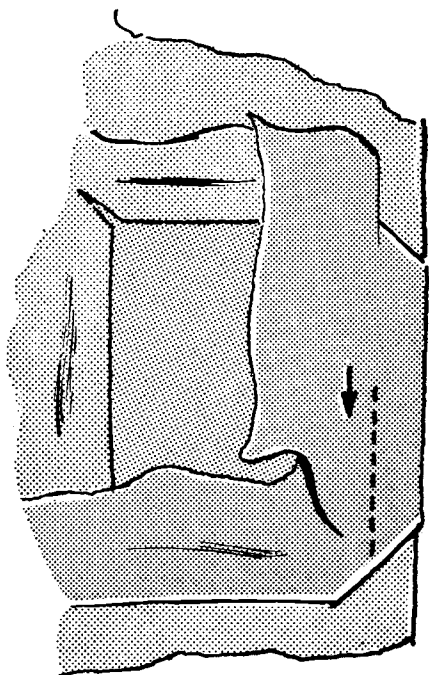


Figure 46.

8. Stitch close to diagonal cut at corner. Leaving the needle down, lift the presser foot and turn to stitch the second side as shown in figure 47. Continue in this manner around the four sides. The corners should be fitted smoothly and carefully. With a little practice this can be accomplished. Since this will only be used on an old pair of jeans, do as nice a job as you can, but do not strive toward perfection.
9. Stitch over the first stitching for 1 inch at the original starting point.

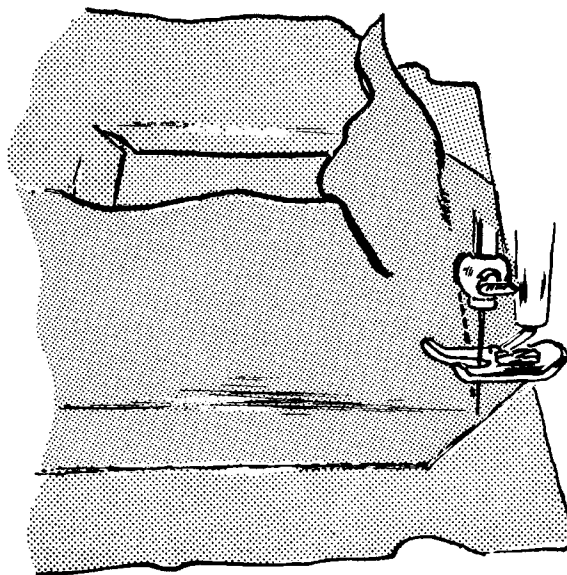


Figure 47.

Without breaking the thread, adjust the machine to make a shorter stitch.

10. Stitch diagonally to the outer edge of the seam of the garment, and then across the diagonal corner as shown in figure 48.

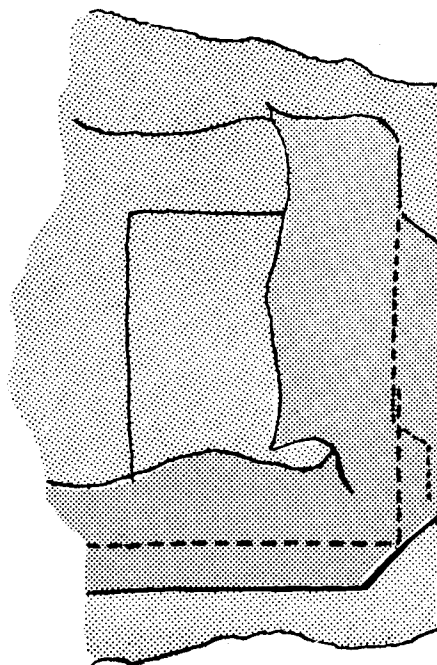


Figure 48.

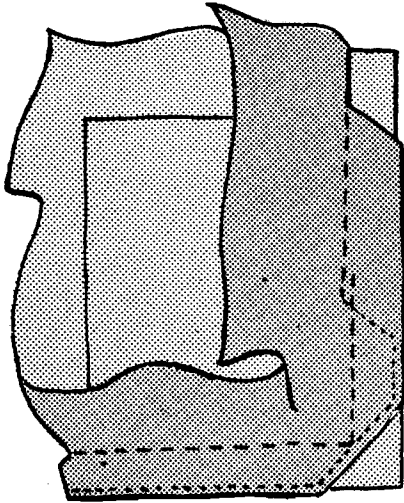


Figure 49.

11. Fold the garment back at the corner of the patch to make it easier to stitch close across the diagonal corner as shown in figure 49. Continue around all four sides.
12. Cut away uneven edges of three untrimmed sides of patch. Do not cut off corners of patch. See figure 49.

After putting on a few patches by this method, you will be able to patch jeans very quickly.

## Be Tops in Looks

You can be graceful whether you are large or small if you have learned how to stand, walk, and sit as nature intended. Any girl can learn to walk beautifully. You can learn to be graceful. You have to stand, walk, sit, and turn every waking hour. Why not stand, walk, sit, and turn so that you are a joy to those around you. Good posture doesn't mean standing up so straight that you look like you will break if you bend. Good posture is just the opposite—it is graceful, easy, relaxed movement.

Good posture is always with you—at work or at play. The ice skater, skier, horseback rider, and the swimmer must have good posture if she is to become skilled in these sports.

To perfect her skill as a skater or swimmer, a girl must learn certain postures. Those who are professional ice skaters say we have more power and skill with least effort if we learn the correct form. Have you ever seen a

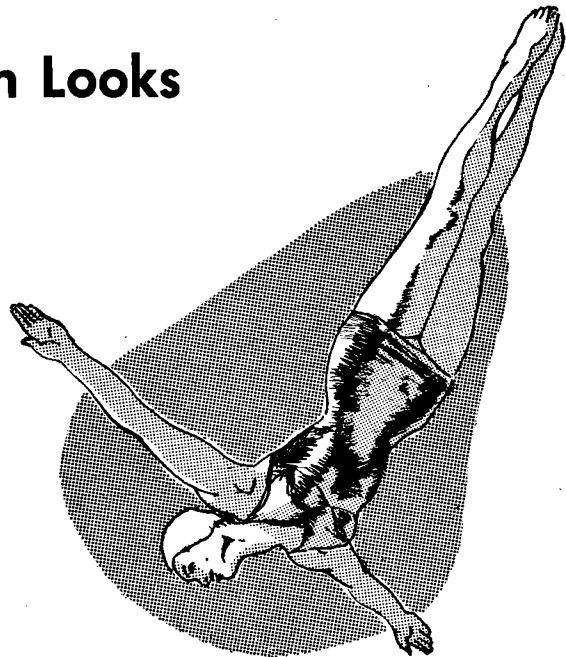


Figure 50.

champion ice skater who was not graceful on the ice?

The champion swimmer also has a grace which has been acquired. These graceful movements make for ease in swimming. Even the good horseback rider must learn to sit up straight yet acquire a certain amount of ease or relaxation in order to ride comfortably.

### Stand Tall

Check your good standing posture by an imaginary line passed by the ear, straight down through shoulder and hip joints, along the outside of the knee joint, and through the anklebone. This is called the plumbline posture. If a line connecting these points is straight, the body is in balance. See figure 54.

When you stop on the walk to talk to a friend, it is sometimes difficult to know exactly what to do with your hands so as not to appear awkward. One hand may hold your purse (provided you have one), the other arm could be bent at your waistline with the palm of the hand turned upward in a relaxed position. Remember to stand with the heel of one foot placed at an angle—either at the instep or at the toe of the opposite foot. This is a much more graceful position than having the feet apart and parallel.

### Walk Tall

Good walking posture is good standing posture in motion. Posture affects your health along with your appearance.

It is good to check your posture before you start out the door and then try to hold that posture in walking. Remember—keep your head up. This can be done by imagining that a string tied to your head is pulling it up. Review the chapter in "Sew, It's Fun" which tells you to straighten your head by having someone pull upward on your hair.

Do you remember how you practiced walking with your feet straight ahead and about 2 inches apart? If you have practiced constantly on this, it should have become a habit by now. Perhaps you have forgotten at times, so you may need to check up on yourself.

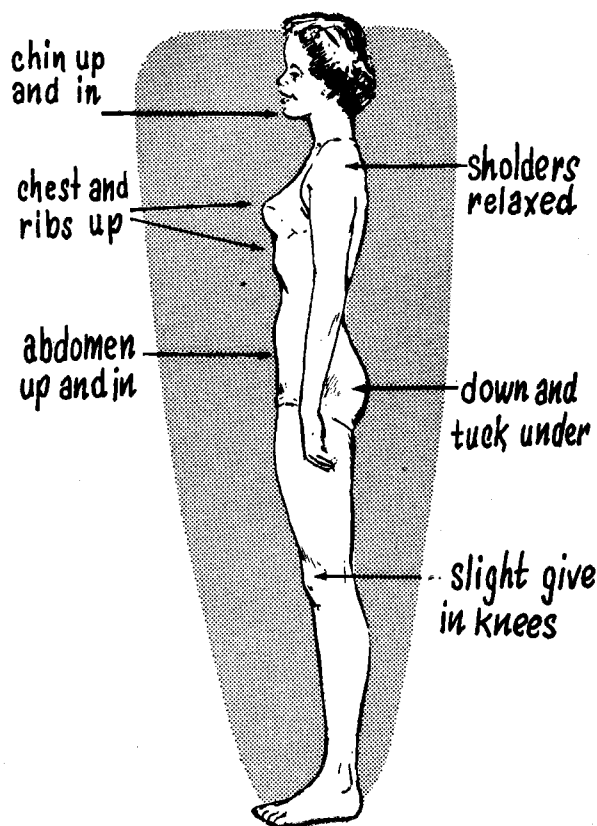


Figure 51.

### Sit Tall

In sitting you will find that you can be much more graceful in a straight-backed chair than on a lounge or soft, large chair. Sit with your back straight—but not rigid. Place one foot slightly ahead of the other in the position in which you stand, or cross the feet at the ankles. At all times, keep the knees together and the feet together.

Learn to keep your hands still to give you an appearance of being completely relaxed and at ease when you are seated. There are many graceful positions with your hands you may adopt. Any that give you the appearance of being at ease are acceptable.

Here are a few examples:

- Put one hand in other with palms turned up.
- Put one hand up, with fingers of other hand turned down touching the palm of the open hand.
- Place one hand in lap with the palm up, and the other hand on arm of the chair with the palm down. Never place both hands on the arms of a chair at one time. This will make you look very awkward.

### **Think Tall**

Think tall thoughts—that is, think of others. Thoughtfulness to others should start at home. Why not help mother with the ironing. She will certainly appreciate it, and possibly have time for some type of recreation. At the same time, you will be acquiring more skill in ironing your own dresses and blouses.

It also would help if you could take over the starching of your own blouses for a month. Of course, blouses with a permanent finish will not need any starch until they become quite old and lose their permanent finish.

Brother or sister might be delighted to have a sweater washed. You may help your mother get all of the family sweaters ready to be stored during the summer months.

Before a play, there is always a dress rehearsal to see that everything looks all right. Your club might like to do the same, except call it a “preview of your costumes to be modeled.” You could invite your mothers to come. They would be pleased to be asked and possibly could give some excellent suggestions for your final style revue. Mothers like to be in on the planning, and you will enjoy having them. After all, club work is a family affair.

You might like to plan a picnic for children of your community as another way to help someone else have fun.

