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# Oregon Agricultural College Extension Service

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Director

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## BOYS' AND GIRLS' INDUSTRIAL CLUBS.

Oregon Agricultural College, United States Department of Agriculture, and  
State Department of Education, cooperating

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## SEWING CLUB LESSONS

*Nos. 8, 9 and 10--Div. I*

Circular No. 10.

### COTTON DRESS AND COLLAR CUFFS.

*Introduction.* Because there are so many girls of all ages who are to read and follow these instructions, it is necessary to make the directions very general. A nine year old girl, who is slender and small for her age, would not look well in the style of dress that would be just right for the eighteen year old young lady who has commenced to do her hair on top of her head.

If you will read these suggestions as to form and line, you will have a good idea of what will suit your individual needs.

1. *Tall, Slender Girls.*

Loosely woven, rough material looks well.

Decided, broad, lengthwise stripes do not look well.

Small figures, small checks, or plain colored materials are best.

Do not make the dress fit snugly.

Yokes, gathers and belts are becoming.

2. *Short, Fleshy Girls.*

Loose, smooth finished materials should be worn.

Big checks, or wide stripes do not look well.

Fussy, ruffled clothing should not be worn.

Straight lines and small stripes, which help to give an appearance of height, are good.

Belts when worn should be narrow, and of the material of the dress. Care should be taken, however,

not to make them too narrow as that appears to cut the figure in two.

Although loose, baggy clothing is unbecoming, great care should be taken to avoid making the dress fit closely.

3. *Average Sized Girls* (those whom patterns fit without altering).

All extremes of styles should be avoided, and each individual should study own needs in the matter of lines, colors, and materials.

*Material.* Any of the following material may be used: Gingham, calico, chambray, cotton poplin, rose suiting, pique, Panama cloth, Palm Beach cloth, Devonshire, kindergarten cloth, Indian head. Get samples of colored material and test for fading before buying.

*To Test for Fading.* Cut the sample to be tested into two pieces. Wash one with hot water and soap, rubbing well. Rinse and put in the sun to dry. Compare with the unwashed sample. Do not buy if the sample shows that it has faded, as it does not pay to make up wash material that fades the first time it is washed.

*To Shrink Material and Set the Color.* Place the material in the folds in which it came from the store in a tub of hot water, to each gallon of which has been added 1 T of salt or  $\frac{1}{2}$  T. of sugar of lead. Leave in this water until the water is cold. Rinse and hang carefully on the line, by the lengthwise fold, or if it is single width material, by the selvage. Iron when dry. No cotton material should ever be made up until it has been shrunk.

*Pattern.* Choose a pattern that has few pieces. Remember that this is a wash dress and, therefore, plan it so that it may be easily laundered.

Remember, also, in choosing your pattern, to get one suitable to the kind of material you intend using and the use of the dress. For example, calico, gingham or chambray are especially well suited for school dresses or house dresses. Rose suiting, Palm Beach cloth, kindergarten cloth, Indian head, cotton poplin are suitable for middy suits and tailored dresses.

Read the instructions given in the nightgown lesson tell-

ing how to select the right sized pattern, and also see your Sewing Bulletin, page 5, for directions for altering a pattern.

*Cutting.* Place all the pieces of your pattern on the material before cutting any of them. This is to make sure that you have them placed in the most economical position. Be careful to make all allowances for any alterations in the pattern.

*Basting.* SKIRT. Seams should be basted from the bottom to the top to avoid pulling and fraying. Follow the guide chart which comes with the pattern.

WAIST. Baste shoulder and under arm seams.

SLEEVES. Baste the seam as indicated in the chart.

*Fitting.* SKIRT. A plain gathered skirt need only have the gathers distributed around the waist in such a way that the skirt hangs straight. Only a few gathers should be placed in the front, more over the hips, and the most in the back.

This year all skirts are quite loose over the hips, so the principal task in fitting is to see that they are not too tight.

WAIST. Seams in the waist should all be in the right direction. That is, the shoulder seam should slant toward the back rather than toward the front, and the underarm seam should be straight up and down.

SEAMS. Heavy material in a plain tailored dress requires flat fell seams. See Sewing Bulletin, page 11, paragraph 2. Thin materials should have French seams or French fell seams. See Sewing Bulletin, page 10, paragraph 2.

SKIRT PLACKET. Follow directions for skirt placket given on page 13, paragraph 5 of Sewing Bulletin.

SKIRT BAND. (To be used when waist and skirt are separate. Have the band  $\frac{1}{2}$ " wide when finished. Put on band in same manner as in sewing apron (See lesson No. 2), with the exception that the band does not extend beyond the skirt opening.

HEM IN SKIRT. Put on skirt and have some one mark the hem for you. Turn the hem carefully; baste in place and stitch in place, keeping the stitching even and close to the edge of the hem.

FASTENING. Use either a button and buttonhole on the band, or hooks and eyes. See Sewing Bulletin, page 11, para-

graphs 5, 6, and 7, for making buttonholes, sewing on buttons, and hooks and eyes.

**PUTTING IN SLEEVES.** Pin sleeve in according to pattern markings. Baste in place; try on. When fitted correctly, the sleeve will feel comfortable, hang straight with the warp threads in a straight line from the highest part of the shoulder to the elbow, and will not pucker or draw. If it is not quite comfortable, try bringing the underarm seam a little forward. You may also have to make the arm scye somewhat larger.

Sleeves, except in middy blouses, should be put in with a plain seam which should be bound. See Sewing Bulletin, page 10, paragraph 1.

Middy blouse sleeves should be put into the garment with the flat fell seam, before the underarm seam of the waist or the sleeve seams have been stitched, then, the sleeve and underarm seam should be stitched as one continuous seam.

*Trimming.* A cotton dress for school or morning wear should be very simply trimmed, in some way that will not interfere with the laundering. Stickerei braid, rickrack braid, bias lawn folds, or bands of plain material may be used on a dress of figured, striped, checked or plain material; or figured, striped, checked or plain bands may be used on plain material.

Care should be taken to use very little in the way of decoration, and to have that little suit the dress and its use. For example, stickerei and rickrack braids are excellent for Indian head, pique, chambray, and similar materials.

A tailored or middy suit is most attractive when simple, so bias folds, pipings and bindings are excellent.

Great care must be taken, however, to avoid using a colored trimming that will fade. Many beautiful dresses have been completely ruined in this way, therefore test your color carefully before putting any colored trimming on a dress.

When you have completed this lesson, fill in the report card and the final project report blank and mail them to the State Club Leader.

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