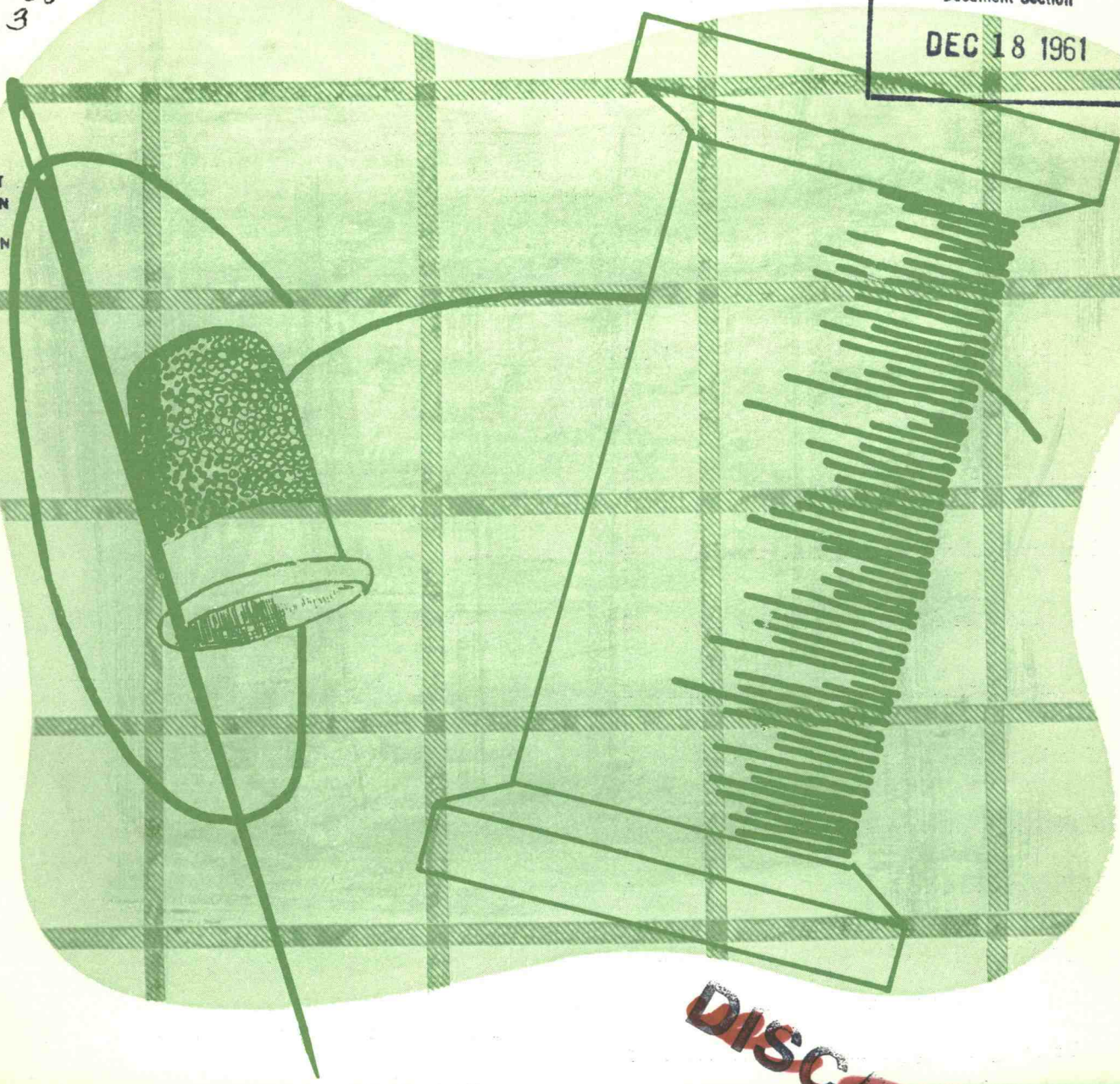


B71.42
Or31c2
no.88
c.3

OREGON STATE LIBRARY
Document Section
DEC 18 1961

MENT
TION
ON
TION



~~DISCLAIMER~~

IT'S FUN TO SEW

a school dress

COOPERATIVE EXTENSION SERVICE
OREGON STATE UNIVERSITY, CORVALLIS

PHASE 4
4-H CLUB SERIES L-88

It's Fun to Sew - - - A School Dress

Prepared by
THETA JOHNSON
Clothing Specialist, Extension Services
Utah State University
Logan, Utah

PHASE 4

Where to find	page		page
Your guide for the project	1	How to cut a bias	12
Plan your project	1	Skirt with unpressed pleats	13
Improve your grooming	2	Blind hemming	14
Buy and care for your clothing	3	Sleeves	14
What to sew	5	Covered belt	16
Fabrics you will like for home or school	6	Belt keepers	16
Select a pattern	7	Choose fastenings you can make yourself	17
Before you start to sew	8	Machine-made buttonholes	17
Tips for easy sewing	9	Buttons	17
Fitting is important	9	Zippers	17
Pressing	9	Complete your record book	18
Marking	10	Show others what you have learned.....	18
Stay-stitching	10	Exhibits	18
Sew a strong seam	10	Demonstrations	18
Collars	12	Are you ready for the next project?.....	18
		How does your dress look?	19

Read this book from cover to cover before you start your project.

Your guide for the project

This project is planned to give you new experiences in selecting and sewing your own clothing for home and school. Study this booklet carefully before you start to sew. It has many tips on good grooming and sewing. Place it in your record book for safe-keeping.

What to study

Your project is more than just sewing. Plan your club program to include other activities that are interesting and worthwhile. Take turns giving lessons and demonstrations to the club. Here are some study suggestions which fit in well with the articles you are to make:

- Improve your health and grooming. This year learn to care for your nails and try to improve your posture.
- Learn how to buy underclothing and how to care for it.
- Help with the family ironing. Learn to iron cotton skirts and blouses.
- Study style, fabric, and construction of school dresses.
- Plan to take part in special activities like judging, demonstrations, and exhibits.

Plan your project

Study the guide for this project. Talk it over with your mother and leader. They will be glad to assist you.

This phase of club work will give you new experiences in buying, sewing, and caring for your clothes. It includes activities and lessons in good grooming. This year concentrate on improving the appearance of your fingernails and posture. Continue to practice what you learned about caring for your hair and clothing in other phases of club work.

Plan to take part in club discussions on health, safety, and good grooming. You will find hints in this book to help you with your

Articles to make

Make one of these articles:

Unpressed pleated skirt, housecoat, or blouse.

Make a school dress for yourself. This may be a skirt and blouse.

Add to your 4-H record book

Your agent will give you new pages for your record book. Place them in front of last year's record. Keep your record up to date. Record what you make in this project and other sewing you do during the year. If you would like, put a picture of yourself wearing the clothes you made this year at the end of your record.

Demonstrate to your club

Give a demonstration at one of your club meetings, alone or with a partner. If you find it interesting and helpful, then think about entering a demonstration contest. Choose a subject that you are studying in your project this year.

project.

Care of your clothing is always important. Along with your sewing project, study about buying and caring for underclothing. Each week make it a practice to iron your cotton skirts and blouses and to help mother with ironing clothing for other members of the family.

The sewing part of your project gives you a choice of articles to make. The articles suggested will teach you new tricks in sewing.

Make your blouse, housecoat, or skirt first. This will give you practice before you start on your dress.

Improve your grooming

Good posture adds glamour to your costume

Good posture can help make you more healthy and more poised. Learn to stand, walk, and sit correctly. Study your posture. Take exercises to improve the faults you find. Your clothes will look smart and fit you better if you have good posture. Most fitting problems are a result of poor posture. Will your figure make or ruin the looks of your dress?

Look in a full-length mirror. Are you holding your—

- Head high with chin parallel to the floor?
- Chest raised as when you take a deep breath?
- Shoulders relaxed and the same height, neither to the front or the back?
- Hips tucked under and your lower abdomen pulled in so your spine is straight?
- Knees slightly flexed or relaxed to give you a smooth look when you stand and walk?
- Feet pointing straight ahead so your knees and toes just graze each other when you walk.

Try pulling yourself into this position. Relax. Try again. Now walk. Can you feel the lazy muscles pulling? Practice standing and walking in this position until good posture becomes a habit.

Here's a quick exercise to straighten your body. Place the back of a kitchen chair about 12 inches from a wall. Stand tall and slide between the chair and wall. Hold this position. Do this several times a day.

Train yourself to walk smoothly. Lift your thigh with your knee limber so it immediately swings the leg forward. Keep your

knees and your toes pointing straight ahead and your ankles limber.

Practice walking on a chalk line or a single line of foot steps. Try balancing a book on your head while you walk.

Learn to sit correctly

Keep the back of your hips against the back of your chair. Center your head above your chest and hips. Lean forward from the hips, not the shoulders. Place your feet flat on the floor with one foot slightly in front of the other or crossed at the ankles.

To stand or sit

Place one foot slightly in front of the other. This will give you better balance and control of your body. Practice until you can sit and stand gracefully.

Be proud of your hands

This year learn to care for your hands and continue to care for your hair. This will contribute to that well-groomed look. Ask a manicurist or a well-groomed woman in your community to show you how to give yourself an excellent manicure.

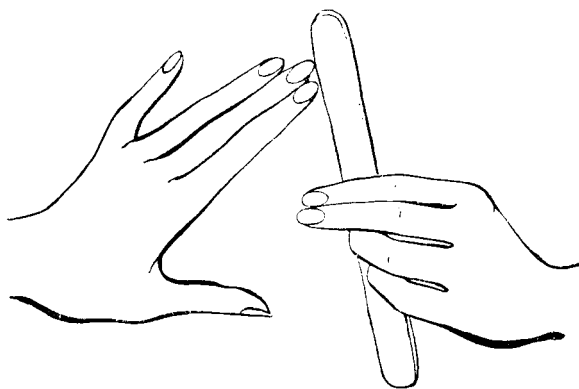
Care for your hands

Make it a practice to have clean hands at all times. Wash them often. Scrub them daily, using a mild soap and a good brush. Every night rub hand lotion into your hands before bed time. If your hands become chappy, rub mentholatum into them before going to bed. Wear an old pair of cotton gloves to protect the bedding. In winter use hand lotion after each time you wash your hands.

Dry your hands thoroughly after each washing to prevent chapping. Gently work the cuticle back as you dry your hands. This will keep it soft and prevent it from tearing.

After each washing, take a quick look to see if your nails are clean. This is a "must" for pretty hands. Use an orange stick to remove dirt from under or around the nails.

Taper your nails



Taper your nails to flatter your hands. For short broad hands, make the nails oval-shaped. For long broad hands, taper the nails to slightly rounded points.

Polish your nails

Healthy nails have a natural luster. Rubbing them with a rough towel or buffer will increase their luster and beauty.

Polish is not necessary for pretty hands, but you may like to wear it. First remove the old polish. Use polish remover and cotton. Then scrub the nails thoroughly with soap and water.

When you apply polish, first cover the nail with a base coat, then finish with a top coat. A clear polish will add luster to your nails. If you prefer a colored polish, select a color that will blend with the dress you plan to wear. Make your hands pretty, not gaudy. Remove the polish when it starts to chip. Lovely nails are most important to a well groomed appearance.

Buy and care for your clothing

Select dainty underclothing

There are many dainty underthings on the market. You will find it fun to study about them.

An interesting way to study underclothing is to take a tour of your nearest shopping center. There you can see the various types.

Underclothing is worn for comfort, health, and support. First think about comfort. Underclothing should fit with ease. You will enjoy it most if it fits smoothly without any bulky appearance. Your bra will fit snugly but not tightly. Your slip will wear longer if it does not fit the body too tightly.

Underclothing is made of cotton, rayon, acetate, nylon, Dacron, or other synthetics. Each of these fibers has special characteristics which make it desirable. Cotton and rayon are absorbent and comfortable to wear. Nylon is quick drying and requires little ironing. Which of these characteristics are important to you?

Fabrics for underclothing may be knitted or woven. Knitted fabrics are used mostly for slips and panties and woven fabrics for slips and bras. The stretch in knitted fabrics allows for ease in wearing. Select panties

that fit snugly and have no trim or seams that will show through your dress. Panties with a double crotch are most comfortable. Examine the elastic at the top for strength and construction. Will it last as long as the fabric in the panties?

There are many types of trim in underclothing today such as lace, pleats, embroidery, and ribbon. The trim should wear evenly with the fabric. Pleats are now permanently pleated. Lace does not always wear well. In most instances ribbons do not launder well. Embroideries used on cotton slips should be of the same weight as the fabric in the slip.

Color is important. White or light colors will look better after many launderings than will brilliant colors. They will also harmonize with more of your dresses. Gay-colored underclothing is usually purchased only for a special costume.

Examine underclothing. Firm smooth seams and finishes are important for wear and beauty. Good machine stitching adds much to the wearing quality. Shoulder straps should be attached to the fabric, not just to the lace.

Cost is one of the most important items to

consider. Decide if there is value in material, construction, and trim in relation to price.

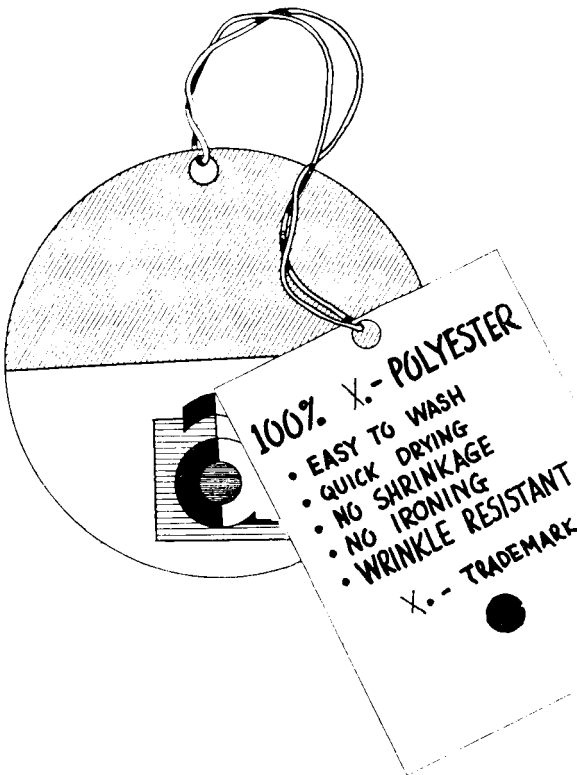
Here is a five-point standard to use when buying:

1. Allow for free movement of the body.
2. Avoid any bulky appearance. Work for smooth lines over body and especially over bust and hips.
3. Keep undergarments in harmony with outergarments in material, style, and color.
4. Select firm, closely-woven, but light-weight fabric.
5. Insist on firm construction for good wear and beauty.

Study the labels for laundering instructions

For best results in laundering study the instructions on the tag attached to the lingerie. Keep the tag until you have laundered the article several times.

A good label will tell you to machine or hand wash, the kind of soap or detergent to use, how to rinse and dry, and how to dry or block your slip, bra, or panties.



Care for your underclothing

Select undergarments that launder easily and require little ironing. Today most underclothing can be laundered in the washing machine. Dainty slips should be washed by hand. The important points to consider in washing are to use hot water and mild soap or detergent. Rinse thoroughly to prevent lingerie from turning gray. Let nylon drip dry; do not wring. Iron other fabrics while they are slightly damp. Launder panties and bras after each wearing, slips after every other wearing.

Help care for the family clothing

Your mother will be pleased to have you help with family ironing and mending. They are tasks you must do if you are to look neat and attractive. Learn to enjoy doing them. Make ironing cotton skirts and blouses a part of your 4-H Club project. Record what you do in your club record book.

Ironing is fun

Set the heat indicator or your iron for the type of cloth you are ironing. This will prevent the iron from becoming hot enough to scorch the fabric. Check your ironing board cover and pad. Ironing is easier if you have about $\frac{1}{2}$ inch of firm, smooth padding. Keep the cover clean and free from scorched places.

Iron with the grain of the fabric, not on the bias. Ironing on the bias will pull the dress or blouse out of shape.

Dampen the cottons, fold them, and let them stand to allow the moisture to penetrate evenly. Crease-resistant fabrics are easy to press with a steam iron without dampening.

Iron cottons on the wrong side first, then on the right side. Touch up the seam and hem lines or other places where there is more than one thickness. If you want a sheen on the fabric, iron it directly on the right side.

Collars, cuffs, and waist bands are easy to iron if you iron the facing side first, then iron the right side. Iron facings and sleeves before you iron the body of the dress, skirt, or blouse.

Iron around buttons so you do not melt or tear them from the fabric. If there are gathers to be ironed, slide the point of the iron into them.

Hang each ironed article on a hanger to dry before putting it away.

Good posture is important when you iron. Stand or sit straight. Adjust the ironing

board to the height which is most comfortable for you. If the board is not adjustable, try standing on a sturdy box to make you tall enough to reach the board. If you prefer to sit down while ironing, find a chair or stool which is just the right height for you. Turn your ironing board so you have good shadow-free light on it.

What to sew

Select articles to sew that will increase and improve your sewing skills. This year learn to sew on a collar, set in sleeves, trim inside seams, make a belt or unpressed pleats, set in a zipper.

Practice article

Select one of the following articles with details you do not already know.

You may choose an easy-to-make blouse, a skirt with unpressed knife pleats, or a housecoat. These will increase skills through practicing what you already know and by adding skills such as making pleats or setting on a collar.

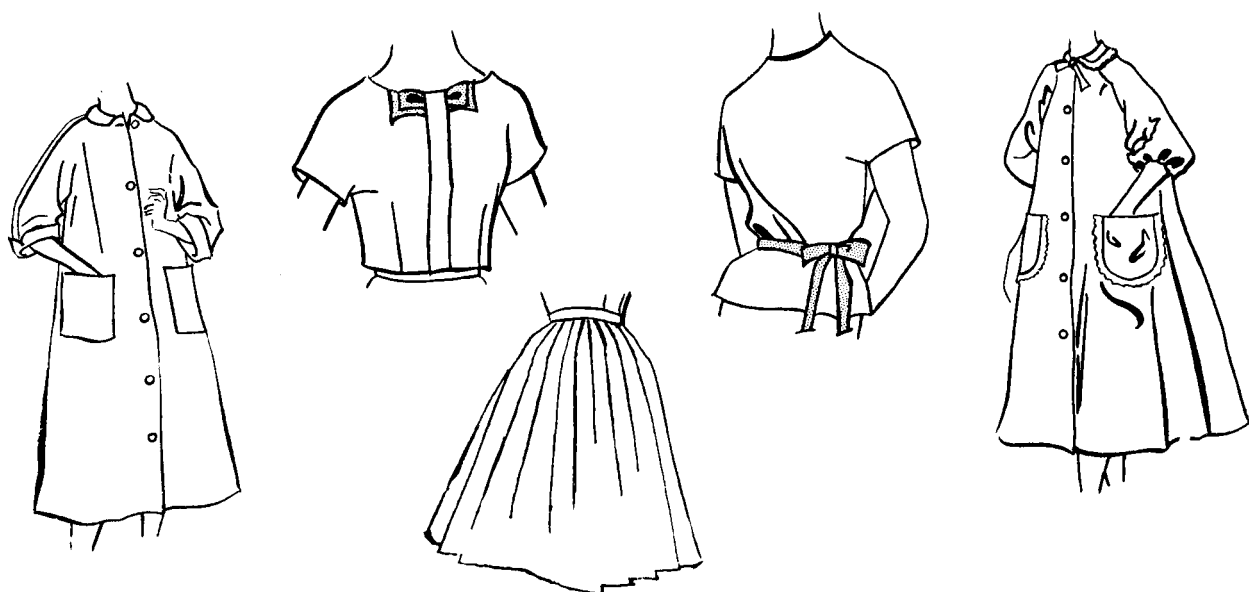
Select an article you can make in a relatively short time and one that fits into your wardrobe plan.

Your school dress

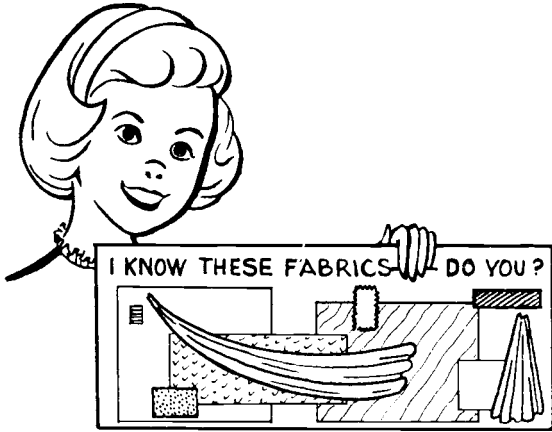
Your second article will be a school dress. Select a pattern that is a little more difficult than the one you made last year. It may be a one-piece dress or a skirt and blouse. Make the style that will be best for you. If you made a skirt and blouse last year, you will find it fun to make a dress this year.

Make a wardrobe plan

Make a list of all the dresses, skirts and blouses, sweaters, shoes, stockings, and coats you have. Write down the color of each. Study the list and then decide what to make. You will want a color and design (plaid, stripe, floral, or plain) that will go with the rest of your wardrobe.



Fabrics you will like for home or school



Select attractive cottons for your practice and main articles. Some fabrics you might choose from are: percale, broadcloth, cotton satin, sail cloth, pique, cord, chambray, gingham, or others similar to these. Whatever the fabric, it should be firm, not ravel, have a pleasing feel, be straight, easy to care for, and durable.

Fabrics with or without crease resistant finish may be used. Be sure to read the labels.

The best way to study fabrics is to take a tour to your local store and study all the different types of cotton fabrics.

Look for these things

Pay attention to color, design, labels, evenness of ends of fabric, crease resistance, closeness of weave, and weight. See Phase 3 and instructions on how to care for your fabrics.

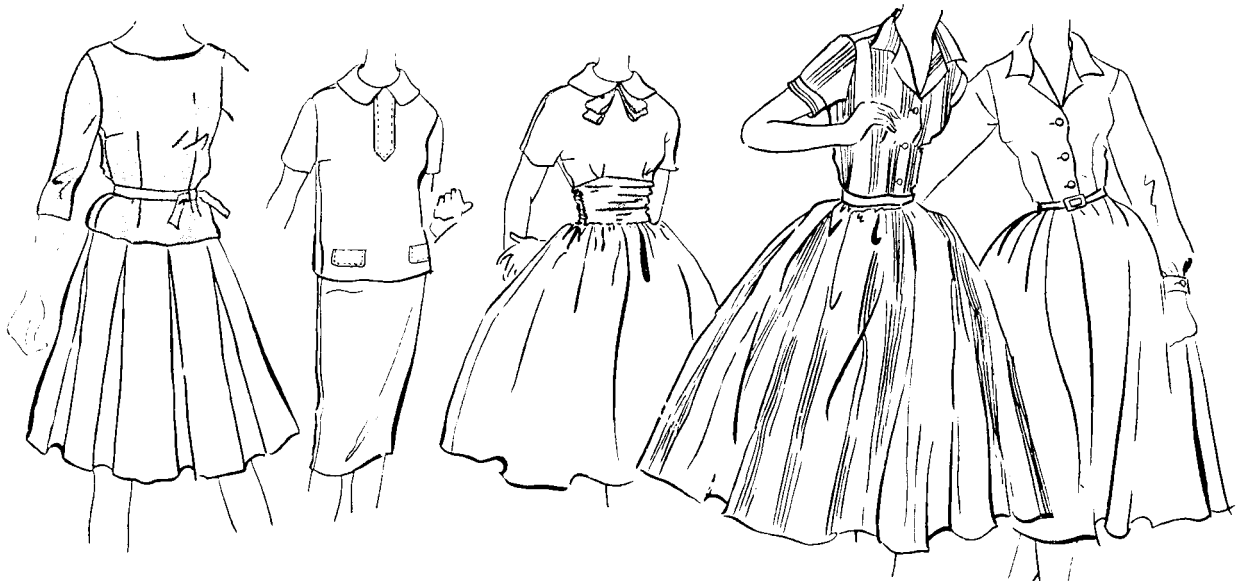
Select fabrics for your project that will fit into your wardrobe plan, that you can wear to school, and that you will enjoy sewing.

Trimming you will like

Buttons—You will need buttons for your housecoat and dress. They will probably be washed with the family washing. Select buttons that are flat and washable, and avoid those which may be damaged by the iron. Select buttons which will trim your article or will blend into the background.

Belts—You may either buy or make the belt for your dress.

Choose the belt that will look best on your dress. Consider the color, weight, width, and trimming of the belt. If it is too heavy or has too much trimming on it, it may detract from your dress. Examine it to see if it is well-made.



Contrasting fabrics—Study the trimming you plan to use. Will it make your dress look spotty? Too much trimming can ruin the looks of a dress.

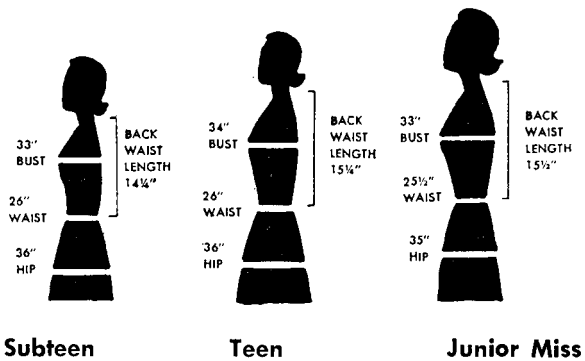
1. Use plain fabric with print, stripes, plaid, or another plain fabric.
2. Use eyelet with plain fabrics.
3. Use washable trimmings on a wash dress.

Select a pattern

Be careful to select a pattern which does not have too many details such as collars, cuffs, yokes, and sleeves. Learn to make a new detail each year. Buy the pattern that most nearly fits your bust measurement. It will require less alteration to fit you.

Buy your pattern to fit your size and type. Measure your bust. This will tell you the size of dress or blouse pattern you need. Measure your waist for skirt size.

Figure types



Patterns are made in different types to fit the teenage figure. They are called subteen, teen, and junior. There are other types of patterns: petite, half sizes, and misses, and women's patterns which are made for more mature figures and will not fit you.

Patterns are made to fit figures of different heights and development. Determine your type by measuring the back waist length, and your total height.

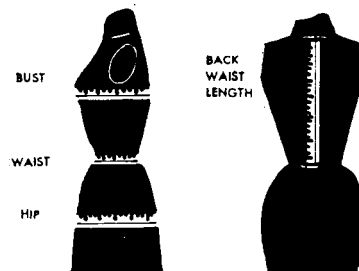
Make a shopping list

After you have decided what to make, check your sewing supplies—needles, thread, measuring tapes and gauges, scissors, tracing wheel, paper, and pins. Add new equipment that you will need to complete your project. Make a shopping list and buy everything you will need at one time. The pattern selected will list the notions you will need to make your article.

Study this chart to find your size and type.

	Subteen	Teen	Junior
Height	about 5' 1½"	about 5' 3"	about 5' 5"
Shoulders	narrow sloping	narrow sloping	normal
Bust	very small (just beginning to mature)	small high	mature high
Waist	slightly large for height	slightly large for height	normal
Hip	slightly large for height	slightly large for height	normal
Back waist length	short	short	short

Take your measurements to determine pattern size



Use a tape measure that does not stretch. Take measurements in a simple, well-fitting dress or slip and proper foundation garment.

Bust—Snug but not tight over the fullest part of the bust.

Waist—Snugly but comfortably around the natural waistline.

Hip—At 7 inches below the waist.

Back waist length—From the prominent bone at the back neck base to the waistline.

Figure types

Subteen—About 5'1½" in size 14. Subteen patterns are for a figure still growing but beginning to "shape-up" with more bust than the Girl but less than the Teen.

Teen—About 5'3" in size 14. Teen patterns are designed for a figure more developed and taller than the Subteen, but not as tall as the Junior figure.

Junior Miss—About 5'5" in size 13. Junior patterns are designed for a figure developed to the stage where it has a high firm bust, but which is not as tall as the Miss.

Subteens				
Size	8	10	12	14
Bust	28	29	31	33 in.
Waist	23	24	25	26 in.
Hip	31	32	34	36 in.
Back waist length	13½	13¾	14	14½ in.

Teens				
Size	10	12	14	16
Bust	30	32	34	36 in.
Waist	24	25	26	28 in.
Hip	32	34	36	38 in.
Back waist length	14¾	15	15¼	15½ in.

Junior Miss					
Size	9	11	13	15	17 in.
Bust	30½	31½	33	35	37 in.
Waist	23¼	24¾	25½	27	28½ in.
Hip	32½	33½	35	37	39 in.
Back waist length	15	15¼	15½	15¾	16 in.

Before you start to sew

Check your sewing equipment. You will need scissors, pins, measuring gauge and tape, needles, thimble, thread, and a large box or a suitcase to hold your sewing.

Study the instruction sheet in your pattern.

Trim off the excess paper on your pattern.

Study each piece until you know what each marking means.

Pin your pattern together.

Fit your pattern to you.

Check your sewing machine.

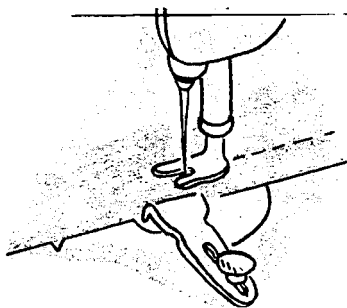
Clean, oil, and adjust tensions.

Before you start to sew, check the machine stitch. If the stitch is not perfect, your seams will not hold. Try your machine stitch on a double piece of cloth. Does the stitch look the same on both sides? If not, have your leader adjust the tensions while you watch. See U. S. Department of Agriculture



Farmers' Bulletin 1944, "Sewing Machines, Cleaning and Adjusting." Have you passed your test as a "sewing machinist"? Ask your leader or county home agent about the special class on use of the sewing machine.

A seam gauge on your machine will aid in keeping the stitching straight. If a gauge is



not available, place a strip of adhesive tape on the machine $\frac{5}{8}$ inch or the distance desired away from the needle. As you sew, keep the edge of the cloth along the inside edge of the tape or gauge.

When you make your dress

Remember to:

Straighten your cloth.

Place the pattern on the straight of the grain.

Cut all the notches pointing out.

Trace the pattern markings onto the fabric or use tailor tacks.

Stay-stitch around all bias and curved edges.

Press each seam and dart as you sew.

Fit your dress carefully.

This book has many suggestions to help you make your dress. Study these instructions carefully. The pattern you select will also give you instructions. Study them before you start to sew. They will make sewing easier for you.

When you have completed your dress, judge it carefully. See back cover.

Teenage accessories

What shoes, sox, belts, jewelry, hat, gloves, or purse do you plan to wear with your dress. A wise shopper buys her dress to go with what she already has, or to blend in with her basic or favorite color. If you like black shoes for school, they will go with any color dress.

Colored shoes can only be worn with a few well-chosen colors. The same rule applies to a purse.

Stockings should be worn to protect your feet and shoes and to add interest to your costume. Stockings are just as essential to complete your costume as your blouse or skirt.

Hats, gloves, and jewelry should be worn for special occasions or with specific costumes.

Tips for easy sewing

Here are some methods to use in sewing your 4-H clothing. You will find they are easy and will help you make clothing you will be proud to wear.

Fitting is important

No dress is attractive unless it fits. The first step to take in making a well-fitted dress is to buy a pattern that is the correct size for you.

Pin your pattern together at the side, shoulder, and waistline seams. Have your leader fit it to you and make all necessary changes. All changes should be made in your pattern before it is pinned to the cloth.

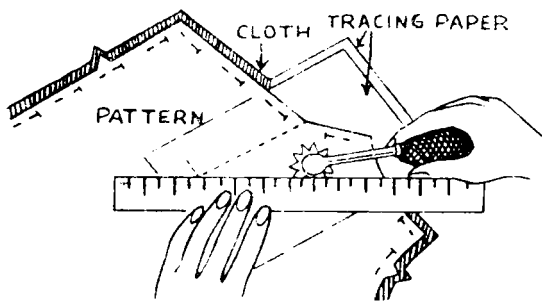
After your dress or other article is cut, baste it together and have your leader check

it for fit. If you plan to use shoulder pads, pin them in before you fit your dress.

Pressing

Pressing is one of the most important steps in sewing. Press each seam and dart before crossing with another seam. Set the heat control on your iron for the correct temperature. Use a damp cheesecloth for pressing. Too much moisture will give your fabric a washed look. Press on the straight of grain. Cotton may be pressed on either side. Press crease resistant cottons with a lower iron temperature than untreated cottons. After you have your seams pressed, keep your dress on a hanger to prevent it from wrinkling.

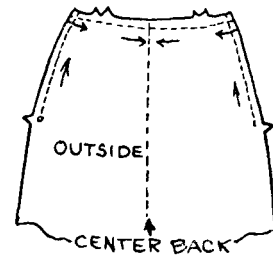
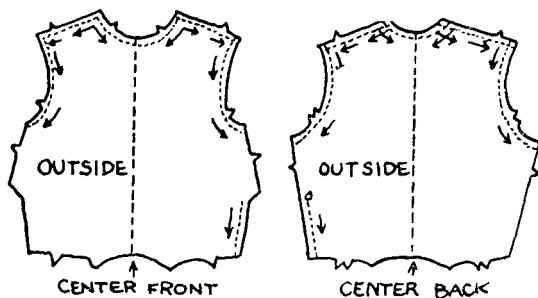
Marking



It takes little time to trace the pattern markings on the fabric, if dressmaker's carbon and a tracing wheel are used. Trace the markings while the pattern is still pinned to the fabric. Place the carbon, waxed side to wrong side of fabric. Mark both sides at the same time. Use white or light-colored paper wherever possible. Dark colors work through to the right side. Trace all pattern markings that are essential to making the dress—darts, notches, seam lines, pleats, openings, and buttonholes. Use a ruler to trace straight lines. Make a bar at the ends of darts and tucks. Lines should be just barely visible. Use tailor tacks to mark white or pastel colors. (See phase 3.)

Stay stitching

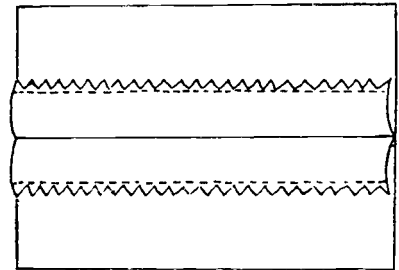
One of the most important steps you take to keep the cloth from stretching out of shape is to stay-stitch the edges. Just after you lift your pattern from your dress pieces, stitch along the curved and bias edges. These edges would be the neck, shoulders, waist, armseye, and upper hip line. Stay-stitching is done on each piece separately through a single thickness. Stitch about $\frac{1}{8}$ inch outside the regular seam line. To prevent stretching dur-



ing stitching, sew from the highest to the lowest point or from the widest to the narrowest point, as shown by arrows on the diagram. The direction of stay stitching is shown on most modern patterns. What does your pattern say?

Sew a strong seam

The life of your clothing depends on how well you make the seams. Most of these articles will require plain seams. Finish the seam with a pinked edge; if the fabric ravel, stitch the edge of the seams.

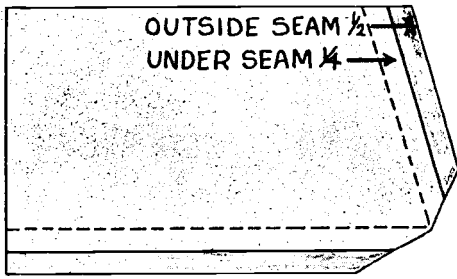


Collars

Apply the following principles to any type of two piece collar. After it has been cut accurately, stay-stitch around the neck from center front to center back on both top and bottom collar.

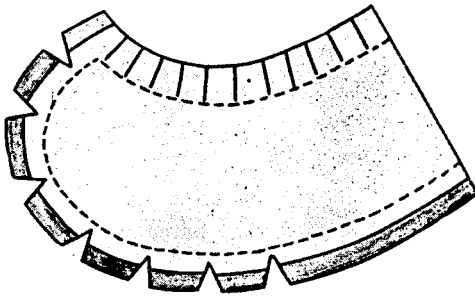
Pin collars together, right sides together. Pin along neck edge. Ease outside edge of top collar $\frac{1}{8}$ inch in from edge at center back. This is called bubbling a collar and makes the top collar a little larger than the under collar. Stitch $\frac{5}{8}$ -inch seam from edge of under collar.

Trim seams



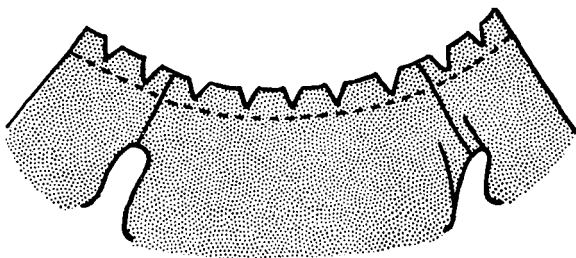
If your dress has a collar or facing, you will need to trim away some of the seams. Study this part carefully.

When there is a wide seam, like the seam inside a collar, it is important to trim the seam to prevent a ridge from showing on the right side. This also eliminates thick places. Cut away half the width of the seam. Then cut away half of the seam on the underside of the collar. If the collar is straight and pointed, miter the corner. Trim off all the excess fabric.

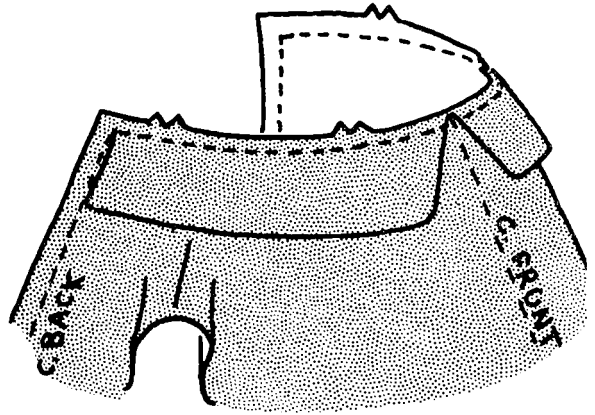


If the collar is curved, cut V's in the seam around the outside of the collar. Turn and press the collar flat. Clip around the neck of the collar.

Set on collar

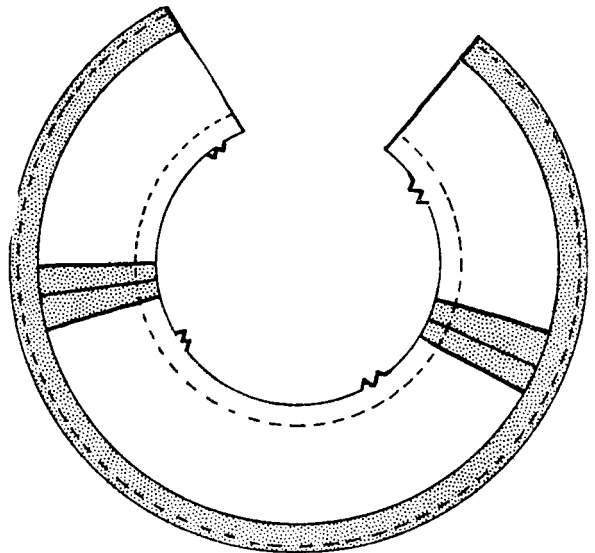


Clip neck edge of blouse to stay-stitching.



Place and pin facing side of collar against clipped neck edge of blouse. Match centers front and centers back at neckline markings. Match markings on collar to shoulder seams of blouse.

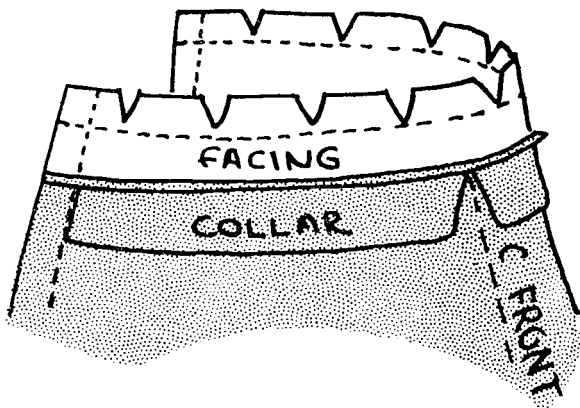
Finish neck with facing



Stitch front and back facing together at shoulders. Press seams open. Finish edge of facing with $\frac{1}{4}$ -inch single hem.

With right sides together, pin facing over collar to neck and back opening edges to blouse. Match center back, shoulder seams, and center front markings.

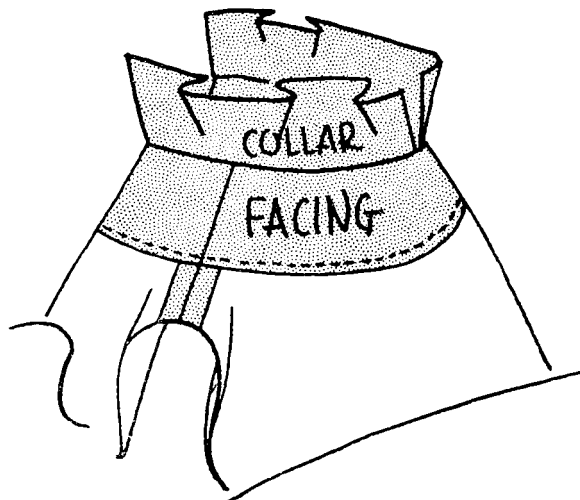
Stitch neck seam. Start at back opening and stitch around neckline.



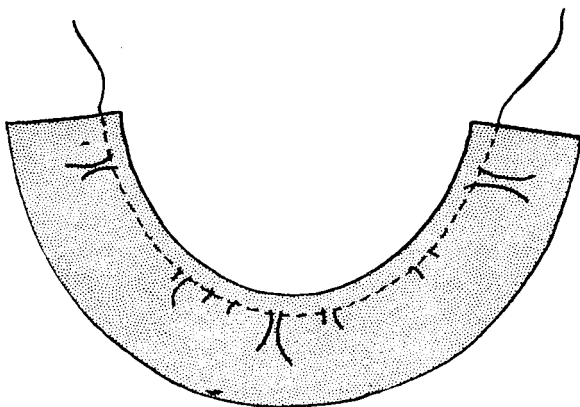
Turn facing to inside. Press facing down and tack lower edge to shoulder seams of bodice.

The placket finish determines how the end of the facing will be finished.

Trim seam to about $\frac{1}{4}$ inch, clip curve. Trim corners diagonally.



Use a bias to finish neck



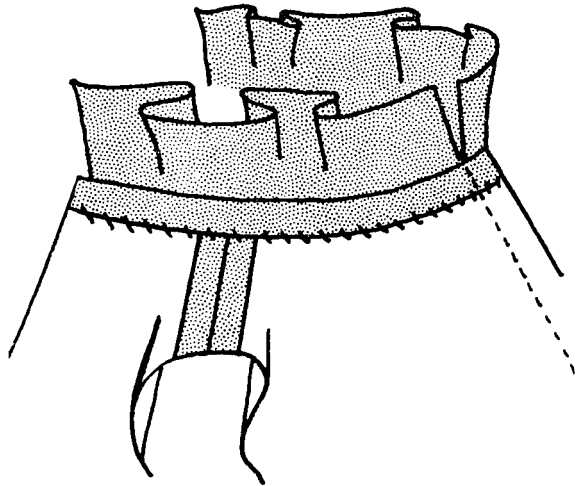
Cut a bias strip $\frac{1}{2}$ inch wide. Shape it to fit neckline by—

- a. Pressing $\frac{1}{2}$ -inch hem on edge. Stretch edge to curve bias.
- b. Stitch inside edge and ease in to fit neck.

Pin right side to collar.

Stitch and trim seam.

Stitch by hand or machine.



Finish edge according to type of placket closing.

How to cut bias



Study the threads or grainline in your fabric.

Tear or pull a thread to straighten two sides and fold corner over to make a 45° angle. The diagonal line will be a true bias. Cut along this line. Measure and cut strips of bias. Use bias cutting gauge or measure with pencil and ruler.

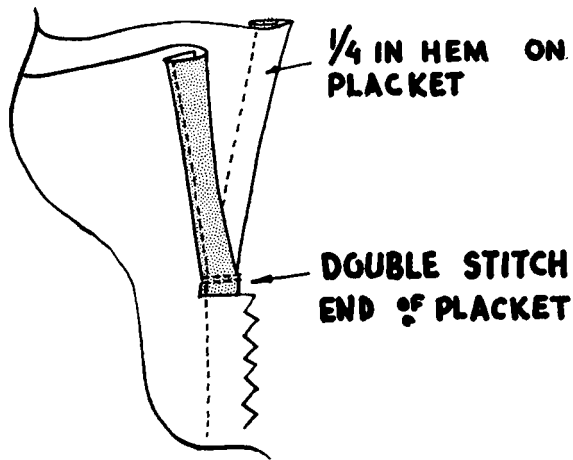
Skirt with unpressed knife pleats

Cutting. Fabric may be cut with the warp threads either up and down or around. Use the amount of fabric that will give you a high-style skirt. Three yards is an average width.

To make:

Band—Follow instructions in Phase 2 or 3.

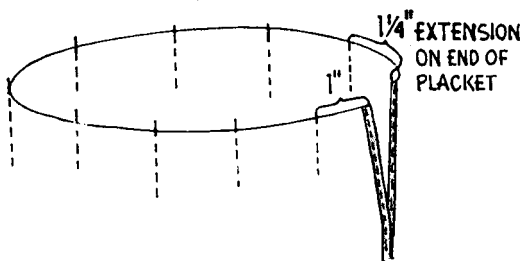
Placket—Sew side seam $\frac{5}{8}$ inch wide leaving 7 inches open at top for placket.



Make a $\frac{1}{4}$ -inch hem on edges of placket. Hold placket together as a seam and double stitch across end of placket.



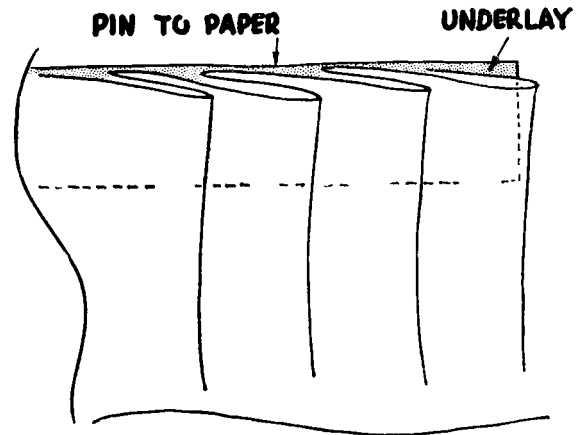
DIVIDE SKIRT AND PAPER INTO 8 EQUAL PARTS



Pleats—Make a paper band the exact size of your waist (24" x 1"). Use heavy paper double thickness so the paper will not tear.

Fold into 8 equal parts. Mark each fold with pencil. Fold so ends of paper meet. Fold again and again.

Divide top of skirt into 8 equal sections. Mark each section with machine stitches.



Pin skirt to paper. Fold edge of front of placket to under side— $1\frac{1}{4}$ inches. Pin edge of fold to end of paper band. Pin other end of paper band $1\frac{1}{4}$ inch in from end of back of placket.

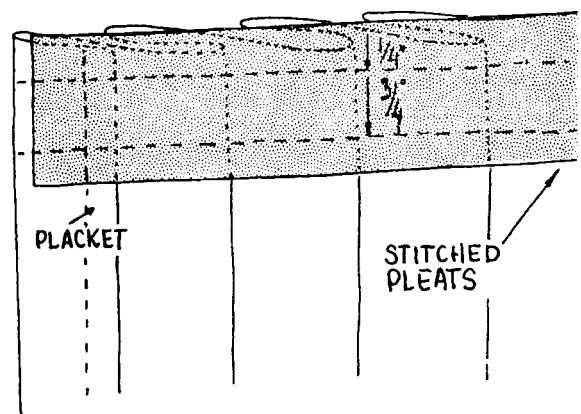
Knife pleats

Start pinning pleats on left front of skirt and turn pleats to left so they will cover placket.

Pin pleats in first two sections to work out spacing for pleats. Depending on amount of fabric used, your pleats may have to be spaced or stacked.

Pin all pleats so they are evenly spaced around the skirt. The first pleat in each section may extend into section just pleated.

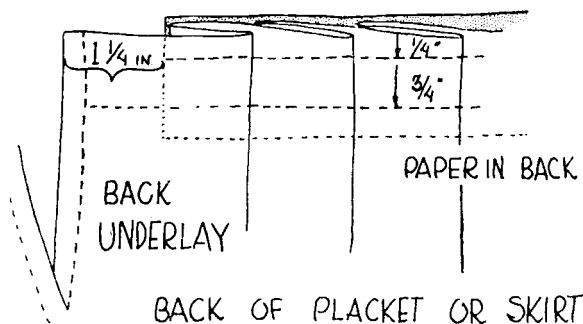
Keep the edge of the fabric even with the top of the paper. This will make your pleats hang straight.



FRONT OF PLACKET

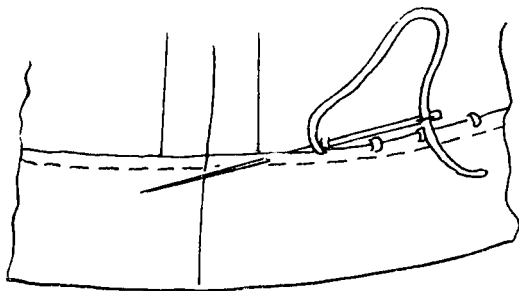
After you have pinned all pleats to the paper stitch $\frac{1}{4}$ inch from the edge by machine. Use long stitches. Stitch again $\frac{3}{4}$ inch from edge. Remove the paper and sew on band. Follow instructions in Phases 2 and 3. Remove long stitches after skirt is completed.

Make the bottom hem at least $2\frac{1}{2}$ inches wide. Turn and edge stitch top of hem. Hem by hand. See "curved hem" for instructions for hand hemming.



Blind hemming

1. Fasten thread securely in the hem.
2. Take a stitch directly across from the spot where you first placed your thread. Pick up one or two threads.
3. Run the needle through the top of hem for $\frac{1}{4}$ inch. Pull the needle through.
4. Take a stitch in the skirt in the same spot where you pulled needle from the hem.



5. Repeat for each stitch.

This stitch hides the threads in hem and wears well.

If fabrics are too heavy for this type of hem, cover the edge with rayon woven edged hem tape. Place your hemming stitches $\frac{1}{8}$ inch below top edge of tape.

Sleeves

Many of you will want set-in sleeves for your school dress. Here is the method to follow if your sleeves are the usual kind.

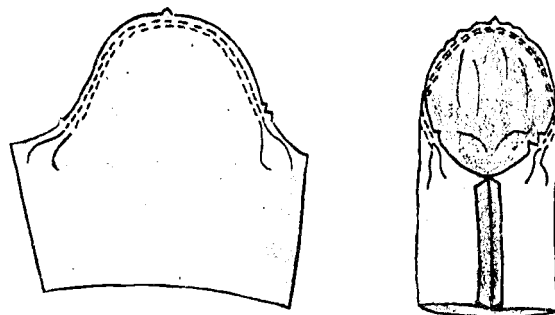
The set of a sleeve determines how the dress will look. It can either make or destroy the beauty of the article.

Grainline must run parallel and perpendicular to the floor. Fullness in the sleeve must be well distributed to give necessary ease of movement through the shoulders.

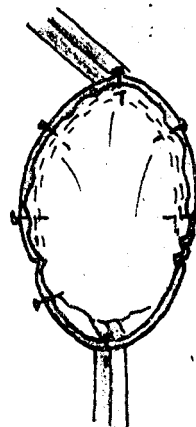
Setting a plain sleeve is easy if you follow a few simple procedures.

A set-in sleeve is approximately $1\frac{5}{8}$ to 2 inches larger than the armscye. This fullness is to be fitted to the armscye or shrunk out to give a smooth appearance, free of gathers or tucks.

1. Stitch around top of sleeve on seamline between notches, right sides up. Use long machine stitches. Make a second row of stitches half way between stitching and edge of seam.



2. Sew, finish, and press the seam or seams of sleeve and bodice.
3. Pin the sleeve into the armscye. With

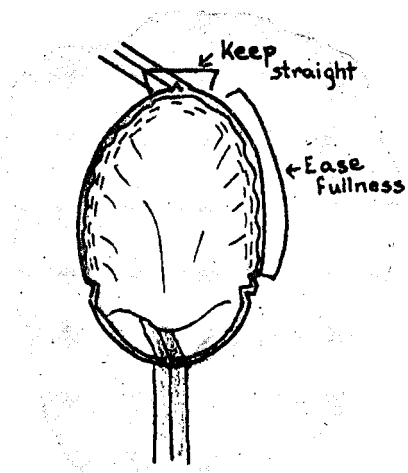


right sides together, hold the sleeve toward you. Pin sleeve in armhole matching underarm seams, notches, and top of sleeve and shoulder seam. Place pins in sleeve.

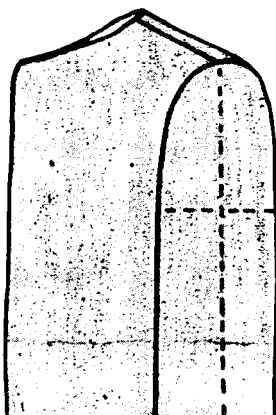
4. Pull threads to adjust the fullness in top of sleeve. Fasten threads. Keep sleeve flat across top ($1\frac{1}{4}$ in.) where grainline is straight. Ease in fullness between this point and notches.

5. When fullness is even, pin on seamline. Place pins across the gathering stitches on sleeve side the same as you did when fitting sleeve. Baste along seamline by hand or machine. Turn sleeve to right side and examine.

Sleeve should be free of gathers and tucks. If sleeve appears to be set correctly, try on for fit.



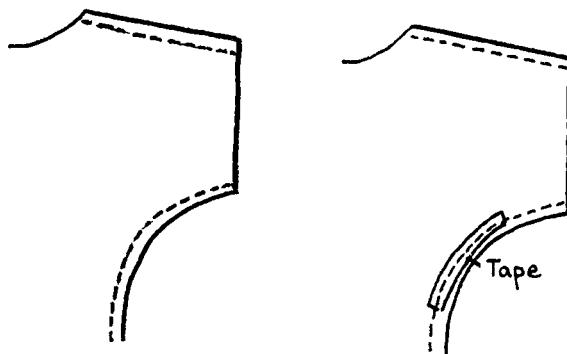
Check grainline. Grainline should run parallel and perpendicular to the floor. When using shoulder pads, pin them in place before fitting.



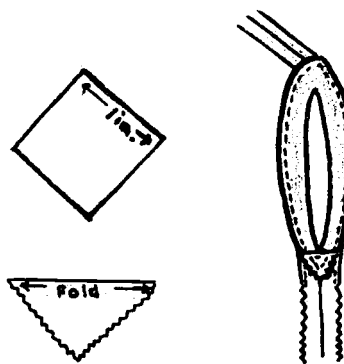
6. Stitch around armhole with sleeve next to presser foot, starting at underarm. Overlap stitching at underarm. Use 12 to 15 stitches per inch.

7. Trim seam to $\frac{1}{2}$ inch. Seam finishes are necessary on some fabrics. Pink, overcast, or use a false French seam.

8. Shrink out all visible ease. Use point of iron. Let the seam point into the sleeve. Press right side of sleeve if necessary.



The kimono sleeve is not set in but is cut in one piece with the blouse. Reinforce the underarm by centering a 3-inch length of straight seam tape on curve of underarm seam. Stitch tape to underarm, stitching on original seamline. The tape will take the strain off the curve of the sleeve and prevent tearing. Clip seam on curve to make seam lie flat.



Reinforce a dropped shoulder dress or blouse by sewing a triangle at top of side seam.

To do this, cut a 1-inch square of fabric. Fold once from corner to corner.

Pin and machine stitch at underarm. Bias edge at base of underarm.

Covered belt

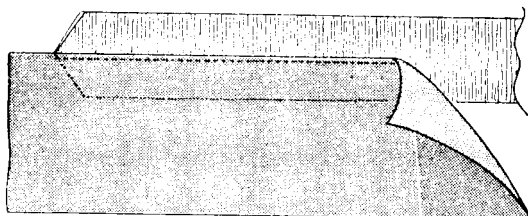
Most dresses call for a belt to cover the waistline seam. Make it match or blend with your dress. Select a width that is flattering to you. You can wear a wide belt if you are tall and slender. Use a narrow one if you are short. Contrasting belts will make you look shorter and also make your waistline look larger.

A belt is more attractive if it has a stiff backing. Belting in various widths may be purchased at most dry-goods or variety stores. Try to get belting that is pre-shrunk. It is most convenient to buy the kit that contains belting, buckle, tongue, and eyelets.

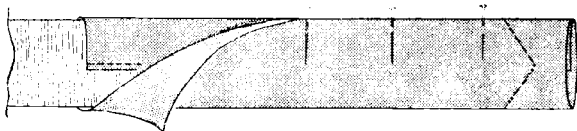
1. Select belting the width you want your belt to be.

2. Measure belting needed: waist measurement plus $4\frac{1}{2}$ inches. Make a point on one end of belting.

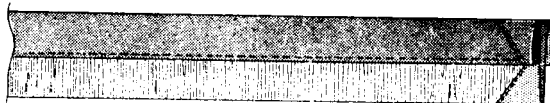
3. Cut a strip of fabric three times the width of the belting and $1\frac{1}{2}$ inches longer than the belting.



4. Place edge of fabric on top along center of belting. Stitch from pointed to square end.



5. Wrap the fabric around the belting. Fold the edge of the cloth under and even with the edge of the belting. Pin and press.



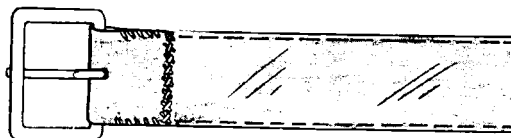
6. Fold fabric back from underside of belting to top side at pointed end. Stitch fabric along pointed end of belting. Trim seam to about $\frac{1}{8}$ inch.

7. Turn folded edge to right side. Pin folded edge of fabric in position.



8. Stitch around the belt starting at square end of belt. Use 10 stitches per inch. Stitch as close to the edge as possible.

9. Place eyelets in finished belt. Measure three inches from pointed end and place first eyelet. Then place other eyelets one inch apart. Plan to wear the belt in the center eyelet.



10. Sew buckle to belt. Measure belt to fit. Cut hole in center of belt for tongue to go through. The hole may be left raw or overcast. Slip tongue through opening and sew overlap in place by hand or machine.

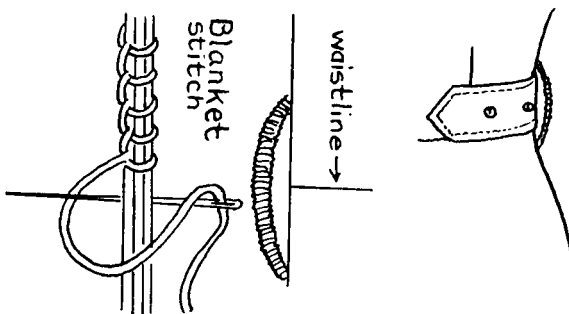
Belt keepers

Belt keepers are needed to hold your belt over the waistline of your dress. Try this easy way to make attractive yet inconspicuous keepers.

1. Use double thread of matching color.

2. Hold the belt in place on dress and sew back and forth across it three or four times. Take a knot stitch each time you sew into fabric. Make loop long enough for belt to slide through easily.

3. Remove belt.



4. Work across the threads with blanket stitch. Keep stitches close together.

Belts have a tendency to ride above or below the waistline. To prevent this, place a

loop at the center front of the waistline and slip the tongue of the belt buckle through the loop. Make the loop $\frac{3}{4}$ -inch long (double). Follow the same procedure as you would for making belt loops.

Choose fastenings you can make yourself

What type of fastener does your pattern suggest? You have skill enough now to make any one of several types. Remember, choose the kind of fasteners you can make yourself and make them the best you can.

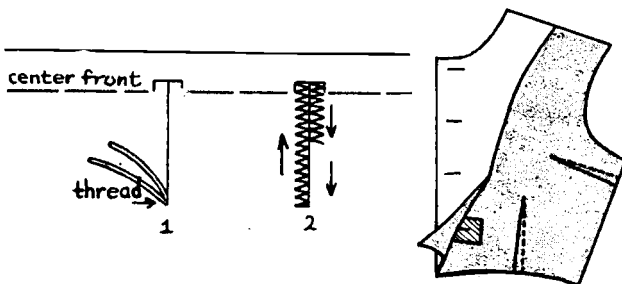
You have already learned the method for sewing on snaps or hooks and eyes. If you use either of these fasteners, sew them on securely.

The buttonhole attachment for the sewing machine is a real timesaver. Learn to use one if it is available, or if you have an automatic machine, learn to make a buttonhole with it.

Machine-made buttonholes

Study your machine attachment and select the template or make adjustments that will make the size buttonhole you need.

Plan to use an interfacing when making buttonholes. This may be a regular interfacing in the dress or squares of fabric, (muslin, organdy, taffeta, or crinoline) slipped between the bodice and the facing. Whenever possible use interfacing the same color as the fabric.



Start the buttonhole at end furthest from center front. This will make a stronger buttonhole. Position the buttonholes, lower needle, and bring both threads to the top.

Pull them to the left side and start buttonhole. Clip off threads and continue making buttonhole. Stitch around the buttonhole twice.

Cut through center of buttonhole. Be careful not to cut threads.

Different sizes and kinds of thread used with variations in tension will give different effects to your buttonholes. For additional help read instructions that come with your machine and attachments.

Buttons

Select buttons that will add to the attractiveness of your dress. They may be covered, slick, or decorative depending on the style, fabric, and occasion for which the dress is intended. Select buttons that are durable.

Flat slick buttons are best for washable clothing. Use covered buttons on articles that are to be dry cleaned and where a self covered button is desired. Highly decorative buttons are used on best or evening dresses.

Buttons and clothing seem to have no natural attraction for each other. Each wants to go its own way. Learn to make proper connections so the button will stay on for the life of the garment. (See Phase 2.)

Mark placing of buttons—find the proper place for your button and mark with a pin or basting thread. For a dress, place the mark on the left side at the center front. Space the placing marks where there is the most pull and in the most attractive arrangement or spacing. An uneven number of buttons is more pleasing than an even number.

Zippers

You will receive instructions for setting in a zipper with each zipper you buy. Follow the method of application suggested by your pattern.

The style of the dress determines how a zipper is applied, whether it is set with an overlap or is centered on the seamline.

If the style does not determine the method, either way is correct so long as you do a good job of setting it in.

Complete your record book

Your record book is important. Examine it carefully. Have you recorded everything you have made? Have you added this year's activities to your permanent record? Each

year your record book adds a new chapter to your 4-H Club story. Are you happy with the story your record book is telling?

Show others what you have learned

Select one of the demonstrations you prepared for your club, or prepare a new one. Here are a few suggestions that you might choose from:

- Laying the pattern on the fabric
- How to put in a dress zipper
- How to make a hem
- How and why to stay-stitch
- How to use a buttonhole attachment
- Trimming seams inside a collar
- How to iron a skirt or blouse
- How to make a covered belt
- How to make belt keepers
- How to pleat a skirt

Exhibits

One of the things that you may enjoy when you have completed your project is to show others what you have done. Your club may want to plan to have a display of the articles you have made for your parents and friends. You may also want to exhibit your work at community and county fairs. If you do, your exhibit will be the main article—school dress or skirt and blouse.

Demonstrations

Demonstration contests are held at community and county exhibits. You may want to show others what you have learned by giving a demonstration.

Are you ready for the next project?

- Is your record book up to date?
- Have you studied and practiced health and good grooming?
- Have you learned how to buy and care for your underclothing?
- Have you learned to iron your cotton skirts and blouses?
- Have you helped care for the family clothing—ironing and sewing on buttons?
- Have you completed two or more articles?
- Have you given a demonstration?

How does your dress look to you?

Once again, score your own and other club members' work. These are the points to use in judging:

	<i>Your Score</i>	
1. General Appearance	10
Cleanliness and pressing		
2. Design and Color	20
Do they accent your good points and look well together?		
3. Materials	25
Suitable for home or school wear		
Easily laundered		
Wears well		
Fabrics and trim		
4. Workmanship	35
5. Value of Garment	10
Is there good value for the time and money spent?		
TOTAL	100

Here is a score card to use when you judge dresses. It is used at county and state dress revue contests.

Score card for dress revue

I. The girl	25	_____
Posture		_____
Poise		_____
Grooming		_____
Attitude		_____
II. The outfit on the girl	50	_____
Becomingness to girl—girl looks her age		_____
Choice of texture, color, and style		_____
Fit		_____
Accessories, right for girl, her use of costume and local practice		_____
Value for money spent		_____
III. Workmanship	25	_____
Accurate cutting		_____
Quality of work as it con- tributed to the "professional look"		_____
Cleanliness and pressing ..		_____
Trimming		_____
Outside stitching and matching thread		_____
Neck finish and facings ...		_____
Sleeves and armscye		_____
Waistline, belts, belt loops		_____
Plackets and fastenings...		_____
Stitching, hand and machine		_____
Seams, proper finish and pressing		_____
Hems—hem ends		_____

THE 4-H CLUB PLEDGE

I pledge . . .

my HEAD to clearer thinking
my HEART to greater loyalty
my HANDS to larger service
my HEALTH to better living
for my club, my community, and my country.

THE 4-H CLUB MOTTO

To make the best better.