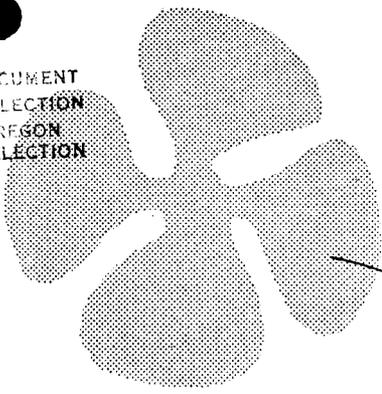


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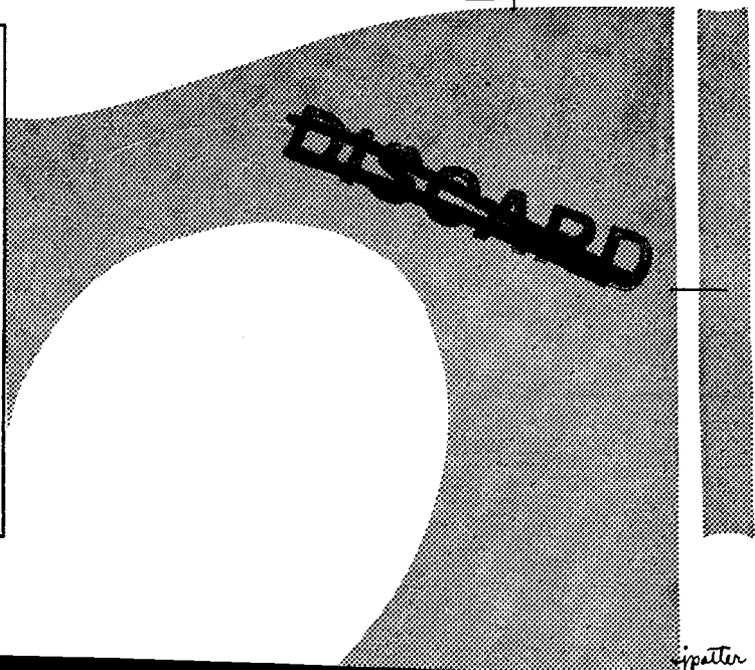
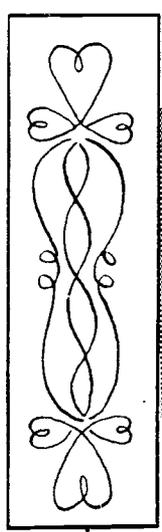
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it's fun

4-H Clothing Project  
Club Series L 77

• sew • • • •



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# SEW! IT'S FUN

By MURLE SCALES, State Extension Agent  
Revised by MARGARET DORRANCE POTTER, Clothing Specialist  
OREGON STATE COLLEGE  
EXTENSION SERVICE

Sew! It's fun. It's fun to sew by hand, and it's fun to sew on the sewing machine.

Too, it's fun learning those little things that make a girl so charmingly graceful while wearing the lovely apron created by her own hands.

It's fun to do things for others and to entertain for your mothers.

So, let's have fun in this project.

## The Sewing Machine

You have been looking forward to the time when you could run your mother's sewing machine. At last the time has come. Before your next 4-H Clothing meeting you will need to know how to sew on the machine.

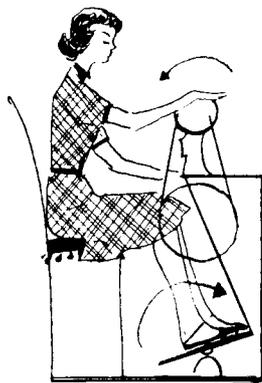


Figure 1.

### Parts of the machine

It will be easier for your mother to teach you to run the sewing machine if you know something about the parts. This year you will learn the parts that you need to use. Next year you will learn more of them.

Look at the illustration and locate the labeled parts. Now locate these on

your machine. Your machine may not be exactly like this, but it will be very similar.

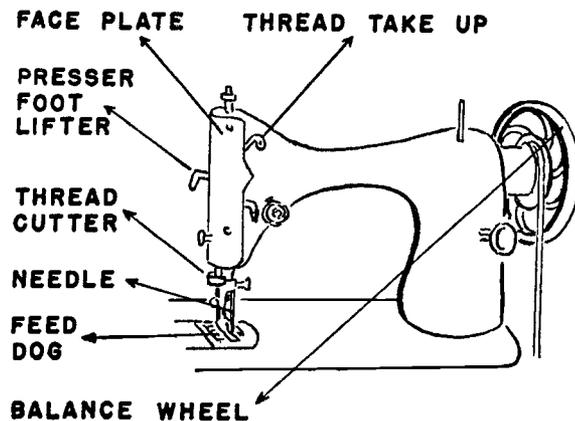


Figure 2.

Before starting to learn how to use the machine, ask your mother to unthread it and put the presser foot up.

## Running the machine

### *Treadle machine*

Get seated comfortably at the machine. Place your feet on the treadle about 4 inches apart with one foot ahead of the other.

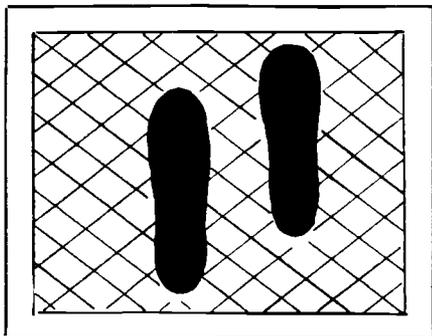


Figure 3. Foot treadle.

Turn the balance wheel—some machines turn forward and others backward. Be sure to turn it the right direction for your machine.



Figure 4.

Did you feel the treadle move when you moved the balance wheel? Get the feel of the machine. Now start moving the treadle with your feet. Take your hand off the balance wheel and keep the treadle going with your feet. Press first with the foot that is forward, then with the foot that is slightly back. You may have difficulty keeping the machine running smoothly. Keep practicing until you can run it smoothly and slowly. It is easier to run it faster, but

a seamstress must learn to run it slowly and smoothly.

Stop the machine by placing the right hand gently on the balance wheel, stopping it as you slowly stop treading. You will want to practice this for several days.

### *Electric machine*

If you are using an electric sewing machine, you will need to learn to start and stop the machine and how much pressure to use on the foot or knee control to keep the machine running smoothly.

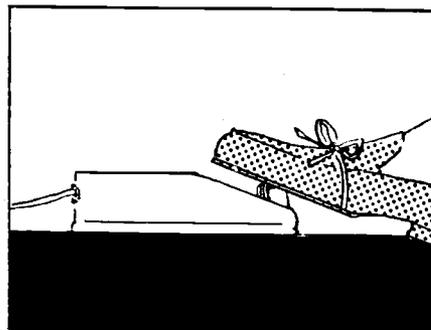


Figure 5. Electric foot feed.

**WARNING:** Remember there is a lot of power in an electric machine! Keep your foot or knee away from the

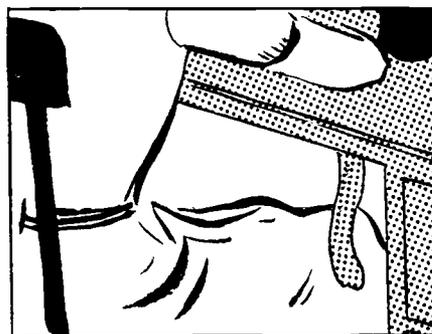


Figure 6. Knee control.

control when your hands are near the needle. Keep your hands at a safe distance from the needle when you are

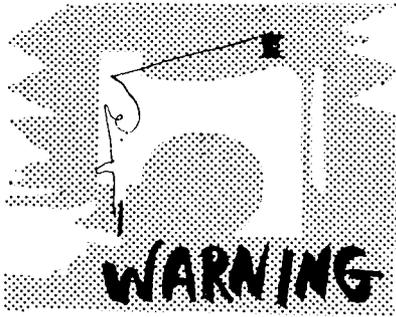


Figure 7. Keep your foot or knee away from control when your hands are near the needle.

stitching with either an electric or treadle machine.

Note: Study the instruction book that came with the machine and learn other parts of the machine.

### Learning to stitch

Now that you can run the machine smoothly and evenly, you are ready to learn to stitch. You will do your first stitching on paper without any thread.

Take a piece of ruled paper. Place the right side of the paper under the presser foot. The larger part of what you are sewing should always be to the left of the presser foot when you start. Turn the balance wheel until the needle goes through the paper exactly at the end of the first line. Lower the presser

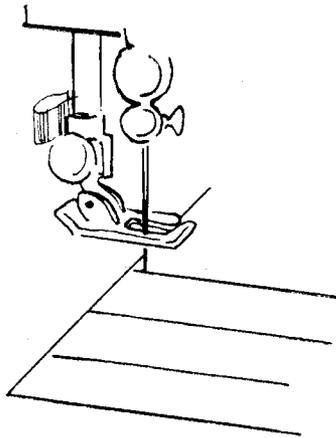


Figure 8.

foot lifter (the little lever at the back). Slowly start stitching on this line. Place a hand on either side of the paper and slowly guide it under the needle. You may not be able to follow the first line too well. Keep trying. Practice makes perfect. You will be rewarded with a very straight row of stitching. When you stop, always turn the balance wheel until the needle is as high as it will go.

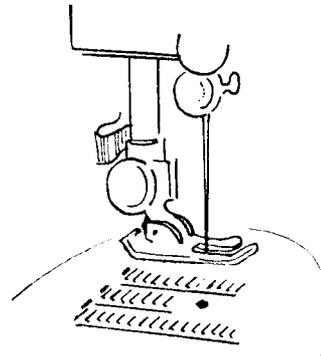


Figure 9.

On another sheet of paper draw lines to make square corners. Start stitching as you did before. Stop stitching when you reach a corner. Leaving the needle in the paper, lift the presser foot and turn the paper so that you can follow the line down the other side. Lower

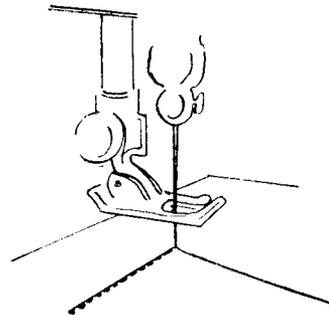


Figure 10.

the presser foot and begin stitching again. Stitch all of the lines and turn all of the corners in the same way.

After this practice you should be able to run a machine fairly well. Your mother may thread the machine for you and you can practice sewing on a double thickness of material. Watch your mother, for you should soon be able to thread the machine without her help.

Before starting to sew, get the bobbin and top thread out of the way by this method. Take the thread that comes from the needle in your left hand. With your right hand on the balance wheel (but feet NOT on the treadle) turn the wheel so that the needle goes down and comes up once. Be sure to turn the balance wheel the right direc-

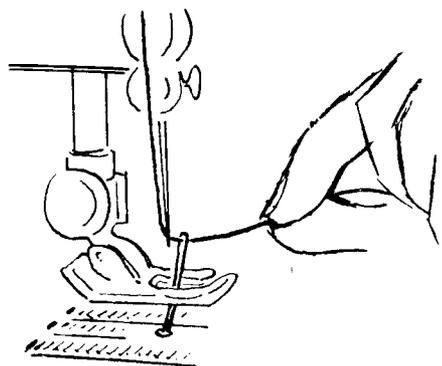


Figure 11.

tion for your machine. Gently pull the thread. You will see a loop in between the toes of the presser foot. This is the thread from the bobbin. Pull it out and

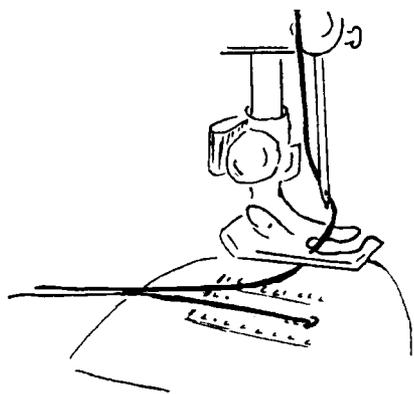


Figure 12.

place both threads to the back out of the way.

Place the material under the presser foot. Turn the balance wheel until the needle is in the cloth. Lower the presser foot. Now start sewing.

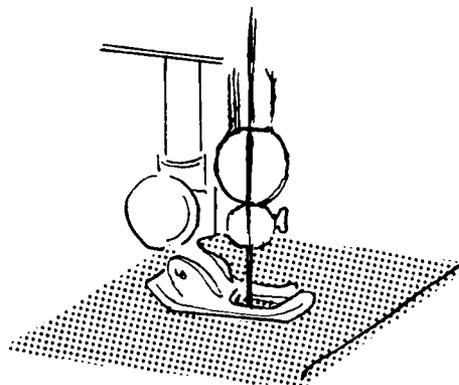


Figure 13.

While stitching, guide the fabric under the presser foot by gently placing the hands on the fabric as shown and pushing it toward the needle. Never pull the fabric at the back of the presser foot while stitching.

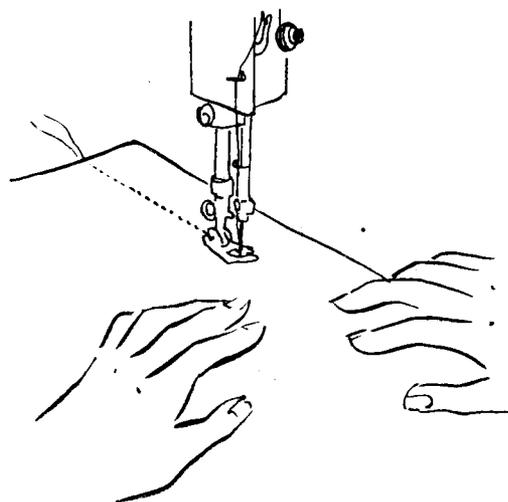


Figure 14.

When you have finished sewing, again raise the needle bar and presser foot as high as possible and pull the material to the back of the machine. Notice

that the top thread remains between the toes of presser foot. See figure 15. This is done to prevent bending the needle. Use the cutter at the back of the ma-



Figure 15.

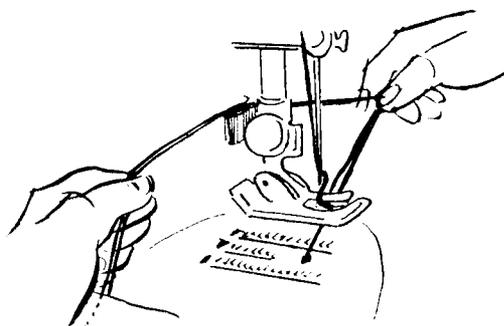


Figure 16.

chine to cut the thread. This saves time and effort in picking up scissors.

Continue to practice stitching on cloth until you are quite sure you know how to stitch and can stitch fairly straight. Then you are ready to make something on the machine.

## Head Scarf

Now you are ready to make a new head scarf. You will make it using the sewing machine. You have a few new clothes this year, so it will be nice to have another head scarf to wear with them.

Perhaps you would rather make a kerchief, a fringed luncheon cloth or place mats and napkins. It is all right to substitute one of these articles for the head scarf. Select an article that will give you practice in drawing a thread and in stitching on the machine.

Look at the "Just So Girl" clothing book you had last year. Review all the things you learned about making a head scarf, such as selecting and straightening the material. Also review how to draw two threads 1 inch from the edge around all sides of the scarf. Do exactly the same things up to the point where you hand stitched.

This time, stitch on the machine in-

stead of sewing the head scarf by hand. This is done the same place on the scarf as the hand stitching, except you stitch around the entire head scarf where you drew the threads. Remember how to turn corners? Ask your mother to regulate the machine so there are about 16 stitches to the inch.

Some machines have a regulator that shows the number of stitches to the inch. If your machine doesn't have the regulator, you may find out the number of

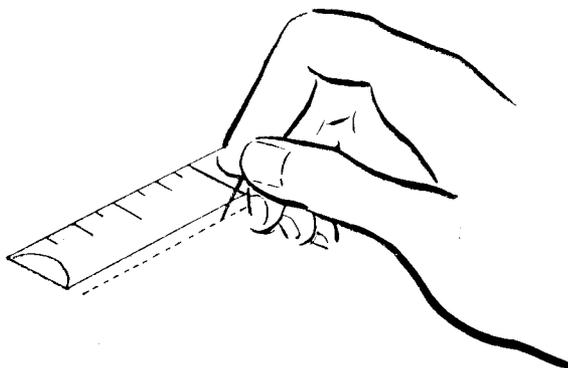


Figure 17.

stitches in the following manner: Sew a line of machine stitching. Measure one inch of the stitching and place a pin. Take another pin to point to the stitches as you count them. This makes it a little easier to count accurately. If you count 16 stitches in the one-inch space, the machine has been regulated to make 16 stitches to the inch.

Sew slowly so that your sewing will be exactly where you pulled the threads. Do not start or stop at a corner. Turn corners as you have learned. When you have stitched all the way around, over-

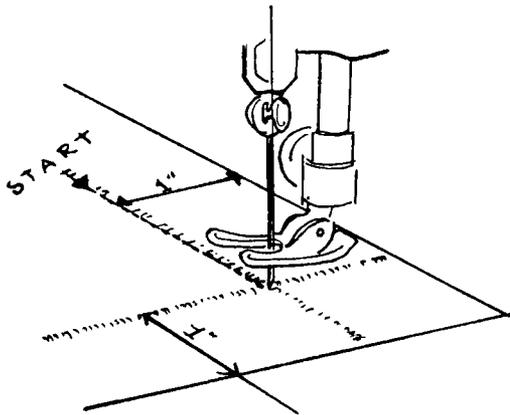


Figure 18.

lap the stitches for 5 or 6 stitches to fasten the thread. Then tie the threads.

Fringe the sides of the scarf by pulling out the threads between the stitching and the edge. Pull those on the edge of the material first and work up to the machine stitching. Refer to your last year's clothing bulletin, "Just So Girl."

Score sheet for head scarf:

1. Is the stitching smooth and even, with the cloth not puckered or drawn? .....
2. Are the stitches the correct length for the fabric? .....
3. Is the stitching straight? .....
4. Is the scarf well pressed with the fringe smooth and even? .....
5. Are the corners neat and turned correctly? .....
6. List the things that should be improved on your next head scarf.

.....  
 .....  
 .....

## Sew on Buttons

Last year you learned to care for your clothes by keeping them hung up neatly in the clothes closet. You also learned to fold your sweaters correctly and place them in a drawer or on a shelf.

Of course, you have done the above so long now that you do it without thinking. So, you will continue to hang up your clothes and fold your sweaters but will want to do something more to care for your clothes.

Wouldn't you like to learn to sew on buttons that have come off your

clothes? It will be nice to do it for yourself and not depend on your mother to do it for you.

This is a good way to sew on the buttons so that they will stay on for a long time.

Mark the position of the button this way. Lap the edges of the garment properly and pin into position. Mark the exact position of the button with a pin stuck

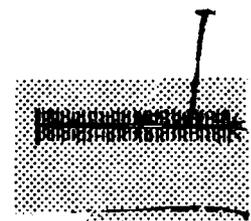


Figure 19.

through the finished buttonhole. The center of the button usually comes about  $\frac{1}{4}$  inch back from the edge of the buttonhole, as shown.

Use a double thread so that you will not need to make so many stitches. Fasten the thread by taking several small stitches on the right side where the button is to be placed.

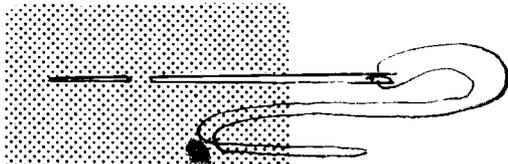


Figure 20.

Put the needle through one hole in the button, back through the other hole and through the cloth to the wrong side.

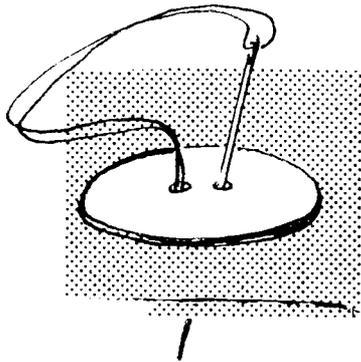


Figure 21.

Place a pin under the stitch. Sew over the pin and down through the cloth three or four times.

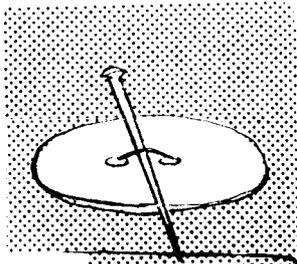


Figure 22.

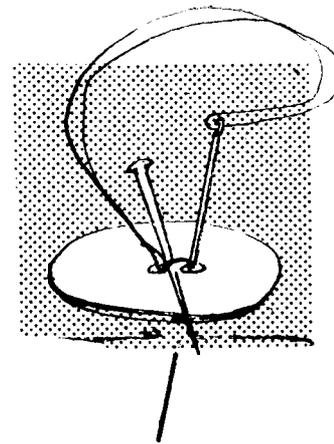


Figure 23.

Bring the needle up through one hole of the button and down through the second, but not through the cloth.

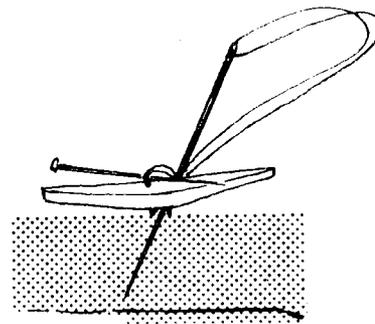


Figure 24.

Remove the pin. Pull up the button as far as the slack will let it come.

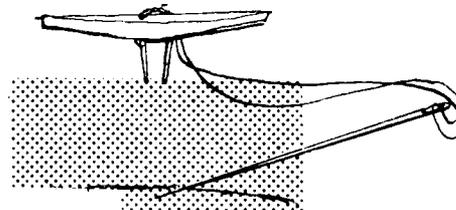


Figure 25.

Wrap the thread from the needle around this slack several times without putting the needle through the cloth.

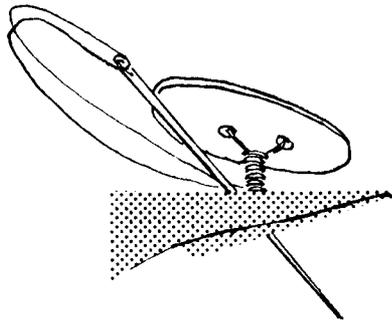


Figure 26.

Start wrapping near the button and continue until the wrapping thread meets the cloth. This is called making a "shank" for the button. Most buttons are sewed on with a shank so that the buttonhole will lie flat and not pucker when it is buttoned. Too, buttons are less likely to pull the cloth and tear out.

Bring the needle to the wrong side, putting it through the cloth close to the shank. Take three little stitches on the wrong side in the same place to fasten the thread.

## Pot Holder or Oven Mitts



Figure 27.

When you make the drawstring apron which comes later, you will probably wish to buy enough material for a pot holder or oven mitts to match. If you are not quite ready to make the drawstring apron, you may want to

make a pot holder or oven mitts to be used now. Choose a cover material which is firm and strong, and a color which blends with the colors in your kitchen. You may make the outside cover of feed sacks. For the padding, use old outing flannel or layers of soft cotton fabric. Parts of an old pair of outing flannel pajamas or a soft feed sack are excellent.

You may even want to make several pot holders before you make that nice one to match your apron. It's fun to sew on the machine, and the more you practice sewing, the easier it will be to do a good job of making the apron. Sew and sew. It's fun!

Be sure to use thick enough padding to protect the hands from hot pans, but not so thick that the pot holder or mitts are stiff and hard to use. If you wish, you may make a different shape or size pot holder from the one suggested here, but make it large enough to protect the hands. Seven inches square is a good size.

# Pot Holder

## Preparing and cutting fabric

Here are the steps in making a very simple pot holder:

Press the fabric and padding if it is wrinkled. It is easier to cut straight if it is pressed.

Carefully measure the cover 8 inches wide and 15 inches long. Tear or pull threads to be sure the fabric is on grain. Press on lengthwise grain after tearing.

Stay stitch  $\frac{1}{4}$  inch from the cut edge across each end of the cover. Stay stitching is a regulation stitch through one thickness of fabric to keep it from stretching. (Figure 28.)

Get 3 inches of  $\frac{1}{2}$ -inch twill tape, or a plastic ring, for the loop to use in hanging the pot holder if you want to hang it up.

Measure the padding 7 inches wide and 14 inches long. Again tear or pull threads. This makes the padding exactly 1 inch shorter and 1 inch narrower than the cover. Usually 2 layers of padding, such as feed sacks, are enough. When folded in the finished pot holder, it will give 4 thicknesses.

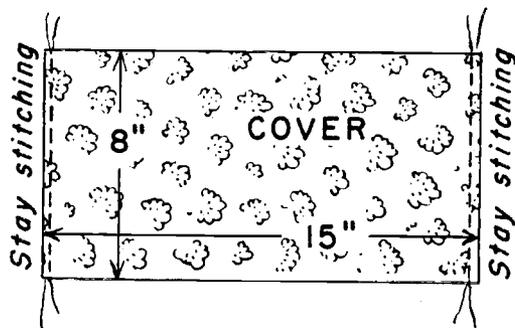


Figure 28.

## Put in padding

Put the cover on the table wrong side up. Place the 2 or 3 layers of padding inside so there is  $\frac{1}{2}$  inch of the cover extending out on all 4 sides. Pin the layers of padding and cover together.

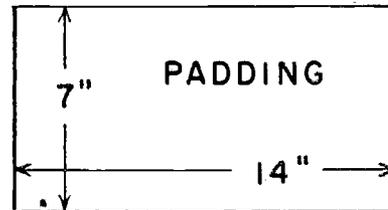


Figure 29.

Keep the cover and padding as flat on the table as possible to prevent the padding from slipping out of place. Baste the padding and cover together with long basting stitches. Keep smoothing the padding as you baste.

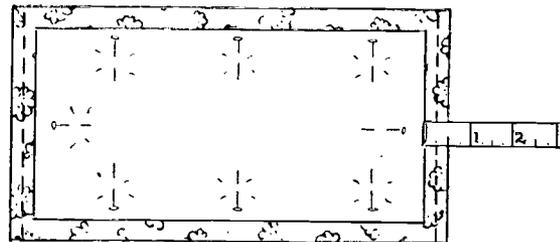


Figure 30.

## Stitching the pot holder

You may sew it together like a little sack. Leave an opening along the cut edges opposite the fold so you can turn the padding to the inside.

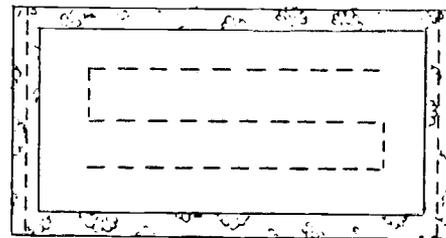


Figure 31.

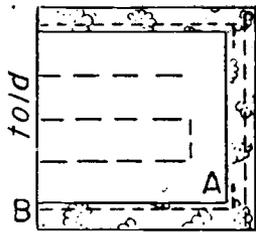


Figure 32.

Fold so all the cut edges of the cover are together and the padding is on the outside. Pin in place. You may want to turn the padding back away from the stitching line so it will be out

of the way when you stitch. Stitch  $\frac{3}{8}$  inch from the cut edge. Begin stitching at A. (Figure 32.) Turn a square corner just as you did when stitching the head scarf, page 5, figure 10. Stitch on down the side to the fold B. Do you remember how to remove the fabric when you have finished sewing? Figure 15, page 7, will remind you. Tie a square knot at A and at B. Leave about  $\frac{1}{2}$  to  $\frac{3}{4}$  inch of thread after tying and cut off the rest. Stitch the other side exactly the same way.

### Trim the corners

It is necessary to trim the corners to make them smooth and neat before the pot holder is stitched on the right side.

Step 1. At the open end: (a) cut off a triangle across the corner. You come very close to the stitching line. Do be careful! (b) and (c) are smaller pieces. Notice they are cut very close to the stitching line at the corner.

Step 2. Cut off one triangle on the corner with the fold. See figure 34.

Repeat steps 1 and 2 for the other side of the pot holder.

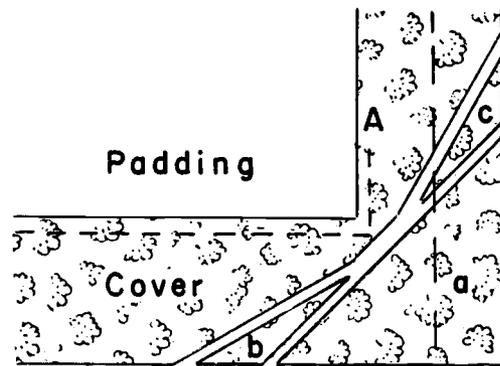


Figure 33.

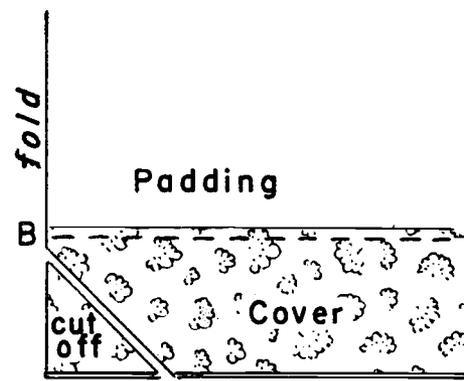


Figure 34.

You may keep the pot holder in a kitchen drawer, or hang it on a hook near the stove. If you want to hang the pot holder, make a loop or use a plastic ring.

### Make loop

Fold a 3-inch length of twill tape through the center lengthwise and press. Stitch the two edges together and press. Then stitch on the fold to make the loop stronger.

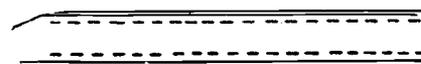


Figure 35.

Fold the tape so that X is the center of the tape. (Figure 36.)

Hold this fold in position and bring Y next to Z. (Figure 37.)

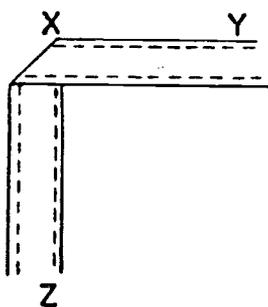
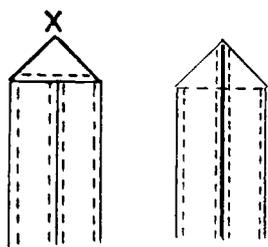


Figure 36.



Z Y

Figures 37 and 38.

Stitch across the end of the point as shown. This is the way the loop looks on the other side after it is stitched. (Figure 38.)

Place the loop in the center of the open side of the pot holder. Baste or stitch into position. Be very careful to have the loop placed straight so that the pot holder will hang straight. The loop will be stitched to the pot holder as you stitch the pot holder together.

### Turn the pot holder

When turning the pot holder work the four corners carefully so they will be square. The handle of a rat-tail comb is blunt and may help you to turn the corners. Scissors are too sharp and may punch a hole.

As soon as the four corners are turned, you are ready to press the pot holder. The stay stitching does not show because it is folded into the seam allow-

ance. Be sure the folded edges match when the pressing is done.

### Quilt the pot holder

Machine stitch around the pot holder  $\frac{1}{8}$  inch or less from the edge. Begin at one corner of the open end. Be sure to catch both sides in the stitching. If the padding is quite thick, your mother or club leader may need to adjust the machine.

Use any design you wish for quilting. Here are some suggestions. Sew back over the stitching for  $\frac{1}{2}$  inch each time you stop stitching or tie the threads. Designs with fewest cut threads are usually the neatest.

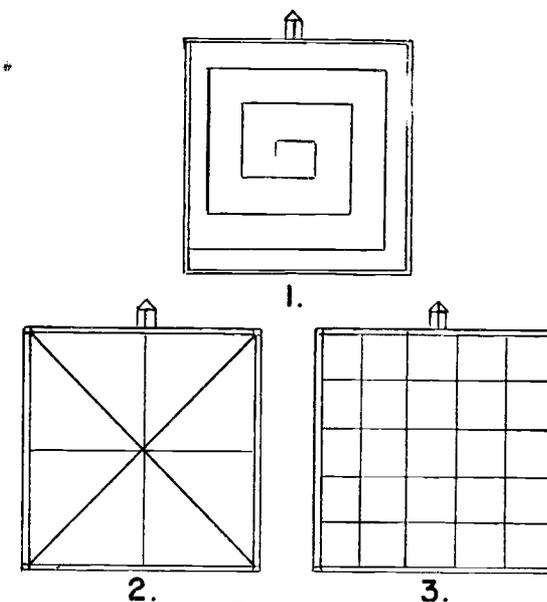


Figure 39.

### Plastic ring

If you are using the plastic ring to hang the pot holder, attach it at the corner with a blanket stitch or satin stitch. Refer to the directions used in making the blanket stitch for the needle case, page 16 of "Just So Girl." The satin stitch does not have loops inside the ring. The needle comes through the

corner of the holder, goes over the ring, then back through the holder again. The plastic ring is sewed to the holder after the pot holder is quilted.

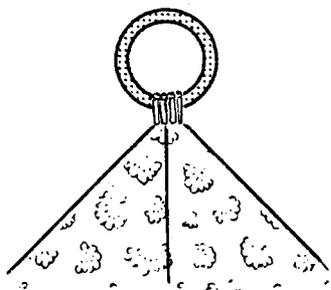


Figure 40.

## Oven Mitts

You may choose to make a pair of oven mitts instead of a pot holder. Each mitt has 2 cover pieces and 1 or 2 layers of padding. Follow the same rules for selecting padding as for the pot holder.

Here are some suggestions for making.

Buy a pattern or draw around your hand for a generous sized mitten. Allow for  $\frac{1}{2}$ -inch seams. Use a piece of fabric 18 inches square or buy  $\frac{1}{4}$  yard of fabric for 1 pair of mitts.

### Quilt the fabric

Lay 1 cover piece down—wrong side up—on top of this lay the padding, then lay the second cover piece wrong side down. Pin the layers together.

Quilt the layers following grain lines. See illustration 3, figure 39. Cut out the mitts.

You will cut 4 pieces—2 for the right hand and 2 for the left.

Sew the mitts together with  $\frac{1}{2}$ -inch seam allowance. Some padding may be trimmed out of the seam allowance to

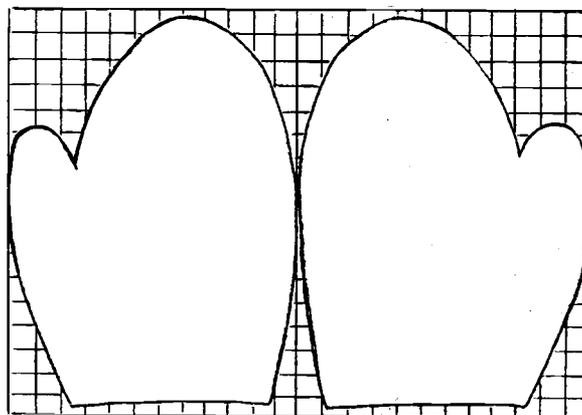


Figure 41.

reduce bulk. Trim the seam line closer to the stitching line around the thumb so it will turn smoothly.

Notch outside curves, snip inside curves. Outside curves are notched to remove bulk in the seam. Inside curves are snipped to allow the cut edges to lie flat without drawing.

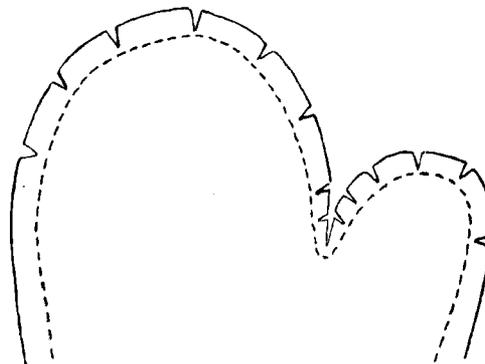


Figure 42.

### To finish top

Stay stitch around the top  $\frac{1}{8}$  inch from cut edge.

### To bind with contrasting bias tape

Start at thumb seam. Measure the tape around the top, add 1 inch. Be careful! Avoid stretching the tape. Cut 2 strips the same length—one for each mitt. Fold the tape back  $\frac{1}{4}$  inch at one

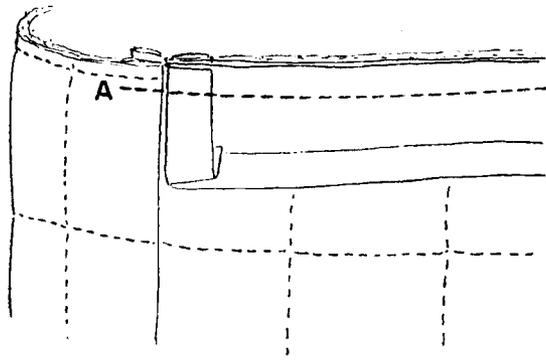


Figure 43.

end. With the right sides together and all cut edges of mitt and tape exactly even, pin the tape in place starting at thumb seam.

Begin stitching at A, figure 43, and continue stitching on the crease of the tape.

After you have stitched almost around to the beginning, cut tape off  $\frac{1}{2}$  inch beyond the seam line. Continue stitching past the starting point to reinforce seam, figure 44.

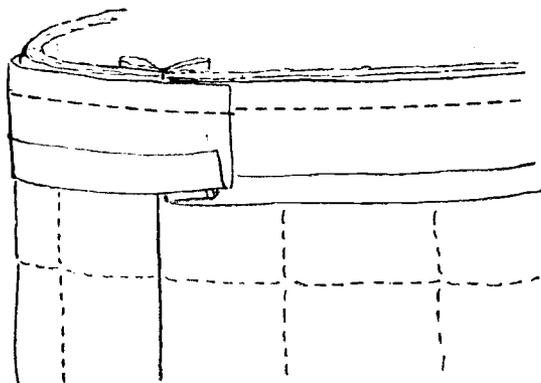


Figure 44.

Fold tape over cut edge and baste, then stitch close to edge of tape on the right side. Be sure tape is caught on the underside.

Now your mitt is finished. Check that your threads are tied and cut off. Press for a final finish.

### Score sheet for pot holder or mitts

1. Are sides and corners well squared (if a square holder)? .....
2. Are seams turned under evenly? .....
3. Is the first row of stitching near the edge? .....
4. Are all rows of stitching straight and spaced evenly? .....
5. a. Is the loop hanger stitched evenly and placed in the side straight? .....
- b. Are the blanket stitches or satin stitches on the ring even? .....
6. Are there any puckers between stitching lines? .....
7. Does it have the right amount of thickness, not stiff and harsh, but sufficient to protect the hands? .....
8. Is it well pressed? .....
9. Are the mitts free from puckers around the thumb and fingers? .....
10. Is the thumb large enough? .....
11. Is the binding neatly put on? .....
12. List the things that need to be improved on your next pot holder or oven mitt: .....
- .....
- .....
- .....
- .....

# How Graceful Are You?

Are you sometimes tempted to sit on the middle of your back with your feet thrown over the side of an armchair and your head pillowed against the other arm? You may think that you are comfortable, but it really doesn't make you look very pretty! Look at the pictures of the models in one of your mother's magazines. Notice how gracefully they sit with knees close together and with one foot slightly forward.

Take a good look in a full-length mirror, if you have one (or maybe you can use a store window someday when the sun is just right), and notice how you carry yourself. How do you think you look to other people? Is your back straight and your tummy in?

Learning correct posture and how to be graceful is something you'll never regret. All your life you'll be most grateful for having learned something of charm and poise in your 4-H Club.

For if you learn it well, your friends will say of you, "How graceful she is."

## How do you stand?

To acquire grace, one must start by getting the body lined up in the correct position. Many girls have slumped forward so long that they do not know exactly when they have a correct standing position. Maybe you have been told to straighten up as if you had a string attached to the top of your head. You can really get this feeling by the following method.

Trace a line with your finger from the lobe of the ear to the top of the head.

Trace another line with your finger from the tip of the nose to the top of the head.

At the point where these two lines cross, grasp a handful of hair and pull up. It is better to have someone else pull the hair for you. As the hair is

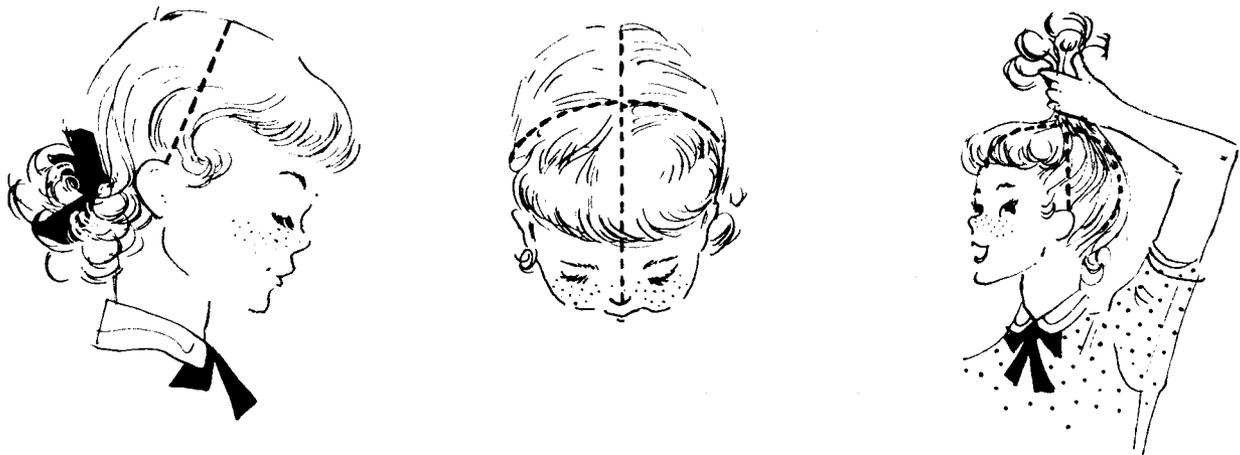


Figure 45.

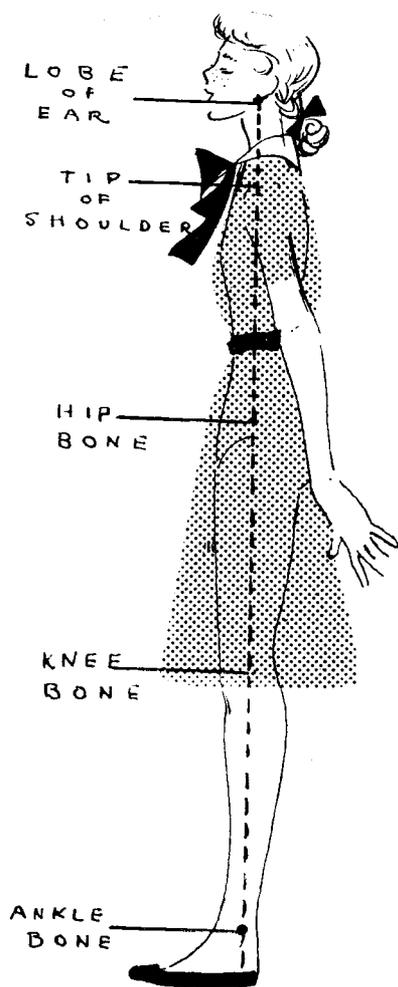
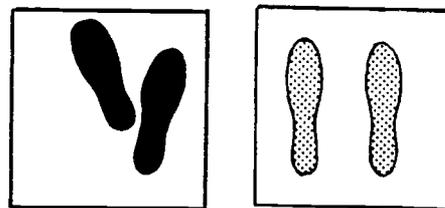


Figure 46.

pulled up straight, it will force you to pull in your tummy and straighten the body as it should be straightened. You should be lined up as shown in the drawing with the lobe of the ear, the tip of the shoulder, hip bone, knee bone, and ankle bone in one straight line. Do not hold yourself in a rigid position, but be relaxed.

Keeping that position, walk about the room. Practice this many times a day for several weeks. You will be pleasantly surprised at your improved posture.

Always stand with your feet at an angle so that one heel is about even with the instep on the other foot. Standing with both feet pointing forward produces an awkward position. Look at fashion magazines. The figures always stand with the feet close together and at an angle.



This.

Not this.

Figure 47.

### How do you walk?

Check on your walking. Your feet should be about  $2\frac{1}{2}$  inches apart. Keep your toes pointed straight ahead as if you were walking on two straight lines.

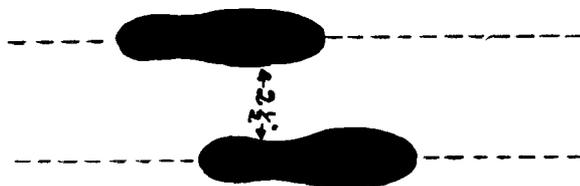


Figure 48.

This helps you in holding your hips firm and produces a smooth, even walk. If you walk with your feet much farther apart, you will swing your hips in a most ungraceful manner.

### What size step?

For most girls the length of your foot is about the right size step. It will vary some with your height. However, this is a fair guide.



Figure 49.

## Do you take your stairs like a lady?

Be sure that you place your entire foot squarely on each step. Do not try to walk up the stairs with just the toes on the step. This is the cause of many accidents.

Lean very slightly forward from the ankle with knees very slightly bent.

Walk with an easy motion, swinging the legs from the hips and with the knees slightly bent and relaxed. The arms may swing easily at the side. As you step forward with one foot the opposite arm is swung forward. Thus, in stepping out with the right foot the left arm would swing forward. Then the left foot and right arm would swing forward. The arms should never be allowed to swing any farther forward than the foot. This is all done with an easy swinging motion, your chin up and your body in line.

In coming down the stairs lean very slightly back from the ankle with the knees very slightly bent. You should appear to glide up and down the stairs without your head bobbing up

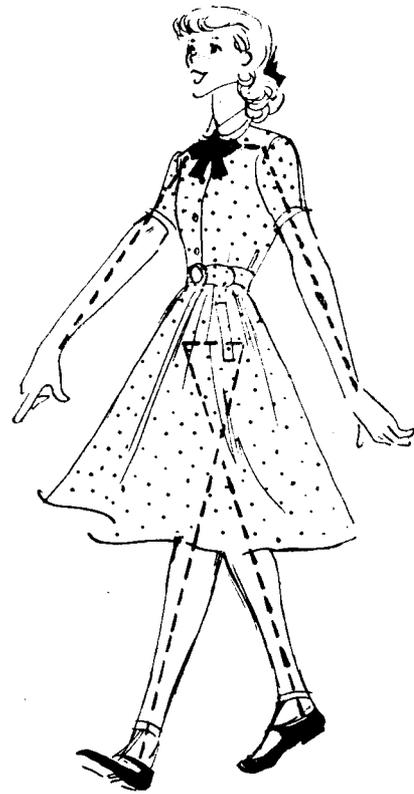
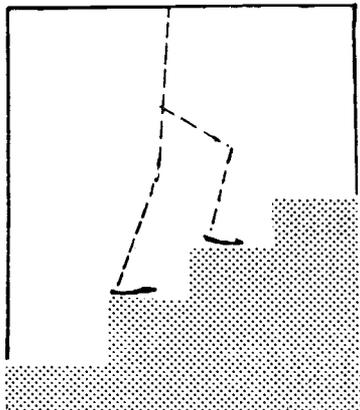


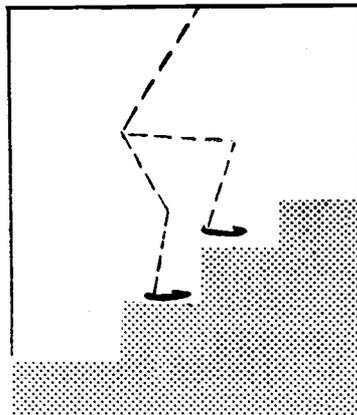
Figure 50.

and down with each step. When you go to a movie, watch your favorite actress go up and down stairs and see how gracefully she does it.

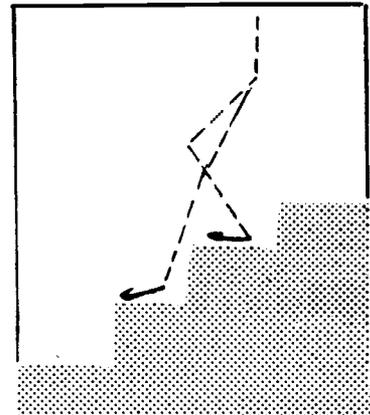


**This.**

Lean forward from the ankle . . . knees always slightly bent.



**Not this.**



**Coming down.**

Lean back from the ankle . . . knees slightly bent.

Figure 51.

## Sitting pretty

Are you sitting pretty like figure 52 or do you sit like figure 53? Keep the body straight and bend the knees to sit.

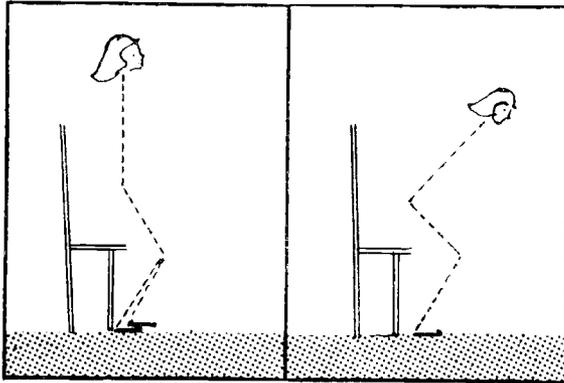


Figure 52. This.      Figure 53. Not this.

If one foot is slightly ahead of the other and more weight is put on it, you will be able to lower yourself into the chair with the greatest of ease. Of course, it will take muscle control.

Always sit with your knees and feet close together. If you are small, you will find it more comfortable to sit at the corner of the couch using the arm of the couch as a back rest.

You will not find it necessary to smooth your dress with your hands as you sit in a straight chair if you sit down this way. When you lower yourself into the chair, sit on the edge and slide back into the chair. As you slide back, your skirt will be smoothed for you.

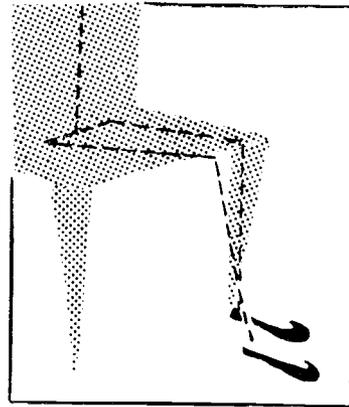


Figure 54.

All of these pointers on grace and poise will require much practice for them to become a fixed habit. But it's fun doing it with your girl friends and it's certainly worth all of the time and effort in becoming a graceful girl, admired by all.

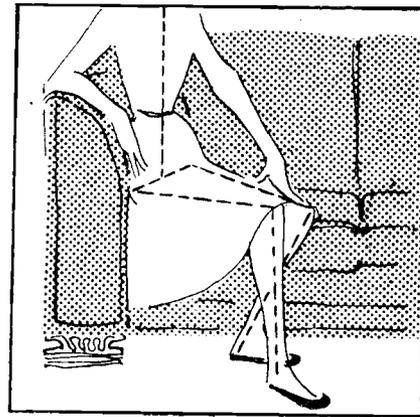


Figure 55.

# Drawstring Apron

Now you are ready for the drawstring apron. It is easy and fun to make and gives you another chance to practice sewing on something for yourself.

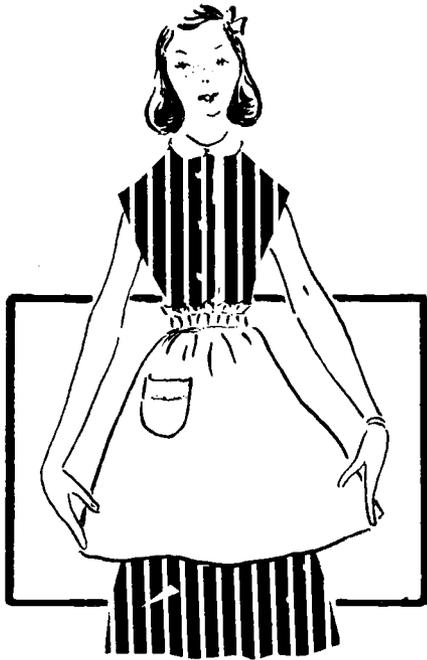


Figure 56.

## Selecting the fabric

If your mother doesn't have any fabric on hand that you like, you will need to go on a shopping trip. Maybe your club would like to take this shopping trip together. So that you can make the very best choice of fabric—one that you will enjoy—you will need to make some plans.

### *What kind of fabric to buy?*

It is easiest to work on cotton. The following kinds are suitable for an

apron: broadcloth, percale, print, and gingham. Organdie or other sheer material is not suitable for a work apron.

### *What color to select?*

Answer these questions and it will help you decide. What colors are most becoming to me? What color dresses will I have on while I am wearing the apron? You will want to select a color that blends or contrasts pleasingly with your dresses.

### *Will it be a print or a solid color?*

If most of your dresses are print, then you will want a plain colored apron.



Figure 57.

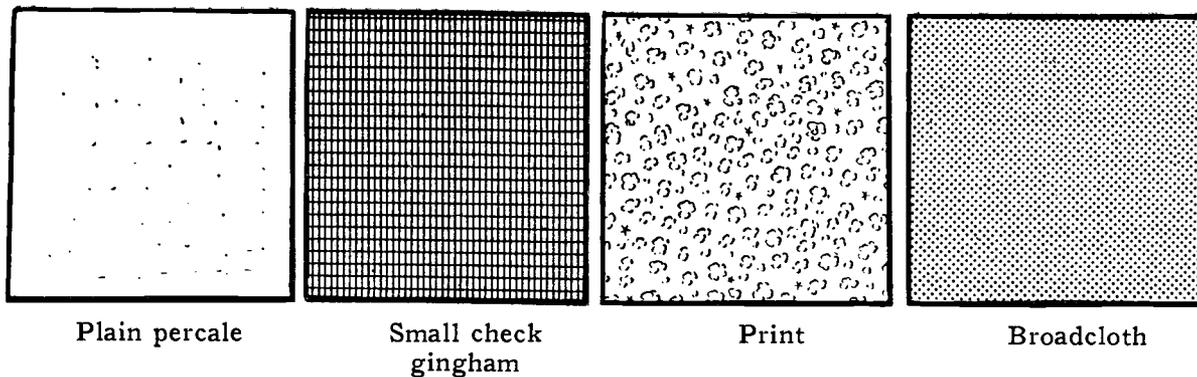


Figure 58.

Remember the head scarf? You learned then not to use two prints together. A solid color is usually very pleasing with a print. Two solid colors also can be very nice together when there is a soft blending of colors. If you decide upon a print, you will want to be very wise in your choice. The small designs are usually better. Also, a few rather than many colors together are much prettier. 4-H girls in this Clothing Project find simple, dainty, soft designs most becoming.

*Will the color fade?*



Figure 59.

“Guaranteed fast color to sun and water.” It usually is wiser to buy the

After the material is washed a few times, will it become a dingy, unattractive color? Ask the clerk to let you see the label. However, not all fabrics are labeled. When it is guaranteed not to fade, the label will read

fabric with the label guaranteeing the color fastness.

*Will the fabric shrink?*

Look at the label again. Does it say anything about the material shrinking? If the material is Sanforized or says that it will not shrink over 1 per cent, you need not worry about its shrinking. However, you need not refuse to buy the material just because it is not pre-shrunk. You can shrink it before making the apron. You will learn how to do this at a later club meeting.

*Will the fabric wear well?*

Is it strong? Is it woven closely? Does it have too much sizing? By that we mean a lot of starch is rolled into the fabric to make it look like strong, firm material. Rub a corner of the material between your finger and thumb. If a white powder comes out, then too much sizing has been added. You will not want to buy this material. As soon as your apron is washed and the starch or sizing comes out, it will be limp and thin.

*How much fabric to buy?*



Figure 60.

For the length—have someone measure from your waistline to the bottom of the hem of your skirt. Add 5 inches for heading and 4 inches for hem.

A girl who finds she measures 19 inches from the waist to the bottom of the skirt hem, will figure as follows:

19 inches for apron
5 inches for heading
4 inches for hem
—
28 inches needed for the apron

If you add 8 inches, you could have two hot pads to match the apron, and then would need to buy one yard of fabric. Figure 63 allows for two hot pads and the apron from one yard.

For an apron of that length, the width should be about 27 inches.

The drawstring should be cut  $2\frac{1}{2}$  inches wide and about 70 inches long. A larger girl would need a longer apron and possibly longer drawstrings.

Why not make a drawing like figure 63, page 23, using your measurements? Then you can use it as a guide for cutting out the apron.

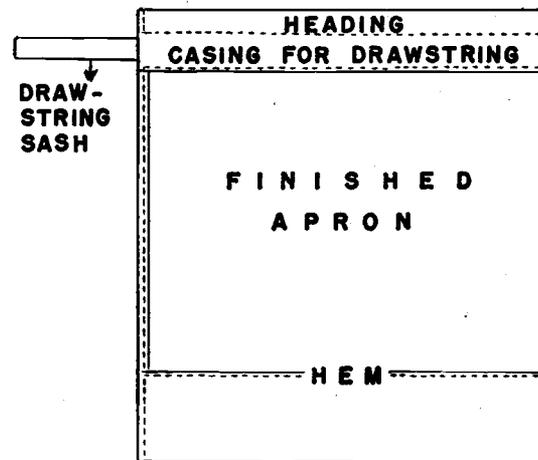


Figure 61.

*What other supplies to buy?*

If you do not already have suitable thread, you will need a spool of mercerized thread, if the material is colored. Don't forget—buy a shade darker, for it stitches lighter. A spool of Number 60 thread is the correct size if you are using white thread. So that you will be sure not to forget anything, why not copy these notes in a little notebook and take it with you when you go shopping?

Won't it be a thrill to bring home a piece of material that will be suitable and one that you will enjoy wearing?



Figure 62.

1. Color .....  
List possible colors you can use.
2. Print or solid .....  
If a print—small and dainty, not too many colors. Softly blended colors.
3. Is it guaranteed fast color? Label.
4. Will it shrink?—Label. Is it Sanforized?
5. Does it have too much sizing?

6. Kinds of material — broadcloth, percale, print, gingham.
7. Amount of material ..... yards.
8. Thread—Darker mercerized, or 60 white.

### Shrinking cotton fabric

If your fabric was not preshrunk, you will need to shrink it before starting your apron.

## Cutting Chart for 19 inch Apron

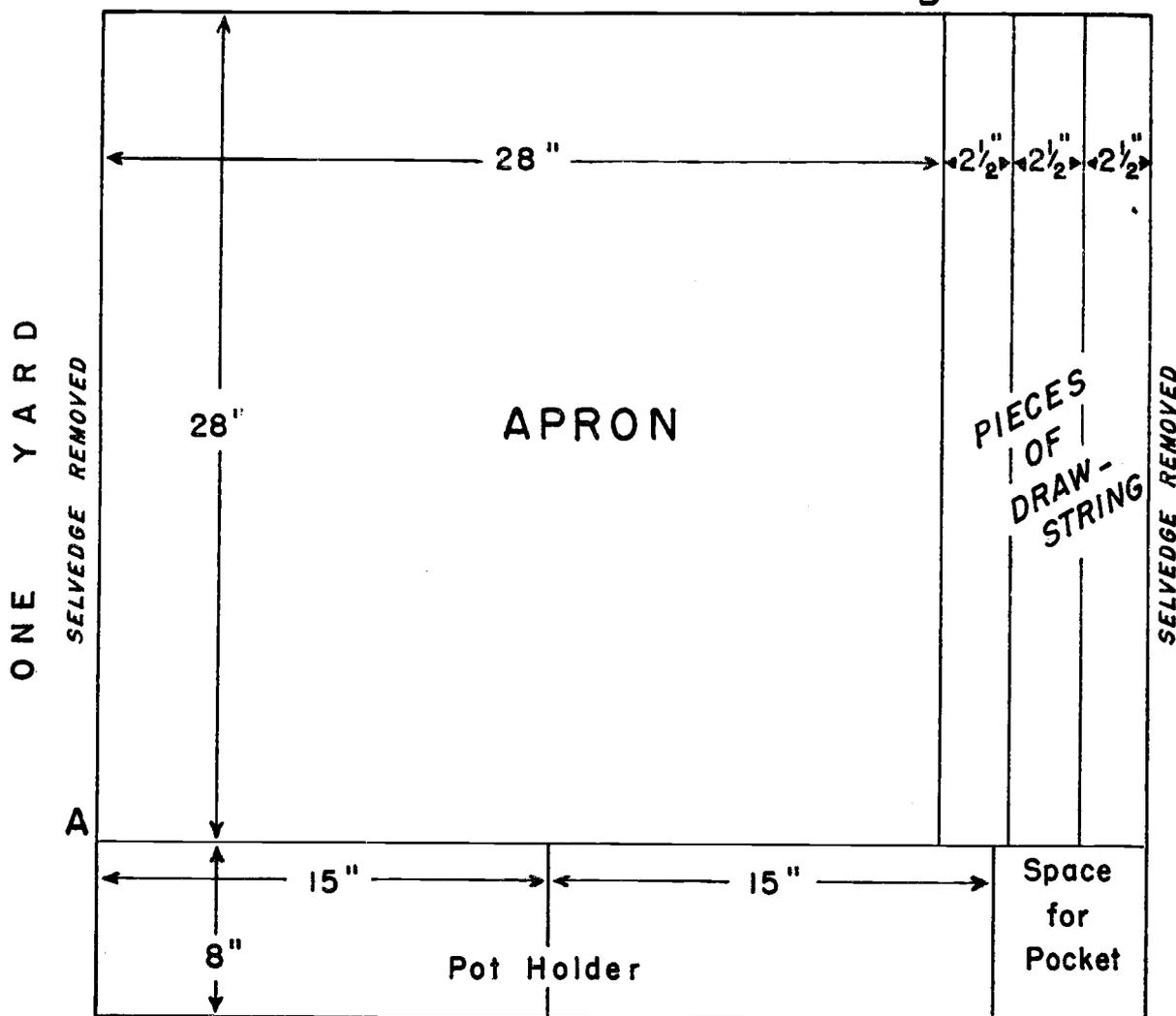
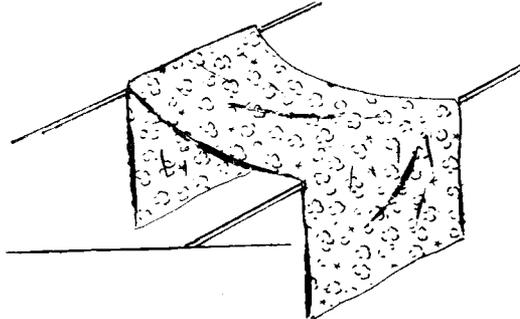
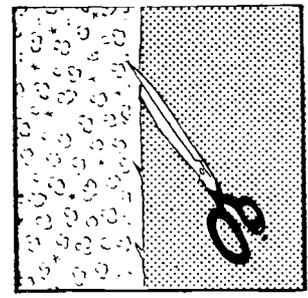


Figure 63.

# Steps in Shrinking Fabric

<i>Steps</i>	<i>Explanation</i>
<p>1. Straighten fabric, if needed.</p>	<p>If the clerk did not tear your fabric from the bolt, it will need straightening. Do this by pulling a crosswise thread and cutting on this line. Be sure it is straight on both ends.</p>
<p>2. Fold the material back in the folds just as it was when you took it from the package, if you had to unfold it.</p>	<div data-bbox="954 612 1286 749" data-label="Image"> </div> <p data-bbox="1058 755 1193 787">Figure 64.</p>
<p>3. Thoroughly wet the material in cold water.</p> <div data-bbox="256 953 678 1208" data-label="Image"> </div> <p data-bbox="418 1223 552 1255">Figure 65.</p>	<ol style="list-style-type: none"> <li>a. Put it in the water folded.</li> <li>b. Be sure that the water penetrates each fold.</li> <li>c. Soak for an hour or more. If it floats, push it down under the water several times during the hour.</li> </ol>
<p>4. Take the material out of the water.</p> <div data-bbox="289 1366 678 1621" data-label="Image"> </div> <p data-bbox="418 1638 552 1670">Figure 66.</p>	<ol style="list-style-type: none"> <li>a. Keep it folded.</li> <li>b. Press out as much water as you can with your hands.</li> </ol> <p data-bbox="841 1564 1136 1655"><b>WARNING</b>—Do not wring or twist the fabric.</p> <div data-bbox="1182 1302 1409 1770" data-label="Image"> </div> <p data-bbox="1230 1787 1364 1819">Figure 67.</p>

## Steps in Shrinking Fabric (Continued)

Steps	Explanation
<p>5. Hang to dry.</p>  <p>Figure 68.</p>  <p>Figure 69.</p>	<p>a. Unfold wet material carefully.  b. Loop over two clothes lines.</p> <p><b>WARNING: Do not use any clothes pins!</b></p> <p>c. Keep selvedge edges of the length of material together and straighten if needed.</p> <p>d. Hang straight, smoothing the wrinkles out with your hands. If you have handled it very carefully, it probably will not need any pressing.</p> <p>e. If the selvedge seems to be shrinking more than the fabric and puckering it, clip the selvedge every six inches. In a few cases it may be necessary to trim the selvedge off each side because of excess shrinkage.</p>  <p>Figure 70.</p>

### Straightening the fabric

After the fabric is shrunk, be very sure that it is straight. You can check by placing the material along the edge of a table. If your cloth looks like this it is straight. If it looks like figure 72, it needs to be straightened by pulling the short corner and gradually working toward the true bias line. Pull the rest of the fabric as shown by the arrows.

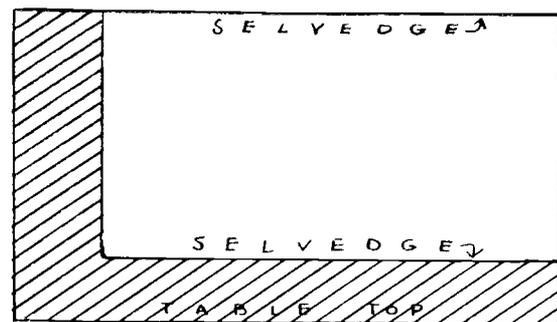


Figure 71.

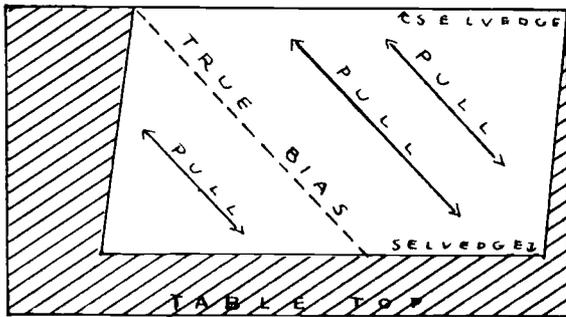


Figure 72.

## Making the apron

### Cut out the apron

After your material has been shrunk and is absolutely straight of the grain, you are ready to cut out the apron. Here are the steps to follow:

Trim selvedge off the edge where you are to cut the apron.



Figure 73.

Draw threads at A and B (refer to figure 63) and cut a short distance at a time. In that way you can avoid cutting too far in either direction. Use the chart that you made as a guide. In like manner, cut the material for the sash and the pocket. (Refer to figure 63.) You may tear the strips instead of cutting.

### Stitch the apron

On the side where you cut the selvedge (which is lengthwise of the ma-

terial) turn the edge under a scant  $\frac{1}{4}$  inch. You are turning the right side over onto the wrong side.

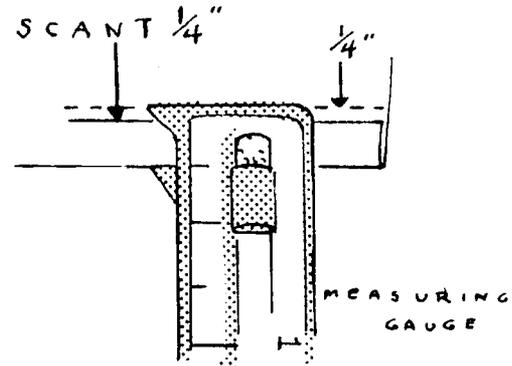


Figure 74.

Do the same thing on the opposite side.

Now make another turn over this first one, exactly  $\frac{1}{4}$  inch. Baste it down carefully.

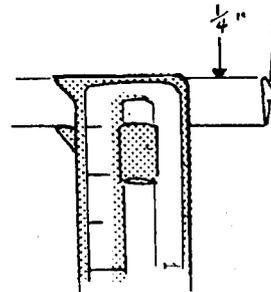


Figure 75.

Stitch it on the machine. Ask your mother to regulate the stitches so there will be about 14 to 16 stitches to the inch. Stitch near the edge as shown below.

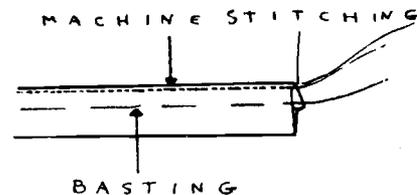


Figure 76.

Clip threads near the edge. These do not need to be tied since there will be

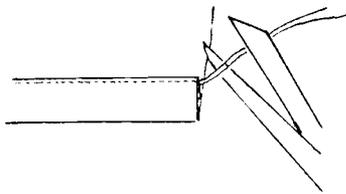


Figure 77.

a row of stitches crossing them. Always keep threads clipped—or tied and clipped—as you work, so that your sewing will not look untidy. Press these seams. You always press each seam after stitching it before making another row of stitching across it.

**Top and casing**

At the top turn under  $\frac{1}{4}$  inch just as you did at the sides.

Now turn over  $2\frac{1}{2}$  inches. Baste and stitch just as you did the sides. This time you will tie your threads as you learned in making the head scarf.

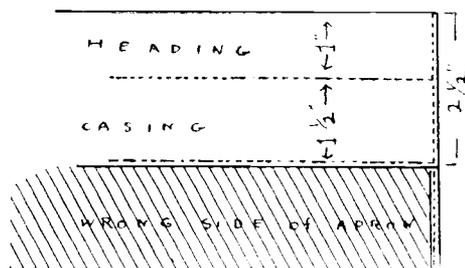


Figure 78.

Measure 1 inch from the top and make another row of stitching there, again tying threads or back stitching. This forms the case for the drawstring and the heading for the apron.

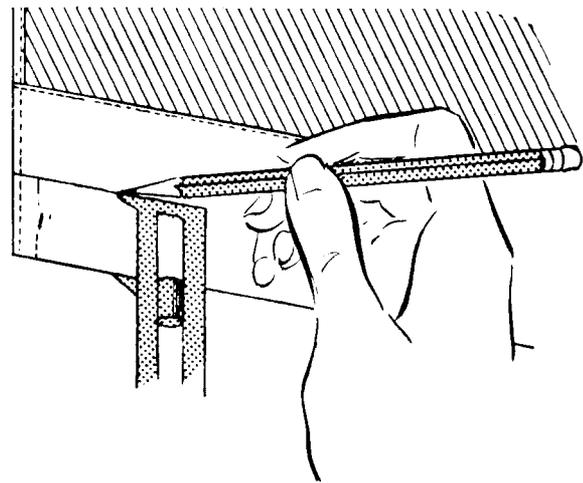


Figure 79.

In order to sew straight, you may measure carefully and draw the line lightly with chalk or a white pencil. Another method is to use the masking tape as a seam gauge to guide you in sewing straight.

You add the masking tape to the machine like this:

Put the tape measure under the presser foot, placing the needle on the 1-inch mark if you wish to use 1-inch seams. Then place the masking tape at the end of the tape measure as shown here. In like manner, for  $\frac{1}{2}$ -inch seams, place the needle on the  $\frac{1}{2}$ -inch mark on the tape measure and then place the masking tape at the end of it.

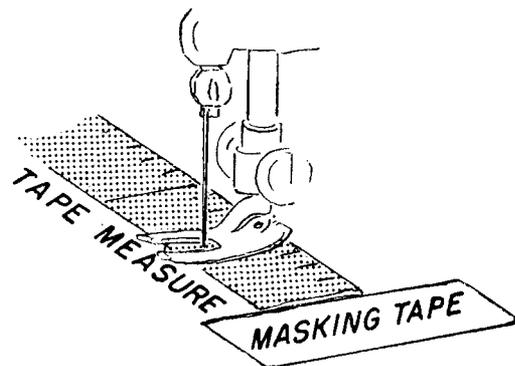


Figure 80.

The hem comes next. Again turn under about  $\frac{1}{4}$  inch. Then turn under 4 inches. Stitch it on the edge as you did for the heading and case for the drawstring.

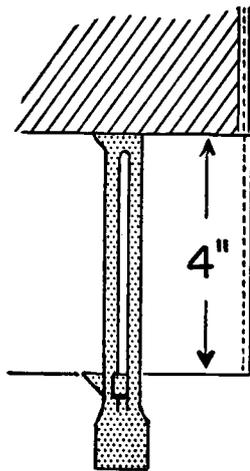


Figure 81.

To prevent catching the open end of the hem on something and having an accident, whip the edges of the hem together.

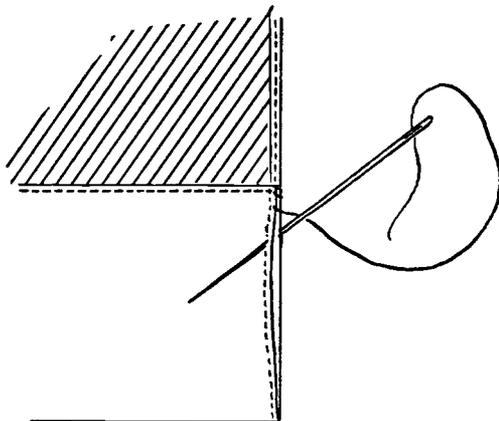
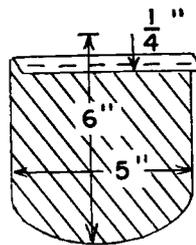


Figure 82.

#### Pocket

It is nice to have a pocket on the apron for a handkerchief. A pocket for an apron 19 inches long may be 5 inches by 6 inches before finishing. If you have a longer apron, you will want a larger pocket.



WRONG SIDE

Figure 83.

Make the hem in the pocket first.

Stay stitch  $\frac{1}{4}$  inch from cut edge and press back to the wrong side.

Turn a 1-inch hem to the right side and stitch corners of hem  $\frac{1}{2}$  inch from the edge. Lengthen stitch slightly and stitch  $\frac{3}{8}$  inch from edge. This is an ease stitch.

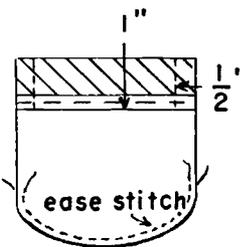


Figure 84.

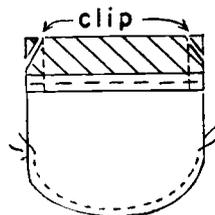


Figure 85.

Clip the corners as you did for the corner of the pot holder.

Turn hem of pocket to the wrong side. Draw up bobbin thread of the ease stitch and turn  $\frac{1}{2}$ -inch seam. Press.

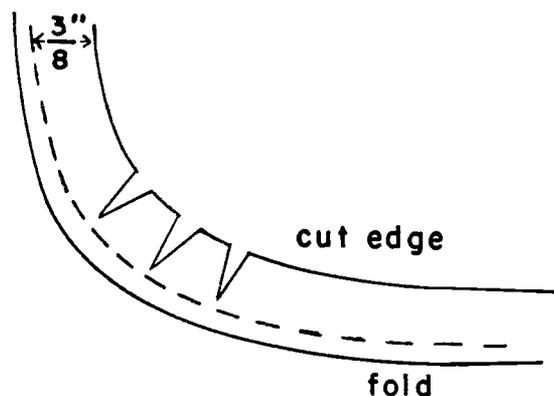


Figure 86.

Notch curves as you did for the oven mitts. Press carefully. The hem needs to be stitched by hand or machine. Either way, it must be done before you attach the pocket to the apron. Machine stitching should be  $\frac{1}{8}$  inch or less from the folded edge. Tie threads.

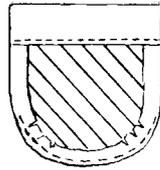


Figure 87.

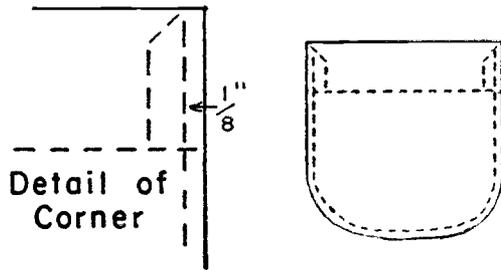


Figure 88.

Stitching the pocket on the apron.

Place the pocket on the apron where you think it should be. The usual place is from 4 inches to 6 inches from the waistband and from the sides, depending on the fullness. Pin in place and baste. Then stitch  $\frac{1}{8}$  inch or less from the edge as shown. Be sure to make the corner reinforcements. Tie the threads.

#### Drawstring sash

Join all of the pieces of the sash together with  $\frac{1}{4}$ -inch plain seams on the wrong side.

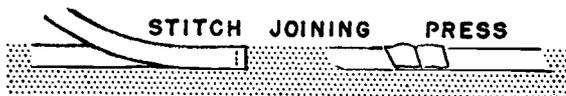


Figure 89.

Fold the two edges of the sash together the full length and baste. Stitch as shown in figure 90, using  $\frac{1}{4}$ -inch

seams. Adjust your adhesive seam gauge to  $\frac{1}{4}$  inch. Leave a 4-inch opening so the sash can be turned.

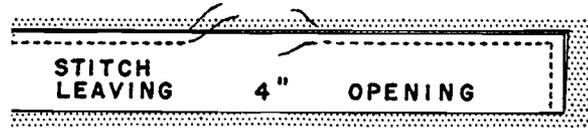


Figure 90.

Press edges like this.

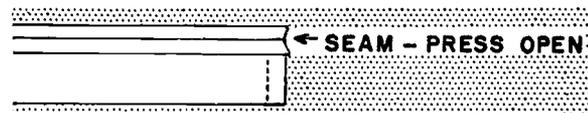


Figure 91.

It makes it easier to straighten the sides when the sash is turned.

Make three clips at the corners as shown here. You will have nice square corners after the sash is turned.

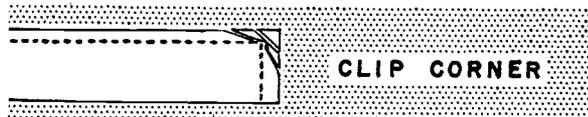


Figure 92.

Turn sash with a safety pin or a pencil without a point.

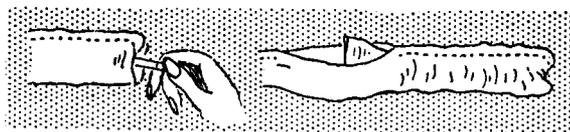


Figure 93.

Turn edges and carefully lift out the cloth in the corners to form nice corners.



Figure 94.

Turn the edges of the opening inside. Baste them together. Complete basting around the entire sash. Press well.

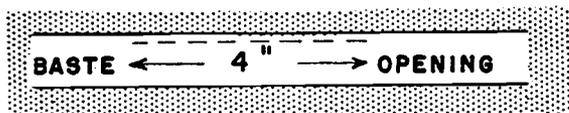


Figure 95.

Stitch around the sash very near the edge as shown.



Figure 96.

Start stitching as shown here. Stitch the two ends and one side. Tie your

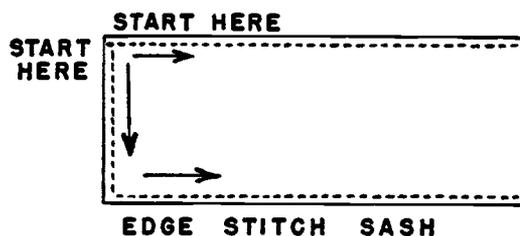


Figure 97.

thread. Start back where you started before and stitch the other side. This keeps the sash from twisting. Stitch over the first stitches for reinforcement. Tie threads. Hide the ends by threading a needle and drawing them into the belt.

**Press apron**

Press the apron very carefully. Learn to press with the grain. It may be necessary to use a damp cloth to press it well. However, this will not be so necessary if you have avoided wrinkling your apron and have pressed it carefully after each stitching. You will learn that the iron is almost as valuable a



Figure 98.

tool as is the sewing machine in producing nice garments. Later you will learn that you can substitute pressing for part of the basting.

Use a safety pin to run the sash, or drawstring, in the apron. You may want to stitch the belt to the apron at center front to keep it from pulling out.

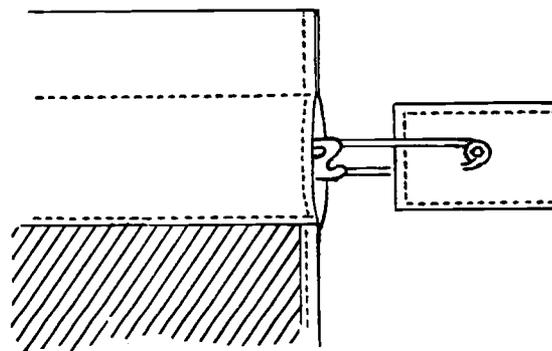


Figure 99.

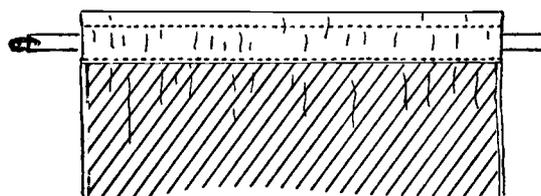


Figure 100.

Wouldn't you like to make an apron for a gift? Even though you did a good

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# Check Sheet For Sew It's Fun

This check sheet gives you a chance to check your own project, measure your progress, and keep a record of it.

You are using the sewing machine for the first time in this project. You should have a feeling of achievement as your work progresses.

## I. Head or neck scarf.

The scarf may be a triangle, a rectangle or a square. It may be of single or double thickness of fabric. Suitable cotton, rayon, or a blend may be used. Scarves without embroidery are recommended. However, a scarf with a simple initial or design is acceptable. If fringed, the fringe should be neat and not bunched together. Other finishes than fringing may be used.

A luncheon cloth or place mats may be substituted for the scarf to give experience in machine stitching.

It is not necessary that the scarf, pot holder, and apron match. It is more important that the head scarf fit in with your wardrobe.

## II. Pot holder or oven mitts.

You may want to make several pot holders and mitts, then select the best one for exhibit. If a print fabric is used a small allover design is best. Avoid use of resin finished fabrics as grease spots are difficult to remove. Metal magnets may be put in pot holders if desired. Avoid using bias binding. It is too difficult to handle for this project.

## III. Draw string apron.

This is a work apron, so you should select durable fabric that can be washed and ironed easily. Resin-finished fabrics are not recommended. The design should be in proportion to the size of the apron. A border print may be used. The sides of the apron may be hemmed the entire length then the hem of the apron turned and stitched. Or the ends of the hem may be stitched on the wrong side, turned, then the sides of the apron hemmed. The hem is stitched last.

### I. SCARF, LUNCHEON CLOTH, OR PLACE MATS

Did I do this?

1. Select attractive and suitable fabric, color and design. . . . .
2. Select scarf that fits in with my wardrobe. . . . .
3. Select thread a shade darker or matching. . . . .
4. Make straight stitching along the grain of the fabric . . . . .
5. Stitch smoothly -- without puckers. . . . .
6. Tie and clip all loose thread . . . . .
7. Make length of stitch correct for the fabric. . . . .

Good	Need to Improve

DOCUMENT  
COLLECTION  
OREGON  
COLLECTION



job on this one, there are surely ways you can improve on another one.

Remember your motto: "Make the best better!"

Score card for drawstring apron.

1. Was the choice of fabric a wise one? .....
2. If not, what was wrong? .....
3. Is the apron the correct size? .....
4. Are hems straight and even? .....
5. Is the stitching even? .....  
Is the length of the stitches correct for the kind of fabric? .....
6. Is the pocket in the right place and straight on the apron? .....
7. Is the open end of the hem whipped neatly together by hand? .....
8. Is the apron well pressed? .....
9. Is your apron attractive? .....

## Thinking of Others

### Entertain mothers

In 4-H work you have fun doing things for others. Last year you entertained your mothers at a tea and achievement program. This year you will want to do that for your mothers again, but let's do something else, too.

### Repair toys

Are there any little boys and girls in your neighborhood who do not have as many toys as do your little brother and sister? It may be that you can collect old toys and repair them and give them to these children. Maybe you can make a rag doll and dress it for a little girl for Christmas.

### Make child's book

Another suggestion is to make a child's picture book of cloth and paste colored pictures in it. A tiny child's hands can turn the pages of a cloth book better than a paper one. If you

will start looking in your magazines weeks before you are ready to make the book, you will probably be able to find lovely colored pictures that a child will like. Ask your 4-H leader or Mother to help you make some flour paste for the book. It takes so much paste that it is wise to make your own instead of buying it.

You and your leader will probably think of many other things that you can do. You may be able to make a few pennies to donate to some community activity for helping others.

So let's have fun doing for others!

### Acknowledgment:

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