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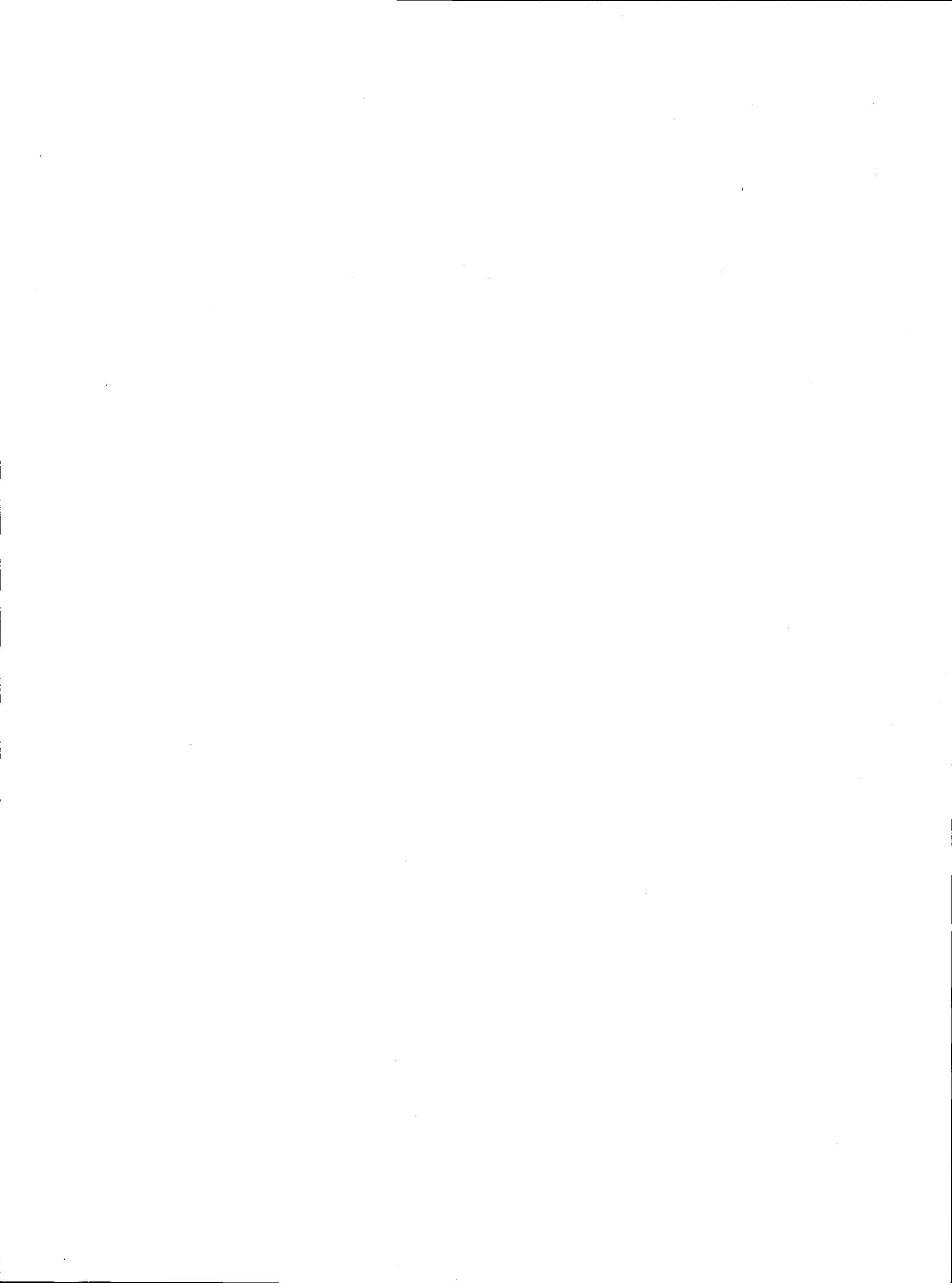


4-H Clothing Project  
Club Series L76

Federal Cooperative Extension Service  
Oregon State College  
Corvallis

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*W. J. Miller*



# JUST SO GIRL

MURLE SCALES, Clothing Specialist

OREGON STATE COLLEGE  
EXTENSION SERVICE  
CORVALLIS, OREGON

Many people helped in preparing this bulletin for you. Wouldn't you like to know about the artist who did the lovely drawings for your clothing bulletin? She was formerly a 4-H Club girl and did all of the things that you can look forward to doing. Jean Potter has drawn the pictures that she thought you would like.

Let's hope you enjoy the pictures as much as Jean has enjoyed drawing them for you.

You can put into practice your 4-H motto, "My hands to larger service." Girls have always liked to sew. There was a time—way, way back—when your great-grandmother taught your grandmother and her sisters how to sew. These little girls in pig-tails, wearing stiffly starched aprons, frilly petticoats, and ruffled skirts, sat at their mother's feet, learning to "sew a fine seam."

Whether or not your mother has had the time to teach you this art (and it is an art!), you now have a wonderful chance through your 4-H Club to learn to sew . . . for yourself, and for others, too! Won't Mother be proud when you appear ready for school wearing a head scarf that you have made all by yourself? Or won't little brother's eyes sparkle when you make him a toy rabbit to keep him busy and happy for a long, long time?

There are many other new things you will want to learn, too, such as how to have lovely hands, how to take care of your clothes, and how to entertain guests.

Let's get started right away, shall we?

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# Learn to Sew

## Sewing box

In the kitchen your mother has pots and pans that she uses for cooking, and in sewing you need certain equipment. She has a place for each pan and keeps it there. When she starts to cook, she doesn't have to hunt for it.

You, too, will want to be just as careful with your sewing equipment or supplies. Before you start sewing, you will need to fix a sewing box. There

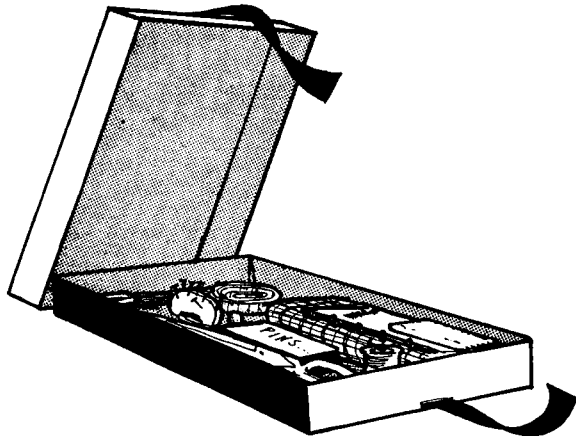


Figure 1.

are many types of boxes you may use. A doll suitcase may be used or a box of wood, metal, or strong cardboard.

To keep supplies straight in cardboard sewing boxes, you may paste smaller boxes inside the large one. These small boxes should be just the size for your scissors, thimble, or thread, etc. This makes divisions and keeps supplies separated.

Your leader may also suggest other ways of making nice, convenient sewing boxes. You want to select a sewing box that will not fly open if the box is dropped.

## Sewing supplies

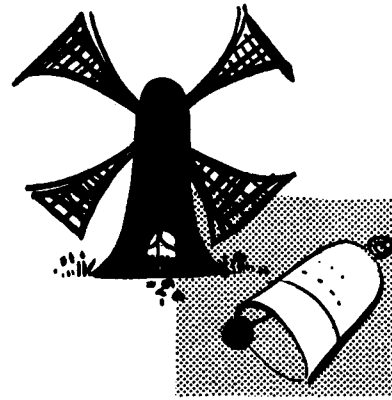


Figure 2.

## Thimble

The thimble is a very important sewing tool. The story goes that the thimble was invented in Holland. They called it a "thumb bell" because it looked like a bell and was worn on the thumb. Finally they changed the name to "thimble" because it took too long to say "thumb bell."

Thimbles are made of silver, nickle, brass, steel, plastic, and aluminum. If you select a plastic one, be sure that it is not thick and clumsy. Aluminum is too soft, and often the needle pushes holes in the end of the thimble.

The thimble is worn on the middle finger. Select a thimble that fits snugly, but not tightly. Your finger should just miss touching the end of the thimble.

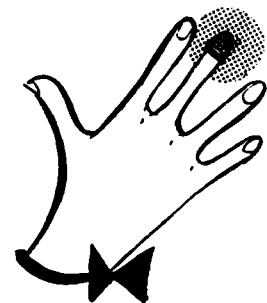


Figure 3.



**Tape measure**

Just as your mother measures carefully in cooking, you will wish to measure carefully in sewing. You will need a good tape measure and perhaps a short ruler or gauge.

Select a 60-inch tape measure numbered on both sides with numbers beginning at opposite ends, so no matter how you pick it up, you will have it ready to use. Choose a tape of good fabric with metal or plastic tips.

**Measuring gauge**

A six-inch ruler or a measuring gauge such as this is useful for measuring. See Figure 5.

Figure 4.

**Needles**

When your mother asks you to go to town to buy needles for sewing, do you know what size and kind to buy? Here is a guide that will help you. Needles come in various sizes. The sizes are shown by numbers from 1 to 12. Small numbers mean coarse needles and large numbers mean fine needles. They come in packages of different sizes such as 5/10 or (5 to 10). This means that the needles vary from size 5 to size 10. Or they may be sizes 3/9 (size 3 to size 9). Some packages contain just one size.

You will want to know the kinds of needles. There are four kinds most often used for home sewing.

Sharps are slender needles and medium in length, with small, rounded eyes.



Figure 6. I belong to the Sharps family, size number 8.

Betweenens are shorter needles and are used for fine handwork such as hemming.



Figure 7. I belong to the Betweenens family, size number 8.

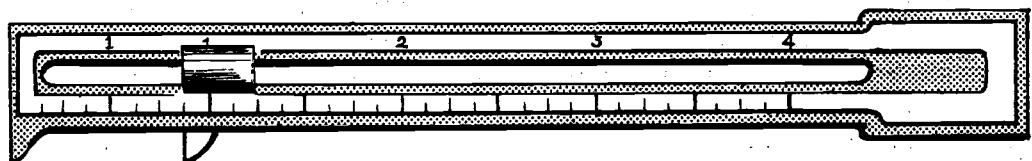


Figure 5.

Crewels have very long eyes and are good for darning cotton and embroidery thread. Some girls like this needle for ordinary sewing because it is easier to thread.

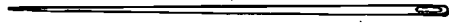


Figure 8. I belong to the Crewels family, size number 8.

Darning needles are much like crewels, but are longer and have larger eyes. (These come in sizes 1/10.)



Figure 9. I belong to the Darning family, size number 8.

For the sewing you will do, "Sharps" size 5/10 or 3/9 are good. Perhaps you will want to try different needles to see which you like best.

#### Scissors or shears

You may have to borrow your mother's scissors or shears until you can have a pair of your own. You will want your own as soon as possible. Scissors are from 3 inches to 6 inches long and have two ring handles the same size for thumb and finger. They are good for clipping threads, ripping, and general use.

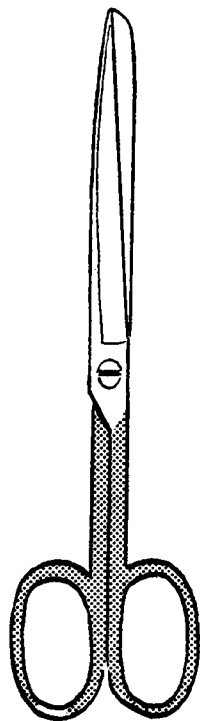


Figure 10. Scissors.

Shears are longer than scissors and have a small ring handle for the thumb and a larger loop handle for several fingers. A pair of shears with bent handles makes it easier to cut fabrics as they lie flat on the table.

Those with one blade pointed and the other blade slightly curved at the end are best. Take care of your scissors and shears. Cutting string, paper, and cardboard makes them dull. Keep them for cutting cloth only. Even the cutting of threads will dull shears. Dropping them on the floor ruins them. Put your name on your scissors. Adhesive tape is good to use for this.

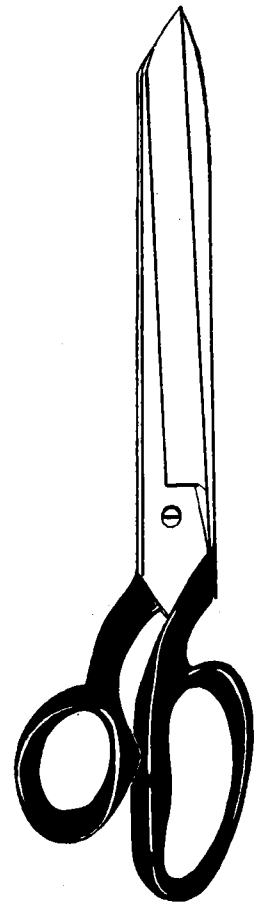


Figure 11. Shears.

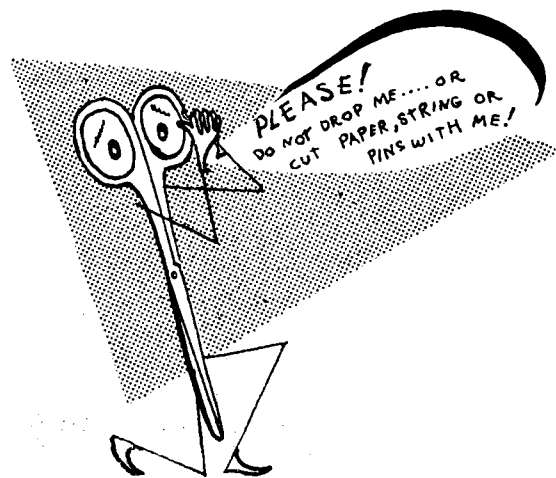


Figure 12.

### **Pins**

Cheap, rough pins are apt to snag and pucker the material. Steel pins may slip through the material easily, but often make rust spots if left in the material. This is not true of brass. The better pins are "Dressmakers," which have very sharp points. These come in one-half, one-fourth, or one-eighth pound boxes, and sometimes in folders. If you cannot find the dressmaker pins, select "SC," a medium-sized brass pin which comes in a paper folder.

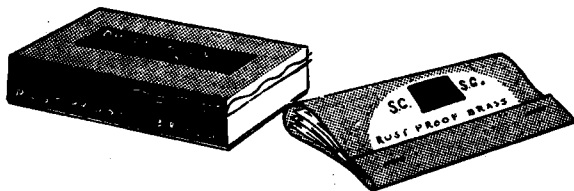


Figure 13.

### **Thread**

Black and white cotton sewing thread also comes in different sizes. The smaller numbers mean coarse thread and the larger numbers, finer thread. Cotton thread comes in sizes 8 to 200. For most sewing that you will do, you

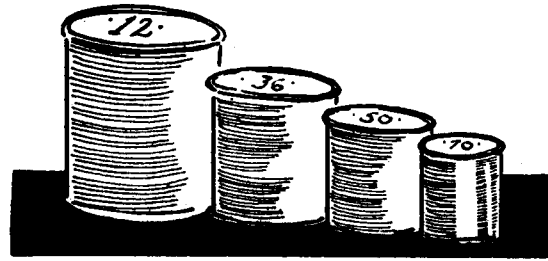


Figure 14.

will need size 50 or 60. Mercerized thread has a "silky" finish. It comes in two sizes—a medium and a heavy duty weight. The medium weight is size 50 and is the one you will be using. The heavy duty is for sewing on coarse fabrics. Almost all colored cotton thread now is mercerized.

Maybe you can take the club meeting time for a trip to the store with your leader. You can see all of the different kinds of sewing supplies that you have learned about in this club meeting. By the next club meeting you should have your sewing box, scissors or shears, needles, thread, pins, thimble, and a small notebook. You will be ready then to start learning how to use these sewing tools.



Figure 15.



## Good work habits

Before starting to sew, you will want to learn to wear your nice new thimble. Wear it around home as you do a ring until it no longer feels awkward. You may have some trouble at first. Do you remember how you had to learn to skate? The skates felt awkward and heavy at first and you had a hard time standing up—or maybe you didn't, and fell! But you didn't give up until you could skate smoothly. So, in sewing, you will have to keep trying. Thimbles help you to sew faster and make neat stitches, as well as protecting your finger. Someone has said that "It takes longer to wear a hole in the thimble than in your finger."



Figure 16.  
I always wear  
my thimble.

Are you following the good work habits shown here?



Figure 17.  
I sew with  
clean hands.

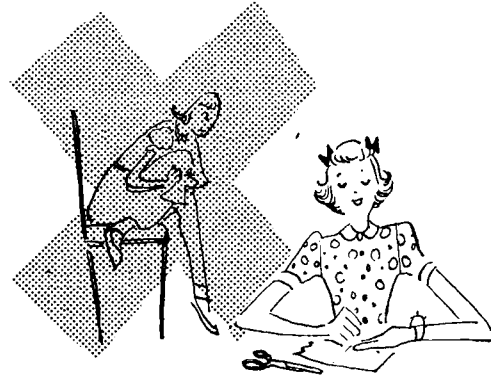


Figure 18. I work on a table, not my lap.

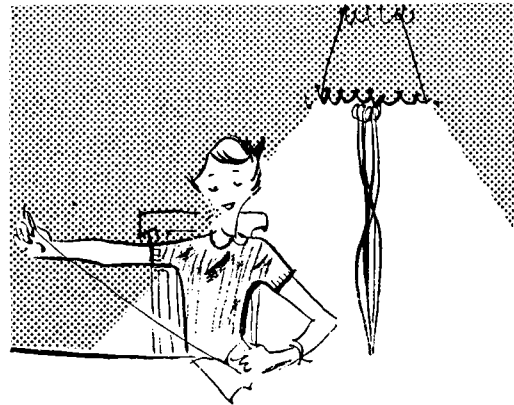


Figure 19. I sit where the light is good and comes over my left shoulder—never in my eyes.

Figure 20. I sit in a comfortable chair with my feet on the floor or on a box the right height.

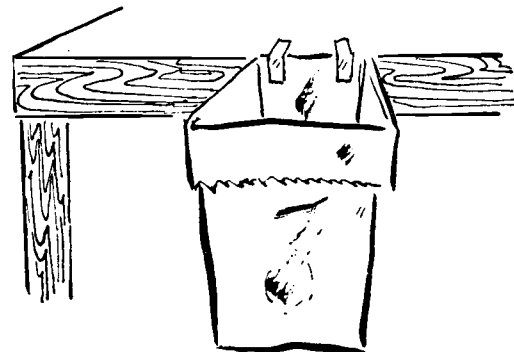


Figure 21. I keep my scraps in a paper sack attached to the table with adhesive tape or in a waste basket.

## Learning to use sewing supplies

Now we are ready to learn how to use these tools.

### *Thread a needle*

Put the end of the thread into the eye of the needle before cutting the thread from the spool. It sometimes helps if you cut the thread at a slant (except nylon).

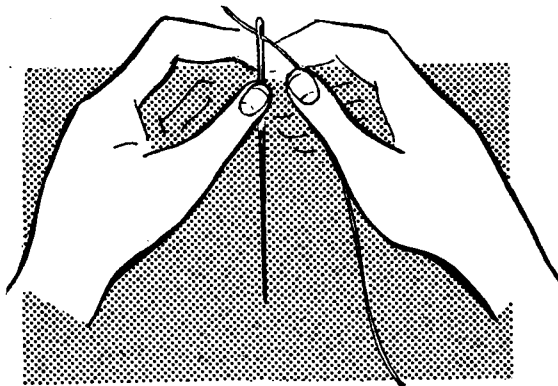


Figure 22.

Never break or bite the thread—one is hard on the hand and roughs the thread; the other is hard on the teeth and soils the thread. If you have too long a thread, it becomes tangled. Cut your thread about 18 inches long or about the length from your fingers to your elbow.

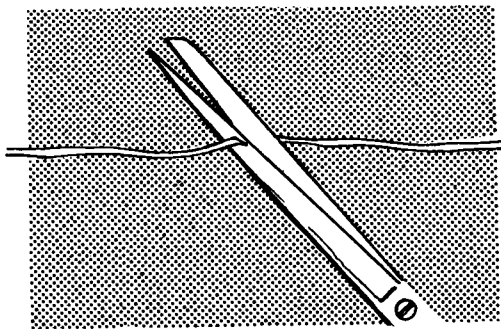


Figure 23.

### *Make a knot*

To keep the thread from slipping out of the cloth, make a knot in one end. This should be the end that you cut from the spool after you threaded the needle.

Make a knot this way:

Grasp the thread about one-half inch from the end between the thumb and first finger of the left hand.

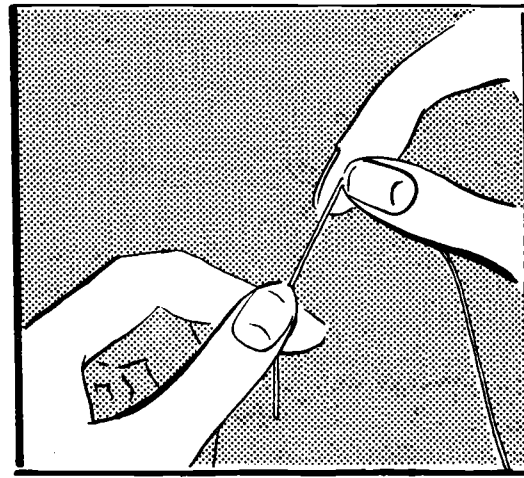


Figure 24.

With the right hand, bring the long end of the thread around the first finger of the left hand, in between the thumb and first finger.

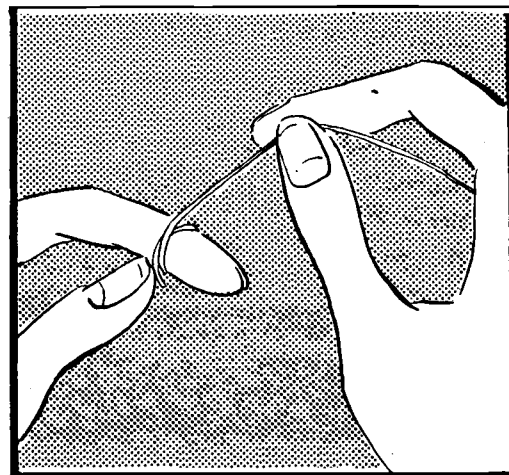


Figure 25.

Still holding the long end with your right hand, now roll the short end forward between the left thumb and finger until the loop is off the finger. Do this by pushing the thumb forward.

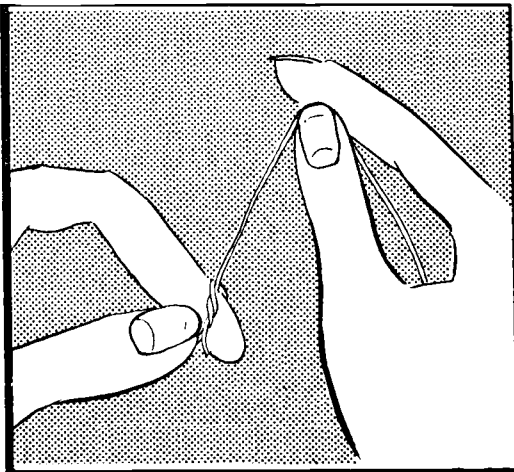


Figure 26.

As the first finger comes out of the loop, put the middle finger of the left

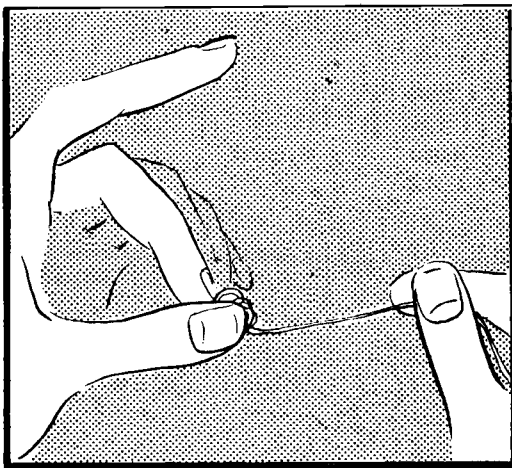


Figure 27.

hand on the thread. Pull the loop down in a knot with the use of the thumb and the middle finger. See Figure 28.

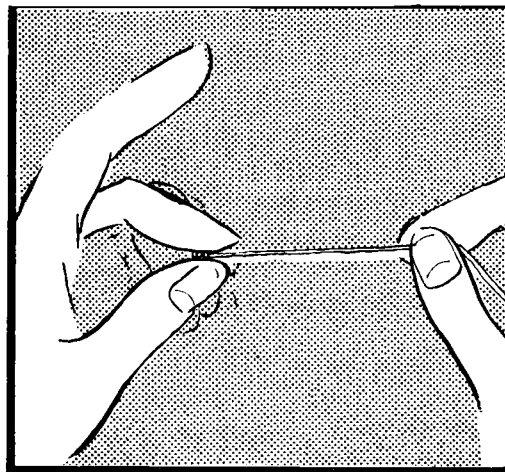


Figure 28.

#### *How to hold needle and wear thimble*

Practice this a while.

Hold the needle between your thumb and first finger, near the point of the needle. Place the thimble against the eye end of the needle. You may use either the end or the side of the thimble.

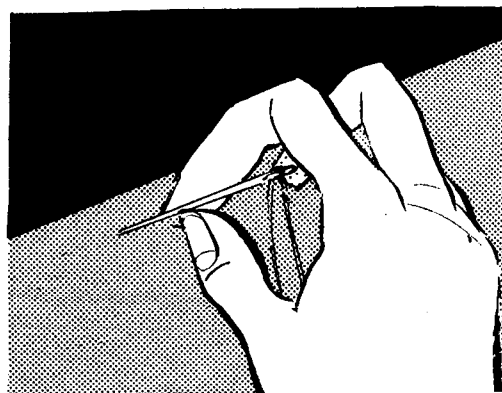


Figure 29.

#### *Taking stitches*

Take some large scraps of cloth to practice sewing before you start on your first sewing project.

Hold the edge of cloth in the left hand as shown in Figure 30. Put needle

in near edge of cloth and make a small stitch. Hold the needle near its point.

Take the material between the thumb and forefinger of the right hand at the place where you put the needle in the cloth. Now the two thumbs and first fingers should be about  $\frac{3}{4}$  inch apart as shown in Figure 30. The material between the thumbs should be gently taut.

Push the needle forward with the thimble. At the same time move the hands back and forth, especially the left one. This will form stitches as the needle is pushed through the cloth. Do not push material on needle with left hand.

After you have learned to use your needle and thimble, you are ready to do your first sewing.

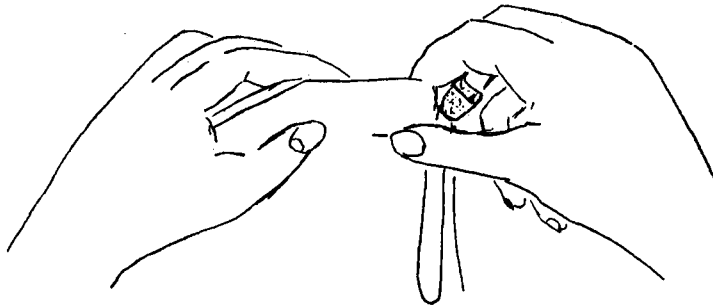


Figure 30.

# Needle Case

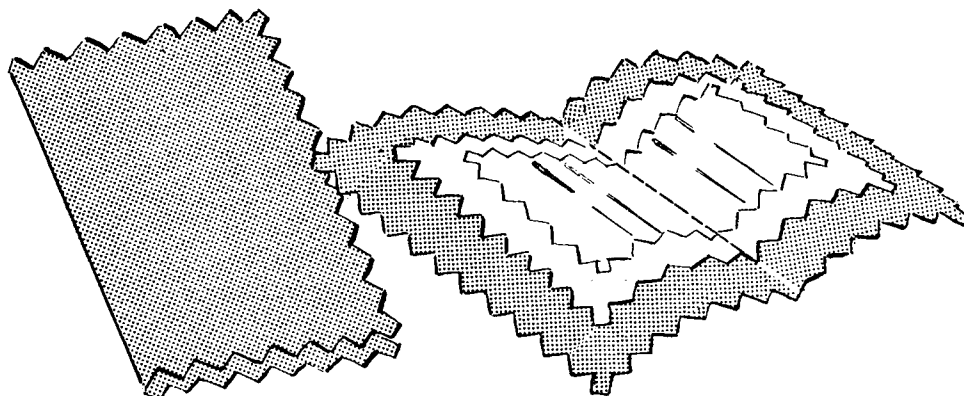


Figure 31.

You need a needle case to keep your needles and a pincushion for your pins. You may make either one. Most 4-H girls want to make both.

There are many ways to make pretty needle cases. This plain one is easy. You may make the cover of felt or wool and the leaves of wool or outing flannel. Select a color that will look nice in your sewing box.

You will have a chance to use all your equipment in making the needle case. It is going to require some very careful measuring. This is the way to read your tape measure or ruler. See Figure 32.

**Cut the cover 3 1/2" by 5 1/2"**

### *Felt cover*

To square the corners, lay a piece of cardboard from a tablet on the felt and draw down one side 5 1/2" and along

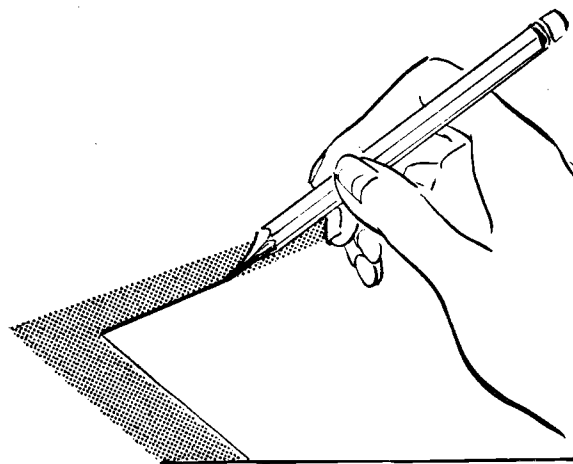


Figure 33.

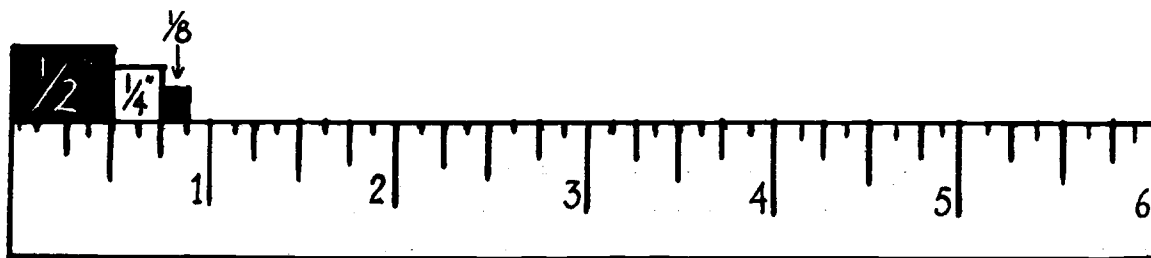


Figure 32.

the other side  $3\frac{1}{2}$ ". Then measure the other two sides in the same way.

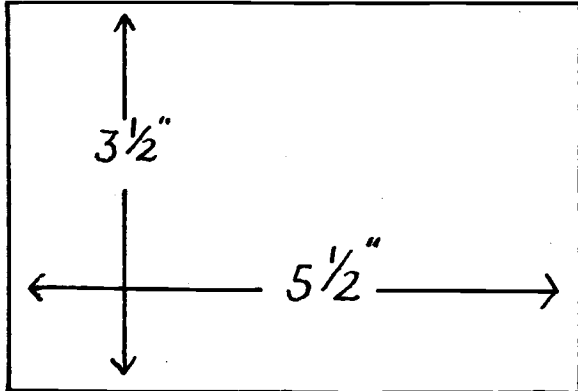


Figure 34. Your cover should look like this.

#### Wool cover and leaves

If you are using wool fabric for the cover or leaves, you will have to straighten it by pulling a thread each way and cutting on that line.



Figure 35.

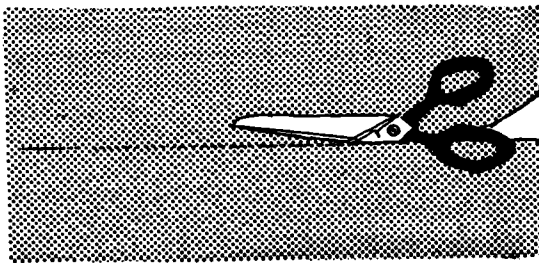


Figure 36.

#### Make leaves

Make two leaves just like the one you did for the wool cover except make one leaf  $3$ " by  $4\frac{1}{2}$ " and the second  $2\frac{1}{2}$ " by  $4$ ". See Figure 37.

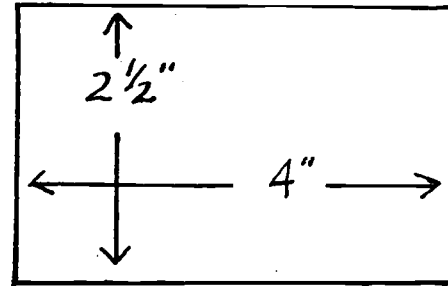
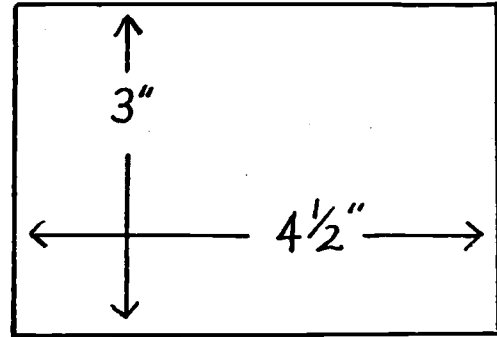


Figure 37.

#### Mark center line by creasing

##### Fold cover

Fold the cover bringing the two ends ( $3\frac{1}{2}$ " length) together and press along the fold with your fingers.

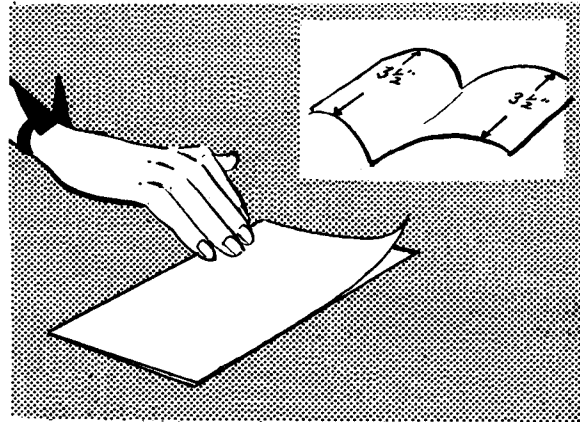


Figure 38.

##### Baste along fold

Open the cover and baste along the fold. (Do you remember how you threaded your needle and made the knot? Review pages 10 and 11.) Hope you didn't forget and bite your thread.

Are you sitting up straight with the light coming over your left shoulder, and your work on the table? Oh, yes . . . don't forget the thimble. You know you want to practice all those good work habits until you do them without thinking.

Start basting, holding your needle and cloth as you learned on page 12. This time you are going to make large stitches instead of tiny ones. So, do it as follows: Put your needle down through the cloth and bring it up to the right side. Then put your needle down through the cloth again about one-half inch away from where you brought the needle up. Continue making a straight line of stitches like this:

— — — — — (Start here.)

For a basting which is to be pulled out later, end the line of stitches with two little stitches as shown above.

In the same way, mark the center line with basting on each of the leaves.

### Finish edge of cover

Finish the outside edge of cover and leaves by one of these three methods: pinking, overcasting edges, or using the blanket stitch. (The felt will not need

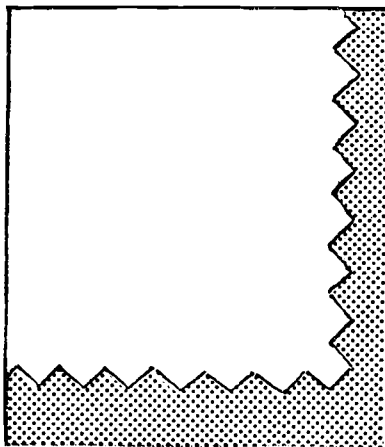


Figure 39. Pink edges with pinking shears.

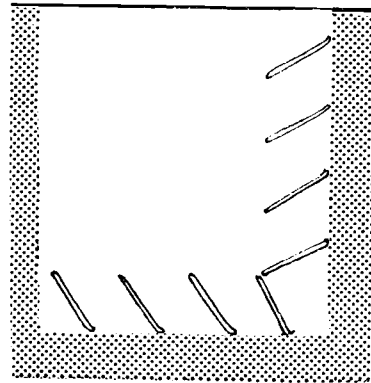


Figure 40. Overcast edges.

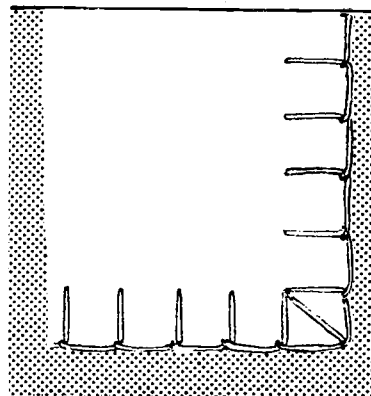


Figure 41. Blanket stitch around edges.

to be finished. However, you may pink it if you wish.)

### Overcasting stitch

Fasten the thread by taking three tiny running stitches in the place where the first overcasting stitch will be.

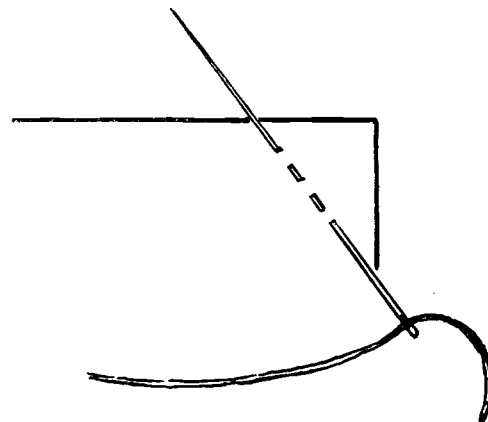


Figure 42.

When you have finished taking the three little stitches, there will be only two stitches showing on this side, but three will show on the wrong side.

Begin at the depth desired for the overcast stitch and end at the cut edge. Do not start at the very corner; start a distance of one or two overcast stitches away from the corner so that you will end the sewing correctly.

This shows how to do the overcasting stitch.

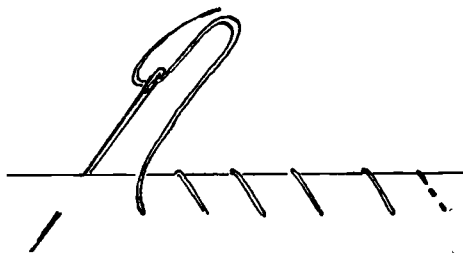


Figure 43.

The distance between the stitches are the same and the stitches all slant the same way. Be careful not to draw the stitches too tightly.

When you have gone all the way around the cover, or leaves, you join your overcasting in this way . . .

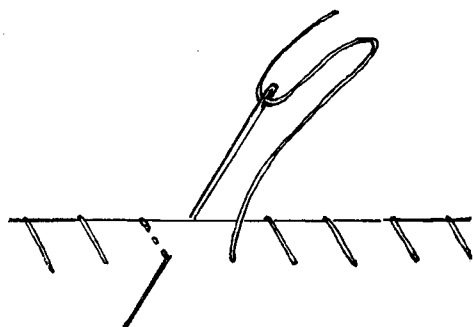


Figure 44.

End the sewing by making three little stitches under the first overcast stitch that you made. See Figure 45.

Note: To see how the corner will look, refer to Figure 40. At the corner you put both stitches in the same hole.

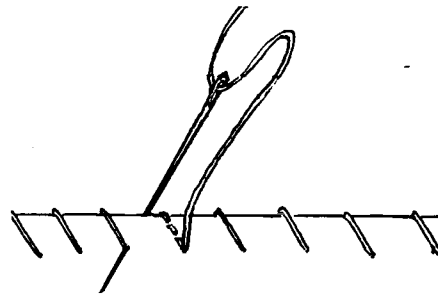


Figure 45.

#### *Blanket stitch*

Fasten the thread by taking three tiny running stitches in the place where the first blanket stitch will be.

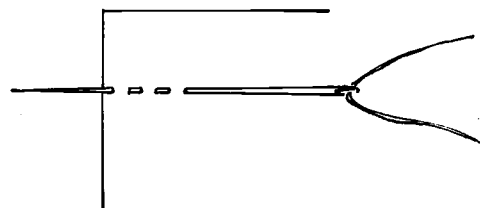


Figure 46.

Begin in the depth desired for the blanket stitch and end at the cut edge. Do not start at the very corner; start a distance of exactly one or two blanket stitches away from the corner so that you will end the sewing correctly.

Put the needle back in where you started the three little running stitches. Hold the thread under the left thumb and form a loop as shown here. Pull

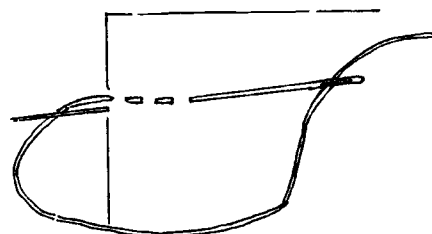


Figure 47.

the needle through, and this forms a tiny loop that holds the thread at the cut edge. See Figure 48.



Put the needle in the cloth again the same distance from the first stitch as the stitch is long. Continue this way.

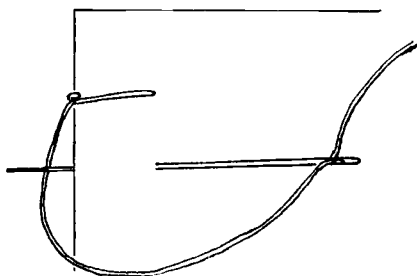


Figure 48.

Make the blanket stitch around the corner like this. Be very careful not to draw the threads tightly.

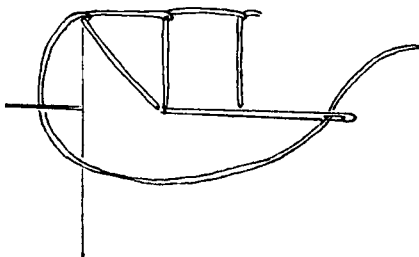


Figure 49.

End the sewing by making three little stitches under the first blanket stitch you made.

### Sew leaves and cover together

*Put cover on table*

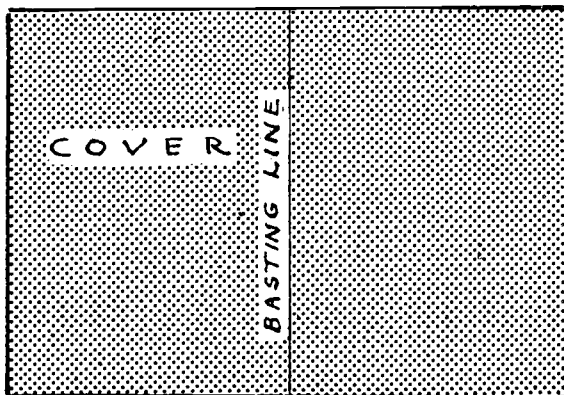


Figure 50.

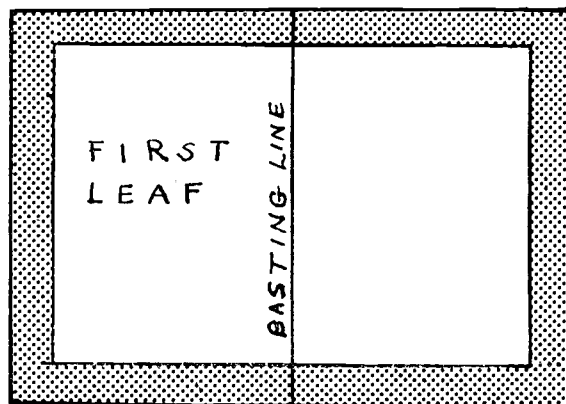


Figure 51.

Place first leaf on cover so that center basting line is exactly on the center basting line of cover.

Place second leaf on first leaf so that center basting line is exactly on center basting line of first leaf.

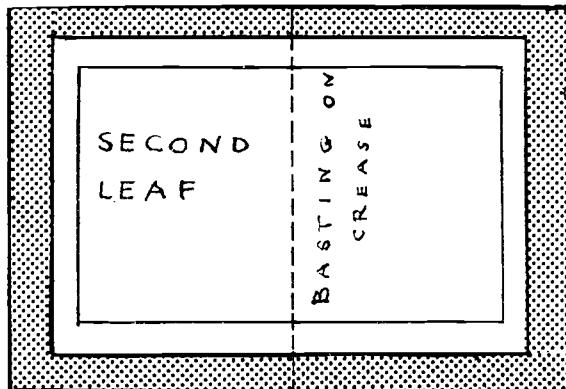


Figure 52.

### *Pin all in place*

There should be the same margin all around the sides and ends of each leaf. See Figure 52. Fasten the three pieces together with back stitches on the center line. Hide the knot under the first leaf and cover. Do it as shown in the drawing.

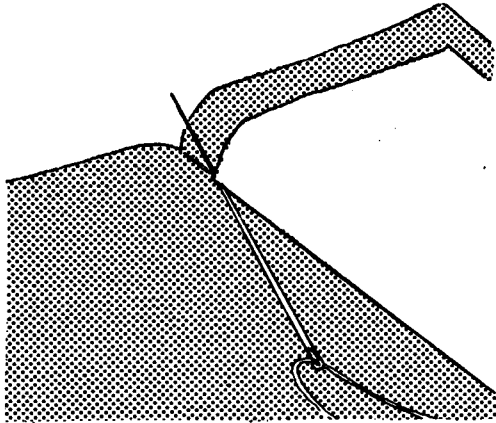


Figure 53.

Turn the leaves back so that you open it as in Figure 53.

Make a row of back stitches along the basting line as shown in Figure 53. Make short stitches about 1/16 inch.

Figure 54 at bottom of page shows how to do the back hand stitch.

The back stitch also may be done by sewing in the opposite direction—that is, from left to right. If it is easier for you, why not do it that way?

After you have finished sewing the leaves and cover together, carefully fold it on the back stitching line with the leaves on the inside. Press it flat with a steam iron or damp press cloth and regular iron.

Now you have a nice needle case to take care of the needles in your sewing box.

Check all the things you have learned about sewing by making the needle case.

1. To use a tape measure and measure accurately .....
2. To straighten cloth by pulling a thread and cutting along the line of the thread .....
3. To cut evenly and accurately .....
4. To baste .....
5. To use pinking shears .....
6. To overcast edges .....
7. To blanket stitch around edges .....
8. To start and stop with two little stitches to hide the starting and stopping place .....
9. To back stitch .....
10. To wear and use a thimble in sewing .....
11. To sew sitting up straight with work on the table .....

You may want to make several more needle cases. Try finishing them by one of the other methods and use a different-colored material. Surely your mother, grandmother, aunt, cousin, or a friend will be delighted to have a needle case that you have made. Maybe you can give one for a birthday, Mother's Day, or Christmas gift.

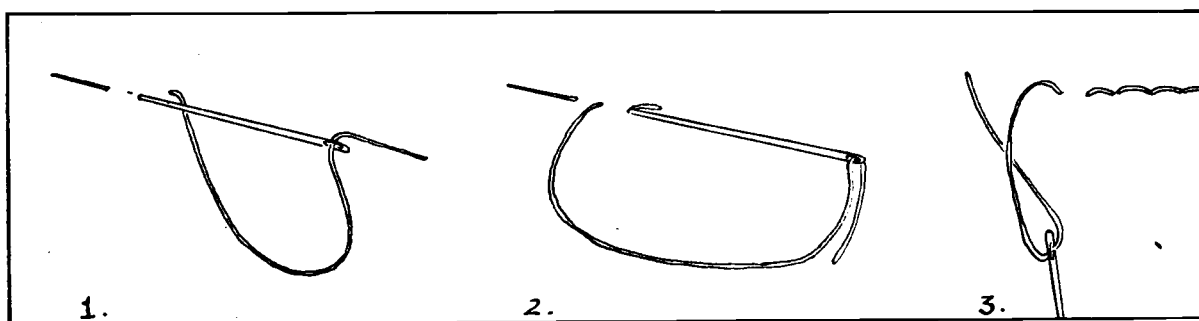


Figure 54.

# Improve Personal Appearance

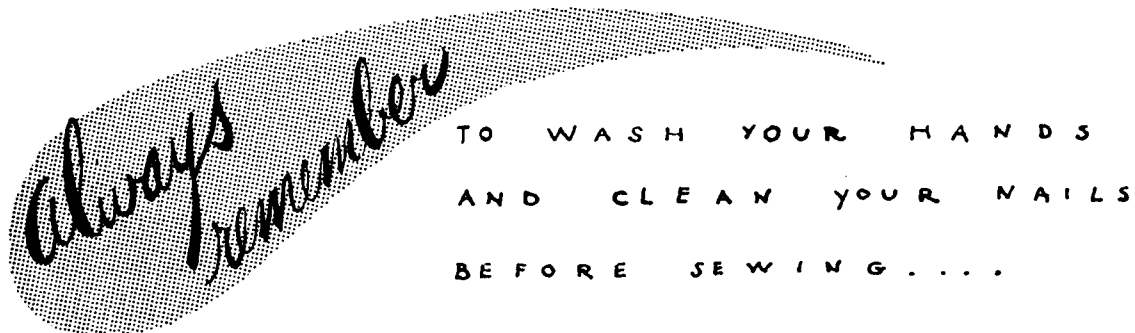


Figure 55.

One way to improve your personal appearance is to take better care of your hands. Keep your hands clean and the nails trimmed and shaped. Before sewing, wash your hands and clean your fingernails. Dry your hands carefully around the nails so they will not become chapped and develop hangnails.

Use a good hand lotion after washing to help keep your hands soft and smooth.

Some of you 4-H girls may wish to use light shades of fingernail polish. This is all right if you keep your hands and nails clean. Polish calls attention to your hands. Care for your hands so that you can be proud of them.

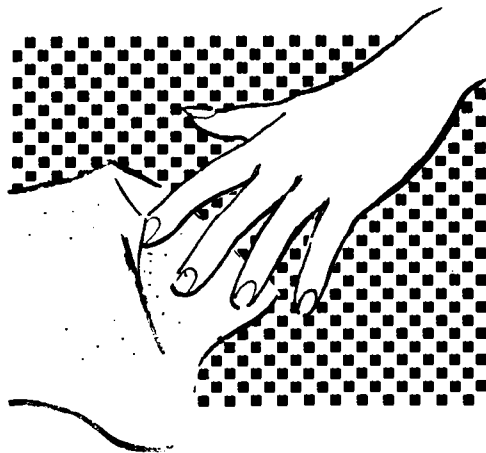


Figure 56.

# Pincushion

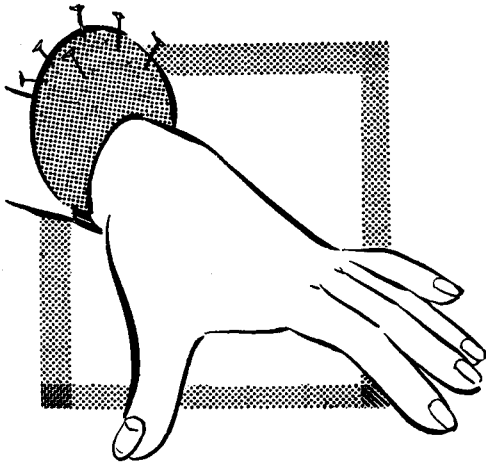


Figure 57.

It is hard to keep up with pins while sewing. Too, it's hard to take pins out of a box without sticking your fingers. A good pincushion is the easiest way to take care of your pins and at the same time have them handy for use.

## Pattern

Here is a pattern of a pincushion that you can wear on your wrist while you sew.

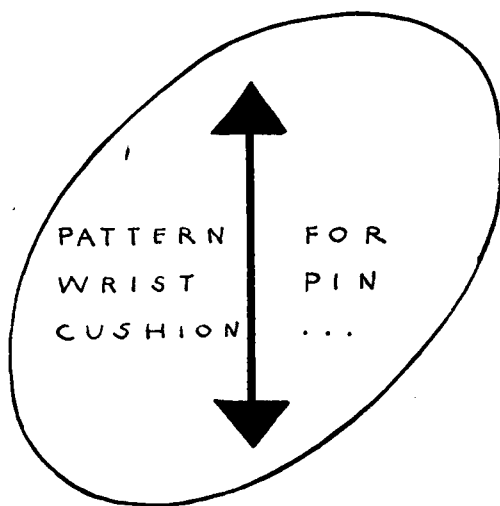


Figure 58.

This pattern must be made larger. Enlarge it by measuring all around the pattern one inch from the sides. If you make your measurements close together, you can keep a nice curved line.

## Fabric

Make the pincushion of a closely woven wool fabric or of velvet. It is not necessary to have new fabric. You also will need a piece of narrow elastic to hold the pincushion on your wrist.

## Cut out the pincushion

Pin the pattern on the fabric so that the arrow is on the lengthwise threads of the fabric. This means that the pattern is on the correct grain line. Ask your leader to show you how.

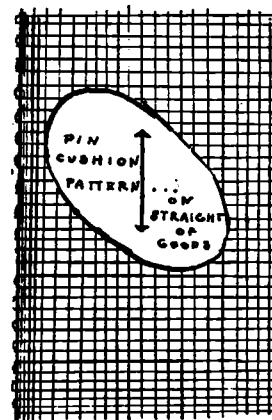


Figure 59.

## Sew the pincushion

Thread your needle with a double thread and make a knot in the end. Fold the pincushion in the center with the right sides together. Sew around the pincushion on the wrong side. Make 1/2" seams. Take small stitches, or bet-

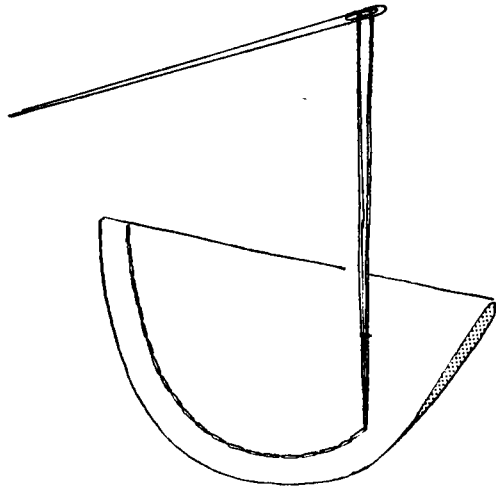


Figure 60.

ter still, sew with the back stitch. This stitch holds much better. Do you remember how you did it on the needle case? Finish with three small stitches. Leave an opening for turning and for filling the cushion. See Figure 60. Turn the pincushion right side out.

### Fill the pincushion

Cut the wool scraps into very small pieces—about 1/4". Stuff the pincushion with them. Pack firmly, but do not make it lumpy. Fold the seam allowance at the opening to the inside and pin together. Using a double thread, whip the two edges together as shown in Figure 61.

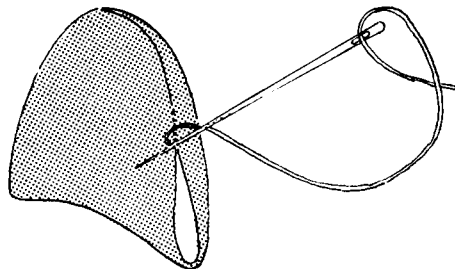


Figure 61.

As you stuff the pincushion, it becomes slightly curved on the under side.

### Sew on the elastic band

Ask someone to hold the pincushion in place on your wrist while you measure the elastic needed for the band. The elastic should be long enough to extend under the pincushion for one-half to 1 inch on each side. Sew the elastic to each end of the now curved pincushion. Use a double thread and make tiny stitches. Sew on all sides of the inch of elastic that extends under the pincushion. This will help to keep the pincushion in position on your arm. Now you have a pincushion ready for use.

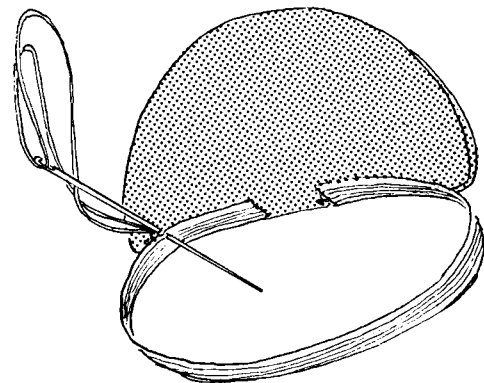


Figure 62.

Check the things that you have learned in making the pincushion.

1. To place a pattern on the correct grain line .....
2. To measure accurately .....
3. To cut accurately .....
4. To stuff a pincushion with wool fabric .....
5. To turn the edges inside and whip the opening together .....
6. To sew elastic securely .....

# Care of Clothes



Figure 63.

Hang up your clothes instead of tossing them on a chair, bed, or the floor. You can't look your best in a wrinkled dress. Remember to hang a garment straight over a hanger to keep it in shape.

Here is a chart that you may keep for one month. Every day that you hang up your clothes, put a little check in the space for that day. If you forget to hang your clothes, leave it blank.

After you have kept this record for a month, it should be easy to remember. A good 4-H member will not need to be reminded to hang up her clothes.

 A small illustration of a woman in a polka-dot dress pointing towards the calendar chart.
 

	Sun	Mon	Tues	Wed	Thu	Fri	Sat
1 <sup>st</sup> wk.							
2 <sup>nd</sup> wk.							
3 <sup>rd</sup> wk.							
4 <sup>th</sup> wk.							
5 <sup>th</sup> wk.							
6 <sup>th</sup> wk.							

Figure 64.

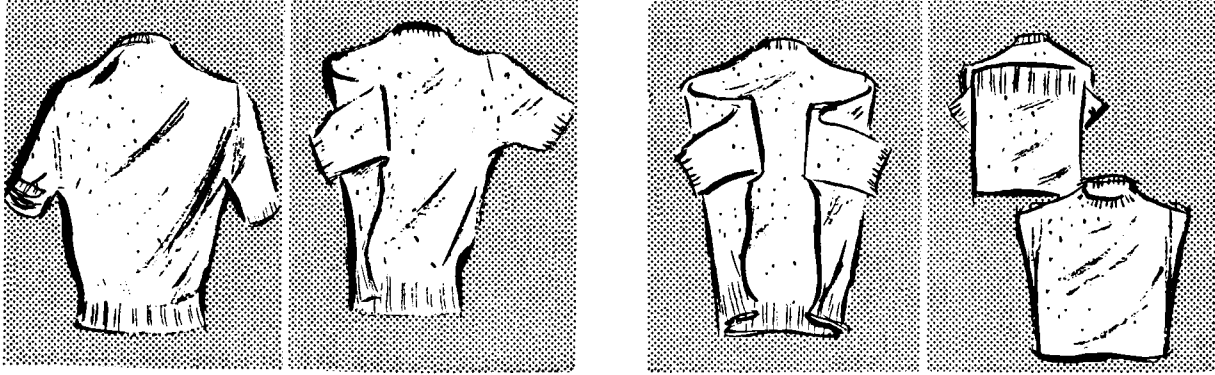


Figure 65.

Note: Of course, you won't want to hang sweaters. They will stretch out of shape. Fold and put them away in a drawer to keep them neat and clean. Here is the way to fold your sweaters:

- ▶ Place sweater with the front down on a bed or table.
- ▶ Fold the sleeve and side front to the back.
- ▶ Fold the other sleeve and side front to the back.
- ▶ Bring the ribbed hem of the sweater up to the shoulder.
- ▶ Still holding it folded, turn the sweater over so that you see the front of it.

Doesn't it look neat and nice? When kept this way, your sweater won't become wrinkled or stretched.

# Head Scarf

Wouldn't you like to make something you can wear—a head scarf? Since you have learned so much about sewing, the head scarf will be easy to make.

## Fabric

Scarfs are made of cotton, wool, spun rayon, or rayon crepe. For your first sewing project it is better to select one of cotton or rayon. When you become more skilled, you may want to make a woolen one. A soft print, percale, gingham, or bleached and dyed sacks may be used for this one.

## Color

Every girl loves color. Probably you like one or two colors better than any others. This may be because they are more becoming to you.

There is no magic way of selecting becoming colors. Of course, there are certain helps that you will learn as you do your clothing projects.

There's a shade of almost every color that's becoming to everyone. Think of the color of your skin first, then your hair and eyes. Think of your size. A small girl can wear brighter colors than her friend who is large for her age.

If your skin is a little rosy, you may not want more color in it. So you may find that reds are not as becoming as other colors. Try some blues and greens and browns near your face and ask your friends to tell you which they like best. You can learn a lot by what your friends say.

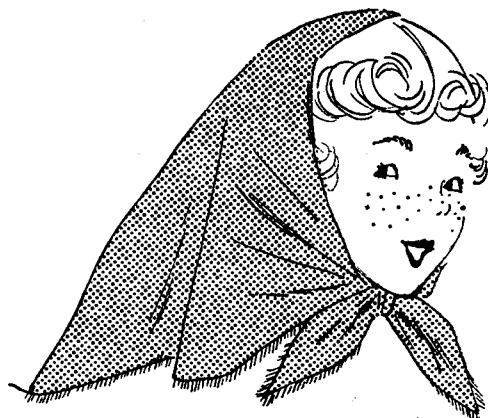
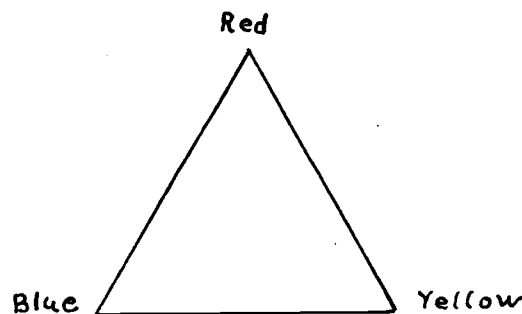


Figure 66.

If you always receive compliments when you wear a certain color, look at that color closely. Is it a true color such as blue, red, yellow (which are called hues)? You learned in school that all colors are made by mixing the three primary hues, blue, red, and yellow. You made green by mixing blue



The Primary Hues

Figure 67.

and yellow. If it has more blue, it becomes a blue green. If it has more yellow, it becomes a yellow green. Often, girls who cannot wear yellow greens can wear blue greens. The better dressed



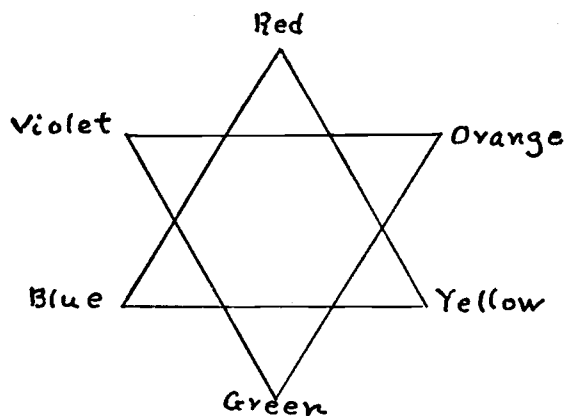


Figure 68.

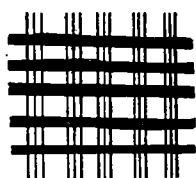
4-H girl wears only a few colors at a time. This may be a large amount of one color with a small amount of another color just for accent. When bright and dull colors are combined, the bright color should be used in a smaller amount.

You may use a solid color, a plaid or print for your head scarf. Choose a color that is becoming to you and looks well with your coat or dress. If either your coat or dress is a plaid or has a design, it is smarter to choose a solid color for your head scarf. Do not combine two different plaids or a plaid and a printed design.

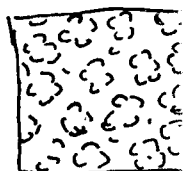
### Decoration

Most plain-colored head scarfs are more attractive without any embroid-

Do not combine these



Plaid



Print

Figure 69.

ery. However, it is all right to decorate yours with your initial or a simple design. Figured and plaid materials should never be decorated.

### Amount of material needed

The scarf will need to be 27 to 36 inches square. If you are a tiny girl, you probably will want to make the 27-inch size. The larger girl will probably choose the 30- or 36-inch one. You may buy new material or your mother may have some material at home that you can use.

### Straighten material

To cut the sides straight you must pull threads as you did in making the needle case. Cut on the line where the thread was removed. Do this on all four sides.

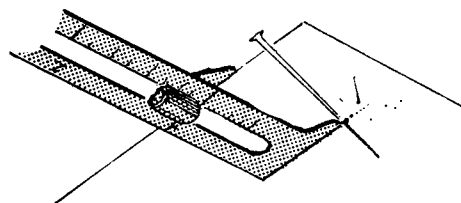


Figure 70.

### Draw threads one inch from edges

Measure in 1 inch from the cut edge. Draw 3 or 4 threads on this inch line. Repeat this on the other 3 sides of the scarf.

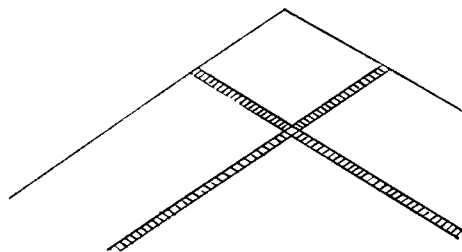


Figure 71.

### Overcast at corners

Overcast for 1 1/2 inches to 2 inches each way from all four corners. For the overcasting, you will need a number 8 or 9 needle and number 50 to 60 thread or mercerized thread to match the cloth.

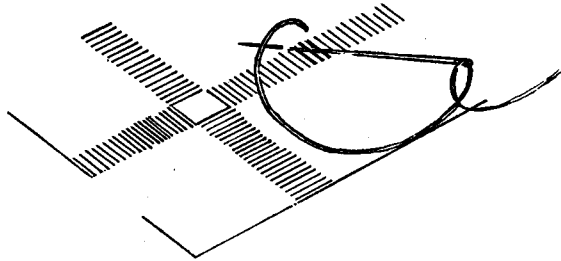


Figure 72.

Make an overcast stitch between every two or three threads. The number will depend on the size of the threads in the fabric. If you have forgotten how to start and stop when overcasting, review page 16, overcasting the edge of the needle case.

### Fringe edge



Figure 73.

Check the things that you have learned from making a head scarf.

1. To recognize a few different kinds of fabric .....
2. To select more becoming colors .....
3. To avoid using a plaid and print together or using two printed fabrics for the same costume .....
4. That plain head scarfs without embroidery are usually more attractive .....
5. To do the overcast stitch .....
6. To fringe the edges by pulling one thread at a time from the center rather than the corner of the scarf .....
7. To press carefully .....

When you have completed doing this on all four corners, finish fringing by pulling all the threads. It is better not to do all of the fringing before doing the overcasting because the fringe gets in the way while you are sewing. It is easier to fringe by using a pin to pull a thread from the center of the scarf rather than from the end. Also, pull only one or two threads at a time.

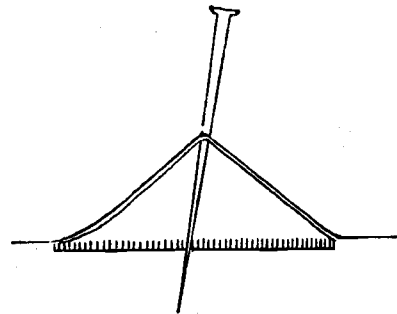


Figure 74.

### Press

Press your scarf and it is ready to be worn tomorrow.

# Doing for Others

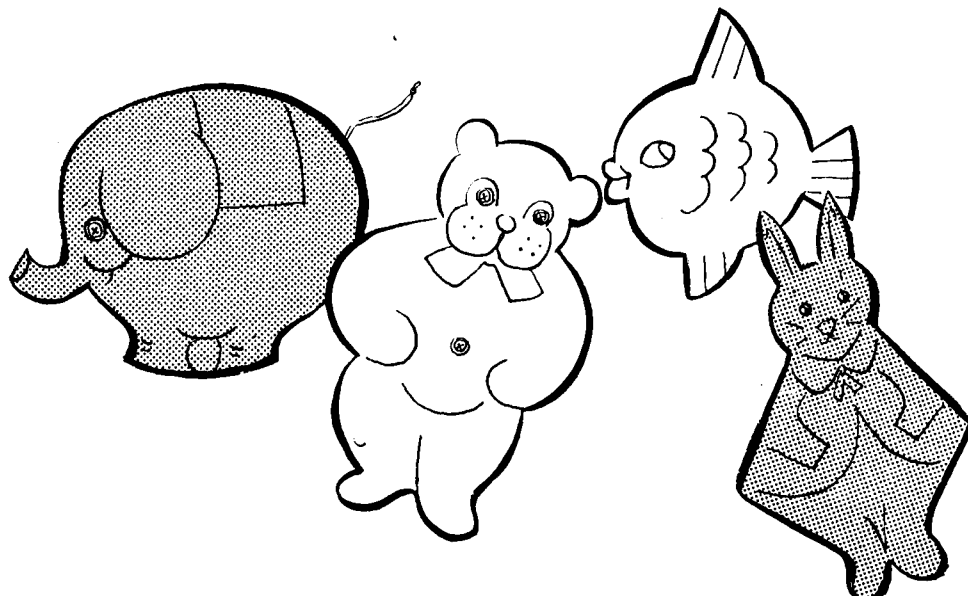


Figure 75.

## Soft toy

Have you ever watched a tiny child gurgle with delight when someone waved a soft toy animal in front of him and showed him how its tail wiggled and its ears flopped? Then when the little fellow got it in his arms, he hugged and loved it until the stuffing nearly came out. You will get such fun out of making one for your little brother or sister for a birthday or Christmas gift. These animals are most attractive. Get out your sewing box and we will sew a "Jackie Rabbit" for some little child who is longing for a new toy.

### Supplies needed

- ▶ Fabric—Outing flannel, soft feed sacks, or other soft fabric. Two pieces about 9 inches by 14 inches.
- ▶ Stuffing—Cotton, wool, or old clean rags cut into small pieces similar to the stuffing for your pincushion; however, do not cut into quite such small pieces.

- ▶ Scissors.
- ▶ Needle.
- ▶ Thread (heavy—about size 20 to 30).
- ▶ Thimble.
- ▶ Colored embroidery thread.

### *This is the way you make it*

- ▶ Transfer the pattern to the fabric.

Transfer the markings on the pattern to the wrong side of the fabric. You may use carbon paper for this. Your 4-H leader will give you the pattern and show you how. Mark very lightly.

- ▶ Outline the design—eyes, mouth, whiskers, jacket, etc., with a small neat stitch, using the embroidery thread.

Since the design is on the wrong side, you will sew from the wrong side. Make all knots and end all stitching on the wrong side. When you have finished, you will have the outline of the jacket and the rabbit's face on the right

side. It will be neat and nice looking for there will be no marks or knots.

- ▶ Place the front and back of the rabbit so that the two right sides are together. Pin in place. Using the heavy thread, sew around the rabbit allowing 1/2" seams. Use the back stitch that you learned when making the needle case. Do not sew across the place where there is no stitching. See Figure 76. This is where you will put in the stuffing.
- ▶ Press the rabbit. Clip the seams almost to the stitching line at each side of the ears, the neck, and the feet as shown here.

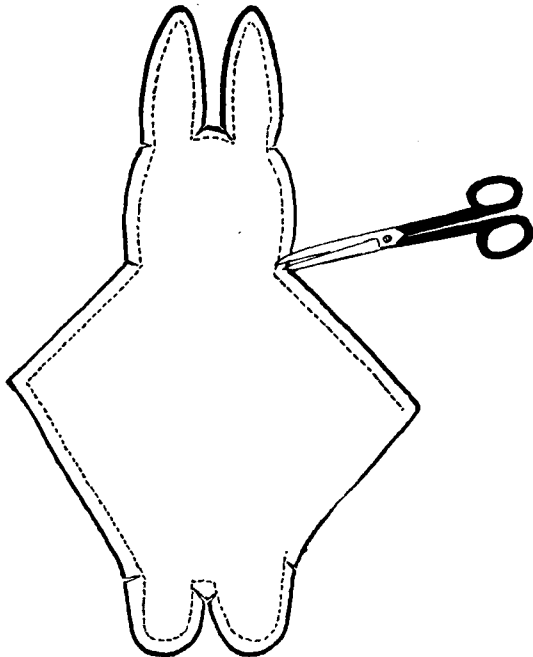


Figure 76.

- ▶ Stuff the rabbit.

Turn the rabbit right side out. Use the eraser end of a pencil to straighten out the ears.

Stuff the ears first. Be sure that they are firmly stuffed (but not hard) before stuffing the head. After the head,

stuff the feet and last of all the body. Turn the seam edges of the opening to the inside and pin together. Baste. Use very tiny whipping stitches to sew the edges of the opening together just as you did for the pincushion. Start with a knot in the thread and hide it on the inside of the fold. Finish with three little stitches and then take a long stitch inside the rabbit to hide the cut end of the thread.

### Bean bag

Wouldn't you like to make a bean bag for some child? It's fun to do for others, and it's fun to sew the toys.

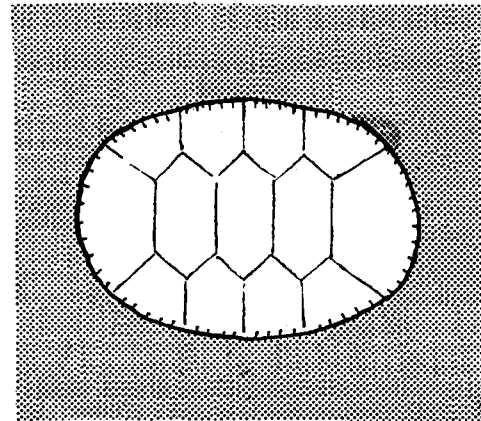


Figure 77.

Your 4-H leader will give you the pattern, and you can bring other supplies to your meeting.

### Supplies needed

- ▶ Firm fabric (2 pieces about 7" by 8").
- ▶ Pencil.
- ▶ Thin paper.
- ▶ Scissors.
- ▶ Large needle, size 5 or 6.
- ▶ Coarse thread about No. 20 or 30.
- ▶ Thimble.
- ▶ Pins and pincushion.
- ▶ Beans or peas or corn or rice.

- ▶ Crayola.
- ▶ Iron.

A firm piece of feed sack or denim will be good to use. You may use any other strong material that your mother has on hand. Even a good piece from Brother's old overalls will do. The bean bag must be made from very strong material, or it will soon wear out.

***This is the way you make it***

- ▶ Transfer pattern.

Mark the outlines of his shell on the one side of the bean bag with your crayola. This bean bag is a turtle all closed up in his shell.

To keep the crayola markings from smearing or wearing off, set the design this way:

Turn the turtle with his markings next to a blotter or soft cloth. Press on the wrong side with a slightly (moderately) hot iron or one with the control set for rayon. Press down very firmly, using both hands.

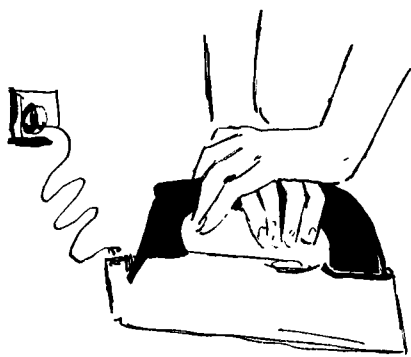


Figure 78.

Lift the iron for a moment and press down again. Do not slide the iron; this will cause the design to smear. Repeat this until the entire design has been set.

Do not draw the outline on the second piece of material, for that is the under side of the turtle.

- ▶ Sew the two halves together.

Turn the two right sides together and pin them. Sew on the seam allowance. Use the back stitch that you learned in making the needle case. Refer to page 18. Do not sew across the section marked "leave open." This is the opening where you put in the beans.

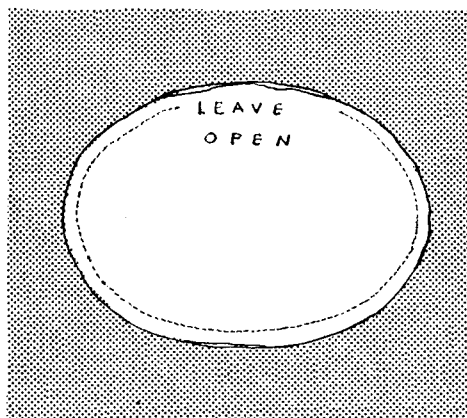


Figure 79.

- ▶ Turn the bag right side out.
- ▶ Fill with the beans. Do not fill too full or the bean bag will be hard.
- ▶ Turn in the seam allowance on both sides of the opening and pin. Sew as you did for the soft toy rabbit. The stitches are small and close together so that it will not rip.

Check the things that you have learned from making a soft toy and a bean bag.

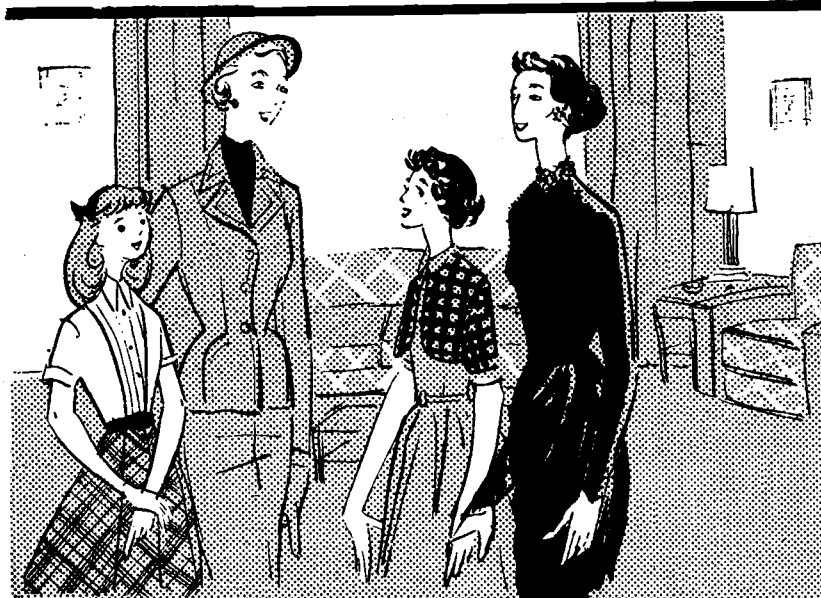
1. To transfer pattern by the use of carbon paper .....
2. To do small stitches to outline a design .....
3. To clip curved corners so that the article can be turned smoothly to the right side .....
4. To fill a soft stuffed toy .....
5. To outline designs with a crayola and set the design with a hot iron .....

Maybe you want to make some more bean bags—for a little cousin or for a neighbor child. You might make it a little different from the one you made before.

The 4-H pledge says, "My hands to larger service." Why not make a pin-

cushion or needle case for your mother either for Valentine's or Mother's Day? If you wish, you may make the pin-cushion or the needle case out of red fabric and cut it in the shape of a heart. This will look like a real valentine.

## Entertain Others



Your mother and friends are interested in the things you do in 4-H Club. Perhaps they would like to visit your club and may be wishing for an invitation. This will give you a chance to practice being a good hostess.

What do you suppose it is that makes you enjoy yourself so much at the home of some of your friends, and feel so ill-at-ease at someone else's? Being a successful hostess is another of the arts you will want to learn. Playing hostess is real fun if you know how to do it correctly. Do you know how to introduce your best friend to your mother? Are you sure what to serve when you have guests, and how to make

them feel "at home" so that they love every minute of your party and are eager to come again?

Your 4-H Club leader will help you to organize a party. Here are some of the things you will need to plan:

Time and place

Invitations

Refreshments

Persons to serve the refreshments

Table decorations

Arrangement of flowers in the room

Exhibit of your work

The program

The one to greet the guests.

Can you think of other things you need to do?

There may be many people coming to your entertainment who do not know each other. Probably your mother does not know some of the 4-H girls in your club. Do you know how to introduce them correctly? Practice introductions with each other.

If you were introducing your mother and your friend, Jane, you would say, "Mother, may I present Jane?" or less formally, "Mother, this is Jane."

Never say, "Mother, meet Jane," or "Jane, meet my mother."

Always present a young girl to a woman. If two girls are of about the same age, honor the girl coming to visit your club by presenting the club members to the guest. Thus—"Mary (guest), may I present Jane?" or "Mary, this is Jane."

After two people are introduced, it sometimes is hard to find something to talk about. Since you know both of them, it is helpful for you to start the conversation. Here is one suggestion: "Jane is one of our 4-H girls who has made so many nice toys for children."

Mary may then say, "Oh, tell me about the toys, Jane." Or, "What kind of toys, Jane?" The two are soon talking as old friends. You have been a good hostess by introducing your guest properly and making her feel at ease.

Make an effort to go from one guest to another and talk to each. If you feel timid and embarrassed, look around the room and see if you can't find someone else who also looks lonely. Think how ill at ease she feels. Then go over and see if you can't help her enjoy herself. If you work hard making her happy, nine times out of ten you will be surprised to find that you have forgotten

all about yourself. When you think of others, you forget yourself.

The guests also will appreciate your telling them about your 4-H work and showing them all the things you have made.

This can be your achievement program for the year.

Have you stopped to think how much you have learned in 4-H this year? Aren't you looking forward to all the things you will do in 4-H next year?

In this 4-H clothing project, you learned to improve your personal appearance, help care for your clothing, sew, and do for others.

In outline form here is what you have learned to do:

Learn to Sew

Fix up a sewing box

Shop for sewing supplies

Learn to use sewing supplies

Make a needle case or pincushion, or both

Make a head scarf

Improve Personal Appearance

Keep hands clean and attractive

Sit correctly when sewing

Learn to select becoming colors

Care for Clothes

Keep clothes hung up

Do for Others—"My hands to larger service"

Make a stuffed toy or bean bag for a small child

Learn to be a gracious hostess

Learn how to introduce your guests

Plan some type of fun for others

Reference:

"Sew—the Needle is a 'Magic Word'," Extension Service of the College of Agriculture, University of Wisconsin, Madison.