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CLOTHING CLUB PROJECT FIRST YEAR

# Handwork—A Beginning Course in Clothing

By

HELEN COWGILL, Assistant State Club Leader



Oregon State Agricultural College  
Extension Service  
Corvallis, Oregon

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Cooperative Extension Work in Agriculture and Home Economics  
Wm. A. Schoenfeld, Director  
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# Handwork—A Beginning Course in Clothing

## DIRECTIONS

Your enrollment for the Handwork Clothing Club Project has been received. This bulletin contains the instructions for the work you are to do in order to complete the project. Your record book and six report cards are also included in this mailing.

The record book is very valuable because in it you will keep a record of the articles you make. You are to keep this book until all the work is completed, so take very good care of it.

**Report cards: Standard Club members.** As soon as you have completed an article and recorded the work done in your record book, fill out a report card, giving all the information asked for, and take it and your record book to your next club meeting. Have the secretary go over the card, compare it with your record book, and check it on the enrollment blank. The secretary will then have the club leader sign the card and mail it, together with all the cards brought in by the other club members, to the county club agent, county school superintendent, or the State Club Leader, depending upon the arrangements made in your county. The secretary will be given full instructions regarding this matter.

**Report cards: Individual members.** Have your mother look over the report and sign it; then mail it to the State Club Leader, Corvallis, Oregon.

When you have completed all the work required, fill out the summary of your work and write your story.

**Remember** that this record book must be received by the State Club Leader before you can be permitted to compete for either county or state prizes or receive the achievement pin that all club members prize so highly. This record book should be sent in as soon as you have completed your work, but not later than November 1.

**Exhibit.** An exhibit, consisting of all the articles required, is to be made at a local, county, or state fair.

The awards in all Handwork Club contests will be as follows:

BASIS OF AWARDS		
(a) Exhibit .....		75
One article from Group One .....	15	
One article from Group Two .....	15	
One article from Group Three .....	15	
One article from Group Four .....	5	
One article from Group Five .....	10	
One article from Group Six .....	15	
(b) Completeness and accuracy of report.....		25
Possible score .....		100

**General instructions.** Handwork is a beginners' course in clothing and should be completed by nine-, ten-, and eleven-year-old girls who plan to carry the clothing project. It is planned to teach club members to follow printed instructions; to familiarize them with the use of needle, thimble, scissors, and materials; teach a few simple stitches; and begin the study of color.

**What to do.** Carefully study all instructions. You will find most of your materials already at hand so probably will have to purchase very little.

**What to make.** Each Handwork Club member is to make one article in each group (six in all).

Group One—Breakfast cloth or dresser scarf, stand cover or table runner.

Group Two—Workbag, school bag, zipper bag or floor cushion with design in weaving.

Group Three—Pincushion.

Group Four—Needlecase.

Group Five—Spoon holder.

Group Six—Choose one—Crocheted mat, crocheted holder, crocheted napkin ring, crocheted Basque beret.

### CLUB MEETINGS

Every club is expected to hold not less than ten meetings, and in order to receive a charter it is required that a program covering the ten meetings be sent in to the State Club Leader.

It is desirable that each meeting be divided into three parts, (1) business, (2) project discussion and work, and (3) social.

The following plan for a few meetings may help the leader and program committee to plan all of the meetings. *Note:* In large

clubs of young girls it may be necessary to hold a few more meetings merely for work, and it may be necessary at times to dispense with the business meeting or the social, but if *possible* the three-part plan will be found most desirable and helpful. Remember, we are building girls and boys rather than making "things." Cooperation, self-expression, and initiative are important qualities to develop.

*First meeting—*

A. Business.

1. Meeting called to order by the President.
2. Roll call—name a color.
3. Learn and give the club pledge.
4. Minutes of the organization meeting.
5. What shall we name our club?

B. Project discussion.

6. Leader read the list of articles to be made, girls look at pictures in the bulletin.
7. Leader show samples of materials for first article to be made.
8. Discuss what is to be brought to the next meeting.

C. Social.

9. Play a game that all know, such as hide the thimble.
10. Put the room in order.
11. Adjourn.

*Second meeting—*

A. Business.

1. Meeting called to order by the President.
2. Roll call—what I brought to use.
3. Minutes of the last meeting.
4. Club yell.
5. Club pledge.
6. Old business (Perhaps name was not decided upon).

B. Project discussion.

7. Selecting of design for stencil.
8. Cutting the stencil.
9. It may be possible to try to stencil on a scrap of cloth.

C. Social.

10. Sing a song (at least start learning a club song).

- \*11. Game—ring toss.
- 12. Straighten the room.
- 13. Adjourn.

Plan all the meetings in like manner. Vary the social activity by sometimes having active games and sometimes quiet ones. When the weather permits, let this part of the program be outdoors. In the spring plan for a picnic and an achievement day.

## DEMONSTRATIONS

Demonstrations give club members the opportunity to show others how to do something learned in club work and found interesting and useful.

A demonstration at a club meeting may be given by one girl, but in all club demonstration contests a team of two girls or two boys is used.

In a demonstration, work is actually done and carefully explained.

The following outline will help in planning demonstrations:

### *Team Member No. 1 Talks—*

1. Introduces team.
2. Tells nature of demonstration.
3. Explains work team is doing.

### *Team Member No. 2 Works—*

1. Stands quietly.
2. May arrange equipment.
3. Begins to work and continues until point is reached where team-mate begins work.

### *Team Member No. 1 Works—*

1. Takes up work where team-mate left off.
2. Completes work and picks up equipment.
3. Answers questions related to work she explained.

### *Team Member No. 2 Talks—*

1. Continues explanations.
2. Sums up demonstration.
3. Asks for questions and answers questions related to work she explained.

In an excellent demonstration, probably very few questions will be asked because the points are brought out clearly during the demonstration.

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**\*Ring toss.** Place a straight chair on a table on its back with the legs extended toward the group. Have six old jar rubbers. Let each girl in turn toss the six rings, one at a time and try to ring a chair leg. She should stand about six feet away from the chair. Ringing the upper legs count 10 each and the lower ones 5 each. If there is a large group of girls, provide more chairs and rings and divide the girls into groups. The game should last only a few minutes.

**Some demonstration topics—**

1. How to make a stencil pattern.
2. How to stencil.
3. Finishing the stenciled article.
4. How to weave in a design.
5. How to make a pin cushion.
6. How to make a needle case.
7. How to make a spool holder.
8. How to crochet any of the articles listed.
9. How to make three or four crochet stitches.
10. Some sewing stitches club members have learned.
11. How to conduct a club meeting (good for the entire club to give on Achievement Day).

**GROUP ONE—DRESSER SCARF, TABLE RUNNER,  
STAND COVER, OR BREAKFAST CLOTH**

If you have a breakfast nook in your home, probably you will enjoy making a pretty cloth to put on the breakfast table. Or perhaps in place of a breakfast cloth you or mother need a dresser scarf, table runner, or a stand cover. Whichever you decide to make, remember that you must take time to plan carefully so that the finished piece will be pleasing.

If you make a breakfast cloth, keep in mind the color of the dishes, the design on them, the color of table and chairs, and select colors and design to harmonize. A dresser scarf or stand cover should be made to add to the attractiveness of the bedroom in which it will be used.

Often times a contrasting color is more pleasing than one that matches dishes or furniture. For example, if the furniture is painted apple green and the dishes are white, why not decorate the breakfast cloth in old rose, pumpkin yellow, or violet? If the dishes are gay colored and you can exactly match their color, do so if desired.

Often on pieces for a bedroom it is interesting to use a bit of contrasting or complementary color in the stencil on a dresser scarf. For example, if there is a good deal of blue in your room, a small stencil in orange color would be a pleasing contrast, while if you have a yellow color scheme a stencil design in violet is excellent.

**Materials.** (1) A piece of cloth which may be a flour sack, unbleached muslin, chambray, osnaberg, cotton Japanese or Chi-

nese crepe, or any similar plain, soft material in a light color, (2) some colored wax crayons, (3) a piece of light-weight bristol board or oak tag (the cover on the record book is of oak tag) for the stencil, (4) a stencil pattern.

Unbleached material is especially good; if colored material is desired choose a very light color and remember that putting a color on to a color produces a new color and so it would be well to try out colors carefully before applying them to the article. For example, blue used on a yellow cloth produces a green, not a blue. Often a pleasing effect is obtained by using a darker shade of the same color as the cloth in producing the stenciled design.

**What to do first.** If you decide on the breakfast cloth, be sure the piece of cloth is square and the cut edges straight. Cut off both selvages. The cloth should be at least 36 inches square, and may be larger.



Some of the things described in this bulletin.

If you are going to make a dresser scarf or stand cover, cut it to fit the piece of furniture on which it will be used. A scarf is often cut narrower than the stand or dresser, and may hang over the ends from 4 to 6 inches.

If the cloth is the right width for the dresser, the selvage edges may be left on and the ends cut straight, or the edge that goes to



the back of the dresser may have the selvage edge and the front edge may be fringed. If the scarf is to be made so that some of the dresser shows at both the back and the front, the scarf should be finished with a fringe on all four sides.

A table runner would be especially attractive made of the osnaberg material which is a firmly woven cotton material that somewhat resembles linen. Table runners usually hang over the edge of the table about twelve inches. The cut edge of the cloth along the side should be turned under and stitched on the machine or held in place by small running stitches. The ends are to be fringed.

The second step is to choose the design you wish to use for the decoration. You will find several suitable designs in this Bulletin (see pages 12-13). Note that they are very simple. A stencil design needs to be simple to be effective. If you decide to make your own design, keep this in mind. Trace your design onto a thin piece of bristol-board or oak tag, then carefully cut out the *inside* of the leaves, petals, circles, etc., leaving the surrounding bristol-board all in one piece, as a frame. Be accurate in your cutting.

Study the stencil designs given in this bulletin. You will see that the several parts of each design are separated. This is one of the interesting features of this type of decoration. A design is more pleasing when the spaces surrounding the parts of the design are smaller than the parts of the design, since the relation of one part of the design to the others is then more easily seen. Avoid "spotty" designs due to many small areas. A design composed of three to eight closely related areas is better than one with fifteen or more parts. Small designs may be used as repeats in a border around a corner or in an all-over design.

Use rather thin bristol-board or oak tag for your stencil. Cutting the stencil will then be an easier task than if heavy cardboard is used and you will also find it easier to apply the color evenly up to the edge of your stencil.

You are now ready to put the design onto the cloth. Decide whether you are going to put the design in the center of the sides, or in the corners, or repeated across the ends, or all around as a border.

Lay the cloth with its right side up smoothly on a board over which you have put two or three layers of paper to make a smooth surface. Place the stencil where you want the design, and fasten in place with thumb tacks.

With the wax crayon of the desired color, color the cloth evenly through the holes in your stencil. Always work up and

down, parallel with the weave of the cloth, and apply the color evenly, taking care not to move the cloth, and being equally careful to apply the color well up to the edge of the stencil.

**A few color suggestions.** Orange and brown on unbleached or tan; dull green and orange on light green chambray; soft blue, with a little bright yellow, on cream or tan or gray; rose and light green on tan or gray; tan and orange on dull blue; tan and brown with a touch of rose or orange; clover leaves in a darker green (medium green is better than very dark) on green chambray.

**Cautions.** Use flat colors and do *not* shade or put another color around the edge! Where you have two shades of one color it is permissible to use them with a contrasting color.

Leaves may be a very soft green, but are often done with one of the two colors used.

When you have finished stenciling, brush off any bits of crayon, turn the cloth wrong side up on the ironing board, which you have protected with a piece of paper, cover with a damp cloth, and press with a hot iron in order to set the color. Do not run the iron back and forth as this may blur the edges. You will find that if you use tepid water and mild soap, the color will stay in for several washings, and then if you have kept your stencil you can always recolor without a great deal of work.

**How to finish the piece.** This part of the work should be great fun, because it goes so quickly. Simply fray the edges to make a fringe all around. This fringe should be from one-half to one inch in depth, but not more than one inch. To prevent fraying, use a fine thread and take a few over and over stitches around each corner.

Once again press carefully, and your cloth or scarf is ready to use.

Fill in your record book and report card, giving the cost of materials. Mail the card to the State Club Leader, or to your county club agent, if you have one.

## **GROUP TWO—A SCHOOL BAG OR A WORKBAG, A ZIPPER PURSE, OR A FLOOR CUSHION**

### **SCHOOL BAG OR WORK BAG**

Most girls can find use for a pretty bag and those described here can be very pretty indeed if carefully planned and neatly made.

**Materials.** A square meshed dish cloth, a piece of burlap, gunny sacking, onion sacking, or monk's cloth. The design is woven in with yarn, either in two shades of one color or in two colors that harmonize well. You will need also a large-eyed, blunt-pointed needle.

**How to make.** You will see by the illustrations in this bulletin that you may make your bag in two styles and decorate it in various ways. A second illustration shows several patterns that can be used besides those illustrated on the bags.

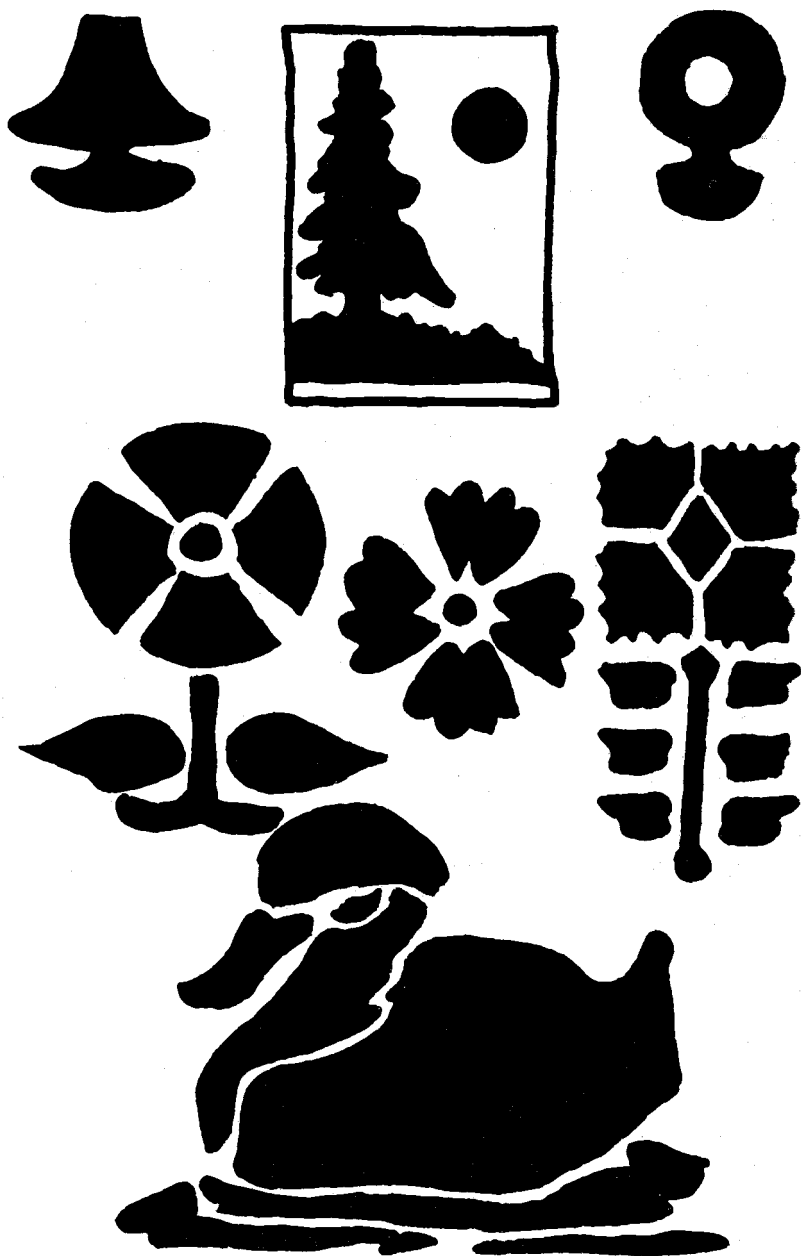
The straight stitches are all made by going over and under the threads of the cloth in different-length bastings or running stitches. Where the stitches slant, the needle is put in from right to left, under one or two threads, depending on the effect desired; then three to five threads directly above the first stitch put in another.

**Colors.** Brown and tan, two shades of blue, old rose and tan, two shades of green, green and tan, red and black, brown and blue, green and old rose, orange and brown. Be careful to select soft shades instead of bright greens, yellows, pinks, or blues. Select colors that will go well with the things you will use with the bag.

For the school bag, if you can get a large-sized dish cloth, you may cut off a  $2\frac{1}{2}$ -inch strip along the side to use for handles. If the dish cloth is small (the five-cent size) you will need two and may then cut one  $2\frac{1}{2}$ -inch strip off each cloth. Double the strips for the handles and stitch so that the finished strip will be one inch wide when turned right side out. About 14 inches long is a good length, but if your cloth won't give you so long a strip, use what you have.

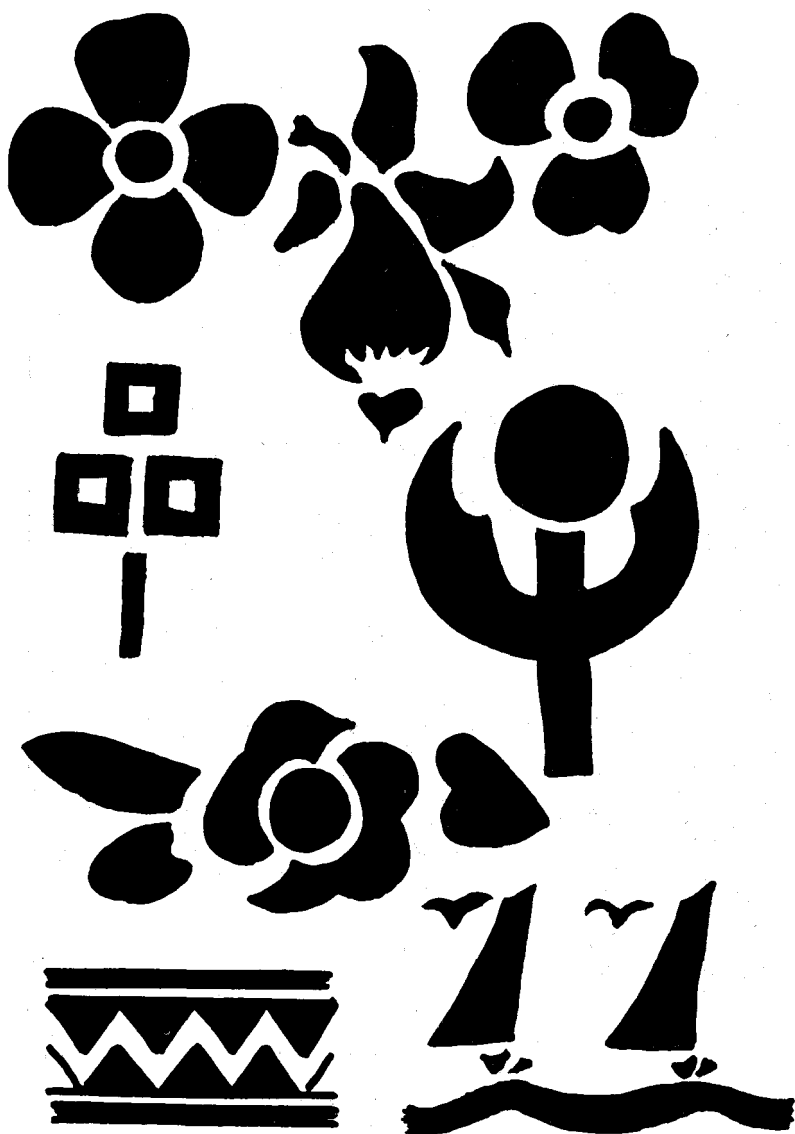
If your design is to go around the bag, it may be easier to make the bag and then weave in the design, but it is a little easier to do nice weaving on a straight piece. To make the bag fold the large cloth so that the fold will come at the bottom of the bag and the selvage edges are together. Turn a 2-inch hem around the top without making a second turn, as the cloth is thick. Sew the strap handles on. This bag need not be lined. If you do not know how to use the sewing machine, mother may stitch your bag, but you are to do the weaving.

**The second bag.** This is a straight bag which is most attractive when made so that the part below the draw string forms a square. Sometimes bags are made out of proportion so that the bag is very long and narrow. These are ungainly and awkward in appearance. If the cloth is long enough turn a  $2\frac{1}{2}$ -inch hem at the



Patterns for stenciling

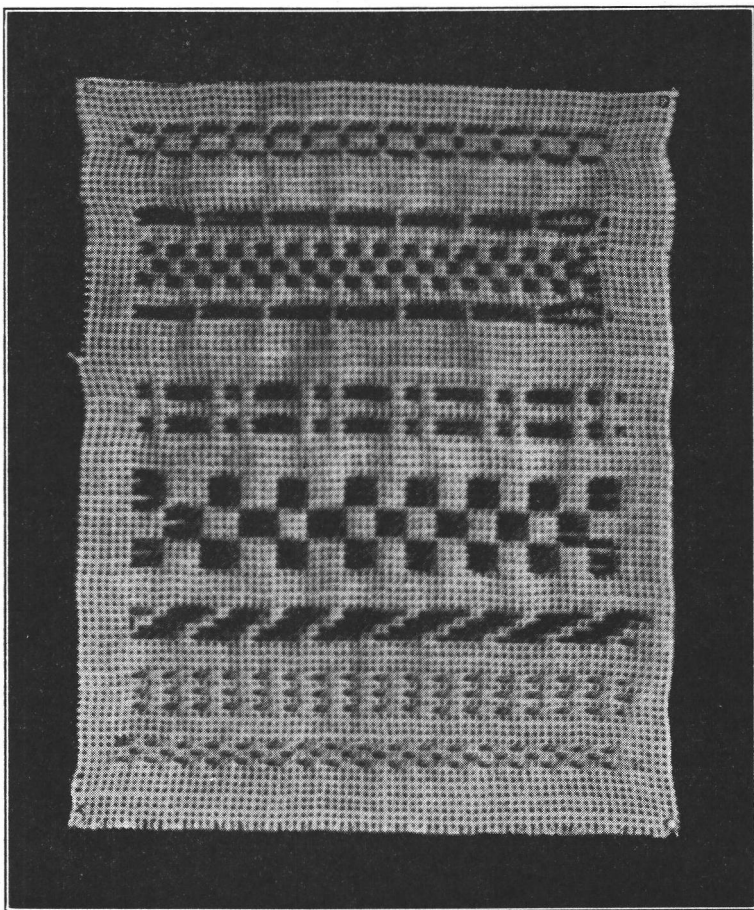
NOTE: Each motif is a separate design.



Patterns for stenciling

NOTE: Each motif is a separate design.

top, making only one turn if the selvage is on the cloth. Weave in a design, either in a band  $2\frac{1}{2}$  to 4 inches wide, or an all-over design, as you may choose.



Some patterns that may be used in weaving.

Either of these bags may be made of either the dish cloth, gunny or onion sacking, or monk's cloth. Your choice will depend largely on what you can obtain most easily and least expensively.

Make round, pom pom tassels of the yarn and sew to the ends of the cord *after* you have run the cords into the bag.

Draw out one or two threads, depending on the size of the mesh, for the draw strings.

Starting at one side of the bag, run one cord over four, under four threads, around to where you started. Then begin at the opposite side and go over the four you went under with the first cord, and go all the way around again. Attach your tassels, and your bag is complete.

When the bag is completed, lay a damp cloth over it and press it carefully.

### ZIPPER PURSE

This is a small flat bag finished at the top with a zipper. The size will depend somewhat on the length of zipper you have or can buy. A good proportion is to make the bag  $\frac{2}{3}$  as deep as it is long; for example, if it is to be 6 inches long, make it 4 inches deep.

Use a mesh dish cloth or piece of sacking, or needle point canvas. Weave in a close, all-over design in wool in colors to harmonize with or match those of the dress or suit you will carry the purse with. Sew up the sides. Line the bag with sateen or silk. Sew in the zipper and press the bag carefully.

### FLOOR CUSHION

This cushion makes a good seat on the porch floor, or sometimes even in the house when you have a large number of guests; and it is most inexpensive, is easy to make, and pretty, too!

**Materials.** One cushion we have in mind was made from part of a gunny sack and strips torn from an old blue-and-white percale dress that had been put in the rag bag; and for filling, excelsior that came in some freight. If you live in the country you could use hay or straw; or those of you who live near pine woods could use pine needles.

**How to make.** See that the gunny sack is clean. If you haven't a gunny sack you may buy some burlap. Cut two pieces the same size, which may be from 18 to 24 inches square. A sack of close, firm weave is best.

Next decide on how you wish to place the indrawn threads. Perhaps you would like to draw in three strands on each side; or three on two sides; or two on the other two sides; or one narrower strand, then two a little wider with another narrow one on the other side of the two. You see there are many ways of making attractive designs for such a pillow. It is always best, however, to have the various spaces different in size, as such designs are more interesting.

Wherever you plan to run in a strip of rag, draw out three threads close together to make room for the strip.

Soft cotton rags of dull blue, yellow, green, a brown that is darker than the gunny sack, or old rose (in fact, whatever cotton rags mother can let you have) may be used. Tear the strips from one half to three quarters of an inch wide, depending on the weight of the cloth. The strip should weave into the space allowed for it and fill it, but not crowd it.

Note: Badly faded rags are uninteresting so select rags of good color.

Thread a big-eyed yarn needle with a strip of rag and weave over and under three to five threads of the sacking in each space where you drew out threads.

If you can use the sewing machine you may next stitch the two squares of sacking together along three sides. Turn right side out and press carefully under a wet cloth. Fill, and sew up the fourth side. If you cannot use a machine, ask mother to sew up the cushion for you.

Fill in your record book and card carefully. Mail the card to the State Club Leader, or to your county club agent, if you have one.

### GROUP THREE—PINCUSHION

**Material.** Light-weight woolen material such as flannel, cashmere or challis, silk or velvet, or soft but closely woven cotton material.

**Filling.** Bran, wool, kapok, ravelings from your luncheon cloth or scarf, or dried coffee grounds. *No cotton* as cotton is hard to pierce with a pin, and pins and needles will rust.

**Cutting.** Two pieces of material  $2\frac{1}{2}$  to  $3\frac{1}{2}$  inches square, or 3 to  $3\frac{1}{2}$  inches wide and 4 to  $4\frac{1}{2}$  inches long, or two circles 3 to 4 inches in diameter.

**Making.** Baste the two pieces together with the right sides *in*. Sew together with the combination stitch which is three tiny running stitches, a back stitch, and three running stitches. Make a knot in the thread in the way described in the bulletin *Stitches, Seams and Sewing Processes*. Begin at the right and sew towards the left (if right handed, reverse it if left handed). Leave a 2-inch space for filling the cushion. Fasten the thread by taking several over-and-over stitches in one place. Remove the bastings. Turn down the edges of cloth at the opening so that the edge is even with the



stitching, baste in place, press flat, turn the cushion right side out. Fill the cushion with bran, wool, or kapok until the cushion is as hard as you like to have it (try it by sticking in a pin). Close the opening with tiny overhanding stitches. To make this stitch, baste the two turned-in edges together and take up a very little of the cloth at the edge of both folds, pointing the needle directly toward you. Continue with this same stitch until the opening is closed. Be sure to match the thread and cloth in color.

**Variations of this cushion.** Instead of putting the two pieces directly together, join them with a strip of cloth between. If the pieces are cut square the cushion might be made in the form of a cube by cutting a strip as wide as the side of the square and four times as long. If you plan a round cushion, make the strip half as wide as the diameter of the circle and long enough to go around the circle. Sew the pieces together with the strip between.

This cushion is for constant use. Keep it plain. Learn to do neat work and keep it clean.

*Note.* If the cushion is made of a plain piece of cotton material a tiny stenciled design may be put on before making it up, following the directions given in the first group.

When you have finished the pincushion, put it in your workbox, fill in the space for it in your record book and fill in a report card. You will then be ready to begin on Group Four.

## GROUP FOUR—NEEDLECASE

Nothing is more useful than a good place to keep needles, and no workbox can be complete without a needlecase. Of course there are many pretty ways to make a needlecase, but a very plain one easily opened, easily made, will probably be used oftener than a very fancy one.

The simplest kind to make has a felt cover and leaves that are pinked or notched. The cover may be cut in a circle, using two circles of felt about  $2\frac{1}{2}$  inches in diameter and making two or three leaves of firm flannel or broadcloth cut 2 inches in diameter and notched. Sew the leaves and cover pieces together on the edge of the circle with the leaves even with the edge of the cover, where they are joined.

Cloth like your pincushion may be used. If it will fray or is light weight, the cover should be made double with the edges turned in and sewed together. It is easier to make such a needlecase rectangular in shape, cutting the pieces about 4 x 6 inches in

size and putting in the leaves so that the whole can fold like a book.

A third useful kind of a needlecase is made of a strip of felt or a strip of material like your pincushion cut  $6\frac{1}{2}$  inches long by  $2\frac{1}{2}$  inches wide.

Fold up one end of the piece to form a pocket deep enough to hold a paper of needles, sew in place, line the rest of the strip with a piece of flannel, fold the strip in thirds so that it is the width of the pocket, sew on a snap fastener and your case is complete.

These are all very easy cases to make, but there are many other ways to make needlecases and so long as you keep the case *simple* to make and *easy* to use, you may use the design you prefer.

When you have finished your needlecase, complete your records, and you are ready to begin Group Five.

### GROUP FIVE—SPOOL HOLDER

Isn't it a bother to have your spool of thread go rolling away on the floor! But spools do roll unless they are so placed that they cannot. The spool holder illustrated is a real help in keeping spools where we place them. The one described and shown here is for only two spools, but it is quite as easy to make it larger so it will hold three or four spools, if you ever need one so large.

**Materials for spool holder.** A piece of cardboard, rather heavy; a piece of silk, velvet, linen, cretonne, flowered print, checked gingham, or whatever firmly woven, pretty scrap of cloth mother may be able to find for you in her scrap bag; and a piece of narrow ribbon, or a small cord, or a piece of cotton tape, long enough to thread through the holder and spools; two spools of thread.

**Making.** 1. Cut four pieces of cardboard the size and shape of the smaller oval illustrated below. Be careful to have the edges smooth and even, and to have all four alike.

2. Cut four pieces of cloth, either all of the same color and kind, or two of each of two kinds. Cut them three fourths of an inch larger than the pieces of cardboard. Use the larger oval in the illustration for a pattern.

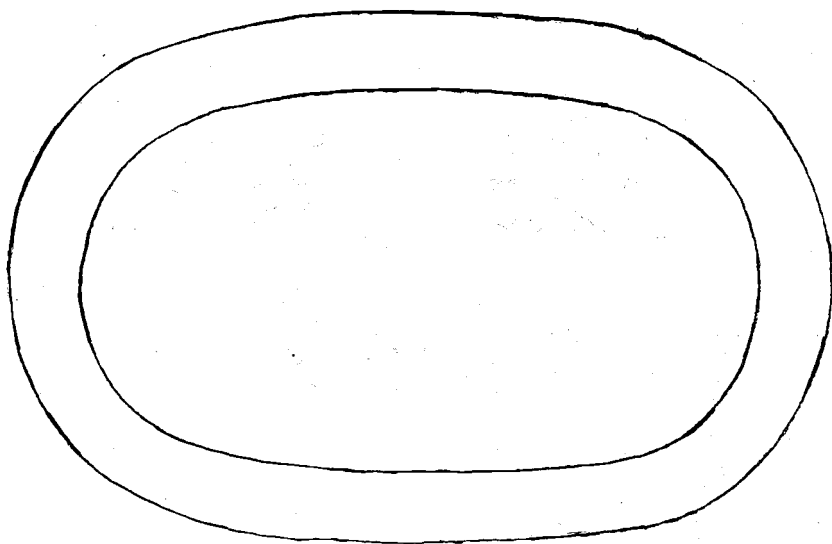
3. Thread a needle with number 50 or 60 thread. Make a knot in the end of the thread. Using the over and under stitch you learned in making your bag, and which we call the running stitch, put in a puckering string around the edge of one piece of cloth, one-fourth inch from the edge.

4. Put one piece of cardboard on the cloth and draw up the thread tight so that the cloth is stretched over the cardboard. (Be sure, if your cloth has a right and wrong side, to have the right side out.) Then take a few stitches back and forth across the piece, catching just beyond the gathering thread and stretch out all the wrinkles.

5. Cover all four pieces in the same way.

6. Hold two pieces together, and sew them with an over-and-over stitch taken just through the cloth and *not* into the cardboard. Use *sewing silk* for silk and velvet, and cotton thread No. 70 for cotton and linen, and take small stitches so they will not show a great deal. If you have used two colors of cloth, put them together with one of each in a pair. A very pretty way to do is to use a flowered or figured piece for the two outside pieces, and a plain piece that harmonizes in color for the inside pieces.

7. Now you are ready to put the pieces together, over and under the spool. With a large needle, or embroidery stiletto, make holes to correspond with holes in spools. Thread your ribbon or cord or tape into a bobkin or a large-eyed needle; run it through one hole in one cover, going from the outside to the inside; then run through a spool of thread, and on through a hole in the second



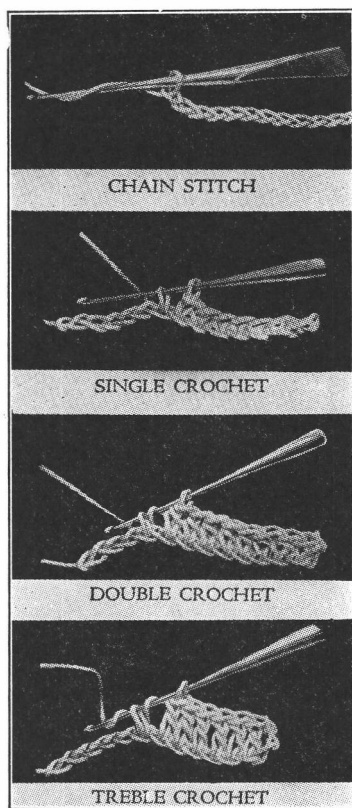
Pattern for the spool holder. The smaller oval is the pattern for the cardboard. The larger oval is the pattern for the cloth.

cover, this time going from the inside to the outside. Now go back through the *other hole* in the second cover, through the second spool, and the second hole in the top. Tie in pretty bow knot, and your spool holder is complete.

## GROUP SIX—CROCHETED MAT, CROCHETED HOLDER, CROCHETED NAPKIN RING, OR CROCHETED BERET

### HOW TO CROCHET

(Courtesy The Spool Cotton Company.)



*This illustrates the way to make the crochet stitches.*

**S**TART to learn to crochet with needle and crochet cotton in hand, as though you were attending a class. Do not attempt to learn merely by reading. It is confusing. Start at the beginning of the lesson and *work it out*, having each point clear before you go on to the next.

There are two ways to hold a needle, either loosely inside the closed hand, or as a pencil is held. Either is correct. Take the needle in your right hand and hold it as seems natural.

Thread is held in the left hand. It is wound over the forefinger and carried down inside the hand. The thread on the forefinger comes from the work. Hold the forefinger a little high, but not too high, because the length of thread between work and forefinger regulates the tension. The work is held by the thumb and middle finger of the left hand, just below stitch or needle.

Tension is important. If the stitch is to be loose, wind cotton over the forefinger once; if tight, wind it two or three times, as necessary.

**CHAIN STITCH:** All work starts with one or more chain stitches. Make a slip loop on needle with beginning end of cotton, and with the hook draw the thread through this loop. This is the 1st chain stitch. Draw the thread through loop on needle as many times as there are chain stitches required.

**SINGLE CROCHET:** Turn at end of chain and work back along chain, turning rough side of chain toward you. Skip chain next to needle, insert hook in next chain so that 2 threads of chain are above needle, 1 thread below. With hook draw working thread through chain, giving 2 loops on needle. Again catch up working thread with hook and draw it through both loops. This is 1st single crochet. Make all others like it. At the end of chain, if you wish another row of single crochet, turn, chain 1, and pass needle through below the 2 threads—or loops as they are called—which form the top of single crochet of preceding row. Draw thread through as in 1st row, giving 2 loops on needle. Finish as usual.

**DOUBLE CROCHET:** This is made much like single crochet, but before inserting the hook in preceding row or chain, wind the working cotton over the needle. Then insert hook in preceding row and draw loop through, giving 3 loops on needle. Pick up thread and draw it through all 3 loops at once. To start a row of double crochet make 2 chains.

**TREBLE CROCHET:** Have 3 loops on needle exactly as for double crochet. With hook pick up working cotton and draw it through 2 loops, leaving 2 loops on needle. Pick up working cotton and draw it through these 2 loops, completing stitch. To start a row of treble crochet make 3 chain stitches.

The above 4 stitches are the most important in crochet, and with a mastery of them it is possible to do any piece of crochet work. For while many other crochet stitches are used, these simple stitches form the foundation.

**ABBREVIATIONS:** In crochet directions c h means chain stitch; s c means single crochet; d c means double; t r means treble crochet.

**FASTENING OFF:** After the last stitch is made make a chain stitch, cut threads a few inches below it, pull cut end through chain until latter is tight. Do not cut thread too close, either at beginning or end of work. If this is done it weakens work and causes wear. Leave a long end and run this through the finished crochet, to avoid all danger of ripping.

### TABLE MAT

To make a table mat:

1. Make a chain of 6 stitches. Join in a ring.
2. Make a chain of 3 stitches, fill ring with 12 treble crochet stitches, counting the chain of three as one stitch. Join.
3. Chain 3, 3 tr in the second stitch of the preceding row, 1 tr in the third stitch, 3 in the fourth and continue alternating one and three around the circle. (Chain stitches in each row will be directly above each other and count for the first stitch in each row.)
4. Chain 3, 1 tr in the second stitch of the preceding row, 3 tr in the third stitch, which if you have worked correctly will be the center stitch of the 3 stitches taken into 1 stitch in the preceding row. One tr in each of the following 3 stitches, 3 tr in the center stitch of the 3 stitches in one hole in the preceding row, continuing

in this manner around the mat. Always join at the end of a row and chain three to start the next row.

5. In this row there will be 5 tr between each group of three. The chain always counts for a stitch and is the center of a group. So in this row remember that you will put 1 tr in each of 2 stitches, then 3 tr in the next stitch, then 1 tr in each of the next 5 stitches, ending the row with 1 tr in each of 2 stitches to complete the group of five, started with the chain.

6. In this row and every succeeding row there will be an increase of 2 stitches between each time of widening (3 stitches in one hole).

7. Continue until the mat is the desired size. To finish the mat, any simple border design may be used. Here is the simplest: Chain 6, insert needle into the third stitch on the mat from where the chain began. Draw the needle through the two loops—continue making chains of 6 stitches and fastening them into every third stitch.

Note: This mat is very effective if crocheted in a color to match the decoration on the breakfast cloth.

### NAPKIN RING

This is a very useful article when mother has a guest who is staying several days. It may be made of either No. 6 knitting cotton or No. 3 pearl cotton, in white or a color to match the other articles you make.

**To make.** Make a chain as long as you wish the finished napkin ring to be wide. Usually such rings are made from  $1\frac{1}{2}$  to 2 inches wide, and so you will need a chain 12 to 15 loops in length.

You may use either a single, double, or treble crochet stitch and take up both or only the back loop of the stitches in the preceding row. Taking up both stitches makes a smooth finish while taking up only the back loop gives a very pretty ridge. Crochet across, being careful to take up every stitch, clear across, right up to the very last. Always keep the same number of stitches in each row. Make the strip 5 to 6 inches long and either join the two ends by crocheting or sewing them together or finish with a small loop and a button.

### HOT-DISH HOLDER

This is made like the napkin ring except that you make a chain long enough so that the finished holder will be at least 5 inches

across. If you want a very thick holder, crochet a strip twice as long as it is wide and crochet or sew it into a square of two thicknesses.

### BERET

Crocheted berets are ever so attractive and really quite easy to make. Use yarn about as heavy as Germantown Zephyr in the color that is most becoming to you or will go best with your clothes or use mercerized cotton No. 3. You will need a No. 3 bone needle for the yarn and a steel needle for the cotton.

#### DIRECTIONS FOR MAKING THE BASQUE BERET

*(Courtesy The Spool Cotton Company.)*

Begin at center of crown. Ch 6 and along ch make 5 slip sts. This is for tiny string which hangs at center of crown.

In end of string make 8 s c for 1st round of crown. 2nd round—2 d c in each s c of 1st round, picking up on the double loop. (To make d c throw thread over needle, pick up loop in s c, and draw through all 3 loops at once). 3rd round—2 d c in 1st st, 1 d c in next, and repeat around. There will be 8 increased sts in round. 4th round—2 d c in 1st st, 1 d c in next 2 sts, and repeat around. 5th round—2 d c in 1st st, 1 d c each in next 2 sts, and repeat around. 6th round—1 d c each in 1st 2 sts, \*2 d c in next, 1 d c each in next 4 sts, and repeat from \*around. Continue in this way always increasing 8 times in each round. In one round make 1st increasing in 1st st, spacing other increases evenly around, and in next round have increasings come midway between those of preceding round. Make these two rounds alternately, always with 1 more st between increasings than in preceding round, until crown is  $9\frac{1}{2}$  inches in diameter. This crown is right size for children from four to eight. For larger children make crown 10 inches, for smaller children 9 inches.

Make 3 rounds without increasing, to turn edge. Then narrow 8 times in each round, making narrowings as follows: Pick up for d c as usual, then pick up a loop in next d c of preceding round, 4 loops on needle. Draw through all 4 loops at once. Place narrowings as increasings were placed before turn; that is, in one round make 1st narrowing over 1st st of preceding round, spacing other 7 narrowings evenly around, and in next round have narrowings come midway between those of preceding round. Narrow in this way until head size is right, about 19 inches circumference for 6-year size. Make 6 rounds of 1 s c in each st in 1st round, picking up for s c on front loop of sts of preceding round. Fasten off after 6th round, leaving a long end. Fold last 6 rounds under to give double head band, and with long end loosely whip sts of last round to back loops of round before band. It is important not to make whipping sts tight.

### ELECTIVE—WORKBOX

Every girl or woman who sews should have a box or basket in which to keep her sewing equipment. There are many such that

can be purchased, but a club girl should be able to make one for herself that will be both useful and attractive at very little cost.

**Box.** Strong pasteboard shoe box, large sized cigar box, tin lunch box, wooden box that fancy dried fruits come in.

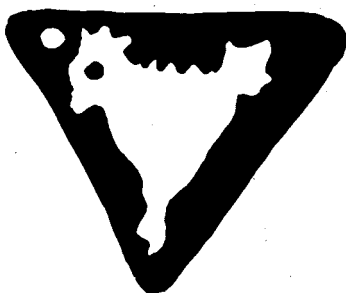
**Basket.** Sometimes there is a basket 4 or 5 inches deep and 6 to 8 inches in diameter in the house, or if you know how to weave a basket of reed you can make one.

**Preparation of box.** Pasteboard—cover with pretty paper or cloth, paste the cover on neatly. Line the box with the same kind of material used on the outside. Wooden box—paint, enamel, or shellac. A cut out could be pasted on the box before shellacking, or a design could be stenciled on with crayolas before shellacking.

**Preparation of basket.** May be lined with cloth, or it may be left unlined. Treatment will depend on the condition of the basket.

Equipment for the box or basket.

1. Pair of sharp scissors.
2. Thimble that fits.
3. Tape measure.
- \*4. Spool holder.
- \*5. Pincushion.
- \*6. Needlecase.
7. Small box for buttons, hooks and eyes, and fasteners.



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\*Made in this project.