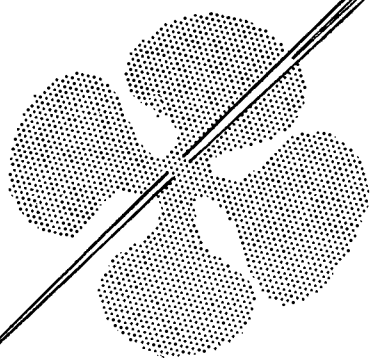


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# teen-age miss

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4-H Clothing Project  
Club Series L79



FEDERAL COOPERATIVE EXTENSION SERVICE , OREGON STATE COLLEGE , CORVALLIS

Cooperative Extension work in Agriculture and Home Economics, F. E. Price, director. Oregon State College, the United States Department of Agriculture, and the State Department of Education co-operating. Printed and distributed in furtherance of the Acts of Congress of May 8 and June 30, 1914.

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# TEEN-AGE MISS

MURLE SCALES, Clothing Specialist  
OREGON STATE COLLEGE  
EXTENSION SERVICE  
CORVALLIS, OREGON

A girl your age is anxious to be a picture of a poised, charming, and well dressed teen-age miss. This book is planned to help you achieve this goal.

You will learn something about buying ready-made clothes as well as how to make becoming clothes.

For the first time you will be using a commercial pattern to make clothes for yourself. You also will learn many new things about sewing, as well as

putting into practice all of the things you learned in your first three clothing projects.

To become well dressed you will need to learn more about being well groomed and more on modeling.

A teen-age miss must learn to think of others in order to be charming, so the book gives some suggestions on things that you can do for others.

## Project Requirements

1. Make a blouse. Select your own fabric and pattern following the instructions given in this book. The blouse should be a simple one—perhaps sleeveless and without front or back openings.

2. Buy a blouse—either for yourself or another. Helpful guides for buying are listed on page 23.

3. Make a dress. Select a simple pattern and choose your own material. Suggestions are in the section on “Make a Dress,” page 26.

4. Show others: Two different things about using a pattern; Three techniques on making a garment; One suggestion on selecting a blouse or caring for a blouse.

---

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and Lucile Hieser, Illinois Extension Service, with the permission of the Illinois Extension Service. The section in Dress Zipper Placket was furnished through the courtesy of Talon Education Service of the Talon Company, 41 East 51st, New York 22, New York.

# Look at Patterns

A pattern is a sewer's guide. It contains much of the necessary information any seamstress needs to know in making a garment. Even the envelope which holds the pattern has a storehouse of information. You will want to study this before you buy your pattern or material. See Figures 3 and 4, page 5.

The Guide Sheet provides a chart identifying each part of the pattern and shows how to put the garment together. It has cutting layouts showing you how

to lay the pattern on the fabric to cut it to an advantage. There are many layouts using various widths of material and various sizes of the pattern. Cutting instructions are helpful to anyone who sews. Follow the directions in the guide sheet unless your leader advises you otherwise.

## Types of patterns

There are two types of standard commercial patterns you may use. They differ slightly from each other:

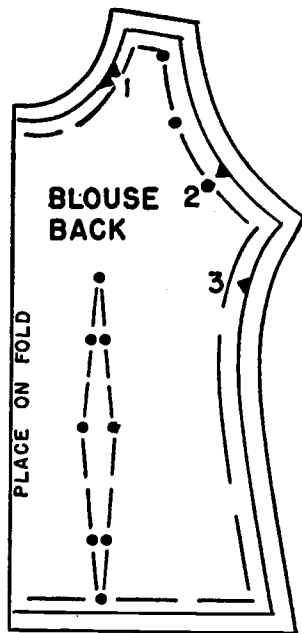


Figure 1.

### Printed Patterns

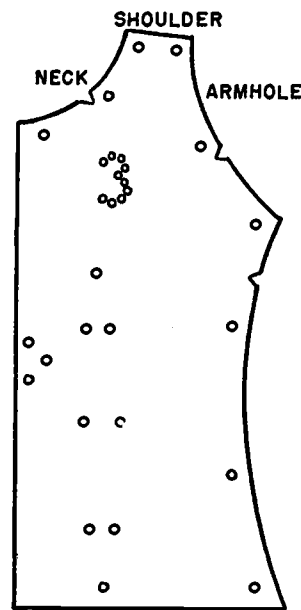


Figure 2.

### Unprinted Patterns

Name on each piece  
 Long arrow shows grain line when pattern is not placed on fold  
 Printed notches—each one numbered  
 Black lines showing width of seams  
 Extra paper on outside seam allowance  
 Place on fold is printed along the edge that is to be placed on the fold

A number on each piece  
 Grain line marked with three large holes when pattern is not placed on fold  
 Notches cut in  
 Seam lines marked with small holes  
 No extra paper  
 Has dots like this  $\circ\circ$  to show that pattern is placed on a fold

► **Figure 3.** On the front of the envelope you will see:

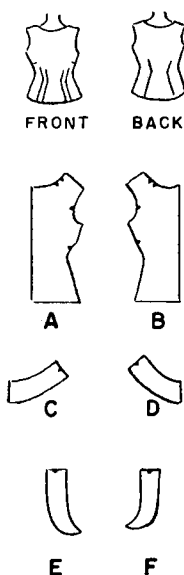
- the name of the company
- the number of the pattern
- the size of the pattern
- the bust and sometimes the hip measurement
- different ways a garment can be made

► **Figure 4.** On the back of the envelope you will see:

- a layout showing all pieces of the pattern
- the number of pieces in the pattern
- the amount of yardage needed for various sizes of pattern
- other information such as length of skirt, width around skirt, and a list of notions and other supplies needed to make the garment
- suitable materials to use



**PATTERN INCLUDES — ILLUSTRATED INSTRUCTION FOR CUTTING AND MAKING 6 PIECES**



**3640 MISSES' BLOUSE 25c**

**FABRIC REQUIRED - Extra Fabric required for plaids**

SIZES	12	14	16	18	20
<b>STYLE I</b>					
39" fabric	2 1/4	2 1/4	2 1/4	2 3/8	2 3/8 Yds.
44" fabric	1 7/8	1 7/8	2	2 1/8	2 1/8 Yds.
52" tubular jersey	1 3/8	1 3/8	1 1/2	1 1/2	1 5/8 Yds.

**STANDARD BODY MEASUREMENTS**

SIZES	12	14	16	18	20
Bust	30	32	34	36	38 Ins.
Waist	25	26	28	30	32 Ins.
Hip	33	35	37	39	41 Ins.
Finished Back Length Base of Neck to Lower Edge of:					
Blouse	22 5/8	23	23 3/8	23 3/4	24 1/8 Ins.

**SUGGESTED FABRIC TYPES:** Style I: Cotton, rayon, faille, jersey

**SEWING NOTIONS:** — Style I — 2 spools of Thread.

Before selecting a pattern you will want to know about types and sizes of patterns.

Most companies make different types of patterns. They are made to fit girls at different stages of growth and development. The types are for girls, teen-agers, the junior miss, or misses. You can see these different types of patterns in the counter books at the store.

► **Girl's patterns** are made for the younger figure with little or no development at the bustline. The sides of the pattern at the underarm seams are almost straight up and down. There may be darts at the waistline so there will be only a little fullness over the bust.

► **Patterns for teen-agers** are slightly wider at the shoulder and longer from the shoulder to the waistline. There may be a small dart under the arm, in addition to the waistline dart, to allow for a little more fullness over the bust.

► **Junior miss patterns** are for the girl who needs a little more width than the average. They are made on slightly wider but shorter lines than the other types.

► **Misses patterns** allow for more width across the shoulder and the chest,

and also more length than patterns for teen-agers. Both waistline dart and underarm dart are quite a little wider, giving more fullness through the bustline.

### Sizes of patterns

Girls, teen-age, and misses patterns are made in even sizes. Usually these sizes are as follows: Girls—6, 8, 10, 12, 14; Teen-age—10, 12, 14, 16; Misses—12, 14, 16, 18, 20. The junior miss patterns are made in odd sizes—11, 13, 15, 17.

### Selection of pattern

After your 4-H meeting on the study of different patterns you are ready to select a pattern for your blouse. If this is the first blouse that you have made, it is suggested that you select one without sleeves, collar, or opening down the front or back. A simple blouse such as in Figure 3 is a suggested style.

If you have made a blouse before, you may wish to make one with a round or a notched collar. See Figure 32. These blouses require more skill and sewing experience.

All three blouses can be made to wear with a sports skirt, provided suitable fabric is chosen. They also may be

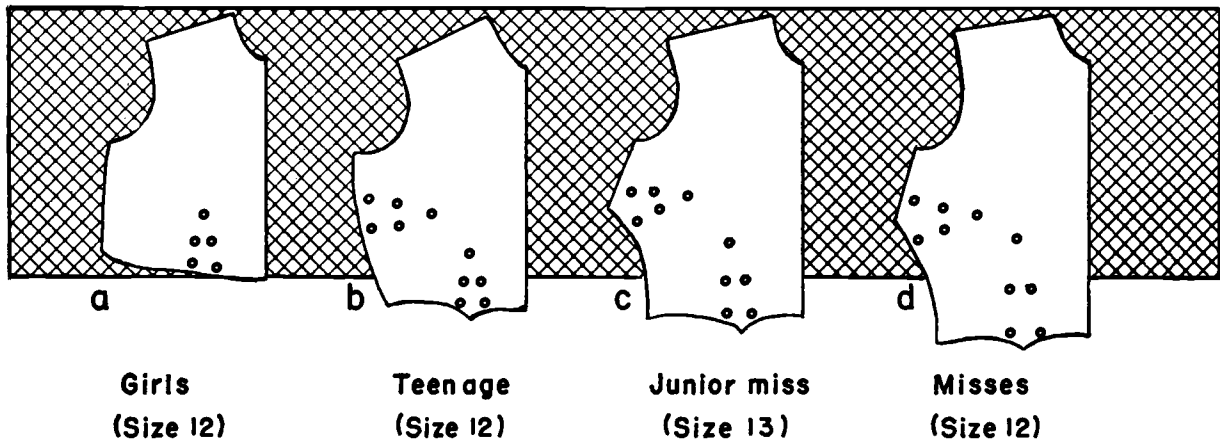


Figure 5.

worn with pedal pushers or jeans. The sports shirt is most suitable for your jeans. The shirt with the Peter Pan collar or round collar is least appropriate to wear with jeans.

Ask your leader or mother to measure you for the size pattern to buy. If

the pattern is the right type and the right size, you will not need to make many changes. These changes usually are called alterations. After you select the pattern, ask your leader or mother to check the pattern for the correct size and make any necessary alterations.

## Look at Fabrics

### Select type of fabric

After you have studied the pattern you are ready to select the fabric. Check your pattern envelope for suitable materials. You also will want to consider a type of material that goes with your jeans, pedal pushers, or simple skirt. These are for work and play and not for dress-up, so you do not want dress-up fabric for the blouse. Lightweight denim, percale, broadcloth, chambray, and similar types of fabrics may be used. Embossed cotton, organdy, dotted Swiss, and rayon or nylon are not suitable for this type of blouse and are very difficult to work with. Blouses made of these fabrics should be worn with "dressier" skirts.

### Select the color

Before buying, consider the color of the skirt, or jeans, or shorts that you will want to wear with the blouse. A white blouse will go with almost any color. A colored blouse should blend or contrast pleasingly. A blouse that can be worn with several skirts or pairs of jeans would give you more changes of costumes. Also, consider a color which is becoming to you since the blouse will be worn next to your face.

### Select design of fabric

Do not select plaids or stripes, a large design, or a design printed off-grain. It is very hard to match plaids or stripes so that you can have an attractive blouse; therefore, it is suggested that you wait until you have a lesson on matching plaids and stripes. If you plan to buy a blouse this year, maybe you can select a plaid one.

You will need to look at the fabric from a distance if it has a design. Sometimes these designs fool us and we find that a tiny design is arranged in a row to form a plaid or a stripe and must be matched just as any other plaid or stripe. Do not buy this type of material. We find also that some designs are printed at an angle on the cloth which makes your blouse appear one-sided. Look carefully at both the selvedge edge and the torn edge to see that the design is straight.

### Select durable fabric

Your blouse is going to have to stand hard wear and many washings in the machine, so you will want to select a fabric that will last and have a color that does not fade too easily. Ask the clerk to show you the label. If the label

states that it is colorfast to washing and to sunlight, you can depend upon it being a rather permanent color.

You also want material that will not shrink after it is made. If the label says that the material is Sanforized or guaranteed not to shrink over one and one-half or two per cent you can depend on this label. If it says preshrunk without any other guarantee it is advisable to shrink it before making the blouse. Many of the new cottons have a permanent finish which means that they have been preshrunk.

Handle the material to see whether or not it is too stiff. You will find the stiff materials much more difficult to work with than the soft ones; however, you do not want too soft material for a blouse to go with sport clothes.

### Select the findings or notions

► **Thread**—if you cannot match the fabric exactly, select a shade darker in a mercerized thread for it always stitches a little light. Colored mercerized thread comes in size 50.

► **Buttons**—if you need them, pearl or good plain buttons will be a better choice than fancy ones. Be sure that the button is a durable one and has the same thickness on all sides.

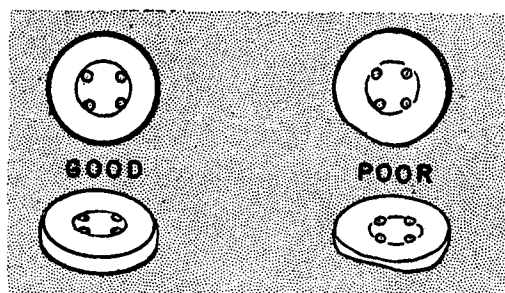


Figure 6.

## Get Ready to Sew

### Prepare the pattern

- Fold the pieces you do not need and put them away.
- On printed patterns, trim away the extra paper on the outside of the seam allowances.
- Draw the grain line down the entire length of the pattern. (On printed patterns, place a yardstick along the

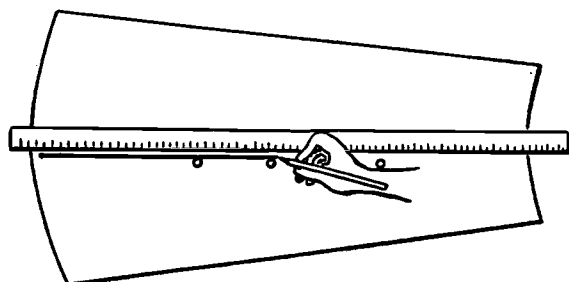


Figure 7.

grain line and draw the arrow out to the edge of the pattern with a dark pencil. On unprinted patterns place a yardstick on the edge of the holes and draw the grain line.)

- Write the name of each pattern piece on unprinted patterns. Put your own name or initials on each piece so you will know it is yours. Do this on the envelope and the guide sheet. (You might get your pattern pieces mixed with those of someone else in a club meeting unless they are marked carefully.)
- Press the pattern carefully with a slightly warm iron. Never use a steam iron. Be very careful not to tear or stretch the pattern out of shape.



Let's look at the various pieces of the pattern so we can understand them better. The back of a simple blouse pattern without sleeves will look something like the one in Figure 3 or 4. You will notice in Figure 2 that the curved part at the top is labeled, neck. Near that is the shoulder and then the armhole. There is only one back piece of the pattern. You will put it on a fold and cut it double to have the complete back of the blouse.

Look carefully at the front part of your pattern. Again, this is only half of the pattern. On the pattern it will tell you that the pattern is placed on the fold of the material so that the back and front of your blouse will be twice that size. See Figure 8.

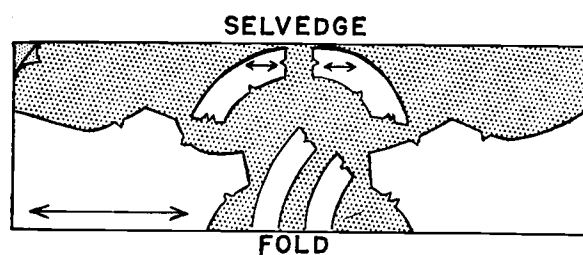


Figure 8.

In using the printed pattern you will put the garment together so that the numbers correspond. On the unprinted pattern each little hole has a corresponding hole on another piece that must be matched when putting the garment together.

### Prepare the fabric

Straighten each end of the fabric by pulling a thread and cutting along the lines as you did for each garment last year.

Shrink fabric if needed. (Refer to SEW IT'S FUN, Club Series L 77.)

### Plan a sewing center

A sewing center for your project will make it easier for you to work. It is a big help to arrange your sewing equipment in a U-shaped sewing center. (Of course, this will not be possible when you are sewing at your club meetings.) Maybe you and your mother can work it out when you sew at home.

Place the sewing machine in the center and a table on one side to form one part of the U, and an ironing board on the other side. You may not be able to move a big ironing board to your work center. You could cover a small board and use it for pressing the seams and then go to your big ironing board for the final pressing. It takes too long to sew in one room and walk to the ironing board in another room each time you want to press a seam. If you have to do this, you will more than likely not press as often as you should. This small board could be placed on a chair or box, or maybe a card table.

The table on which you place your sewing could be a card table, a small table, or the dining room table. With your mother's help you might be able to work out some other arrangement.

► **Prepare a good cutting surface** with oil cloth turned wrong side out on a dining or kitchen table. (The rough side of oil cloth keeps the material from sliding and protects the table from scratches.)

First choice: a dining table

Second choice: two card tables together

Third choice: the floor

NEVER: the bed—it is too low, too soft, and you might cut the bedspread.

► **Collect the following sewing supplies—**

- scissors
- yardstick or tape measure
- metal measuring gauge or short ruler
- pins and pin cushion
- white pencil or tailor's chalk
- tracing wheel and dressmaker carbon
- needle and thread
- thimble
- paper sack or waste paper basket

► **Make or buy a skirt marker—**Here is a commercial skirt marker that is satisfactory. You may make a skirt marker using a yardstick and a block of wood. Nail the yardstick to a block of wood approximately 4 or 5 inches square and 1 to 2 inches thick. Of course a hem may be marked just by the use of a yardstick.

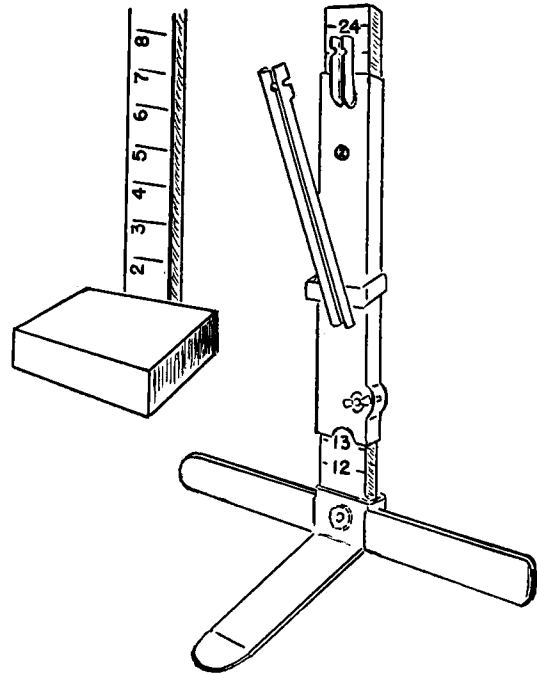


Figure 9.

► **Make a pressing roll by rolling a magazine very tightly. Hold it in position with scotch tape. Cover it with a flour sack or some sturdy material. Press seams open on this pressing roll.**

## Make a Simple Blouse

### Place the pattern and cut out the blouse

► **Circle layout—**Study the guide sheet and circle with a dark pencil the layout for cutting that you are going to use. This will help you to see the layout when you look back and forth from the fabric to the guide.

► **Measure for straight of grain—**Measure from the grain line that you drew to the fold line or the selvedge edge. Measure two or three places on the grain line and then place pins along

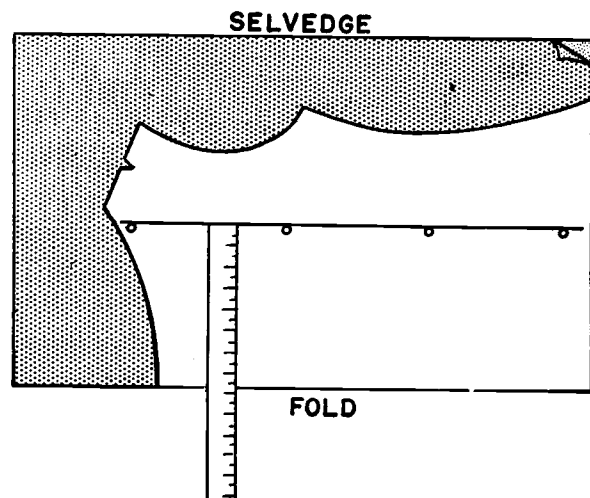


Figure 10.

the line to hold the pattern in position on the grain line of the fabric. Your

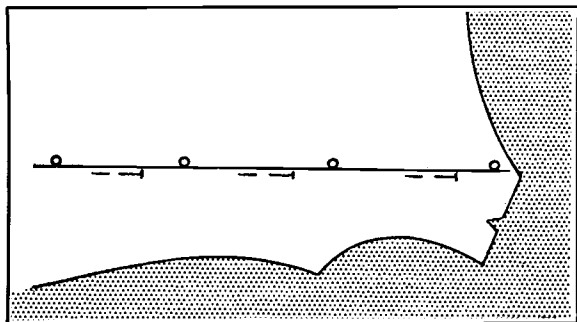


Figure 11.

leader will help you check each piece to be sure that it is absolutely on the straight of the grain.

► **Allow 1-inch seams** on the side seams and shoulder seams. This does not mean in addition to the regular seam allowance, but it means 1 inch including your present seam allowance. If you have  $\frac{1}{2}$ -inch seams, you will allow  $\frac{1}{2}$  inch more. If you have  $\frac{5}{8}$ -inch seams, you will allow  $\frac{3}{8}$  inch more.

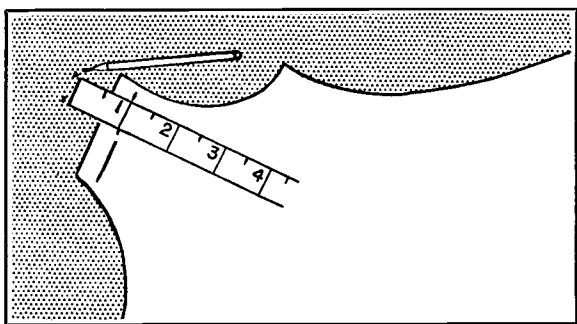


Figure 12.

Cut out all garments with this 1-inch seam allowance even though the pattern does not call for it. This gives enough fabric to make alterations that you may find are needed after the garment is basted together.

► **Place pins at right angles**—smooth the pattern from the grain line and place pins at right angles to the edges of the pattern to hold it in place.

► **Cut notches out** (away from the edge of the pattern). When there are two notches together, you may cut them double as shown.

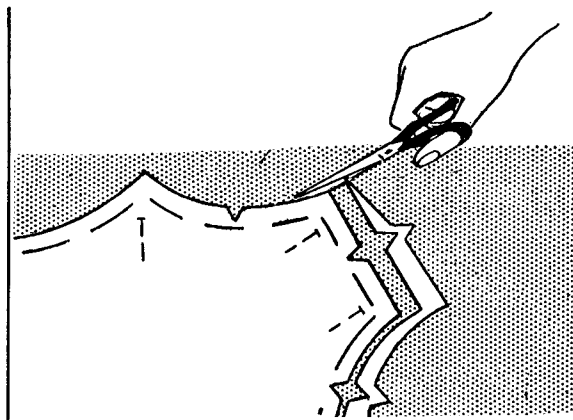
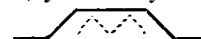


Figure 13.

You are probably tired by now and will want to wait until a later date to transfer the markings on the fabric. Place the pattern and fabric in a box, making as few folds as possible. A long suit box is preferred. Never remove the pattern from the fabric until you are ready to use each piece.

### Transfer markings to pattern

Transfer the markings on the pattern to the fabric so you will know how to put the garment together. For cotton fabrics we usually use a tracing wheel and dressmakers' carbon. **WARNING:** This is not typewriter carbon. It comes in various colors such as blue, green, red, orange, yellow, and white. Choose the color which shows on your garment to the best advantage. Always try it on a scrap of fabric before using it on your

garment. Usually orange is better than blue for it does not stain the fabric as much and is easier to wash out.

The tracing wheel with tiny ridges rather than long sharp wires usually marks cottons better.

To mark the fabric follow these steps:

- Place an old magazine underneath the fabric before you start to use the tracing wheel to prevent the wheel from scarring your table.

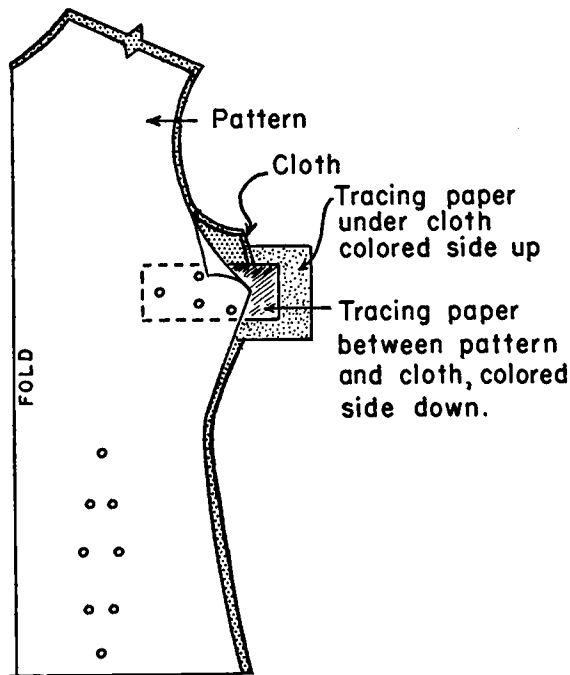


Figure 14.

- With fabric turned so that the wrong side is on the outside, place one piece of carbon tracing paper underneath the cloth with the colored side next to the cloth.
- Place another piece of carbon between your pattern and the cloth with the colored part of the carbon next to the cloth.
- At the end of the dart, make a line straight across so you will know how far to stitch the point of the dart.

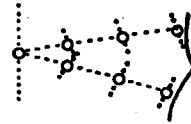


Figure 15.

Transfer all the markings from the pattern to the fabric in the same way.

- For the unprinted pattern (with the tiny holes in it) make a tiny cross in the hole as shown in Figure 16. Do not bear down on the tracing wheel but use a light touch, just enough to make a mark you can see.

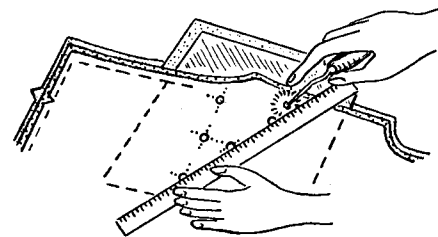


Figure 16.

- For the printed pattern, mark a few places as a guide for the darts and seam allowances.

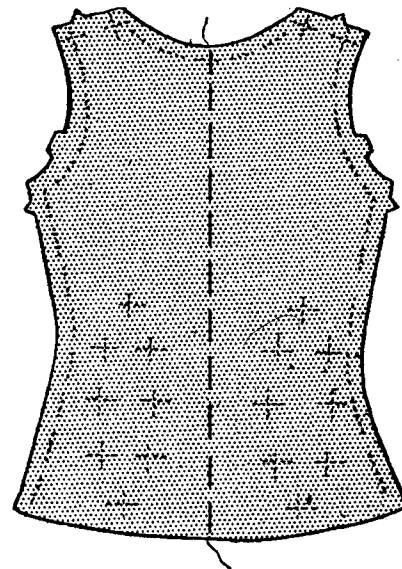


Figure 17.

**WARNING:** Do not run the tracing wheel the entire length of the grain

line or center front. Sometimes these markings are very difficult to remove.

### Mark center front and center back with bastings

Before removing the pattern, baste down the center back and center front—the fold will be a guide for you. In basting, have the short part of the stitch on the wrong side and the long part of the stitch on the right side. Do not fasten the thread.

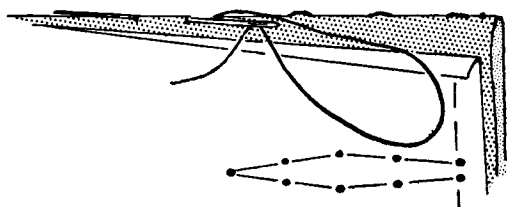


Figure 18.

Things to show others:

- how to understand a pattern
- how to place pattern on fabric
- how to cut out a garment
- how to transfer markings from a pattern

You and your leader may think of many others.

### Stay stitch

Remove the pattern and do your stay stitching. (Stay stitching prevents the curved edges from stretching.) This stitching is done with 8 to 10 stitches per inch. Stitch about 1/16 inch outside the seam allowance. To keep the fabric from stretching, stitch with the grain. (It is not necessary to stay stitch the facings.) The arrows in Figure 19 show you the direction to stitch. Clip threads.

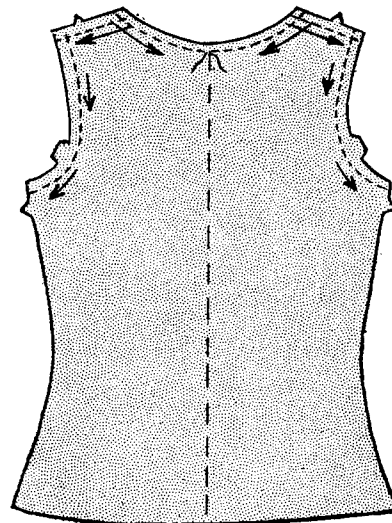


Figure 19.

Stitch as accurately as possible and this will be a guide for permanent stitching.

### Baste blouse together

► **Darts**—Pin the darts together as shown in Figure 20. Baste the dart from the wide part to the narrow. Do not baste past the mark you made with the tracing wheel at the point of the dart.

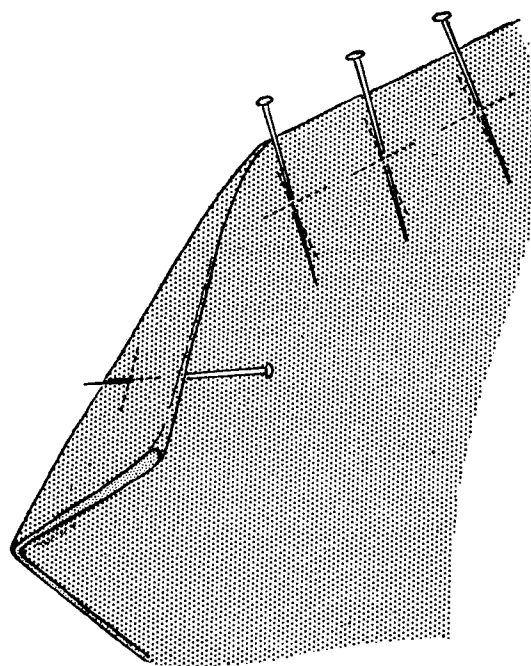


Figure 20.

► **Shoulder seams**—Match the edges of the front and back shoulder seams. On the unprinted patterns, you will match the little holes at the neck and armhole. Pin the two together at the back, armholes, and one or two places in between.

The back shoulder seam is usually a little longer than the front shoulder seam. Do not cut it off but ease it in. This fullness allows for ease over the curve of your shoulder.

Baste the two together. Start at the neck and baste toward the armhole. Do not include the seam allowance at the neck.

► **Side seams**—Pin side seams together at the armhole, the bottom of the blouse, and a few places in between. Place pins at right angles to the edge of the seam. Baste the two together. Start at the armhole and baste toward the bottom of the blouse.

Lift the dart out of the way so you

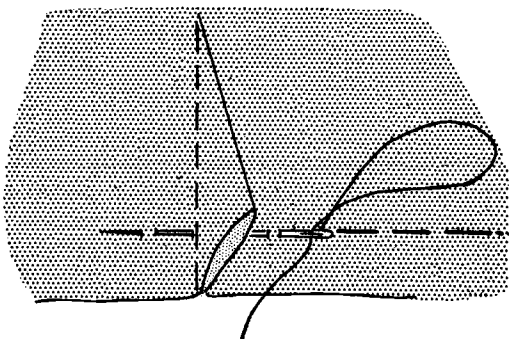


Figure 21.

do not baste it down in the seam. In this way you can stitch the dart without ripping the side seam basting.

If you use this same pattern again you will know it fits and won't need to baste the entire blouse before stitching. For example, you will baste and stitch the darts, then baste and stitch

shoulder and side seams. Later, as you become more skilled in sewing, you may not need to do any basting on this type of blouse. You can pin it together and stitch. This is called pin basting.

### Fit the blouse

Ask your leader or your mother to check the fit of your blouse. If possible, check the blouse in front of a mirror. Check the following things:

**The back of the neck.** Fits snugly without drawing. The seam allowance should come just above the bone at the back of the neck. If you are in doubt about the position, place a necklace around your neck. The necklace will fall exactly where the seam line should be if it is a close fitting neckline.

**Shoulder seams.** The shoulder seams should be on the top of the shoulder so they are not noticeable from the front or from the back. The garment should be comfortable so that there is no tendency to pull to the front or "ride up" in the back.

**Amount of ease.** Right amount of fullness so that the blouse isn't too tight or too loose over the shoulders, chest and bust.

### Stitch the blouse

Be sure to make a seam gauge of adhesive tape. Refer to SEW, IT'S FUN.

► **Stitch darts**—Press darts flat before stitching. Be sure not to press past the point of the dart. You may wish to mark the stitching line with a white pencil and ruler. If your fabric is a light color and white markings won't show, you will have to use the basting as a guide. Never use a lead pencil. The marks won't come out and may show through on the right side.

Stitch the dart from the wide part to the point. Be sure you stitch to a very sharp point. Press the dart from the

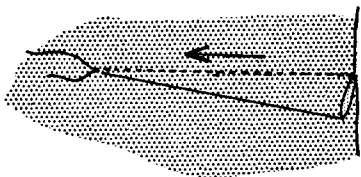


Figure 22.

wide part to the point. Tie the threads in a square knot at the point and leave about one inch of thread. Clip off the threads at the wide end of the dart. It is not necessary to tie the thread here, for the stitching will be crossed by another row of stitching. Press the dart on the side seam the direction your pattern suggests. For all other darts, press toward center front and center back.

► **Stitch shoulder seams**—Start at the neck edge and stitch to the armhole. Do not include seam allowance at the neck.

► **Stitch the side seams**—Stitch the side seams from armhole to bottom of blouse. Turn the dart at the side seam whichever way the pattern suggests. Press the seams open. If you make a pressing roll as suggested on page 10 you will find it easy to press seams.

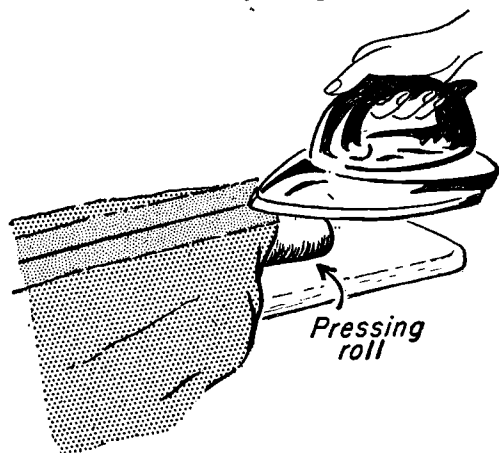


Figure 23.

Never, never stitch across a seam without pressing it! No amount of pressing after the garment is finished takes the place of pressing done while the garment is being made. Some of you may prefer not to have seams wider than  $\frac{1}{2}$ - to  $\frac{3}{4}$ -inch on the sides. If so, you can trim the 1-inch seams to that width with pinking shears. Some materials will not ravel and you can use scissors. You may prefer to keep the wide seams since you can let them out as you grow.

► **Stitch facings together**—Sew together the two facing pieces for the neck. Be very careful to sew exactly on the seam allowance so that the facing will fit the neck. Check facing to see that it fits perfectly. Press the seams open.

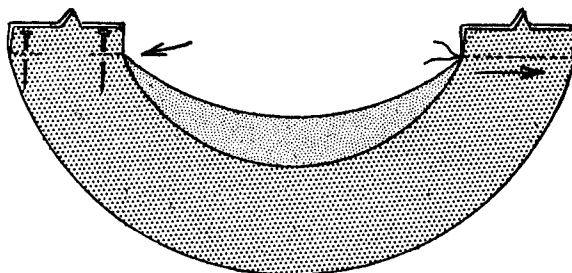


Figure 24.

Hem each facing before putting it on. Turn up the edge at the seam allowance and baste. Refer to Figure 25. Now stitch on the edge, not more than  $\frac{1}{16}$  inch from the edge.

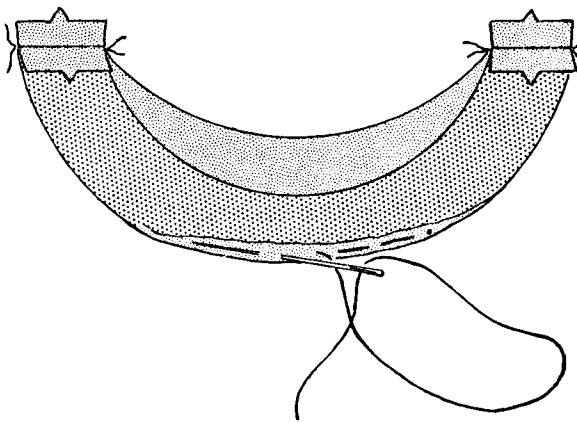


Figure 25.

Place the facing on the neck with the two right sides together. Very carefully follow the seam allowance. Overlap the stitching for about an inch so that you will not need to tie the threads.

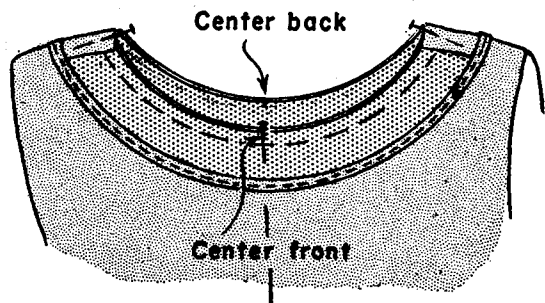


Figure 26.

Press the facing side of the seam back on the facing.

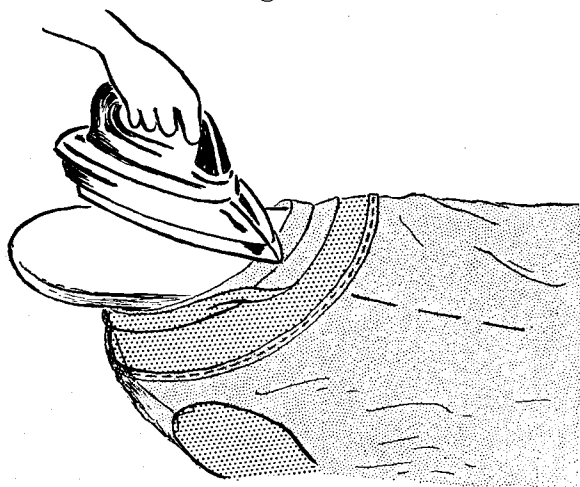


Figure 27.

Trim seams to about  $\frac{1}{4}$  inch. Clip the seams about every inch or oftener to prevent drawing. Be careful not to make the "clips" too deep.

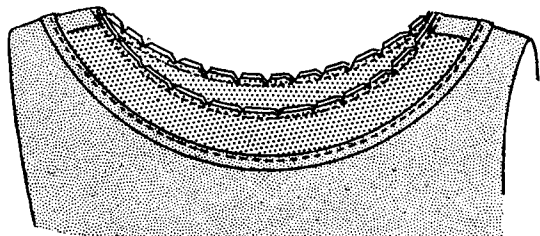


Figure 28.

Turn the facing to the wrong side and roll the edge slightly to the under side so that the seam will not show from

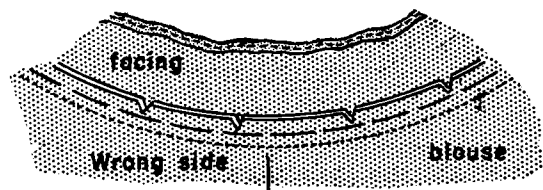


Figure 29.

the right side. Baste the seams and the facing together and stitch just below the seam line on the wrong side of the blouse. This helps to keep the facing from showing.

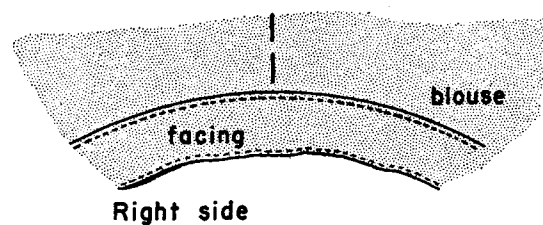


Figure 30.

Tack the facings to the shoulder seams and underarm seams. If needed, tack lightly at the center front and center back of blouse.

In the same way, sew together the two pieces of facing for each sleeve. Press facing seams open.

► **Stitch hem**—You may hem the blouse as you did the sides of your drawstring apron. Refer to SEW, IT'S FUN. This is the best method to use for most cottons that will be washed in the washing machine.

If the material doesn't ravel you may wish to make two rows of stitching about  $\frac{1}{8}$ -inch apart and pink the edge. This latter method is often used on



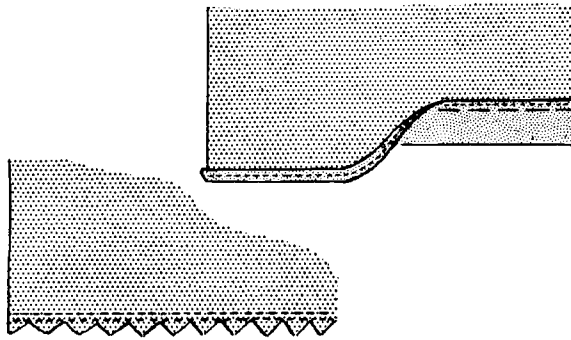


Figure 31.

blouses that are laundered more carefully.

► **Give final pressing**—See that all bastings are removed and threads tied and clipped. Give a final pressing and your blouse is ready to wear.

Let's hope you have a chance to wear the blouse very soon. Wear and wear it and enjoy it, too. When exhibiting your blouse, attach a statement telling about how many times you have worn and washed it. If it is still in good condition—and it will be if you did a good job making and caring for it—this proves that the blouse was a success. Your goal is to learn to sew and to enjoy sewing; then enjoy wearing the garment.

Here are a few things to show others—

how to stay stitch  
 how to baste garment together  
 how to stitch and press seams  
 how to clip neck and curve  
 seams to keep them from  
 drawing.

You will probably want to show your friends many other things that you have learned in making the blouse.

### *Score your blouse by this guide*

1. Was the choice of fabric and pattern a wise one? .....
- If not, what was wrong? .....
2. Does your blouse fit correctly? .....
- If not, do you know how to correct it before making another blouse? .....
3. Is the neckline a nice smooth curve? .....
4. Are seams trimmed and clipped properly? .....
5. Does the neck and armhole facing fit smoothly? .....
6. Are the darts stitched to a nice sharp point and threads tied? .....
7. Is the seam on the facing neatly stitched on the very edge? .....
8. Is the facing tacked at the shoulder seam to keep it in place? .....
9. Is the hem neat and well stitched? .....
10. Was the sewing machine properly regulated so that no seams are drawn and the stitches are the correct length? .....

# Make a Blouse With a Collar

A blouse with a Peter Pan (round-type), or notched collar and with an opening down the front is much harder to make than a collarless blouse. You may wish to try this type of blouse, after you have made one or two of the simple blouses.

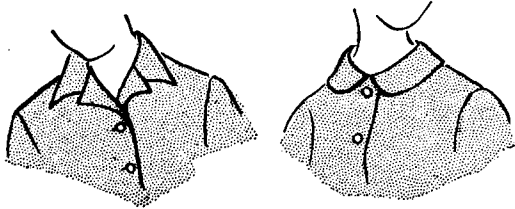


Figure 32.

In making this blouse you start out exactly as you did for the simple blouse. Review those directions on marking and placing the pattern, and transferring the pattern markings to the garment.

In addition, you will have to do the following before stitching:

- Mark very lightly, with tracing wheel and carbon, the position of buttons and buttonholes.
- Stay stitch the facing and neck as shown by the arrows.

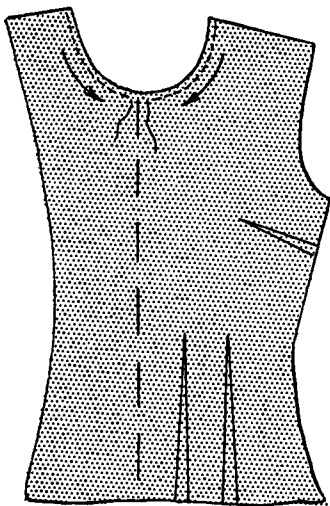


Figure 33.

- Stay stitch the neck edge of both top and under collar. Follow the arrows.

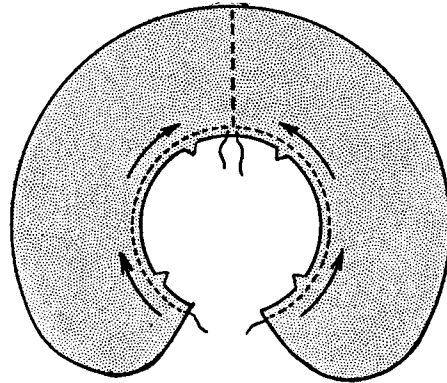


Figure 34.

- Baste the under and top collar together

Baste and fit the blouse as you did before. In pinning the blouse together for fitting, lap the right side over the left so that the center front basting of

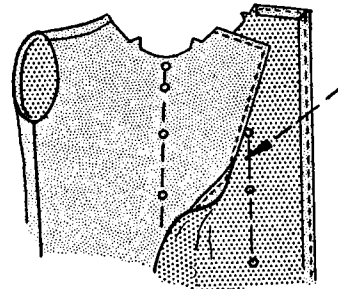


Figure 35.

the right side is directly on top of the left. After it fits correctly, stitch darts, shoulder and side seams and press them.

Finish the armhole. If you have sleeves, ask your leader to show you how to put them in.

Turn under the edge of the facing and stitch on the very edge just as you did for the neck and armhole facings of the first blouse.

### Stitch under and top collar together

► **Round collar**—Make a smooth, even curve of stitching on the outer edge of round collar.

Press under collar side of seam back on the under collar. Refer to page 16, Figure 27.

Trim seam to  $\frac{1}{4}$  inch or less.

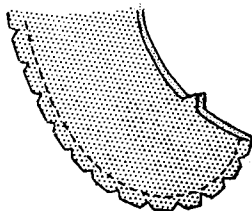


Figure 36.

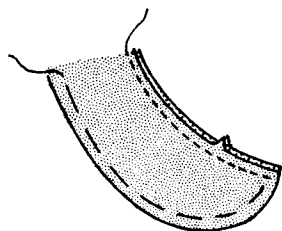


Figure 37.

Cut out bites of the seam as shown in Figure 36.

Turn collar right side out as shown in Figure 37. Roll the seam edge slightly to the under side so that it will not show from the top side. Baste to hold the seam in position while it is being pressed.

Press.

► **Pointed collar**—When stitching a pointed collar, make one or two stitches across the point of the collar. This gives room for the seams in the point when the collar is turned right side out.

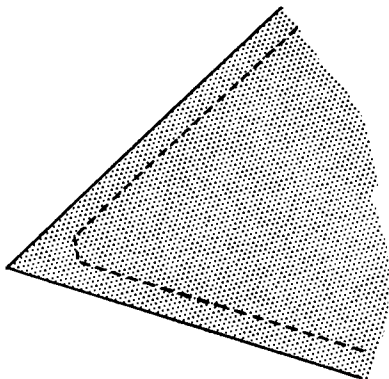


Figure 38.

Measure collar points to see that both are exactly the same length and width.

Press under collar seam back on the under collar.

Trim seams to  $\frac{1}{4}$  inch or less. Trim around the points of the collar. Refer to "Cutting The Corners of The Sash," in SEW, IT'S FUN.

Turn collar right side out. Roll the seam edges slightly to the under side. Baste and press.

### Attach collar to blouse

► **With a bias binding**—(This is more often used where you have a narrow front facing or a round collar.)

Pin the collar to neckline of blouse at center back, center front, left and right sides, and shoulder seams.

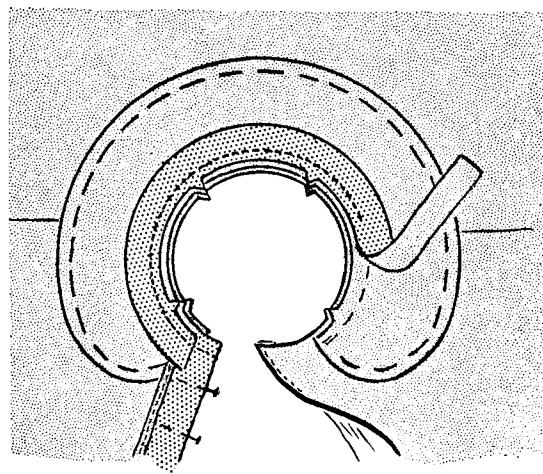


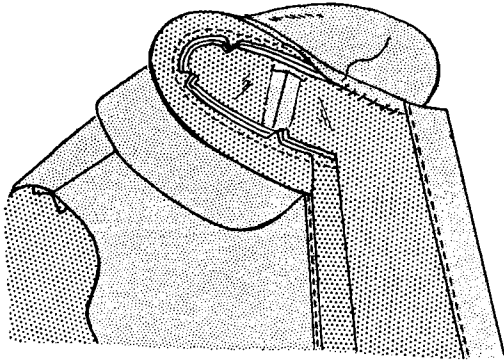
Figure 39.

Baste in place. Clip seam allowance of collar and neckline in a few places so that you can straighten the seam for easier stitching.

Turn the front facing back over the collar. See Figure 39.

Baste the bias binding over the seam as shown in Figure 39 and stitch.

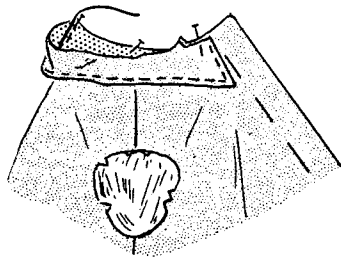
Trim seams to  $\frac{1}{4}$  inch.



**Figure 40.**

Turn facing right side out and whip down bias binding as shown in Figure 40, or machine stitch.

► **Without a bias binding—**  
Pin collar to blouse.



**Figure 41.**

Pin the under collar center back to the center back of the neckline of the blouse.

Pin both thicknesses of the collar to neckline at center front on left and right side.

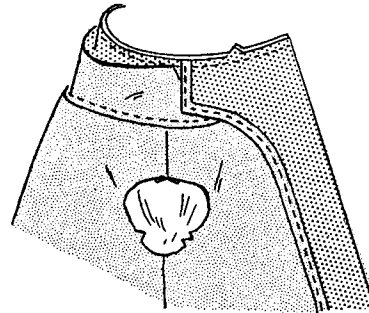
Pin under collar at each shoulder seam. Take a small bite with each pin being sure that the seam line of the collar is exactly on the seam line of the blouse.

Baste collar to neckline from one shoulder seam to the other. You may baste a little past the shoulder seam on the front neckline.

Stitch, following the exact seam line. You may find it helpful to straighten the seam by clipping the seam allowance of

neckline and collar almost to the stay stitching in a few places.

Turn the facing back over the collar front as shown in Figure 42. Baste into position.



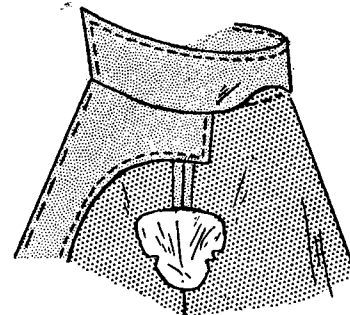
**Figure 42.**

Stitch together the facing, collar, and blouse neckline. Stitch from the folded edge of the facing to the shoulder seam. Be sure that the collar has not slipped out of position. If you do not follow the seam exactly, one side of the collar will be larger than the other.

Trim the seams you just stitched to  $\frac{1}{4}$  inch. Clip the seam at the corner where the facing was folded back. Clip the neck seam as needed.

Clip the upper collar seam almost to the stay stitching at the shoulder seam. Turn the facing right side out. Baste and press.

Turn under the seam of top collar and check to see how it fits the neckline.



**Figure 43.**

Clip the seam as needed to make it fit correctly. Turn the top collar seam

under just past the stay stitching and baste to the back neck seam, covering the neckline seam. Stitch by machine or put down by hand.

### Hem blouse

If you are finishing the edge of the blouse by pinking and two rows of stitching, do it as you did for the simple blouse and continue stitching across the facing.

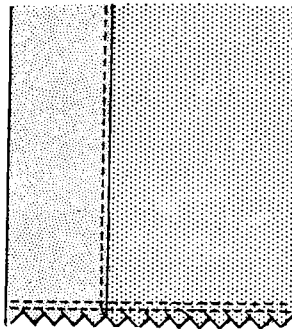
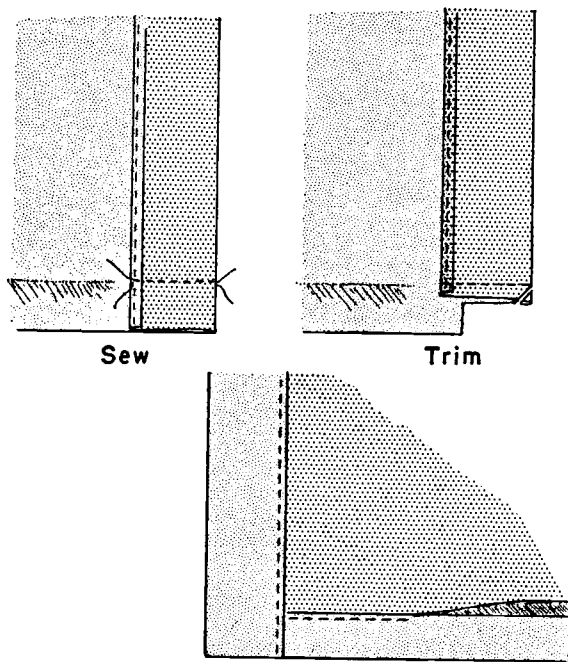


Figure 44.

If you are finishing the edge with a hem, fold the facing back on the right side of the garment and stitch across the



Turn  
Figure 45.

bottom edge. Be sure that this stitching is exactly in line with the bottom of the crease for the hem. Trim the seam as shown. Turn facing back in place. Press.

Hem the blouse by machine.

### Buttons and buttonholes

If your mother has a buttonhole attachment, why not ask her to make your buttonholes for you? You may use the buttonhole attachment if you wish, but you must practice a long time before you make buttonholes in your blouse. You may work the buttonholes or you may ask your mother or leader to work them. When you exhibit your blouse, always attach a note giving credit to the one who made the buttonholes.

You notice in the drawing that the buttonholes belong on the right side and extend a little past the center front line. This is done because a button pulls to the end of the buttonhole nearest the edge of the lap. How far past the center it should be depends on the size of the button.

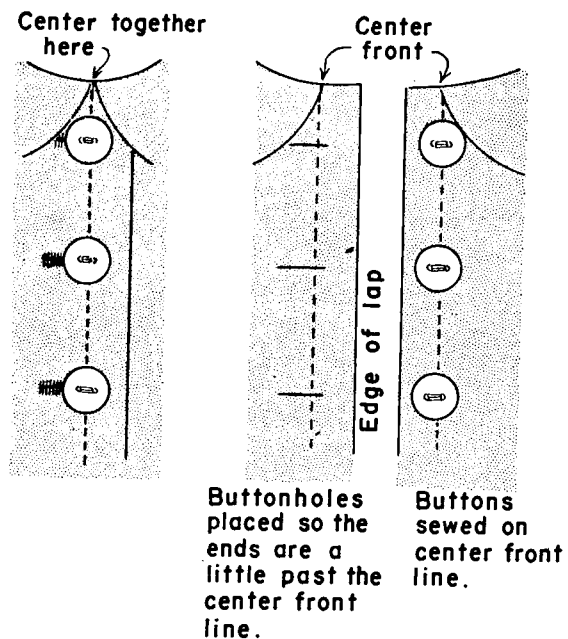


Figure 46.

Be very careful not to make the error shown in Figure 47. The buttonholes were placed too far over the center line.

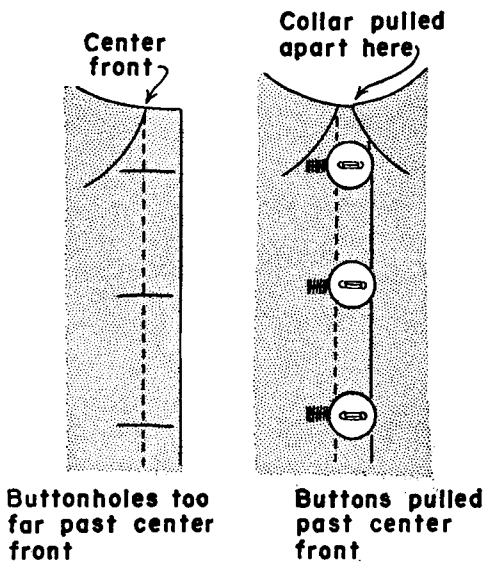


Figure 47.

On cottons about  $\frac{1}{8}$  to  $\frac{1}{4}$  inch past the center line is enough. The buttons should be sewed on the center front line of the left side.

If your collar fastens high at the neck, make a small button loop as you will make for your Belt Carrier on page 32. This is placed as shown in Figure 48

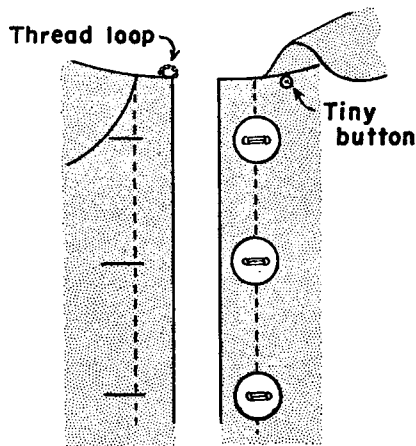


Figure 48.

and a very tiny button is sewed under the collar. By using this instead of a snap you may wear the blouse buttoned up or left open to the second button. A snap may be used if you do not plan to wear the neck open.

Be sure all loose threads are tied and clipped. Give your blouse a good pressing and it will be ready to wear.

### *Score your blouse by this guide*

1. Are both sides of the collar the same? .....
2. Is the seam around the collar edge turned slightly under so that the seam line does not show from the right side? .....
3. Does the collar stay in position without the edge pulling or curling up? .....
4. Does the neck come together as it should? .....
5. Are the buttonholes all alike and the same distance from the fold edge of the blouse? .....
6. Are the buttons sewed on securely and spaced evenly? .....
7. Is the facing smooth and even at the hem? .....
8. Do you enjoy wearing the blouse? .....

# Buy a Blouse

Sometimes it is cheaper to make a blouse and other times you may save by buying a ready-made one. You might consider these questions:

- Can I get the type and color of blouse I want ready-made?
- Can I find one to fit me?
- Can I buy one as cheaply as I can make it?
- Can I find the pattern and fabric I wish?
- Do I have the time and skill to make the type of blouse I want and need?

Most girls find that they like to make some of their blouses and buy a few of them. You might like to buy a plaid blouse since that is too hard for you to make this year. It is always nice to have the experience of doing both. If you do not need another blouse, maybe your girl friend will let you help her select one. Or, you may wish to give one as a Christmas or birthday gift. Even selecting one for your little sister will give you the experience of buying a blouse, and you can receive credit for this in your 4-H project.

► **Type of blouse**—Your choice of type of blouse depends upon what will be worn with it.

Will it be—

- worn with jeans
- worn with shorts or pedal pushers
- worn with skirt
- an all-purpose blouse

Review pages 7 and 8 for suggestions.

► **Type of fabric**—Your choice of fabric depends upon its use and the other garments in your wardrobe.

Will it be—

- cotton chambray
- denim
- broadcloth
- organdy
- nylon
- dotted Swiss
- tissue gingham
- batiste
- others

► **Color of blouse**—Your choice of color is affected by the garments to be worn with the blouse and the colors becoming to you.

Consider whether your skirts have a design if you wish a plaid blouse or one with a design. It does not look well to combine two different figured garments, two different plaids, or a plaid and a figured design.

A most pleasing effect may be produced by selecting a plaid blouse or printed blouse and then picking up one of the colors in the plaid or print in a solid color for the skirt, or the other way around—have a plaid skirt and pick up one of the colors in a plain-colored blouse. In this way you have harmony of colors and also a pleasing contrast.

- White blouse for almost any color.
- Colored blouse to blend or contrast.
- Color becoming to you or the wearer.
- Plaid or printed blouse for plain skirt, plain colored blouse for printed skirt, with harmony of colors and pleasing contrast considered.

► **Quality of fabric and trimmings—**

You wish to buy the best quality fabric you can get for the amount of money that you plan to spend. Consider the following points:

- Is it closely woven and a firm fabric?
- Can you see that some of the fabric threads have slipped out of place? If so, the fabric will not wear well.
- Are the buttons durable with holes evenly placed from sides of the button?

► **Workmanship—**

- All parts of the blouse cut straight of the grain.

You can check this by grasping material at the shoulders and pulling slightly. After the blouse has been laundered a few times, the part that is cut off grain will have a tendency to draw to one side.

- Seams wide enough not to fray.
- Stitching reasonably straight.
- Stitches not too large.
- No drawn seams or dangling threads.
- Buttons securely attached.
- Buttonholes well made—no loose threads.
- Buttonholes the same distance from the edge of the front fold.
- Neck finish well done. Check to see that the neck comes together correctly.
- Both points or sides of the collar the same.

- The points of the collar well shaped and lay flat.

► **Label information—**How much of this information do you find on the label?

- Type of material
- Shrinkage (Sanforized for cottons means that it is guaranteed to shrink not more than one per cent)
- Finish of the garment (if it has a permanent finish, it means that it will not shrink to a noticeable degree and has some resistance to wrinkling).
- Color fastness may apply only to color fastness in washing and not in sunlight. If it says “guaranteed color fast to washing and sunlight” you can depend on it not fading.
- Washing instructions (will tell whether the material can be hand washed or machine washed).

► **Fit of the blouse—**

- Does the blouse fit you properly?
- Does it look “skimpy” on you? (Remember that you are growing and that you may want to wear the blouse several years.)

Now that you have learned about buying blouses, why not ask your leader to take your 4-H club to the store to see what blouses are available? If arrangements are made ahead of time, the clerk will probably have more time to help you.

## Care of the Blouse

In other 4-H projects you learned to hang up your clothes and to fold your sweaters. By now, let's hope it has become a habit and you never leave your dress or sweater flung over a chair or in a heap on the floor.

Your blouses need care too. Wouldn't you like to take the responsibility of caring for them? Some of the cotton blouses will be put in the washing machine along with the regular family wash. Others must be hand washed.



Your mother can tell which may safely be put in the washing machine.

All except the knit and some seersucker and nylon blouses will need to be ironed. Even they are improved by pressing with a warm iron.

Be sure the cotton blouse is sprinkled evenly and allowed to stand several hours before ironing. In this way the blouse will be moistened evenly and will be easier to iron smoothly. Always iron the blouse from the wrong side and the fabric will keep its new look. You may need to touch up a few spots on the right side but do as little as possible for this will cause shiny spots.

A Word to the Wise: Hot irons can cause trouble for you if you're not careful. Remember that "safety first" may save you from being burned as you iron. Grasp the iron firmly as you press your blouse. When you are not using it be sure to stand it on the end or place it on an asbestos pad. You don't want to

scorch the ironing board. And watch your left hand as you iron; don't let it get in the way of the hot iron as it slides over your blouse. Irons can be your friend if you treat them carefully. When you iron, pay attention to what you are doing and accidents won't occur! Last, but not least, be sure to pull the cord when you finish ironing and let the iron cool standing on end.

When you have finished ironing your blouse, it is better to hang it up if there is space in your closet. If you have to store your blouses on a shelf or in a drawer, fold them just as you learned to do your sweaters in JUST SO GIRL.

Things to show others—

. . . Guides for selecting a ready-made blouse

. . . Guides for caring for a blouse

## Take Greater Care in Personal Daintiness

A bath each day with plenty of soap and water is an important part of keeping well groomed. Even this precaution against body odor is not always enough. Some of us have an excessive amount of perspiration under the arms, especially when nervous or excited. It is quite difficult at times to keep from offending our friends. So every precaution must be taken to prevent this.

First of all, the removal of the hair under the arms is essential to daintiness. It is much easier to check odor from excessive perspiration if there is no hair growth. Carefully remove the hair with a safety razor. This is the simplest and safest method.

In addition, a good deodorant should be used each day. You may buy a commercial type or you may bathe the armpits with a solution of one tablespoon baking soda in one pint of warm water. This home method gives only temporary protection. If you use a commercial type, follow the directions. A deodorant does not stop perspiration but it temporarily prevents odors. The armpits should be clean and dry when a deodorant is used.

If you are having trouble with excessive perspiration so that you are ruining your clothes, use an anti-perspirant three or four times a week. An anti-perspirant merely checks excessive per-

spiration in the armpit, and it will then be secreted from some other part of the body.

Deodorants and anti-perspirants should not be used for at least 12, or better, 24 hours after shaving the armpits.

Dress shields may be used for additional protection from perspiration. These dress shields must be laundered frequently.

Another phase of personal daintiness that a girl is likely to overlook is the proper care of the elbows.

The elbows should be washed as carefully as any part of the body. Since they are very likely to become chapped and roughened, a good cream or hand lotion should be used every night and morning. If you follow this practice you will be rewarded with lovely soft elbows.

## Make a Dress

After making one or more blouses you will be able to make a dress. Plan your dress carefully. This dress should be of a cotton fabric that you can wear to school, to town, or visiting. Why not look in the store window at ready-made garments and study some fashion magazines to see the style of dress that girls your age are wearing this season? Even the current magazines in your library may have some pictures of school dresses.

Again, select a simple pattern with few pieces—one without a collar, sleeves, or just cap sleeves. If you have had experience making several blouses, then you may wish to select a dress with sleeves and a collar. Usually it is more fun to sew if you continue to use simple patterns.

After you have selected your pattern consider the fabric. What type fabric does your pattern suggest? Some of the same types of fabrics that were suitable for your blouse will also be suitable for your dress. Review those suggestions.

There are many lovely fabrics on the market. Avoid using large design, embossed cotton for it is very difficult to

work with. Watch for bright designs that have a tendency to rub off, especially designs of gold printed on the cloth. You can always depend on a woven design. However, many printed designs hold up very well. You must be constantly on the "alert" for designs printed off grain. Flower, bird, animal, and other designs which look real are not as pleasing as those which are imaginary. Avoid designs which are very large or spotty. Of course, you are always safe in selecting one of a solid color. Again, do not choose a plaid or stripe for this first dress.

Let's hope you didn't forget to ask the clerk for the label so that you will know whether the fabric can be washed in the washing machine. It is wise to make a dress that can be put into the washing machine instead of having to be hand washed. If the trimmings won't stand washing in a machine, you will have to hand wash the dress.

### **Prepare pattern and fabric**

Prepare your pattern as you did for the blouse—marking for grain line, pressing, etc. Review page 8.

The only piece of pattern that will not be familiar to you is that of the skirt. A simple four-gore skirt pattern looks like this. Figure 49. Of course, you may

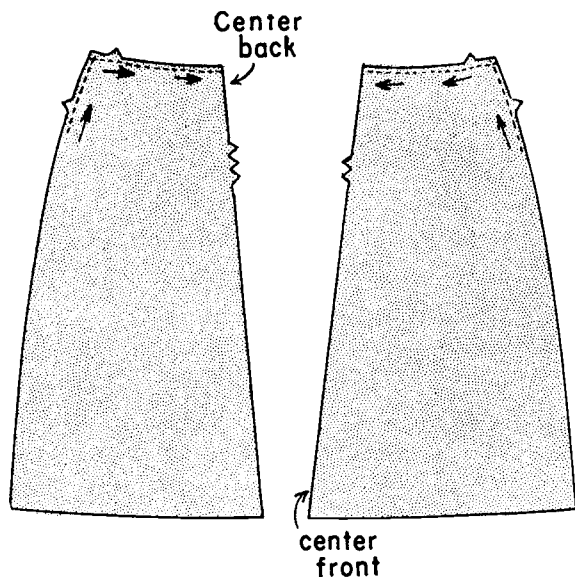


Figure 49.

have a pattern that has a different type of skirt, so study your guide sheet very carefully.

Prepare your fabric by straightening it and shrinking if needed.

Place the pattern and cut the fabric observing the things you learned in making the blouse.

### Baste blouse and skirt

► **Dress blouse**—Baste the dress blouse together just as you did your first blouse.

► **Placket opening**—Leave the left side open as far as is marked for the placket. Run a basting thread exactly on the stitching line for both the back and the front seams that you left open for the placket. This is done to show you exactly how far to lap the seam when fitting the dress.

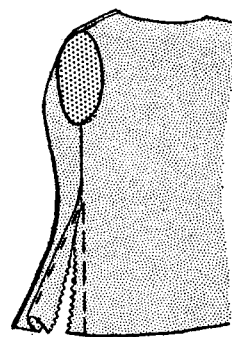


Figure 50.

► **Skirt**—Always work with the skirt on a table—never on your lap.

Handle the skirt very, very carefully for the bias seams of the skirt are easily stretched.

Stay stitch the skirt as shown by the arrows in Figure 49.

Match notches for two halves of the skirt front—pin the center front seams together at the hem and at the waistline. Put a few pins in between. If one side appears to be slightly longer than the other, place the skirt flat on the table with the full side up and ease it into position. This is a sign that you stretched the longer side. However, it is easy to bring it back into shape.

Baste from the hem up to the waistline.

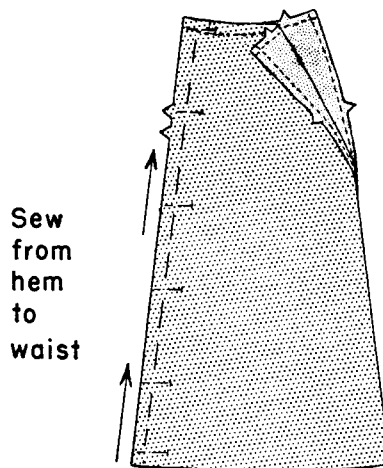


Figure 51.

In the same way baste the two back halves of the skirt together. Next combine the back and front by basting side seams together.

Prepare placket seam on the left side just as you did for the dress placket.

### Try on dress for first fitting

Carefully put on the blouse and the skirt. Ask your mother or leader to pin the blouse together at the placket and then pin the skirt up on the blouse. Also pin placket of skirt together being certain that the basting lines on the seams exactly match. Sit down in the dress to see whether it is comfortable.

If at all possible, look at the dress in the mirror. Often little errors in fitting are more easily seen by looking in a mirror. The person doing the fitting will help you decide whether or not any adjustments should be made. She will also show you how to make any necessary corrections.

### Stitch

After you know that the dress fits all right, you are ready to begin the stitching. Has your mother regulated the stitch for you? Between 14 to 16 stitches per inch should be used on most cotton fabrics.

► **Blouse**—First, press and mark the darts as you did for the blouse and stitch them. If you have forgotten any of these steps, review pages 13, 14, and 15. Remember to trim and clip curved seams of the neck and armhole.

► **Skirt**—Where the skirt seams are straight you may mark the seam allowance with a white pencil or chalk and a yardstick. (Do not use a lead pencil or crayon.) Notice that you cannot use the yardstick to draw the curved line over the hip.

Stitch skirt seams with the grain—from the hem up to the waistline.

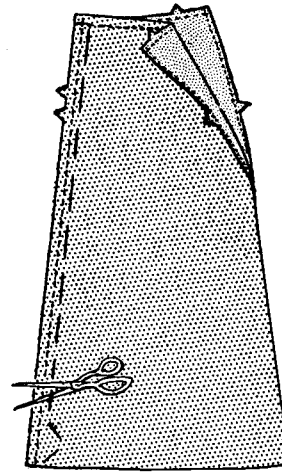


Figure 52.

Remove bastings by clipping them often. Never try to pull out a long basting thread at one time. You are likely to break a stitch of sewing and then have small places rip loose in the seam.

Press with the grain—from the hem to the waistline. Press both seams together first to eliminate puckering of the seam. Then open the seams and press on the pressing roll. Again, press from the hem to the waistline.

Remember—

**Cut** with the grain.  
**Baste** with the grain.  
**Stitch** with the grain.  
**Press** with the grain.

### Combine blouse and skirt

If your blouse has any gathers at the waistline, stitch two rows of gathering thread with a long stitch as you did last year in putting the gathers in your skirt. If you have forgotten, review CHARMINGLY YOURS. Pull the bobbin

thread and draw up the gathers the desired length.

Turn the skirt wrong side out. Slip the blouse inside the skirt with the right side of blouse next to the right side of skirt. See Figure 53.

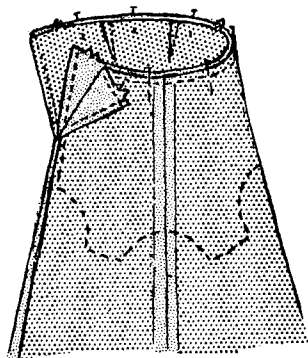


Figure 53.

Match notches and seam lines. Pin center front, center back and side seams. Baste.

Stitch the seams, being careful to keep the exact seam width allowed in your pattern. If there are gathers, regulate them as you stitch.

Turn both seams down on the skirt and baste. Press. Then stitch along the basting line on the right side. This gives the appearance of the skirt being placed up on the blouse. Too, it reinforces the waistline with a second row of stitching.

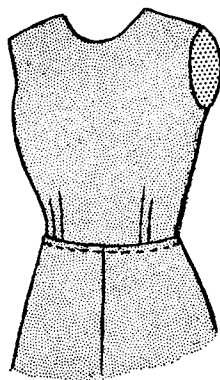


Figure 54

**Note:** There may be times when it is better not to put the skirt part up on the blouse. This would be true of a pleated skirt or a very gathered skirt. You might turn the blouse down over the skirt. At other times you may press each side of the seam open and make two rows of stitching—one on each side of the waistline seam, thus holding each seam in position.

### Zipper placket

Now you are ready to put in the zipper. If you have a zipper or cording foot for your machine, use the method shown here. If not, use the method in HE 2-305, Concealed Slide Fastener, as a guide. Either method may be used.

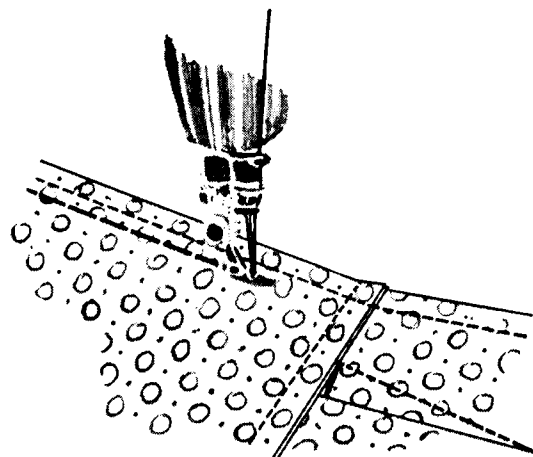


Figure 55. Machine-baste placket. Press seam open.

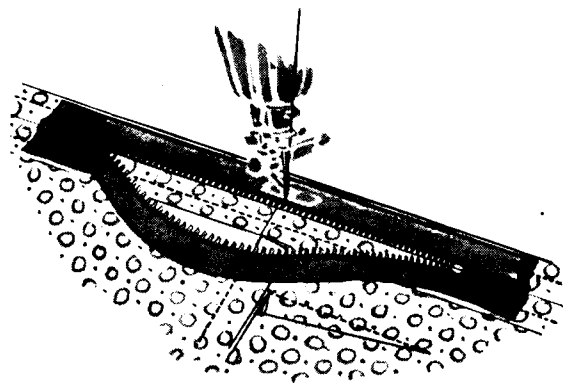
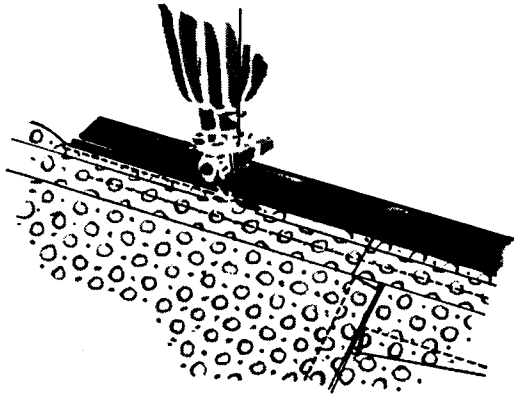
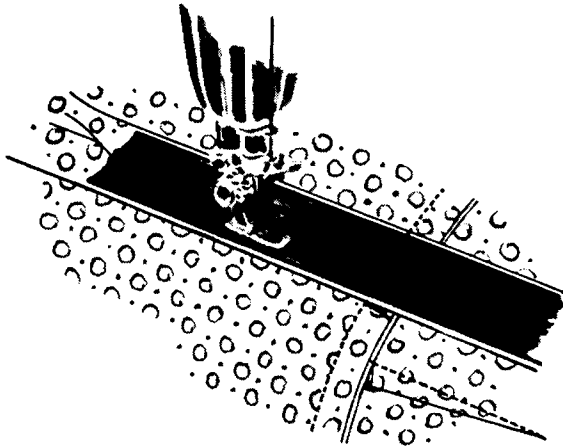


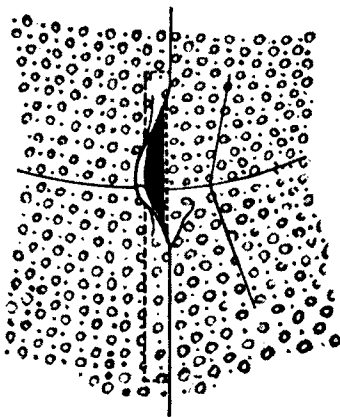
Figure 56. Stitch centered zipper to back seam allowance with zipper foot.



**Figure 57.** Turn closed zipper face up; stitch on fold.



**Figure 58.** Turn zipper face down, stitch around zipper.

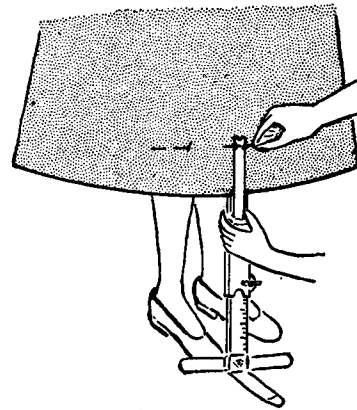


**Figure 59.** Press. Remove basting.

## Hem

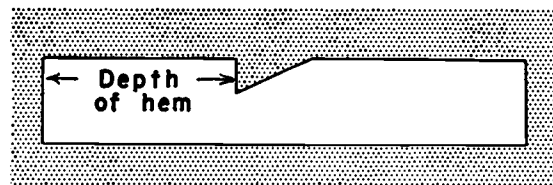
Let the dress hang for a day or two to allow stretch of seams before taking the hem. The hem line is not so likely to hang unevenly later.

Try on the dress and ask someone to mark the hem for you. The measuring of the hem should be done from the floor as shown in Figure 60. Place pins parallel to the floor exactly on the fold edge of the hem. Someone else will have to do the pinning for you.



**Figure 60.**

Spread the skirt flat on a table. Turn the hem exactly on the row of pins and baste,  $\frac{1}{4}$  inch from edge. Remove pins and press the hem. See Figure 62.



**Figure 61.**

Measure the amount you want for your hem and then cut off any surplus material. A hem gauge is useful in measuring the width of your hem. You can make one of cardboard as shown here or you may buy a metal gauge.

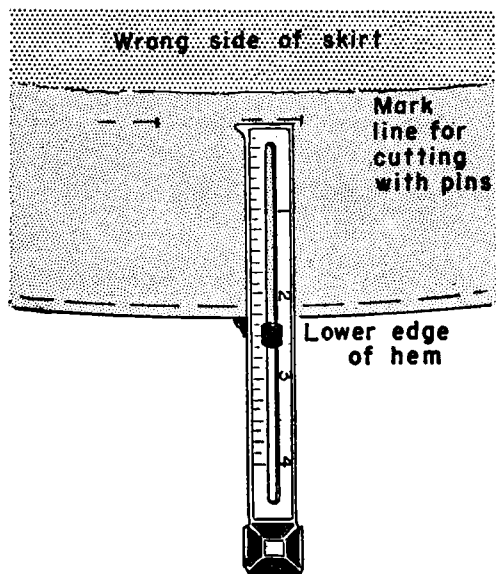


Figure 62.

Turn under the edge  $\frac{1}{4}$ -inch and stitch on the very edge of the fold with the longest machine stitch possible. Start and stop at each seam.

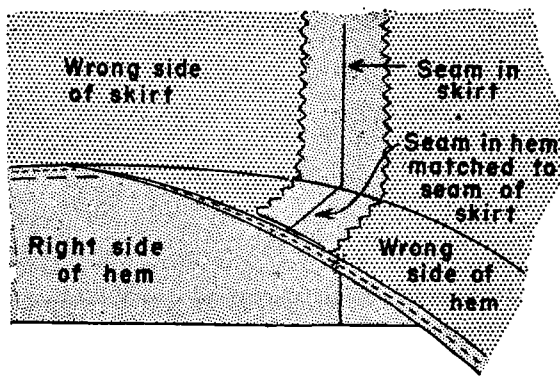


Figure 63.

Match the seam line of the hem to the seam line of the skirt. Pin in place. Pull the bobbin thread and regulate the gathers. Pin in several places. Baste the hem and remove pins.

Press the hem again. Press from the lower edge of the hem to the upper edge.

Put in hem by hand. This will be the same as you did in hemming your skirt in CHARMINGLY YOURS.

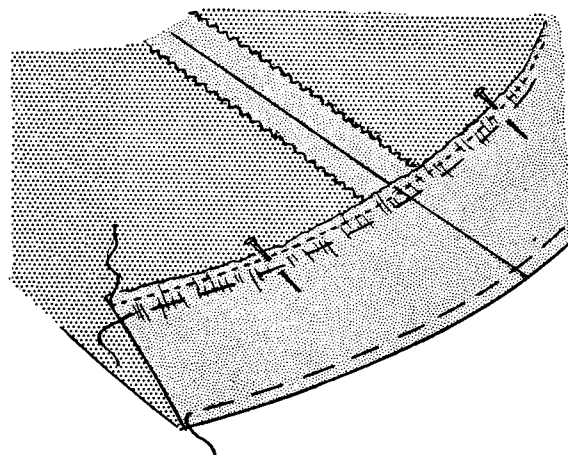


Figure 64.

## Belt

A belt for a cotton dress may be made in many ways. Probably the quickest method is to use mending tape. Belts made by this method wear well and may be washed in the washing machine provided the slide or buckle is washable. If you use a pearl buckle or slide, it may be snapped on or put on with a hook and eye.

To make the belt with mending tape:\*

Cut the mending tape the width and length desired in the finished belt. Point, round, or slant one end for the finished end of the belt.

Cut the cotton fabric for the belt twice as wide as the tape plus  $\frac{1}{4}$ -inch seams on each side. Refer to Figure 65.

Lay the tape, shiny side down, along the lengthwise center of the cotton fabric—this leaves a seam allowance on one side. See Figure 65. Press the tape to the cotton fabric with a hot iron.

\* HE 2-304, Give Home Sewing a Professional Look.

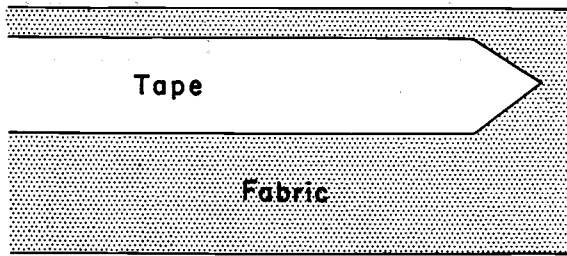


Figure 65.

Trim the cotton fabric the same shape as the tape at the one end, allowing a small seam to turn to the inside of the belt. Press under seam allowance and trim away extra bulk.

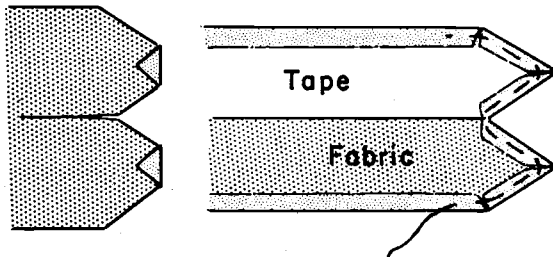


Figure 66.

Fold and press belt as it will be when finished.

Pin and top stitch. Attach buckle.

If you prefer, you may make a belt as your guide sheet suggests or use some other satisfactory method.

If you are using a slide instead of a buckle with eyelets, sew a snap or hook and eye to keep the end of the belt from slipping out. Never use a pin to keep it in place.

### Belt carrier

Make a belt carrier on each side seam to hold the belt in position at the waistline.

Use a double thread and make a knot.

Pull the thread through the side seam at a place a little more than half the width of the belt above the waistline seam. Refer to Figure 67.

Take a tiny stitch at this place. Draw the thread partly through. Leave about a 2-inch loop.

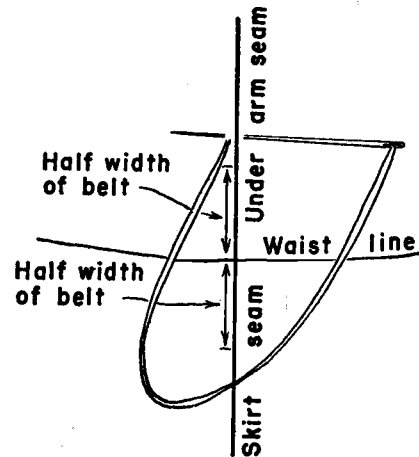


Figure 67.

Hold the needle end of the thread between your left thumb and finger. Now reach through the loop with the thumb and first finger of your right hand. Take hold of the thread as in Figure 68. Pull it through the loop making a new loop. Figure 69.

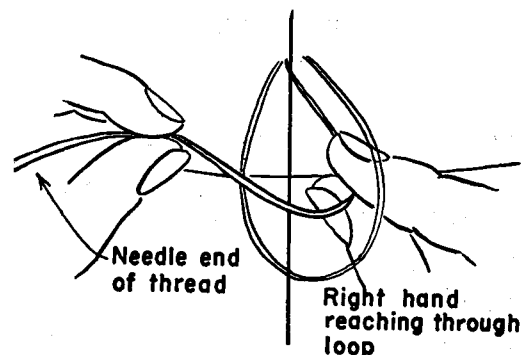


Figure 68.



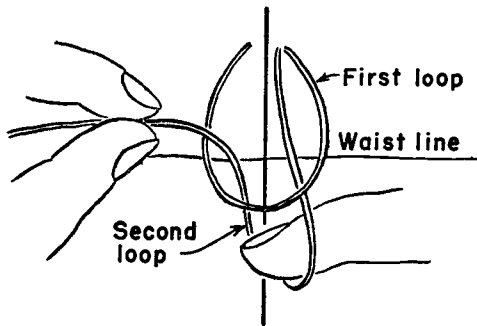


Figure 69.

Keep on pulling the second loop until the first loop is pulled up tight.

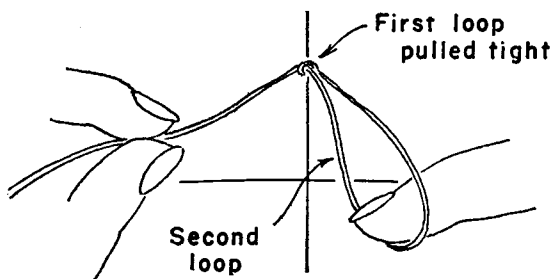


Figure 70.

Go on making loops until you have a chain a little longer than the width of your belt. Be sure to pull each loop up tight.

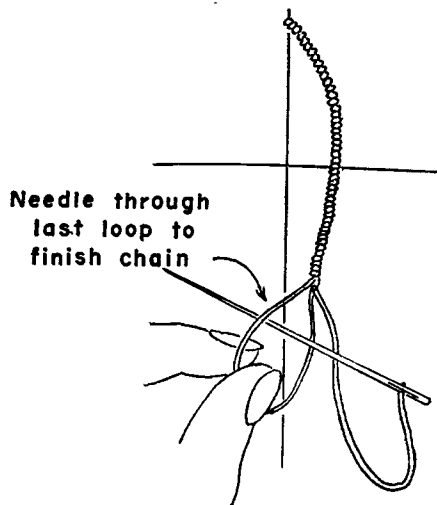


Figure 71.

Bring the needle through the last loop. Fasten the chain to the side seam

a little more than half the width of the belt below the waistline seam.

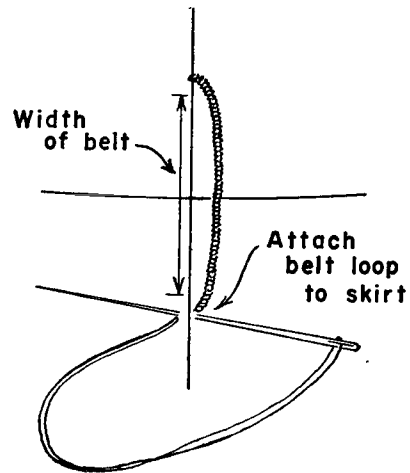


Figure 72.

### *Score your dress by this guide*

1. Was the choice of pattern and fabric a wise one? .....  
If not, what was wrong?.....
2. Does your dress feel comfortable and fit properly? .....  
If not, how can you adjust the pattern so that the next dress will be satisfactory? .....
3. Are the darts well made? .....
4. Is the zipper opening smooth with the zipper properly concealed? .....
5. Is the blouse and skirt combined correctly? .....
6. Does the waistline seam look neat? .....
7. Does the hem hang evenly? .....
8. Are any stitches visible on the right side? .....
9. Are the seams straight without any drawing? .....
10. What can be done to improve your next dress? .....

## Model Your Garments

Why not practice modeling at several 4-H club meetings as well as practicing at home so that graceful walking becomes second nature. For you really do want to acquire grace and ease so that you will be graceful through your entire life. Review CHARMINGLY YOURS.

Maybe you need to check on your posture. Why not have someone help you straighten up as you did in SEW, IT'S FUN! After you are standing nice and straight, but relaxed, check your foot positions. Is one heel about even with the instep of the other foot?

Try walking. Are your feet about two and one-half inches apart and is the length of your stride about the length of your foot? Practice walking around the room with your girl friend or mother watching to see that you are doing it correctly. Mentally check your posture each time you start out to

school. Soon it will become an established habit.

In addition to these suggestions, you will want to do the following when turning as you model: As you turn away from the audience, bring your hands up front to your waistline and hold two of your fingers in the palm of the other hand. Keep your elbows close to your sides. Pause for a moment with your back to the audience so that they can see the back of your costume. As you turn again, to face the audience, drop one or both hands to your side. REMEMBER—Never expose the palm of the hand to the audience.

If you swing your arms as you walk, be sure that the inside of your wrists and elbows touch your side with every swing. Keep hands down at your side as you walk, palms turned in. Swing arms not further than the length of your step or, better yet, only the thickness of your body.

## Do for Others

Do you ever get a wonderful feeling from doing something for others? Of course you do; everyone does, for it is a part of gracious living to help others.

You must have many ideas of your own about doing nice things for people. Take a little time to list some of the things you could do. Check your ideas with other club members.

But remember, actions speak louder than words. Do what you say you will do and then do what you are asked to do. Sometimes we call this "responsi-

bility." Your club wants girls who will carry through on each job—girls who are responsible and dependable. This is a talent which many boys and girls do not have. Why don't you make a special effort to do what you are asked to do and do what you say you will do?

Saving steps for your mother is something you could do at home every day. Sometimes a little thoughtfulness will make the day easier for your mother. Offer to set the table or wash the dishes before she asks you to do it.

Make your bed and keep your own room clean to save your mother extra work. And maybe take some special time to keep your brother's or sister's room clean. You can think of many ways of helping your mother. She gives you much time and love every day. There are so many ways you can help her.

Have you ever stopped to think of how many hours your club leader gives you? She spends a great deal of time and energy helping to make your club successful. Do you ever thank her? Have you ever done anything "special" for her? Give her something of you by being courteous, bringing her some flowers from home, making her a small gift, free "baby sitting" for her, or even planning a small party to show her how much you appreciate her help.

An elderly person in your neighborhood would like a visit from you. Don't you think you could take some flowers, a magazine, or some cookies when you go visiting? You might even take something you made in your club to show your friend. He or she will appreciate just talking to you about what you are doing in school and in your 4-H club.

Now that you've made your blouses and dresses, you will want others to know about what you have done in 4-H. What about a style revue in someone's home where you model your new clothes as you entertain your guests? Your mothers and your neighbors would like to see your project work and you could "have a party" at the same time.

Each of you could be responsible for one or two guests. This means that you would welcome them and introduce them to others, talk to them during the party, see that they have refreshments, and bid them farewell after the party. You could model your garment during the party.

Arranging a party is something everyone can work on. Each club member can have a part in planning. The invitations, the decorations, the refreshments, and the entertainment are all things which have to be done for a good party. It can be much fun if everyone helps, and you do want your mother and friends to see all of your new clothes.

By now, you should know exactly how to introduce people; however, you may want to check up on it again.

Things to show others—

- . . . how to put a hem in a dress
- . . . how to put in a zipper
- . . . how to make a belt for a cotton dress
- . . . how to make belt carriers for a cotton dress

You will think of many other things that your neighbors would be delighted to have you show them.

BLOUSE

Date completed .....

Kind of pattern .....

Picture of blouse

Number of pattern .....

(Trace from the pattern envelope)

Size of pattern .....

Cost of blouse

..... yds, at \$..... per yd. ....

Sample of fabric

Cost of pattern .....

Cost of thread .....

Other notions .....

Total cost of blouse \$.....

List other blouses or skirts that you have made:.....

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

DRESS

Date completed .....

Kind of pattern .....

Picture of dress

Number of pattern .....

(Trace from the pattern envelope)

Size of pattern .....

Cost of dress

..... yds. at \$..... per yd. ....

Sample of fabric

Cost of pattern .....

Cost of thread .....

Other notions .....

Total cost of dress \$.....

.....  
List other dresses that you have made:.....

.....

.....

List the garments that you helped your mother or some one else make:.....

.....

.....

.....

