FEDERAL COOPERATIVE EXTENSION SERVICE

OREGON STATE COLLEGE

CORVALLIS


Club Series L-82

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If you are like most boys your age you want to be able to take care of yourself. If so, there are a few new things you need to know how to do.

In 4-H Bachelor Clothing I you learn how to take care of a sewing machine and how to sew on it. You learn how to hang your clothes correctly, how to prepare them for laundering, how to make simple clothing repairs, how to take care of your shoes, and how to keep yourself neat and clean.

Project Requirements

In this project each 4-H member is to do the following:

1. Equip a sewing box.
2. Make a chef's apron and either a duffle bag, laundry bag, or shoe bag.
3. Shine your shoes; hang up your clothes; do a press-on patch; patch a trouser pocket; prepare your clothes for laundering; take care of your hands, nails, hair, and teeth.
4. Judge the articles made.
5. Make an exhibit consisting of a chef's apron and either a duffle bag, laundry bag, or shoe bag.
Using Your Sewing Machine

Care of machine

Whether you use a treadle or electric sewing machine, a cabinet-type or a portable you can sew satisfactorily if you know how to take care of and use the machine.

If you use a cabinet-type, lift or lower the lid carefully. If you use a portable, put the case on the floor, and when you release the catch let your finger break the force of the spring. Then note whether the machine was put away right, with the front to the front of the case, and the cord wound neatly around the presser foot and placed in the opening between the base and arm of the machine. Some machines have a special rack to hold the presser foot in the case.

If you look carefully now you will know how to put the cord and presser foot away later when you are through sewing.

Next, of course, you will place the portable on a sturdy table, but before you do anything further look at either your cabinet-type or your portable to see whether:

- A piece of fabric, of double thickness, is under the presser foot.
- The presser foot is down.
- The needle is down.

Remember later when you put the machine away to have the presser foot and needle both down and on a piece of double thickness of fabric.
Checking for lint

To keep a machine in best condition you should keep it free from lint. There are two places to look, under the throat plate (Figure 2) and in the bobbin case. To remove the throat plate use a screw driver and carefully take out the two screws that hold the plate in place. To find the bobbin case open the bed slide.

Here is an important thing to watch. Notice the little finger from the bobbin case that fits between the two little “bumps” on the throat plate just below the presser foot. This finger must be in the same place when you put the throat plate back again.

With a stiff chicken feather or lint brush remove lint under the throat plate. Remove the bobbin from its case and brush clean. You may have to turn the hand wheel to reach all the lint.

Some machines have a tiny piece of red felt next to the bobbin case. It belongs there, so do not remove it. It feeds oil to the bobbin case.

Oiling the machine

If you were to sew on a machine all day you should oil it before putting it away. Probably you will not sew for that long a period, so you will have to use your own judgment about oiling as needed. Various brands of machines are made differently but all have small holes here and there on the casing and underneath where one or two drops of oil should be placed. Cogs and connecting rods underneath also need oil.

The best way is to follow the directions in the booklet which comes with the machine when it is bought. If you do not have this book your sewing machine representative can order one for you. Your mother or 4-H leader can help you learn how to oil your machine.

Here are two things in particular to remember about oiling:

- Use only oil made especially for the sewing machine. Other oils may be too heavy and cause the parts to become sticky.
- Use only one or two drops in a hole.

Sitting at the machine

Sit on a chair or stool the right height for you. Place it close to and directly in front of the machine.

With a foot control put the control 4 to 6 inches beyond the point where your right foot rests naturally. Then move your right foot to the control, using the inside of the ball of the foot to press the control. The heel of your foot is on the floor (figure 3).

With a knee control use the upper part of your leg, rather than your knee, to press the control. Keep both feet flat on the floor.

With a treadle or foot-power machine put your right toe near the upper edge and the left heel near the lower or inner edge of the treadle. Press lightly first with one foot and then with the other (figure 4).
Sewing without thread

Use presser bar lifter to lift presser foot. Run the machine with the presser foot up and without fabric under it. Try going slow, then fast, noting how the needle goes up and down, and learning to control your speed. Next, using a double thickness of fabric, put the needle down through the fabric at the point where you want to start stiching. To do this, turn the hand wheel with your hand until the needle goes through the fabric. Now lower the presser foot and stitch.

To help you sew straight use a seam guide. (Figure 5.) Most seam allowances are \( \frac{5}{8} \) inch wide. Find this on your tape measure. Put the tape measure under the presser foot so the needle is on the \( \frac{5}{8} \)-inch mark. Place seam guide against the end of the tape measure and fasten.

Let the cut edges of your fabric touch the edge of the guide. Keep your eye on the edges of the fabric, not on the needle.

Let your left hand lie on top of the fabric, and let your right hand guide the edge a few inches from the presser foot.

Now practice starting and stopping. Again using a double thickness of fabric under the presser foot, lower the needle, then lower the foot. Stitch the length of the fabric as it follows along the seam guide. Slow down near the end so you won't run off the fabric.

Threading the needle

Place a spool of thread on the spindle at the top of the machine. See that the thread unwinds from the back of the spool to the left.

Put the thread through the small metal loop called a thread guide at the top of the machine to the right of the thread take-up.

Guide the thread down and around the tension discs, and then up and through the thread take-up, from right to left.

Continue the thread down through the remaining thread guides until it reaches the needle.

The direction to thread the needle depends on the make of machine. The sewing machine book will show how to thread the needle, or your mother or leader will help you, but here is an extra tip. Look at the last thread guide—
the one at the top of the needle. If it is closed on the right, thread the needle from right to left; if it is closed on the left, thread from left to right.

**Threading the bobbin**

Some machines have round bobbins and some have long ones. Bobbin cases are removable on some machines, while on others only the bobbin itself comes out.

With any of them, you drop the bobbin in its case so the thread comes around the bobbin and turns back to lie in the slot.

Hold the bobbin firmly in its case with one hand. Pull the thread back through the slot with the other hand. Then put the bobbin case back in the machine and close the slide.

Hold the top thread lightly with the left hand and slowly turn the hand wheel one complete turn.

The top thread will loop around the bobbin thread and pull it up. Pull both threads straight up and lay them to the left and back of the presser foot.

**Stitching with thread**

Raise the needle to its highest position. Then raise the presser foot. Place fabric under presser foot with cut edges touching seam guide.

Lower the needle, then the presser foot and start to sew, making a straight seam. Slow up as you come to the end of the fabric.

Fasten the thread by sewing backward 4 or 5 stitches or by lifting the presser foot slightly and running the needle up and down a few times in the same place to make a knot. A machine which stitches backward has a stitch adjustment lever, usually placed on the right side of the machine arm. To sew backward push the lever up as far as it will go.

Now turn the hand wheel until the needle is up to its highest position; lift the presser foot, see that the top thread is between the toes of the presser foot. Remove the fabric, pulling back and to the left of the needle. Cut threads.

**Winding the bobbin**

When all the thread has been used off a bobbin more thread must be wound on. To do this, place the bobbin on the bobbin winder and a spool of thread on the spindle.

Pull the end of thread from the spool, through the top thread guide, and over to the bobbin. Start the thread by hand, winding it around the bobbin a few times.

Press the bobbin winder down. Loosen the large thumb nut on the center of the hand wheel to keep the needle from going up and down.

Lower the presser foot and run the machine until the bobbin is filled. Then take the bobbin from the winder, lift the bobbin winder, tighten the thumb nut on the hand wheel, put the bobbin back in its case and back in place on the machine.
Selecting Your Tools

To do your best work, you need good tools. Sharp shears or scissors are necessary.

Any good machinist takes care of his tools. Much of your success depends upon the quality of your tools and how you handle them.

Cutting tools are essential in sewing. You must cut accurately in order to sew accurately. Scissors are used for cutting light fabrics, and for ripping and clipping threads. Scissors have handles or rings of equal size. They are from 3 to 6 inches in length.

Shears are used for cutting heavier fabrics. They may have bent or straight handles. One handle is larger than the other to give you better leverage in cutting. Shears are from 6 to 14 inches in length. A 7-inch length can be handled easily, and bent handles make cutting easy because they allow the fabric and pattern to lie flat.

Blades in scissors and shears should be fitted together with a screw, not a rivet, because the screw will hold securely. The most important thing to remember about care of shears and scissors is that they must be handled carefully. Dropping may spring them so they will not cut. Use good cutting shears for cutting fabric only. Cutting paper dulls scissors and shears. Shears and scissors may be purchased for the right or left hand.

Measuring tools

When mother makes cookies she measures flour and sugar carefully so the cookies will turn out right. When you sew you also need to measure carefully. You need a good fabric tape measure numbered on both sides. The numbers should begin at opposite ends, and the tape should have a tight metal clip on each end.

A metal measuring gauge or a 6-inch ruler also are helpful pieces of equipment.
Sewing tools

**Thimble**

Most of your sewing will be on the machine, but at times you might need a needle and thimble. There's no reason for jabbing your middle finger with the head of the needle. Select a thimble that fits snugly but not too tight. A metal thimble is not as bulky as one of plastic and is easier to use.

**Thread**

Black and white threads come in many sizes, the coarser the thread the smaller the numbers. Colored cotton thread comes in medium weight and heavy duty. Medium weight is size 50. If you make a duffle bag, heavy duty thread will be better to use because it is stronger. Buy colored thread a shade darker than your fabric. It looks lighter after stitching.

**Needles**

You will find 7 or 8 “sharps” or crewels good sizes to use. Crewel needles have longer eyes and are easier to thread than sharps.

**Pincushion**

You may make a pincushion or buy one. If you decide to make one, stuff it tightly with wool yarn or wool scraps which have been cut into small pieces. A piece of elastic sewed to the pincushion makes it possible to keep the cushion on your wrist.

**Pressing tools**

**Iron**

Your sewing will look neater and more finished if you press as you go.

A steam iron is easy to use and furnishes enough moisture for smooth pressing. If you use a dry iron you will need a bowl of water and small cloth or sponge to dampen the fabric.

Press, do not push the iron along. Pressing is lifting the iron and setting it down on the fabric just for a second, up again and down in another spot.

**Ironing board**

You will need an ironing board placed close by the machine for handy use. Or, you may use a sleeve board placed on a table. A sleeve board is a small padded board used for pressing short seams.
Buying Fabrics

Most cotton fabric is 36 inches wide. Fabric is sold by the yard or part of a yard. A yard is 36 inches. You may need more or less than a yard depending upon what you decide to make. A chef's apron is fun to make and fun to wear. You may buy a pattern for the chef's apron or you may make your own pattern if you wish. Charts are included for the other articles.

You have a choice of three other articles. Which article will need to be made of the strongest fabric? Which article will you consider for color of your room? Which article will you consider for your own coloring or the color of your kitchen? Denim, broadcloth, sailcloth, chintz, percale, or Indian Head are suitable fabrics from which to make articles.

Write your shopping list:

Fabric

Thread to match

(One spool will be plenty)

Other items

Your 4-H leader might take your club shopping. You have already made your list, and talked about colors and fabrics.

Here are two things to notice as you look at fabric on the bolt:

1. Lift the fabric up by the fold (Figure 15). Do the torn edges lie together? If so, you know the fabric will not need to be straightened. Most fabrics that are not permanently finished can be straightened.

2. Does the fabric have a design? If so, it should be printed so that the design lines follow the torn edges.

Figure 17 shows how a crooked piece looks after it is torn or cut straight on a thread. Notice the cut ends are not even. Only one is straight with the table. This means the cross grain of the fabric is not straight.
If a garment is cut off grain it will tend to twist, pull, and be uncomfortable to wear. Your apron will not hang straight if it is cut off grain.

If the fabric is not straight, read the instruction sheet in any pattern envelope telling how to straighten it. Sometimes you cannot pull the fabric straight and it is necessary to have the fabric wet to straighten it. Follow instructions for shrinking. Leave the fabric in water just long enough to get it thoroughly wet.

Shrinking fabric

1. Make ends straight with the crosswise grain, by tearing the fabric from selvage to selvage or pulling a thread and cutting. The first way is quicker and as accurate if the fabric can be torn.

2. Fold selvages together lengthwise.

3. Using machine, baste stitch the cut or torn edges together. Begin at selvages. A baste stitch is a long machine stitch, 6 to 8 stitches per inch.

4. Fold the fabric smoothly. (Figure 18.)

5. Soak in warm water. Keep fabric pushed down in the water. Use wash basin or bathtub. (Figure 19.)

6. Let water drain out of basin or tub, press out water, do not twist or wringing.

7. Roll in dry towel or old sheet and press out water (Figure 20). Unroll. Keep selvages together, pull the fabric if it needs straightening. This is a two-man job; have someone hold one end of the fabric, you hold the other, then both pull, evenly and firmly. The fabric is damp and easy to pull into line.

8. Lay fabric flat on table or on a sheet spread on the floor. AVOID using clothespins or clothesline as this will pull the threads out of place.

9. Smooth the wrinkles out carefully. You may not need to press the fabric after it dries.

10. While drying, the selvage may seem to draw. If so, snip the selvage every 4 to 6 inches and smooth the fabric flat.
Making Something

Instruction sheet and layout

Fabric is made by weaving crosswise yarns with lengthwise yarns. (Figure 21.) Find the yarns that are parallel with the selvage. We refer to these yarns as lengthwise grain or straight of goods. The crosswise yarns make the crosswise grain. It is necessary to follow the grain line when you lay the pattern on the fabric.

Pin the pattern on the lengthwise grain mark, then at the corners. Use only enough pins to hold the pattern and fabric in place while you cut. Cut with long, even strokes holding your left hand on the pattern. Close the shears completely only when you come to a corner.

You will save time by arranging a sewing unit. (Figure 22.) Place your machine where you have good light. Place a small table at one side for sewing supplies. An iron saves time and is necessary for good results. A flat padded board is all you need. For convenience place it at the right of the machine. Use tape to fasten a paper bag to the sewing table for scraps and you are ready to sew.

Attach the seam guide. When you sew a seam, keep your eyes on the fabric as it moves along next to the seam guide.

Chef's apron

Materials needed:
- 1 strip fabric for apron
- 1 package twill tape for neck band and ties, 1 inch wide

You may learn to use a commercial pattern in this project. This will give you a good start for learning to make a shirt in your next project.

You may want to cut your own pattern for the chef's apron. Look at a picture. Measure from the waist to your knees, then add the length for the bib or top of the apron. Allow for hems. This gives you the total length. All edges are straight except the curve under the arm.

In using any pattern:

Select the pieces you will use and return all others to the envelope.

Press pattern pieces with a warm iron, trim the edges.

Study the instruction sheet. It tells you how to lay a pattern on fabric, how to mark, and how to make the article step by step.
Follow the instruction sheet carefully for the layout. Make the top of the apron 1 inch longer than the pattern to allow for hem.

Read, avoid guessing, sew accurately, and you won’t have to rip.

Ways to simplify making the apron:

Make a ¼-inch finished hem around armholes, sides, and bottom of the apron. Bias tape is difficult to use for a first project. Make a second row of stitching close to the outside edge. This makes the apron look more tailored.

Fold the tape in half and stitch close to the selvage edge. Stitch again close to the fold.

Fold a ¼-inch hem in top of apron. Tuck the ends of neckband and ties under the hem to make a neat finish. (Figure 23.) Stitch hem and fasten the threads. (Figure 24.) Tie the threads in a square knot. If you are a Cub Scout no doubt you know how to do it. Thread the ends through a needle and pull the threads into the hem for about an inch. Be sure to use your thimble in pushing the needle. Cut the ends of the thread so they will not show. Bands may be made of the fabric. If so, be sure to buy extra fabric. Avoid using applique and fancy trimming.
Making the pocket

Some patterns have 3 big pockets like a cobbler's apron. You can omit these and use 1 patch pocket. Hem the pocket instead of using bias tape.

Make the hem in the pocket first. Stay stitch \( \frac{1}{4} \) inch from cut edge and press back to the wrong side. (Figure 25.)

Turn a 1-inch hem to the right side and stitch corners of hem \( \frac{1}{2} \) inch from the edge. Lengthen stitch slightly and stitch \( \frac{3}{8} \) inch from lower edge. This is an ease stitch. (Figure 26.)

Clip the corners, as shown in Figure 27, being careful not to clip the stitching.

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

Notch curves (Figure 28) and press. Stitch hem on machine. Machine stitching should be \( \frac{1}{4} \) inch or less from the folded edge. Tie threads. (Figure 29.)

Place the pocket on the apron about 4 to 6 inches from the waist and from the sides, depending on where you think it will be most handy for you. Pin in place and baste. Then stitch \( \frac{1}{2} \) inch or less from the edge. Be sure to make corner reinforcements as shown. (Figure 30.) Tie the threads.

Notch curves (Figure 28) and press. Stitch hem on machine. Machine stitching should be
Duffle bag

Materials needed:

1 strip heavy fabric 44 inches long, 36 inches wide.
1 circle of fabric 14 inches in diameter.
Sash cord for closing bag.

There will be enough fabric left to make another circle. Two boys might buy their fabric together. The directions here are for a duffle bag about 42 inches around. If you want it larger, use a larger circle and a longer strip of fabric. Use denim, drill, ticking, or lightweight canvas. (Figure 32.)

To make a circle:

Fold a piece of newspaper or wrapping paper in fourths like a paper napkin. From the center measure 7 inches down on each fold. Mark the same distance again, between the two points, and draw a curve. Use this for your pattern. Be accurate. If the circle is too large you will not have enough fabric to go around it.

To make the bag:

Sew the selvage to the circle.
Lay the circle next to the machine.

Leave about 1 inch at the end, then start sewing the selvage around the circle. Snip just through the selvage to make it lie flat as you sew. Use a \( \frac{1}{2} \)-inch seam allowance. When you have stitched almost around, measure to find out how much fabric you need to finish the circle and make a \( \frac{1}{2} \)-inch seam. (Figure 33.)

Tear or cut off any extra you do not need. Be sure your leader or mother checks with you before you tear.

Sew the lengthwise seam next. Remember it is a \( \frac{1}{2} \)-inch seam. (Figure 34.) Press open. Now go back to the circle and finish stitching. Overlap stitching where you start and finish. If you measured right, the circle will be smooth and flat without any puckers. Turn both seam allowances up, away from the circle. Stitch around the bag on the right side close to the edge. (Figure 35.) Consider the size cord you will use. Turn a hem, press.
To make the opening for the cord:

On the right side place a pin on the fold of the hem. Place another pin where the hem will be stitched. Fold the hem back so you will not stitch it. Reinforce between pins with 2 or 3 rows of stitching on each side of seam. Back-stitch across the ends of the opening because the cord will pull hard against this opening when you open or close the bag. Make each row of stitching even. (Figure 36.)

Open the seam between rows of stitching. Now stitch the hem. Press. Put in the cord by fastening a safety-pin to one end of the cord and pushing the pin through the hem. Now you are ready for that camping trip!

Laundry bag

Materials needed:
1 strip cotton fabric 26 inches long, 36 inches wide (selvage to selvage)
1 coat hanger
Directions:

1. Fold right sides together, selvages matching, and press on fold.

2. Stitch \( \frac{1}{4} \)-inch seam allowance 15 inches long. Reinforce at end of stitching. This will be the closed part of the bag when finished. Press seam open. Press the unstitched part of the seam in place even with the seam line. Stitch along selvage; this forms the hem for the open part. (Figure 37a.)

3. Refold the bag, matching seam with center back fold. Press.

4. Slip hanger inside the fabric with hook part protruding at unstitched part of center front seam. Mark outline of top of hanger as it is concealed in the fabric. (Figure 37b.) Remove hanger. To be sure both sides are exactly the same, fold in center and cut, leaving \( \frac{1}{4} \)-inch seam allowance. Stitch. Press.

5. Make \( \frac{1}{2} \)-inch seam at bottom of bag. Press open.

6. Turn bag right side out. Press. Insert hanger through front opening. (Figure 37c.)

Shoe bag

The drawings and instructions show that each bag is 8 inches deep. Measure your shoes and see if this is deep enough to hold them. Also check for width and depth. Shoe bags usually are hung on the inside of a closet door. If the bags are the right size, shoes will not tumble out when the door is opened. Broadcloth, denim, glazed chintz, or Indian Head will make a durable bag.

Materials needed:

For pockets—3 strips 10 inches long and 34 inches wide.

For base—1 strip 36 inches long and 20 inches wide.

Directions:

Pockets

1. Press and stitch 1-inch hems on 1 34-inch side of each strip. This makes the tops of each pocket. Press \( \frac{1}{2} \)-inch fold on each short end. (Figure 38.)

2. Fold lengthwise in half. Press. (Figure 38.) Fold again lengthwise in fourths. Press.

3. To lay pleats, mark 2 inches on each side of fold. (Figure 38.) Bring this crease line to \( \frac{1}{4} \) inch of fold and press pleat in position. (Figure 39.) Stitch across unhemmed edge to hold pleats.

Base

1. Hem each side. Measure finished pocket to determine depth of hem to use. Stitch on machine, using 12 to 14 stitches per inch.

2. Finish top hem. Use hem guide and press \( \frac{1}{4} \)-inch turn. Use hem guide and press 2-inch hem. This hem is deep enough to hold a yardstick or wooden strip for hanging the bag and holding it flat against the wall or door.

4. Mark on each crease and sides from top down the following spaces—5, 8, 2, 8, 2, 8 inches, leaving ½ inch at the bottom. (Figure 40.)

5. The bag will be approximately 19 x 33 inches finished.

Joining pockets to base:

1. Lay right side of pocket piece to right side of base, matching lines A with ½-inch seam allowance on pocket piece. Do the same with matching lines B. Stitch.

2. Fold pocket piece up, top stitch sides and bottom. Stitch lengthwise through fold lines that already have been pressed. Reinforce at top of each pocket. Place the lower pocket section with right side to bottom wrong side of base. Stitch and turn up on seam. Stitch as you stitched the other pockets. Press. (Figure 41.)
Mending with press-on tape

Yes, that barbed wire caught your shirt and gave you a three-cornered tear to mend! Be sure to do it before the shirt is washed and it will be easy to do with press-on mending tape. Read the instructions inside the package of mending tape.

Here are some extra helps:

Lay the shirt with right side next to the ironing board.

Cut the strip of press-on mending tape to extend $\frac{1}{2}$ inch beyond each end of the tear.

Pull the torn edges of the tear together so the ends of the torn threads meet. (Figure 43.)

Now, very carefully, lay the tape shiny side down next to the shirt. Is the tape laid straight? Follow the grain line to be sure. Read the directions again before putting the iron down on the tape. How long do you leave the iron down?

Patching a trouser pocket

Did your pocket knife wear a hole in the inside pocket of your overalls?

If the hole is small, you can restitch the lower edge of the pocket just above the hole. Sometimes, however, the lower part of the pocket is worn out and you need a new lower half pocket.

Here are some mending tips:

Cut off the lower half pocket. Be sure to leave an inch or more on the upper pocket to make it easy to sew a seam. (Figure 44.)

Cut a new half pocket using the one you cut off for a pattern. Lay the folded edge of the pocket on the lengthwise fold of the new fabric. Allow $\frac{1}{2}$ inch for seams at the side. Allow $\frac{5}{8}$-inch seam at the top. Sew the new half pocket to the old. Notice the seam is on the outside. Trim the under half of the seam, press the seam up, turn under and stitch. This is a flat-fell seam. Stitch around the lower half of the pocket. Make a second row of stitching close to the first. Press.
Laundry Department

Getting ready

You can be a popular man around the house on laundry day if you:

**Clean out your pockets.** This means shirt pockets and all the trouser pockets. Gum and toads don't launder well! Brush the lint out of the corners of the pockets. Turn the trouser cuffs down and brush the lint out of the creases.

Close the zipper.

If there is mending to be done—that you can't do yourself—lay the garment aside. Your mother probably will want to look at any tears before the garments go into the laundry.

Also, find the stains and show them to your mother. Hot water and soap will set some stains so they will never come out. So watch!

Sort your clothes. Some shirts and socks go with the light colored clothes, others in the tub for the darker ones. Mother may wash some of the laundry in warm water and perhaps some of your shirts belong there.

If the family washing is hung outside to dry, your socks will stay brighter if they are turned wrong side out. You can do this before they go into the laundry, or when you take them off at night.

Shirts

Some shirts can be hung on a hanger and let drip-dry. Be sure the hanger is nonrust metal. Wooden hangers may cause stains. Button the top button. Smooth the collar and cuffs. (Figure 46.)

If the shirt is hung on a line to dry, fasten a clothespin at each underarm seam at the bottom of the shirt.

Trousers

Some boys like to use trouser stretchers to set a crease in cords. Be sure the front creases match and keep the crease straight with the line in the corduroy. Smooth the pockets in place. Of course, the zipper was closed when the trousers were put in the laundry. A secret in getting a smooth unwrinkled look is to get those cords out of the washer just before they "spin dry," put them on stretchers and let them drip. If this is not convenient, be sure to get them out as soon as the washer load is ready to hang up. Your blue jeans will smooth out better, too, if they are hung up immediately.

For a special look on those cords, press them with a steam iron. Spread a large terry towel over the ironing board. Smooth the cords on it, cover them with a terry towel, and press.
Taking Care of Clothes

To keep from mending socks

Toe nails can act like knives and make a clean cut across the toe of your sock unless you keep nails trimmed. Cut the toe nails straight across. If the nail is thick, round the edge just a little with an emery board. (Figure 47.)

Are you buying your socks long enough? There should be ease at the end of the toe for comfort. Socks that are too short can harm feet as badly as shoes that are too short.

Compare your shoe and sock sizes with the chart. This is only a guide. A short, wide foot will take up more in length than a long, narrow foot.

Some brands of socks tend to shrink, especially if dried in the automatic dryer, so keep this in mind when buying socks.

<table>
<thead>
<tr>
<th>Age</th>
<th>Shoe</th>
<th>Socks</th>
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<tbody>
<tr>
<td>9-10</td>
<td>1 1/2 - 2 1/2</td>
<td>8 1/2</td>
</tr>
<tr>
<td>11-12</td>
<td>3-4</td>
<td>9</td>
</tr>
<tr>
<td>12-13</td>
<td>4 1/2 - 5 1/2</td>
<td>9 1/2</td>
</tr>
</tbody>
</table>

Do you treat your socks right? To put a sock on, take both hands, roll the sock from the top down to the ankle. Now pull it apart gently to make room for the foot to slip easily into the sock. (Figure 48.) To remove the sock, roll the top down over the heel before pulling the sock off the foot.

The ankle is the narrowest part of the sock and yanks the sock off may cause the yarns to break at the ankle or heel.

Hanging clothes

If you toss your jacket on a chair, shed your trousers, and tumble into bed you can't expect to look "sharp" in your clothes the next day. It takes only a few minutes to hang clothes on hangers. Garments will hold their original shape if hung on hangers as soon as they are removed.

There are special hangers for coats and trousers. Coat hangers that are shaped like one's shoulders are especially desirable. (Figure 49.) They are wood or plastic and have width at the shoulders to keep the coat sleeves from sagging on the hanger. Put the jacket or coat on the hanger and button the top button to hold the front in place. Let the coat air a few hours before hanging in the closet with other clothing. Leave "breathing" space between garments in the closet. Crowding may flatten lapels and even cause wrinkles in the sleeves.
There are several kinds of hangers for trousers. The important thing is to hang trousers straight, with the crease line laid in carefully. (Figure 50.)

If you must use a wire hanger, wrap cardboard or heavy paper around the crossbar. Some hangers come from the dry cleaners with cardboard around the crossbar. This will prevent heavy crosswise wrinkles from forming in the trousers. Pull the trousers through the hanger so the thickest part of the trousers lies over the crossbar. (Figure 51.) Creases will show less here than in the middle of the trouser legs.

A good shine on a pair of shoes makes them look much newer. Even new shoes should be shined as soon as they arrive home from the store. Why? A shoeshine protects the leather from rain spotting, gives it a slick finish, and thus makes for better wear.

Shoes will last longer if you have two pairs and can alternate wearing them. This gives the leather a chance to air and dry out and get set to its original shape.

Some shoes turn up at the toes like little sleds. This not only spoils their appearance but also makes the shoes feel shorter. For growing feet this means the shoes will have to be replaced sooner than would otherwise be necessary. This often happens to shoes that have become wet and have not been dried correctly. Clean the mud off wet shoes and reshape the sole so the shoe will lie flat, then stuff crumpled paper in the toes of the shoes. Lay the shoes on their sides and let them dry at room temperature. Good circulation of air helps, too. Shoe-trees may be used but be sure they fit the toe of the shoe and wait until the shoes are almost dry before putting them in place.

Leather is like a hungry boy because it, too, needs food. Its food is wax or polish to keep the leather soft and pliable. Make a lather of saddle soap and clean the shoes thoroughly to remove all dust. Saddle soap makes a good base for the polish, which goes on next. The only equipment needed for a shoe polishing job is a soft cloth, a shoe brush, and quality shoe polish. A wax polish gives excel-
lent results. An old wool sock makes a good polishing cloth and can be used instead of a brush. Don't be afraid to rub! You will be proud of the way your shoes look if you give them a little attention. You can buy leather conditioners containing silicone that help keep shoes from becoming wet.

Shoes should be kept in repair. Run-down-at-the-heel shoes are not for you. No one wants to wear crooked heels, so have those shoes repaired before your feet are forced out of shape.

Shoes should be stored on a rack or in a shoe bag.

Watching Your Appearance

Now is the best time in your life to join the soap and water crowd.

A thorough session every day with soap and water will give you a clean, scrubbed look. Did the washcloth reach all the little valleys in your ears and did you remember the back of your neck? You never see those spots but others do. Of course, clean socks, underwear, and shirt go with a clean body every day.

Hands

Wind and weather sometimes cause hands to become chapped and even sore. To keep this from happening to you, make a soapy lather and rub it thoroughly on your hands. Use a fingernail brush and rub gently around the nails. For very dirty hands you may need to repeat the soapy lather. Then rinse, rinse, rinse.

When drying your hands, use the towel to push the cuticle back on each nail. This will keep troublesome hangnails away. Rub your hands with the towel until they are thoroughly dry. A little hand lotion for dry skin helps, too. Inexpensive cotton gloves worn in cold weather will help keep your hands from becoming chapped.

Nails

Trim your fingernails and shape them with an emery board. Stroke from the outer edge of the nail to the center to make a smooth nail that follows the shape of your finger. (Figure 54.) Avoid filing deep at the sides. The nail will be stronger if it extends a little beyond the flesh. That little fingernail brush is a great help in keeping black circles from under fingernails.

Hair

Shampoo your hair often and keep it combed and brushed.

Teeth

Brush your teeth regularly each day and brush them well. Brush up and down to reach those hard-to-get places between the teeth; use dental floss if necessary. If your mother has a "minute minder" you might check to see if you really do brush your teeth 2 or 3 minutes. Visit your dentist once or twice a year.
**Check Sheet for Bachelor Clothing I**

The purpose of this sheet is for you to check your own project, so you can measure and record your progress.

### Using the sewing machine

<table>
<thead>
<tr>
<th>Did I?</th>
<th>Good</th>
<th>Need to improve</th>
</tr>
</thead>
<tbody>
<tr>
<td>Remove lint</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Apply oil as needed</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Thread correctly</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Wind the bobbin</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sit correctly at machine</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Start and stop sewing correctly</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Remove fabric from machine correctly</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Put the machine away correctly</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Chef's apron

<table>
<thead>
<tr>
<th>Did I?</th>
<th>Good</th>
<th>Need to improve</th>
</tr>
</thead>
<tbody>
<tr>
<td>Select suitable fabric</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Straighten fabric</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Shrink fabric</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cut apron straight on grain</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Hem curves so they lie flat</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sew neck band and ties in hem and reinforce them</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Make straight, even hems</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Make pocket</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Reinforce pocket at corners and tie threads</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Press neatly</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Keep work clean</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Other articles

<table>
<thead>
<tr>
<th>Did I?</th>
<th>Good</th>
<th>Need to improve</th>
</tr>
</thead>
<tbody>
<tr>
<td>Select suitable fabric</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cut straight on grain</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Stitch even seams</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Make straight hems</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tie threads</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Reinforce corners</td>
<td></td>
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<tr>
<td>Keep work clean</td>
<td></td>
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<tr>
<td>Press well</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Make an exhibit</td>
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### Personal care

_I have done these things:_

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<thead>
<tr>
<th></th>
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<th>Need to improve</th>
</tr>
</thead>
<tbody>
<tr>
<td>Put socks on correctly</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pulled socks off correctly</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Helped with laundry</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Mended with press-on tape</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Mended trouser pocket</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Polished my shoes</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Hung my clothes in closet</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Shaped my finger nails</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>