

Clothing—unit • 1



for Home

NORTH CAROLINA STATE COLLEGE OF AGRICULTURE AND ENGINEERING
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RALEIGH

CLOTHING FOR HOME

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UNIT I

The girl who chooses clothing is taking interest in a project which will always be helpful to her.

The first year in club work may be the most important one, because there are so many things to learn. It is as easy to learn the right way to do things as to learn the wrong way.

In Unit I you are expected to make your articles from those described in this circular.

As a part of this project, you will want to keep your clothing record book up to date and exhibit the articles you make along with the work of the other 4-H club members.

Below is a list from which to select the four articles you will make:

1. Equip a sewing box
2. Make a hand towel
3. Make a tea towel
4. Make an apron
5. Make a pot holder
6. Make a laundry bag
7. Make a cotton slip

EQUIPPING A SEWING BOX

If you are to do good work it will be important for you to have certain tools to work with.

You will need a box or basket large enough to hold your tools and your cloth. To pick up a workbox that has all the supplies needed in it helps a girls to enjoy sewing.

Needles — a good sewing needle is slender, so that it will push through the fabric easily. A long eye is easily and quickly threaded. No. 8 or No. 9.

Thread — the right color and number will make a great difference with the finished appearance of your garments. Cotton thread is numbered from 8 to 200; the higher the number the finer the thread. Most materials work better with No. 70 thread or finer. Then the stitches, if neatly made, will show little.

Pins — a sharp pointed, slender pin is easy to stick into fabric and leaves small holes when removed. Keep pins in a pincushion where they will be easy to use.



Small pincushion

Thimbles — are a bit clumsy to wear at first, but you will learn how very quickly. A thimble keeps the eye of a needle from hurting the end of the finger as the needle is pushed through the material. Thimbles should fit the middle finger so that the tip of the finger rests against the top of the thimble. Light weight metal or celluloid thimbles are best.

Scissors — with short, smooth blades are needed for straight, even cutting. Cutting shears, 7 inches or more in length, make it possible to cut a large garment or article easily, quickly, and with more evenly cut edges than if a small pair is used.

Tape measure — or ruler is needed for measuring. A tape measure should be made of firm material, with metal tips on each end, and the numbers should be printed on both sides, with the numbering beginning at opposite ends.

Emery bag — an emery bag is used to remove rust and sticky deposits from needles.

Darning gourd.

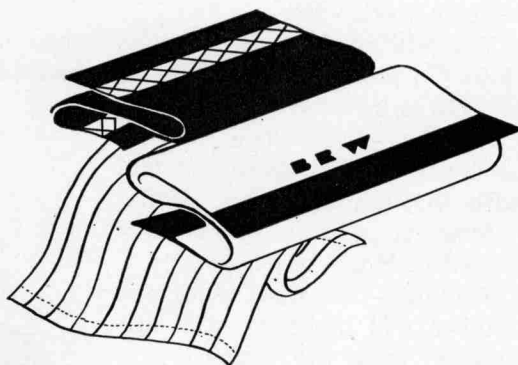
HAND TOWELS

Materials Suitable

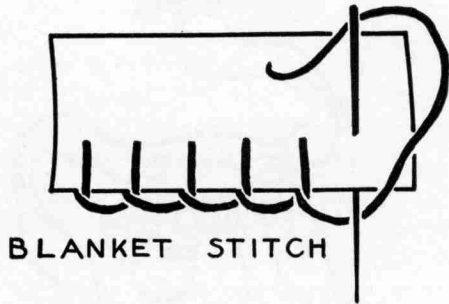
Huck or crash of cotton or linen, or well bleached, firmly woven sacks.

Hand towels may vary from the 27-inch guest size to 36 inches in length, and from 16 to 20 inches in width. A good standard hand towel is 16 by 30 inches or 20 by 36 inches before finishing.

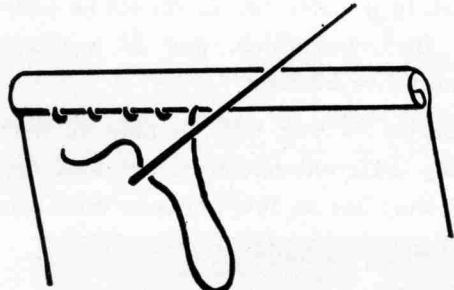
To make: Straighten ends of cloth by drawing a thread and cutting along this thread. If sacks, or material other than regular toweling, is used, finish the sides with one-fourth inch hem put in on the sewing machine. For the ends, fold in the raw edges one-fourth inch and then turn the second hem one inch wide, using a hem gauge for measuring accurately. Pin, then baste in the hem and finish with the hemming stitch.



For the decoration of the hand towel select a very simple but attractive design which can be laundered, and use simple embroidery stitches and color-fast threads.



BLANKET STITCH



SLANT HEMMING

TEA TOWELS

Materials Suitable

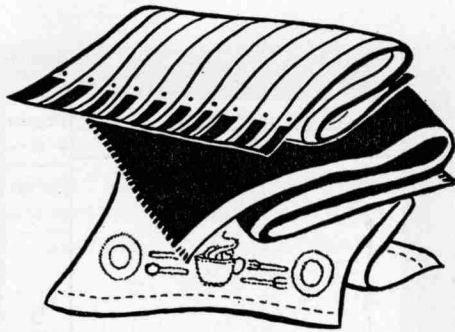
Flour, sugar, salt or feed sacks, from which all lettering has been removed.

Linen glass toweling.

Cotton, or union toweling.

Tea towels are often 18 inches wide and from 27 to 30 inches long.

To make: Draw a thread of the toweling across each end of the towel and cut off the uneven side along this thread. If a towel is cut from a feed sack, straighten the longer sides in the same manner. Turn in the raw edges, a little less than $\frac{1}{4}$ inch and crease. Then turn



again, making a hem $\frac{1}{4}$ inch in width. Pin and baste in place. Towels made of sacks should be hemmed along the sides as well as the ends. Overhand the open ends of the hem together so no raw edges show. Hem with the sewing machine close to the edge of hem, or hem with a small slant hemming stitch. Remove bastings, press, and fold neatly.

If a towel is decorated, decoration should be very simple—blanket stitches made over the ends of towel or a simple design may be worked out in cross stitch or with running stitches.

APRONS

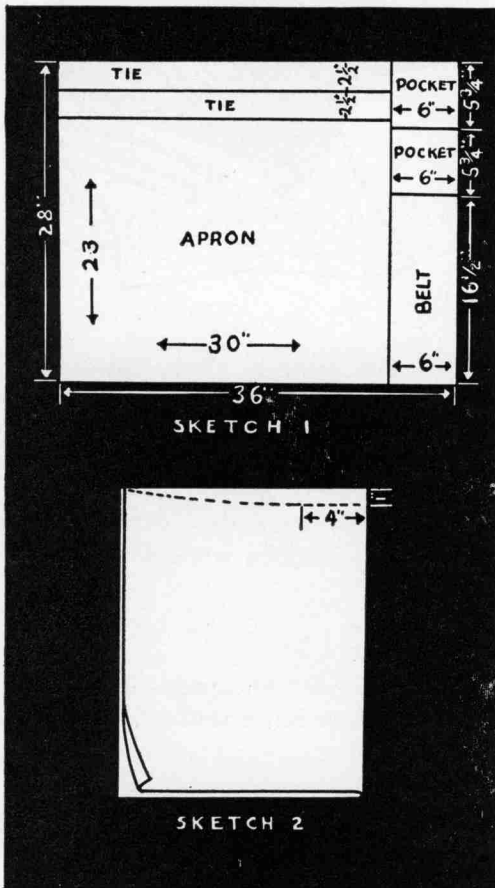
Every 4-H club girl helps at home and will need an apron. It should be large enough to protect the dress, and yet not so large that it causes extra

work in laundering. It should be simple in construction, and fit without slipping or binding.

Styles — you will be able to find many different patterns, but look for one that has as few parts as possible.

Materials Suitable

Light percale
Soft prints
Gingham
Flour, sugar, or feed sacks
Unbleached domestic.



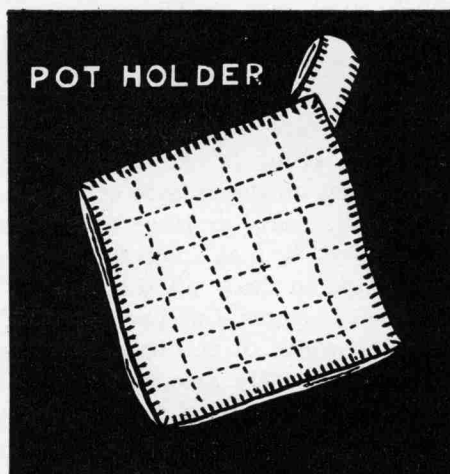
A very simple and pretty apron may be made by the following directions: Cut a straight width of material 28 inches long and 36 inches wide, Sketch (1) gives all the dimensions for cutting. Sketch (2) shows how to shape the waistline of the apron piece. Fold it the short way through the center as shown and mark center. Measure down one inch from the top of the fold and cut straight in from this point 4 inches and gradually up to the left corner of the folded material as shown by the dotted lines. Hem sides of apron and ties with $\frac{1}{4}$ -inch hem. Turn up a hem about $2\frac{1}{2}$ or 3 inches. Gather the top to fit the belt. The belt is shaped to fit ties by using darts where ties are joined.

POT HOLDERS

Attractive hot pan and pot holders may be made which carry out the color scheme of the kitchen.

To make: cut two 7-inch squares of gingham percale, or other practical material and two or more 6¼-inch squares of outing flannel or pieces of old clean material for padding.

Turn edge of each 7-inch square of material about ½ inch to the wrong side, crease and baste near the fold. Place one square on the table with wrong side up. Lay the padding material exactly in the center. Pin and baste in position. Place second square on top with right side up. Keep corners and edges even. Make a loop of same material as holder by cutting a strip of the fabric 4 inches long. Fold lengthwise through center, crease raw edges to inside and machine stitch or slip stitch the folded edges together. Insert loop in one corner. Pin and baste around edges of squares.



Stitch close to the edges on the sewing machine. The edges may be blanket stitched or overhanded together instead of machine stitched. Stitch across the pad in any design desired to hold the padding in place.

Blanket Stitch — use cotton embroidery thread. Work from left to right, holding thread under thumb of left hand, place point of needle down in fabric, the width of a narrow hem or about ¼ inch from the edge. Bring needle out from under side of fabric and over the thread held under the thumb. Thus the needle passes through a loop of thread each time it is drawn from the fabric. Make stitches a little less than ¼ inch apart. The blanket stitch is used to hold narrow hems in place, to finish raw edges and as a trimming.

LAUNDRY BAGS

No. 1

Materials Suitable

The amount of material needed will vary with the size of the bag desired. About 20 inches wide and 27 inches long is a very good size for a finished bag. This will require ¾ of a yard of 40-inch material to make, with warp threads lengthwise of the bag. If the material is 27 to 36 inches wide, it will take 40 inches and the bag will be cut with the warp threads running crosswise.

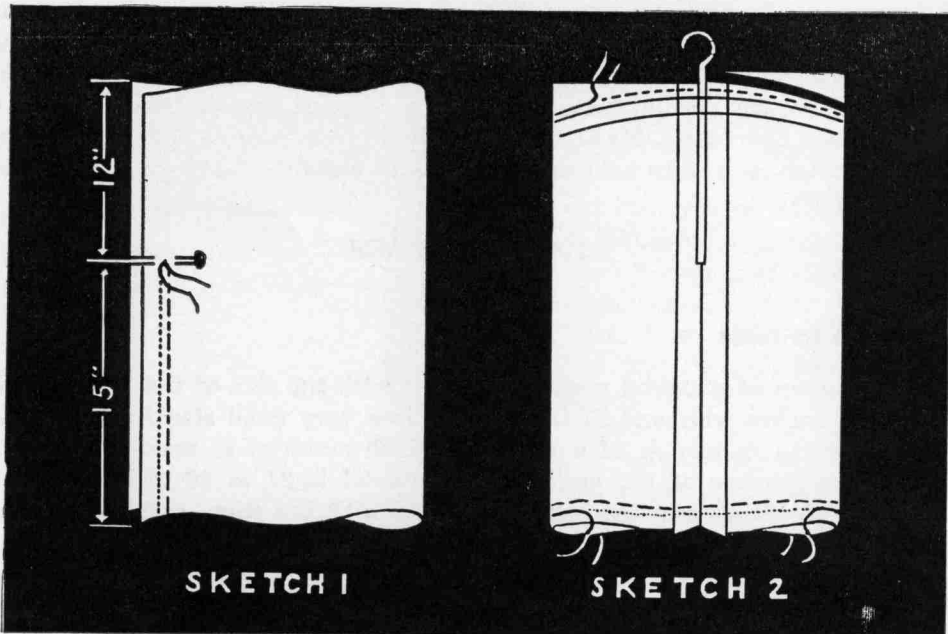
To make: Straighten the cut ends of the material by tearing or pulling a thread. Fold the material in the center so that the folded material measures about 20 by 27 inches. Baste and stitch around one end and side by machine and overcast the edges of the seams. Fold and stitch a hem $3\frac{1}{2}$ inches wide at the open end of the bag. Stitch again $\frac{3}{4}$ to 1 inch above the bottom of the hem to form a casing for the tape which will thus have a heading about it. At each side of the bag just on the outside of the casing, rip the seam or if necessary cut a slit about $\frac{3}{4}$ inch long for putting in the tape to draw up the bag. If a slit is cut, make buttonhole stitches over the cut edges. Cut two pieces of tape or cord each 4 inches longer than twice the width of the bag. Insert one piece of tape in each opening, running it completely around the bag and bringing it out through the same slit by which it entered. Tie ends of tape or sew with a flat fell seam.



No. 2

For laundry bag No. 2 you will need $\frac{3}{4}$ yard of material, spool of cotton thread, 1 coat hanger.

To make: (1) Fold right side inside and pin selvedge edges together, with pins at right angles to edges and about 3 inches apart. (2) Baste seam $\frac{1}{2}$ inch from selvedge edge. Begin 12 inches down from top, leaving 12-inch



SKETCH 1

SKETCH 2

opening. (See figure 1.) (3) Stitch. (4) Press seam open. Pin center of seam to center fold of cloth. (5) Pin and baste lower edge. (6) Lay coat hanger on the upper edge $\frac{1}{2}$ inch from top and mark around the top curve with a pencil. Baste on this line. (7) Stitch a $\frac{1}{2}$ inch seam across bottom of the bag. (8) Stitch curved upper end following the basted line. Remove basting. (9) Trim off top seam about $\frac{1}{2}$ inch. (10) Cut scraps into $1\frac{1}{2}$ -inch strips, press $\frac{1}{4}$ -inch fold along one side. Begin to wrap the metal hook at the top and continue wrapping until hook is covered. Finish by wrapping end over center of coat hanger and tacking securely, with needle and thread. (11) Turn and press the laundry bag and insert coat hanger.

COTTON SLIP

Materials suitable

Cambric, longcloth, nainsook, domestic, or well bleached, firmly woven sacks. Slip material should not cling or be bulky.

Colors — select white or delicate colors. White is always in good taste and will not fade.

Pattern — the design should be simple and suited to the style of garments to be worn over it. Select a commercial pattern of correct size which assures of a close fit at the waistline and hip and allows plenty of room at the hemline for walking. A straight line slip is preferred to a bias one because bias ones are difficult to make and to launder and are very apt to twist around the body.

Seams — French or flat fell seams may be used.

Finishes — the neckline and arms-eye may be finished with a narrow bias facing, bias binding, a fitted facing, or an eighth-inch hem with shell edge finish.



WORK

“Let me but do my work from day to day
In field or forest, at the desk or loom,
In roaring market-place or tranquil room,
Let me but find it in my heart to say,
When vagrant wishes beckon me astray,
“This is my work; my blessing, not my doom;
Of all who live, I am the one by whom
This work can best be done in the right way.”

Then shall I see it not too great, nor small
To suit my spirit and to prove my powers,
Then shall I cheerful greet the laboring hours,
And cheerful turn, when the long shadows fall
At eventide, to play and love and rest,
Because I know for me my work is best.

—HENRY VAN DYKE.

4-H CLOTHING REQUIREMENTS

(For the completion of a project)

The choice of your project will be influenced by your age, experience in sewing, or your needs.

Project I. "For Home"

Make at least four articles from the following list:

1. Equip a sewing box
2. A hand towel (hand hemmed)
3. A tea towel (machine hemmed)
4. An apron
5. Cotton slip
6. Laundry bag
7. Pot holder

Project II. "Ready for Bed"

Make at least four articles from the following list:

1. Gown
2. Pajamas
3. House coat
4. Bed jacket
5. Bed room slippers
6. Bath robe
7. Quilt square
8. Sleeping shoes

Project III. "For School"

Make at least four articles from the following list:

1. Cotton slip
2. Petticoat
3. Blouse
4. Simple cotton dress
5. 4-H Uniform
6. An accessory, collar, purse, scarf, etc.

Project IV. "For Sport"

Make at least four articles from the following list:

1. Wool skirt
2. Tailored blouse
3. Silk or rayon slip (tailored)
4. Wash suit
5. Play outfit
6. One accessory, hat, tam, scarf, etc.
7. Wool dress

Project V. "For Church and Afternoon."

Make at least four articles from the following list:

1. Silk or rayon dress
2. Voile or sheer cotton dress
3. Unlined coat
4. Accessory, tam, hat, scarf, bag, etc.
5. Remodel a garment
6. Silk or rayon slip