

Make
and
Repair



for

VICTORY



Make and Repair for Victory

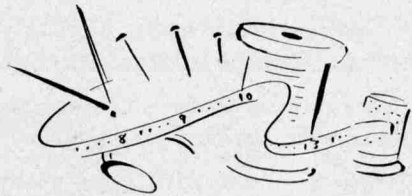
By JULIA McIVER

Assistant Extension Specialist in Clothing

SEW WITH EASE

Sewing is fun. It gives you the chance to assemble the style and fabric best suited to your war-time needs. It gives you the joy of creating something. To help in our Government's Victory Clothing Program, make only what you really need and take care of what you already have.

Correct Tools



Scissors — should have a keen cutting edge. Cutting shears 7 inches or more in length make it possible to cut a large garment or article easily.

Needles — a good sewing needle is slender, so that it will push through the fabric easily. A number 9 needle is a satisfactory size. Larger sizes make holes that are hard to conceal when the final finishing of the garment is being done.

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 pin cushion where they will be easy to use.

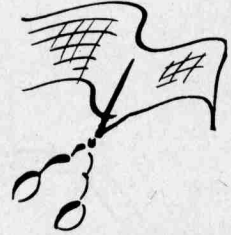
Tape Measure — or ruler is needed for measuring. A tape measure should be made of firm material, with metal tips on each end and the numbers should be printed on both sides, with the numbering beginning at opposite ends.

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, so that the tip of the finger rests against the top of the thimble. Light weight or celluloid thimbles are best.

It depends upon the cut

Follow the directions that come with your pattern.

The grain of the fabric—before cutting be sure your fabric is straight, *crosswise* as well as lengthwise. On a sheer fabric draw a crosswise thread and cut on this line. Press out all wrinkles and creases from the fabric. Be sure that the perforations on the pattern which indicate the grain are laid exactly on the grain and pinned to it. "On the grain" means straight with a lengthwise or crosswise thread. The distances from the top and bottom of the lengthwise grain mark to the selvage should be the same.



Pinning—Pin every piece of pattern on material before cutting. Place pins at frequent intervals at right angles with edge of pattern.

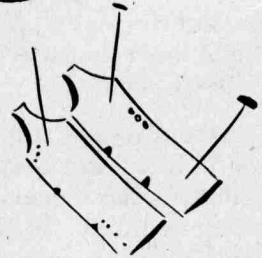
Marking Notches—notches and other markings should be carefully made either with thread, pencil, or by cutting peaks of additional material.

Cutting—cut with good sharp scissors. Use long clean strokes. Cut on pattern edge.

The pieces go together

Directions for putting the pieces together are found on the construction guide of every commercial pattern, but here are some suggestions which may be helpful.

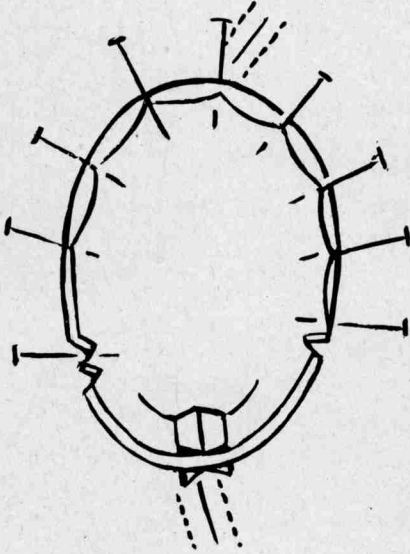
Join sections together by matching notches. Place a pin at the top of each two pieces, one at the bottom, another midway between. Pin or baste rest of seam. When joining a bias and a straight edge, place the bias on top and baste together. Slippery materials require fine basting stitches.



Bias edges should be stayed on soft stretchy fabrics by running a basting line or a line of loose machine stitching one-quarter inch from the edge. This will keep the bias edges from stretching.

1. *Blouse*—Baste darts, stitch from wide edge to narrow. This is always the procedure for stitching darts. Pin shoulders with edges even, ease in the extra width of back, which is $\frac{1}{4}$ to $\frac{1}{2}$ inch, and baste. Stitch on the front, *stitching from neckline to armhole*. Stitch underarm seams, *stitching from top to bottom*.

2. *Skirt* — Stitch skirt seam always from *bottom to top* because grain threads are held together more evenly and seams are straighter.
3. *Sleeve* — Close sleeve seam, *stitching from top to bottom*.



- a. To get the sleeve in the correct armhole, you must match the notches of the sleeve and armhole.
- b. Since sleeves are cut at least an inch larger than the armhole, the fullness must be adjusted and eased in before you start to baste.
- c. The fullness may be adjusted more easily if the pins are placed so that they point toward the bottom of the sleeve.
- d. Stitch close to the basting line, but never inside it, with the sleeve side up.

Pressing — Pressing gives a smooth professional finish; next to proper cutting, it is the most important factor in constructing a well finished dress.

It's the fit that counts

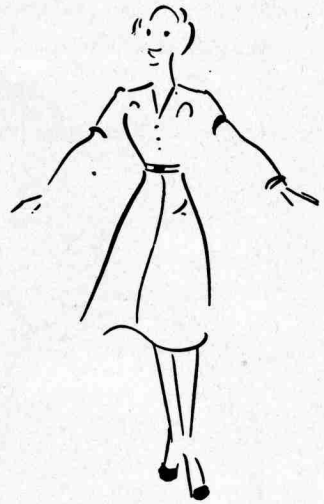
The pattern should be pinned together, tried on and alterations made before cutting.

After cutting the garment, baste and try on for final fitting. Lengthwise seams should be run in straight lines from waist to hem.

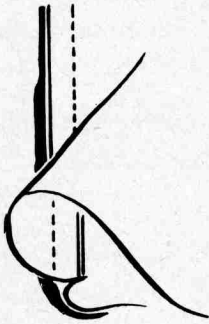
Correct fitting is a matter of practice. We want an easy-fitting garment, not too tight and not too loose. Check the following points: Shoulder seams, neck line, bust line, arm hole and sleeve, waist line and hip line.



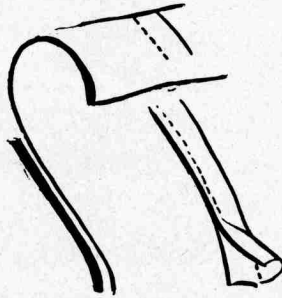
The finish



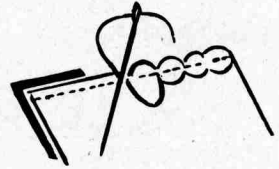
Finishes—for underclothes and sleeping garments, French or flat fell seams may be used. The neck line and arm edges may be finished with a narrow bias facing, bias binding, a fitted facing, or an eighth-inch hem with shell edge finish.



1. French Seam



2. Flat Fell



3. Shell Edge

Seams: a. Cottons and finely woven materials—plain seam, press open, edges pinked.

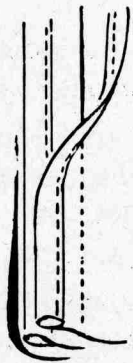
b. Ravelly material—overcast, edge stitch or bind.



1. Pink



2. Overcast

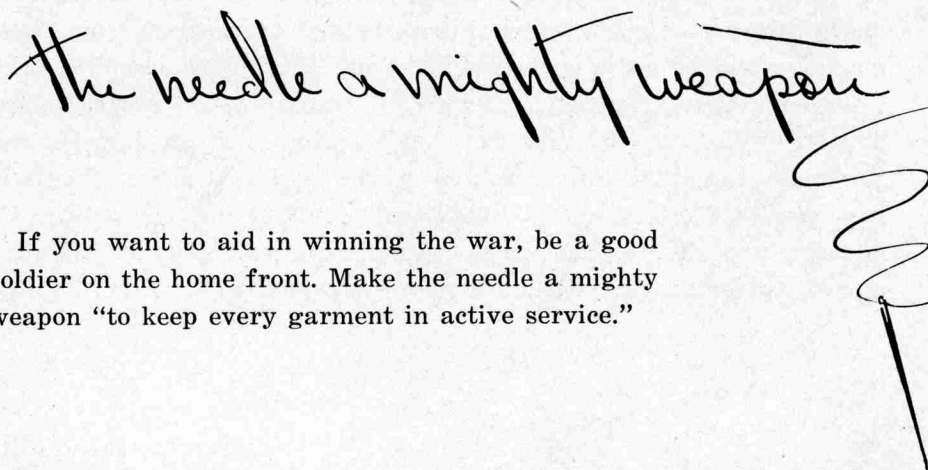


3. Bind

- Hems:* a. For cottons, turn $\frac{3}{8}$ inch on lower edge of skirt and stitch $\frac{1}{8}$ inch from edge; turn hem and slip stitch.
- b. For heavier materials to avoid bulk, use readymade binding stitched flat to hem edge.

Neck line and other finishes—Follow directions that come with your pattern.

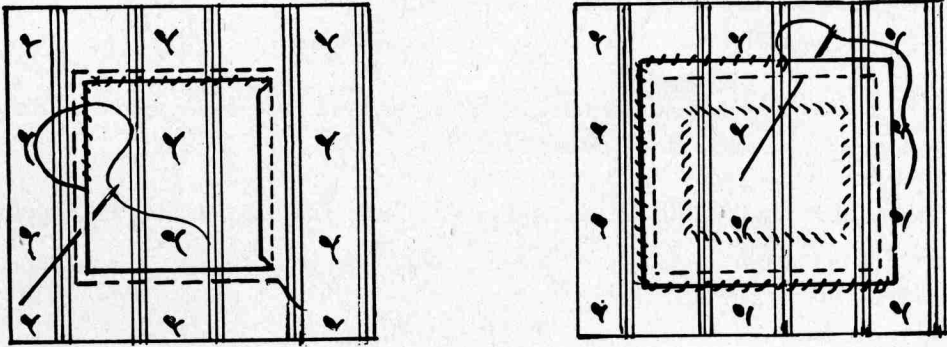
SAVE YOUR CLOTHES



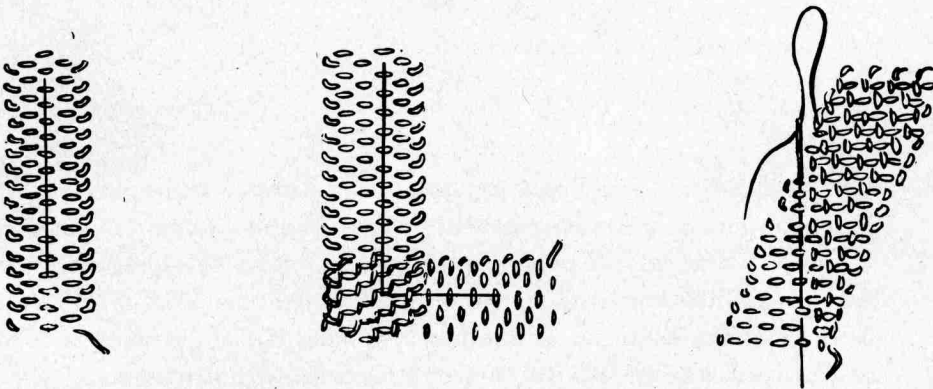
If you want to aid in winning the war, be a good soldier on the home front. Make the needle a mighty weapon "to keep every garment in active service."

I—*Hemmed Patch:* This patch is used for repairing undergarments or practical outside garments because it is strong and stands laundering. Usually it is square or oblong in shape. Cut away the irregular worn part around the hole leaving a square or oblong hole. The patch should be of the same material as the garment and, if the garment is faded or has been washed, the patch should be washed until the same color. If there is a design on the garment, as plaid or stripes, the design in the patch should match. Cut the patch carefully, following the thread of the material, one inch larger on all sides than the hole. Pin patch in place under hole, right side showing through. Threads in patch must run same way as those in garment. On right side of garment, clip corners of hole diagonally about $\frac{1}{4}$ inch. Turn in raw edges and baste to patch.

On wrong side, turn in raw edges of patch $\frac{1}{4}$ inch and baste to garment; press; stitch edges down on hand hem.



II — *Darning: Straight Tear* (Figure 1). About $\frac{1}{4}$ " beyond the end of tear, and a little to the right, bring thread through from wrong side, leaving an end of 6" on wrong side. Following the thread of goods, take small running stitches back and forth $\frac{1}{4}$ " on each side of tear. Do not darn too tightly but leave a very small loop at each turning. On one row make the stitch over tear and on the next row under. Continue for about $\frac{1}{4}$ " beyond end. To finish catch thread through stitches of last row and clip. Thread needle with thread left hanging at beginning, catch it through stitches of first row and clip.



1. Straight Tear

2. Three Cornered Tear

3. Diagonal Tear

Three-Cornered Tear (Figure 2). Darning-stitch technique is same as for straight tear. Begin at one end and darn one side completely, then start at the other end and darn that side. Corners thus are strengthened.

Diagonal Tear (Figure 3). Darn with small running stitches parallel to lengthwise thread, but in direction of tear. Work another set at right angles to the first set.

Worn Place on Garment:

Cut piece of material the same as garment, just a little larger than worn place. Baste to wrong side under thin spot and cover entire worn area as for darning a tear, taking stitches through both thicknesses of material.

Darning Stockings:

With stocking right side out, insert egg under hole. Trim ragged edges of hole. Do not use a knot and make lengthwise threads first. Leaving a short end free, take a few running stitches far enough from the hole to take in all the worn part. Turn, leaving a small loop at turning. On each succeeding row increase number of stitches so that when you come to the hole, you will cover it and also strengthen the worn part. Arrange stitches so that needle comes out over the edges of the hole. Decrease length of rows on other side of hole. Cut thread when finished and turn darn around. Weave stitches in the same way across the width over and under foundation stitches already made.

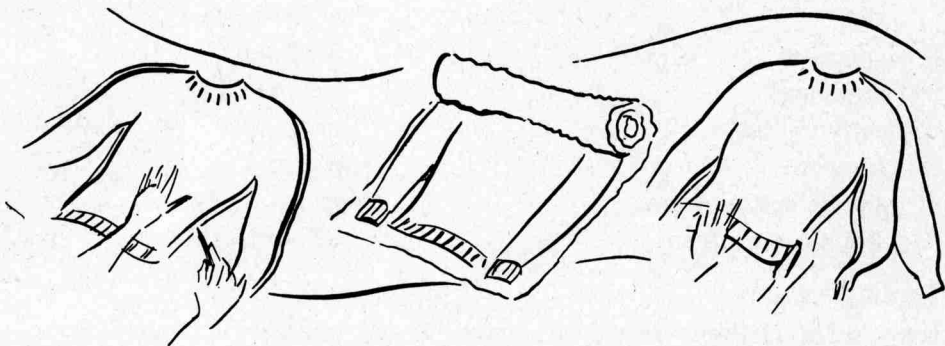
Make your sweater last

To make your sweaters last, mend all holes, tears or snags to prevent enlarging and wash carefully.



To Wash — Trace outline of sweater on heavy paper so that later you can return it to its original shape.

Work up lukewarm suds of a mild soap. Test with wrist to be sure temperature is right. Lukewarm water feels neither hot nor cold, just neutral.



1. Trace Outline of Sweater

2. Roll in Towel

3. Place on Outline

Wash quickly by squeezing suds through fibers with the hands. Do not rub or twist—rubbing mats and hardens woolens. Use a second fresh suds for badly soiled garments.

Rinse at least twice in clear lukewarm water. Squeeze out as much water as possible with the hands. Lay out flat on dry Turkish towel. Roll up and knead gently to remove excess moisture. This hastens drying and helps prevent dye stains.

Unroll immediately and lay flat on paper to dry, easing sweater back (or stretching it out) to original outline or to the measurements taken before washing. If necessary, pin in place. Dry in an airy place.

Requirements for completion

Requirements for completion of clothing unit or project.

Make two garments or articles from list below.
Mend or repair two garments:



Junior Member

tea towel
hand towel
laundry bag
pot holder
apron
slip
gown
pajamas
cotton skirt
jumper
simple cotton dress
4-H Club uniform

Senior Member

slip
gown
pajamas
house coat
bedroom slippers
cotton skirt
wool skirt
jacket
coat
blouse
dress
4-H uniform

Keep your clothing record on page 9 of your "4-H Record Book—Homemaking."

JUNE, 1943

4-H CLUB SERIES NO. 38

NORTH CAROLINA STATE COLLEGE OF AGRICULTURE AND ENGINEERING
OF THE
UNIVERSITY OF NORTH CAROLINA
AND
U. S. DEPARTMENT OF AGRICULTURE, CO-OPERATING
N. C. AGRICULTURAL EXTENSION SERVICE
I. O. SCHAUB, DIRECTOR
STATE COLLEGE STATION
RALEIGH

DISTRIBUTED IN FURTHERANCE OF THE ACTS OF CONGRESS OF MAY 8 AND JUNE 30, 1914