

Sewing Secrets

FOR THE PROFESSIONAL LOOK!

A girl who sews enjoys a creative art that is not only fun but saves her money. Friends admire and often envy the larger wardrobes a young seamstress holds at her fingertips. Home sewing gives you a chance to choose the style of pattern and material best suited to you and your needs. An attractive garment, well planned, made with care and assurance, is a joy to create and a proud possession.

Home sewing can and should have a professional look. The difference between a professional and a homemade look often depends on the correct and skillful use of a few basic rules and suggestions. To make your sewing problems easier and to give you a guide to good workmanship and that professional look, apply the following "red letter" hints to your home sewing:

PLAN YOUR GARMENTS TO A "T"

DETERMINE	CONSIDER
Type	Garment you need for the planned occasion.
Cost	Family clothing budget; your earnings.
Color	Clothes on hand; your individual coloring; your likes, present-day fashions.
Pattern and Fabric	Style best suited to you, the occasion; present-day fashion, and your ability to sew. Select a simple pattern and material for your first garment.

Planning the right fabric and pattern makes up two-thirds the value of any garment.



YOU NEED GOOD TOOLS

To acquire a well made garment, sewing should be done with good sewing tools. Without them, the professional look is impossible.

- Know how to . . .
- . . . select them
 - . . . use them
 - . . . care for them

(For further study, see *Your Sewing Tools and How to Use Them*, Miscellaneous Pamphlet No. 149.)

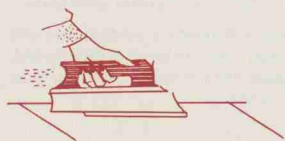
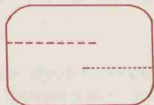
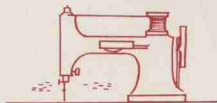


YOUR SEWING MACHINE

is your most important sewing tool, so learn

- . . . to use it correctly
- . . . to care for it properly
- . . . to let only an experienced person clean and adjust it.

One mark for a "homemade" look is long unsightly stitches. Inside seams may be stitched with stitches measuring 10 to 15; for top stitching 15 to 20 stitches per inch is a good length for most fabrics. Heavier weight material requires longer stitches and thinner weight material shorter stitches.

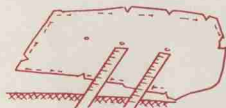


PREPARING YOUR FABRIC

Preshrink those fabrics not marked sanforized or pre-shrunk. This will help insure a properly fitted garment.

Press wrinkles and folds from fabric and pattern.

Straighten material if it is uneven at ends as shown in diagram.



GARMENTS MUST BE CUT OUT PROPERLY

The success of your sewing project is greatly determined by the cutting out of the garment. Remember to . . .

- . . . follow the guide sheet step-by-step.
- . . . compare your measurements with those of the pattern.
- . . . place every piece of pattern on true grain of material whether it be true bias or straight.
- . . . don't skimp; piece first.
- . . . pin pattern to fabric properly.
- . . . cut with long, even strokes.
- . . . mark notches, plaits, darts or other markings carefully.
- . . . match plaids and stripes when cutting and sewing the garment.

FITTING THE PUZZLE TOGETHER

Whether you baste all the seams or pin and stitch will be determined by . . .

- . . . your sewing experience
- . . . your fitting problems
- . . . your self-confidence



Remember good standards are important. So, use the method that gives you the best results. Your sewing guide found in commercial patterns will give you excellent directions as to fitting the pieces together. Follow it! Learn the sewing terms as "ease in" and "straight of goods."

YOUR PRESSING MATTERS

Your pressing really "matters" for that smooth professional finish. Press as you sew and remember . . .

- . . . to regulate heat of iron to the fabric type.
- . . . to use a press cloth on those fabrics that will shine when in contact with direct heat—examples, rayons and woolens.
- . . . to use a turkish towel under some textured and novelty weaves.
- . . . most fabrics require light and quick movement with iron and little or no pressure (there is a difference between ironing and pressing). Avoid Overpressing.
- . . . to press all open seams open after they are stitched—and back darts toward center back; front darts toward center front. You will have a sharp even edge if you press darts before you stitch them.
- . . . bias pieces of the garment should be pressed with straight of material.
- . . . to avoid stretching parts of garment.
- . . . a piece of organdy dampened slightly makes a good pressing cloth for most materials. It is transparent and makes it possible for you to see tailor tacks or other markings.

HELPFUL HINTS IN SEWING YOUR GARMENT

A must for good hand sewing is the proper use of the thimble and needle. For proper hand sewing, hold your thimble, needle and thread as pictured.

For best results, work with your material on a table when hand sewing.

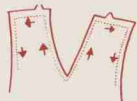
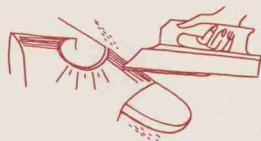
Mark all notches, pleats and other details by using tailor tacks, carbon and tracing wheel, tailor's chalk or other means of marking.

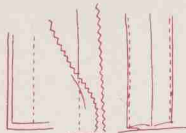
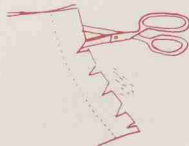
Choose the thread you use wisely. Remember the lower the size number, the coarser the thread. For general sewing, sizes 40, 50 and 60 are used on silks, rayons, linen, cotton and light weight wool. Finer quality cotton thread is mercerized. This process adds finish and strength. For cotton, linen, dull woolen materials, use mercerized thread. Silk thread has elasticity and strength and is adaptable to sewing on silk, rayon, nylon and wool. Select a shade darker than the material.

Stay stitch armhole, neckline, underarm and curved section of hips to prevent stretching and keep fabric in true grainline.

Stitch all skirt seams from hemline to waistline to assure an even hanging skirt.

Handle garment under construction as little as possible to prevent unnecessary soiling and stretching.





Apply attractive detail finishes to your garment. Sometimes facings and buttonholes in contrasting materials add interest and beauty. Covered cord applied to seam edges often add to a garment.

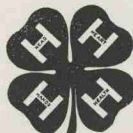
Trimming inside seams of collars, cuffs and pocket tabs to $\frac{1}{8}$ - $\frac{1}{4}$ " and clipping prevents the ugly bulky effect around seams of these pieces.

Clipping armscye and other curved seams prevents a drawn, tight appearance.

Apply the seam finish to the garment that is suitable to the fabric. Self stitch, overcast, or bound seams are recommended for material that has a tendency to ravel. Plain or pinked seams may be all right for firmly woven fabrics that will not ravel.

In order to properly anchor the belt at the waistline, belt loops are necessary. These may be made of matching narrow bias strips, crocheted loops, or thread made with the buttonhole stitch.

Hems that are even and put in properly are trademarks of a well made garment.



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