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Manual of exercises in hand sewing;
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Manual of Exercises in Hand Sewing.

Margaret J. Blair.

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STITCHES ON CANVAS.

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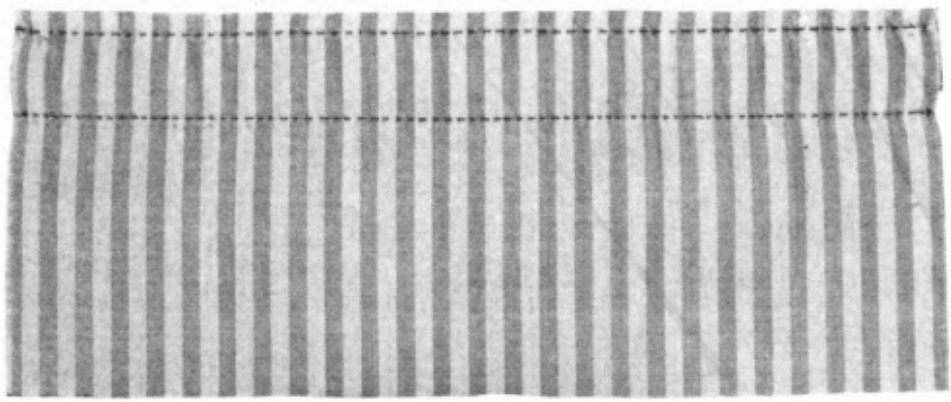
MODEL II.

RUNNING STITCH.

Object: To learn the running stitch and its use.

Material: A piece of striped gingham or half-bleached muslin; size 6x3 inches, needles No. 8, thread No. 60 (red).

Turn a half inch fold on one edge of the muslin and, beginning at the right to sew, take several small



MODEL II—RUNNING STITCH.

even stitches upon the needle at a time and sew across, keeping the line of sewing one-eighth of an inch from the fold or following the stitch in the gingham. Great care should be taken to fasten the thread firmly and neatly. This is done by taking two stitches in the same place, one over the other.

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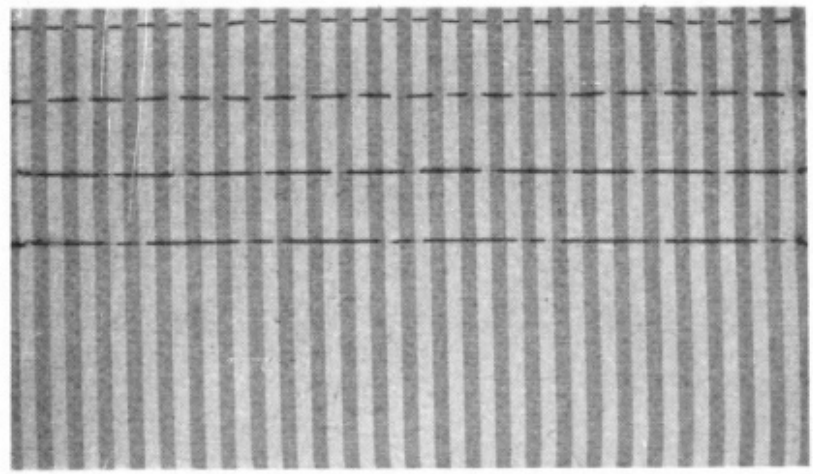
MODEL III.

BASTING STITCHES.

Object: To learn how to baste.

Material: Gingham or half-bleached muslin 6 by 6 inches, needle No. 8, thread No. 60 (red).

Turn a half inch fold on one side of the muslin; commence at the right and baste across the material one-eighth of an inch from the edge. In basting the knot is left on the right side so as to be easily removed



MODEL III—BASTING STITCH.

when the basting threads are cut and drawn from the work. The thread is fastened the same as in running.

The first stitches in the model are small, even

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MODEL IV.

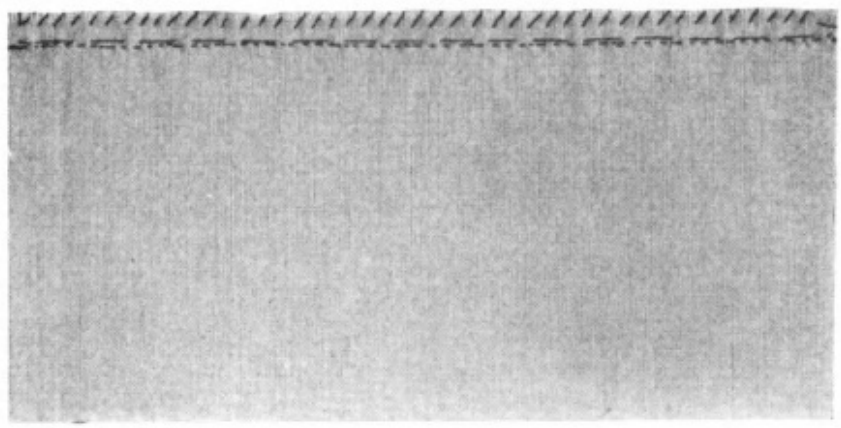
SEWED SEAM.

Exercise: A basting; B sewing; C overcasting.

Object: To learn how to sew a seam.

Materials: Two pieces of gingham or unbleached muslin 3 by 6 inches, No. 8 needle and No. 60 thread (red).

Place the two pieces of material together and baste one-fourth inch from the edge, using an uneven basting



MODEL IV—SEWED SEAM.

stitch. Sew just below the basting, taking three or four short running stitches of even length. In the next three commence with a back stitch by inserting the needle where it left the cloth in the next to the last

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inches wide. Baste the sides of the bag together and overhand the seams up to the wide hems.

Hold the work firmly between the thumb and forefinger of the left hand, never over the first finger, as

Model V—Bag.

in a long seam one side will be taken up more than the other and the ends will come out unevenly. Commence at the right to sew. Put the needle through both edges at right angles with the seam and with the point towards the seamstress. The stitches should not be too far apart, too deep, nor too tightly drawn, or a

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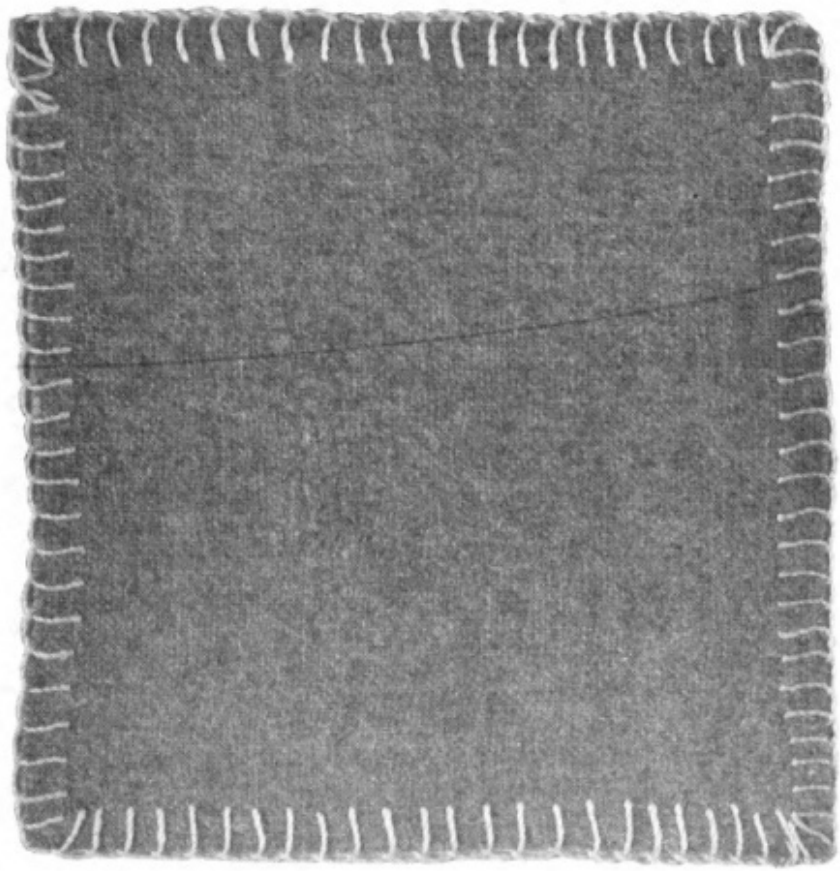
down with the thumb of the left hand, insert the needle in the material again at the desired depth and bring it out over the thread. Proceed in the same manner to the



MODEL VI—
THREE CORNERED DARN.

corner where one stitch should come directly over the corner, and in the stitch preceding and the one following the needle is inserted in the material at the same point.

This stitch is worked from left to right.

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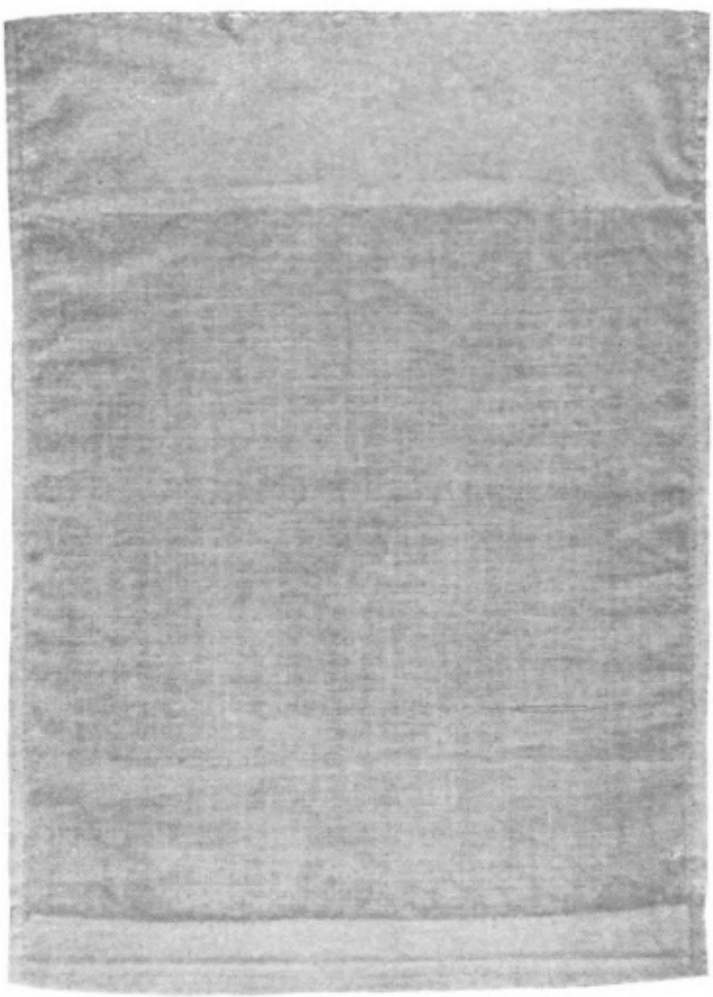

MODEL VII—SHEET.

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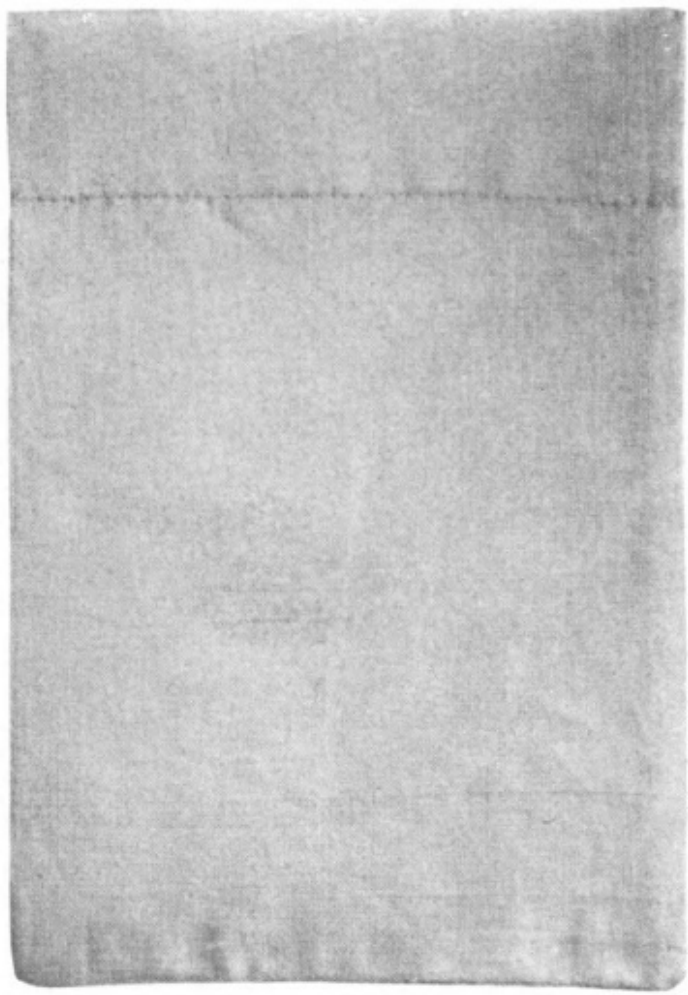

MODEL VIII—PILLOW SLIP.

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MODEL IX—APRON.

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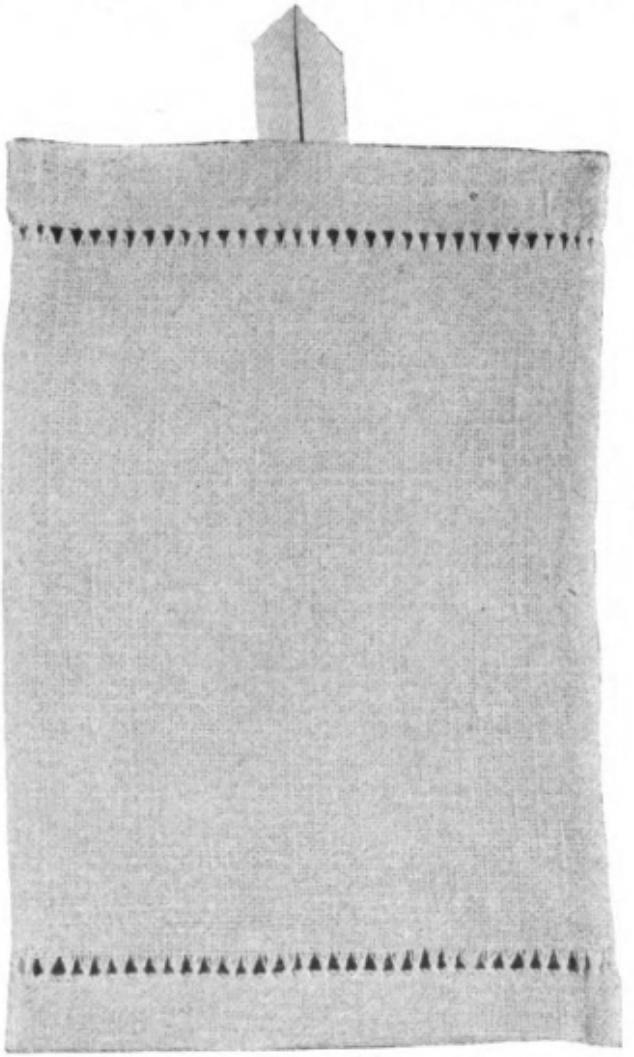
Overhand the ends of the tape together, a little more than the depth of the hem. Place the overhanding on the tape to the middle of the hem, so that the



MODEL X—TOWEL.

raw edges will be towards the end. Stitch it down. Then turn the tape back so as to cover the stitching and hem it down all around. This will prevent the tape from pulling off easily. A linen or cotton tape should be used for towels.

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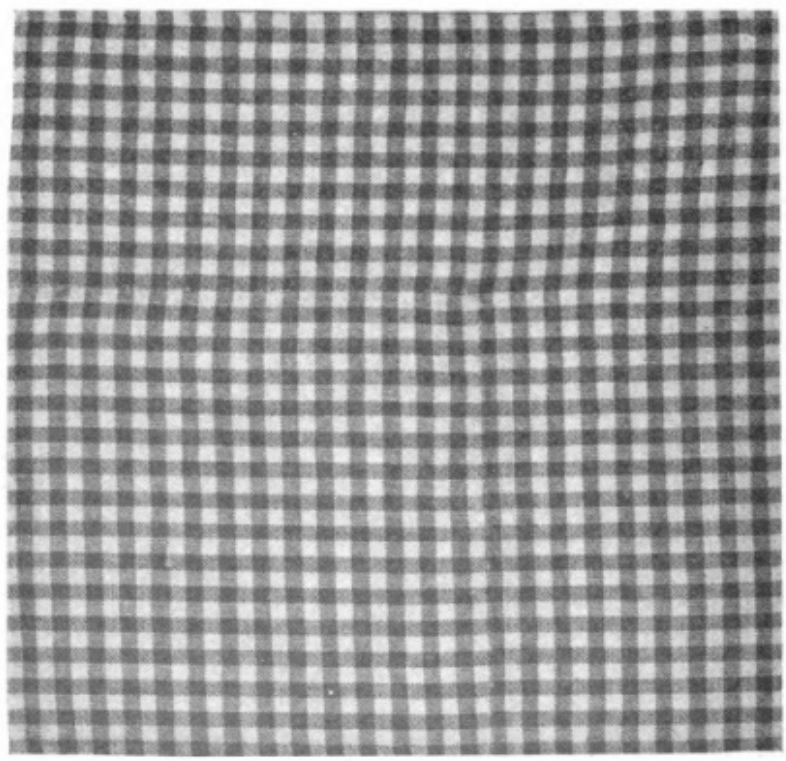
MODEL XI.

OVERHAND PATCH.

Object: To teach how to set in a patch.

Exercises: A, basting; B, overhanding; C, overcasting.



MODEL XI—OVERHAND PATCH.

Materials: Blue checked gingham cut in two pieces, 6 by 6 and 3 by 3 inches; thread No. 90 (white), needle No. 9.

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MODEL XII.

DOLL'S SKIRT.

Exercises: A, drafting doll's skirt; B, basting seams; C, sewing seams; D, overcasting; E, placket hole; F, gathering; G, putting on band; H, hem.

MODEL XII—DOLL'S SKIRT.

To draft a skirt for a doll two measurements are required—the length and the width around the hips.

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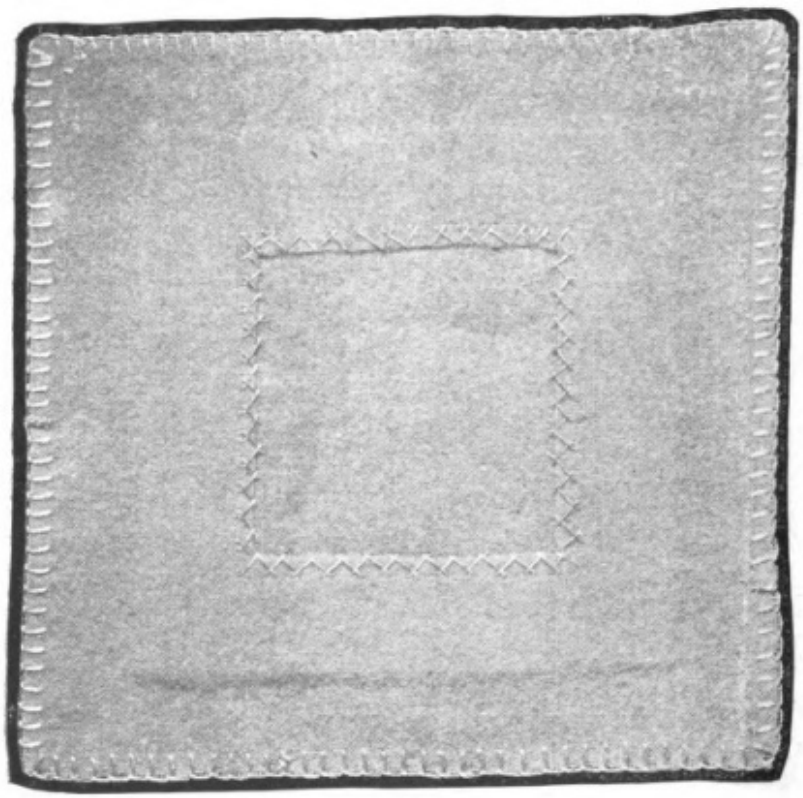
MODEL XIII.

FLANNEL PATCH.

Object: To learn how to patch flannel.

Exercises: A catstitch.



MODEL XIII—FLANNEL PATCH.

Materials: Flannel squares 5 by 5 and 2 by 2 inches. Mercerized spool cotton; needle No. 7.

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MODEL XIV.

BUTTONHOLES.

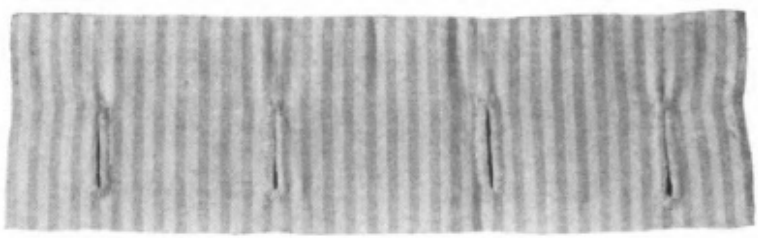
Object: To learn how to make buttonholes.

Exercises: A, overhanding; B, making buttonholes.

Material: Striped gingham 4 by 5 inches, thread No. 50 (white), needle No. 8.

Fold the gingham twice so that there will be three thicknesses, turn in the raw edges, baste and overhand them together.

The pupil should be taught to find the width of the button and then to gauge the buttonhole scissors



MODEL XIV—BUTTONHOLES.

so that the button hole when cut will be a little larger than the button.

In making the button holes always use buttonhole scissors to cut them, letting the pupil practice first either on paper or muslin until she thoroughly under-

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MODEL XV.

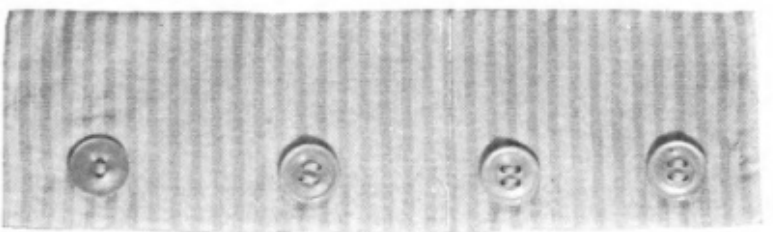
SEWING ON BUTTONS.

Object: To learn how to sew on buttons.

Exercises: A, overhanding; B, sewing on buttons.

Material: Gingham 4 by 5 inches, 4 buttons, No. 8 needle, No. 70 thread (white).

Fold over one of the lengthwise edges of the gingham, then fold it twice more so as to have three thicknesses of the material. Baste one-eighth inch from the folded edges, using a small uneven basting stitch and then overhand the edges. In sewing on the buttons



MODEL XV—
SEWING ON BUTTONS.

draw the needle through the material from the upper side, one-half inch from the folded edge, so that the knot may be concealed under the button. Bring the needle up to the right side again and through a hole in the button. Place a pin across the top of the button,

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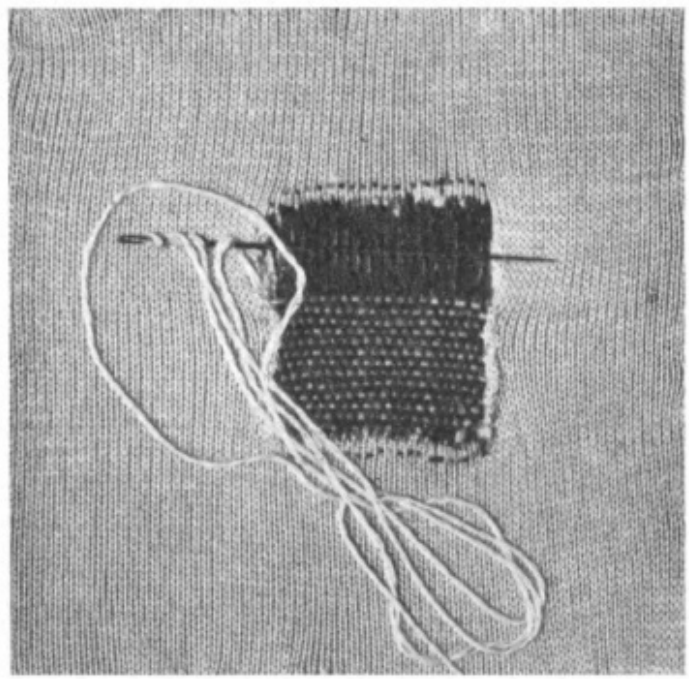
MODEL XVI.

STOCKING DARNING.

Object: To teach the method of darning hosiery.

Materials: Card board 3½ by 3½ inches. Stockinet 3 by 3 inches, darning cotton, black, and same shade as the stockinet. Darning needle No. 7.



Model XVI—Stockinet Darn.

Baste the stockinet firmly on the card board to prevent its being stretched or drawn out of shape, and cut the hole in a line with the stitches. Remove the cut

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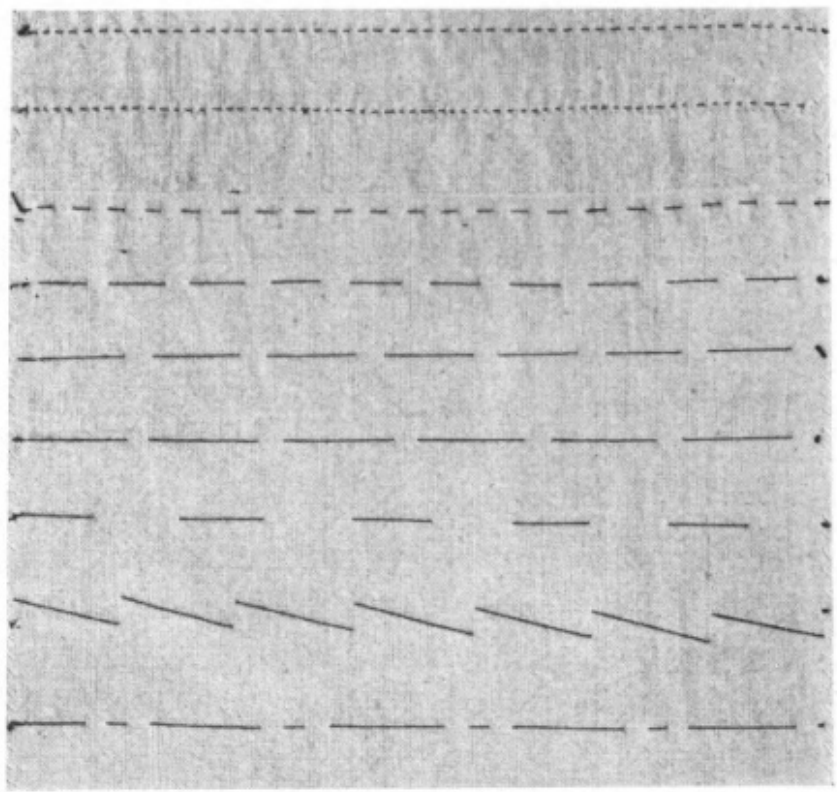
the red thread. This is the method of basting any garment that is to be fitted, as a waist or jacket. The stitches being small the seams will not stretch apart.

One-half inch below these stitches make a row of uneven basting stitches that are one-eighth of an



MODEL XVII—
RUNNING AND BASTING.

inch underneath and one-fourth of an inch on top. When hems are to be hemmed by hand or seams overhanded, whether selvedge or a fold, they should be basted with this stitch.

The third row is also an uneven basting stitch and is one-eighth of an inch underneath and one-half of an

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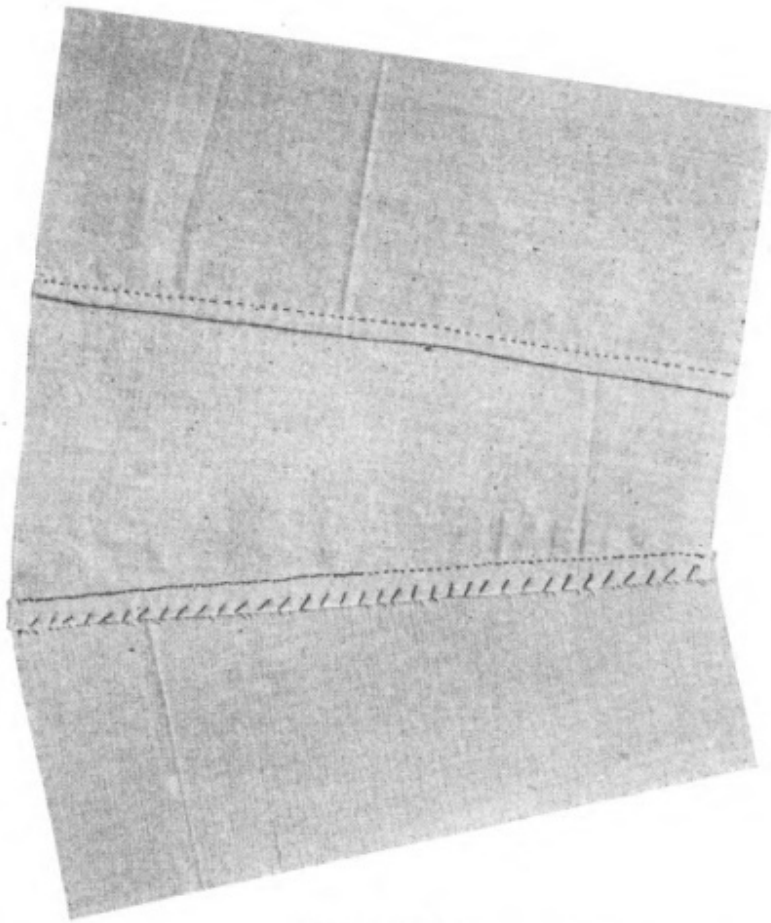
gether making the line of the basting one-fourth of an inch from the edge. Sew half the seam just below the basting with the backstitch using a half backstitch for the last half of the seam. This stitch is similar to



MODEL XVIII—
FRENCH SEAM—BACK-STITCHED AND HALF BACK-STITCHED SEAM.

the back stitch, the difference being that the needle is put only halfway back in the preceding stitch, thus leaving a space between the stitches. This stitch is

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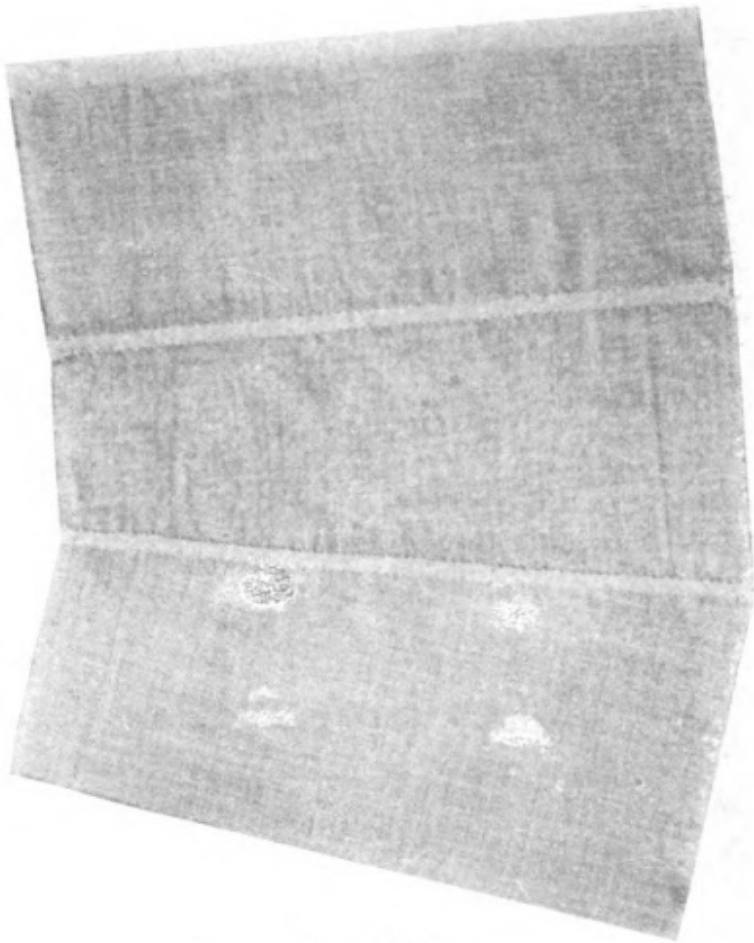
laundered than the French seam and is, therefore, better for most undergarments.



MODEL XIX—
FELLED SEAM. HEMMED SEAM.

In making the hemmed seam, place the bias edge of the third piece overlapping the bias edge of the other one-fourth of an inch and baste through the center. Then crease and hem alike on both sides.

A knot should be used in these seams and finished

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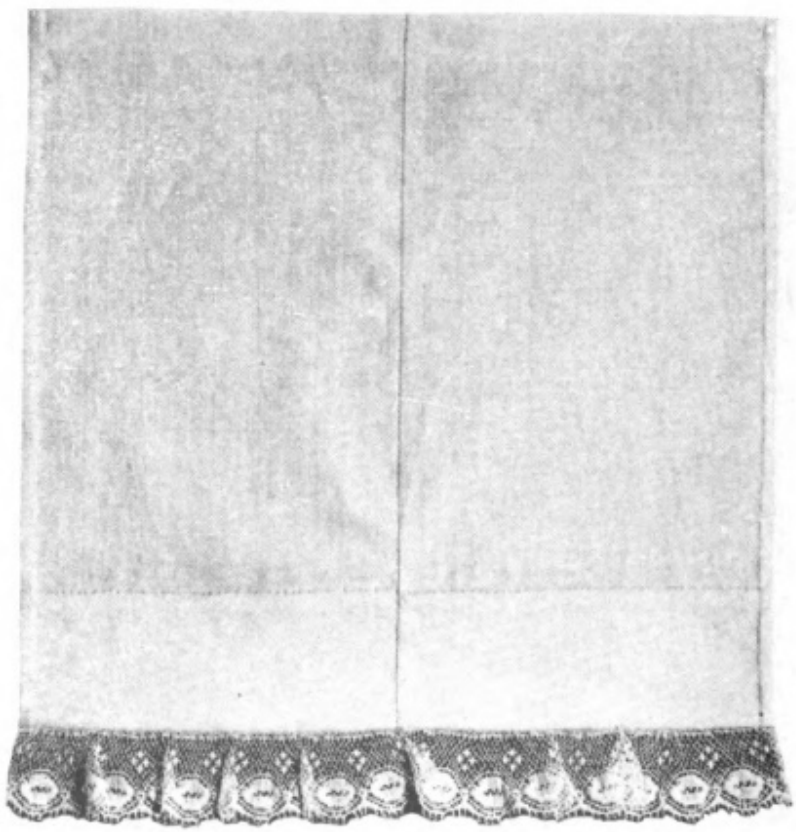
MODEL XX.

OVERHANDING.

Object: To learn overhanding.

Exercises: Overhanding, hemming and sewing on lace.



MODEL XX—OVERHANDING.

Materials: Long cloth, or any soft bleached mus-

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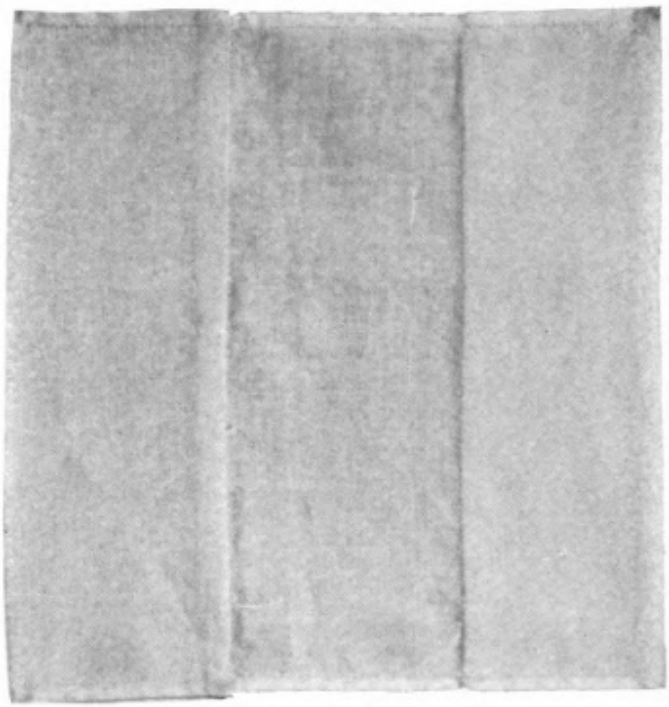
MODEL XXI.

FACED AND EXTENSION HEMS.

Object: To learn the method of making faced and extension hems.



MODEL XXI—
FACED AND EXTENSION HEMS.

Exercises: Turning hem and hemming.

Materials: Long cloth or very soft bleached muslin, cut into three pieces, two of them 6 by 4, the other 6 by 2 inches; needle No. 9, thread No. 90, white.

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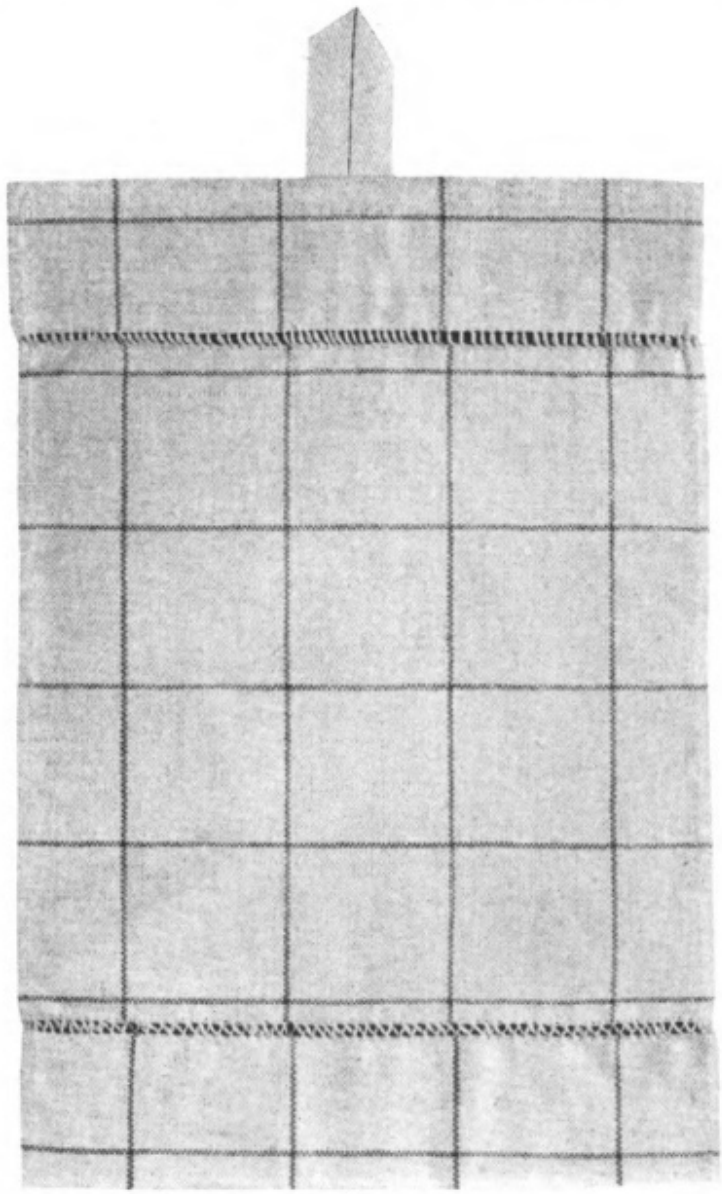
Sew the tape on the wrong side of the towel, placing it so that the raw edges will be towards the end,



MODEL XXII—TOWEL.

and stitch it on. Then turning the tape back so as to

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time as possible. Draw the stitches together on the needle, and hold them in place by winding the thread

MODEL XXIII—
ROLLED AND HEMSTITCHED HEMS.

over and under the eye and point of the needle. Then hold the gathers between the thumb and finger of the left hand, and with the other pull each gather in place. Unwind the thread, and pull the needle through. Continue in the same manner until the ruffle is gathered.

All garments should be divided into fourths, before putting on the ruffling. If the ruffle is also di-

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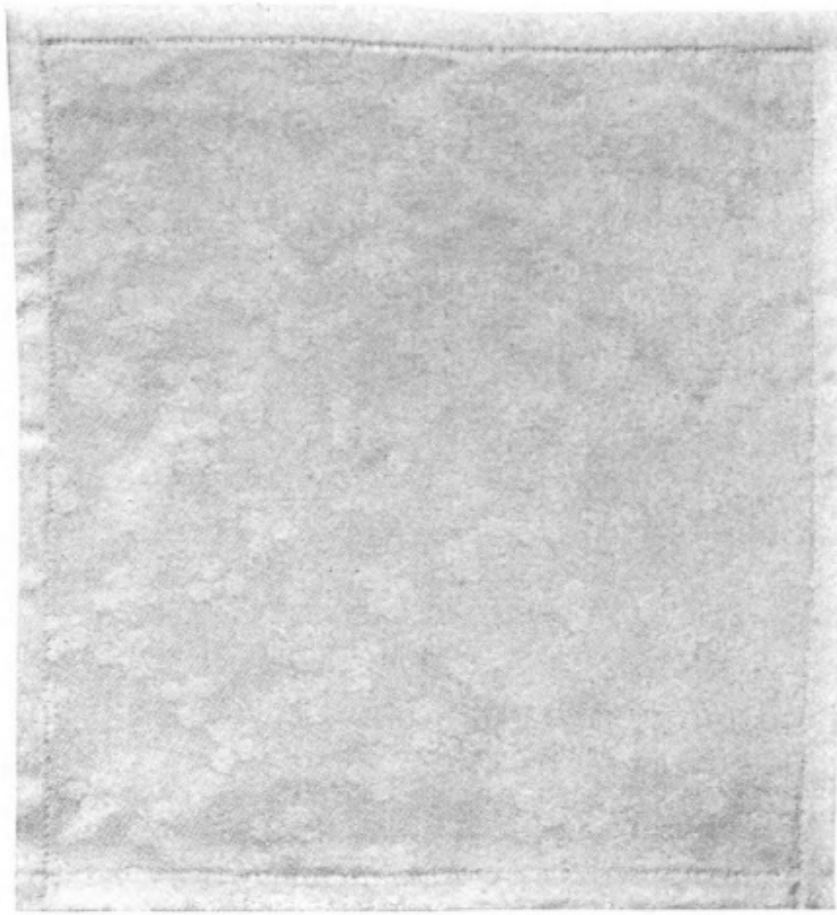

Model XXIV—French Hems.

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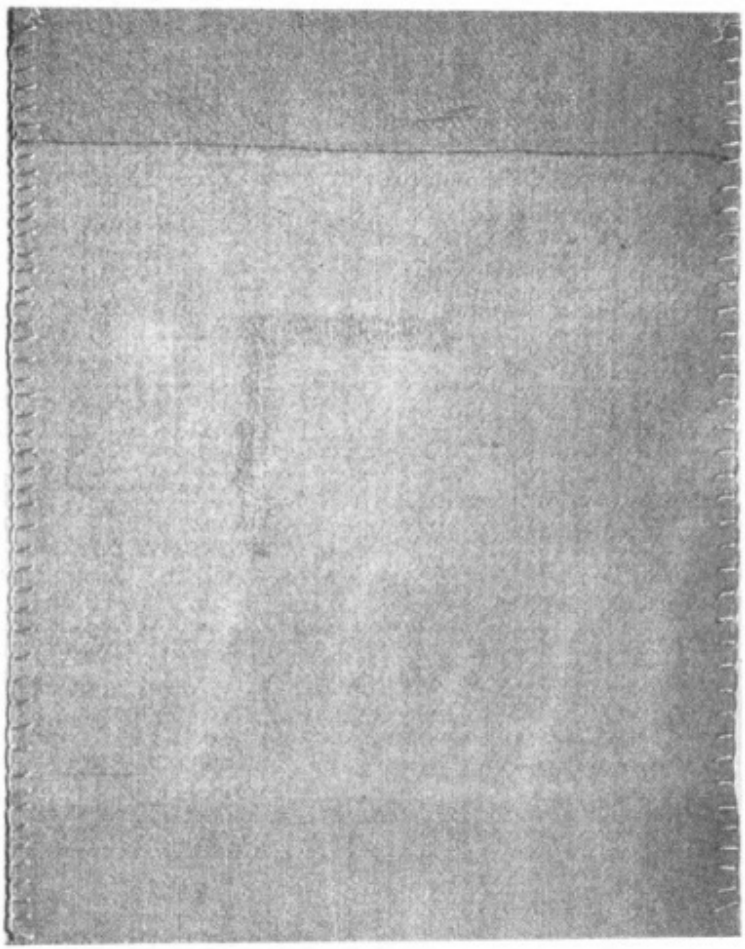
fold a little farther ahead, then of the cloth, etc. Keep the stitches in line with the thread of the material instead of diagonally. This hem is used on woolen ma-



MODEL XXV—
HEMS ON WOOLEN MATERIALS AND THREE CORNERED DARN.

terials where the stitches are not to show on the right side. It is often used in hemming silk or velvet.

Finish the two sides of the model with the loop stitch.

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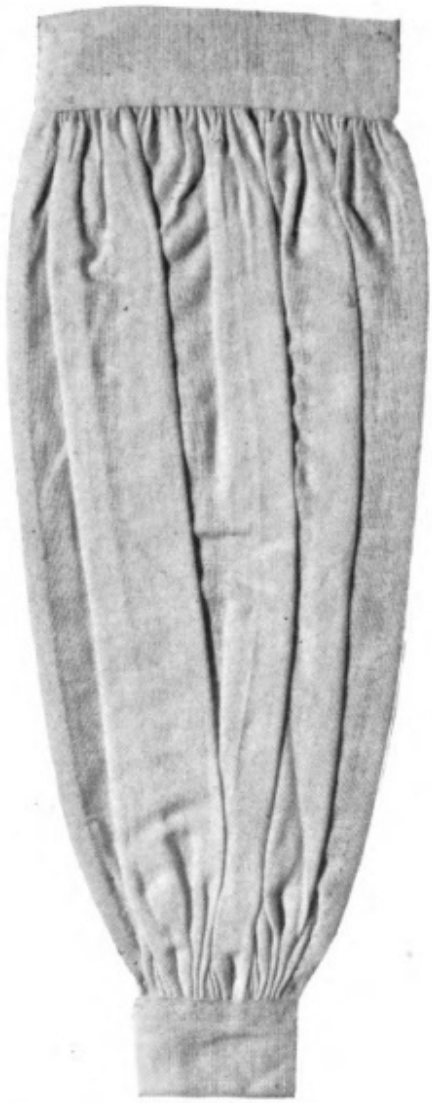
The first row should be one-fourth of an inch from the edge. Put in the second row of stitches before draw-



MODEL XXVI—
GATHERING AND GAUGING AND PUTTING ON A BAND.

ing up to fit the band, which is put on in the same manner as for the gathering.

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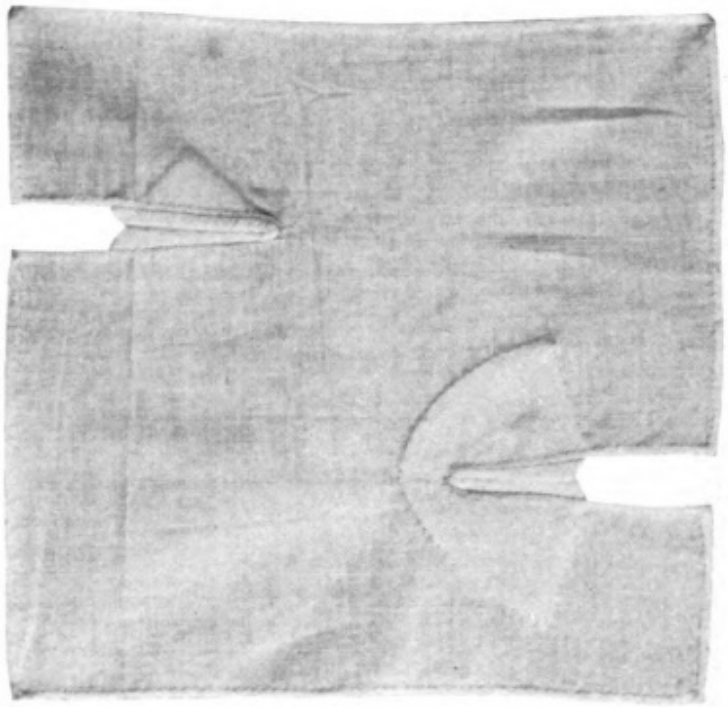
overhand both sides of the gusset halfway up. Fold the gusset over to the wrong side and crease. Hold in place with the needle or a few basting stitches, so that the middle falls over the point of the gusset, and cut off the point of the square rounding. Turn under the



MODEL XXVII—GUSSETS.

edge and baste to the material, stitching the gusset so that it will fit smoothly. Hem it down. This gusset is used in the drawers placket.

The model should be finished with a narrow hem on all four sides.

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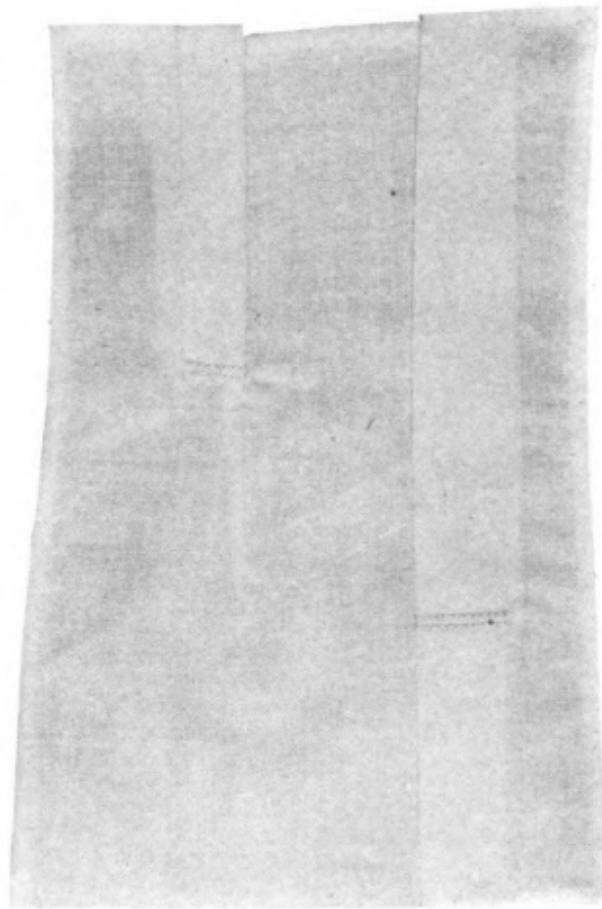
hemming it down on the line of stitching, thus making an extension hem for the under portion. For the upper, sew the $\frac{5}{8}$ by $2\frac{1}{2}$ inch piece to the edge of the opening,



MODEL XXVIII—SKIRT PLACKETS.

with the seam on the right side, fold back on the line of stitching, turn under the edges and hem down.

Finish the placket by hemming the left side under the right. The model should be finished with a narrow hem on all four sides.

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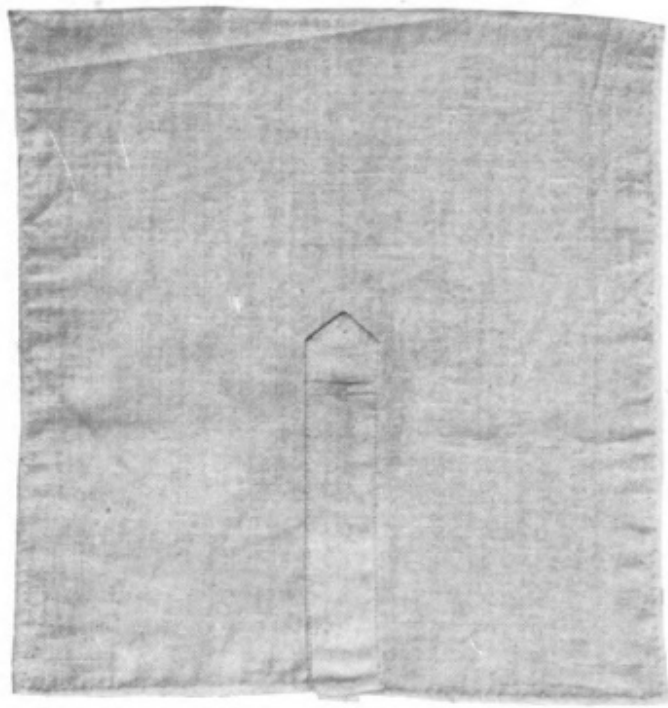
MODEL XXIX.

SLEEVE PLACKET.

Object: To learn how to put the placket in a shirt or shirt waist sleeve.

Exercises: Hemming and backstitching.



MODEL XXIX—SLEEVE PLACKET.

Materials: Long cloth or any soft bleached muslin. Cut in three pieces, the large one being $5\frac{1}{2}$ by 6 inches, the other, $1\frac{1}{4}$ by $2\frac{1}{2}$ inches. Needle No. 9, thread No. 90.

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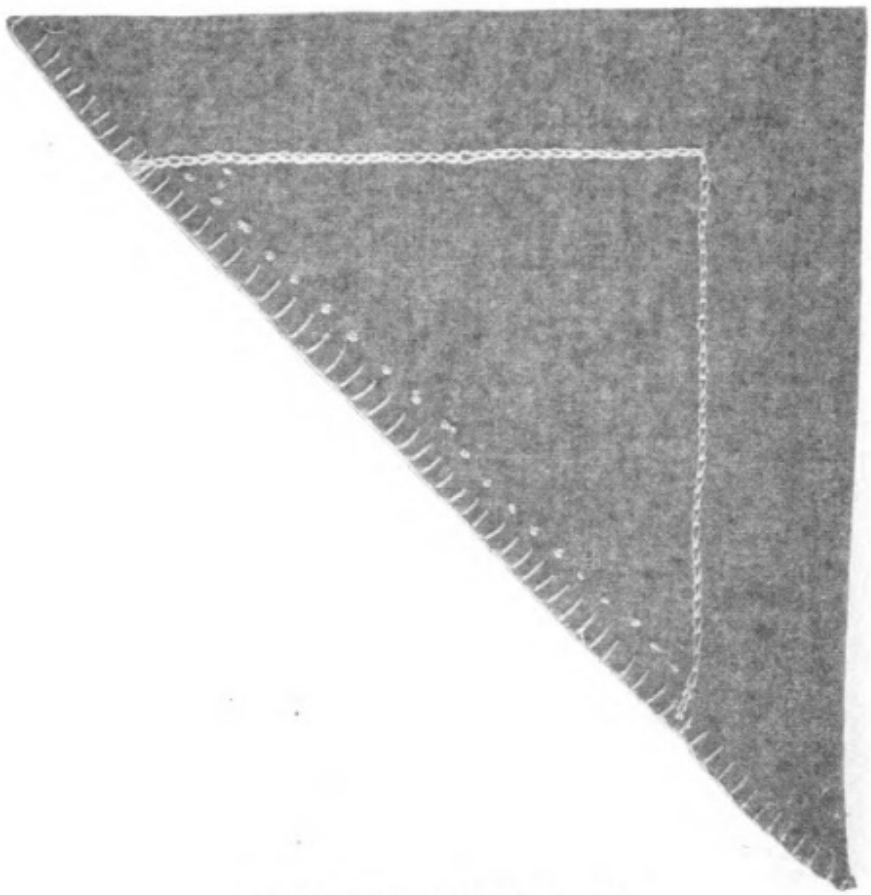
the loop stitch. To make them, draw the needle and thread through to the right side of the flannel, and take one short stitch without drawing the needle through. Then taking the two threads at the eye of the needle bring them around from right to left, casting one or



MODEL XXX—MITERED CORNER.

more stitches on the needle according to the size desired. Draw the needle through, holding the stitches firmly with the thumb of the left hand. Put the needle back through the material at the same point at which it was brought up. Several knots can be made without fastening the threads.

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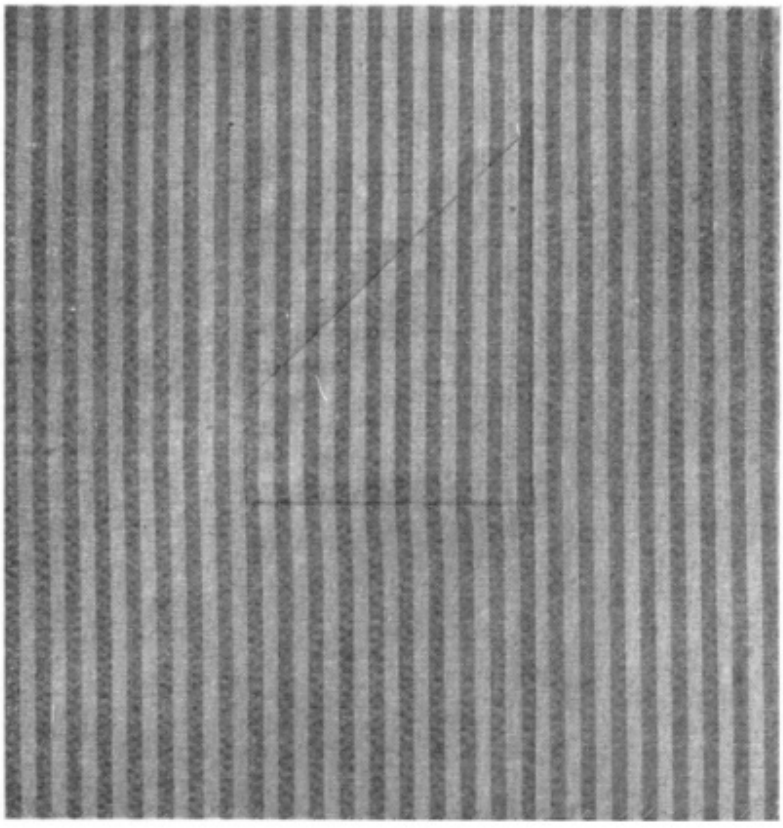
MODEL XXXI.

MATCHING OF STRIPES.

Object: To teach the matching of stripes.

Exercises: Overhanding and overcasting.



MODEL XXXI—
MATCHING OF STRIPES.

Materials: Blue and white striped gingham. Cut

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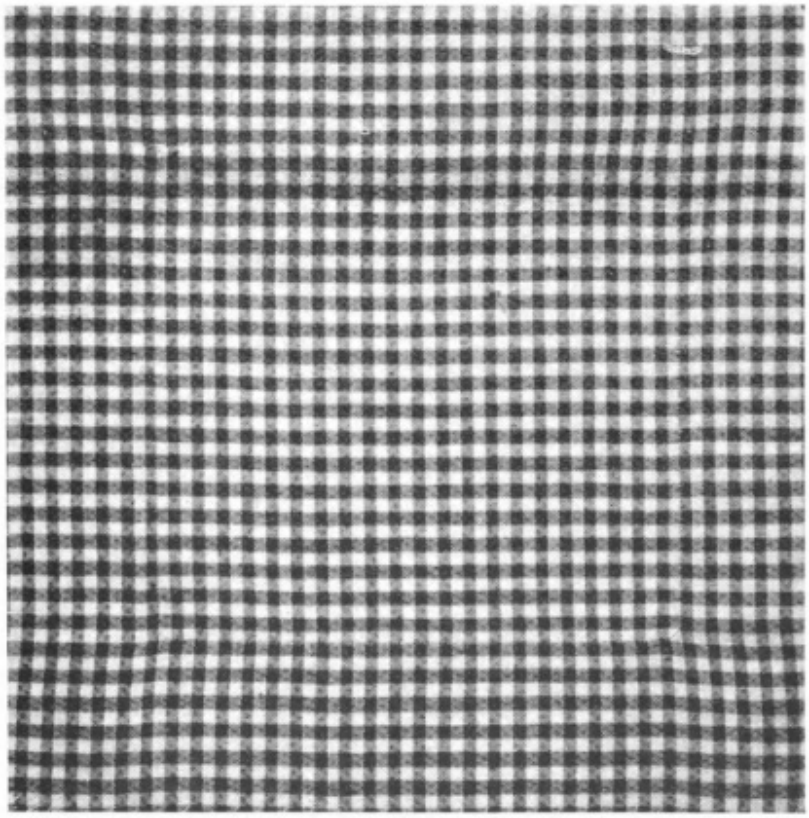
MODEL XXXII.

OVERHAND PATCH.

Object: To teach how to set in a patch.

Exercises: Overhanding and overcasting.



MODEL XXXII—OVERHAND PATCH.

Materials: Blue and white even checked ging-

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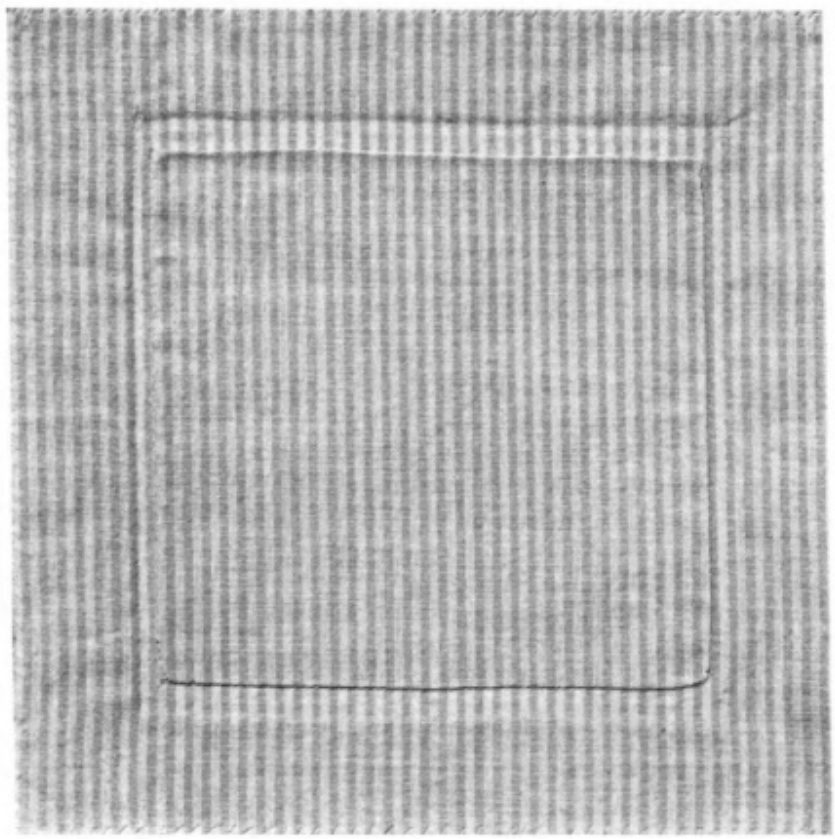
MODEL XXXIII.

HEMMED PATCH.

Object: To teach the method of putting on a patch.



MODEL XXXIII—HEMMED PATCH.

Exercises: Hemming and overcasting.

Materials: Pink and white striped gingham, cut

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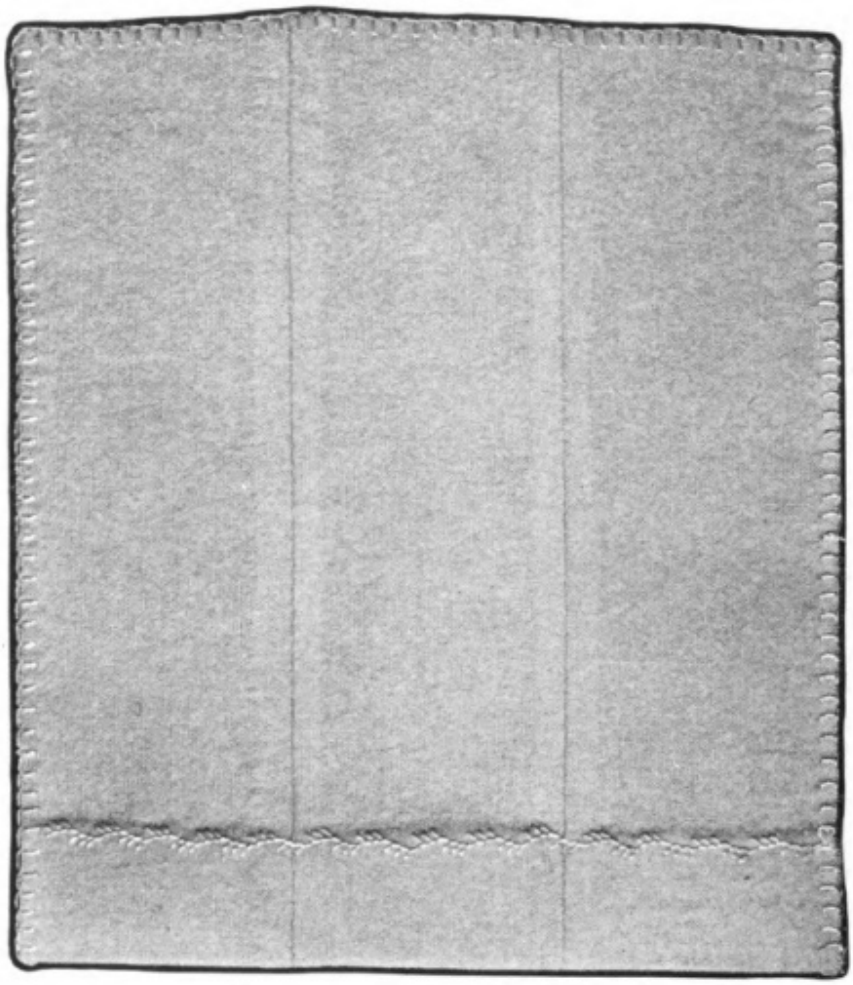
inch hem to the wrong side, basting and catstitching



MODEL XXXIV—FLANNEL SEAMS.

it down. Feather stitch across the hem on the right side.

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MODEL XXXV.

BUTTON HOLES.

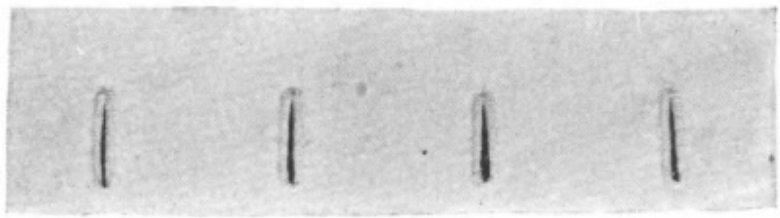
Object: To teach how to make button holes.

Exercises: Overhanding and button-holing.

Materials: Long cloth or some soft bleached muslin, 4½x5 inches. Needles, No. 10; thread (white) No. 80.

Fold the muslin lengthwise, so as to make three thicknesses, and overhand the edges together. Turn in the edges, baste and overhand them together.

In making button holes, always use button hole scissors to cut them. Overhand the edges closely, not taking in any deeper than necessary to hold the threads.



MODEL XXXV—BUTTONHOLES.

In working a button hole, always begin at the end farthest from the edge of the material, working from the right towards the left. Insert the needle with the point towards you, drawing it but half way through. Take the two threads at the eye of the needle, and bring them

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MODEL XXXVI.

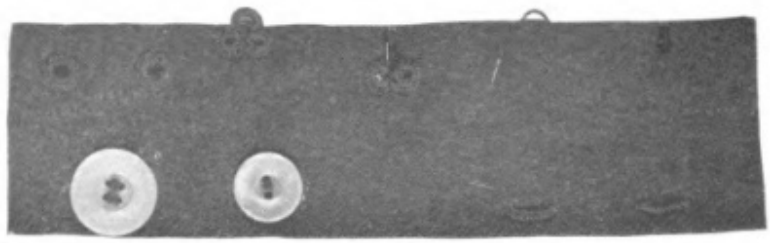
FASTENINGS.

Object: To teach how to sew on buttons and hooks and eyes, and how to make loops and eyelets.

Exercises: Overhanding and button-holing.

Materials: Albatross or Henrietta, $3\frac{1}{2}$x5 inches; a strip of lining, $1\frac{1}{4}$x$4\frac{1}{2}$ inches; three buttons, a large and a small one, each with four holes, and a medium sized one with two holes; two hooks and eyes, No. 1. Needles, Nos. 8 and 10; silk, letter A, twist D.

Place the lining on the woolen material, so that one side will come to the center of the piece, and baste



MODEL XXXVI—FASTENINGS.

it in place. Fold over the edges $\frac{1}{4}$ of an inch all around and baste them down. Place a hook at the end so that the curve of the neck will be even with the edge and sew it on firmly, taking the stitches over and over through the rings and across the shank close to the turn.

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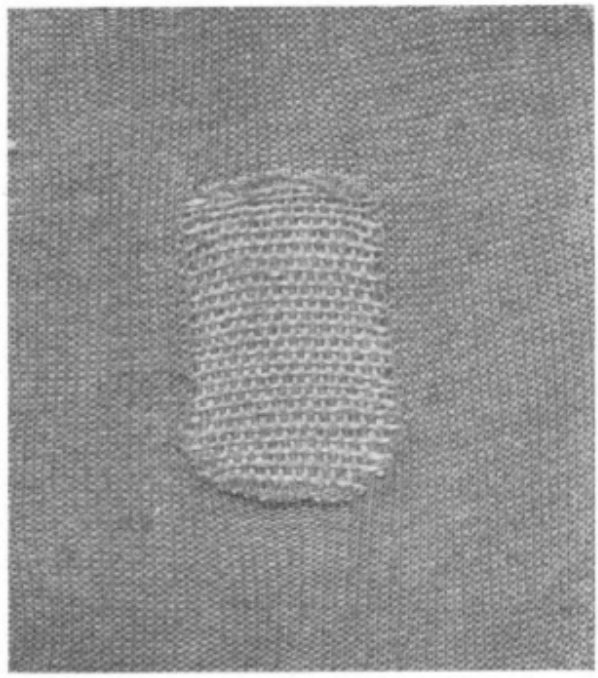
MODEL XXXVII.

STOCKINET DARNING.

Object: To teach the method of darning hosiery.

Materials: Cardboard, $3\frac{1}{2}$x$3\frac{1}{2}$ inches; stockinet, 3x3 inches; darning cotton same shade as the stock-



MODEL XXXVII—STOCKINET DARNING.

inet; darning needle, No. 7. This model is made the same as the model on page 41, except the warp and woof are the same color.

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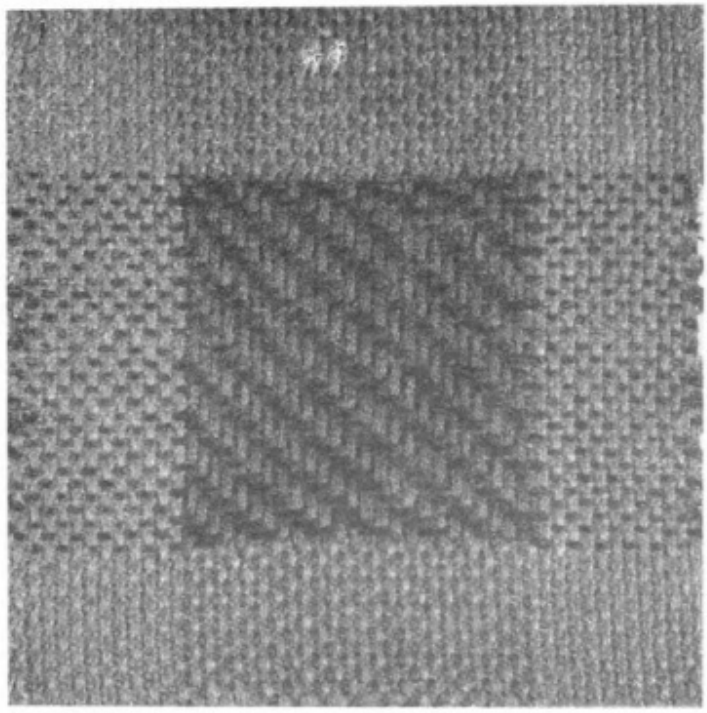
MODEL XXXVIII.

DAMASK DARNING.

Object: To learn how to mend table linen.

Materials: Ada canvas, 5x5 inches; mercerized floss, olive or Nile green.



MODEL XXXVIII—DAMASK DARNING.

Overcast the edges of the canvas, with the threads of the warp. Then count in from the edge twelve holes, putting the needle through each hole. Find the twelfth

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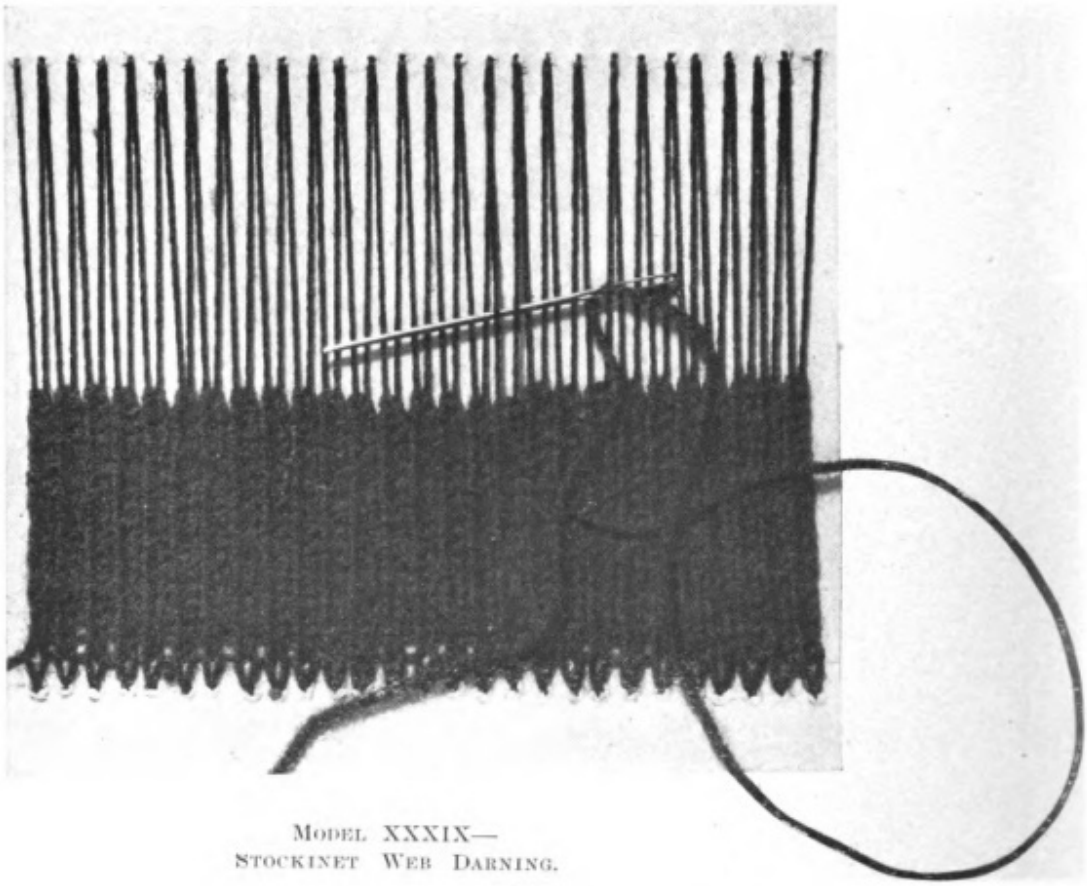
the first two warp threads and back down through the same hole. Then up through the second hole, around the warp threads and down through the same hole. Continue in the same manner across the card. After



MODEL XXXIX—
STOCKINET WEB DARNING.

making the last loop the needle will be on the wrong side. To weave in the warp threads the saxony should be brought to the right side of the card. This is done by bringing the thread over the side of the card and up through the first loop.

Weave in the woof by putting the needle around

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