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SEWING AND TEXTILES

MARY L. MATTHEWS

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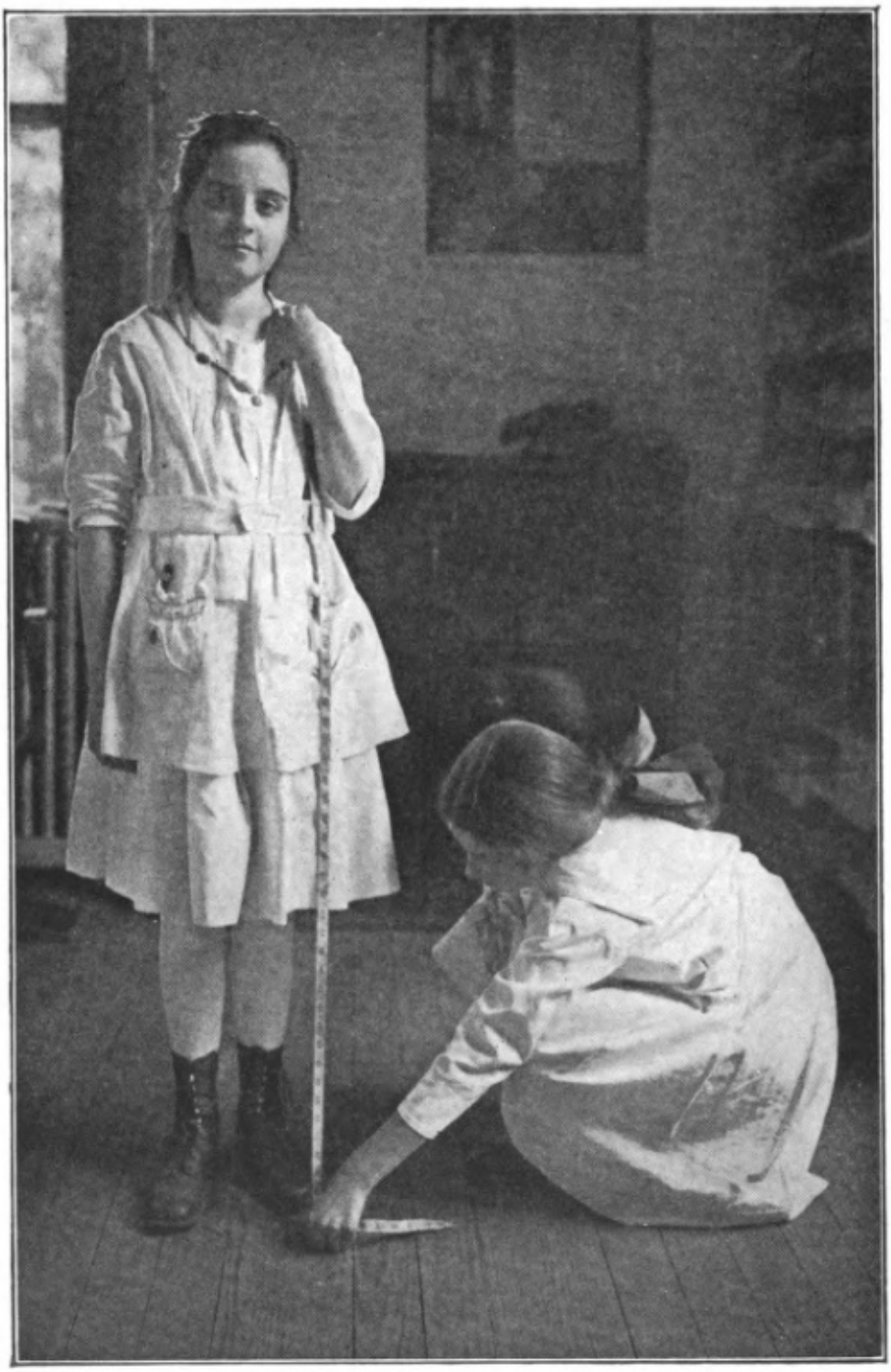

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SEWING AND TEXTILES

FIRST LESSONS FOR ELEMENTARY SCHOOLS

BY

MARY LOCKWOOD MATTHEWS, B.S.
PROFESSOR OF HOME ECONOMICS AND HEAD OF THE DEPARTMENT OF HOME ECONOMICS IN PURDUE UNIVERSITY

BOSTON
LITTLE, BROWN, AND COMPANY
1921

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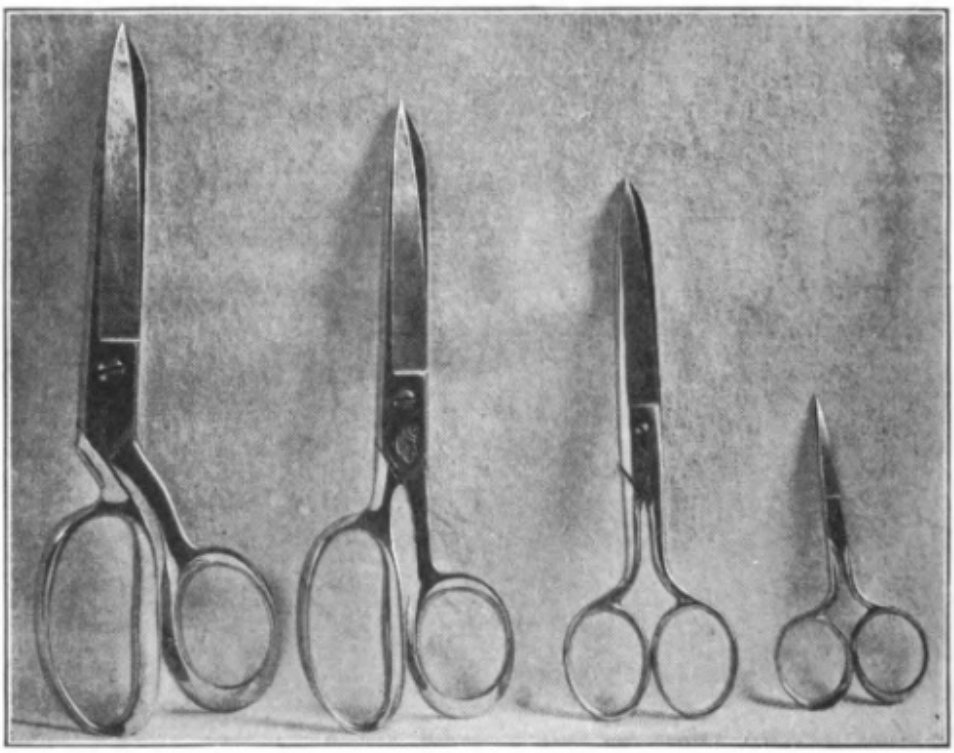
good work. Be careful about allowing them to drop on the floor, since this loosens them so that they will not cut a true edge and may bend or break the point. Never buy cheap scissors or shears because cheap ones will never do satisfactory work. *Buttonhole scissors* used for cutting buttonholes are very convenient to have in the work-box.



GOOD TYPES OF SHEARS AND SCISSORS

The other implement found in the work-box made from steel is the needle. *Needles* have been used for a longer period than any other implement used for sewing. Needles made of fish-bones, of ivory and of bronze were used in early times. Steel needles originated in Spain and were introduced into England during the reign of Queen Elizabeth.

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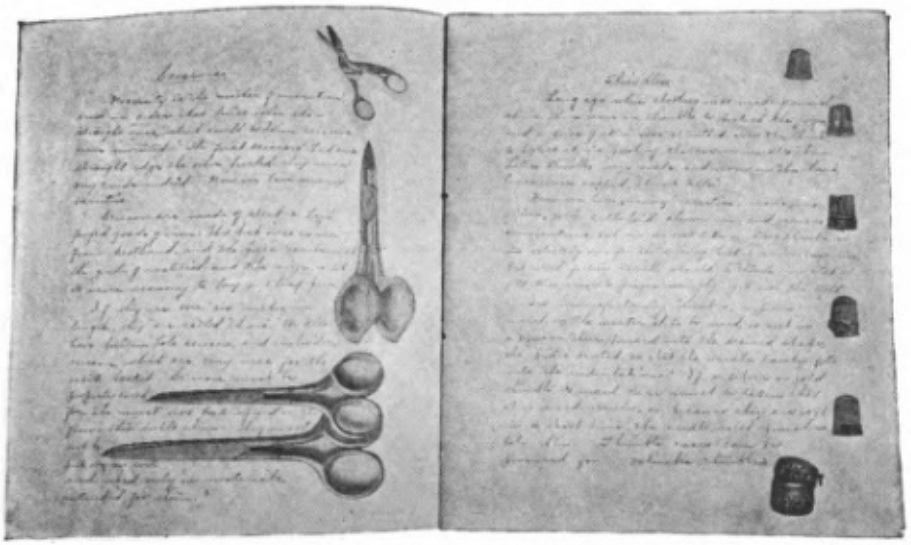
Thimbles are made from many materials, the most used materials being silver, gold, aluminum, celluloid and brass. Ivory and pearl thimbles are sometimes used. Thimbles may be plain, or decorated with etching or with jewels. Aluminum thimbles are very cheap but do not wear well. These are good to use in the class work because there is danger of losing a more expensive thimble. Silver thimbles



PAGES FROM THE BOOKLET ON "THE SEWING-BASKET"

are generally used by most seamstresses. A thimble made of brass should never be selected.

The first thimble in England was made by John Lofting about 200 years ago. It was worn on the thumb and was called a "thumb bell." Our grandmothers used thimbles that were open on top and the needle was pushed through the cloth with the side of the thimble.

In selecting a thimble, buy one that is large enough to allow the end of the finger to strike the end of the thimble. The size is told by a number placed on the thimble.

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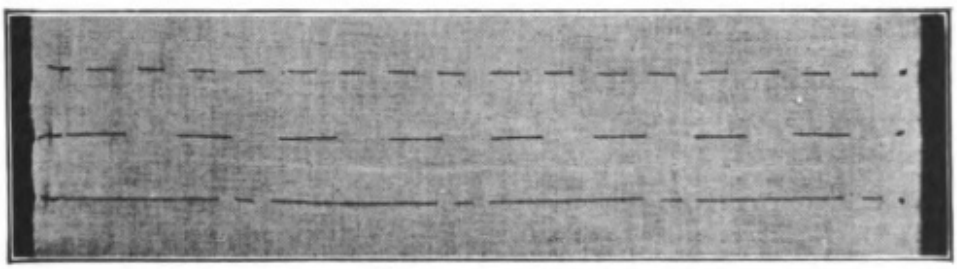
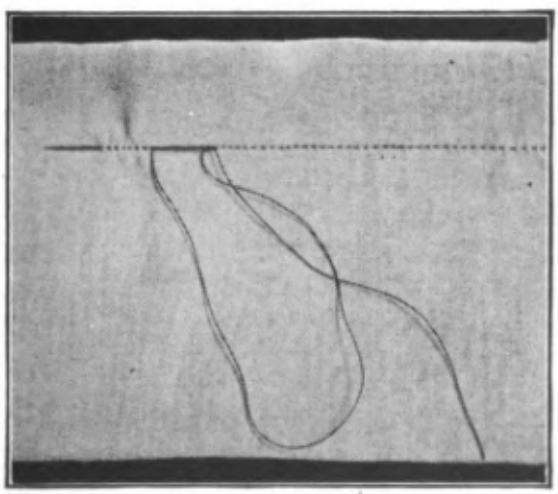
Thimble: Try on the thimble. Of what material is it made? Is it the proper size? Use it in doing all sewing.

Basting: This is used to hold material in place and to serve as a guide when sewing. Basting must be done



THREE TYPES OF BASTING

in such a way that the material will be held firmly, and when it is to be used as a guide it must be straight. If possible, basting should be done in such a way that the final stitches in the sewing will not run through nor across the basting-stitches; it is then easier to remove the basting, and there will be no danger of breaking the thread used in the final stitching. Basting-stitches may be long, or short, or uneven in length. One fourth inch basting-stitches should be used for holding together materials for stitching on the sewing-machine; for long seams in skirts use three $\frac{1}{4}$ inch basting with one 2 or 3 inch basting-stitch. Practice making basting-stitches.



METHOD OF MAKING RUNNING-STITCH

Running-stitches: These are very small stitches, like basting-stitch, used to hold two or more pieces of cloth.

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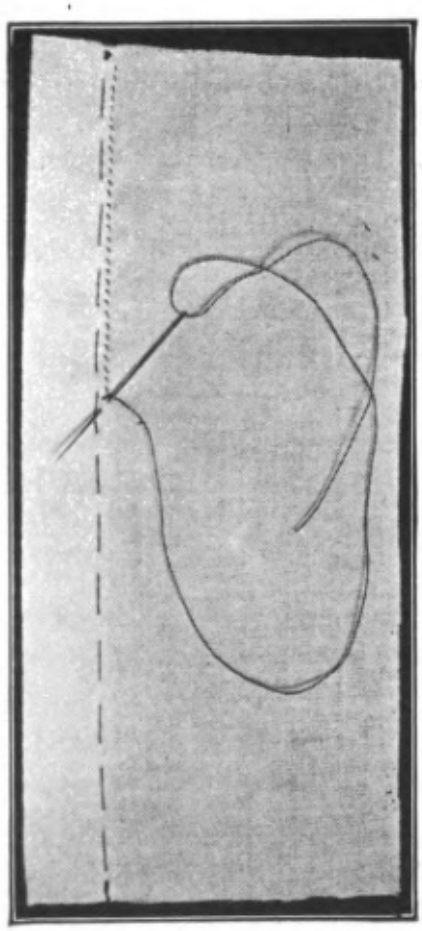
school to use in your Textile Book. Bring to school a sample of the material you expect to purchase to use in making the apron. What is the price of the material? What is the width?

LABORATORY EXERCISES

STITCHES TO USE IN MAKING THE APRON

Textile study: Examine the samples of dimity, lawn and gingham brought to school. Discuss quality of each. From the samples brought from the stores, decide on two or three pieces that may be used for the aprons. Which will launder best? Let each pupil decide how much material will be needed for making the apron. How much will it cost? (See next lesson for description of apron.)



METHOD OF PLACING NEEDLE IN HEMMING

STITCHES

Hemming: A plain hem is made by turning the raw edge of material toward the wrong side, one eighth to one quarter inch, depending on the width of the hem; creasing this fold firmly and folding again toward the wrong side the desired width. A piece of cardboard marked to show the width of the hem may be used as a guide to keep the hem even when

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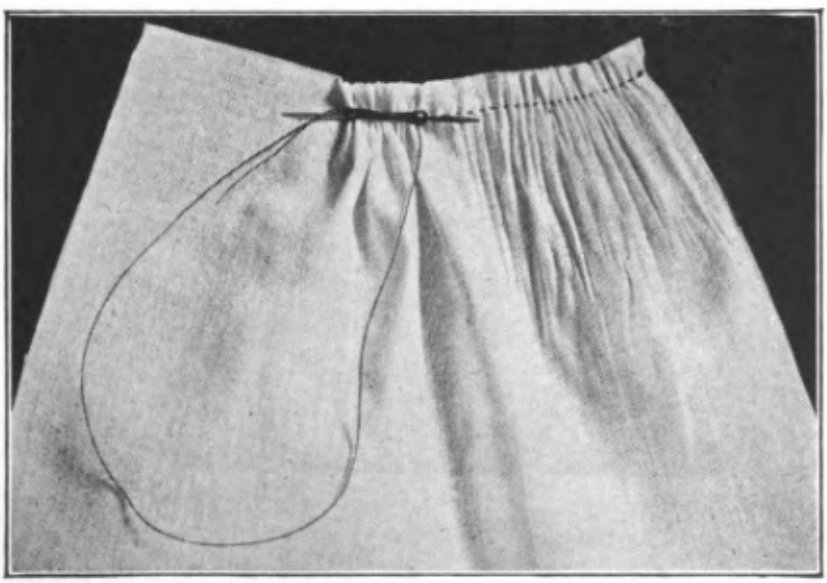
folding. Baste the hem. In making the apron the hems will be finished with the hemming-stitch down the side and the feather-stitch across the pocket. In hemming, hold the material over the first finger of the left hand with the thumb on top of the hem. Hide the knot in the thread under the folded edge of the hem. Take a tiny stitch in the material close to the fold, but before pulling the needle through, take up a tiny bit of the fold, holding



GATHERS READY FOR PULLING INTO PLACE

the needle in a slanting position with its point toward the left shoulder. Pull needle through. Repeat, taking the next stitch a little beyond where the needle came out. Fasten the hemming by taking stitches one over the other. A hem is used as a finish for the raw edge of cloth.

Gathering: Gathering consists of small, running-stitches with the thread so drawn as to full the material. Gathers must be "laid" if they are to go into a band easily. To do this, fill the needle as full of stitches as possible, then draw the material together. Wrap the thread around the needle in such a way that the material is held firmly, then pull down on the material, holding

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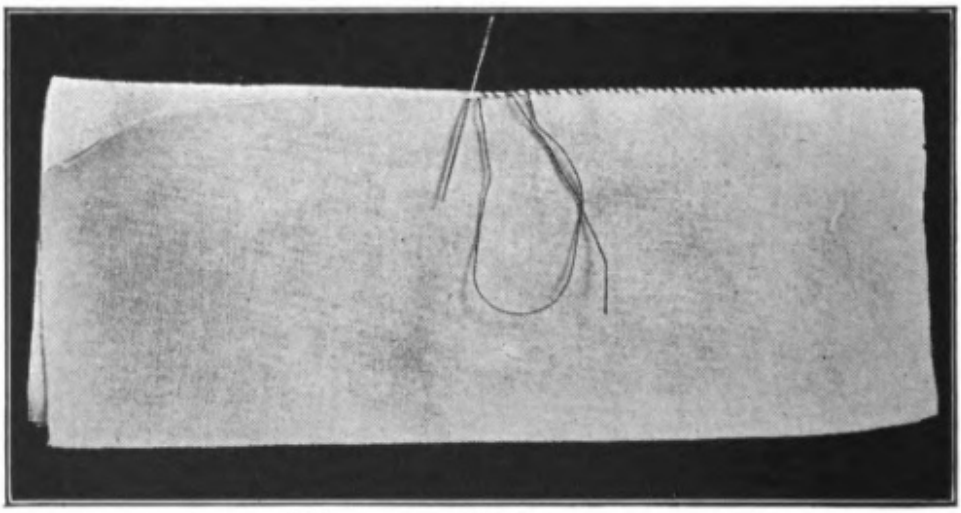
the needle firmly between the thumb and first finger of left hand, doing the pulling with the right. When the cloth is creased so that the gathers stay in place, unwind the thread and pull the needle through the material. Repeat with each needleful. Gather on a single thread, being sure that there is a good knot in the end of the thread. When the gathering is finished, cut the thread without fastening, leaving it longer than the space in which the gathers are to fit. Make a knot in the end of the thread.



METHOD OF OVERHANDING

Overhanding: This stitch will be used in making the pocket on the apron. Overhanding is used in sewing together two selvedge edges or two creased folds of cloth. It consists of tiny, slanting stitches taken over the two edges, beginning at the right and sewing toward the left.

Practice making these stitches on pieces of cloth, learning how to hold the cloth correctly.

REVIEW QUESTIONS

1. Why is a sewing-apron useful?
2. Describe lawn. For what purposes is it used?

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that is very beautiful, and the cloth is soft when crushed in the hand. It is much more expensive than either apron or domestic ginghams.

Zephyr ginghams are made of very fine yarns and are thinner than other ginghams. They always have heavy threads running through them, making cords or ribs. They are usually made in stripes or plaids. They are used for dresses.

Madras gingham is a rather heavy cloth used for men's shirts and women's tailored shirtwaists.

Kindergarten gingham or *cloth* is a firmly woven, rather heavy material, used for children's rompers. It wears well and is a kind of gingham that has become very popular.

THE COVER OF THE TEXTILE BOOK
Light green paper, with dark green design in water color; tied with a green cord.

Scotch ginghams are very fine quality ginghams usually made in plaid designs — the designs being copies of the Scotch Highlanders' plaids, thereby giving the cloth its name. It is an expensive gingham, used for dresses.

Chambray is a gingham that is always woven with a colored warp and a white woof. It is never woven in designs but has the appearance of a plain color. It is used for dresses and aprons.

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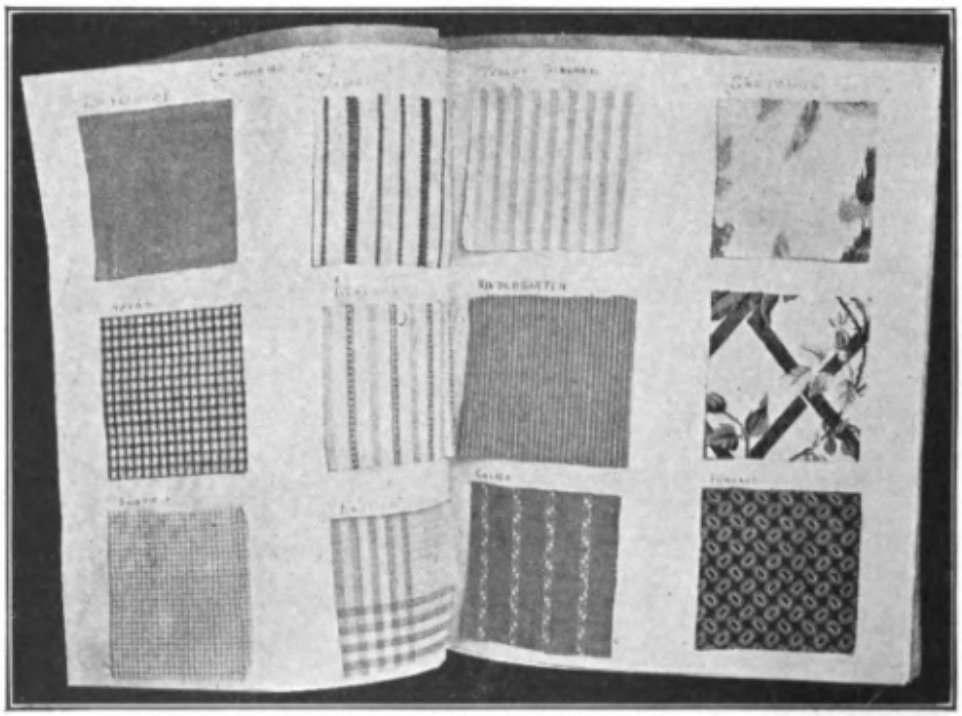
All gingham is colored alike on both sides. This is because the yarn is dyed before the cloth is woven. When cloth is dyed in this way it holds its color. This is why gingham usually launders well.

Gingham is woven with a plain weave, that is, over one thread, under one thread, over and under



A Page in the Textile Book

Showing samples of different ginghams.

across the cloth. The next row is woven over the thread that was under in the first row, and under the thread that was over, and so on across the cloth. The third row is made like the first row.

Most girls wear gingham dresses, and it is well to know the different kinds that may be purchased.

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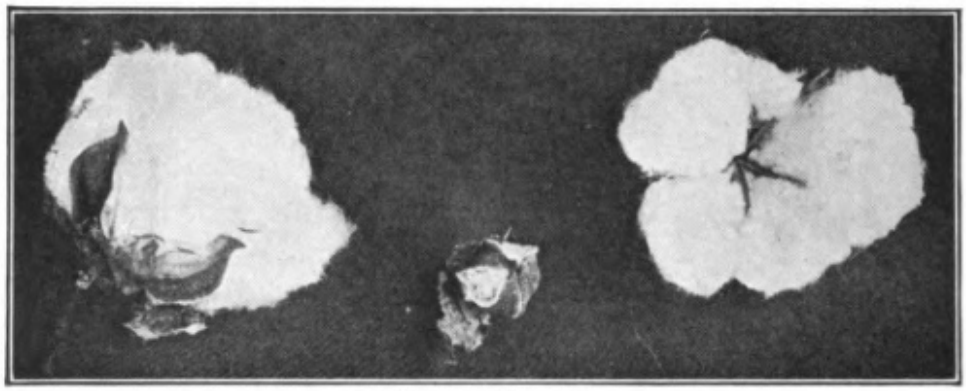
COTTON

More clothing is made from cotton than from any other fiber. Besides the many kinds of cloth used for dresses, waists, aprons and underclothing, there are stockings, gloves, knitted underwear, laces and embroideries which are made from cotton. Thread for sewing, crocheting and embroidering is made from cotton. Absorbent cotton is used by doctors, and gun cotton is used for explosives.



Cotton Bolls

Cotton is grown in the Southern States. Texas produces more cotton than any other state. The principal countries growing cotton besides the United States are Brazil, India and Egypt. There are a great many different varieties of cotton.

The cotton seeds are planted in the early spring. The crop begins to ripen in July and continues to do so until November or sometimes December. *Cotton fiber* is obtained from the cotton bolls, or seed pods, of the cotton plant. The outside of the cotton boll is brown, but when it is fully ripe the brown covering breaks and a white fluffy mass appears; this is the cotton fiber, and it clings to the

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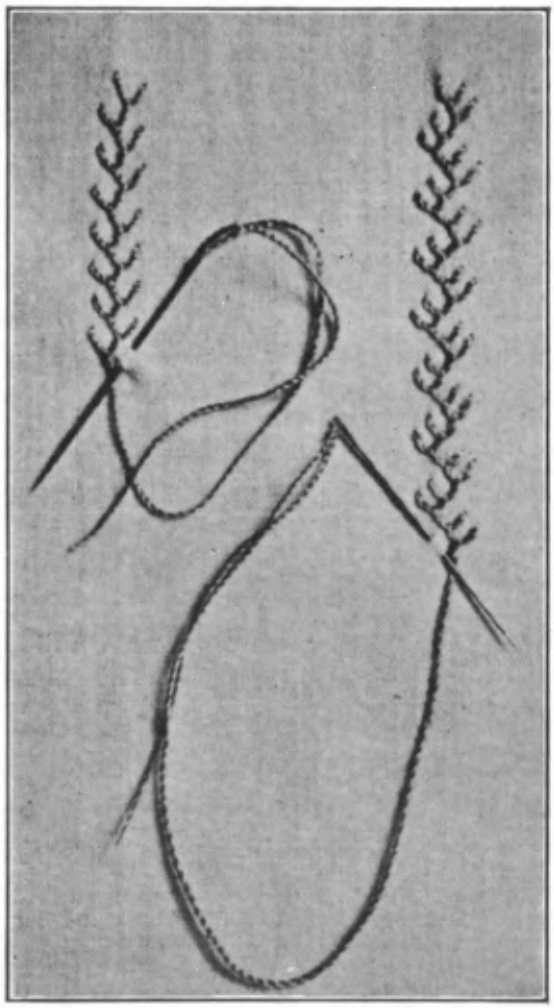
STITCHES TO USE ON THE APRON

Feather-stitching: This is a stitch used for decoration. On the apron it will be used to fasten the hem and to make the divisions in the pocket, as well as for decoration.

Place the work over the left forefinger and hold it with the thumb. Start with the knot in the thread on the wrong side and at the end farthest from you. Work towards you. Place the needle as shown in the picture, holding the loop of thread down with the thumb of the left hand. A stitch is made on one side of the middle line, slanting the needle toward the line, and then on the other side of the middle line, pointing toward the line. The feather-stitch may be varied by making two or three stitches on one side before crossing to the other side of the line.



POSITION OF THE NEEDLE IN FEATHER-STITCHING

The aim in feather-stitching is to do it evenly. Practice making the stitch on a piece of $\frac{1}{8}$ inch checked gingham. When feather-stitching the apron, perhaps

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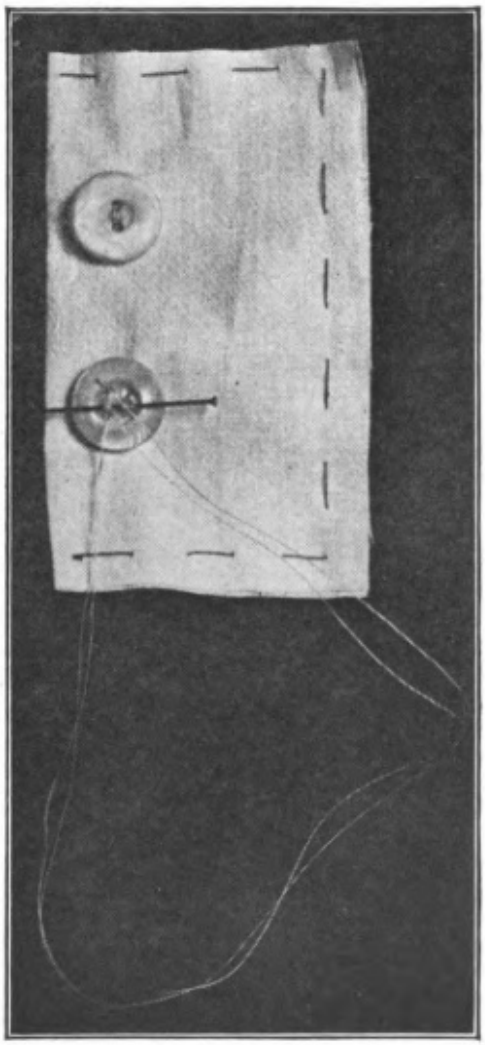
you will need to run a basting thread to mark the "middle line."

Buttons and buttonholes: The apron band should have a button and buttonhole so that the apron may be put on easily. Sew on the button, using one not more than ½ inch in diameter. The button is sewed on in the following manner. Use a double thread in the needle. Find the middle of the width of the belt, one half inch from the end; at this point begin with the knot in the end of the thread on the right side of the belt; run the needle through a hole in the button, place a pin over the top of the button and sew over it; bring the needle down through the opposite hole in the button and through the cloth to the wrong side, then up through the first hole, and repeat the process three or four times. Remove the pin and wind the thread around the stitches under the button, run the needle through to the wrong side, and fasten with two or three stitches, one over the other.



METHOD OF SEWING ON BUTTON

Measure exactly where the buttonhole should be placed, and mark with a pin. The buttonhole should

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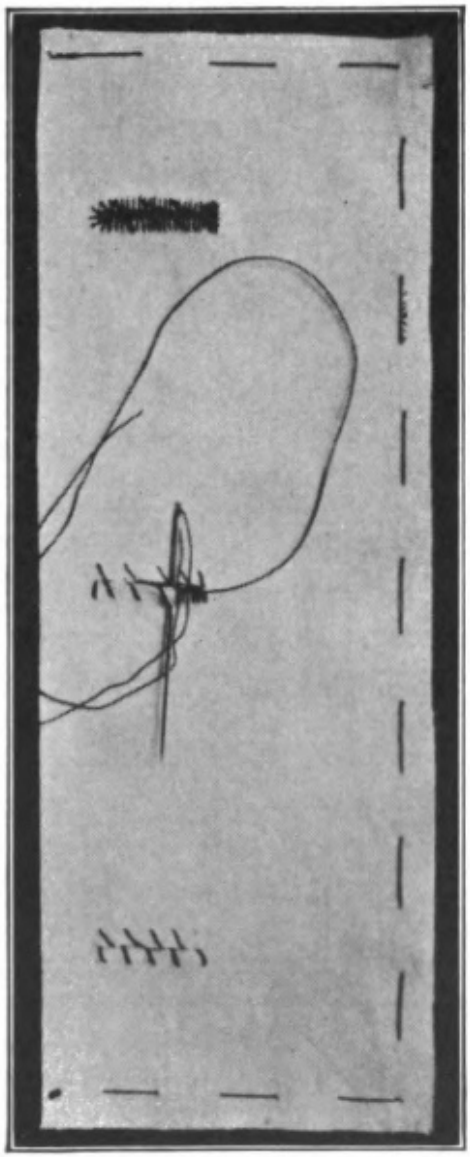
stitch around the end, letting the purls all come together at one point. It takes about five stitches to do this, and when it is finished the needle should be in a position to continue the buttonhole-stitch down the second side. This is called a "fan" end. Turn the buttonhole so that the unfinished side is in the right position for making the buttonhole-stitch. Continue the buttonhole-stitch until the other end is reached. This end is to be finished with a "bar." This is made by taking two or three stitches across the end and extending them the width of the buttonhole-stitches. The bar is finished by making the *blanket-stitch* over these threads and through the cloth. This stitch is done from left to right, the needle and thread being placed in the position shown in the picture on page 137. Make the stitches close together. Run the needle through to the wrong side and fasten with two or three little stitches, one over the other, being sure that they do not show on the right side. The result should be a perfect buttonhole.



METHOD OF MAKING BUTTONHOLE

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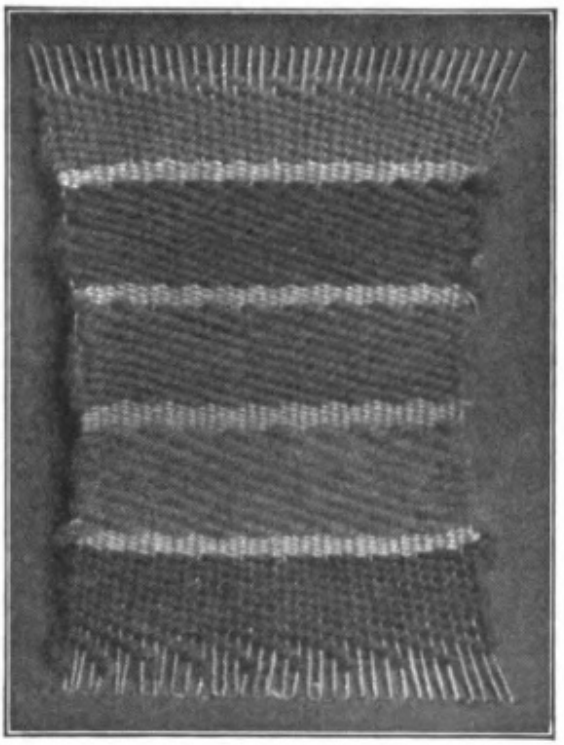
threads. Thread the yarn into the darning-needle, and do one inch of plain weaving on the card. The needle takes the place of what part of the loom?

Save this weaving-card to use later.

Finishing the apron: Make feather-stitching with the cotton floss across the half-inch hem of the apron, doing it on the right side of the hem. This makes the finish for the top of the pocket. Turn up the bottom of the apron eight inches on the wrong side. Baste the hemmed edges evenly together at each side. Overhand these edges together, using very small, even stitches. Take out the basting and turn the pocket over to the right side of the apron. Pin it down evenly to the apron. Measure the width of the pocket and divide it into thirds. Mark each third with a pin. Make a straight line of basting from the top of the pocket to the bottom at each pin, thus marking the thirds. Feather-stitch down these lines, stitching through both thicknesses of material. Sew on the button and make the buttonhole.



THE WEAVING-CARD

REVIEW QUESTIONS

1. For what is the picker machine used in making cotton yarn?
2. What is the next process through which the fiber goes? Explain the process.

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to this length. (See Frontispiece.) Multiply this by 2. (If the teacher will buy the material by the bolt and sell it to the children, it can be obtained much cheaper.) Be sure to select long cloth, thirty-six inches in width, as this avoids piecing the sleeves and is not so wide that a strip down the side is wasted. Use Nos. 80 and 90 thread, with Nos. 8 and 9 needles. Basting thread may be used.

The Apron: Finish the apron. Press it carefully. Wear it when you are sewing.

THE FINISHED SEWING-APRON

Made of a cross-barred dimity and feather-stitched with light green floss.

REVIEW QUESTIONS

1. Name white cotton materials that are used for making underwear.
2. How can you tell muslin, long cloth and cambric apart?
3. What is unbleached muslin?
4. What does cotton crêpe look like?
5. Is dimity a good material to use for underwear? Why?
6. For what kind of underwear is it best to use nainsook?
7. What is the most economical way to buy long cloth or other underwear material?
8. Explain how the amount of material needed for the nightgown should be determined.
9. How are sizes for girls' nightgowns given in the pattern sheets?
10. How is the size of the thread needed for making the nightgown determined?

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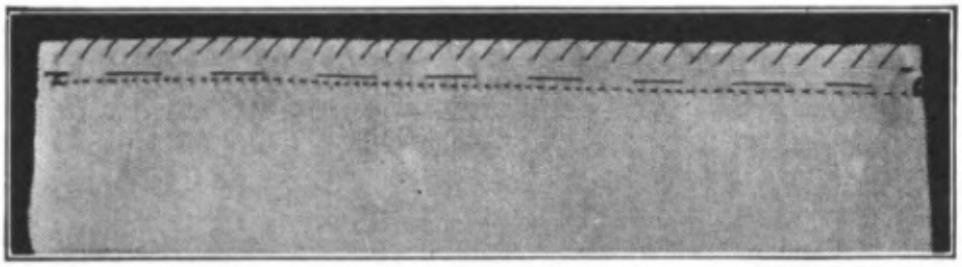
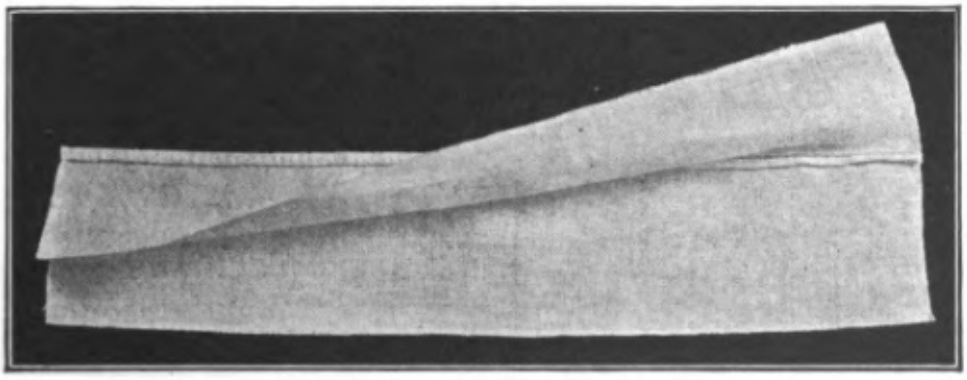
A plain seam is made by joining two raw edges with a row of stitching, the stitching being done the desired distance from the edge of the cloth. The raw edges



STEPS IN MAKING A PLAIN SEAM
1, Basting; 2, Running-stitch; 3, Overcasting.

are afterwards trimmed and overcast. A plain seam is used in making dresses and aprons, and sometimes petticoats.

A French seam is a seam so made that the raw edge of the cloth is covered. Make a very narrow plain seam on the right side of the material, remove the



MACHINE-MADE FRENCH SEAM
Showing first and finished seams.

bastings, trim the ravelings from the edge, crease the cloth along the stitching so that the right sides of the cloth are together, baste, and stitch through the two thicknesses of cloth just below the raw edge inside the seam. A French seam is used in making underwear, lingerie dresses and waists.

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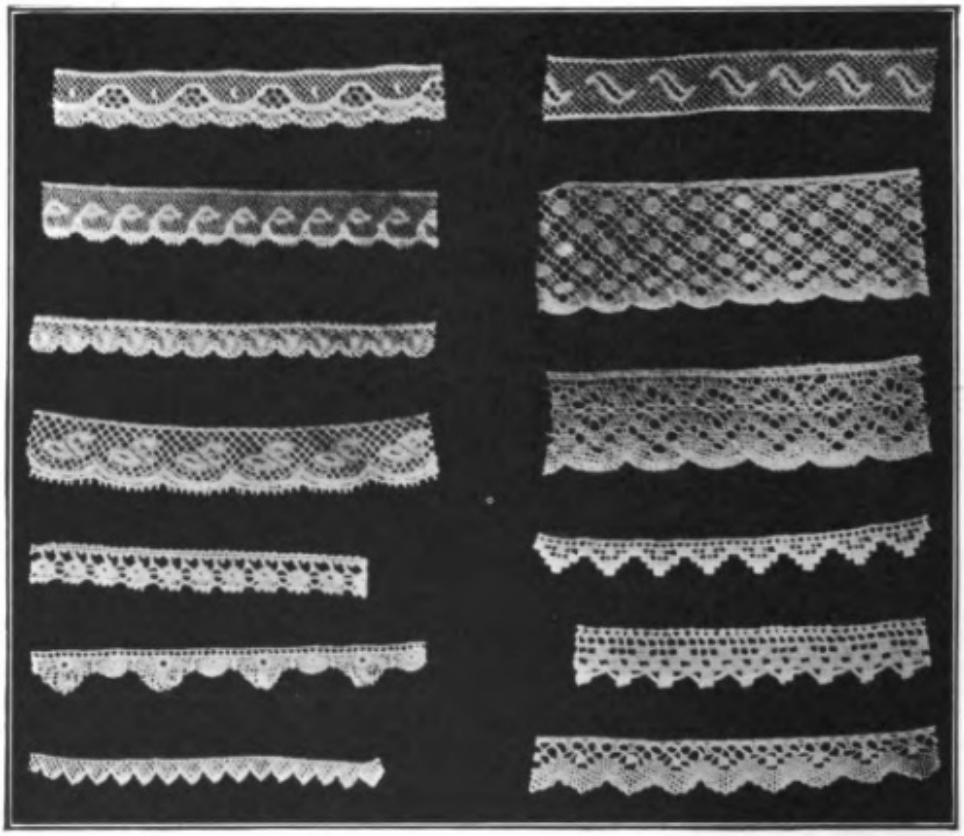
nainsook, because the weight of the material is different. There are several kinds of lace that may be used for underwear, and in order to select it wisely one must know (1) the names of the different kinds, (2) the price that must be paid for a good quality, and (3) the points that should be



LACE EDGINGS OF GOOD DESIGN

watched in choosing a design that will launder and wear well.

All lace was originally made by hand, and was very expensive. Now a large part of the lace which we use is made by machine and is much cheaper than the hand-made lace. The *machine lace* is made in the same patterns as the hand-made lace, and the

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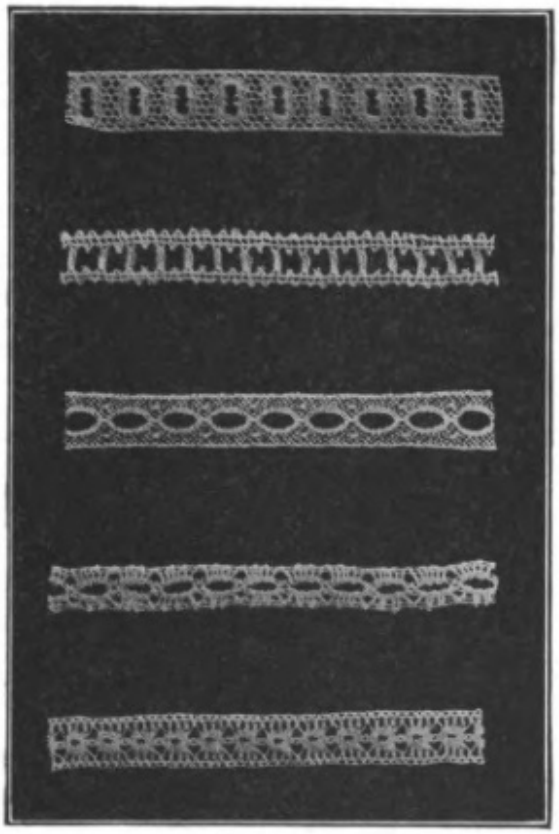
two strips of lace edging or insertion, or with beading. There are many combinations in which it is used, and different ways in which it may be joined in sewing to other material. Insertion and lace of the same kind come in like patterns, and when both are to be used on a garment, the patterns should be the same.



Good Types of Beading

Beading is made with two straight edges and with openings large enough for ribbon of different sizes to be run through. The openings for the ribbon are of different shapes, — square, round, rectangular, or oval. Beading is made from either linen or cotton thread.

Lace edging, insertion and beading are usually purchased by the yard, unless many yards are to be used, when it is bought by the bolt. It is usually cheaper when bought by the bolt.

The straight side on edging, insertion, or beading should be finished with a strong thread which is not broken at any point. We sew over this thread when overhanding the lace to cloth or other lace, and in order to make a good joining the edge of the lace must be firm.

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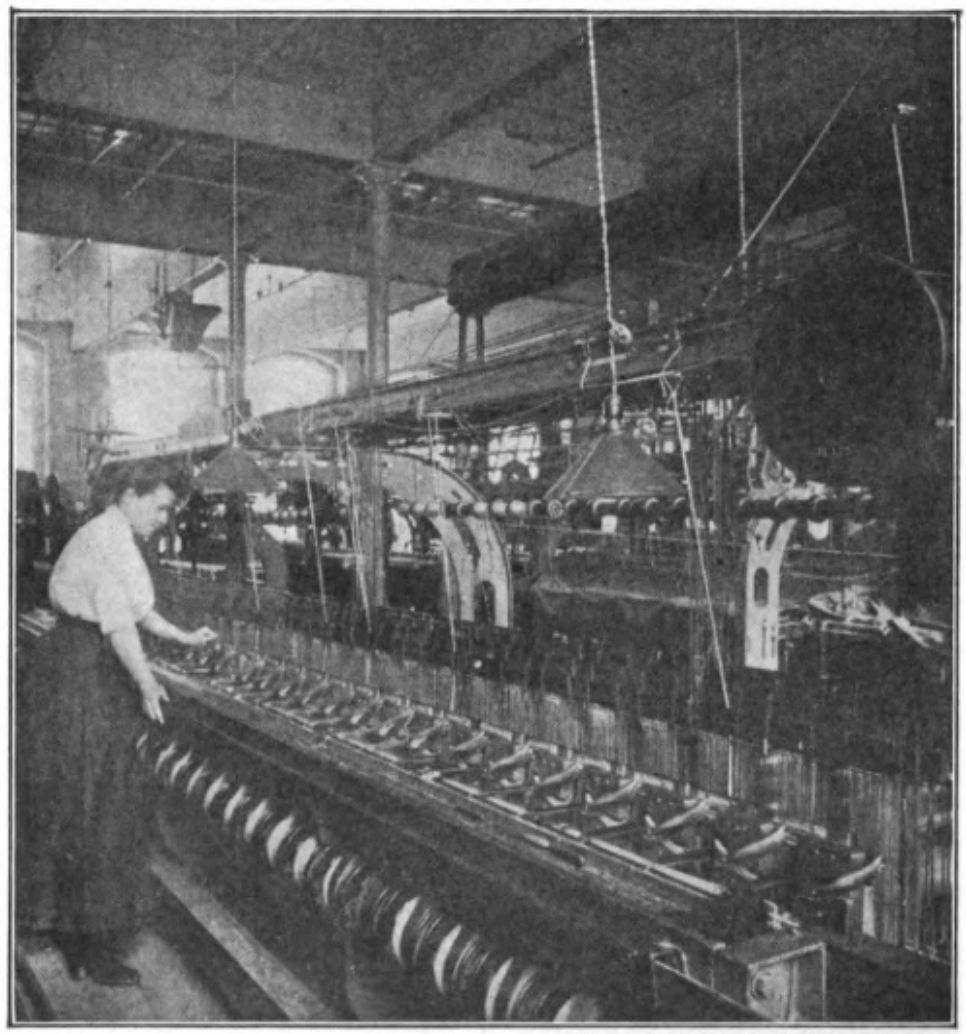
if there is any strain on the ribbon, it may break. Select a ribbon which has a firm edge and holds its shape when pulled lengthwise.

Cotton and *linen tapes* may be used in underwear in place of ribbon. If these are used, they will not



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RIBBON LOOM WEAVING SILK FOR NECKTIES

have to be removed when the garment is laundered, but they do not give so dainty a finish to the underwear as does the ribbon. They are good to use

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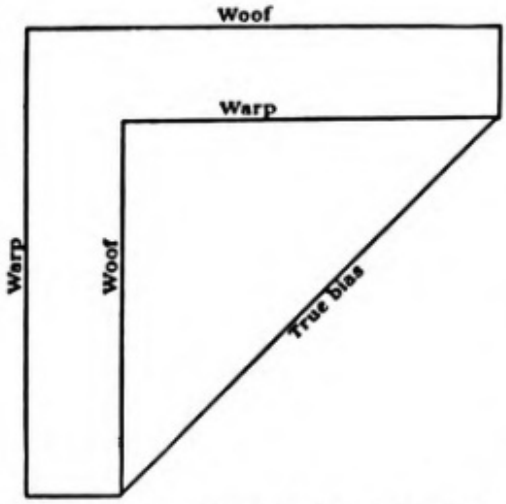
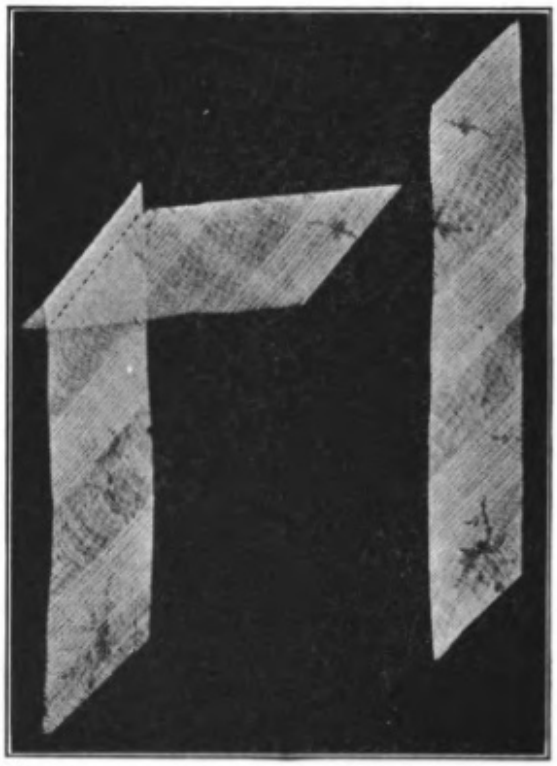


METHOD OF FOLDING CLOTH WHEN CUTTING A TRUE BIAS

lie parallel with the warp threads; crease. This crease shows the true bias of the cloth. Cut along this crease. From the cut edge, measure at right angles a depth of two inches. Make a dot on the cloth with a pencil. Use a gauge and continue measuring at different points from the cut edge. With a yardstick draw a pencil line across the cloth, connecting the dots. To make a second strip, measure from the line just made, in the same way that you did from the cut edge. Make as many strips as desired. Cut along the pencil lines.

To join two bias strips, place the ends, with the right sides together, so that the warp threads are parallel to each other. Sew a plain seam, being careful to have the edges of the bias band even at the joining when the seam is opened.



METHOD OF JOINING TWO BIAS STRIPS
And the "join", after seam is completed.

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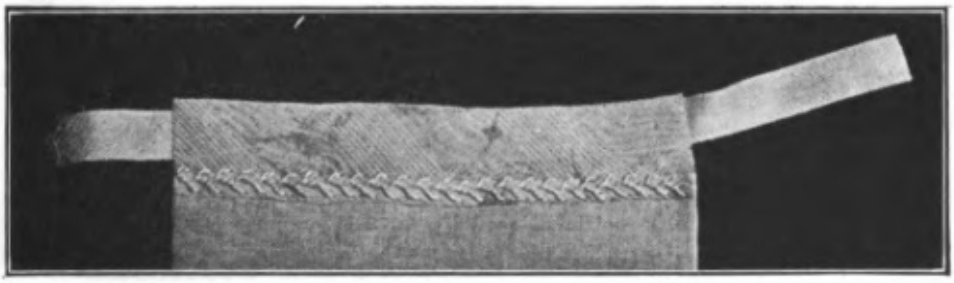
Fold over both of the cut edges of the bias strip one fourth inch on the wrong side of the cloth. When making this fold, do not stretch the material. Sew the bias strip to one edge of the square of long cloth in a plain seam, sewing in the crease in the dimity, and having the right side of the bias strip and the right side of the long cloth together. Baste the other folded edge down over the seam in the same way that



FINISHED CASING WHICH MIGHT BE USED AROUND THE NECK OF A NIGHTGOWN

you did the belt on the apron. Hem, being careful that the stitches do not show on the right side. On the right side of the bias strip, as close to the seam edge as possible, make a row of fine feather-stitching. Run ribbon or tape through the casing.

REVIEW QUESTIONS

1. From what materials are ribbons made?
2. How are ribbons woven?
3. How is ribbon purchased?
4. What colors are suitable for ribbon in underwear?
5. What may be used in place of ribbons in underwear?
6. What is "wash" ribbon?

HOW SILK MATERIALS ARE MADE

Silk dress materials, ribbons, stockings and underwear are all made from *silk fiber* that comes from the cocoon of the silkworm. *Silk-raising* began hun-

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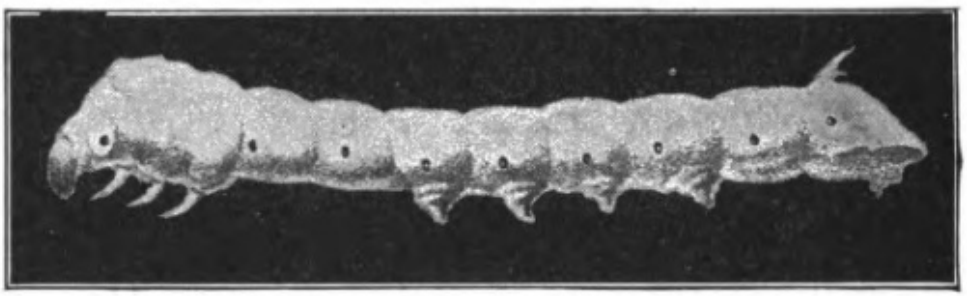
dreds of years ago in China, when an empress discovered how silk cloth could be made from the cocoon of the silkworm. Most of our silk fiber comes at the present time from China, Japan, Italy and France. Little silk is produced in the United States, because labor is much more expensive than in the other countries, and this makes the silk cost more.

The *silkworms* come from eggs that are laid by a moth. The little worm feeds on mulberry leaves and grows very rapidly. When the worm is full grown, it is three inches long. It then begins to



SILKWORM

spin its cocoon, which it fastens to twigs. As it moves its head back and forth, it throws out two tiny streams of thick, sticky fluid, one from each side of its head. As the fluid comes into the air it hardens and cements the silk fiber of the cocoon. It takes three days for the worm to complete the cocoon. After the first day the worm cannot be seen, but it can be heard working within.

In order to produce all the raw silk needed, silkworms are grown in nurseries which are specially built for this purpose. Some silk is made from the fiber obtained from the cocoon of the wild silkworm and is called "wild silk."

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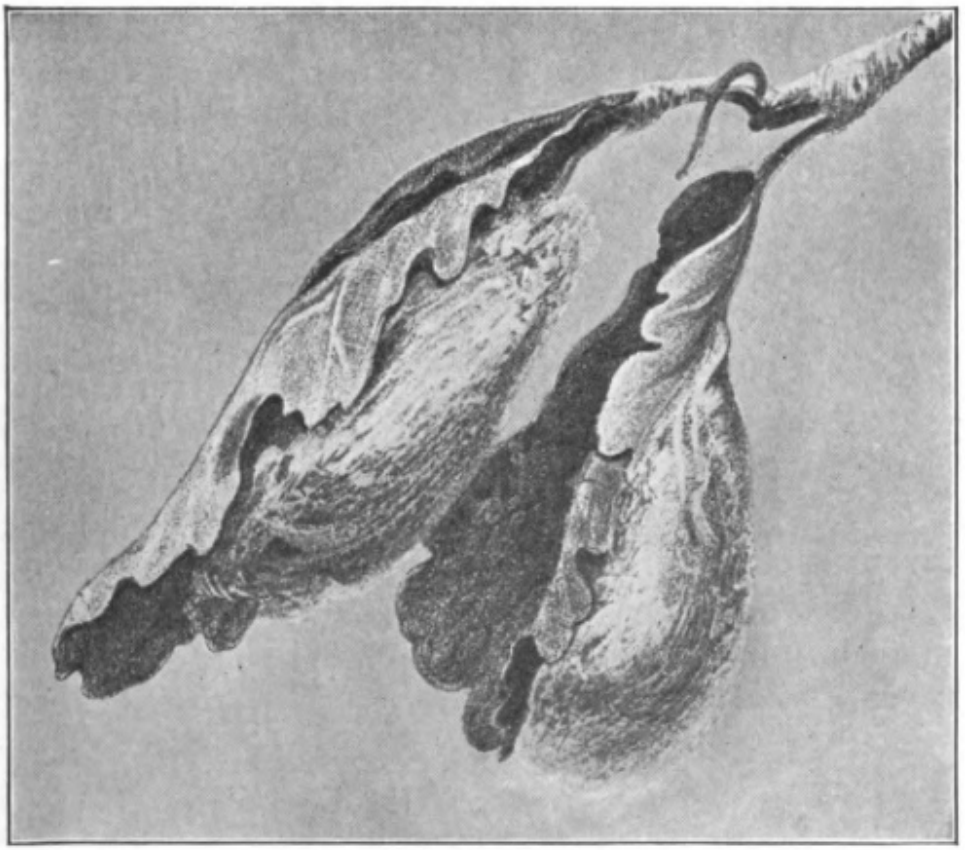
During the fifteen to twenty days after the silkworm has made its cocoon, it changes from a worm to a moth. This *moth* then moistens the end of the cocoon and breaks its way out. In order to keep the moth from coming through the end of the cocoon and thus *breaking the silk fiber*, the cocoons



SILK COCOONS

are heated so hot that the moths are killed. A certain number are allowed to come out, however, so that they can lay the eggs to produce a new lot of silkworms.

After this heating process the silk is ready for *reeling*. This is the process of winding the fiber from the cocoon. The cocoons are placed in basins

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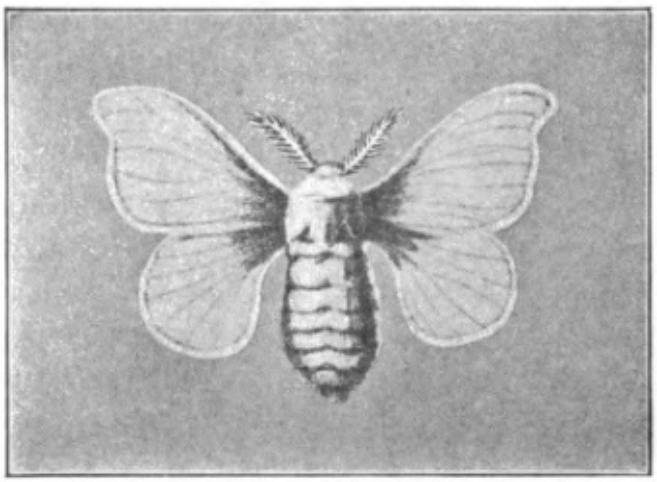
of hot water to soften the gummy substance on the fiber. Then four or five ends of fiber are started from as many cocoons, and are reeled or wound off together. This must be done very carefully. The silk fiber, as it comes from the cocoon, is 300 to 1400 yards in length, and is very fine and strong. The



SILK MOTH

fiber, as it is reeled from the cocoon, is known as "raw silk." The raw silk is made into bales weighing from 100 to 160 pounds, and is then ready to go to the manufacturer.

LABORATORY EXERCISES

MAKING THE NIGHTGOWN (*Continued*)

Continue work on the nightgown.

HOW SILK MATERIALS ARE MADE (*Continued*)

A great quantity of raw silk is brought to the United States to be manufactured into cloth, ribbons and other articles. Most of the *silk factories*

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are in New Jersey, Connecticut, New York and Pennsylvania.

When the bales reach the factory in this country the bundles, or hanks of yarn which make up the bale,

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WEIGHING RAW SILK, JAPAN

are first sent to the throwster. The throwster puts the hanks of silk to soak in order to remove more of the gummy substance from the fiber; then the skeins are placed on reels, and the silk is wound

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7. For what is the Jacquard harness used?
8. How is moiré ribbon made?
9. Does silk require much finishing?
10. Which of the silk materials studied would be good to use for dresses? waists? petticoats?
11. When are silk dresses suitably worn?

THE FINISHED NIGHTGOWN

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growth. In Europe this work is done by women and children who weed the tiny plants, going through the fields on their hands and knees. When the flax is ready to harvest, instead of cutting it with a machine as we do wheat or oats, they pull the plants up by hand. The stalks are laid with the roots together and are bound into bundles. These bundles are stacked or hung up to dry.

HARVESTING FLAX BY HAND

When the flax is dried, the next process through which it passes is *rippling*. This is a process in which the seeds and dried leaves are removed from the end of the stalk. When it is done by hand, two men sit, one on each end of a long bench, in the middle of which is a large comb which has teeth about eighteen inches long, placed a short distance apart. The flax is drawn through this comb, and the leaves and seeds drop on a sheet beneath the bench. Machines with revolving cylinders are now used for this work. The flax stalks are

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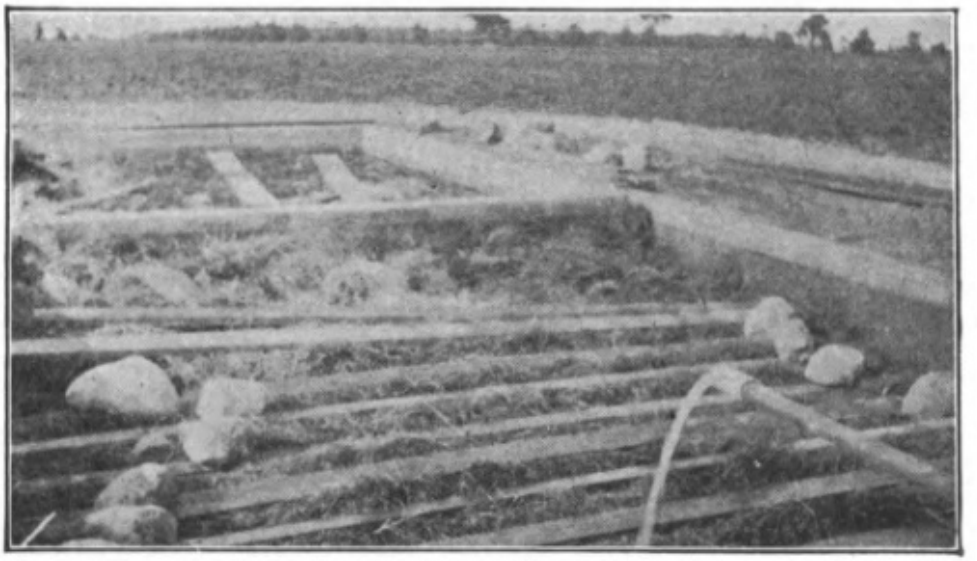
or steam and chemicals are used; or the flax fiber may be placed in running water or in pools, where it is left until the outer layers are rotted. The last process produces the best flax fiber.

The water in the river Lys in Belgium seems especially good for this purpose, and some of the best colored, finest and strongest fiber is produced in this region. The flax bundles are packed into a



RETTING FLAX
Flax ponds being filled.

large wooden crate, lined with burlap to keep the dirt out, and the fiber is covered over the top with fresh straw. The crate is then sunk to a certain depth in the water and weighted down with stones and sod. It takes fourteen or fifteen days for the retting when done in this way, and during this time the odor from the flax is very disagreeable and the water is often poisonous to fish and cattle.

The flax fiber is now put through the processes of *breaking* and *scutching*, during which the outer

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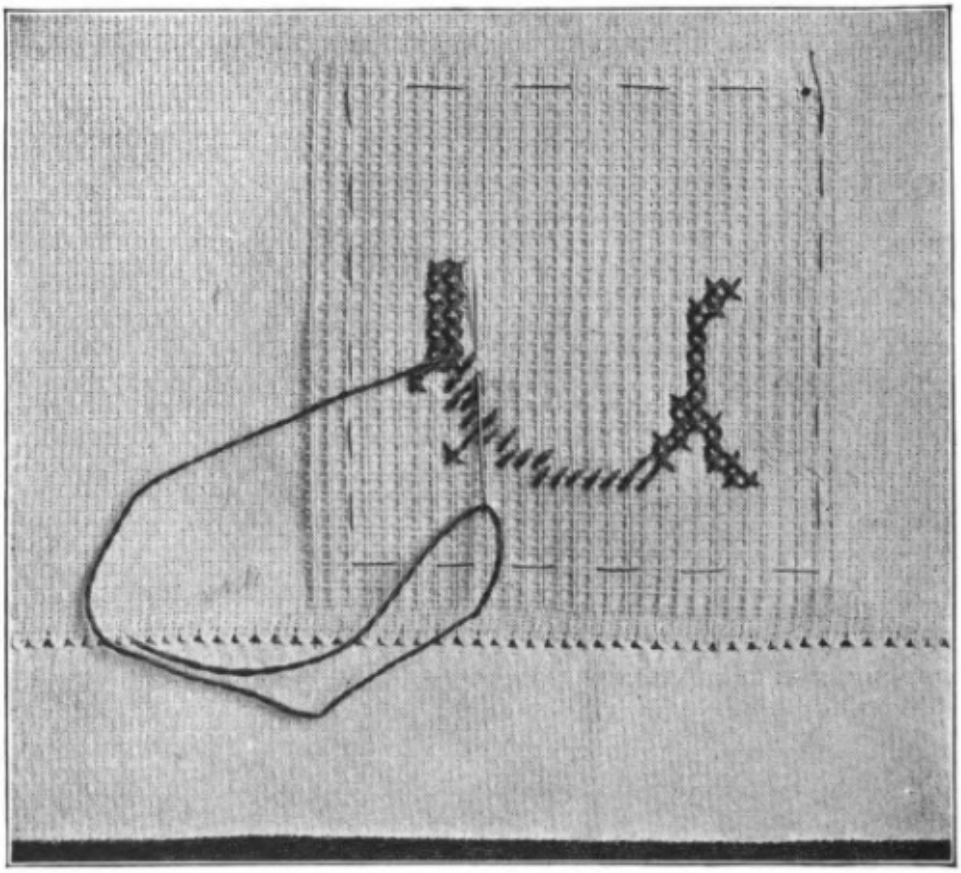
chased. These patterns show the number and arrangement of crosses necessary to use in making the design, and are often printed in the color to be used. The patterns can be purchased in dry-goods stores, at the pattern departments, or at stores handling art needlework supplies. Usually the canvas can be purchased at



CROSS-STITCHING

Canvas basted to towel used as guide for stitches.

the latter place. Perhaps you can make a design in the drawing class.

Find the middle of the towel end and baste a piece of canvas, large enough for the design, on the right side of the towel at this middle point, as far from the hemstitching as desired — probably about one inch — so

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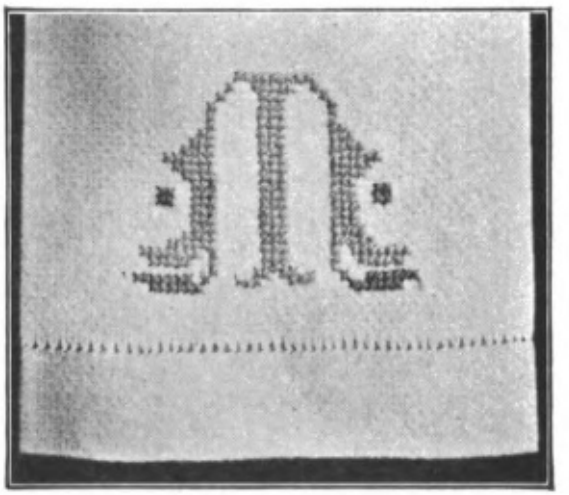
that the warp threads of the toweling and the warp threads of the canvas are parallel.

The cross-stitch is made by crossing two slanting stitches. Make all the slanting stitches that run in one line and are of the same color, first in one direction and then back, thus making the crosses. Place the needle as illustrated in the drawing. The wrong side must be made as neat as possible by using few knots and by doing the work in rows. When the pattern is completed, remove the bastings and pull out the canvas threads, one at a time. Practice cross-stitching before putting the design on the towel. Cotton embroidery floss that washes well should be selected for cross-stitching the towel. Select a very simple pattern or plain initials for the cross-stitching.



INITIAL DONE IN CROSS-STITCH

REVIEW QUESTIONS

1. Name three linen materials used for toweling.
2. Name three linen materials used for handkerchiefs.
3. Name linen materials used for waists; for dresses.
4. From what materials are tablecloths made?
5. How are napkins purchased when they are to be hemmed at home?
6. What is sheeting? What kinds may be bought?
7. In what ways may towel ends be decorated?
8. Is it wise to put cross-stitch on "everyday" towels? Why?

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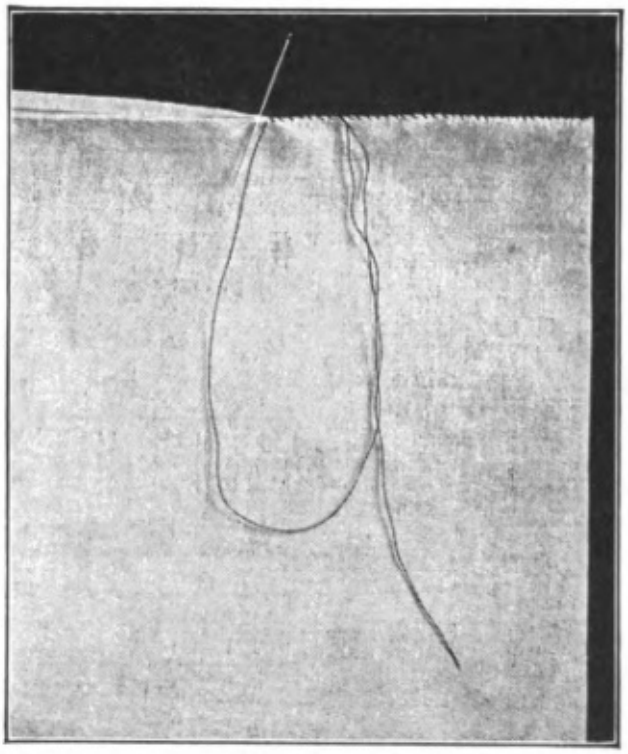
If the ruffle is to be made of the same material as the slip, more material will be needed. Ruffles for underwear are made from crosswise strips of material. In order to know the amount needed, one must know: (1) how wide the ruffle is to be, (2) how wide the hem on the ruffle is to be, (3) how wide the seam is to be, (4) whether any tucks are to be used, and if so (5) what size they are to be, and (6) how wide the slip is around the bottom. The length of the ruffle should be about one and one half times the width around the bottom of the slip.



Method of Making a French Hem

Work out the following problem, using a piece of paper upon which to practice. A ruffle is to be put on a slip that is two yards around the bottom; the hem on the ruffle is to be one inch wide; there are to be three tucks, each one half inch wide, finished; one fourth inch is to be the width of the seam where the ruffle is gathered; the ruffle, when finished, is to be six inches wide.

Materials to be brought to class next time:

Two-piece pattern for underslip.
Long cloth — amount required without ruffle.
Thread — Nos. 80 and 90.
Needles.

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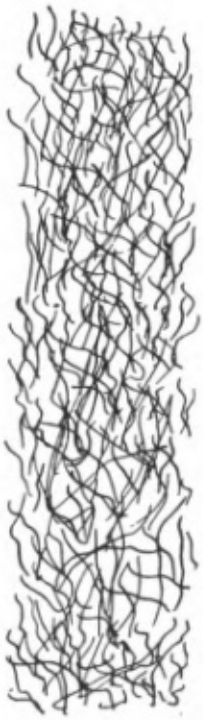
fleece is usually separated into six or seven grades for spinning yarns of different qualities.

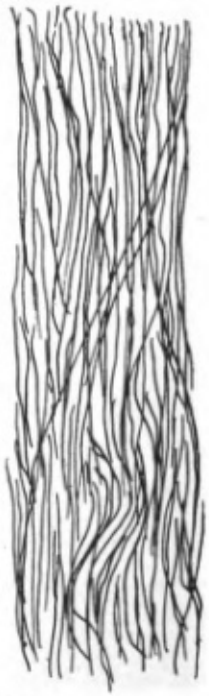
The wool is now ready to be washed, or *scoured*, and this must be done very carefully with soft, warm — not hot — water and soft soap. The wool passes through a series of tanks during this process, and in each tank is pushed back and forth by means of wooden forks which carry it forward.



Construction of Woolen Yarns

The wool fiber is next *dried* in a machine called a "hydro-extractor", and is then beaten into a fluffy mass. All of the oil has been removed during the scouring, but in order to make the wool soft and elastic and better for spinning, olive oil is added to the fiber.

The wool may be cleaned still further by the use of a machine called a *burr-picker*, which takes out any burrs, leaves, or other dirt which the sheep have picked up in the pasture and which did not come out in the scouring.



Construction of Worsted Yarns

There are *two kinds of yarn* made from wool fiber: (1) *worsted* and (2) *woolen*. Worsted yarn is made from wool that has been combed until all the fibers lie parallel before they are twisted into yarn. Worsted yarns are stronger than woolen

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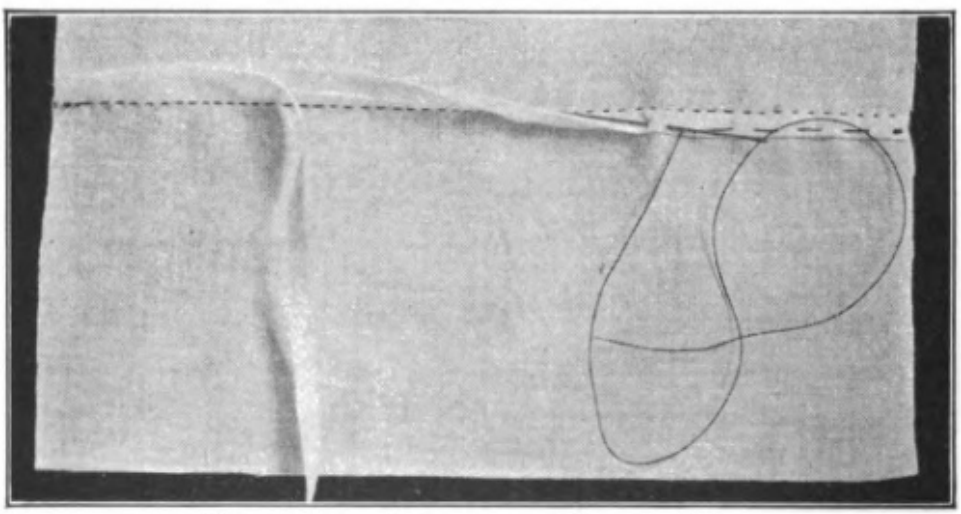
HOME PROBLEMS AND QUESTIONS

Collect as many wool samples as you can to bring to school. Has any one some wool she can bring to school? If the teacher will get a wool exhibit from some of the manufacturing firms, it will be interesting to study.

LABORATORY EXERCISES

MAKING THE UNDERSLIP (*Continued*)

Read the directions on your pattern. Open the pattern and measure the length to find if it needs changing. Lengthen or shorten it in the same way that you did the nightgown. Follow directions for cutting given on the pattern. Make narrow French seams down the sides, sewing on the machine. Use felled seams on the shoulders.



THE CONSTRUCTION OF A FELLED SEAM

To make a felled seam: Make a plain seam one fourth inch wide, but do not overcast the edge. Cut off one side of the seam one eighth inch. Fold the wide side down one eighth inch and over the narrow side of the seam. Lay both sides of the seam flat on the cloth

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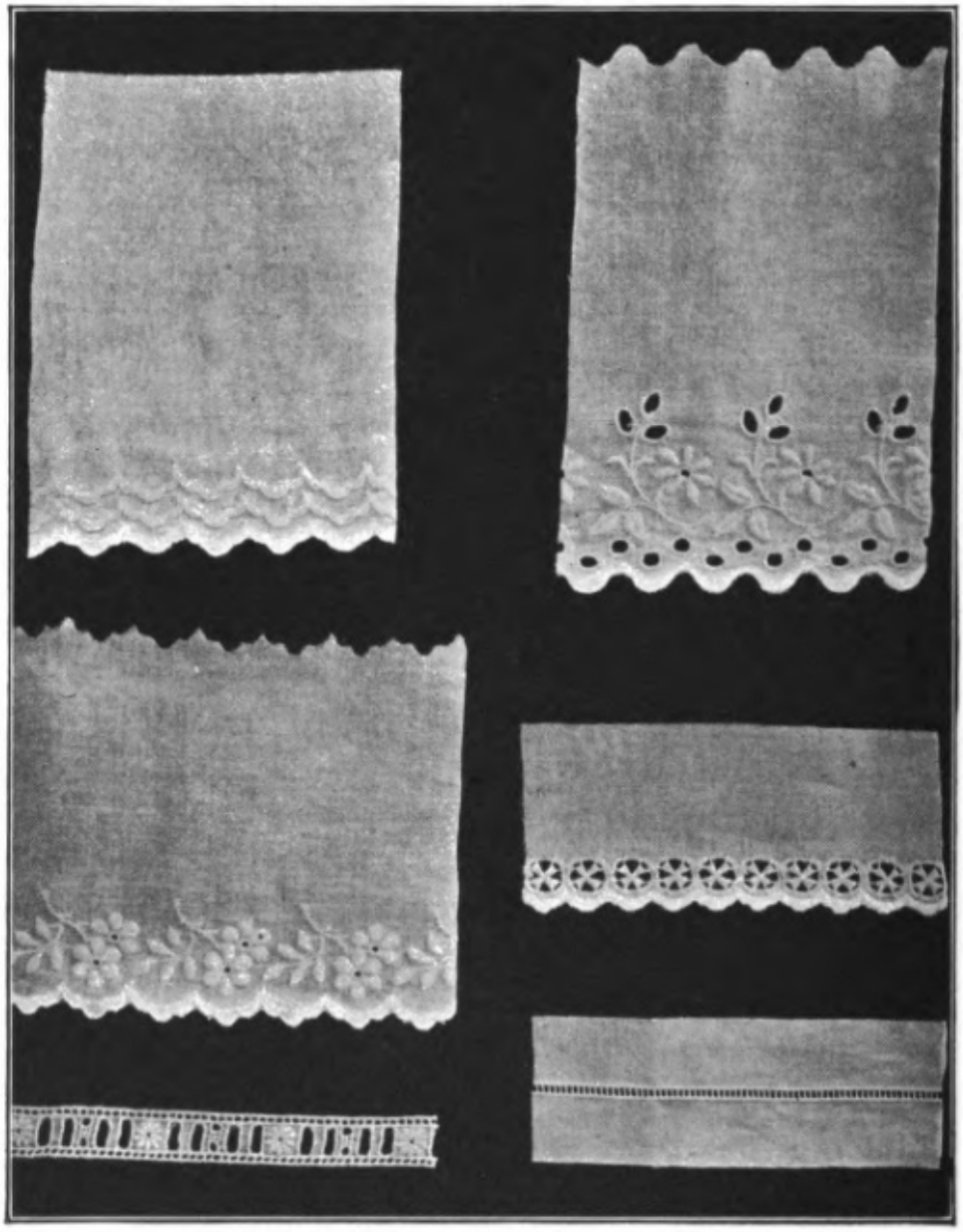
after the embroidery is laundered. Always select an edging with a firm uncut scallop.



Good Types of Embroideries

Either insertions or edgings that are made with openwork designs in which heavy parts of the

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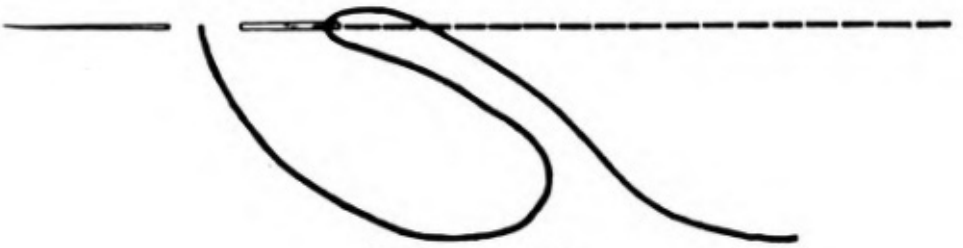
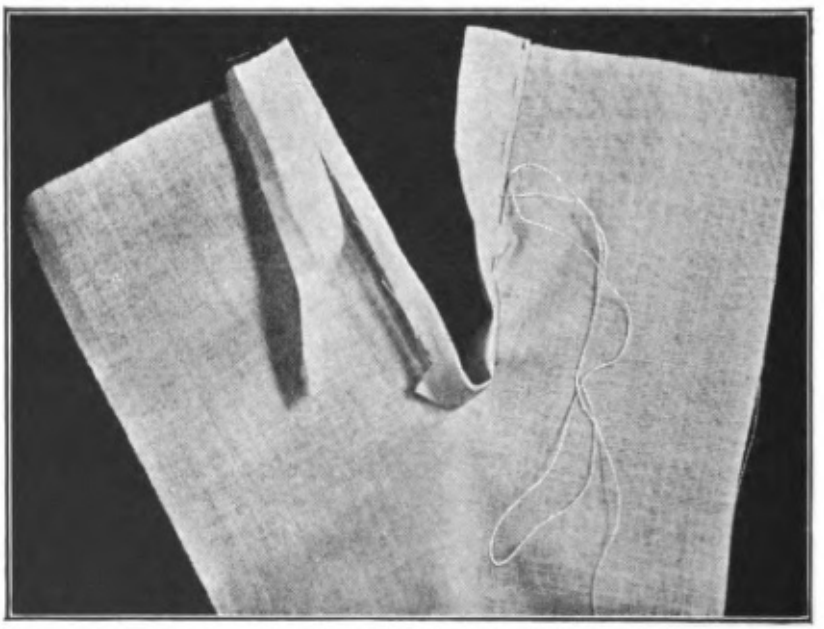
pedia and see what you can find about hand-made embroidery. Write a story on this subject to read at school.

To make the placket in the underslip: There are several kinds of plackets that may be used for the slip and on petticoats. One of them is the *hemmed placket*. Down



BACK-STITCHING

one side of the placket make a one fourth inch hem, running the hem to a point at the bottom of the placket. Down the other side make a hem three fourths inch wide, running it down straight. Lap the wide hem over the narrow hem and make two rows of back-stitching across the bottom on the right side and through



PLACKET

Method of making the continuous placket — bound and faced.

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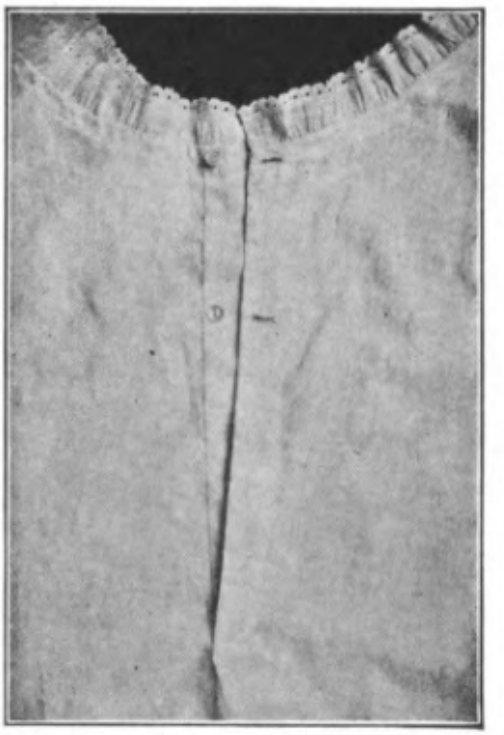
both hems. A hemmed placket cannot be used if the slip is exactly the right width across the back. Why not?

Back-stitching is made by taking one running-stitch over and one under the cloth; then bring the needle back and put it in the hole made by the end of the first stitch, and bring it out the distance of one stitch beyond the end of the second stitch. Pull the thread through. Bring the needle back and put it in the hole made by the end of the second stitch; then bring it out the distance of one stitch beyond the end of the third stitch and pull the thread through. Repeat until the work is completed. Always work on the right side of the material. Why? Back-stitching on the right side looks like machine-stitching.



THE FINISHED PLACKET

Another placket which may be used is the *continuous placket*, bound and faced. Cut a lengthwise strip of material twice the length of the placket and twice the desired width, allowing for seams. Place right side of facing to right side of garment. Baste in a very narrow seam, about one fourth inch down and up the sides of the placket. At the bottom of the placket run the seam to a point, making it as narrow as it will hold. Stitch seam, remove bastings. Turn under the other edge of facing one fourth inch. On the side of the placket to be used for the buttons baste this folded edge along

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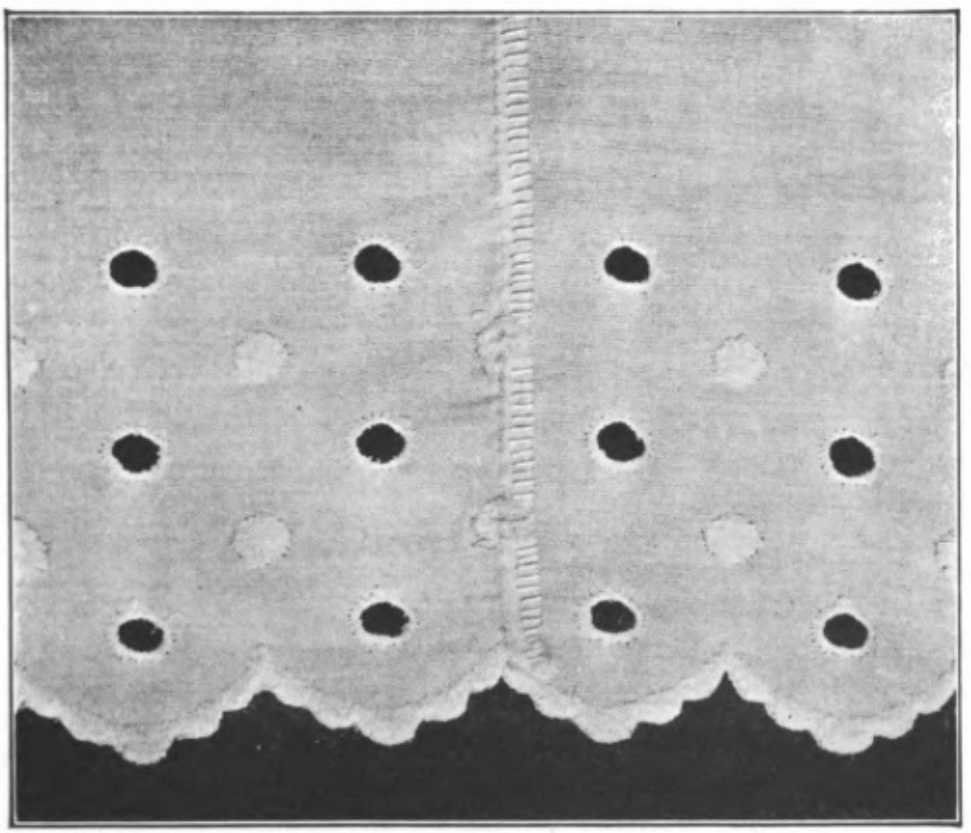
union suit is a garment that covers the body evenly all over, which is perhaps better for many people than to wear the drawers and shirt which make a double thickness over the abdomen.

At night always hang up the underwear so that it can air thoroughly. Never sleep in underwear worn during the day.

HOME PROBLEMS AND QUESTIONS

Can you find out the price of the stockings you are wearing? Of what are they made? Are they ribbed or plain? Find a full-fashioned stocking and bring it to school. What does a winter union



METHOD OF JOINING EMBROIDERY

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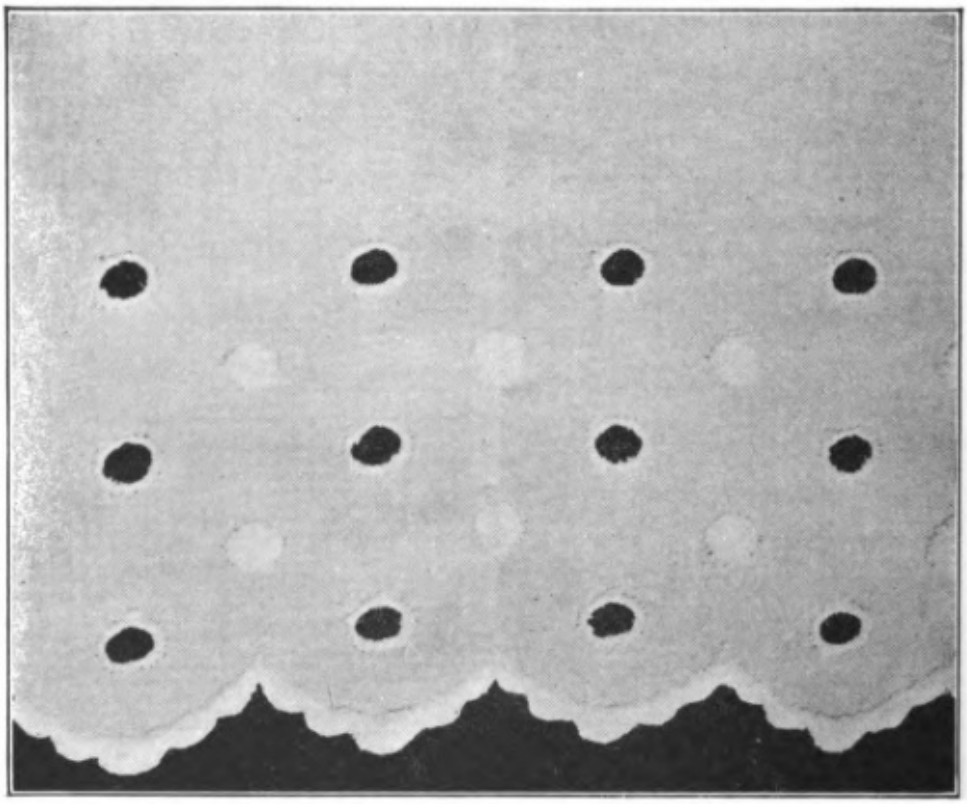
suit cost? Of what is it made? What is the price of cotton stockings? of silk stockings?

LABORATORY EXERCISES

MAKING THE UNDERSLIP (*Continued*)

To join embroidery: Match the pattern in the ends of the embroidery, either between the scallops or through the middle of a scallop. Sew in a plain seam. Buttonhole along the raw edges instead of overcasting. Find



THE RIGHT SIDE OF THE "JOIN"

the middle of the length of the ruffle, measuring from the seams, and mark with a pin. Begin at the seam and gather to the pin. Gather the other half on another thread. Follow the directions for gathering which were given for the apron.

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Dresses

1 gingham dress (made at home) . . .	$ 3.00
1 percale dress (made at home) . . .	2.00
1 serge dress (ready-made)	12.00

Continue until the list is complete.

To finish the bottom of the slip: Try on the slip and straighten the lower edge by marking an even distance from the floor around the bottom of the slip, using a yard-stick to measure up from the floor. After taking off the slip, trim off around the bottom by following the marks. Make a hem two inches wide. In basting down the hem on the curve, it may be necessary to lay some tiny pleats; do this by straightening out the folded edge, making the pleat, and then folding down the edge across this pleat. Stitch the hem by machine, thus finishing the bottom of the slip.

STRAIGHTENING THE BOTTOM OF THE UNDERSLIP

To put on the ruffle: The ruffle is to be put on with a tuck. Measure up from the bottom of the hem on the slip the width of the ruffle; mark with a pin; three eighths inch above this pin make a second marking. Measure from this second mark to the bottom of the

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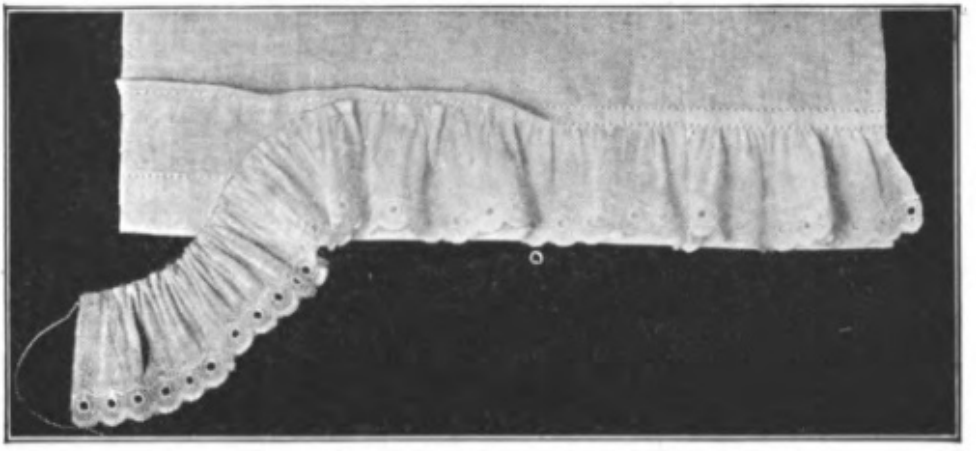
hem; what is the length of this measurement? Measure up this distance from the bottom of the hem on the slip; mark with a pin; measure up from the bottom of the hem every four or five inches, so that you have a row of pins around the slip. Make a fold along these pins, folding so that the crease is on the right side of the slip; baste; three eighths inch from the fold just made, stitch on the machine around the slip so that a



METHOD OF PUTTING RUFFLE ON WITH A TUCK

tuck will be formed when the work is finished. Use the gauge on the machine when making this tuck. Remove bastings.

Place the seam in the ruffle at the middle of the back of the slip so that the bottom of the ruffle is even with the bottom of the slip, with the raw edge at the top under the tuck; pin; the point where the two gathering threads meet in the ruffle should be pinned to the middle of the front of the slip and under the tuck. Pull the gathering into place and fasten. How will you do this? Pin the ruffle to the slip at several places around the slip, being sure to divide the gathers evenly. Baste with one-fourth-inch stitches along the gathers, keeping the line of stitching straight.

Bring the tuck down over the raw edge of the ruffle so that the fold of the tuck just covers the gathers;

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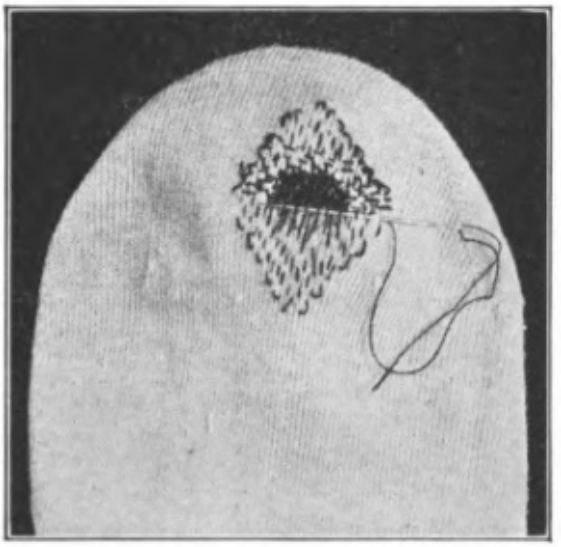
with the help of the teacher. Remember to use a piece of cloth between the wool and the iron. Wear the skirt or dress to school for inspection.

Bring to school a stocking that needs darning.

LABORATORY EXERCISES

MAKING THE UNDERSLIP (*Continued*)

Darning a stocking: Lay aside the slip and practice darning the stocking you have brought from home. Trim around the edge of the hole so that there are no ravelings and the edge is even. Use four-strand darning-cotton and a darning-needle. For heavy stockings two strands of darning-cotton should be used, but for fine stockings use a single strand. Do the darning on the right side. Begin far enough from the hole so that the worn places around the hole, if any, are covered with the first rows of running-stitches. Begin about one fourth inch from the hole, or farther away if the stocking is worn.



METHOD OF MAKING A STOCKING DARN

Make running-stitches back and forth in rows close to each other; make the rows of different lengths. Leave a loop of thread at the end of each row; this allows for the shrinkage of the thread and prevents the darn from drawing up after it is laundered. When the hole is reached, make a few running-stitches up to the hole,

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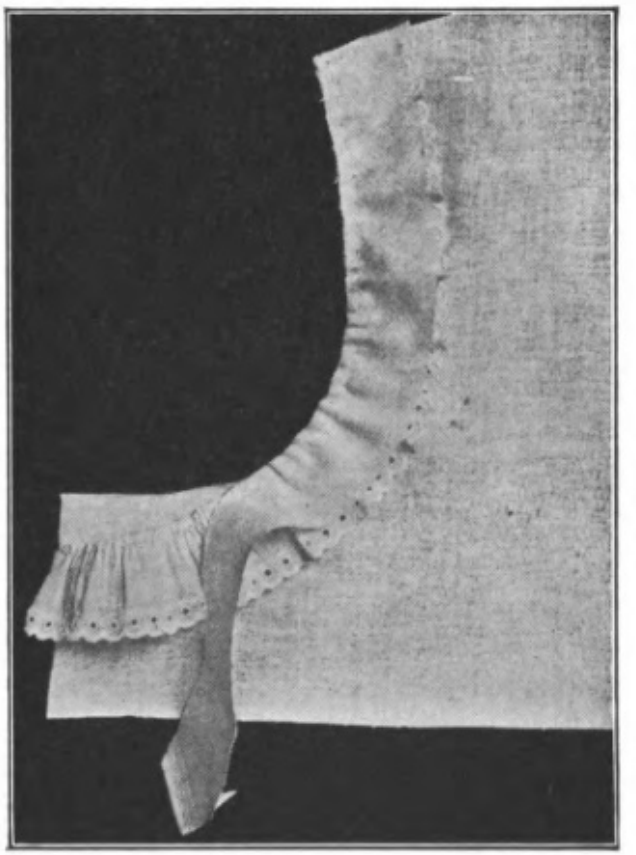
looks well with the pattern in the embroidery used in the ruffle. Enough embroidery edging should be purchased to go one and one third times around the neck and each armhole. How will you measure for this amount? Divide the embroidery into three pieces — one for the neck and one for each armhole. How will you do this?

Make a one-eighth-inch hem on each end of the piece for the neck. Gather ruffle one fourth inch from the edge. Join the ends of each piece for the armholes, using the same joining as used in the ruffle. Gather each one fourth inch from the edge.



METHOD OF BASTING BIAS STRIPS AROUND ARMHOLE

Trim around the neck and armholes. Find the middle of the length of the embroidery for the neck, and pin this to the neck of the slip at the middle of the front so that the right side of the embroidery is against the right side of the slip, and the raw edges are together. Pin the ends of the strip to the ends of the neck in the same way. Pull the gathers into position; fasten the gathering thread; divide the gathers evenly around

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the neck, and pin into place at several points. Baste ruffle to slip along line of gathering.

Cut a bias strip of the long cloth one inch wide, as you did for the bias casing. Begin at the back of the neck, place the edge of the bias strip even with the raw

THE FINISHED UNDERSLIP

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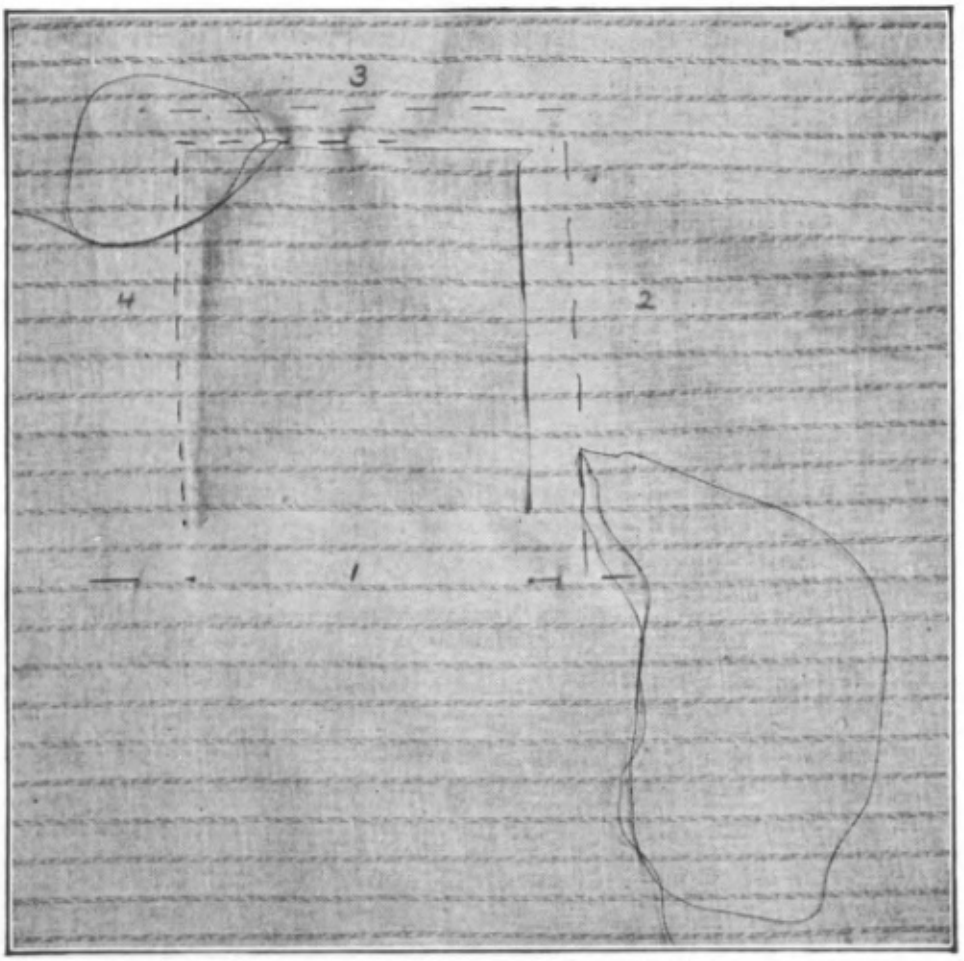
party dress. Select the most becoming colors for the chambray dresses to be made in class.

Study the pattern book and select a pattern for a one-piece dress of any simple design, which would be suitable



FOUR STEPS IN MAKING A HEMMED PATCH

to use for a chambray dress. How much chambray will be needed?

To make a hemmed patch: A hemmed patch is used where there will be a good deal of strain on the material and where it is not objectionable to let the stitches show. It would be used when patching such articles as a boy's trousers, or under the arm of a corset-cover or slip. The piece of cloth used for making the patch

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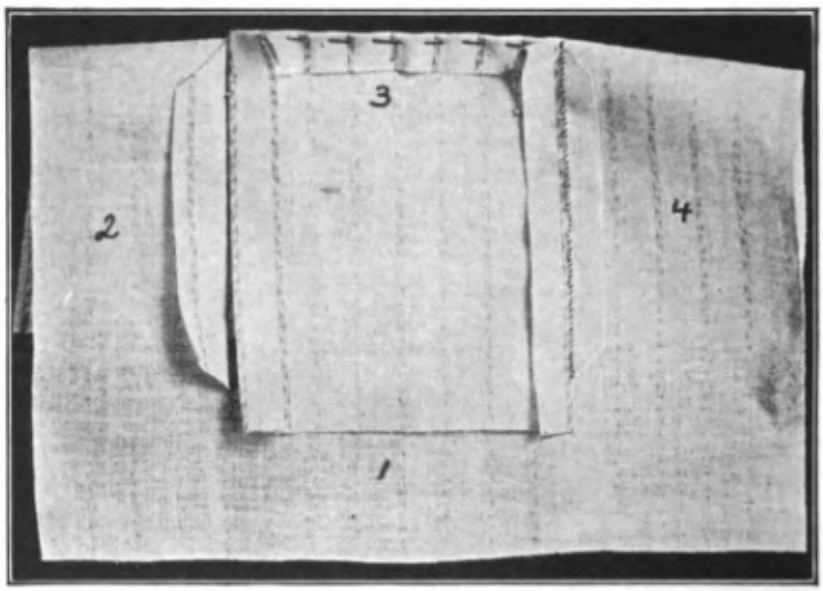
should be like the garment to be patched. Cut a square or rectangular piece of cloth for the patch, large enough to cover the hole and extend beyond the worn part, allowing one fourth inch extra all around the piece for turning. Turn down on to the wrong side one fourth inch on all four sides of this piece. Find the middle of the patch and place this over the middle of the hole on the wrong side of the garment; pin into place, having the warp threads in the garment and in the patch



FOUR STEPS IN MAKING AN OVERHAND PATCH

parallel. If there are stripes, checks, or figures, the patch must be pinned so that they match. Baste along folded edge of patch; hem by hand.

Turn garment to right side and cut around the edges of the hole until it is square or rectangular in shape, making the edges of the hole at an equal distance from the folded edge of the patch. At each corner of the hole make a one fourth inch cut on the diagonal of the cloth. Turn the edge of the hole down one fourth inch on to the patch, making the corners square. Baste along fold; hem by hand. Remove all bastings.

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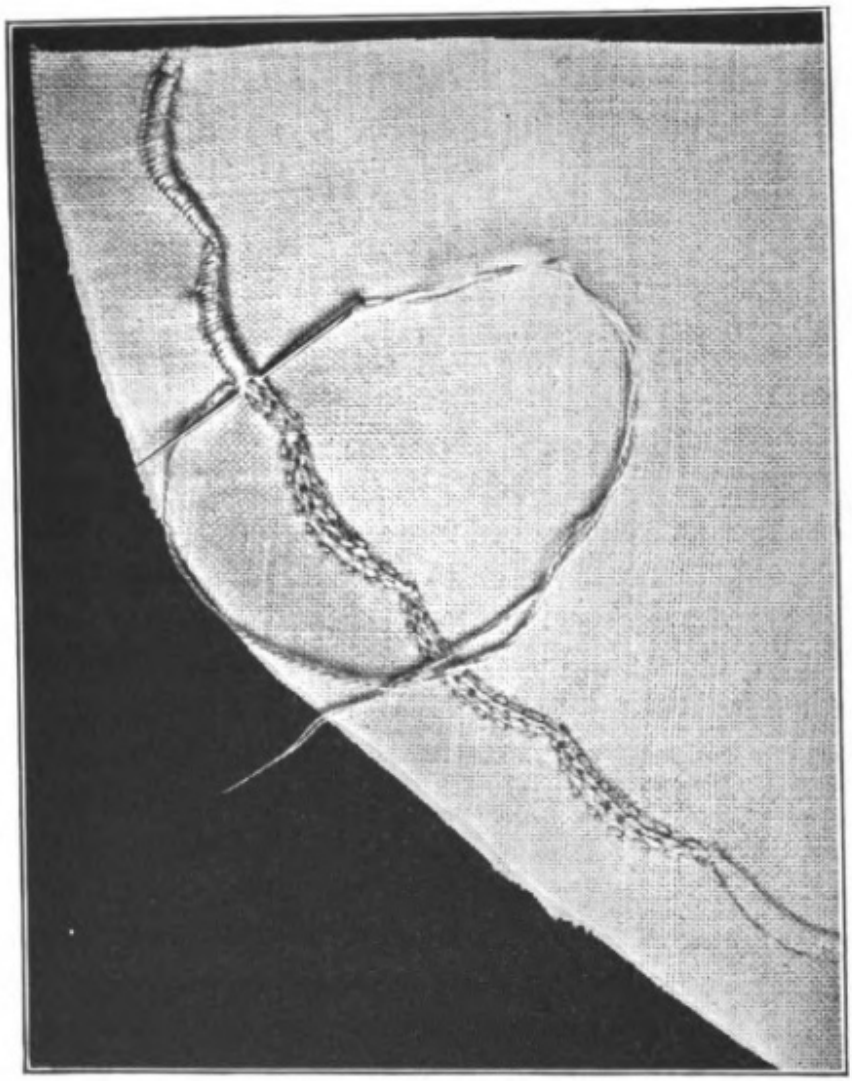
In *buying ready-made garments*, there are many things to be considered:

1. Is the garment made under sanitary conditions? Many undergarments, cheap waists and



METHOD OF MAKING EMBROIDERED SCALLOPS

dresses are made in sweat-shops that are dirty, poorly aired and in every way an unfit place for women and girls to work. Often such garments are made in homes where conditions are not sanitary and

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where, perhaps, there is sickness. The girls and women in sweat-shops work long hours for low wages. Garments made under these conditions are often cheaper than those made under good conditions, but are not sanitary. The best ready-made

A Page from the Clothing Book

garments are made in light, well ventilated, clean work rooms, by women and girls who receive good wages for their work. Inexpensive as well as costly garments are often made under these good conditions. Many garments made under good conditions are

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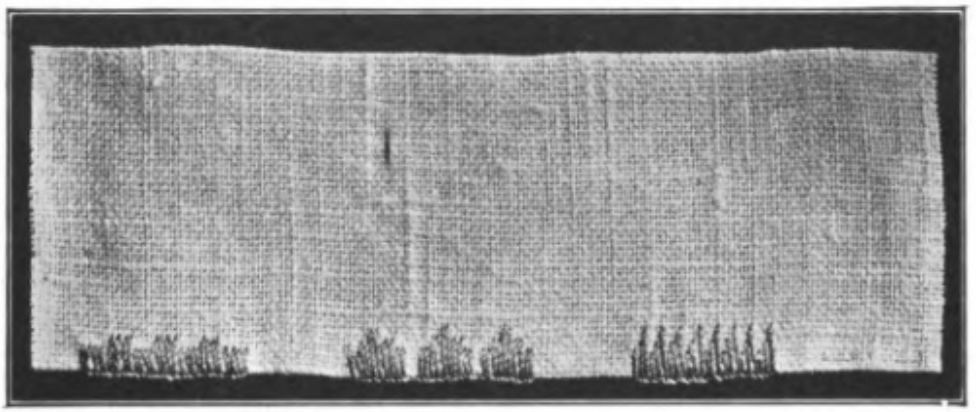
LABORATORY EXERCISES

MAKING THE WASH DRESS (*Continued*)

Collars and cuffs of a contrasting material may often be used on the wash dress. White piqué or heavy

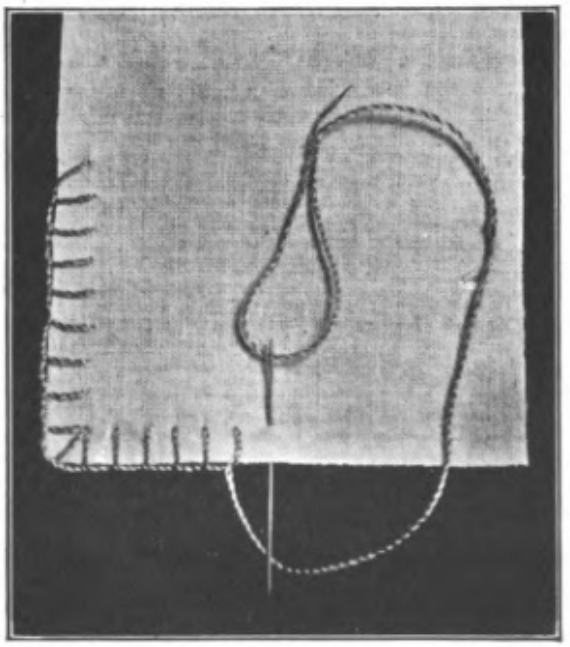


DESIGNS IN BLANKET-STITCH

These may be used on the edges of collars and cuffs.

linen may be used with chambray. Figured materials may be used as trimming on garments made of plain material; if the garment is of figured material use plain material for collars, cuffs, etc. With a figured material, never use braids put on in patterns.

To use the blanket-stitch on a collar: Fold a narrow hem on the edge of the collar; baste. Make the blanket-stitch over this hem, using cotton embroidery floss to match or harmonize



METHOD OF MAKING BLANKET-STITCH

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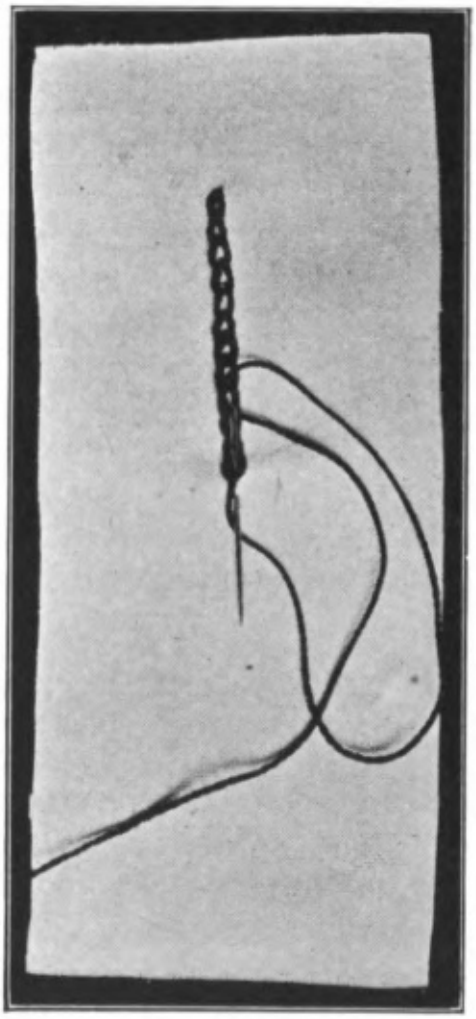
with the color of the dress. The stitches may be made of different lengths, so that points are formed in the design.

To use the chain-stitch on a collar: Fold a hem on the edge of the collar; baste. Hold the hem in place with chain-stitching. Chain-stitching is always done on the right side of the material. Begin with a knot. Bring the needle through from the wrong side, hiding the knot under the folded edge of the collar. Put the needle into the hole through which the thread just came, and make a stitch one eighth inch in length, bringing the point of the needle through the loop of thread formed by bringing the thread out and putting the needle back in the same hole. Pull the loop into place, so that it is flat on the cloth but not drawn out of shape. Put the needle into the hole inside the loop through which the thread just came, and make a stitch one eighth inch in length, bringing the point out over the thread; draw the loop into place. Continue in this way. The material should be held so that the needle points towards the worker when each stitch is taken. Making the stitches even makes the work uniform. Chain-stitch should be made with heavy embroidery floss.



Method of Making Chain-stitch

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