

# UNIVERSITY OF KENTUCKY

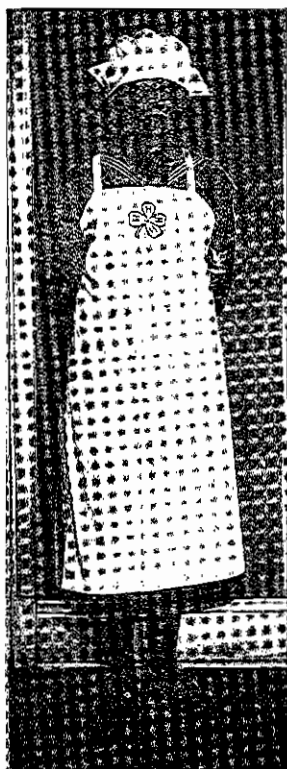
## COLLEGE OF AGRICULTURE

Extension Division

THOMAS P. COOPER, Dean and Director

CIRCULAR NO. 112

### BEGINNING CLOTHING PROJECT, JUNIOR AGRICULTURAL CLUBS



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## BEGINNING CLOTHING PROJECT

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### PURPOSE.

1. To teach the girl the simplest and best methods of garment making.
2. To aid in a wise choice of materials and colors.
3. To encourage economy in dress.
4. To stimulate the girl's pride so she will always appear neatly and modestly dressed.
5. To create an appreciation of well-made garments.
6. To provide a more enjoyable community life thru wholesome social activities.

### REQUIREMENTS.

- A. Girls between the ages of 10 and 18 years are eligible.
- B. Each member must fill out in full the membership card and return it to the local leader.
- C. She must keep an accurate account of the amount of materials used and their cost, time spent and total cost of each garment. Also, she must determine the value of each article, if the article was purchased at present retail prices. Record books are provided for this purpose. Estimate labor at 15c per hour.
- D. Each member must write a story of not less than one-hundred words. This story is to be written on the blank pages in the back of the record book.
- E. Each member shall do her own work according to instructions given her by home demonstration agent or club leader.
- F. Each member must make an exhibit if asked to by the leader.
- G. The project is not complete until the articles finished and record book, properly filled out, story included, have been filed with the home demonstration agent.

## Basis of Award:

Quality of workmanship.....	.50
Cost of production (in time and money).....	.20
Record and story.....	.20
Exhibit.....	.10
	-----
	100

## A HINT TO THE WISE.

1. Sit erect in position, with hips against back of chair and feet resting on the floor.
2. Never pin your work to the table or to your knee. Hold it up so that bending the shoulders and dropping the head will not be necessary.
3. Have plenty of light, coming from the back and above, over the left shoulder so no shadow will fall on your work. If you are left-handed, have the light coming over the right shoulder.
4. Never sit with the sun shining on your work.
5. Do not bite the thread or wet it in the mouth. Biting thread may crack the enamel of the teeth, while wetting soils thread and may spread disease germs.
6. Use a short thread. It may be as long as the distance from finger tip to elbow. Basting threads may be longer.
7. To prevent cotton thread from twisting, always remember to knot the end cut from the spool and thread the opposite end.
8. A knot is used only in basting or when it can be hidden.
9. Twisting of thread may be removed by running needle up against work and then smoothing the whole length of thread between thumb and forefinger.
10. Never use bent, rusty or blunted needles. An emery bag may be used for sharpening and polishing them.
11. Never leave a needle fastened in your work. It may leave rust spots.
12. Baste all work carefully, having work flat on table or lap-board. Never pull edges; pat them into position, being very

careful not to stretch cut edges. Much poor work is due to lack of basting.

13. When removing bastings, cut thread at intervals, before pulling. Pulling out long threads may injure a garment.
14. Own a pair of good shears. It is a profitable investment, for cutting is a large factor in the making of a perfect garment.
15. Have the wrong side of your work neat and carefully finished. It is the wrong side of the garment that denotes the workmanship.
16. Always wear a sewing apron or spread a clean cloth over your lap when sewing.
17. Wash your hands just before beginning to sew and during the sewing, if possible.
18. Fit the thimble you wear and wear the thimble you fit.
19. If hands perspire, dust them lightly with cornstarch or talcum powder.
20. Have only those materials in your sewing box which you are going to use.
21. Before starting any piece of work, be sure to read thru all directions given.

## INDIVIDUAL EQUIPMENT.

A. *Box.*

Wooden cigar box or heavy pasteboard box large enough to hold tools and equipment.

B. *Tools.*

1. Pair of good shears.
2. Thimble which fits; not brass; celluloid is good and cheap.
3. Package of needles, numbers 5-10.
  - (a) ground down (very fine)
  - (b) betweens (short)
  - (c) sharps (long)
4. Pins, small and sharp pointed.
5. Pincushion or small box for pins.
6. Emery bag, to sharpen and brighten needles.

7. Tape measure, 60 inches long, numbered from each end and having metal ends.
8. Spool of white cotton thread No. 60.
9. Darning needle.

C. *Notebook.*

Small notebook, to fit into sewing box.

D. *Pencil.*

Short pencil.

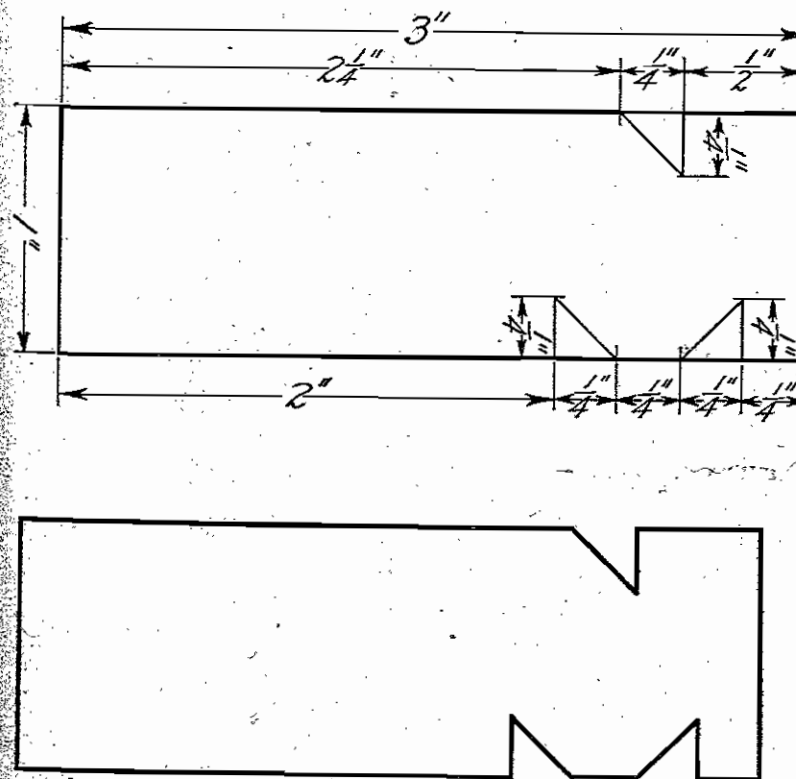
## CARE OF EQUIPMENT.

- A. Do not drop shears or cut heavy material with them. The fall loosens the screw, thus causing the shears not to fit accurately.
- B. Mark shears with tape bearing name. Print name in ink on both sides of a piece of tape 3 inches long. Hem the free end thru one of the handles, turning under the raw edge and hemming.
- C. Mark emery bag, pincushion, spool of thread, paper of needles, notebook and pencil.
- D. Arrange neatly in sewing box.

## FIVE "HOWS" FOR SEWERS.

1. *How to thread a needle.* Twist the thread to a point. Hold the needle in the left hand and put the thread thru the eye of the needle with the right hand. This can be done more easily if the hands are held steady by bringing the fingers together.
2. *How to make a knot.* Lay the end of the thread on the ball of the first finger of the left hand. Wrap the thread around finger once so it comes on top of the end. With the thumb roll it off the end of the finger, then with the second finger and thumb draw the knot to the end of the thread.
3. *How to fasten thread.* Take two or three little stitches on top of each other, leaving out about one-half inch of thread which can either be tucked in or cut off later. This will hold the thread securely and may be used as a beginning or as an ending.

4. *How to straighten materials.* Draw out the first thread that continues across the entire width of the material and cut on the open line formed. If the lengthwise and crosswise threads are not at right angles to each other they should be straightened by drawing the cloth on the lines of the true bias.
5. *How to make a gauge for measuring.* A cardboard gauge is very useful in marking accurate hems, tucks, etc. Use a piece of cardboard with straight edges and square corners. From one corner measure up the desired distance AB. Make a cut of about one-fourth of an inch and parallel to lower



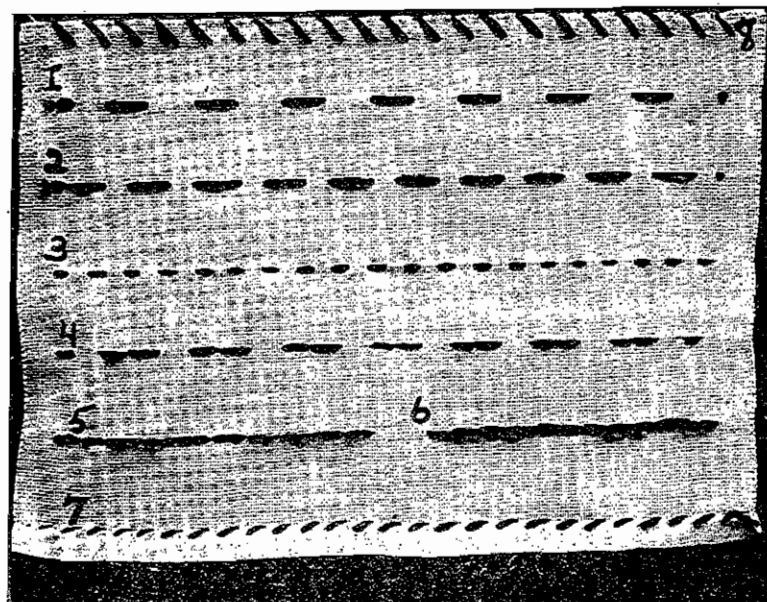
Cut 1.

edge of card. From *above* make a little diagonal cut to form notch C.

*To use gauge.* Place the lower or straight edge along the line you are following, as, for example, the line for fold of a hem. With tracing wheel, tailor's chalk or pins, mark along the straight edge of the notch to indicate a line parallel to the other one. Begin at the right hand side and work toward the left, slipping the gauge along with the left hand and marking points with the right hand. Place marks close enough together so there will be no difficulty in following the line they indicate.

6. *How to choose a suitable fabric.* Before actually beginning an article, discuss with your local club leader the following six characteristics of the materials available for use; then decide which will be the best for your purpose.
- A. Fiber content; that is, whether it is cotton, linen, wool or silk, and easy tests for each.
  - B. Weave:
    - a. Close and even.
    - b. Open and loose.
    - c. Plain or fancy.
    - d. Advantage or disadvantage of each type.
  - C. Laundering qualities:
    - a. Will it fade easily?
    - b. Will it shrink badly?
    - c. Will it be useful and attractive after repeated launderings?
  - D. Wearing qualities.
  - E. Suitability for intended use:
    - a. Is it appropriate?
    - b. Is it a standard or a novelty material?
    - c. Does it have good wearing and laundering qualities?
  - F. Cost: Does it cost too much or enough?

## SOME OF THE PRINCIPAL STITCHES AND THEIR USE.

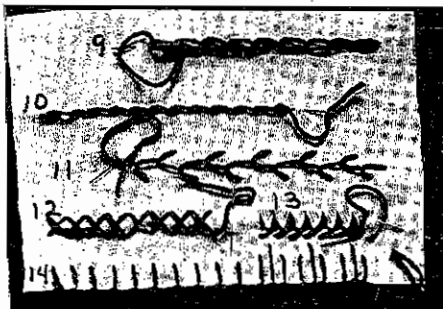
1. *Plain stitches.*

Cut 2.

- A. *Basting.* Even basting illustrated in cut by No. 1, and uneven basting by No. 2. This stitch is for the purpose of holding two or more pieces of material together until they can be permanently joined.
- B. *Running stitches.* Illustrated by No. 3. These stitches are used for sewing seams where there is to be no strain and for gathering.
- C. *Combinations.* Shown by No. 4. Also called two runs and a back-stitch. This stitch is used for seams that must stand some strain.
- D. *Backstitch.* No. 5 shows the right side and No. 6 the wrong side of backstitch. This stitch will stand great strain.
- E. *Hemming.* No. 7. This is used to hold hems in place where it is not desirable to use machine.

F. *Overcasting*. No. 8. Used to keep raw edges from raveling when it is not desirable to finish them in any other manner.

2. *Decorative stitches.*



Cut 3.

- A. *Chain stitch*. No. 9. May be used to secure hems when a decorative stitch is desired.
- B. *Outline or stem stitch*. No. 10. As the name indicates, it is to outline a pattern and for making stems of flowers in embroidery work. This stitch can be varied in a number of ways by changing length, size and slant.
- C. *Feather stitch*. No. 11. Used to decorate or finish edges of hem. Double and triple feather stitching may be made by taking two or three stitches respectively on one side and then the same number on the opposite side.
- D. *Cross stitch*. No. 12. This is an easily made stitch and can be used in a number of ways. It may be used in working out a variety of designs, either original or from a book of patterns.
- E. *Hemstitching*. No. 13. This stitch makes a most attractive finish for the ends of guest towels and other straight edges where a little decoration is desired.

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F. *Blanket stitch*. No. 14. This is used to finish and decorate the raw edges of flannel and woolen material. It is used to finish edges of articles made of canvas and similar materials.

Girls enrolled in Beginning Clothing are required to complete the following work:

- A. Articles of sewing:
1. Kitchen holder (hand made)
  2. Hand towel or tea towel (hand made)
  3. Laundry bag
  4. Stocking darn
  5. Club apron
  6. Club cap.
- B. Record book, properly filled out, story included.

GENERAL NOTE.

The stitches and problems are named under each project, and judges will score on the basis of all work called for under each project, as well as its execution according to the following score card.

Quality of work.

1. Structure .....	.40
a. Accuracy of cutting seams and hems.....	.20
b. Width and evenness.....	.20
2. Stitches .....	.15
a. Appropriateness .....	.05
b. Evenness .....	.05
c. Size .....	.05
3. Finishing (neatness and accuracy).....	.25
4. Appearance of work.....	.20
a. Cleanliness .....	.10
b. Suitability of material.....	.05
c. Harmony of colors.....	.05

## I. KITCHEN HOLDER.

## A. Materials required.

## 1. Cover:

- a. Gingham
- b. Galatea
- c. Kiddie cloth
- d. Denim
- e. Stocking top
- f. Knit underwear

## 2. Lining:

- a. Outing flannel
- b. Stocking top to match cover
- c. Knit underwear to match cover

## 3. Four inches of tape, one-half inch wide.

## 4. Two yards of light-weight white wrapping cord.

## B. Cutting:

- 1. Cover: Cut strip of material 7 inches wide by 13 inches long; keep edges straight; pull thread, if possible, in order to have a true line on which to cut.
- 2. Lining: Cut strip of material 5 inches wide by 11 inches long; keep edges straight.
- 3. Hanger of tape: Cut strip of material 4 inches long.

## C. Stitches used:

## 1. Even basting stitch:

## a. Object.

- (a) To hold two or more pieces of material until a stronger stitch can be added.
- (b) To serve as a guide line.

## b. Method.

- (a) Begin with knot. Later the knot may be clipped off and the thread removed.
- (b) Sew from right to left. Run the needle in and out of the cloth so as to make even stitches.
- (c) Fasten thread with two or three stitches over each other.

## 2. Overhanding:

## a. Object: To hold together two folded edges.

## b. Method.

- (a) Hold work parallel to body.
- (b) Work from right to left.
- (c) Point needle toward body.
- (d) Do not make a knot in the thread; leave about one-half inch of thread; hold this with thumb so that it may be sewed over by the first stitches. Take up just enough of the cloth to hold the thread. There should be a space equal to two threads between the stitches. If the thread becomes too short, cut it off, leaving one-half inch; re-thread the needle and begin by putting the needle thru the hole for the last stitch, again leaving one-half inch of the thread. Hold these two ends of thread down with thumb and sew them under the next few stitches. When entirely finished, overhand back over stitches for about one-half inch, insert the needle in a fold of the cloth for about an inch, bring out, draw thread fairly tight and clip close to cloth. This will prevent ripping.

## 3. Backstitch or stitching stitch:

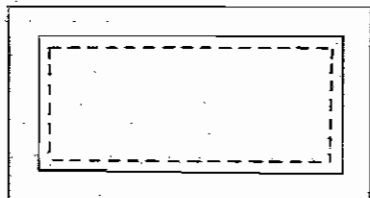
## a. Object: To take the place of machine stitching where strength and firmness are needed.

## b. Method:

- (a) Begin at right hand side.
- (b) Do not make knot in the thread; fasten thread by taking two or three stitches over each other.
- (c) Take two short running stitches, place needle in hole at left end of first stitch and take a stitch twice as long as second stitch, repeat to end of seam and fasten securely.

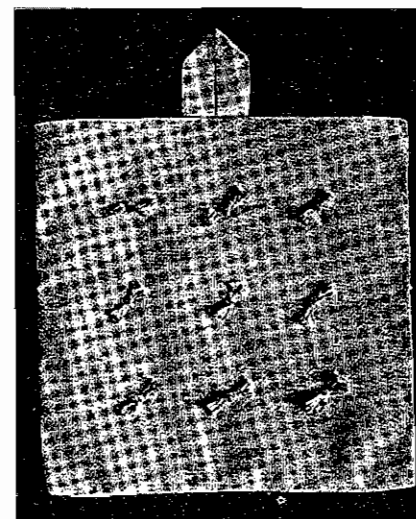
## D. Making:

1. Lay lining on cover with equal margin and baste carefully, using even basting stitch. See Figure 4.



Cut 4.

2. Turn in edge of cover one-half inch all the way around, keeping raw edges covered at corners.
3. Fold thru center and pin the two sides together, tucking in corners carefully.
4. Baste the two parts together.
5. Overhand the three sides together.
6. Tack holder in 9 places. Use double light-weight cord, taking a small stitch thru all layers as in tying a comfort. Tie securely and cut the threads about one-fourth of an inch from knot.
7. Hanger of tape:
  - a. Fold four-inch strip of tape in center. Overhand up one-half inch from raw edges; overhand down from folded edge one-fourth inch and fasten securely.
  - b. Open tape out flat, spreading seams and press folded end into triangle.
  - c. The side on which the triangle appears is the right side.
  - d. Find center of end of holder by folding the sides together lengthwise.
  - e. Place center of tape, right side up, on center of wrong side of holder with cut edge parallel to edge of holder and a thread or two below.
  - f. Backstitch across hanger one-fourth inch from cut edge. Raise and overhand hanger to holder. See Figure 5.



Cut 5.

## II. HAND TOWEL OR TEA TOWEL.

## A. Materials required.

1. Three-fourths of a yard of linen crash, union crash, cotton crash, unbleached muslin (light weight), flour sack.
2. Eight inches of white tape one-half inch wide.
3. Number 60 white thread, number 8 needle.

## B. Preparation of material.

Straighten the ends of the towel by drawing the first woof thread that goes entirely across the material. Cut on this line.

## C. Stitches used:

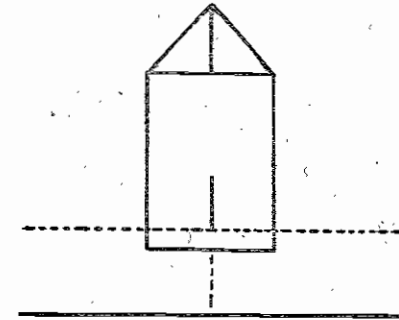
1. Basting
2. Overhanding
3. Backstitch or stitching stitch
4. Hemming



## D. Making:

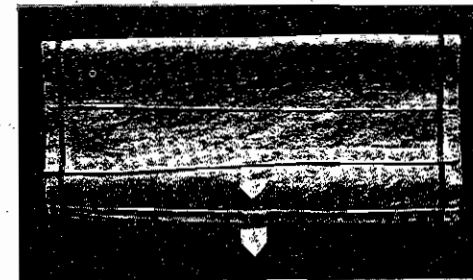
1. A gauge may be used to advantage for measuring width of hems. Directions for making gauge are given under "Five Hows for Sewers." Turn down and crease on wrong side of material a fold one-fourth of an inch wide. Use the gauge and keep the fold even in width. Fold the material over a second time keeping the second fold one-half inch wide; continue using the gauge. The beauty of the finished hem depends on the evenness of the folds.
2. A hem is a fold made by twice turning over the edge of a piece of cloth, then securely sewing it down.
3. Baste them carefully with even, fairly short basting stitches.
4. When last fold of hem is turned and basted, insert the needle just inside the top fold and overhand the right end of the hem, holding the material so that the hem faces the body of the worker. Fasten the thread by tucking it into the opening and sewing over it in the first few stitches.
5. After the last overhanding stitch has been taken, take up one or two threads of the cloth and then one or two threads of the fold, slanting the needle toward the left shoulder, draw the needle out and continue making hemming stitches two or three threads apart and slanting.
6. Finish the left end of the hem by overhanding. Fasten the thread securely according to directions given in overhanding.
7. Hem both ends of towel alike.
8. Place hanger on each end of towel to insure even wear on material. Follow directions for making as given under "kitchen holder."
9. Find center of end of towel by folding the sides together and creasing.

10. Place center of wrong side of tape to the wrong side of the towel at the crease, allowing the outer edge of the tape to extend one-fourth inch above hemming line as in illustration. Baste carefully, then backstitch to secure it.



Cut 6.

11. Remove basting and turn loop up so that button-hole extends above top of towel.
12. Remove all bastings and press.



Cut 7.

## III. LAUNDRY BAG.

*Note:* Become familiar with sewing machine; be able to:

- (a) Open and close it correctly
- (b) Adjust belt
- (c) Thread needle
- (d) Thread bobbin

- (e) Regulate tension
- (f) Regulate length of stitch
- (g) Practice on scraps of material until you can stitch in a straight line
- (h) Practice fastening thread ends, draw them thru to the wrong side, tie securely and clip.

Discuss use and hygiene of laundry bag.

Discuss use of other bags and their similarity of construction.

#### A. Materials required.

1. One and a half yards of 27 inch material, or three-fourths of a yard of 36 inch material. (If 27 inch material is used, the strip not used in making bag can be used for some other purpose which the club leader can suggest.) A larger bag may be used if preferred, but should be in good proportion. For instance, a bag 27 inches wide should be about 32 inches long when finished, and would, therefore, require two yards of material.  
Crash, denim, cretonne, gingham, galatea, khaki cloth, kiddie cloth, percale, calico or unbleached muslin may be used. If possible, try to have colors harmonize with wall paper, rugs, etc., of bed room.
2. Two and a half yards of tape or fairly heavy cord.
3. Thread to suit material, about No. 50.

#### B. Stitches used:

1. Uneven basting—a long and a short stitch.
2. Hemming.
3. Machine stitching.
4. Overcasting.
  - a. Use: To keep raw edges from raveling.
  - b. Method: The stitch is loose and slanting and taken over the raw edges of material. Work from right to left. The stitches are the same size, the exact depth and distance apart depending on the kind of material used, usually one-eighth of

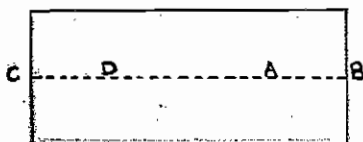
an inch deep and one-fourth of an inch apart is a good measure. Begin with a knot which should be hidden between the two folds of material. Place the needle over the raw edges and thru the material, slanting it toward the left shoulder. Do not draw stitches too tight.

#### C. Making

1. Even the ends of the material by drawing a thread and cutting on that line.
2. Fold the 36 inch material lengthwise thru the center, right side in, so that the selvages are even and ends exactly meet. Press the fold with the finger tips, until it is distinct, and cut on this line. If 27 inch material is used, fold over a strip 9 inches wide, press and cut. The actual width of the bag should be 18 inches. Fold in half, crosswise. From 36 inch material you have two pieces 18 by 27 inches. With 27 inch material it is not necessary to cut across fold unless one desires to match plaid or figured material.
3. Lay right sides together, matching designs, checks, stripes, etc. If possible, lay selvages together. Pin carefully.
4. Baste one-fourth inch seam across bottom and up each side to within four and one-fourth inches of the top. Keep basting true and straight to serve as a guide for machine stitching.

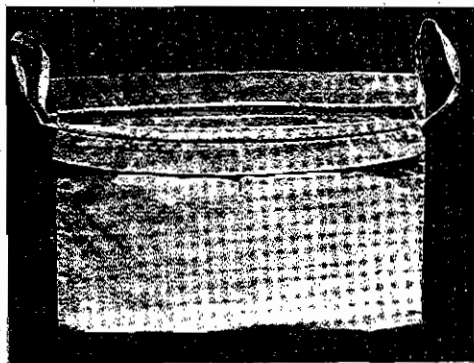
Note: On a scrap of material practice retracing the machine stitching as in stitching a hem, seam, etc. Begin at A and stitch out to B at edge, then leave the needle run thru the material, lift the presser-foot, swing the material around and stitch back in exactly the same stitches B to A and then on across the desired hem or seam. In ending reverse the process, that is, stitch to C leaving needle thru ma-

terial, then stitch back to point D and stop. This strengthens the stitching and prevents ripping. It is especially wise to stitch pockets in this manner.



Cut 8.

5. Stitch with machine. Retrace stitching as directed above.
6. Overcast the seams having raw edges.
7. Turn one-eighth of an inch hem on the four, four and one-fourth inch ends. Hem with regular hemming stitch, taking two or three overhand stitches at bottom to keep it from tearing down.
8. Turn a two inch hem at the top by first folding down and creasing one-fourth inch, then folding over again two inches. Baste carefully and stitch by machine on edge of hem. Retrace stitching at each end as directed above.



Cut 9.

9. Casing for drawstring. Measure down from top one and a half inch, baste a guide line across both sides of top. This makes a casing one-half inch wide. Stitch with machine, again fastening *all* thread ends.
10. Drawstring. Cut cord or tape into two equal pieces. Run one string in from each side of bag, allowing the two loose ends of each string to come at opposite sides. Tie ends of cord together; hem and overhand ends of tape together.
11. Remove all bastings and press.

#### IV. DARNING.

##### A. Object.

1. To repair a rent so neatly that it will hardly be noticed.

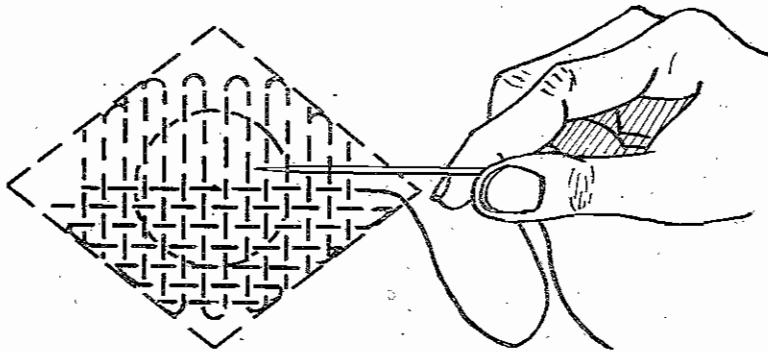
##### B. Materials required.

1. Pair of worn stockings.
2. Darning cotton to match the thread of the stocking both in color and size, not too coarse. For average cotton hose two strands of regular 4-strand darning cotton will be right.
3. A long eyed needle not too coarse.
4. A darning with a smooth, hard surface, over which stocking may be drawn.
5. Basting cotton of contrasting material.

##### C. Method.

1. Work on right side of stocking.
2. Place darning inside the stocking, hold smooth with left hand and trim off all ragged edges until the threads of the stocking are of equal strength. Pick out all loose ends.

3. Baste with colored thread a diamond shape guide line one-fourth of an inch from edge of hole. (See illustration below). A darn thus shaped will wear longer because the strain on the material is relieved.



Cut 10

4. Darn the lengthwise way with the warp threads of stocking first, beginning at lower right-hand corner. Use short running stitches, turning at the edge of the basted outline. Leave about one-eighth inch of thread in a little loop to allow for shrinking. When the hole is reached, catch into the edge on the other side, keeping the raw edge under. Continue the running stitches to the line. Repeat until all the space has been filled in.
5. Turn and fill in woof threads in same way. When the hole is reached, go over one thread and under the next until the hole is crossed, then take running stitch to guide line. Repeat taking up alternate threads until darn is finished.
6. Remove basting thread and press.
7. In this way the hole is filled with woven threads and the weakened threads around the hole are strengthened. The resulting darn should be so smooth as to be comfortable to the wearer.

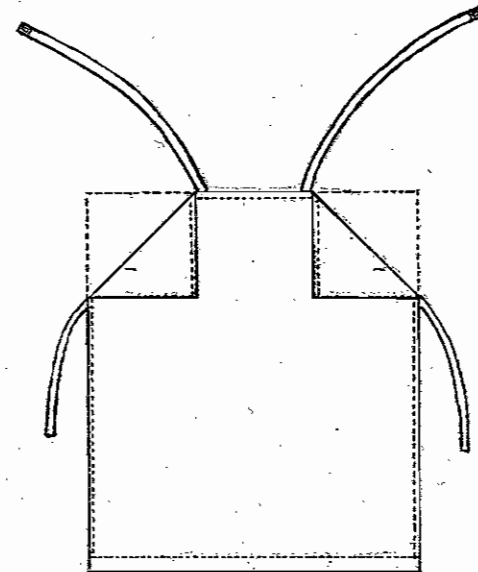
## V. CLUB APRON.

## A. Materials required.

1. Any serviceable heavy white material may be used, such as light-weight Indian Head, nurses' linen or unbleached muslin.
2. About one and a half yards of white cotton twilled tape, one inch wide.
3. No. 60 white thread.
4. Green embroidery thread, 4 strands.

## B. Cutting.

1. To determine the length of the apron, measure from the armpits to the bottom of the dress and add two inches for hem.
2. For the small girl a strip may be taken from the width of the material, or a smaller amount may be purchased and used crosswise.



Cut 11.

## C. Making.

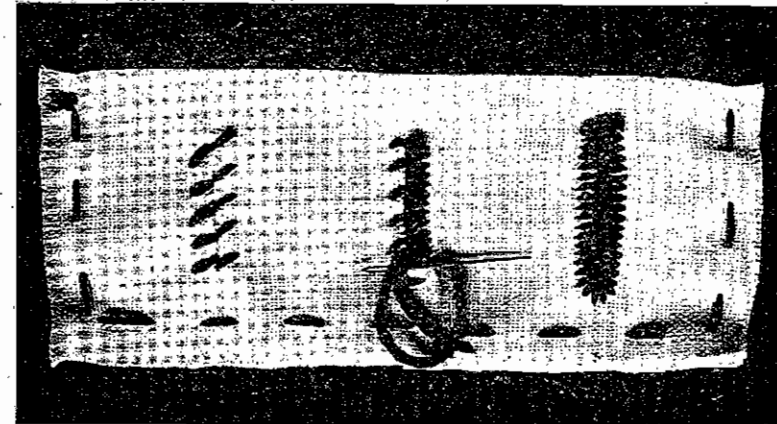
1. Even the cut edges; pull a thread, if necessary.
2. At one end, turn a half-inch hem to the right side of the material. Baste and stitch close to the edge.
3. Fold the material lengthwise. Measure five inches from the center fold. Put in pins at the five inch points. This makes ten inches across the front. This measure may be varied to suit the size of the individual.
4. Turn down the corners as indicated in the diagram, to make pockets. Measure from the pin to the corner. Use the same measurement along the side. When pockets are turned they make right-angled triangles with two sides equal.
5. Turn under the selvage edge at the lower end of the pocket and baste. This will necessitate cutting in about one-fourth of an inch on each side in order to turn back the hem along the side. Stitch along the edge of the pocket and up to within six inches of the top in order that an opening may be left in the pocket; retrace stitching about one inch. The six inch opening may be left at the bottom of the pocket if preferred.
6. Turn three-eighths of an inch hem along the sides of the apron.
7. Turn an inch hem at the bottom, baste and stitch; retrace stitching at each end of hem. Overhand ends.
8. Cut two pieces of tape long enough to fasten to upper corners of apron. Cross over in the back and fasten to sides of apron at waist line. Fasten tapes to apron in same way that hanger was fastened to towel. Work a buttonhole lengthwise of material on each side of the apron at waistline where tapes are to be fastened. Make an inch hem

at ends of tapes and sew a button securely in the center of each hem.

9. Cut two tapes and fasten in same manner to each side of the apron at the lower corners of the pockets.

## D. To make Buttonholes.

1. With sharp scissors cut two buttonholes, on straight of material, each about one-fourth of an inch from center of the hem, on the inside thru one thickness only. These buttonholes may be made before the hem is stitched.



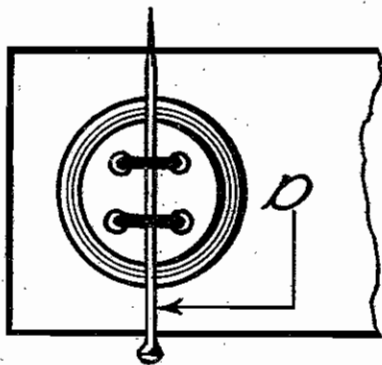
Cut 12.

2. Overcast the edges to prevent fraying.
3. Begin to make the buttonhole stitch at the end of the buttonhole farthest from the hem. Work from right to left.
4. Place the needle in the edge of the buttonhole and bring the double part of the thread down under the needle as in the diagram. Draw the needle thru and straight up so that the knot formed will be on the edge of the hole. Continue across the side, being careful to keep the stitches an even distance apart and always the same depth.

5. Around the end of the buttonhole the stitches should be slightly farther apart and the knots brought back to the same place each time. Continue down the second side of the buttonhole in the same way.
6. Fasten the buttonhole at the beginning with a bar. This is made by taking three stitches one over the other and extending from the bottom of one to the bottom of the opposite row of buttonhole stitches over the stitches and into the hole. Fasten on the wrong side of the material.

E. To Sew on the Buttons.

1. Mark the places for the buttons with a pencil. In sewing buttons with eyes the thread should be run straight with either the warp or the woof generally parallel with the buttonhole. For a button with four eyes a square or a cross may be made on top or two parallel rows. The latter is preferable.
2. To avoid sewing the button too tight so that it pulls off easily or pulls a piece of cloth out with it in the wringer when laundered, proceed as follows: Take double thread and fasten on the underside; take one stitch thru the button, then place a pin under this stitch and continue sewing over the pin



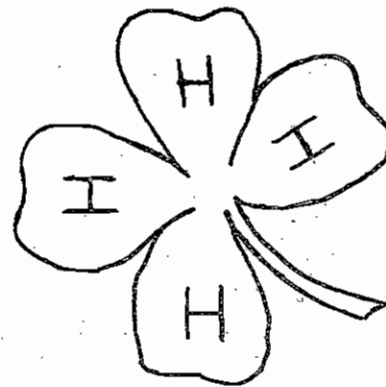
Cut 13.

four or five stitches. Take the needle under the button, pull out the pin and wind the thread around under the button forming a neck; fasten on the underside with three stitches.

- F. To make Emblems. The four-leaved clover may be placed on the front near the upper edge of the apron. This may be outlined in green.

Outline stitch.

1. Separate the 4-strand thread; use 2 strands at one time.
2. Work exactly on the line of the design. Work from you. Keep the thread downward under the thumb and to the right of the needle.
3. Bring the needle thru the wrong side of the material at the point of beginning.
4. Take a stitch about three-sixteenths of an inch long forward on the line of the design. Bring the needle thru to the right side about one-sixteenth below the point where it went down.
5. Continue in this way. Be careful not to draw stitches too tight.
6. Fasten thread neatly on wrong side so there will be no knots or ends showing.



Cut 14.

## VI. CLUB CAP.

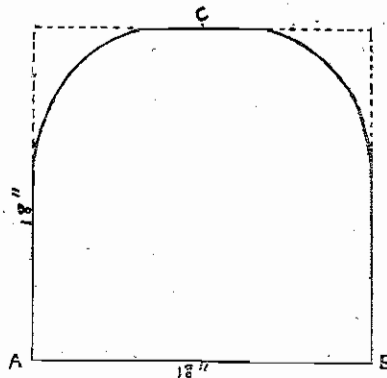
Note: This cap is becoming and is easily laundered because the tape may be untied at back and the crown of the cap opened out flat. It will be wise for the club leader to construct one of paper or other material before teaching it to her club.

## A. Materials required.

1. About one-half yard of the same material used for the apron. If found necessary, cap may be made proportionally larger or smaller to fit the wearer.
2. About twenty inches of one-half inch tape.

## B. Cutting.

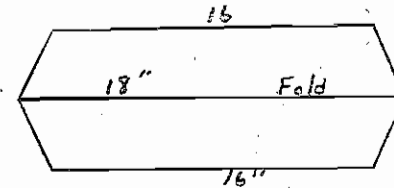
1. Crown.



Cut 15.

- a. Cut a piece of material 18 inches square. Round off one end (two corners). See figure 15.
2. Band. See Figure 16.
  - a. This should be double to give it firmness. The diagram represents the band opened. Cut a lengthwise strip, 18 inches long and 7 inches wide, and fold over lengthwise, bringing cut edges together and pin securely. Measure one

inch from each end along cut edge and mark with pin or pencil. From these points draw lines diagonally across to ends of folded edge. Cut on these lines.



Cut 16.

## C. Making.

1. Make a three-fourths of an inch hem across the straight edge of crown, turning in one-fourth of an inch at the ends (A & B) so that there will be no raw edges showing.
2. Gather from A to C, which is center front of cap, and from C to B.
3. Stitch across ends of band with the right side inside, making a one-fourth inch hem. Trim seams to about one-eighth inch, turn right side out, crease the edges, and pull out corners. Pressing is desirable. In stitching, fasten the ends of thread as on apron pockets.
4. Hold outside of crown next to you, place one of the raw edges of the band to the gathered part of the crown, so that outside of band comes to inside of crown. Be sure that the center of the band comes exactly at center front of crown, and let ends of band extend back to top of hem at A and B. Adjust gathers and baste carefully. Stitch about one-fourth of an inch from the edge.
5. Turn in the other edge one-fourth inch and baste over first line of stitching.

6. Stitch around band close to edge. Be sure to fasten threads as on apron pockets.
7. Fastening tape.
  - a. Cut the tape in two. Run thru from A to one buttonhole and from B to the other. Turn the end of the tape in about one-fourth of an inch and fasten to the hem at A & B, overhanding the ends of the hem together at the same time.
  - b. The cap is to be drawn up to fit the head by means of the tape and can be opened out when laundered.