



COOPERATIVE EXTENSION WORK
IN
AGRICULTURE AND HOME ECONOMICS
STATE OF OKLAHOMA

W. A. CONNER, Director

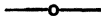
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ADULT
CLOTHING DEMONSTRATION

First Year---Demonstration No. 1



PART I---MAKING THE PAPER DRESS FORM

PART II---THE COMMERCIAL PATTERN

- A. Selection
- B. Testing
- C. Alteration
- D. Cutting and Fitting

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THE DRESS FORM

The dress form is indispensable for those who wish to do their own sewing and cannot fit themselves. The homemade dress form is inexpensive and very satisfactory when well made and properly mounted. Draping and designing in materials is made possible by the use of the dress form. It is one means of studying the lines and proportions of one's figure and may be an aid in the selection of becoming styles of garments.

Material for the gummed paper dress form with directions for making may be secured in package form. The following order of work by Mrs. Mary Wright Diehl has been found helpful in making the dress form and may be used to supplement the directions contained in the package:

1. Put shirt on and sew up shirt to top of collar.
2. Split about 1 yard of tape and place around neck and armholes.
3. Draw tape tightly around waist twice.
4. Brace with diagonal strips of tape any places that need bracing to make a smooth form.
5. Place vertical strips from neck to waist beginning center front and back, overlapping half way.
6. Fill in well with diagonal strips under arms.
7. Paste strip on top of shoulder from neck to edge of tip of shoulder for guide line.
8. Paste diagonal strips from guide line on shoulder to waist line interlacing in center front and back. Do not wait to finish diagonal strips under arms till after form is removed.
9. Place hip line with strips of tape and reinforce by placing three thicknesses of tape on this line, using short strips.

10. Put horizontal strips, 8 or 10 inches long, from hip line to waist line.

11. Paste guide line strip around waist.

12. Place vertical strips from center of guide line to hip line.

13. Split 3 or 4 yards of tape and build neck, placing about four thicknesses of tape around top line.

14. Mark center front and back with pencil lines and place four horizontal lines across the vertical lines from waist line to neck.

15. Even at lower edge with yard stick.

16. Take measurements of form.

17. Split with razor blade on center front and back lines.

18. Compare measures of woman and form and cut off the necessary amounts (usually from $\frac{1}{4}$ to $\frac{1}{2}$ inch on each of the four edges gradually sloping up to $\frac{1}{8}$ inch of neck.) Also trim armholes and lower edge.

19. Cut 2-inch strips and paste on inside of form center front and back leaving one-half of each strip extend beyond edges.

20. Join the two halves matching cross marks.

21. Place vertical strips to cover seams on inside and outside.

22. Place vertical guide line strips under arms to waist.

23. Finish diagonal strips under arms, being careful not to go beyond the center of the guide lines around waist and under arm.

24. Cover guide lines on shoulders under arms and around waist with one strip of tape. Place three strips to cover joining center front and back.

25. Trim neck line. Bind neck and armholes with 2-inch strips.

26. Place form on cardboard or corrugated paper and mark line for baseboard. Even this line if necessary and cut $\frac{1}{8}$ inch inside line.

27. Slip base up on inside about $\frac{1}{2}$ inch from lower edge and paste 2-inch strips over edge and against baseboard, leaving about $\frac{1}{4}$ inch on outside. Or tack form on board cut to fit hip line.

28. Cover this edge with horizontal strip around lower edge.

29. Place on pedestal if desired so that finished form will be exact height of person for whom form was made.

THE COMMERCIAL PATTERN

Commercial patterns are cut to suit the lines and proportions of the average individual, and according to a series of average measurements. They may be bought either by age or by bust or hip measure.

The price of the commercial patterns discourages the purchase of a new one for every garment. For that reason it is advisable for the home dressmaker to be able to produce different designs and type garments from one well fitting plain pattern. It may also be necessary to alter one pattern to fit different members of the family.

In selecting an all-purpose pattern, choose a rather plain one with good structural lines---one that does not have fullness allowed for tucks and plaits. The different pattern producing firms do not use the same standard measurements in cutting their patterns and it is necessary to test the different makes of patterns and probably alter them.

A pattern may often be varied to suit the individual by changing the neck line, by using different types of collars or by raising or lowering the bust.

When choosing a pattern, keep in mind your own figure and be sure that the design will look well on you.

Most commercial patterns are now including specific directions and charts for cutting from different widths of material and also for construction of the garment.

Before buying the pattern, study the illustration and the chart showing the various pieces of the pattern and see which pieces are to be used and how they go together to get the desired result. Many patterns contain extra pieces which may not be needed.

Test the pattern by pinning together at shoulder and underarm seams, and also by checking with your own measurements. The measurements needed for testing the pattern are as follows: Bust, around fullest part of bust, an easy measure for loose waist, a close measure for a tight fitting waist. The length of front from the hollow of the neck to the bottom of a tape line which should be put around the waist for all measurements of length. The length of back from the bone in the back of neck to the bottom of the tape at waist. The waist measure, taken around the waist, a comfortable, snug measure. Length of sleeve, inside taken from muscle where arm joins body to

wrist bone. Hip, five to seven inches below waist, tape drawn straight around, easy measure. Length of skirt, center front, hip, center back from bottom of tape at waist to floor.

Alteration of Patterns

To Increase Bust Measure.---Draw a line straight down from the center of the shoulder, through the waist line, on both back and front. Cut through these lines and separate the pieces to give one-fourth of the whole amount needed.

To Decrease Bust Measure.---Lay a fold extending from the center of the shoulder straight through the waist line on both back and front, the fold to take up one-fourth the entire amount the pattern is to be decreased.

To Lengthen Back and Front.---Cut through pattern about two inches above the waist line; separate the pieces enough to give the added length.

To Shorten Back and Front.---Lay a fold through the pattern two inches above the waist line to take up one-fourth the amount the pattern needs to be shortened.

To Alter the Skirt.---Apply the same principle as for the waist, remembering to make all alterations through the center of the pattern.



CUTTING AND FITTING

The cloth should be folded so as to permit of the most economical cutting. The width of the material and the size of the pattern will determine this. The chart and instructions for cutting will be of some assistance in folding the cloth and placing the pattern. Notice the marks on the pattern indicating the placing of patterns as to the grain of the material. The pattern may be pinned on the cloth or held in place by the use of small weights. Notice the seam allowance of the pattern and baste on this line for the fitting. In fitting a garment it is necessary to keep in mind the proper directions of the seam lines.

Where Seams Should Be.---The fundamental structural lines of a garment are produced by the seams. These are important since they determine largely the success of a garment. Unless the structural lines are good no amount of decoration can make the garment attractive. The placing of the seam lines may be modified slightly to improve the

proportions of the figure but they should be definite in direction and follow the structural lines of the body.

The Neck Line of a Garment is important and should be in harmony with the shape of the face and chin, the length of the throat and the general proportions of the body. The rolled collars that fit up on the back are more becoming to the long, thin neck and face. Flat collars, especially those that carry the line of the neck opening of the dress down the front in a long slender line, are becoming to the short, thick neck and full face. The shape of the chin must be considered in designing the neck line or collar of a dress. The "V" shaped neck line accentuates the sharpness of the pointed chin just as the square neck or collar makes the square jaw look even more square.

The Shoulder Seam should run straight from the neck along the top of the shoulder. It may be placed a little back of the top of the shoulder if the shoulders are stooped. It should be long enough so that the sleeve would not be brought up on the shoulder and short enough so as not to go beyond the shoulder tip.

The Armhole is the hardest line of the garment to get right. It is determined partly by the length and position of the shoulder seam. The armhole should have its highest point at the small bone that marks the tip of the shoulder. The waist and sleeve should join in a smooth curve that keeps the joining inconspicuous. A pattern should be selected that has a good armhole. In making alterations it is advisable to avoid changes in the armhole if possible. When changes are made in the armhole, similar changes in the sleeve may be necessary.

The Underarm Seam in the one-piece dress should go straight from the armhole to the waist line.

The Waistline Seam is usually determined by fashion. Regardless of whether fashion dictates that the waistline be raised, lowered, or at the normal waistline, it should be modified to suit the individual figure. The waistline forms a horizontal line and should not be placed so as to divide the garment in two equal divisions.

The Length of the Skirt should be determined by the height and weight of the individual. The length from the waistline to the bottom of the skirt may be thought of as one division of the human figure and this length should be considered in relation to other divisions of the body and to the entire figure. Very short skirts make short people

look shorter because of the shortness of the line from waistline to bottom of skirt. The extremely short skirt also makes the tall, thin girl look taller because of the distance from bottom of skirt to floor. It also calls attention to the feet. Extremely short skirts should be avoided by the very short, the very tall and by those having ugly feet and ankles and bowlegs. The very long skirts make short people look taller. They should be used very carefully by both the tall and the heavy. The long skirt on the tall person creates an ugly proportion between the length of waist and skirt, the length of waist appearing too short. The long skirt makes the stout person look older and heavier. When the skirt is supposed to have an even hem line it should be an even distance from the floor all around. The irregular hem with draperies having a vertical line makes the wearer appear taller. The skirt that flares at the bottom tends to increase size and as a rule is graceful. The hobble skirt that is narrow at the bottom increases the apparent size of the hips and impedes movement. Narrow panels make the figure appear more slender by carrying the eye up and down, wide panels increase width.

