

COOPERATIVE EXTENSION WORK
IN
AGRICULTURE AND HOME ECONOMICS
STATE OF OKLAHOMA

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OKLAHOMA AGRICULTURAL AND
MECHANICAL COLLEGE AND
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AGRICULTURE, COOPERATING

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COUNTY AGENT WORK

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SEWING CLUB
FIRST YEAR

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District Agent



SEWING CLUB—FIRST YEAR

Part of the following material is taken from Sewing Club Bulletin, A. and M. Extension Division.

A sewing club course has been arranged so that the girl who completes the four parts should be able to make any garment needed for her own wardrobe. Of course the first year's work is the making of simple articles and garments, but the course gradually takes up more advanced sewing.

Read all directions carefully and see that you fully understand them. Do your work as carefully, as neatly, and as quickly as possible and then be ready to apply what you have learned to other sewing problems.

The purposes of the sewing club are:

1. To train you in the art of making simple but artistic garments.
2. To teach you economy in dress through choice of material and care of clothing.
3. To teach the value of time in sewing by keeping records.

To join the first year club there are no requirements except that you must be at least 12 years old. A part of the work is to keep in the record book an accurate record of the kinds, amounts, and costs of materials used and time given for the work. Your home demonstration agent will grade all your work as well as the story which you will write at the end of each year's work.

GRADING

Article:

Accuracy and uniformity of stitches	25%
Neatness	25%
Suitability of material used	10%
Story	20%
Record	20%
	100%

All club members who make a grade of 65% or above will be permitted to take up the second year's work.

WORKING MATERIALS

1. A sewing bag or a work box.
2. Needles—number 5 to 10, sharps.
3. Darning needle.
4. Pins—sharp pointed so that the material will in no way be injured.
5. Pin cushion (small).
6. Scissors—try to have a pair six to eight inches in length, sharp to the point.
7. Thimble (not brass).
8. Tape measure—those with numbers beginning at both ends are most convenient.
9. A small note book and a short pencil.

FIRST YEAR

Make:

Sewing bag
 Dish towel
 Holder
 Nightgown
 Simple cooking apron
 Stocking darn
 Set-on patch

Exhibit:

Sewing bag
 Dish towel
 Holder

Suggested Christmas presents: Towel, dress or scarf, laundry bag.

SEWING BAG



Material.—Gingham, percale, chambray, denim, cretonne or other washable fabric.

Amount of Material.—The desired size of the bag determines the amount required. Sewing bags may vary in width from 12 inches to 18 inches. If you want a bag 12 inches wide you should use a piece of material about 13 inches by at least 26 inches. If you want it 16 inches wide your fabric should be 17 inches by at least 34 inches. The general rule is to have the material at least twice as long as it is wide. For the amount of cord, tape or crocheted cord for draw strings, it requires about six times the width of bag.

Cutting.—Straighten edges of material by drawing thread.

Making.—Place the two narrow ends together with right side turned in. Place corners exactly together and measure down from corners 4 inches and mark. Put a pin at each 4-inch mark to hold in place.

We will join the two sides with what is called a plain seam. First, baste by beginning at folded end and make one-half inch stitches about one-fourth inch from edge. Fasten by taking one or two basting stitches over each other. Remove pins when basted. These seams should be back stitched, by taking one running stitch then placing the needle back over the space to the end of the running stitch and bringing it out the same distance in front of the thread. Back stitching should look like machine stitching and should be used where much strength is required. Begin back stitching at double fold and continue to the 4-inch mark. Then leave space $\frac{3}{4}$ inch without stitching, (to allow for drawing strings) and from there continue stitching to the ends.

Crease down $\frac{1}{4}$ inch to wrong side around top. Then bring this crease down to the 4-inch mark and baste. Use the hemming stitch to fasten this hem down. It is a small slanting stitch catching one or two threads in the crease and also in the material beneath. Next mark a line $\frac{3}{4}$ inch above this edge of hem and sew along this line with running stitches, thus making the casing through which to run the draw strings. Overcast the raw edges of the seams to keep them from raveling.

Cut cord or tape into two equal lengths and run one string in from each side

of the bag, allowing the two loose ends of each string to come out at opposite sides. Tie ends of drawstrings together, remove bastings, press and turn right side out.

For decorative stitches you may use outline stitch over some simple design. (the club emblem for instance), or use cross stitch. Tack each lower corner to a point half way up the side seam and finish with a decorative button.

DISH TOWEL

Material.—Flour sack (full size, 48 lb. sack), 30x30 inches finished.

Cutting.—Straighten edges by drawing thread near edge and cut on that line.

Making.—Crease upwards a $\frac{1}{4}$ inch edge then turn over another $\frac{1}{4}$ inch to make hem around towel. Baste hem in place then hem with hemming stitch.

To fasten the thread when beginning the hemming stitch, slip the needle through the folded edge of the hem and take a small stitch on the edge. Tuck the end of the thread under the hem.

Hold the hem over the first finger of the left hand with the folded edge of the hem and the bulk of the material towards the right hand and dropping into the lap; the second finger of the left hand is slipped over the outside of the cloth and holds the material which is being hemmed in position.

Take up a few threads of the muslin and pass the needle through the folded edge of the hem, slanting the needle slightly to the left shoulder. Next, set the needle into the muslin opposite the thread in the folded edge, take up a few threads of the muslin and pass the needle through the folded edge, thus forming the second stitch.

Proceed across the hem, keeping the slant of the stitch and the distance between the stitches uniform. Make the stitches as small as possible. No knots are used. To end the thread, take two or three very small stitches in the same place. To start a new thread, slip the needle through the folded edge of the hem, and back about two stitches. With the point of the needle tuck the end of the thread in between the hem and proceed with the hemming.

A simple design may be stamped and embroidered in outline stitch in one corner of dish towel in red.

Remove bastings and press.

KITCHEN HOLDER

Materials:

1. Two pieces of material 7 inches square. White material (flour sack or muslin, bleached or unbleached) is best for cooking holders, but for use about the stove a dark gingham is preferable.

2. Two pieces of light colored outing flannel $6\frac{1}{2}$ inches square for lining.

3. A small bone, brass or crocheted ring, or loop of tape for hanging.

Making.—Measure and cut two 7-inch squares for the cover and the $6\frac{1}{2}$ -inch squares of outing for the lining.

Lay one piece for the cover on the table. Place the two linings on this piece. Pin together and turn the edges of the cover over the lining and baste. Place the other cover over the lining and pin in several places. Turn the edges in the same width as the other side and baste the two edges together, overlapping the corners in such a way that no raw edges show.

Finish by overhanding and with the blanket stitch in a color.

Blanket Stitch: The blanket stitch is worked from left to right and is distinguished from the buttonhole stitch in that the buttonhole edge has a purl and the edge of the blanket stitch has a loop.

Begin at the left and fasten the thread by taking two or three running stitches downward toward the edge. The edge of the article is held toward you. Insert the needle in the material above the edge, the desired depth for the stitch, holding the thread in position with the thumb of the left hand and bringing the needle over the yarn, forming a loop. Repeat the stitch at regular intervals until the corner

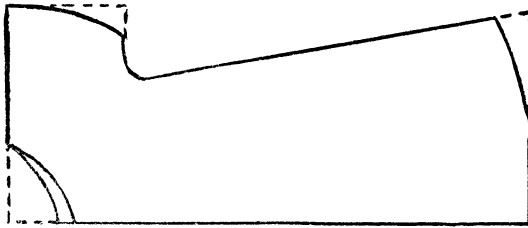
along the next edge is at right angles with the edge. The stitch may be varied by making the stitches of different lengths.

Overhanding Stitch.—Hold the seam between the thumb and first finger of the left hand and parallel to the first finger. Insert the needle at right angles to the edge of the material being overhanded, and take up a few threads on each side of the seam. Fasten the threads by taking two or three stitches in the same place. The needle points directly toward you if the seam is held parallel to the chest. Take the stitches very close together but not too deep, or it will make a ridge.

With a running stitch (-----) in color, fasten the layers together with the four leaf clover design. (Club emblem made larger).

KIMONA NIGHT GOWN

Materials.—Longcloth, unbleached muslin, nainsook of good quality, or outing flannel. The outing is used only for winter and should have long sleeves and high neck. Use No. 70 thread. Heavy thread is to be used in decorative stitches.



Amount.—Twice the length from shoulder to desired length of gown, plus 4 inches to allow for a 2-inch hem.

Pattern.—Any good kimona night gown pattern.

Cutting.—Fold material lengthwise and place edge of pattern along fold and cut with a smooth, even edge.

Making.—Place back and front of gown together, right side out, pin in 3 places on each side and baste about $\frac{1}{4}$ inch from edge. Make these French seams with the sewing machine. Unless you already can sew a straight seam on the machine, practice in the following manner: With needle unthreaded run the foot pedal until it moves smoothly, not by jerks. Then with needle still unthreaded, place cloth under machine foot and let foot down. Then practice starting and stopping machine until you can always start forward, and make a straight line with the unthreaded needle. When you can do this it is time to thread the needle and practice making seams.

Make French seams in your night gown. A French seam is a seam within a seam. After seams are basted stitch $\frac{1}{8}$ inch from edge, turn gown wrong side out, crease and baste on line of stitching, then stitch again not farther than $\frac{1}{4}$ inch from edge.

Cut bias facing one inch wide to put around neck and sleeves. Baste facing first to right side of gown. Stitch $\frac{1}{4}$ inch from edge. Turn over onto wrong side. Crease and baste on line of stitching. Then turn in $\frac{1}{4}$ inch at other edge of facing, and baste down.

A decorative stitch for the purpose of trimming and to hold this facing into place, such as a brier or feather stitch, or a row of French knots, makes a pretty trimming. White embroidery thread is preferable to colored, but if you wish to use colored thread be sure to choose a very soft shade of some color that will not fade when washed.

Make a two-inch hem around lower edge and stitch with machine. Your gown may be trimmed with narrow lace if you wish. Sew it on with the overhanding stitch.

SIMPLE COOKING APRON

Your home demonstration agent will explain this problem to you and give you the pattern she wishes you to use. It may be a very simple little apron, made from toweling, unbleached muslin or gingham. It may be either tied or fastened with snappers, or if you already know how to make buttonholes you may put them on this apron. Perhaps it will seem advisable to use the club apron pattern for second year sewing and leave off pockets and use snappers instead of buttons. This apron could be used as a uniform apron for club cooking for the girls who have not had the second year sewing. Make the cap the same as second year cap, only you need not embroider it.

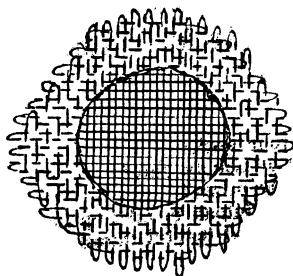
STOCKING DARNING

"A stitch in time saves nine" is truly quoted when we think of repairing stockings. Every girl old enough to join a club should know how to care for her own stockings.

Materials:

1. A worn stocking.
2. Darning cotton to match, both in color and size of thread in stocking.
3. A long-eyed, slender needle.
4. A darning tool with a smooth hard surface.

Preparation of Material.—Turn stocking right side out, place darning tool inside under hole and keep in place with left hand. Trim off all ragged edges. With small running stitches sew around edge of hole as close as possible, then draw hole a little smaller if you can without puckering the edges.



A STOCKING DARN

Start about $\frac{1}{2}$ inch from one side of the hole, taking running stitches the same direction as the ribs in the stocking. Let the running stitches extend about $\frac{1}{2}$ inch beyond the edge of the hole and at each turn to go back the opposite direction, leave a small loop of thread so that the darning thread will not shrink when washed. When the hole is filled in with thread running in one direction, start putting thread across at right angles to the first ones. When the hole is reached use weaving stitch, going under one thread and over the next, etc. You should be as proud of a neat darn in your stocking as you would of some embroidery.

HEMMED OR SET-ON PATCH

When a hole is torn or worn in an apron or in underwear, it should be mended with a hemmed patch.

Materials:

1. A worn apron or piece of underwear.
2. A shrunken piece of material like garment.
3. No. 60 thread.

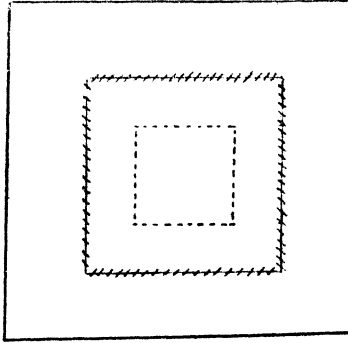
HEMMED PATCH

Repairing Garment.—Cut away the worn part on a thread of the material, making a square hole.

Slash each corner in about $\frac{1}{4}$ inch and turn down and crease a $\frac{1}{4}$ inch edge all around hole.

The patch should be large enough so that it will extend at least $\frac{1}{2}$ inch beyond the edges of the hole, after the edge has been turned in. Place it back of the hole with the right side showing through, and match the pattern of the material.

Baste around the edge of the hole where it was turned under, then hem the edge down to the patch.



Turn to the wrong side of the patch and crease down $\frac{1}{4}$ inch all around the edge of the patch. Baste and hem down to the wrong side of the garment, then press the patched part.

CHRISTMAS PRESENTS

Suggested Articles.—Dresser scarf or towel or laundry bag decorated with hem-stitching, cross-stitch, chain stitch, blanket stitch, feather stitch, tatting or crocheting.

Note.—All articles should be made of durable, washable material and should be simply trimmed, if at all. The color of the trimming should be the same as that of the article trimmed, or should harmonize with it.

OUTLINE FOR STORY OF THE YEAR'S WORK

1. Name the articles made.
2. Name stitches used.
3. Name material used.
4. Who helped you in your work?
5. What did you exhibit at County Fair?
 - a. Did you receive any prizes?
6. What club work do you intend to take up next year?
7. What do you think the most helpful things you have learned from this year's work?