

# SEWING FOR BEGINNERS



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COLORADO AGRICULTURAL COLLEGE  
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# SEWING FOR BEGINNERS

BY BLANCHE E. HYDE

Leader and club members are requested to read the mimeographed sheet enclosed with bulletin 230-A, Girls Clubs, Their Organization and Plans of Work. Decide first whether you belong in Group A or Group B, according to Mimeographed Sheet.

**The problems for first-year work are as follows:**

Hand-made Holder	Dress of Wash Material
Tam	Keeping of Record
Collar	Laundering of two articles:
Bloomers	Napkin or hand towel,
	Pillow slip.

## **General Equipment Required**

A thimble which fits the third finger of your right hand, and which is to be worn during all sewing.

A pair of scissors which are sharp and have good points. Scissors about 6 or 7 inches long are good.

A tape measure, preferably one not in a spring roll. One 60 inches long, and made of double cloth stitched across the ends, will be satisfactory. This should be kept neatly rolled.

A paper of good pins, about number 5.

Two papers of needles, one number 7 sharps, and one assorted 5-10 sharps.

White thread, numbers 50, 60, 70.

Other supplies as needed for the different projects.

## **Measure**

It is a good plan for each girl to make a measure similar to the illustration. Use thin cardboard and mark on the measure the different measurements as you find it necessary to use them.

## **Following Directions**

In order that the work may be kept somewhat uniform and thus provide a basis for comparison in judging, the directions given for each problem should be followed carefully. Articles and garments which are not made according to directions cannot count for club credit.

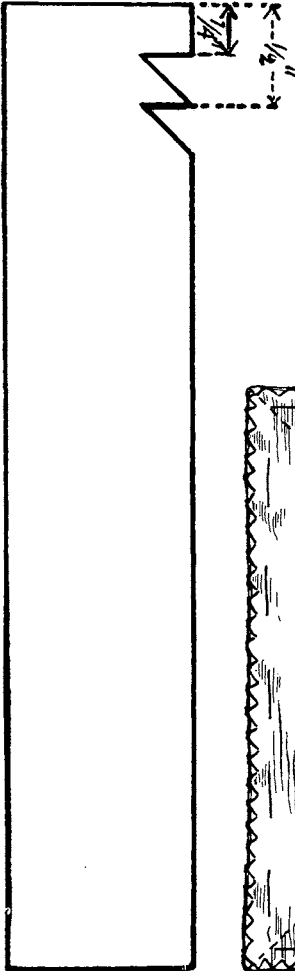
## **Patterns**

In garments where patterns are required, since it is often difficult to procure the particular make of pattern and the desired size

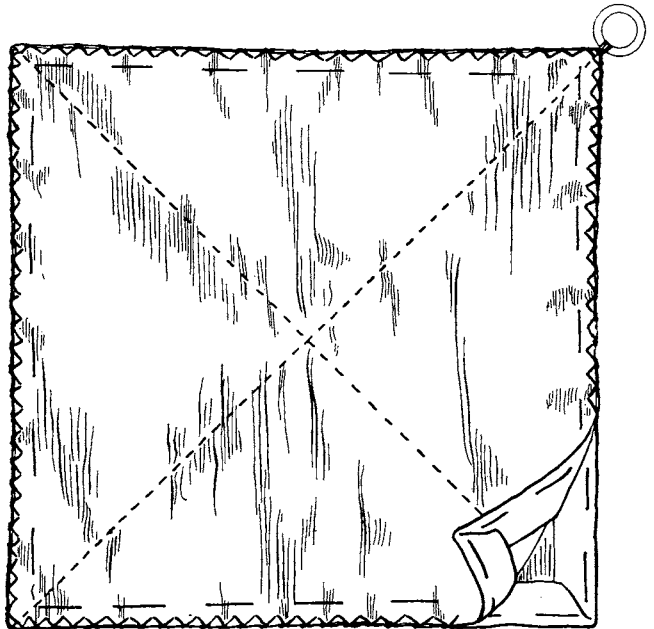
without sending away for it, the shapes of the different pattern sections are shown so that if you happen to have a similar pattern you can use it.

In placing the pattern sections on the material there are several terms to remember, as "selvedge," "lengthwise fold," and "straight lengthwise." The selvedge is the finished edge on each side of the cloth. A lengthwise fold is a fold parallel or even with the selvedge. It is generally made by folding the cloth with the two selvedge edges together, or it may be made by folding one selvedge edge over, an even number of inches.

The term "straight lengthwise" means even with the selvedge, or even with a lengthwise fold. It is used in pattern directions which frequently say that a certain part of the pattern is to be placed straight



Method of  
Making Measure



Hand-Made Holder

lengthwise of the goods. This does not mean on a fold but that the cloth shall be opened out flat.

### Hand-made Holder

**Materials Required.**—Two 7-inch squares of plain gingham or suiting, or a check or plaid may be used if desired. If a plaid is used plan the holder according to the design of the plaid. One 7-inch square of outing flannel, cut by a thread of the material is necessary as an interlining. An old flannel nightdress or worn-out article of knitted underwear can be utilized very satisfactorily.

Thread, about number 50, of white or a color to harmonize with the material is about right. A colored embroidery cotton will give quite a decorative effect if used for overcasting.

One white celluloid ring about one-half inch in diameter is needed by which to hang the finished article.

**Making.**—Place one square of gingham over the square of interlining material, and baste diagonally from corner to corner with an even basting stitch. The squares may be creased lightly as a guide for the basting. Fold over all edges one-half inch and baste. Fold over the edges of the remaining square of gingham one-half inch and baste. Pin the square edges together, with the edges even, and baste around the edges. Sew diagonally from corner to corner with a running stitch, following the lines of basting which hold the interlining to the first square of gingham. Take care that the line of running stitches is straight and that the stitches are uniform in size.

Finish the edges with double overcasting, working around the holder first from right to left and then from left to right. On account of the edges being folded instead of raw, it will not be necessary to take the overcasting stitches in as deep as in finishing the raw edge of a seam. Sew the ring onto one corner of the holder with over-and-over stitches and fasten the thread neatly.

### Instruction on the Sewing Machine

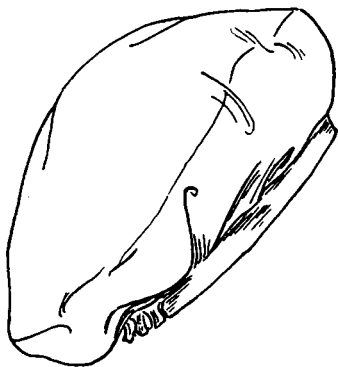
No finished article is required for this practice work, but it is desired that both the leader and girls study the material on sewing machines given in *The Sewing Handbook*. Practice stitching several rows at an even distance from each other, using the foot of the machine, the gauge or the quilter as guides. Also practice stitching at an even distance from an edge, so that you will be able to stitch a seam straight.

### Tam

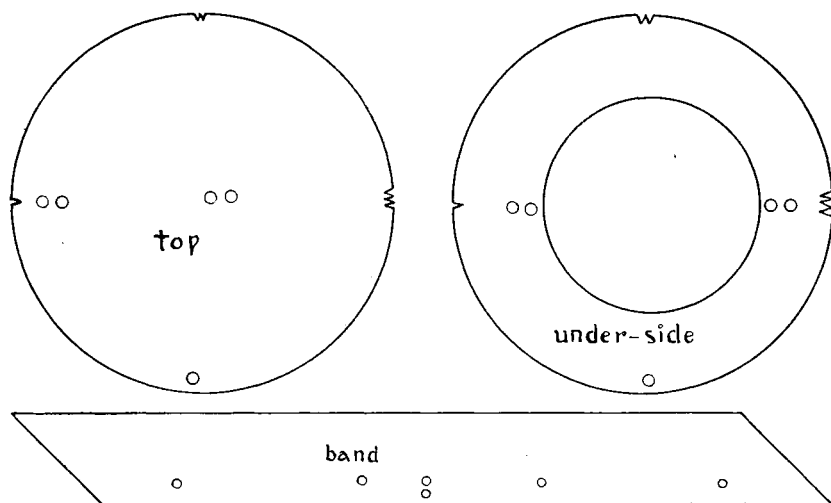
This new problem is one which will interest girls of all ages. The pattern selected is one which is simple in construction, and attractive when worn.

**Materials.**—The material for the tam may be any wool or cotton

which does not wrinkle easily and which is of sufficient body to hold its shape. If desired to use a thinner material to match some dress, the entire tam may be lined with unbleached sheeting or domestic



Tam and Diagram of Sections



of a close weave. The tam requires  $\frac{1}{2}$  yard of material 27 inches wide, or two tams can be cut from  $\frac{1}{2}$  yard of 54-inch material. Six inches of elastic about  $\frac{3}{8}$  of an inch wide is also required.

**Placing the Pattern.**—Open out the material (do not cut with the goods folded). Place the pattern on the material with the rows of single perforations straight lengthwise of the goods. Be careful and make the notches small.

**Making.**—Baste the under section or “doughnut-shaped” piece to the round section with the notches matched. Stitch around the edge

in a neat seam of an even width. Remove the basting and press this seam open. You will find it necessary to use the point of the iron only. Then with the seam on the inside, baste around the edge with the seam line right on the edge of the fold. Unless the seam has been pressed open first it will be difficult to baste it so that the seam line comes right on the edge. Allow this last basting to remain in until the tam is completed. In making the band to fit around the head it is an excellent plan to line it with a piece of sheeting or domestic cut on the same way of the cloth. This lining should be about 6 inches shorter than the outside. Join the ends of the outside band and press the seams open. Fold the lining double along with its length, and baste to one edge of the outside band, allowing the space between the ends of the lining to come in the center back. Join the three raw edges of the band and lining to the head size of the tam, gathering in the extra fullness of the band in the back between the notches. Sew the ends of the elastic to the ends of the lining, then fold over one-half the width of the band, turning under three-eighths of an inch, and baste carefully. Hem by hand.

The little tab at the top is made by turning in the long edges of a strip of cloth, and stitching by machine close to the folded edges, and across each end which has been left raw. Overhand one end of this to the top center of the tam. Now put it on and look at yourself in the glass!

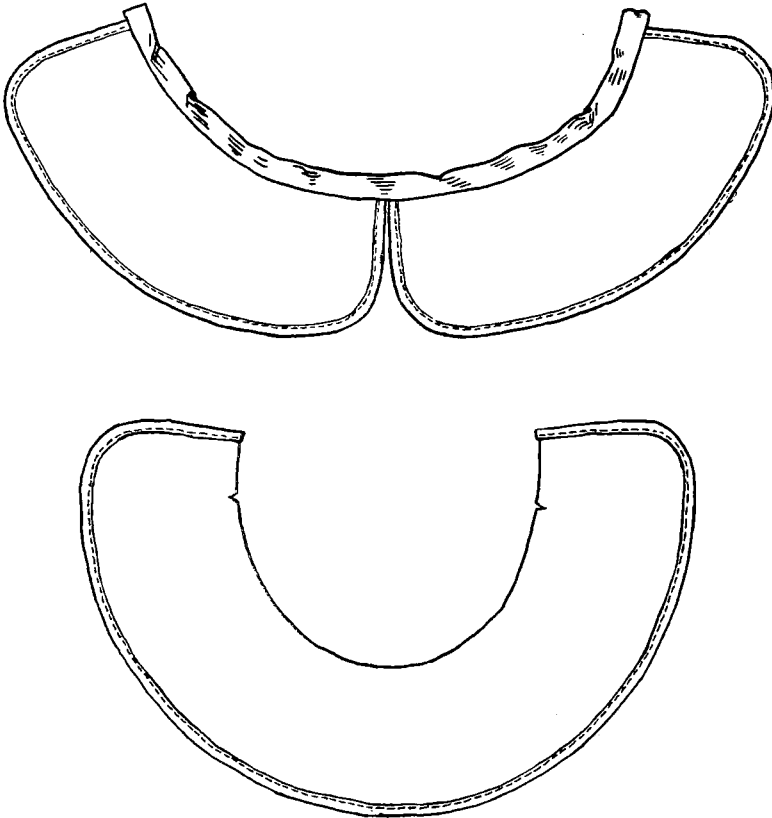
### Practice Work with Bias Tape

No finished work is required for this. One piece of bias tape, or odds and ends of pieces should answer for the entire club. Fold the tape about in the center lengthwise, with one folded edge extending a thread or two in width beyond the other edge. Press lightly. While it is not generally advisable to baste bias tape, but instead to hold it in position over an edge, or to use the binder attachment on the sewing machine, we suggest that in the first-year club work the girls baste the tape on and then stitch carefully close to the edge. If the tape is basted with the wider edge underneath, there should be no trouble about the machine stitching catching both edges. Practice stitching the tape on both straight and curved edges and on square and round corners.

### Collar

The purpose of the collar in the first-year problems is to provide a finished article for the use of bias tape, and also to repeat the making and joining of a straight band to an article. The collar may be made in one or two sections; that is, if the collar is in two sections, separated in the back, they are joined by means of a single straight band. The illustrations show both types of collars.

**Material.**—It is quite necessary for the successful use of the bias tape on these collar sections that the collar material be one that is quite closely woven and has enough body so that it will not stretch or fray out when basting on the bias tape.



Collars finished with bias tape

**Making.**—Baste the tape carefully around the edge and stitch very neatly. Then join the straight band to the neck of the collar, stitching by machine. Fold the neckband in halves lengthwise, turning under the edge three-eighths of an inch and stitch by machine along this folded edge and across the ends. This collar may be worn with any type of dress which is finished with a high neck without a collar.

### Bloomers

These garments have so largely done away with the wearing of drawers that they have become a definite part of the wardrobe for all younger girls.

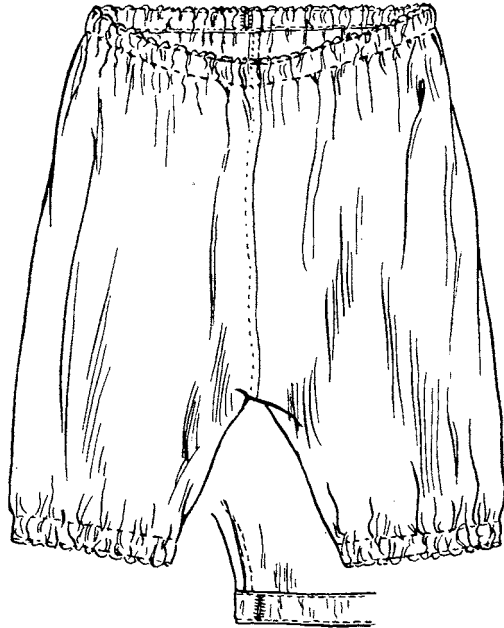
There are several distinct types of bloomers:

1. The slightly full, used for general wear.
2. Those cut circular with no fullness about the hips.
3. The pleated or gymnasium type of bloomers used for athletics and hiking.

**Materials.**—The materials used for bloomers differ according to the locality, life and climatic conditions. The materials listed for underwear may be used, or the bloomers may be made of material to match the dress. Satine in a dark color may be used, and occasionally wool is used. In fact almost any material not too stiff can be utilized for bloomers. It is suggested that material for bloomers and dress be the same. Thread to match and half-inch elastic for waist and legs will also be needed.

**Making.** — Place the pattern on the material with the lines of single perforations straight lengthwise of the goods. Join the front and back seams first and finish with a flat fell. The sewing of the seams should be done by machine, but if the club is large, and only one sewing machine is available, the second sewing of the flat-felled seam may be done by hand (See Sewing Handbook).

Finish the leg seams in a French seam. If only one machine is available the first sewing of the French seam may be done



Bloomers

by hand, and the second by machine. Finish the bloomers at the waist and legs with casings finished about three-fourths of an inch wide, and thru which half-inch elastic is run. The casing is to be held by machine-stitching at the turned-in edge and by another row close to the outside fold, which will help to prevent the elastic from twisting. Make slits in the casing at the sides of the waist and legs and finish these slits with the blanket stitch with the stitches close together (See Sewing Handbook). The elastic can then be inserted easily.



### Dresses

If you have decided which group you wish to be classed with in your club, A or B, the time has now come for a division in work. The dress chosen for Group A is a simple kimono type. There are two choices allowed for Group B. The dresses for Group B are, from a standpoint of work involved, slightly in advance of those chosen for Group A. The dresses in both groups have been selected on account of their simplicity. It is desired that the dresses be the work of the club girls themselves without too much help from the leader, and it is believed that the types of dresses selected are such that the girls can make them without an undue amount of assistance from the leader. If the dress is to be exhibited and if the girl desires it to count in her club work, it must be made according to the directions which follow for either Group A or Group B.

**Materials.**—Gingham, suiting, or print, fairly close in weave and guaranteed fast in color are suggested as materials for both A and B dresses. Bias tape of the same or a contrasting color, or of white is to be used as a finish and will also serve as a decoration. Thread to match the material and the bias tape.

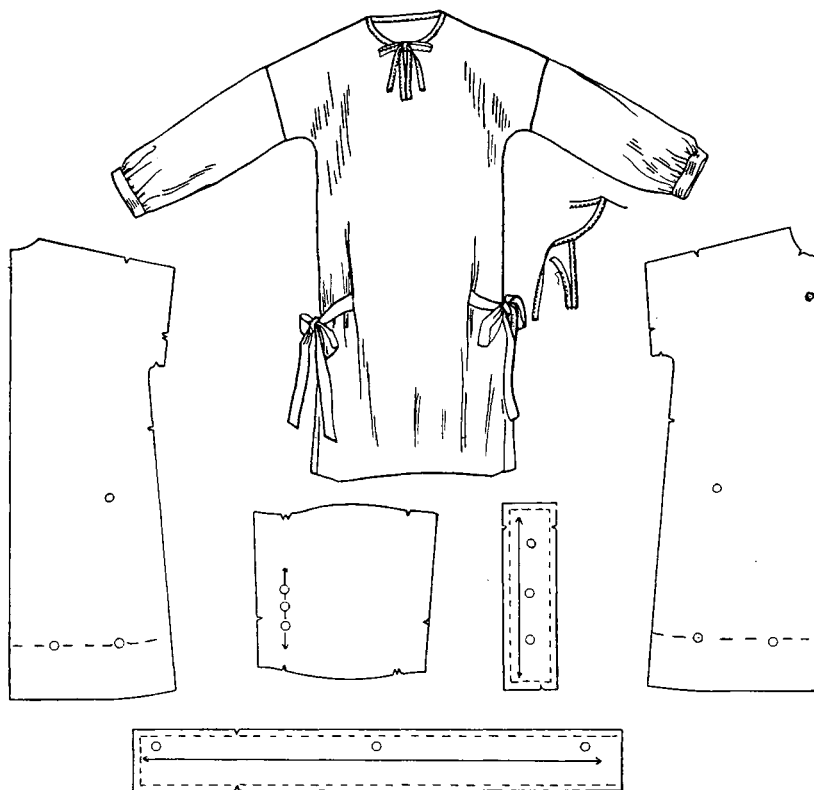
### Group A Dress

In placing the pattern sections on the material, be sure to remember the meaning of lengthwise fold, and straight lengthwise of the material. Place the straight edges of the front and back sections on lengthwise folds of the cloth, and the sleeves and cuff or wristband section with the line of single perforations straight lengthwise of the material. Pin carefully to position, then cut with sharp scissors to leave a good clean edge. Make very tiny notches.

**Basting.**—Remove the pins from the front and back sections first, then baste at the shoulder and underarm seams. Baste the underarm seam on the right side as it is to be a French seam. The shoulder seam is to be finished with a flat fell. Look in the index in your Sewing Handbook for "French seam" and "flat fell," and then find the pictures of them and read the directions for making them. Before trying on, slash the dress down in the center front on the lengthwise fold as far as the single perforation. Try the dress on before finishing the seams and note whether it fits correctly. If so, finish the shoulder seam with a flat fell, and then remove the basting from the underarm seam because the sleeve is to be joined to the armseye before the underarm seam is finished. This is to be joined with a flat fell also. The flat-felled seams should not be more than one-quarter inch in width. While the flat-felled seams should be stitched by machine, if

only one sewing machine is available the second may be done by hand.

Now baste the underarm and sleeve seams, on the right side and finish with a French seam. If necessary, the first sewing may be



Group A Dress

done by hand and the second by machine. The next step is the putting on of the straight band-cuff. Gather the edge of the sleeve (see Sewing Handbook for gathering), then join the ends of the cuff and press the seam open. Baste to the lower edge of the sleeve, with the seam of the band at the sleeve seam, drawing up the gathers and spreading them evenly. Stitch and then hem the other edge of the band over the seam. Baste the hem at the lower edge, following the directions given in the Sewing Handbook. Do not have this hem

more than 3 inches in width when it is finished. Next, finish the opening in the center front of the neck with bias tape. To do this successfully, at the lower edge of the slash, cut a small triangle ▽ like this. Then fold this triangle underneath and bind the edges of the slash allowing the ends of the bias tape to extend underneath at the bottom. In stitching on the bias tape at this opening, stitch across the little fold of the triangle at the bottom of the slash. Finish the neck edge with tape allowing it to extend about one quarter yard beyond the front edges at each side of the opening and stitching clear to the ends of the tape. These will serve as ties.

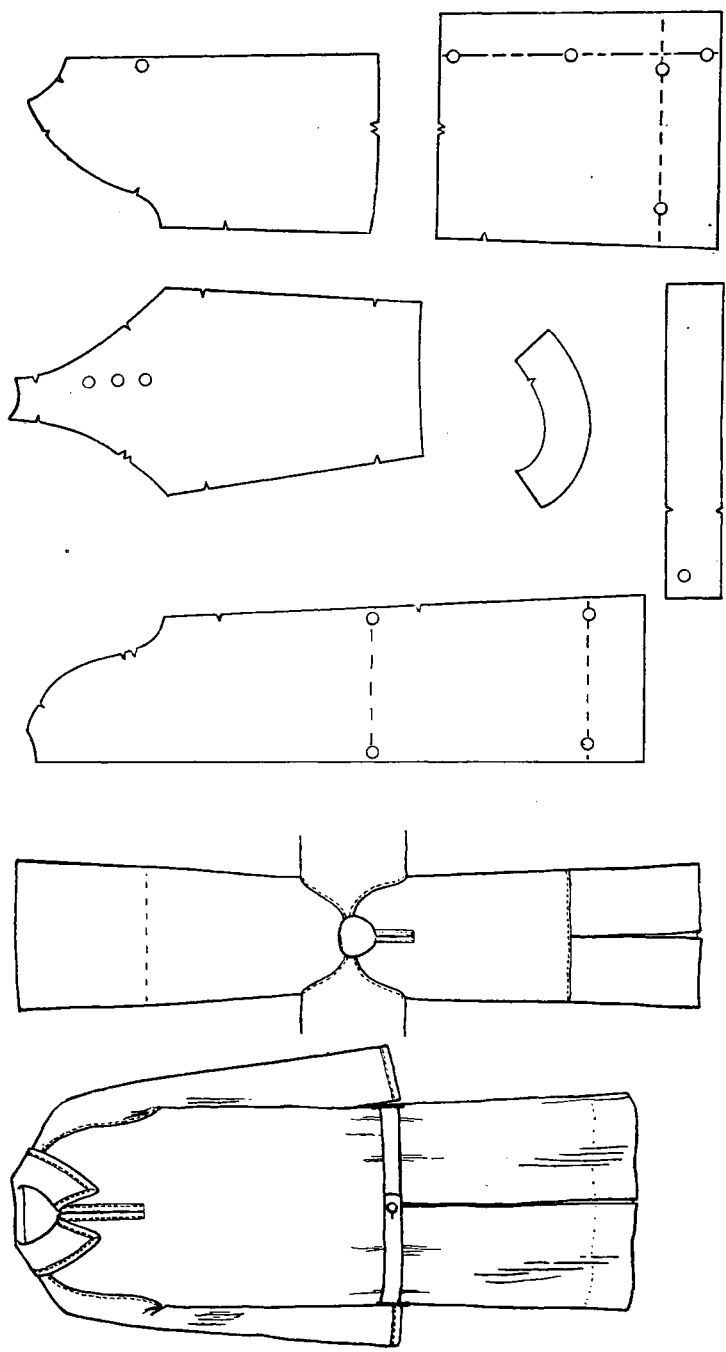
The belt ties at each side are to be stitched and turned. If the material of your dress is a print, with a right and wrong side, take care that you make the seams on the wrong side so that the ties will be right side out when turned. It is a good plan to press this seam open before turning just as you did on the tam. After turning, baste, so that the seam line will come on one edge. Turn in both ends of each tie and overhand (See Sewing Handbook). Then press and overhand to the dress at a good position over the hips on each side of the underarm seam.

### Group B Dresses

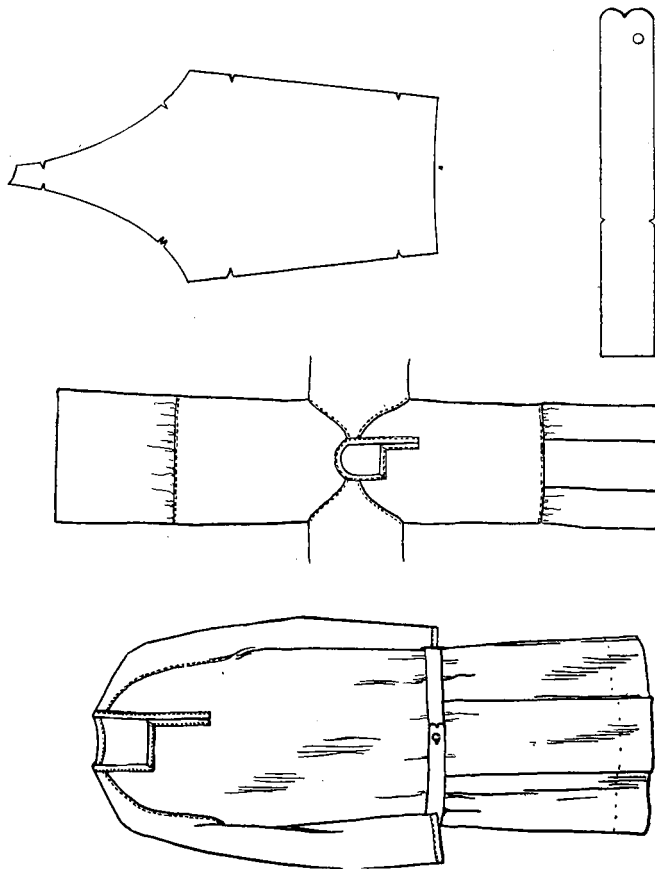
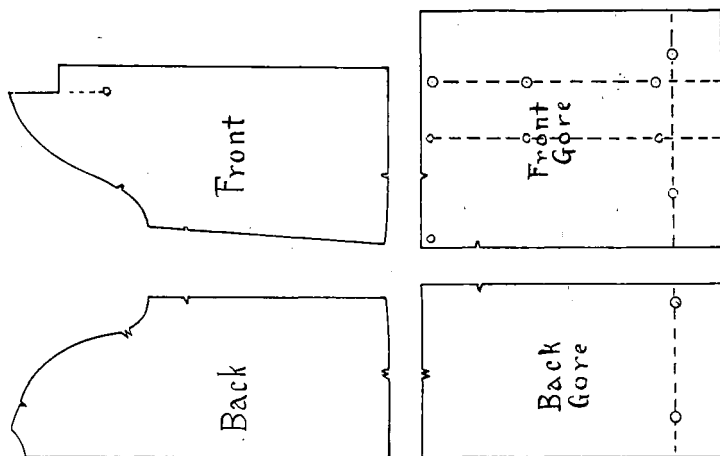
These dresses are shown in the illustration as 1, and 2.

**Number 1.**—Place the straight un-notched edges of the back, and upper and lower fronts on lengthwise folds of the material, and the sleeves with the line of large single perforations straight lengthwise of the material. The center-back of the collar, and one end of the belt may be placed on either a lengthwise or a crosswise fold. The collar is to be made single. In removing the pattern from the material remove the front sections first. If the material is plain, run a white basting thread on the edge of the lengthwise fold of both upper and lower fronts. Then fold a pleat at each side of the center front and bring it over to the center front even with the line of basting. Baste flat. Next, join the upper and lower fronts, in a seam on the wrong side. Overcast the seam, then fold the seam up against the upper part of the garment and baste, stitching on the right side close to the seam line. The next step is the joining of the two sleeves to the front and back section. Baste them to the fronts first and then to the back, and then baste the underarm seam and try on the dress to see if alterations are needed.

Finish the shoulder seams on the front and back sections with a flat-felled seam. If necessary the second sewing of these seams may



Group B—Dress Number 1



Group B—Dress Number 2

be done by hand. When finished they should not be more than one-quarter inch wide. (See Sewing Handbook). Finish the under-arm and sleeve seams with a French seam.

The next step is to finish the opening at the center front of the neck with bias tape. For the slash refer to the directions given for finishing the neck opening of Group A dress. Finish the edge of the collar with bias tape, then apply to the neck of the dress with a bias facing of the material. (See Sewing Handbook). Finish the lower edge of the sleeves with bias tape. Follow the directions given with Group A dress for making the hem at the lower edge.

**Number 2.**—The directions given for dress number 1 will suffice in several details for dress number 2 and will accordingly be referred to. Place the pattern section on the material with the center-back and center fronts of both waist and skirt sections on lengthwise folds of the material, the sleeve with the line of large single perforations straight lengthwise, and the belt with one end on a lengthwise or crosswise fold. Mark the center-fronts and center-backs with a line of bastings. Remove the patterns from the upper and lower sections of the front first. Fold a pleat at each side away from the center front, according to the perforations, and baste flat. Join the lower sections of front and back to the upper sections according to the directions given for the front in number 1. Follow the directions given in number 1 for basting in the raglan sleeves and trying on the dress. Also follow the directions for finishing the shoulder seams on the front and back with a flat fell.

The underarm and sleeve seams are to be finished with a French seam. The square neck is to be finished with bias tape. Cut a small triangle at the bottom of the opening according to the directions given for Group A dress. Start the bias tape at the bottom of the slash, letting an end of the tape extend below the opening, then baste it entirely around the neck, turning the square corners neatly, and finish at the lower end of the slash. The lower edges of the sleeves are also to be finished with bias tape.

For the hem at the lower edge, follow the directions given with the Group A dress.

Fold and baste the belt, then stitch around the edges, leaving an open space about 3 inches in length on one long edge thru which to turn the belt. After turning, close this opening by slip-stitching (See Sewing Handbook). Baste around the edges and press.

Sew a snap-fastener at the neck and also sew small straps to hold the belt, at the desired position on the underarm seams.