



THIS SECTION OF CLOTHING INSTRUCTIONS AND INFORMATION WAS TAKEN FROM THE OLD "LEARNING TO SEW I & II" 4-H PROJECT MANUAL.

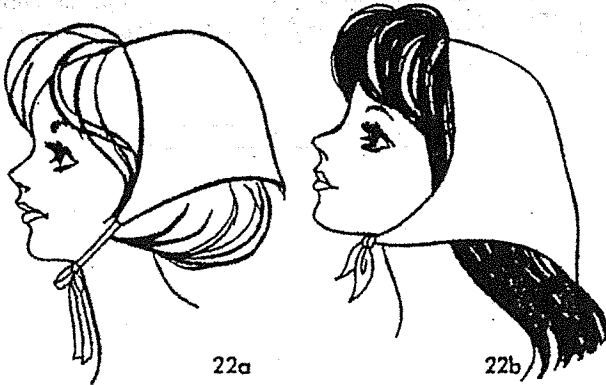
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PROJECTS

Each of the articles listed will give you practice in buying fabric, cutting an article without using a pattern, and sewing on the sewing machine. These articles are simply suggestions. Your project should be something you can use and enjoy. At this time, you won't be using a commercial pattern. That comes in Part II. To meet the project requirements, make two articles of clothing or costume accessories which give you experience in learning to cut fabric and sew with a sewing machine.

Scarves

A scarf is easy to make and nice to wear. The one you are going to make will be shaped like a triangle. If it is small, it will have two ties (22a). If you make a larger scarf, two corners can be tied under your chin (22b).



22a

22b

Think about the dress or skirt you plan to wear with your scarf before you buy the fabric. The scarf could match or blend with either. If you plan to make a skirt, how about buying extra fabric for a scarf?

Things you will need

Sewing box with equipment.

Thread to match or blend with color of fabric.

Ribbon or shoestring for ties if you make Style 1.

½ yard of 36", 45", or 48" fabric for Style 1.

¾ yard of 36", 45", or 48" fabric for Style 2.

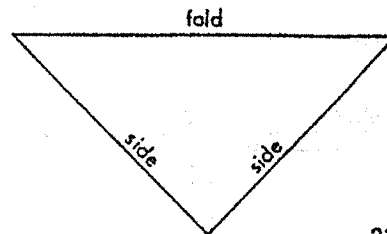
Note: More than one scarf for both styles can be made from fabric which is 45" or 48" in width.

How large do you want your scarf to be?

The size you make will depend on your fabric width, head size, and the style you wish the scarf to be.

After you have decided on the size, write the measurements in this space.

My scarf will be _____ inches square, then folded into a triangle (23).

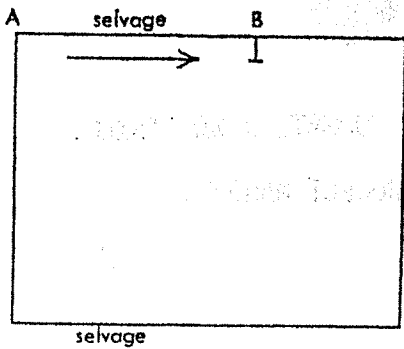


23

To cut your scarf

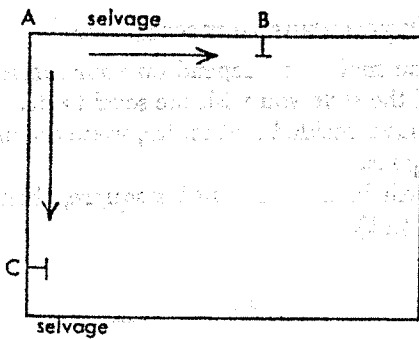
Begin measuring your fabric at the corner (A in the picture). Measure from A along the selvage edge to B. For the Style 1 scarf this can be 10 to 14 inches long. For Style 2, it can be 24 to 28 inches. (The size you make will depend on your head size and how large a scarf you like to wear.) Mark this spot, which determines the length of your scarf, with a pin (24).

You know that all four sides of a square are the same length, so you will want all four sides of your scarf to be the same length and grain straight. Measure along the end of the fabric from A to C. This will be the same distance as it is from A to B. Mark this spot with a pin (25). You now have two sides of your scarf.

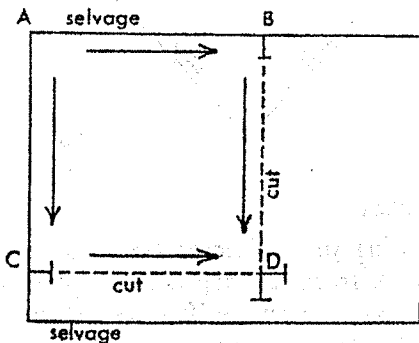


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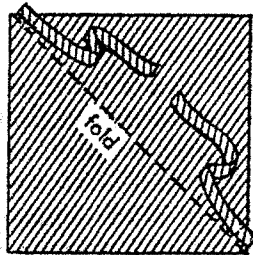
Now measure and mark the other two sides with pins or chalk. Measure from B to D and from C to D. Follow the grain of your fabric, both lengthwise and crosswise. Check to be sure that all four sides are equal in length. Cut along each line you have just made (26).



25



26

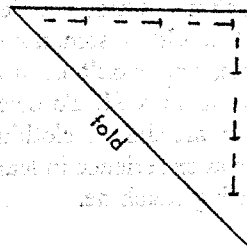


27

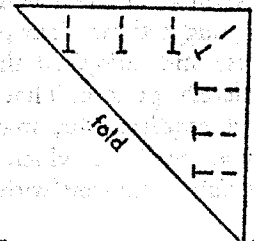
To make Style 1 scarf with ties

Lay the square piece of fabric on the table with the right side of the fabric facing you. Lay the ties at two corners as shown in the picture. Pin them in place. Stitch across the ends of the ties $\frac{1}{2}$ inch from the edges at the corners (27).

Fold the square piece of fabric with the ties inside so that it forms a triangle. The right sides of the fabric should be together. Match the edges exactly. Pin the pieces together as shown in either picture below (28a and 28b). Page 4 tells you how to pin if you need a review.

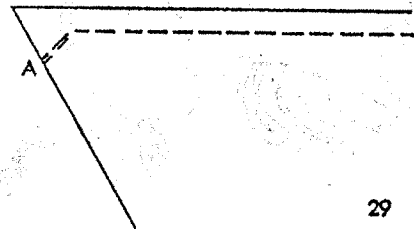


28a



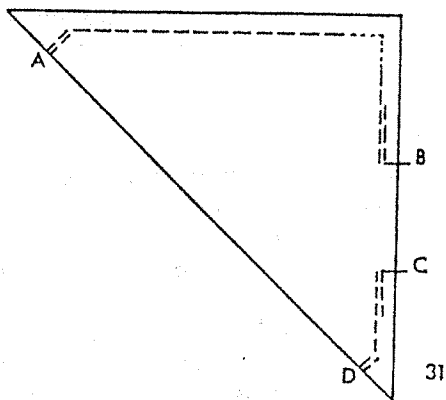
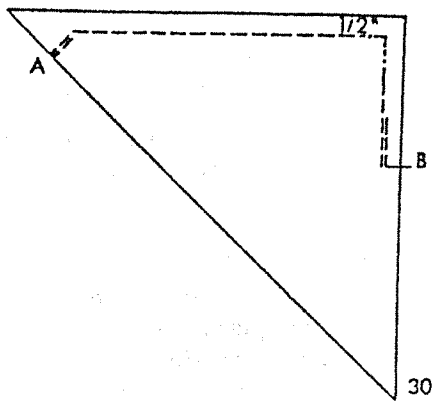
28b

You learned how to use a machine gauge or cloth guide on page 5. Set your guide for a $\frac{3}{8}$ inch seam allowance. Begin stitching in one corner. This is point A in the picture. Make a knot or backstitch to hold the thread firmly. See page 7. Stitch across the corner as shown (29). This stitching will hold the end of one of your ties in the seam.



29

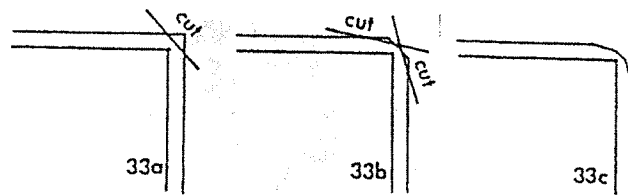
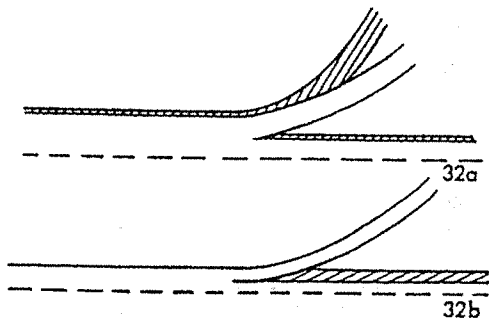
Stitch on the seam line from A to within $\frac{1}{2}$ inch of next corner. Ask your leader to help you shorten the stitches to about 15 per inch to strengthen the seam around the corner. Stitch to the corner. Leave the sewing machine needle in the fabric. Lift the presser foot. Turn the fabric. Lower the presser foot and stitch $\frac{1}{2}$ inch from this corner. Change the stitch length back to where it was and stitch to B as shown below (30). This seam should be about 10 inches long. Backstitch or make a knot.



You will need to leave a space of 3 inches between B and C so that you can turn the scarf right side out later.

Measure 3 inches along the seam and then begin stitching again at C. Remember to make a knot or backstitch so that the seam won't pull out. Now stitch from C to D. Go across the corner at D as you did at A to hold the other tie in place. Make a knot or backstitch (31).

Ask your leader to help you press the seam open. Trim one seam allowance to about 1/4 inch and the other to about 1/8 inch. This is called layering or grading a seam. It is done to keep the edges of the scarf from feeling thick and bulky. An easy way to do it is to cut off one half the seam allowance on both sides. You can cut them off together as shown in 32a. Cut one of the seam allowances in half again as shown in 32b.

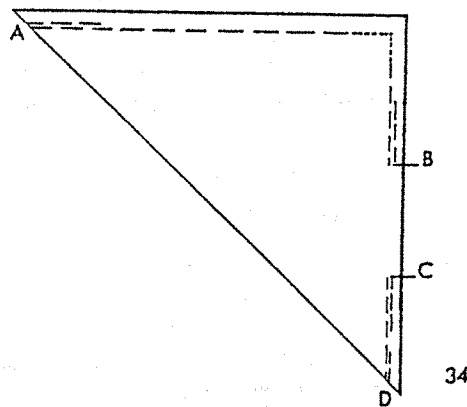


Trim off extra fabric at the corners as shown above (33a-c). Be careful not to cut too close to stitching.

Ask your leader to help you to turn the scarf right side out, press, and close the opening from B to C with blindstitching. The blindstitch is done by running your needle about 1/4 inch under the fold of the seam allowance on one side of the opening, then bringing the needle out and running it about 1/4 inch under the fold of the seam allowance on the other side of the opening. Continue with the blindstitch until the opening is closed. Fasten the thread with an inconspicuous knot.

To make Style 2 scarf

Style 2 scarf without ties is made much like Style 1, but it has to be bigger so that two corners can be tied under your chin. Follow all the directions for making the scarf with ties except for the section on page 11 where you are shown how to sew the ties in place. Begin stitching at A as shown (34). Finish stitching at D leaving a space between B and C. See page 11 before you begin sewing and follow the instructions.



A Pop-Over Blouse

A pop-over blouse is easy to make and is a nice addition to your wardrobe to wear tucked inside your skirt or over slacks and shorts. So, as you are making plans for your blouse, think about whether a plain or print fabric would go best with your skirts, slacks, or shorts, and about what color or combination of colors would fit in with what you already have.



Things you will need

- Sewing box with equipment.
- Thread — size 50 or 60 cotton mercerized thread or a core-spun thread to match the color of your fabric.
- Fabric for blouse — select a plain or print cotton that is a preshrunk or Sanforized fabric or a polyester and cotton blend.

How much fabric will you need for your blouse?

The amount of fabric you will need will depend on your size and how long you want your finished blouse. The following are approximate yardages for four different sizes:

- Small — ½ yards of 45" fabric
- Medium — ¾ yards of 45" fabric
- Medium-Large — ¾ yards of 45" fabric
- Large — ¾ yards of 45" fabric

You will not need a special pattern. The directions you will need are all given here.

You will need two squares of fabric, exactly the same size for your blouse. A wider 1-inch seam allowance will be used to take the place of facings. Ask your leader to take your chest measurement to help you determine the size of squares you will need.

The approximate size of squares needed for girls of different sizes are given below:

- Small 18 inch squares
- Medium 20 inch squares

- Medium-Large 22 inch squares
- Large 24 inch squares

When you and your leader have decided the size of squares you will need, you will be ready to prepare your fabric for cutting.

To prepare your fabric

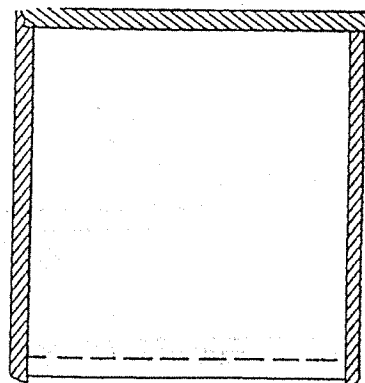
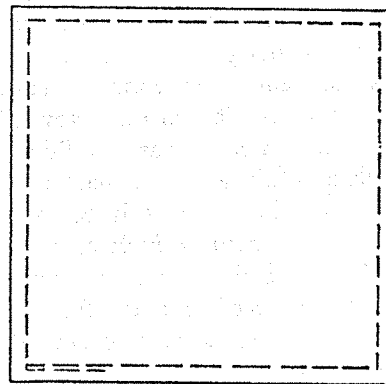
Now, measure and place pins to mark the lengths and widths of the two squares. Clip with your scissors through the edges of the fabric where pin markings are located. Pick up a yarn of the fabric where you have clipped. Gently pull until you have removed the yarn for the length and width needed for the two squares.

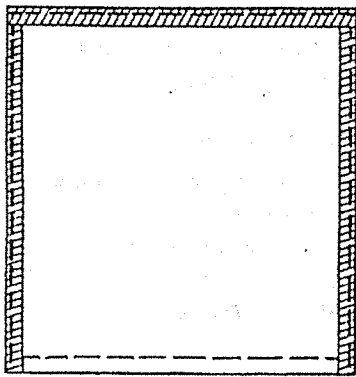
This gives you straight-of-grain cutting lines for the squares.

To make your blouse

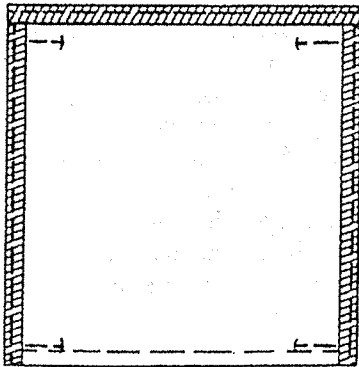
Machine stitch ¼ inch from the edge of the four sides of each square (36). When you reach the point where you started, finish either by backstitching or by over-stitching. Place the squares on the ironing board, wrong side up.

The side seams will be on both sides of the square that are cut on the lengthwise grain, and the neck edge can be on either side that is cut on the crosswise grain. Use the line of stitching you just made as a guide for a ¼





38



39

inch turn-under on the side seam edges and the neck edge of each square. Make sure the fold edge of the turn-under is right on or slightly past the line of stitching. The stitching should not show on the right side of the squares. Press the folded edges to make a crease (37).

Place one of the squares on the sewing machine wrong side up. Stitch close (about 1/8 inch) to the two creased side edges of the square. Then stitch close (about 1/8 inch) to the upper edge that you also turned under (38).

Now do the same with the other square.

You have just finished the edges of the seam allowance for the side seams and upper edges of your blouse.

Place right sides of squares together. Match the side edges and pin corners so that the squares are even (39). These will be your side seams.

To mark armhole openings, measure down from the shoulder seam line the distance required for your size:

- Small 6 1/2 inches
- Medium 7 inches
- Medium-Large 8 inches
- Large 9 inches

If you are not sure which measurement is right for you, ask your leader to measure you. She should measure straight down from shoulder point to a point about 1 inch below armpit. Mark this point on the squares.

Now continue pinning from this point on a line 1 inch

from the side seam edge, down to the bottom edge of the blouse. Make sure the side seam edges match (40).

Stitch 1-inch side seams. Use a tape or Band-aid to make a seam guide on your sewing machine for 1-inch seams. Remember to backstitch or tie the thread ends at the beginning and end of the stitching.

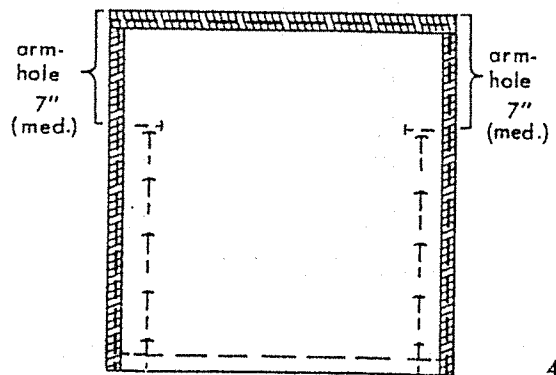
At the neckline edge of the blouse measure from the side edges toward the center the number of inches that corresponds with your size.

- Small 4 inches
- Medium 4 1/2 inches
- Medium-Large 5 1/2 inches
- Large 6 inches

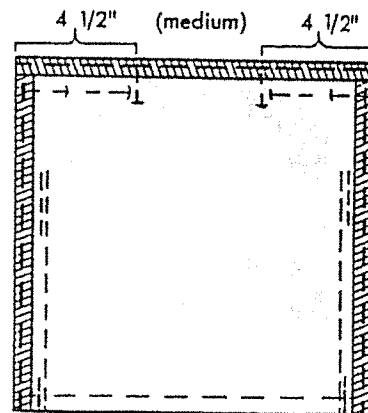
Place a pin at this point on each side. Then, pin on a line 1 inch from the edge, going from location pins to side edges. You now have your shoulder seams pinned, and you have made the neck opening (41).

Try on your blouse. Have your leader check the neckline opening. Does it need to be smaller or larger? If you need either adjustment, all you have to do is move a pin for correct location.

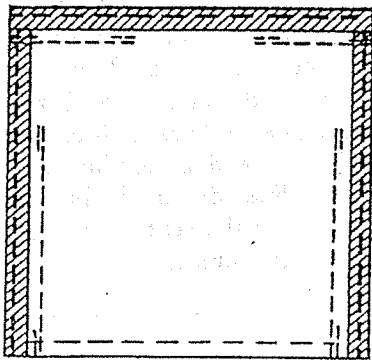
When the neckline opening has been checked, you are ready to sew the shoulder seams. Place the shoulder seam edge along the 1-inch seam guide and stitch from neck opening to side edges of garment (42).



40



41

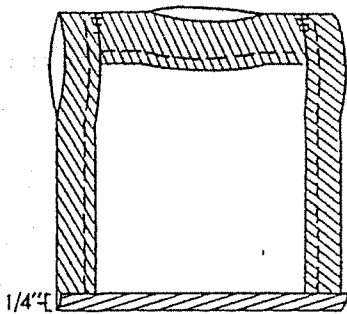


42

Press shoulder seams open and at the same time press under the neckline edges. These will be the same width as the shoulder seams.

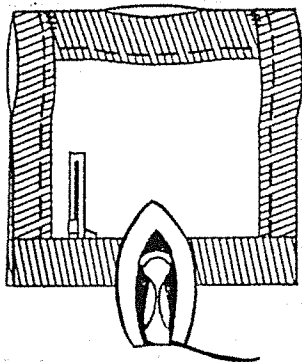
Press side seams open. Also, turn under armhole edges 1 inch and press in crease as you did for the neck opening. Ask your leader to show you how to tack shoulder and underarm seam allowances together where they meet.

To make the hem in your blouse, turn up the lower edge $\frac{1}{4}$ inch. The folded edge should be just past the line of stitching you sewed in the beginning, so that the line of stitching does not show on the right side. Press the edge to make a crease (43).



43

Now, place your sewing gauge (see pages 2-3) on blouse and turn up this edge to the 1-inch line. Press in crease with iron (44).



44

Machine-stitch hem to garment by stitching about $\frac{1}{8}$ inch from upper edge of hem.

Other ways to make the pop-over garment

You can make your pop-over blouse longer or shorter to give more variety to your blouses.

If you would like a shorter blouse, subtract the number of inches you wish to shorten the blouse from the length of squares suggested for your size. The width would remain the same.

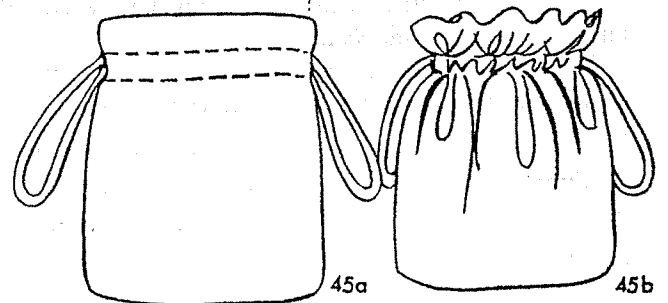
To make a longer blouse, add the number of extra inches you want to the length of blouse squares suggested for your size. If you add 6 inches or more, leave the bottom 4 inches of the seams open for ease over the hips.

You could also make a pop-over shift. Have your leader measure from the base of your neck at center back down to the length you would like your finished shift. Add length for a $2\frac{1}{2}$ -inch hem at the bottom of the shift and an $1\frac{1}{4}$ -inch turn-under, as before, at the top. You will be using rectangles instead of squares. The width of the rectangle will be the same as suggested width of square for your size. Leave the lower 4 or 5 inches of side seams open for vents.

Bags — Curler Caddy, Tote Bag, or Laundry Bag

You can use the same instructions for making all three of these articles. The difference will be in the size of the finished bag. Naturally you don't need a curler caddy the size of a laundry bag. If you choose to make one of these articles, you may first want to look at one that is already made and find out what size would be useful. Your mother, sister, or friend might have one that you could measure; you could measure one in a store; or you could find measurements in a catalog description.

Your bag will look like those shown here when it is finished (45a and 45b).



45a

45b

Things you will need

Sewing box with equipment.

Thread to match or blend with color of fabric.

Fabric — amount will be determined by size of bag. Your 4-H leader will help you decide how much will be needed.

How large do you want your bag to be?

After you have chosen the kind of bag you want to make, write the size in this space. You can double check the measurements as you go along if you have them written down.

My curler caddy, tote bag, or laundry bag (circle which one) will be _____ inches wide and _____ inches long when it is finished. Seam allowances will be $\frac{1}{2}$ inch.

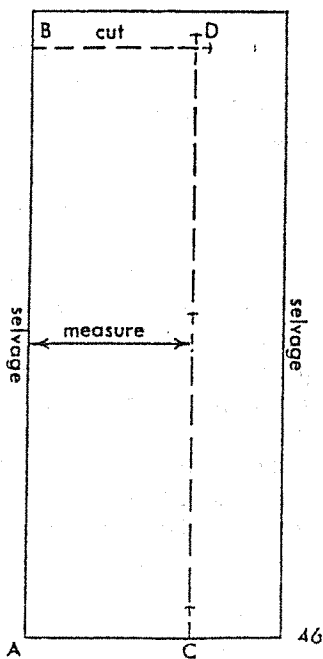
To cut your bag

Measure twice the length of your bag along one selvage edge. Add 3 inches for the casing at the top. Mark the total length with tailor's chalk or a pin (A to B in the picture). Now measure the width of your bag from the selvage edge across the straightened end of the fabric. Add $1\frac{1}{4}$ inch for side seams to this measurement. To be sure that you have a perfect rectangle, measure the width at each end and at the center and mark with pins or chalk — A to C and B to D (46).

Follow the lengthwise and crosswise threads as you cut so that your bag will be grain perfect.

To make your bag

Fold the piece of fabric crosswise with right sides together. Match the edges carefully. Pin the two pieces



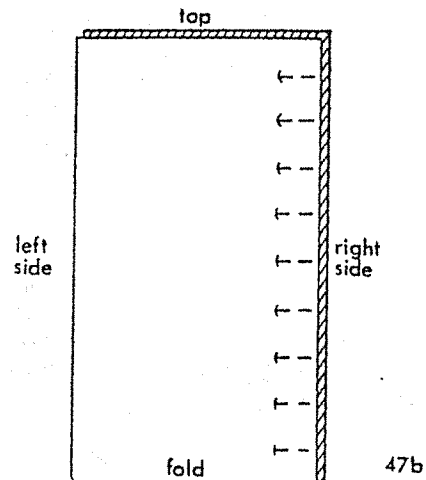
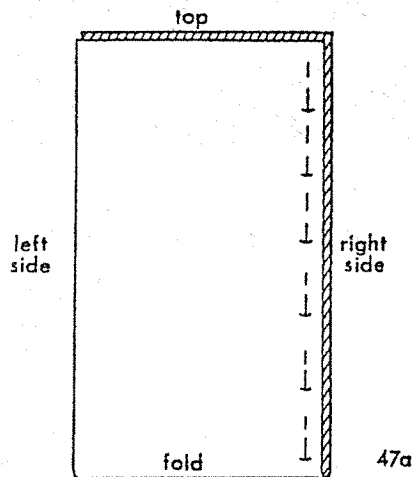
together along the right side of the bag as is done either in picture 47a or 47b. Page 4 tells you how to use pins instead of basting.

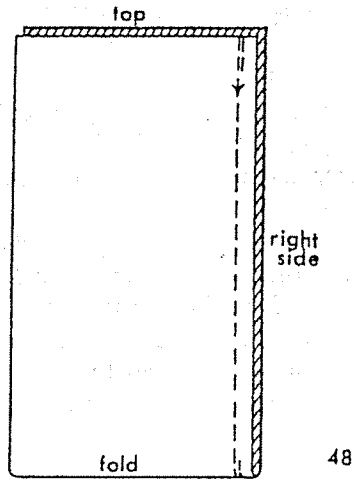
You learned how to use a machine gauge or fabric guide on page 5. Set your guide for a $\frac{1}{8}$ -inch seam allowance. Keep the edge of the cloth against the fabric guide as you stitch.

Begin stitching in the top righthand corner of your bag. Insert the needle in the seam line $\frac{1}{4}$ inch from the upper edge. Backstitch to the edge and then stitch forward over the $\frac{1}{4}$ inch of stitching (48). This $\frac{1}{4}$ inch of double stitching will keep the seam from pulling open at the upper edge. Complete seam and backstitch at fold end also.

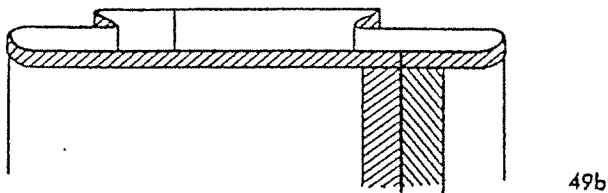
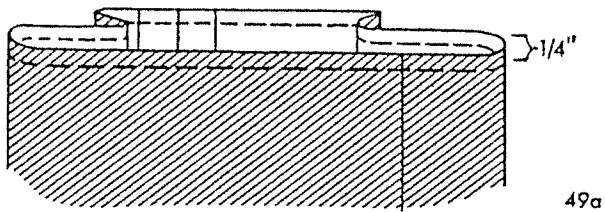
Turn your bag over; pin and stitch the left side just as you did the right side.

Here is how you make the heading and casing. Before you hem the top of the bag, press both side seams open. Machine stitch $\frac{1}{4}$ inch from the raw edge at the top of the bag (49a). Turn this edge to the wrong side of the

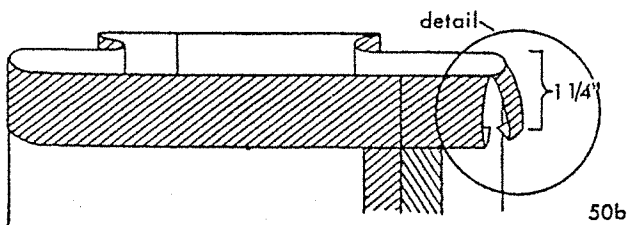
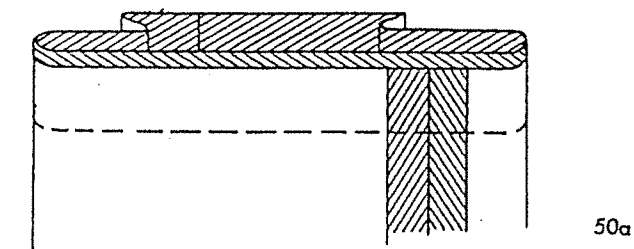




bag (49b). Press with an iron on grain line to set crease. The stitching will be just below the edge of the fold you have made on the wrong side of the bag.

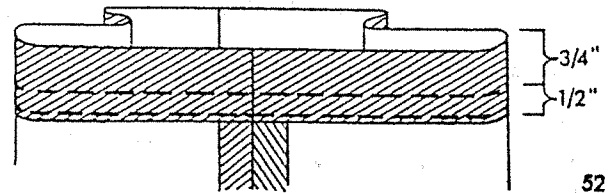
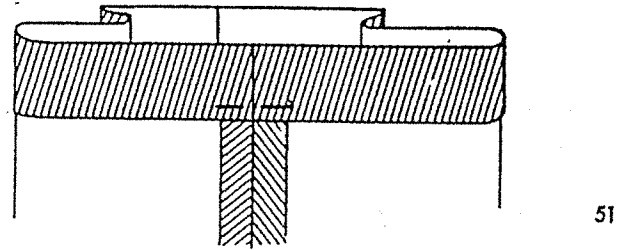


Stitch $1\frac{1}{4}$ inch from the edge you just finished (50a). Press this crease with the stitching just below the edge of the fold (50b). This forms the hem.



Pin the hem in place. Be sure that you do not pull the hem allowance off grain as you pin or the hem will pucker. Match the seam lines in the hem area to the seam lines of the bag (51).

Machine stitch along the lower edge of the hem. Now machine stitch a second row of stitching $\frac{1}{2}$ inch above the lower edge of the hem (52).



The space between the two lines of stitching is the casing for the drawstring. An opening will be made at each seam line to insert the drawstring. The space above the top row of stitching is the heading.

In order to keep the bag from being thick and bulky at the corners, some of the seam allowance should be trimmed away. Be careful not to cut too close to the seam line or the seam might pull out when your bag is full of curlers or laundry. Look at this picture (53) and ask your leader to help you do the trimming.

After the corners have been trimmed, turn the bag right side out. Your leader will help you make square corners. Press the bag. Now you are ready to put the drawstring through the casing.

The drawstring can be made from an extra-long shoe string, cording, or rope. In choosing what to use you will want to think about how it will look with the fabric from which the bag was made, the size of the casing, and how strong the drawstring needs to be. Can you think of anything else that might be used?

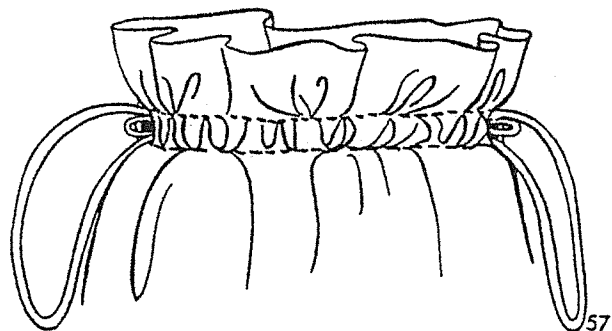
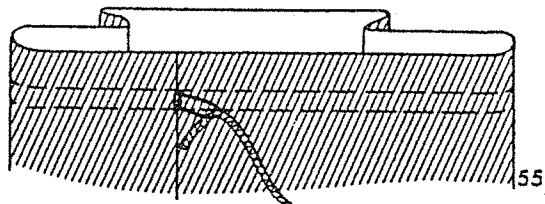
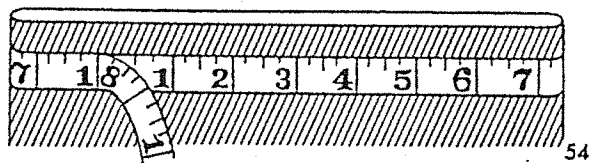
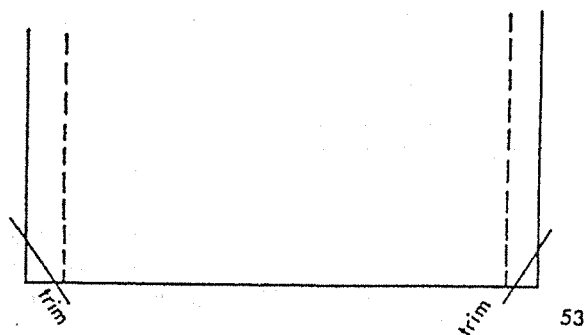
To determine the length, measure the total distance around the top of your bag and multiply by two. Add 4 or 5 extra inches to this measurement so that you can tie the ends of the drawstring together (54). Your drawstring should be this total length.

Rip both seams on right side between the two lines of stitching that make the casing (55). This leaves an opening to put the drawstring through on each side of the bag.

Put one end of the drawstring into the opening at the seam on one side of the bag. A safety pin through

the end of the drawstring will make it easier to slide the end through the casing. Pin it back far enough so that the end doesn't fray out and let the pin come loose.

Pull the drawstring through the casing all the way around the top of the bag twice. Be careful not to pull the other end of the drawstring through the casing also. The second time around bring the end out at the opening where you began. Make a firm knot to hold the two ends of the drawstring together. A square knot is a good one to use. If you don't know how to tie it, look at the picture (56a-d).

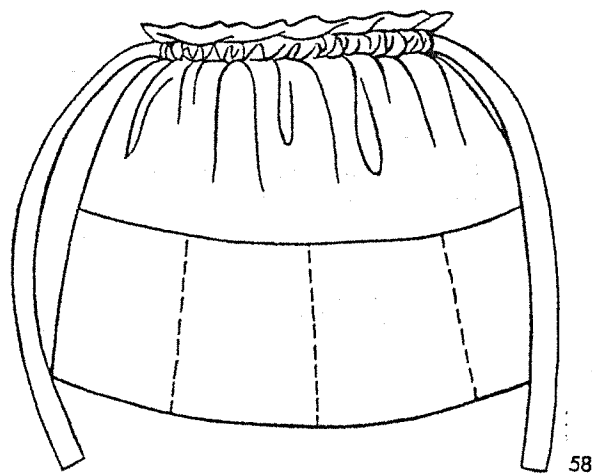


Move the drawstring around until the knot is hidden in the casing in the middle of either side of the bag. When you pull one drawstring on each side of the bag, the opening in the bag will close and you will have a long loop on each side to use as handles (57).

An Apron With Pockets

When you make an apron, you have the opportunity to practice many of the important basic sewing techniques.

A drawstring apron with pockets will help to protect your clothing when you help your mother in the kitchen or as you do other work in the house. It is an attractive apron that is easy to care for. It is made from one piece of fabric with the selvages used as the edges. The ties can be pulled out of the casing and the apron stretched out flat for ironing.



Things you will need

Sewing box with equipment.

Thread to match or blend with color of fabric.

Fabric 36", 45", or 48" wide — plain color percale or other firm cotton or cotton blend fabric that looks the same on both sides, as you will be turning the wrong side up for pockets.

You will not need a commercial pattern for the drawstring apron. Follow these steps and illustrations.

How much fabric will you need for your apron?

The exact amount of fabric you will need will depend on your height.

Ask your leader to help you measure the length of your apron. Measure down from center front of your waistline to a point 2 or 3 inches above your skirt hem.

You will need this measurement plus one-half of the measurement to turn up for a pocket section and a 2-inch hem for a casing at the upper edge. You will also need two strips of fabric (each 3 inches wide) for making the ties.

Fill in the following with your measurements:

The amount of fabric I need is equal to _____
 (length I want my finished apron)
 + _____ + a 2¼-inch hem for casing + 6
 (One-half apron measurement for pocket section)

_____ inches for two strips for ties = _____ total amount of fabric.

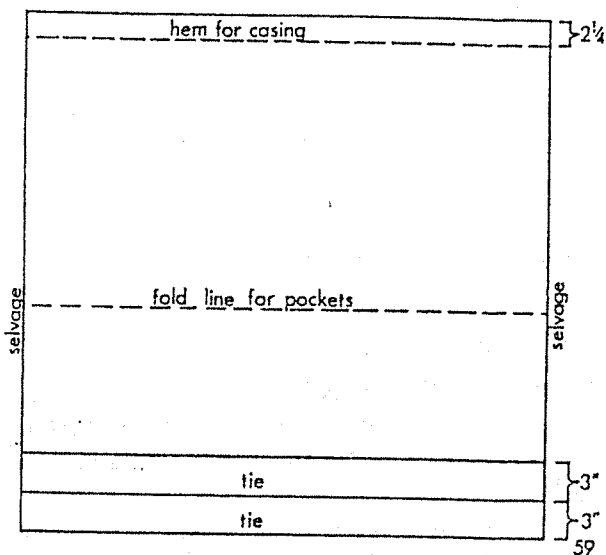
If the fabric is 45" or 48" wide the apron will be too large for a small figure. Cut the apron only 36" wide and hem the edges after the pocket section is turned up and sewn in place.

To prepare your fabric

Press the fabric carefully — do not stretch the edges.

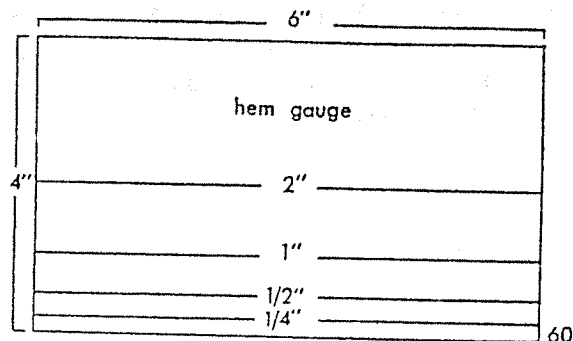
To make your apron

Measure and mark off the sections of your apron with pins or chalk as shown (59). Cut the two tie strips with long, even strokes on the straight-of-grain.

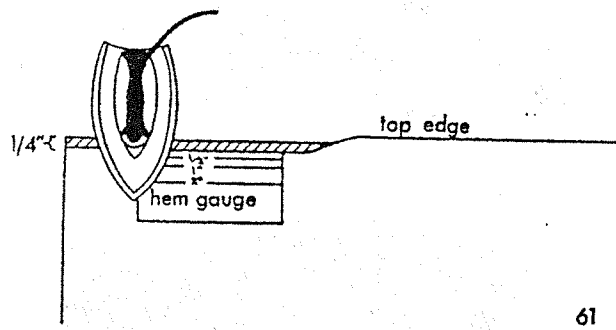


Now you are ready to hem the upper edge of the apron and the pocket section. You may wish to use the method suggested for hemming the "pop-over" blouse (page 15) or you could use the following method that will give you experience in making and using a hem gauge. A hem gauge will help you to turn up even hems. If you do not have a sewing gauge in your sewing box,

you can make a hem gauge very easily. Cut a piece of lightweight cardboard 4 inches by 6 inches. This will be easy for you to handle. Take a ruler and draw lines on the cardboard gauge that measure ¼ inch, ½ inch, 1 inch, and 2 inches from the lower edge of gauge (60).

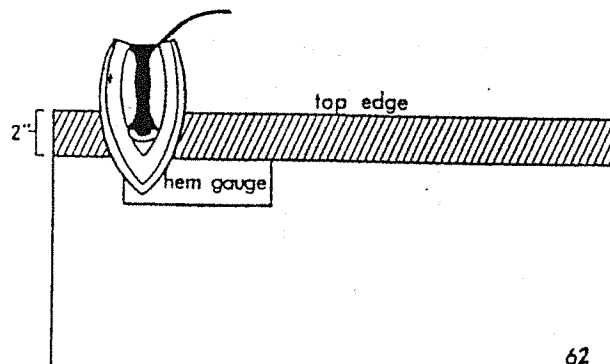


To make the hem at the upper edge of your apron, place the hem gauge on the wrong side of the fabric near the edge. Turn fabric up on the gauge to the line marked ¼ inch from edge. Press so crease is on straight of cross-wise grain across entire top edge of apron (61).



Now place the hem gauge far enough up on the apron so that the turned-under edge will come to the 2 inch mark on the gauge. Press crease as you did before (62).

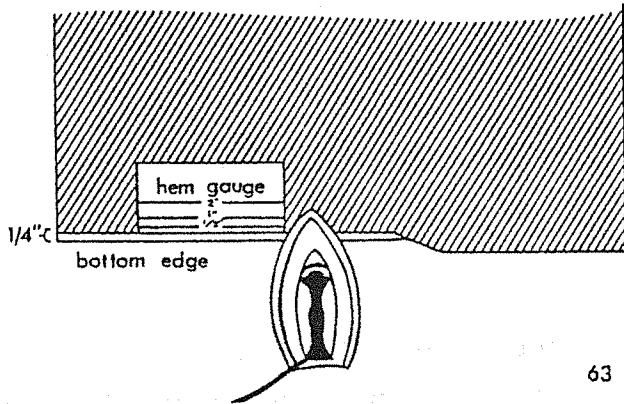
To make the hem on the opposite edge (pocket section edge) of the apron, the steps are the same *except this hem is made on the right side of the apron.*



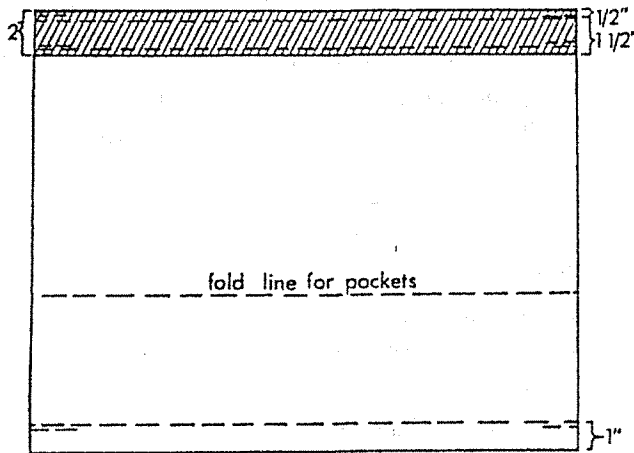
First, turn the apron over so the pocket edge is nearest to you with right side of fabric up. Now, place the hem gauge as shown (63) and turn up fabric edge $\frac{1}{4}$ inch. Press in crease at fold.

Now follow the same steps as above (62), except the turn-up for the hem should be *1 inch* instead of 2 inches.

Machine stitch both of the hems you have turned up. Sew near the creased edges you turned under $\frac{1}{4}$ inch. Be sure to fasten your threads when you start and stop each line of stitching. You can backstitch two or three stitches or pull the thread ends to the wrong side of apron and tie a knot.



63

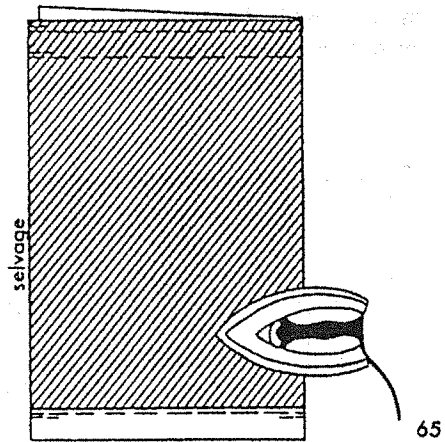


64

To form the casing for the drawstring ties in the 2-inch hem, make a row of stitching $\frac{1}{2}$ inch from the hem fold. Use your seam guide on the sewing machine to make an even line of stitching (64).

To make the three pocket lines in the pocket section, fold the apron in half, right side out. Make sure the selvages are even. Press center fold (65).

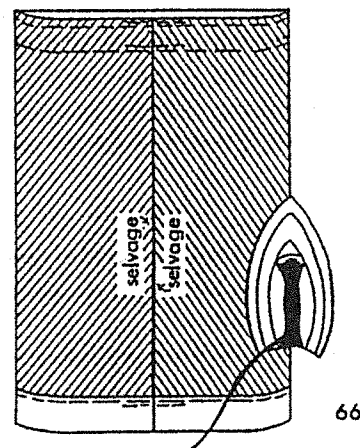
Now open the apron out, wrong side up. Bring the selvage edges together so that they meet at center crease and press in a crease on the fold you have made on either side (66). Remember, keep the creases on the grain line.



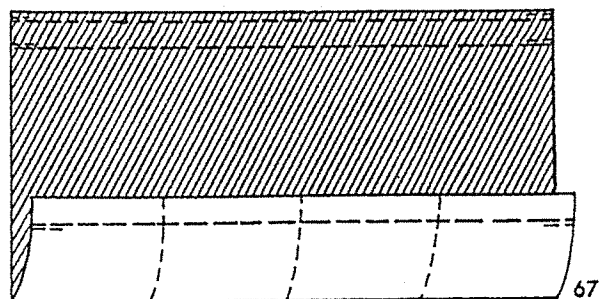
65

The stitching lines for the pockets are now marked. However, before you can stitch the pockets, you must fold up the pocket section on the fold line with right side of fabric of pocket section against right side of apron (67). Be sure the fold line is on the straight-of-grain. Place pins to hold sections in place and selvage edges even.

Now you are ready to stitch the pockets. Place the apron, right side up, on the machine. Stitch outer seam along selvage on left edge of apron from bottom of apron to near the top edge of hem, backstitching to start. Lift the presser foot and turn apron to make three stitches

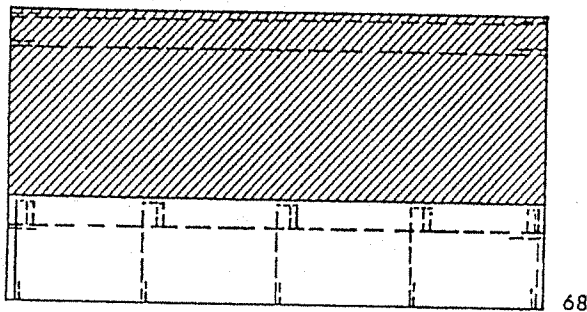


66



67

across top edge of hem. Lift presser foot again to stitch down to lower edge of hem and finish with backstitching or a knot (68). This additional stitching strengthens the pocket top.



Follow the same procedure for stitching the three creased pocket lines. Make sure the creased lines of pocket section are pinned to match the creased lines of apron body.

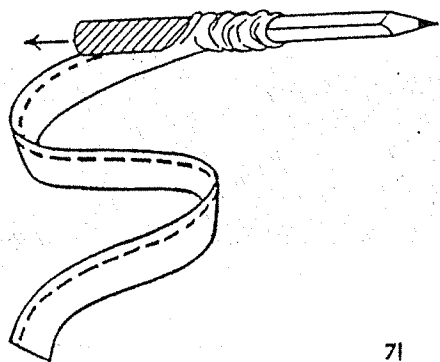
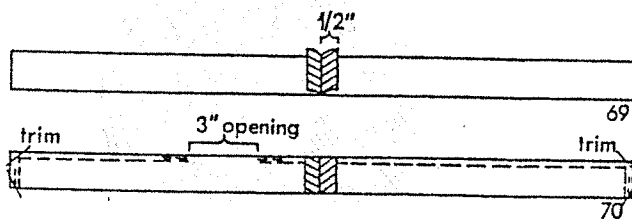
Now sew outer seam along selvage on right edge of apron. This time you will strengthen the pocket top by turning the apron in the opposite direction.

Stitch the two 3-inch wide belt pieces together with a 1/2 inch seam to form one long strip. Use your seam guide for this stitching (69). Press the seam open.

Fold the tie strip lengthwise with right sides together. Match center seam and ends. Pin edges to hold in place. Stitch 1/4 inch from edge leaving opening as shown (70). Fasten threads as you did in the other construction steps.

Trim off corners at ends, but not too close to stitching.

Turn drawstring tie to right side by placing the eraser end of a pencil against one end of the tie and pushing the



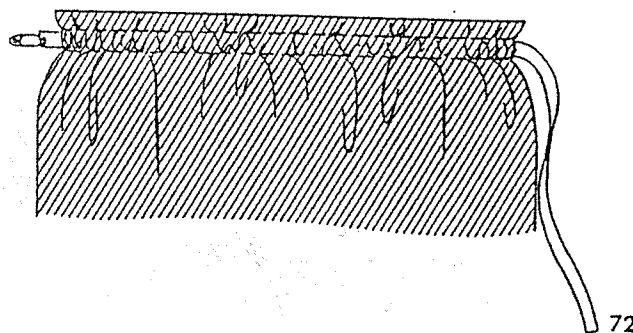
end through the opening you left when stitching around the tie (71). Do the same with the other end.

Press drawstring. Topstitch to close opening.

The final step in making your apron is to put the drawstring tie through the casing. But before you do this, press the apron well.

Now attach a large safety pin to end of tie and pull through the casing (72).

Your apron is finished and ready for you to enjoy wearing!



An Easy-to-Make Skirt

A skirt with an elasticized waistband is an easy garment to make and will give you additional practice in use of the sewing machine as well as other sewing skills. If you decide to make this skirt, select a soft fabric that will gather nicely in a color that will go with the blouses and tops you already have in your wardrobe.

Things you will need

Sewing box with equipment.

Thread — to blend with the color of the fabric.

One-half inch wide elastic — ask your mother or leader to take your waist measurement, and buy that length.

Fabric — select a soft, firmly woven fabric that will gather nicely and be easy to sew.

How much fabric will you need for your skirt?

Do you want a short or full length skirt?

How long do your friends wear their skirts or dresses?

Do you like that length?

Look in some fashion magazines. How long are the skirts or dresses for girls your age?

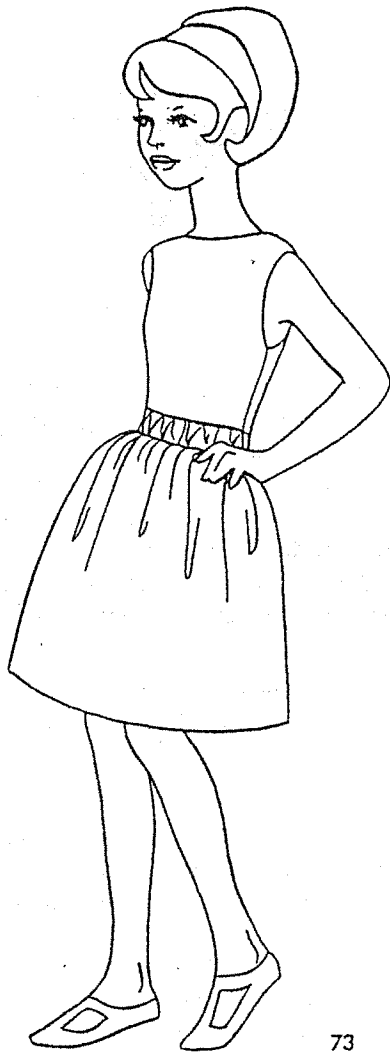
Look at dresses and skirts in stores. How long are skirts for girls of your age?

Ask your leader to help you decide how long to make your skirt. Write that length in this space _____ inches.

hem..... approximately 2 to 3 inches.

casing and heading..... 2 1/4 inches.

These measurements add up to..... _____ inches.



73

This is called a skirt length; you will need two skirt lengths. If you want more fullness in your skirt, you may want to buy three skirt lengths.

Two skirt lengths will be..... inches.

Three skirt lengths will be..... inches.

Divide by 36 inches to find out how many yards to buy.

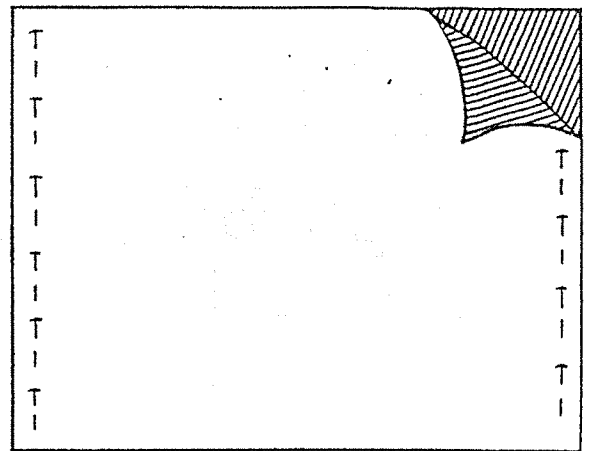
You will need..... yards.

To prepare your fabric

Now cut the number of skirt lengths you decided to use for your skirt. Be sure you cut on a straight line with the crosswise grain of the fabric.

To make your skirt

To prepare for stitching the side seams, place one skirt length on top of the other, right sides together.



74

Match upper and lower edges of skirt sections. Make sure side edges are even and pin to hold in place (74). If you have forgotten how to pin two layers of fabric together, turn back to page 4.

Now you are ready to stitch the side seams. Adjust the seam guide on your machine for a 1/8-inch seam. See page 5. Place the skirt on the machine and stitch. Remove the pins as you stitch. Make sure the seam edge follows right along the seam guide so you will stitch a straight seam. Remember to backstitch or tie the thread ends as you begin and end the stitching.

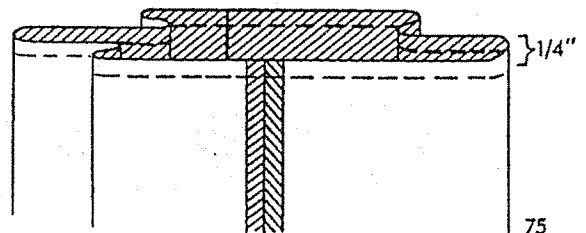
The seam on the opposite side of the skirt is stitched in the same way as the one you just finished.

After you have stitched both seams, press them open.

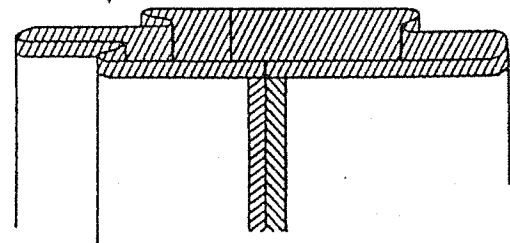
The next step is to make the hem for the heading and casing at the top of your skirt.

Put a row of stitching around the top of the skirt 1/4 inch below the edge (75). This will make it easier to turn a fold.

Turn under this edge so stitching comes just below the fold (76). Press the crease with an iron.

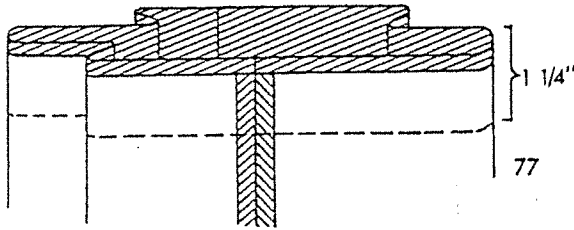


75



76

Put a second row of stitching $\frac{1}{4}$ inches below the first row (77). Use your seam guide or adhesive tape to be sure you are making a straight line of stitches.

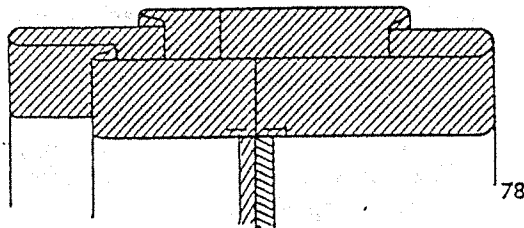


Fold down the heading so that the line of stitching comes just below the fold. Crease with a warm iron.

Now that you have turned the hem at the top of the skirt, you are ready to pin and stitch the heading and casing.

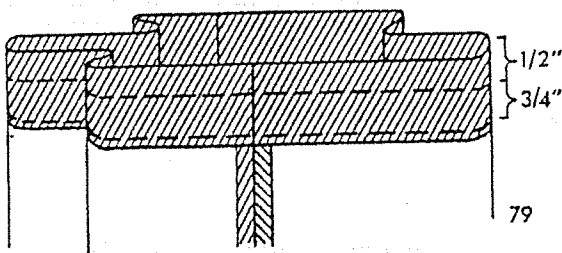
Match and pin the side seams in the hem to the side seams of the skirt (78).

Pin hem to skirt at a point halfway between side seams of front and back of skirt.



Stitch the hem to the skirt along the lower edge of the hem. Remove pins as you stitch. This makes the casing for the elastic.

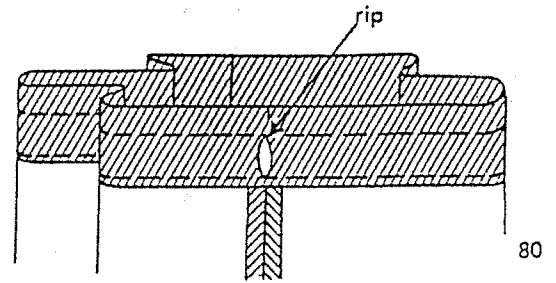
Now, stitch the hem to the skirt $\frac{1}{2}$ inch from the top edge of the hem. This forms the heading (79).



Press the skirt.

To put the elastic in the casing, rip a side seam in casing area as shown (80). Your leader will show you how to do this.

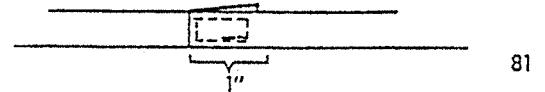
Now, check the length of elastic you bought. Remember you need the same length as your waist measurement.



Put a large safety pin in one end of the elastic. Insert the safety pin into the casing through the opening in the seam, and then pull the elastic into the casing.

Push the safety pin through the casing until it comes out of the opened seam again. Keep elastic smooth as you pull; do not let it twist.

Overlap the two ends of elastic about 1 inch. Sew them together on the sewing machine (81).



Work the sewn edges of the elastic into the casing. Push the gathers along until they are evenly distributed.

Now you are ready to put the hem in the lower edge of the skirt.

Look at page 21 to see how long you decided to make your skirt. Measure that length on your skirt at center front from lower edge of casing to the desired length. Turn up the hem and pin in place. Try on your skirt and check these points:

Does the length look right?

If not, how much longer or shorter do you want it to be?

Ask your leader to put a pin in the skirt to mark the length.

You learned how to stitch and turn under the edge of the hem $\frac{1}{4}$ inch when you made the hem at the upper edge of your skirt. Look back at page 22 to refresh your memory.

To make the second turn of the hem, put a row of machine basting stitches on the hemline you have marked.

To adjust your machine for basting, change the stitch regulator to the longest stitch. Ask your leader to help you. Be sure to adjust the stitch length back to regular length after you have stitched your basting line.

Fold the hem to the wrong side of the skirt on the basting line. Press in a crease.

Pin the hem in place, matching the seams and grain line all the way around the skirt.

Stitch near the upper edge of hem by machine, or follow instructions for hand hemming on page 39. Remove basting line and carefully press the skirt. Try it on with a blouse. You have added one more pretty and useful garment to your wardrobe.

The real test of the success of your clothing project is how the garment looks on you. Your grooming and total personal appearance can either make the garment look attractive or unattractive. So, develop good grooming habits that will help make a prettier you!

THE CLEAN LOOK

A daily bath (whether in a tub or shower) not only makes you feel good but is also the basis for the clean, well-groomed look.

Be sure that everything you wear after a bath is just as clean as you are.

Care of Your Hair

Your hair can and should be one of your best features. To be "alive" and shiny, it must be healthy and clean. Brush daily with a good hair brush. Wash your hair as soon as it starts to look oily, limp, or stringy. Most girls find they need a shampoo at least once a week. Some types of hair need to be washed every few days.

To help keep your hair looking shiny and clean, make a habit of washing your comb and brush with hot suds and hot rinse water every time you shampoo your hair. If you don't, you will just put oil and dust right back on your clean hair.

Care of Your Hands

Your hands are seen as much and attract as much attention as your face. Think how often each day you use them in front of people. Therefore, they rate special care.

Pretty hands are well-groomed hands. Their size and shape have little to do with it. What really counts is how clean, smooth, and neatly manicured you keep your hands. And with a little thought and daily care you can add pretty hands to your total well-groomed look.

Wash your hands often. Dirty hands are not only unattractive but also carry germs that could harm your health and the health of other people. Make it a habit to wash your hands before you handle food or dishes, and before you eat. Always wash your hands after you use the bathroom, cough, or sneeze and, of course, anytime you have worked or played with anything that would make them dirty.

Always use water as warm as your hands can stand and plenty of soap. Water alone will not completely clean your hands. Use a sudsy brush to scrub your fingernails

and around your knuckles. Dry your hands thoroughly with a clean towel. As you dry your fingers, gently push back the cuticle around the nails with the towel. In fact, make it a habit to do this anytime your hands are wet and you are drying them.

Do you bite your fingernails? If you do, this is a habit you should work very hard at breaking — NOW!

Most nail biters continue the habit because they have not seriously thought about the appearance and end results this habit creates. Let's think about why nail biting is a bad habit:

1. You can injure your nails by bruising them with your teeth or tearing them back to the quick.
2. You transfer germs to your mouth.
3. Nail biting is unpleasant to watch for those around you.
4. Nail biters tend to develop unattractive gestures.
5. If you don't stop now, you may have the habit for life.

Your own "won't" power is the best method for breaking the habit. Do any of the other members in your 4-H club or any of your school friends bite their nails? If they do, try working together and make it a joint project to become ex-nail biters. Check each other's nails and help each other by reminding one another to stop when you are unconsciously biting your nails.

Here are suggestions for things you can do that may help you to break the habit:

1. Substitute proper activities such as knitting or doodling to keep your hands busy.
2. Spend more time caring for your cuticles and nails.
3. Shape your nails with an emery board — either oval or to correspond with the shape of your fingertips. Pointed shapes are unattractive and break easily.
4. Carry a small manicure set with you at all times. Trim off ragged cuticle with scissors and file off ragged fingernails immediately.

The shaping of fingernails with a file and the care of cuticle are essential if you want to have pretty hands.

EVALUATING YOUR PROGRESS

You may take Part I for more than one year. Before you enroll in Part II of *Learning to Sew* you should be able to answer yes to all of the questions on the evaluation list that follows. Ask your leader to judge what you have

made. She will possibly give you some suggestions that will help you improve your basic sewing skills. You may wish to make some of the other suggested articles before you go on to the next section of your project book.

Did you learn these things in Part I of *Learning to Sew*?

	Yes	No	Need practice
1. Basic sewing equipment needed when learning to sew.			
2. How to use the sewing equipment mentioned in your project book on pages 3-4.			
3. How to use the sewing machine.			
4. How to sew straight seams.			
5. How to fasten thread at the ends of seams.			
6. How fabric is made.			
7. How to buy fabric.			
8. How to get fabric ready to sew.			
9. Kinds of fabric available.			
10. How to finish seams, when necessary.			
11. How to press.			
12. How to have the clean look that is the basis for an attractive appearance.			

Note things you want to learn and questions you have for your leader: