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*MAKING A*

# Skirt & Blouse



Agricultural Extension Service  
University of Arizona, Tucson



Circular 231

## Objectives

1. To give you an opportunity to select and use a commercial pattern.

2. To help you develop good sewing habits.

3. To teach you to be a better buyer of cotton fabrics.

4. To help you look your best by learning and practicing habits of good grooming.

5. To help you care for your own clothing.

## Requirements

This project is set up to give you many new experiences in selecting clothing, caring for clothing, and making clothing. Ask your Mother to plan with you your needs for cotton clothing. Then make your decision as to type of blouse and skirt to make.

Remember, there is much to learn, and too difficult a task may make you dislike to sew.

Your project requirements are:

1. Make pin cushion - wrist.
2. Make garment protector.
3. Make or buy skirt hanger or hangers.
4. Learn to sew on buttons.
5. Learn to buy cotton fabrics and to read labels.
6. Learn to buy socks.
7. Make a simple skirt that may be worn with blouses.
8. Make a blouse without set-in sleeves.

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9. Learn to care for hands and finger nails.

10. Exhibit at local or county achievement days.

11. Keep records. (See page 29.)

If you desire to do more sewing, make additional blouses and skirts if they are needed in your wardrobe.

You will not learn all the techniques when you make the first garment. You can improve your skill with practice. Keep records of any additional garments you make.



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Hello!

I'm Donna Halfin (at left) of the Simis Stitchers 4-H Club in Maricopa county. My sister Janice (at right) made her

Skirt & Blouse last year.

You can see how nice it looks.

She gets variety by the

"mix and match" method.

I'm just starting my project. I'm glad that you, too, will soon enjoy

MAKING A

## Skirt & Blouse

By Helen L. Church  
Extension Clothing Specialist

I plan to make many blouses and skirts. I like them because I can mix and match the skirt with different blouses. This will add variety to my clothes.

The skirt my sister is wearing (see above photo) is a dark red plaid. There are light and dark blue, white, and a stripe of gold in the plaid. The plaid was suitable since the seams of the skirt were straight and could be matched easily.

The blouse is white. The gold tie at the neckline picks up the gold in the plaid.

I like the second blouse, too. It is a light blue and matches the blue in the plaid. Blue is also a becoming color for Janice. I plan to make another blouse of the same material as my skirt will be. This will make a two-piece dress instead of contrasting blouse and skirt.

Before I make the blouse and skirt, I will do some practice work

on other simple things. You may still have difficulty in stitching as straight as you would like to. Straight stitching comes with practice. My mother lets me practice by putting hems in tea towels. I also will add some sewing equipment to my sewing box.

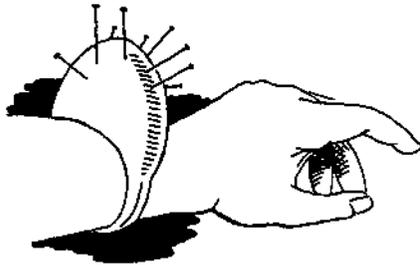
Last year I learned to use a thimble, shears, a hem gauge, and how to thread a needle and tie a knot. I also learned how to use

the sewing machine and its seam guide. I have a place to keep my sewing equipment, as I made a sewing box.

Some girls begin their clothing projects with this unit. Your leader may ask you to buy or make a sewing box. If you wish to make a box, ask your leader for 4-H Circular No. 145, "Learning to Sew." It will show you how to make a sewing box.

## ***Add These Tools To Your Sewing Box***

### **Pincushion**



You'll like the wrist pincushion. It is handy, as it is always with you. You will save much time when sewing because it keeps you from laying down your needle in some place where you can't find it. Not taking care of your needle might cause an accident, too.

Select a fabric dark in color, such as black, navy blue, dark green, or red. It must be dark so that you can see the pin heads easily. The material must be firm, yet the kind that is easy to stick a pin into. Sateen is good, or any piece of fine wool, or fine cotton.

#### **To Cut Out**

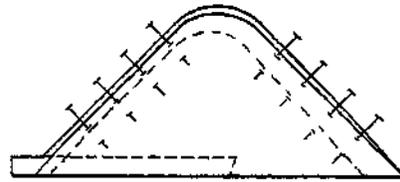
Make a pattern by cutting from paper a square  $4\frac{1}{2}$  inches by  $4\frac{1}{2}$

inches. Fold into a triangle and then round off the top. (See drawing below.)

Place the square on one thickness of material. Be sure that it is placed straight with the threads. Cut out with long, even strokes. Now cut a piece of elastic the length of the under side of your wrist.

#### **To Make**

Fold the cloth into a triangle with the right sides together. Pin together as in the picture below.

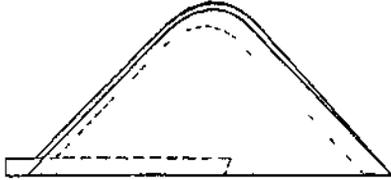


Note that as you pin two pieces of fabric together, you place the pins crossways to the edge. This makes the pins easily removed as you baste over them.

Place end of elastic in end of cushion at left side as shown above. Baste with even bastings.

Note that you make even bastings  $\frac{1}{4}$  inch from the edge of the fabric. They will hold the edges together and make a line for you to follow when you stitch by machine. In even bastings, the stitch is the same length as the distance between stitches.

Your seam should be  $\frac{1}{4}$  inch in width. Stitch by machine, beginning at left, leaving an opening at



the side. (See red stitching in picture above.) Trim off point at top. Back stitch  $\frac{1}{2}$  inch to fasten thread.

Turn right side out. Pull out ends. With your fingers and pencil, stuff the cushion tightly with raw wool, or hair, or wool ravelings. Old wool sweaters or yarns are good. Cut them into small pieces. Stuff very **tightly** so that it will stand up in a peak.

Now sew up the opening with small overhand stitches. Place the other end of the elastic in the cushion and fasten securely.

There are other types of pin-cushions you may want. Some girls like one fastened to the arm of the sewing machine.

## Garment Protector

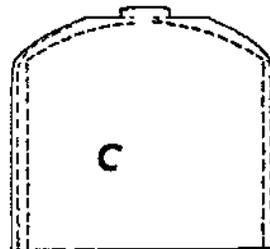
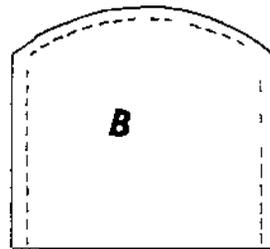
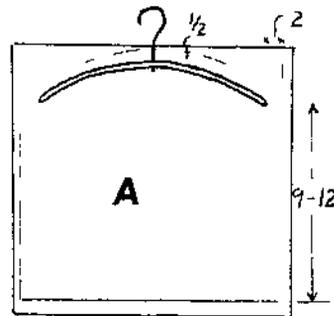
First make a paper pattern for your garment protector, using brown paper. Place the hanger with base of the hook  $\frac{1}{2}$  inch from the top of the paper. Mark around the hanger. Remove the hanger.

Draw a second line  $\frac{1}{2}$  inch from the first line. This is the seam allowance for the top. Then make the sides 2 inches wider than the

first marking. (See the drawing "A" below). One-half of this is for the seam and the other is extra room which will be taken up by the dress when it is on the hanger.

Now cut the pattern so that it will be 9 to 12 inches long from the base of the hook of the hanger when finished. Allow 1 inch for hem across the bottom. Cut out the paper pattern and then use this pattern to cut out the protector in fabric. Mark center of protector by folding or creasing.

Pin together. Mark the end of the stitching line  $\frac{1}{4}$  inch from either side of the center marking. This is to be the opening for the



hanger. Baste together, then stitch beginning at bottom and stitching to your marking. (See drawing marked "B" on page 5.)

Be sure the seam is  $\frac{1}{2}$  inch in width. Retrace your stitching for  $\frac{1}{2}$  inch; clip threads closely. Now clip the seam about an inch from either side of the opening, turn under and hem down. This makes a  $\frac{1}{4}$  inch hem on the wrong side.

Now finish the seam by stitching  $\frac{1}{4}$  inch from your first line of stitching. Trim away the material to the stitching (See drawing marked "C" on page 5.)

This should leave a finished seam of  $\frac{1}{4}$  inch. The second line of stitching will keep it from raveling. Now press and turn 1-inch hem at the bottom. Stitch with matching thread across the bottom.

## ***Taking Care of Clothing***

Who has to darn your socks? Mother probably has to darn for Dad and Brother and other members of your family.

Maybe you could lighten her task by darning your own socks. If you have trouble with too many holes to darn, maybe you can find the cause.

### **Buying Socks**

You'll need to learn a little about buying socks. Do you buy them too small? Remember, cotton socks or anklets should not shrink. Look for a sanforization mark. If they are not sanforized, then buy a larger size.

Nylon stretch socks now on the market are comfortable and may wear longer than other hose.

Be sure that socks are long enough for your feet. Select size according to the length of your foot. For instance, if your foot measures 7 inches in length, then you buy a size 7 sock or hose. If they are nylon, buy them  $\frac{1}{2}$  inch longer than your foot measurement.

See that heels and toes are reinforced. This, too, will save darning.

Here are standard children's sock sizes based on shoe sizes:

Shoe Sizes	Socks
12-13 $\frac{1}{2}$	7 $\frac{1}{2}$
10-11	7

While you're purchasing, think of the colors of your dresses and either match or contrast the colors. It's a good idea to take a sample of your dress fabric with you when you are ready to buy. Do your hose blend with your dresses or other accessories such as purse, hair ribbons, etc.?

If you are buying your hose big enough and still have too many hose to mend, look at the inside of your shoes. Are they rough in some spot, or is the lining torn? Your shoe-repair man may be able to help you.

If you don't have to spend so much money for hose, you will have more money to spend for other things that you may want. To make your socks last as long as possible, you will want to darn your socks when holes first appear.

## Darning Socks

1. Select darning thread the same color and weight as your socks.

2. Trim away worn edges around darn.

3. Now you are ready to replace threads by weaving.

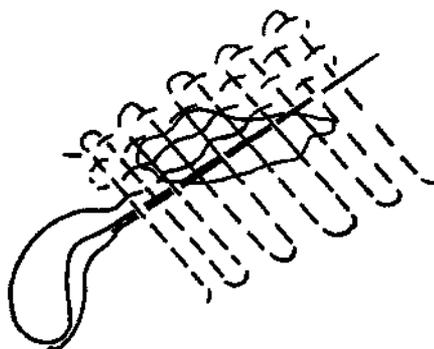
4. Use a fine needle with long eye and select a darning. (An old electric light bulb is a good substitute if you are careful.)

5. Place hose right-side out over darning as you will work from the right side.

6 Start with small running stitches without a knot. (See the drawing below.)

7. Place lengthwise threads starting back  $\frac{1}{2}$  inch from the edge of hole far enough to strengthen the space around the hole. Work in diamond shape. (See drawing below.)

8. Make small loop at each end of row to prevent puckering and to allow the darn to give when you put the socks on (Look at the drawing.)



9. After lengthwise threads are in, begin putting in crosswise threads.

10. When hole is reached, weave over one thread, under one, etc. On second row you will go under the thread and over opposite threads.

11. Use small running stitches at outer edge. Continue until completed.

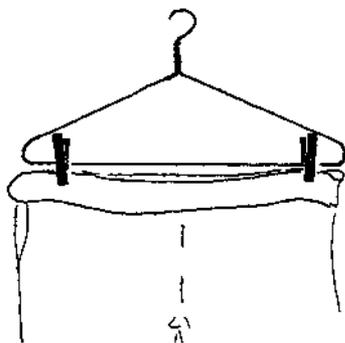
### SCORE CARD FOR DARN

	Satis- factory	Could Improve
Is the darn conspicuous?	_____	_____
Does thread match?	_____	_____
Are stitches small?	_____	_____
Have loops been left at end or does it pucker?	_____	_____
Will the darn wear well?	_____	_____
Are the stitches close enough together?	_____	_____
Did weave extend out from edge of hole at least $\frac{1}{2}$ inch?	_____	_____

## Making a Skirt Hanger

One thing you will want to do is to provide a means of hanging up the skirt that you may make. There are many skirt hangers on the market. If you don't have one, you can easily make one or several using pinch clothes pins. Plastic ones are best. Select a color to go with your dresses or other closet accessories.

This hanger will be especially handy when you exhibit your skirt at Achievement Day. (See the drawing below.)



### Sewing on Buttons

Beginning to wonder how Mother has had time to do all these little things for every member of your family? Well, she has to sew on buttons for you, Daddy, and Brother. Be careful with those clothes as you play, then buttons will not come off. Also, unbutton them carefully—this might help.

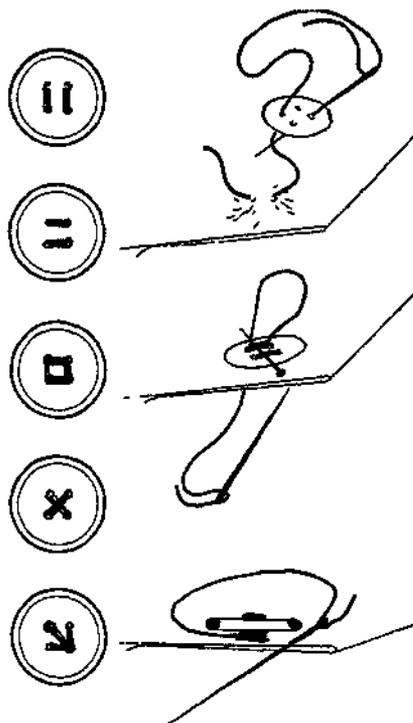
You can make Mother's work lighter by sewing on your own buttons. Anyhow you will have to put buttons on your blouse or maybe your skirt, so let's learn to sew them on so that they will stay.

There are lots of clever ways of sewing on buttons to make them decorative, too, as shown in the drawing at right above.

1. Mark the exact placing of the button by placing a pin through buttonholes.

2. If the button is flat on the bottom, it must have space between the button and the fabric.

3. Take several back stitches to fasten thread (no knot).



4. Put needle through the button. (See top right of drawing.)

5. Place pin or match (depending on the size of shank needed) across top of button. (See drawing center at right.)

6. Take stitches over the match or pin several times as you sew on the button.

7. Remove the pin or match. Bring needle out between the fabric and the button.

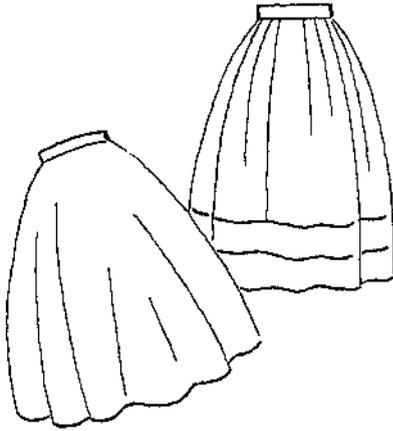
8. Wind thread around the button until the button stands up from the fabric. (See the lower right drawing.)

9. Fasten by pushing needle to wrong side and fasten with two back stitches.

Variations can be made using contrasting thread to get the effects shown at the left in the drawings.

# Planning Your Skirt and Blouse

## Selecting the Design



In your selection of a skirt you will consider your size. Remember that gathers sometimes make you appear short. If you are chubby, they may not be as becoming as pleats, or gores, or possibly a circle skirt.

If you are short, remember that too great a contrast in blouse and skirt may make you appear shorter. You could use the same fabric in skirt and blouse.

If there are three colors in a print, be sure that for the blouse you select the color most becoming to your skin and hair. The plain color of the blouse will always emphasize that color in the print. Try to pick the color least dominant in the print.

The blouse needs to be very simple. One without a collar is easily made and, if it slips over your head, it may not need a neck closing. It should not have set-in sleeves either if it is to be easily made. You will find many blouse patterns that meet these requirements.

## Choosing Your Best Colors

Do your friends make special comments when you wear certain colors? That should help to tell you what colors may be best for you. Next year you will study more about colors and your own coloring.

Be very careful in selecting a plain color to go with a color in a print. Always put them close to one another. It is difficult to remember colors. You will need to carry samples with you when you go shopping.

Your own coloring in skin, hair, and eyes may have something to do with some colors looking better on you than others. With the help of your leader and your 4-H friends, decide upon the colors that you want to look for when you shop.

## Take Your Measurements For Buying Pattern

Before you go shopping, you will need to know something about your size. Your leader or another 4-H girl will help you to take the following measurements:

	Inches
Bust: High Chest	_____
Across Bust	_____
Waist	_____
Hips	_____
Length to Waist	_____
Length of Skirt	_____

To take bust measurements:

Before you start, tie cord or tape around the waistline.

### **Bust**

Place tape measure around you under your arms with tape about 1 inch below the armpit. This will come above the bust. This will be the correct measurement for buying your blouse pattern.

Take a second measurement over the fullest part of your bust. If the second measurement is 4 inches larger than the first one, use one size larger than your first measurement.

Example: high measurement is 26 inches, over the bust is 30 inches—buy size 28.

### **Waist Length**

To take waist length measurement, measure from center hollow

neck at front down to bottom of tape tied around your waist. Take back measurement from high point of neck in back to bottom of tape.

### **Waist**

Measure waistline around smallest part of your waist.

### **Hips**

Measure around hips 7 inches below the waistline.

### **Skirt Length**

Measure length of skirt from waistline tape to floor. Subtract the distance you wear your skirt from the floor, then add the depth of the hem. This will be the measurements you can use to change skirt length of your pattern.

## *Let's Go Shopping*



Take plenty of time when you shop for a pattern.

Now you are ready to make a shopping trip. Take with you the measurements that you have taken.

You probably have in mind what you want. Go through the fashion books until you find what you like.

### **Buying a Pattern**

After you have decided upon a pattern, ask the clerk to show you the pattern. Compare your measurements to the measurements given on the back of the pattern. Select the pattern size that comes closest to your own personal measurements.

You will probably have to make simple changes in the pattern to make it fit. If it is a skirt pattern that you are buying, the hip and waist measurements will be given. Note, too, that your pattern will tell you the amount of material that you will need to buy according to your size of pattern.

## Selecting the Fabric

Now you are ready to select the fabric. It will need to be a cotton. You have decided on your best colors. Ask the clerk to show you prints and gingham that will go with your pattern.

If the skirt is to be gathered at the waistline, the fabric must not be too heavy or bulky. If it is a circular skirt and fits at the waistline, then you might find heavier material suitable, such as Indian Head or any of the novelty cottons.

Sometimes you can find lovely designs and fabrics in drapery departments if you are unsuccessful finding what you want in regular fabric departments. Remember, circular skirts might become very heavy and bulky if your material is too heavy.

Amount of shrinkage is the second thing to look for. It is possible to buy cotton fabric that will not shrink more than 2 percent; these are labeled "pre-shrunk."

Sanforized fabrics shrink no more than 1 percent. Words like "washable" mean nothing. But if the amount of shrinkage is given or the word "sanforized" is used, you are sure of the amount of shrinkage.

Arizona sunshine is not kind to colors. Therefore, you need to buy the best if you expect bright and colorful clothing to stay that way.

## Look at the Label

Look at the label. Ask the clerk if the material is color-fast. The label should say "guaranteed fast color to sun and water." Some cottons carry the label "vat-dyed." That is the best dye for cottons.

Sometimes the labels on fabrics are confusing. Be sure that you know what they mean before you buy.

Plaids and stripes are special-problem fabrics. It will be necessary for you to buy more fabric than called for in the pattern, should you decide on a plaid or stripe. A plaid will not be too difficult for a gathered dirndl skirt. Other designs call for too much matching of plaid.

## Choose Design

Your first garment would be less difficult to make if it is made of other designs. Remember, plaids and stripes must match at all seam lines.

If it is a gathered dirndl skirt, you may not need a pattern. You may buy 2 or 3 skirt lengths of material. The amount of fullness will depend upon the weight of the material. If it is heavy, 2 widths will be enough.

To determine the correct amount, tie a tape or a string around your waist line. Measure the desired skirt length. Add 2 or 3 inches for the hem. Now add 5 inches for a skirt band. Double this and you will have the amount of material needed for a dirndl skirt.

You probably will be buying a print. Examine the torn edge on the bolt before purchasing. If the design runs crooked across it, do not purchase it. It will have to be made crooked, as you must follow the grain line or filling threads in cutting and fitting the garment.

## Threads and Buttons

After you have selected the pattern, buy the necessary buttons, hooks, eyes, snaps, thread. If you have a gathered skirt you will not buy a zipper. Maybe you had better wait until your third year before you learn to put in a zipper.

The thread should match the fabric. If it's a print, the thread should match the background color. Unwind a little of the thread and match it to the fabric. When it's on the spool, it will seem to be darker than your material. If you use mercerized thread, it will make much nicer outside stitching. It looks like the yarns that are used to make the fabric.

Buttons to be put on a cotton dress should be washable. If the button is just a fastener, it is usually as inconspicuous as possible. Plastic buttons often fade and melt when touched by a hot iron. The pearl button or a good bone button will last the lifetime of the garment.

The button should be very plain if the fabric has many figures in it. Use buttons with design and color on plain fabrics. Always buy one extra button when buying. This may save you from buying a new set of buttons.

Hooks and eyes will be needed on your skirt where it fastens if there is strain on the band. Such

snaps should be bought according to color. The black ones go on dark background fabric and light ones on pastel shades.

## Getting Material Ready

You learned to straighten edges of fabric in your first year by tearing or cutting on a pulled thread. After you have done this you may feel that when you place the selvages together the ends will seem crooked. If so, have one of your fellow 4-H'ers grasp one end of the material and you take the other. Be sure that the ends are even. Then pull see-saw.

This should straighten the warp threads so that when you place selvages and ends together, the material will lay out nice and straight. If you cannot straighten it by this method, wet the fabric and while it is still wet or damp, pull the fabric in the same manner. Many of the new resin finishes cannot be straightened.

If the material is not sanforized or pre-shrunk, then it is necessary for you to shrink it. You can straighten it at the same time if necessary. To shrink the fabric, wash it in soap and water. Fold it with selvages together and dry. Then press, keeping selvages together. As you press, press from selvedge to fold.

# *Let's Cut Out The Skirt*

You may have selected a design for your skirt that calls for a commercial pattern. If so you will want to spend time studying the pattern. You will find a guide sheet with the pattern pieces. Study this first.

## Kinds of Patterns

There are two general kinds of patterns. One is printed with blue lines that tell you the pattern edge and name of pieces. This type will have names of the parts of the

pattern printed on it. The second type have parts spelled out with little holes. Now note that there may be extra pieces of the pattern that you will not use. Fold these up and put them back into the envelope.

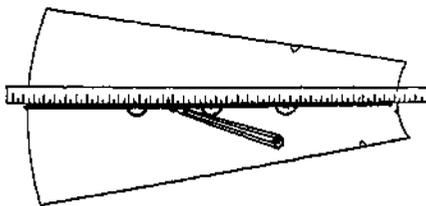
Write pattern part names on each piece of the pattern. It might be well to add your own name if you are working with a group.

The printed pattern needs to have the edge around the pattern trimmed away before you start working with it. Yes, you could leave it on and cut it off as you cut it out, but you will probably have difficulty placing the pieces on the material without wasting fabric. When you are more experienced you may leave it on.

### Note Markings

Now, note the other markings. Along the outside of the pattern, you will find notches that tell you the exact place to match the notch with another piece that goes with it. These notches must be cut or marked on the material.

Then notice another marking that says on printed pattern, **lay on straight of material**. There may be an arrow for a short distance on printed patterns. Take your yardstick and extend this to the end of the pattern. This is the most important marking on your pattern.



In the unprinted pattern you will find holes of different sizes. The largest holes will be the straight of goods marking. Again lay yardstick along these holes and extend a straight line from one end of the pattern to the other end. Pass the line through these large holes.

You will find another set of holes that often looks like this: o ° o. They are usually along the pattern edge, and this means that this edge is to be placed on the fold of your material. (See the drawing at top of page 14.)

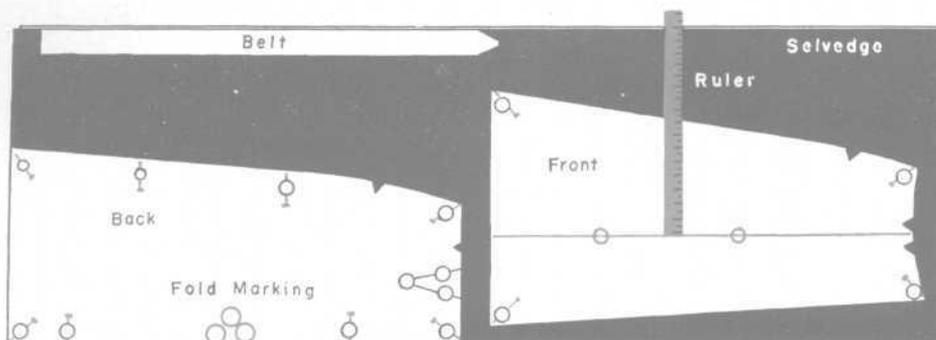
Now that you have identified all pattern pieces and their markings, you are ready to fit the pattern to yourself.

## Fitting the Pattern

### Laying Pattern On the Material

On your guide sheet you will find a drawing that shows how to lay your pattern pieces on the material. Draw a circle around the one that you will use. You will note that there are different "lay-outs" for different widths of material. Pin this sheet up some place near your cutting table so that you can refer to it. Follow this guide carefully in laying each piece.

Remember the lines that you drew through the pattern. These lengthwise lines must be placed on the garment so that they run along the warp threads or the lengthwise threads in your material. One way to test this is to measure from the selvedge edge to your marking at several places along the long line. (See the drawing at top of page 14.)

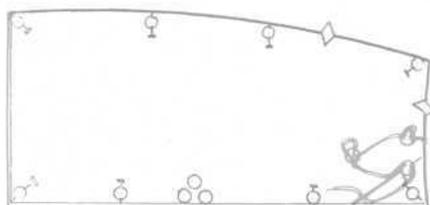


Pin the pattern onto the material, placing pins perpendicular to the edge as in the drawing above.

After you have all pieces placed, maybe Mother or your leader should check to see if there might be an error any place.

### Ready to Cut

You are now ready to cut. Take your long shears that should be sharp to the end. Cut with long even strokes on the exact pattern edge. When you come to a notch, cut it away from the edge instead of taking a nick out of the material. (See the drawing below.)

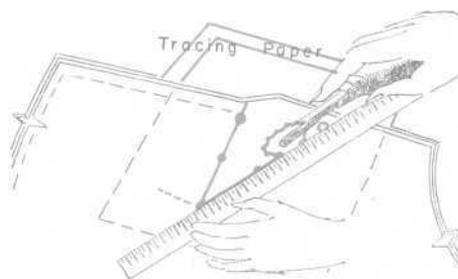


As you cut out each piece, fold it and put it in a box. After the garment is cut there will be markings that must be put on the fabric, such as darts, plaits, tucks and pockets, etc. These markings can be put onto the fabric in several ways.

### Marking the Garment

You can use tailor tacks as shown in the drawing above. To make, use double thread of darning cotton or any soft cotton thread. Take stitches as in the drawing. Be sure that you leave the loops large enough. Pull the 2 pieces of material slightly apart and clip..

If you have a tracing wheel and dressmaker's carbon paper, you will want to use them. Since your material is folded with wrong sides to the inside, you can fold the tracing paper so that the wax side is against the wrong sides of the fabric. Then mark with tracing wheel and ruler. (See drawing below.) Use the pastel colors of carbon paper.



Most of your markings will need to be on the wrong side of the fabric. You may crease center-front and center-back folds with your iron.

# Making The Skirt

## Order of Work

### 1. Stay Stitching the Edges

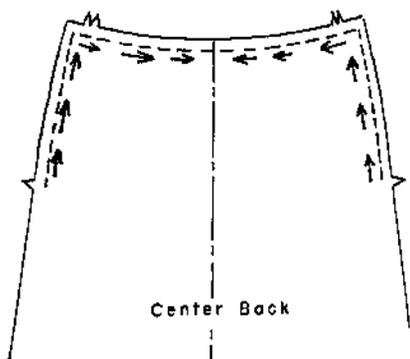
If your skirt is cut with gores, you will need to stay stitch it around the top and where there is slant at the side seams—usually from hip line to the top.

This stay stitching will keep the material from stretching as you handle it. If the skirt is a circle skirt, this will be most necessary around the top. Later you will find that stay stitching will eliminate basting.

### To Stay Stitch

a. Take your pattern from your pattern piece, then stitch the single thickness of each piece just inside the seam allowance.

b. The direction that you stitch makes a difference, so follow the arrows shown in the drawing below.



c. Stitch from side seam to center. (No, not across.)

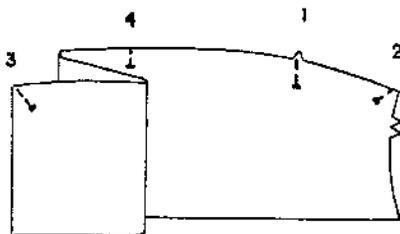
d. From hipline up to waistline.

e. A good rule to follow on stay stitching is to stitch from the wide area to the narrow area.

### 2. Putting the Skirt Together.

If your skirt has darts, pin them in. Then with a ruler and pencil or marking chalk, mark slightly. Stitch from the broad end to the narrow with the last 4 stitches coming just on the edge of the fold. Fasten threads at both ends.

Now press the darts towards the center of the garment. If the skirt has seams in front or back, pin first the notch, then both ends, placing pins perpendicular to the edge. (See the drawing below.)



Then pin between these pins. Stitch, beginning at the bottom taking full seam allowance.

Press seams open from bottom to top. The long seams that make the front and back can be stitched without basting if you use your seam guide.

The side seams probably will need to be basted so that you can check the fit. Basting is not necessary in circle or gathered skirts. Have your leader help to check your skirt as to fit. Before you fit the garment, you will need to baste on the waistband.

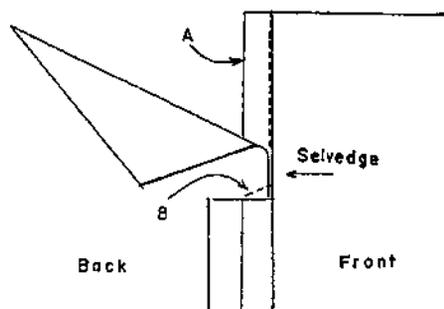
Now you are ready to sew up the side seams. Sew from bottom to top and keep grain line straight.

### 3. Making the Placket METHOD I

If the skirt is gathered, it is easy to put in a placket. It can look much like an opening with a zipper. It will be made on the selvedge edges.

Here's how it's done:

a. Fold back the front placket extension to the seam line (See "A" in drawing below.)



b. Baste and machine stitch the length of the placket  $\frac{5}{8}$  inch from the folded edge. Stitch diagonally to the folded edge, catching the back extension. (See "B" in drawing above.)

c. Tie threads securely on wrong side.

d. At about 1 inch below the end of the placket clip the back seam allowance almost to the stitching line. This will allow it to lie perfectly flat if the seam is to be pressed open.

### METHOD II

#### Bound and Faced Placket

If the skirt is a gored skirt and fitted, you will make a faced and extension placket using the seam allowance, which should be at least  $\frac{1}{2}$  inch.

#### To Make It:

a. Cut two strips of material an

inch longer than the opening,  $1\frac{1}{2}$  inch wide.

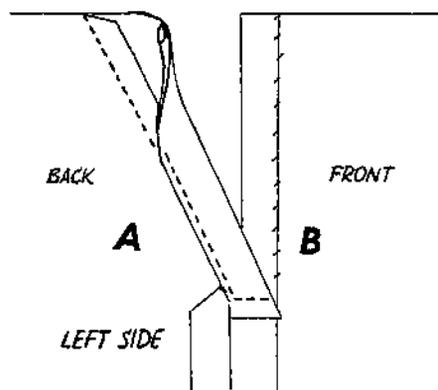
b. Mark a line on skirt with chalk or pencil showing seam allowance.

c. Crease one strip in center.

d. Place this strip on skirt back piece with wrong sides together. Stitch, taking full seam allowance in seam. Retrace stitching to fasten machine stitching.

e. Trim seam to  $\frac{1}{4}$  inch.

f. Now turn the piece over raw edges; fold back  $\frac{1}{4}$  inch and stitch by machine on right side. This forms a binding  $\frac{1}{2}$  inch wide. (See "A" in drawing below.)



#### The Front is a Facing

a. Sew other strip on front of skirt, right sides together, taking full seam allowance (See "B" in drawing above.)

b. Trim seam to  $\frac{1}{4}$  inch.

c. Trim off  $\frac{1}{4}$  inch of strip, turn under  $\frac{1}{4}$  inch. Baste and stitch by hand or by machine. Facing should be  $\frac{1}{2}$  inch wide.

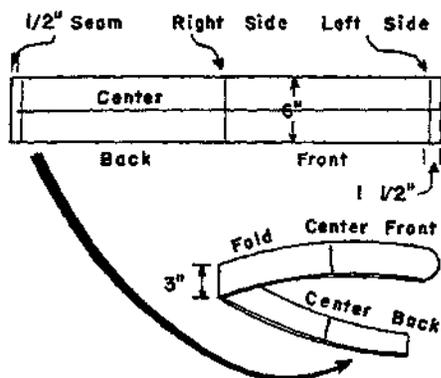
d. Stitch across bottom of both pieces fastening the two pieces together.

e. One or two snaps will be needed to be placed in the center of each piece to keep it from gaping.

#### 4. Making the Waistband.

Do you remember your waist measurement? Add to this measurement 3 inches ( $\frac{1}{2}$  inch for each seam and 2 inches for underlap).

Stitch seam at both ends, press and trim. Press the center strip so that it is folded. Mark center front and center back. (See drawing below.)



#### 5. Gathering the Top.

Gathering the top may be done best by machine. Try using nylon thread, it will not break so easily. If you are doing it by machine, regulate the stitch for a large stitch—about 7 stitches to the inch. Mother can help you to change the stitch on the machine.

Make 2 rows of machine stitching, the first row  $\frac{1}{2}$  inch from the edge of the skirt and the second  $\frac{1}{4}$  inch from the first row. Set your seam gauge to do this accurately.

#### 6. Attaching Waistband.

Start and finish the 2 rows of stitching 1 inch from the placket. (See the drawing at right.)

a. Now pin center front and back to right side of skirt. (See

drawing below.) Be sure that right side of band and of skirt face one another.

b. Pin at side seams and center back and left side.

c. Allow back or right side to extend 1 to 2 inches.

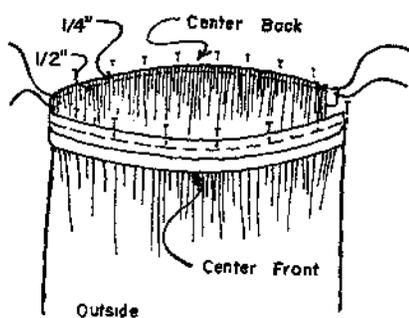
d. Now pull the bottom threads or the bobbin threads. Pull both at the same time and distribute the fullness between the pins. Do not attempt to pull threads around the entire skirt. Pull from side seam to side seam.

e. Now pin fullness in carefully and baste.

f. Machine stitch in center of gathers between the two lines of gathering stitches.

g. Tie threads securely and then fold over the band. Baste and hand hem to the back of the skirt.

This work can be done by machine, beginning from wrong side and turning the band to the right side, stitching by machine. Since you are inexperienced in machine stitching, your results will probably be better if you finish the band as directed above by hand.



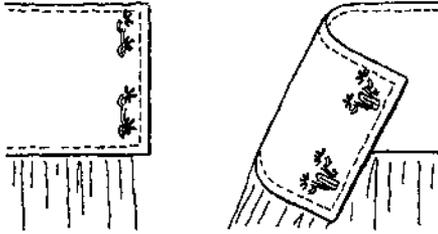
#### 7. Putting on Hooks and Eyes

Since you give a waistband lots of pull and wear, it will be necessary to use hooks and eyes. You will want to use 2 or maybe 3.

a. Place the hook on top of

front band on the under side  $\frac{1}{8}$  inch from the edge of the band and about  $\frac{1}{8}$  inch from top and bottom of the band.

b. Sew around the 2 eyes of the hook using the over-and-over stitch. (See drawing below.)



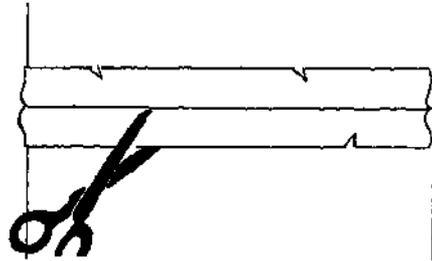
c. Then sew across the top of the hook. This holds the end of the hook to the fabric.

d. Now place the straight eye across the end of the back band. Sew it on with over-and-over stitch. When you learn to make the button-hole stitch, then you will put them on using this stitch.

### 8. Finishing the Seams

You will want some kind of a finish on the seams. If your skirt is a straight, gathered skirt you will use the selvedge, the natural finish.

However, selvedge needs to be clipped every 4 to 6 inches so that as it shrinks it will not pucker. (See the drawing below.)

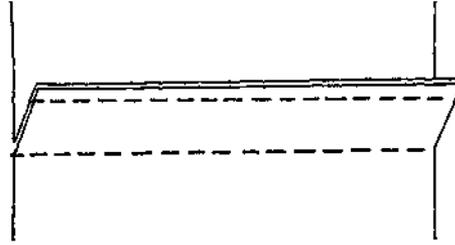


If you do not have selvedge edges, then choose a method of finishing. Remember, the seams need to be inconspicuous when

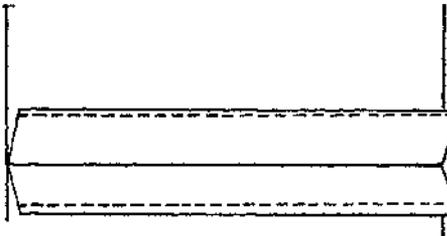
pressed. The finish can make the seam conspicuous.

The weight and weave of the material determines the type of finish you will be using. A heavy material may cause the finish to be bulky.

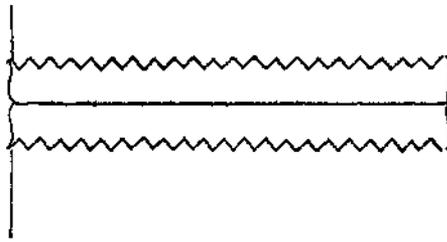
If the material is a print, you may finish it by making the second line of stitching about  $\frac{1}{16}$  inch from the edge. Stitch the two edges together as shown in the drawing below. Press and turn seams to the front.



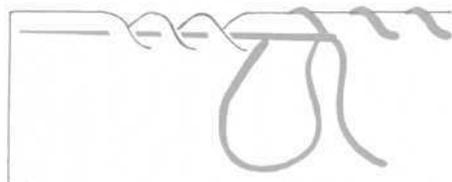
Another finish is lines of stitching on both outside edges of seam. This is a satisfactory finish for thicker materials. (See drawing below.) This allows you to press the seams flat.



Some of your materials, if woven firmly, can be pinked. (See drawing below.)



Another finish is the overcast seam made by overcasting stitches about  $\frac{1}{4}$  inch apart and  $\frac{1}{8}$  to  $\frac{1}{4}$  inch deep depending on firmness of the material. Note that as you overcast you do not need to take single stitches. (See the drawing below.)



A hem marker like this is fun to use.

## 9. Putting in the Hem

Try on the skirt and have one of your 4-H friends mark your skirt with a yardstick or hem marker. When you have finished, you will have a line of pins around the bottom of the skirt, an even distance from the floor. This will become the bottom of the hem.

(Note the pin line marking bottom hem in the picture at left below.)

### The Circular Skirt

Let the circle or circular skirt hang a day before marking it.



Turn up the hem and baste from pin to pin around the bottom of the skirt. (See picture above.) Straighten the hem by marking with chalk. Then with pinking shears trim evenly to  $\frac{1}{4}$  inch. Stitch two lines by machine around the bottom of the skirt. Be sure that only one line comes as close as possible to the outside edge.

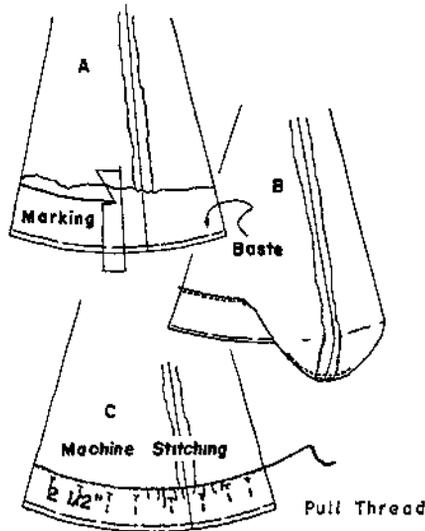
### The Straight or Slightly Flared Skirt

Mark as for above hem. Make a cardboard hem gauge for  $2\frac{1}{2}$  to 3 inch hem as shown in the drawing "A" page 20. Trim to this line. Press hem around bottom by pressing up into the garment instead of across it.

The seams within a hem should be pressed open. It may be necessary to clip them at top of hem.

Turn under raw edge about  $\frac{1}{4}$  inch and stitch  $\frac{1}{16}$  inch from fold. Use longer machine stitch—about 8 stitches per inch. (See "B" in drawing below.)

Pull the bottom thread just enough to make the hem fit smoothly. (See drawing "C" below.)

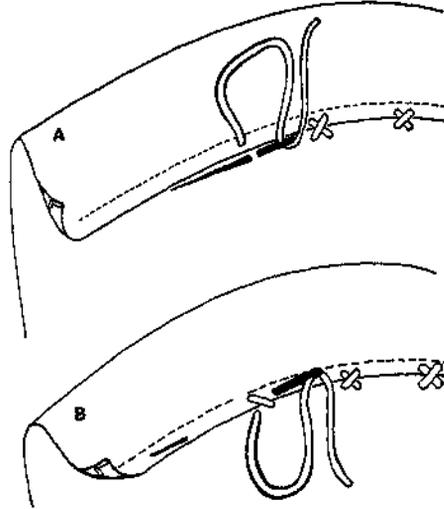


Be careful not to get too much ease in hem. Note that most of the ease will come near the seams.

Now you are ready to slip stitch or blind stitch the hem in the skirt. Hold the hem toward you with the fold away from you (See drawing at right.)

1. Fasten your thread under the hem.
2. Slip the needle into the underside of the fold of the hem. Bring the needle out about  $\frac{1}{2}$  inch forward.

3. Take up one or two threads below in the skirt. (See "A" in drawing below.)
4. Now put needle into fold about just back of where it was last put through. (See "B" in drawing below.)



(Note: These stitches are enlarged to show detail.)

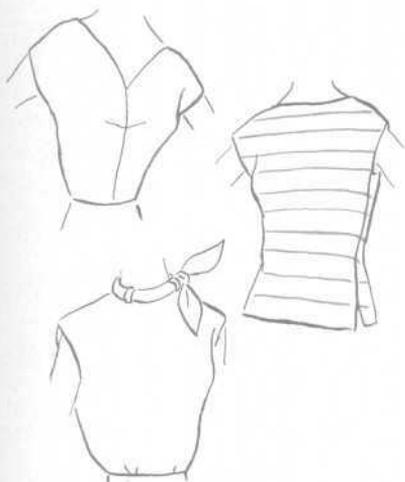
5. This forms a tiny figure 8 or cross that holds the hem securely.

It will not pull out if the thread breaks.

Another advantage of using this method is that stitches are less apt to show on right side since material is not fastened so close to the skirt. Stitches can also be farther apart on wrong side as there are no long stitches to catch and pull out.

There are other methods of putting in hems that are satisfactory. You will learn those in future projects.

# Let's Make A Blouse



If you made a skirt, you will need blouses to wear with it. If not, you probably have use for blouses to go with skirts you bought or that Mother made for you.

## Fitting the Blouse Pattern

You have been careful to select the correct size pattern. However, you may need to alter it. To do this, take seam tape and pin together the shoulder seams. Lap the front and back so that the seams match. The tape will keep you from tearing the paper.

Now pin another tape across the bust line. Leave 1 inch of tape when you start in front. Pin the tape across the front over the pattern and around to the center of the back without cutting off the tape.

Measure the amount of tape that is used by bringing it back to the front. Cut off this amount and the 1 inch that you used to lap the



Careful checking of the pattern will "make it fit."

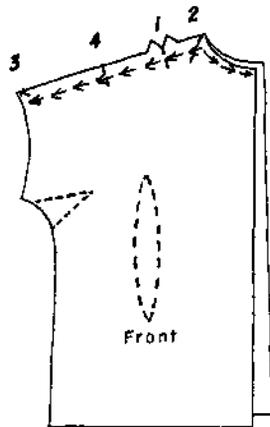
front. (See picture above.) This gives you the actual size of the blouse if cut exactly by the pattern. If that is too tight or too loose, your leader will help you change your pattern.

Follow your guide sheet carefully. Remember your pattern markings. Be sure that it is laid upon the fabric correctly. Mark every construction line. Be sure that darts, gatherings, and openings are clearly marked.

## Order of Work

1. You will need to stay stitch the edges of the blouse to keep them from stretching as you handle it. Stay stitch just the same as you did the skirt. Stitch shoulder line

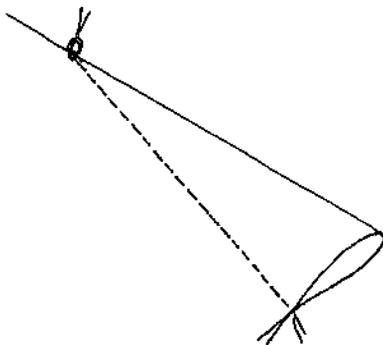
beginning from neckline to top of armhole. (See arrows in the drawing below.)



2. Darts and gathers come first. Complete these in front and back pieces before putting together. The darts in the blouse help to fit the garment to the body. They direct fullness where it is needed.

You learned to mark the dart (lower right drawing on page 14) using dressmaker's carbon and tracing wheel. Pin together the dart by folding down the center and placing the pins perpendicular to the fold.

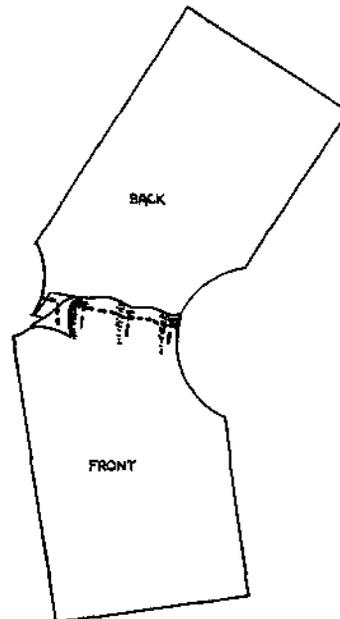
Press before you stitch to help make it accurate. Now stitch, beginning at wide end and stitch to the narrow end exactly on the



marked line. The last four stitches made by the machine should be on the exact edge of the dart.

Tie the dart threads by taking both threads and making a slip knot close to last stitch.

3. Now pin back and front together at shoulder seam. Remember, pin first the notches and then the ends of shoulder seams. Always pin the back shoulder seam to the front. That is, the front will be on the bottom and the back on top as you work. (See the drawing below.)



You will notice that the back shoulder line is longer than the front. **No! Don't cut it off!** Ease it to the front.

4. Now pin notches, then side seams. Begin pinning at bottom and top, then through center. Baste and fit.

5. Set your seam gauge for seam allowance and stitch and press.

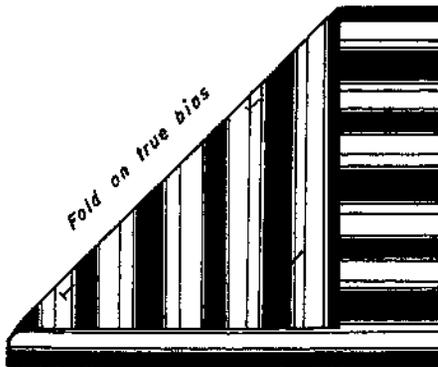
6. Necklines without collars have many varied finishes. They can have varied shapes that are becoming to you. Finish it according to the directions in your guide sheet.

A facing is probably the easiest finish. Put together the front and back facing, making a seam at shoulder. Press seam open. Finish outside of facing by turning under  $\frac{1}{4}$  inch edge, turning only once. Then stitch close to the edge. Now baste the facing to the neckline and opening. Be sure that you have taken the correct seam allowance.

Press the seam open and then clip and trim to within  $\frac{1}{8}$  inch. You will need to clip to seam allowance to make it turn evenly. Turn to inside and press again.

If the pattern calls for a binding, you will need to cut bias like your blouse.

To cut a true bias, you will need to cut the diagonal of a perfect square (See drawing below.)



Mark, or better yet, use the bias cutting gauge found in your Mother's sewing machine attachments. Set the little gauge and fasten to your scissors. Now cut. Practice first cutting scrap material.

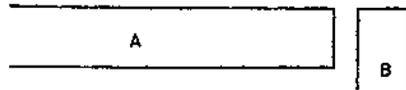
After the bias is cut  $1\frac{1}{2}$  inches wide, sew pieces together in this manner.

Bias is always joined on the straight of the thread. One method of joining is to lay the bias strips at right angles and extend points over the edge about  $\frac{1}{4}$  inch. Stitch, press, and cut off extending points. (See the drawing below.)



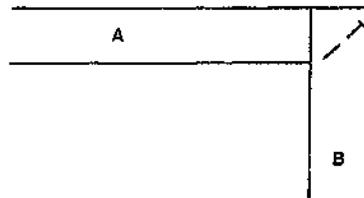
Another easy method is:

1. Cut both ends straight across as shown in the drawing below.



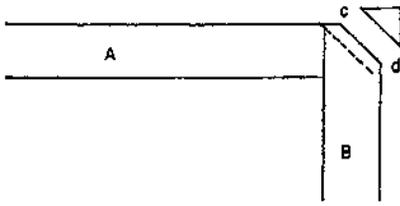
Be sure that both pieces are exactly the same width.

2. Join by laying piece "A" (as shown in the drawing below) with the right side up and placing piece "B" down at right angles on top of "A" with "B's" wrong side up.



3. See that the corners of pieces "A" and "B" are even, and pin in place.

4. Next, baste the diagonal line "C-D," as shown in the drawing below.



5. Stitch line C-D (see above) on the machine. Tie thread ends and remove bastings.

6. Cut off the two corners to within  $\frac{1}{4}$  inch from the machine stitching (See drawing above).

7. Open seam joining and press seam open flat and stretch as you press. (See drawing below.)



If the blouse slips over your head without an opening, measure around the entire neckline. Do this accurately. Cut the bias to the exact size. Put together to form a circle. The two points extend over the ends on either side. (See the drawing at top of page 23.)

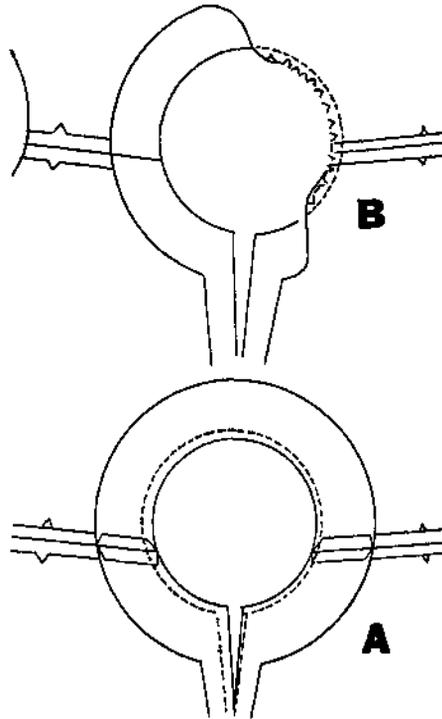
Now you are ready to put the bias around the neckline. Fold the bias in the middle and press. Pin bias to neckline with raw edges together.

Be careful not to stretch the bias, so handle it carefully. Baste it with  $\frac{1}{4}$  inch seam. Stitch by machine, trim to  $\frac{1}{8}$  inch, then turn the folded edge over and finish by

overhand stitch. This gives the neckline a finish that is heavy enough to wear well.

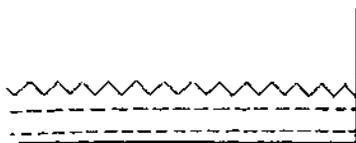
If your blouse has the neck finished with a fitted facing, follow instructions on the instruction sheet. Remember the front and back pieces are always sewed together at the shoulder seam and pressed open before they are attached to the neckline. Pressing of the shoulder seam is necessary.

Usually a facing is not fastened to the garment at the outer edge. Clipping the seam and trimming it to about  $\frac{1}{8}$  inch is necessary to have a smooth fitted facing. (See the drawing below.)



7. Finishing the Bottom: If the blouse is of light weight material, it may ravel. A small hem  $\frac{1}{4}$  inch

deep may be put in by machine or by hand. You can also finish it by turning up the pinked edges and stitch twice. (See the drawing below.)



If the fabric is heavy enough to form a ridge under a straight skirt, try this finish. Put two rows of machine stitching around the bottom. These rows will be  $\frac{1}{8}$  inch apart. Start them  $\frac{1}{4}$  inch from the bottom edge. Then after stitching is finished pink the edge. (See the drawing below.)



8. Fastenings may be made with hook and eye, button and loop, or a string tie. Avoid buttons and buttonholes since you haven't learned to make buttonholes. A button at an opening always calls for a buttonhole or a loop for fastening.

## Check List for Skirt and Blouse

	Very Well Done	Satis- factory	Needs to Im- prove
<b>General Appearance:</b>			
Cleanliness	_____	_____	_____
Pressed	_____	_____	_____
<b>Selection:</b>			
Color Combination	_____	_____	_____
Choice of Buttons	_____	_____	_____
Choice of Pattern	_____	_____	_____
Choice of Material	_____	_____	_____
Matching Thread	_____	_____	_____
<b>Workmanship:</b>			
Collar	_____	_____	_____
Darts or Gathers	_____	_____	_____
Facing	_____	_____	_____
Fastening	_____	_____	_____
Hem	_____	_____	_____
Placket	_____	_____	_____
Band	_____	_____	_____
Seams	_____	_____	_____
Stitching: Hand	_____	_____	_____
Machine	_____	_____	_____

## Look Your Best

You will not look your best in the dress you made if you are not well groomed. Many things go to make up good grooming. Your dress should be clean and well pressed. This year you will take special care of your hands and nails

and learn how to manicure your nails.

What tale do your hands tell? Do they tell that you are neat and clean? Or do they say: "She's careless and untidy." Let's not allow our hands to tell false tales.

## Care of Hands

There are little habits that you can form that make hand care easy. Of course, wash hands often, as they are always getting into dirt and germs. Since you wash them often, you will have to replace some of the natural oil. The hands have so few oil glands. You may want to use hand lotion containing oils that will keep your hands soft.

What is cuticle? It is just layers of skin like the outer layers of any of your skin. It has few nerve endings and very little blood. It doesn't like rough usage. Hangnails appear if we pick at it or cut it. It needs oil, too. The best care that you can give it is to push back the cuticle with your towel each time that you wash your hands.

## Manicuring Your Nails

Are you interested in manicuring your nails? It is easy and calls for so little money. You will want to give your hands a good manicure once a week. To do this you will need:

1. Mild soap and water
2. Nail file and emery board
3. Soft towel
4. Hand lotion or vaseline or cold cream
5. Scissors (manicure)
6. Polish and remover (if you use it)
7. Orange wood stick
8. Cotton
9. Nail brush

Here are some suggestions for your weekly manicure:

1. Begin by washing hands.
2. Shape nails with file, then smooth with emery board. Avoid shaping too deep at corners. Nails should take on general shape of your fingers. (Never extreme length.)
3. Now soak finger tips in bowl of soapy water. This loosens cuticle.
4. Use blunt end of orange stick wrapped with cotton and gently push back cuticle. Now rinse and dry hands.
5. Apply polish if desired. Remember that if you use polish it must be kept in perfect condition. Chipped and half-peeled polish looks bad. It's best not to use it if you can't keep it looking nice. Remember also to select a color that goes with your color scheme.
6. If and when you apply polish, start at the base of the nail. Avoid touching the cuticle with the polish. Brush up to the tip and with the thumb remove just the edge of polish at the end of nail.
7. Clean off any stray bits of polish. To do this use cotton-covered orange stick and polish remover.
8. After polish is dry, massage hands with good lotion from wrists to finger tips.

# ***Demonstrating Your Skill***

Learning to give demonstrations is a part of your club work. Any and all of the things you have learned will make good demonstrations.

Your leader will help you plan easy, simple demonstrations to be given in your club. When you are given such an assignment, take advantage of the opportunity. After you have shown others how to do something, you probably will always remember how to do the job.

Someday you will be interested in giving good team demonstrations at achievement days. Only through practice in giving simple individual demonstrations do you become good at it.

Here is a list of demonstrations. You may think of others.

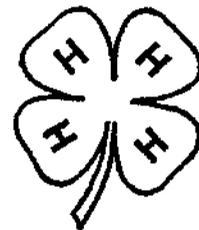
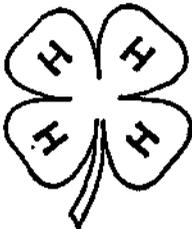
1. How to cut a pattern for a garment protector
2. How to check your skirt and blouse pattern
3. How to sew on buttons
4. How to take measurements before you buy a pattern
5. How to make a pin cushion
6. How to make selvedge placket for gathered skirt
7. How to mark and make a dart (team)
8. How to mark and turn a hem (team)
9. How to make bias tape and apply as a French fold (team)
10. Putting on a fitted facing (team)
11. Caring for your hands (team)

# ***Keeping Your Record***

On the record sheet in this book (pages 29 and 30) you will keep a record of all the things that you have done in your 4-H sewing program. These records may mean

much to you in future years of club work. Your work is not finished until you have made a complete record and shown it to your leader.

**Do a good job!**





# *Your Clothing Record*

## *Making a Skirt and Blouse*

NAME \_\_\_\_\_ Age \_\_\_\_\_

Town \_\_\_\_\_ Rural Route \_\_\_\_\_ Box No. \_\_\_\_\_

Club Name \_\_\_\_\_

Leader's Signature at Completion \_\_\_\_\_

Sewing Equipment You Have Added: (Check)      YES      NO

Wrist Pin Cushion \_\_\_\_\_

Seam Gauge for Machine \_\_\_\_\_

Hem Gauge \_\_\_\_\_

You Made: (Check)

Wrist Pin Cushion \_\_\_\_\_

Garment Protector \_\_\_\_\_

Skirt \_\_\_\_\_

Blouse \_\_\_\_\_

Care: (Check)

Learned to Darn Socks \_\_\_\_\_

Learned to Sew on Buttons \_\_\_\_\_

Used Skirt Hanger to Hang Up Skirt \_\_\_\_\_

Buymanship: (Check)

Did You Buy Sanforized or Pre-Shrunk

Material for Blouse and Skirt? \_\_\_\_\_

Did Your Club Visit Stores

Before Buying Garments? \_\_\_\_\_

Did the Blouse Pattern You Bought Fit? \_\_\_\_\_

Did You Alter the Pattern? \_\_\_\_\_

# Your Clothing Record

HOW GOOD A CLUB MEMBER HAVE YOU BEEN?

I Gave Demonstrations: (Check)	YES	NO	
In My Club			
At County Achievement Day			
At State Roundup			
At Other Public Meetings			
I Exhibited at: (Check)			
Local Achievement Program			
County Fair			
State Fair			

I Served on \_\_\_\_\_ Committee

I Was \_\_\_\_\_ in My Club  
(Club Officer)

My Club Held \_\_\_\_\_ Meetings. I Attended \_\_\_\_\_ Meetings.

MY BLOUSE



MY SKIRT



Paste cut-out pieces of fabric on drawings above.

Cost of Blouse:

Cost of Skirt

\*This is a  
publication of the  
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Service, University of  
Arizona. See your local  
County Agricultural Agent or  
Home Demonstration Agent  
for other farm and  
home information.