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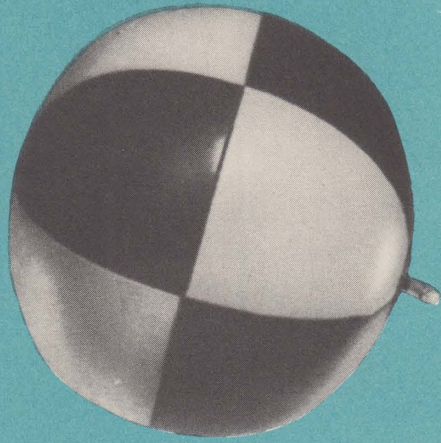
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And so to SEW



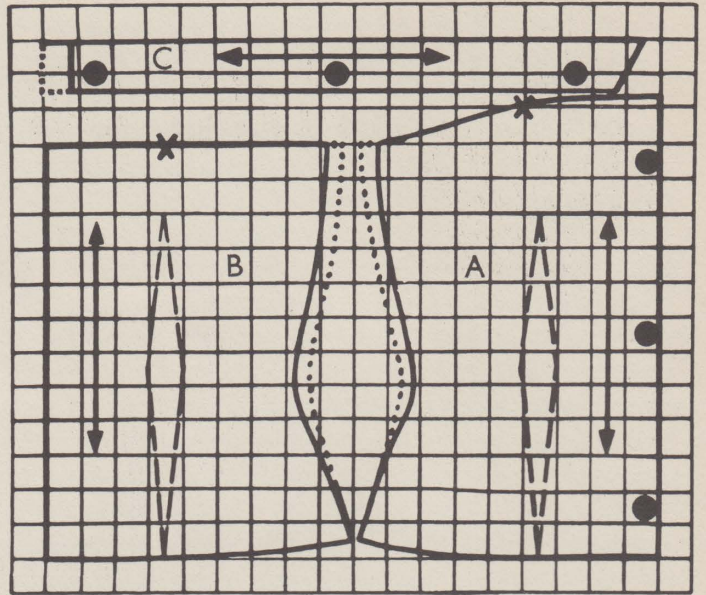


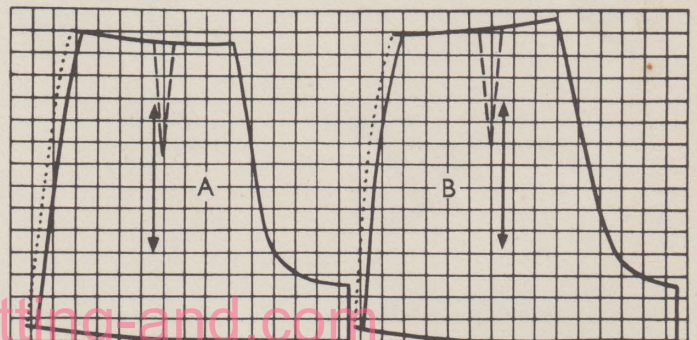
DIAGRAM FOR SUN TOP

CHECKED AND PLAIN—plain and check, adaptable and interchangeable—these gay separates, so quickly sewn, are the perfect foundation for your holiday wardrobe. Elizabeth's trim shorts and matching sun top of black and white checked gingham have contrast cuffs of white cotton—Jean's skirt of white cotton is trimmed with black and white checked gingham and is worn with a simple black poplin blouse.

These garments are most versatile and can be combined in a variety of ways—why not make the complete set? All the patterns are given in two sizes.

Many different types of fabrics, of varying pattern and colour combination may be used. Striped or floral instead of checked—or even bold contrasting self colour fabric. For beachwear always choose bright, gay colours and strong contrasts—the clear light and sunshine tend to diminish the strength of every colour and pastel shades become insignificant. If self colour fabric is used, add a note of interest with borders of simple hand embroidery, or decorative machine stitching as shown in "And so to Embroider," No. 17B.

DIAGRAM FOR MATCHING SHORTS



SEWING for the HOLIDAYS

Trim Shorts and Sun Top * Poplin Blouse and Cotton Skirt

SUN TOP

Size : Bust 32 in. or 34 in.

Materials : 1 yd. checked Gingham, 36 in. wide. $\frac{1}{4}$ yd. white Cotton, 36 in. wide. 1 lightweight, locking, open end Zip Fastener, 12 in. long. 1 Hook. 1 card Bias Binding to tone. 1 reel Mercerised Sewing Cotton No. 40 to tone. 1 Sharps Needle No. 7. 1 Machine Needle No. 14.

Patterns : Solid lines on diagram mark 32 in. bust size ; dotted lines mark 34 in. bust size. Make patterns from diagram, 1 square = 1 in. Solid spots mark edge to be laid on the folded edge of fabric. Arrows mark the straight grain. Broken lines mark darts. Xs mark position of shoulder straps.

Cutting Directions : Allow $\frac{1}{2}$ in. or $\frac{3}{4}$ in. for seams on all pattern pieces depending upon method used to finish seams, (Bulletin No. 15A). Pattern A—Front Bodice—Cut 1 piece from gingham. Pattern B—Back Bodice—Cut 2 pieces from gingham. Pattern C—Cuff—Cut 2 pieces from white cotton. Shoulder straps—Cut 2 pieces 16 in. x $3\frac{1}{2}$ in. from gingham.

Sewing Directions : (1) Tailor tack round all pattern pieces and darts to mark stitching lines. (2) Run a basting thread down centre front of bodice. (3) Pin and baste darts on front and back bodice. (4) Press seam allowances to wrong side at centre back ; insert and baste zip fastener in position. (5) Baste side seams. (6) Fit top, making any necessary alterations. (7) Machine stitch darts and press towards centre. (8) Machine stitch side seams, press open and finish raw edges. (9) Machine stitch zip fastener in position. (10) Turn up $\frac{1}{2}$ in. hem along lower edge and slipstitch. (11) Fold cuff sections in half lengthwise, right sides together, edges even and machine stitch the two short ends along stitching line. Trim seams, turn to right side and press. (12) Lay each cuff in position to right side of top, raw edges even and centres matching. Place a piece of bias binding with fold to fitting line. Machine stitch along fitting line through all thicknesses. Trim seam to $\frac{1}{4}$ in. (13) Turn bias binding on fitting line to wrong side of top and slipstitch. (14) Sew a small hook and work a buttonhole loop at top of back opening. (15) Fold one shoulder strap in half lengthwise, right sides together, raw edges even. Baste and stitch the long raw edges together. Trim seam and pull strap through to right side. Press seam to centre of strap. Repeat with other strap. Finish

ends with slipstitching. Stitch straps securely in position.

SHORTS

Size : Hips 36 in. or 38 in.

Materials : 1 yd. checked Gingham, 36 in. wide. $\frac{1}{4}$ yd. white Cotton, 36 in. wide. 1 lightweight, self-locking Zip Fastener, 7 in. long. 2 Hooks. 2 Press Studs. 1 reel Mercerised Sewing Cotton No. 40 to tone. 1 Sharps Needle No. 7. 1 Machine Needle No. 14.

Patterns : Solid lines on diagram mark 36 in. hip size ; dotted lines mark 38 in. hip size. Make patterns from diagram, 1 square = 1 in. Arrows mark the straight grain. Broken lines mark darts.

Cutting Directions : Allow $\frac{1}{2}$ in. or $\frac{3}{4}$ in. for seams on all pattern pieces, depending upon method used to finish seams, (Bulletin No. 15A). Pattern A—Front—Cut 2 pieces from gingham. Pattern B—Back—Cut 2 pieces from gingham. Waistband—Cut 1 piece from gingham, waist measurements plus $2\frac{1}{2}$ in. x 3 in. Cuffs—Cut 2 pieces from cotton, width round leg edge plus 1 in. x 4 in.

Sewing Directions : (1) Tailor tack round pattern pieces and darts to mark stitching lines. (2) Pin and baste darts on back and front sections. (3) Pin and baste centre back, centre front and two side seams, leaving an opening of $7\frac{1}{2}$ in. at centre back. Baste underleg seam. (4) Fit shorts and make any necessary alterations. (5) Machine stitch darts, centre front and centre back seams and finish raw edges. Press seams and darts. (6) Insert, baste and stitch zip fastener at centre back opening. (7) Stitch side seams and underleg seam, finishing raw edges. (8) Fold waistband in half lengthwise, right sides together, raw edges even. Baste and machine stitch the two short ends along the stitching line. Trim seams, turn to right side and press. (9) Place one edge of waistband to the right side of shorts, raw edges even and with the underlap extending $1\frac{1}{2}$ in. beyond the left side of the opening. Machine stitch along the fitting line through all thicknesses. Fold waist band over to the wrong side, turn in the remaining long raw edge and slipstitch in position, just above the machine stitching. Continue the slipstitching to end of the waistband underlap. (10) With right sides together, machine stitch the short ends of each cuff. Trim seams, turn to right side and press. (11) Lay right side of cuff in position, to wrong side of lower edges, raw edges even. Stitch along fitting line, turn cuff over to right side and slipstitch in

position, just above machine stitching. Press cuff upwards and catch in position at seams with buttonhole bars. (12) Sew the hooks and work buttonhole loops to match at the end of waistband. Sew press-studs in position to secure underlap.

BLACK POPLIN BLOUSE

Size : Bust 32 in. or 34 in.

Materials : 2 yds. Poplin, 36 in. wide. 1 lightweight, locking, open end Zip Fastener, 14 in. long. 1 Hook. 1 card Bias Binding to match. 1 reel Mercerised Sewing Cotton No. 40 to match. 1 Sharps Needle No. 7. 1 Machine Needle No. 14.

Patterns : Solid lines on diagram mark 32 in. bust size ; dotted lines mark 34 in. bust size. Make patterns from diagram, 1 square = 1 in. Solid spots mark edge to be laid on the folded edge of the fabric. Arrows mark the straight grain. Broken lines mark tucks. C.F. marks centre front.

Cutting Directions : Allow $\frac{1}{2}$ in. or $\frac{3}{4}$ in. for seams on all pattern pieces depending upon method used to finish seams, (Bulletin No. 15A). Pattern A—Front Bodice—Cut 2 pieces. Pattern B—Back Bodice—Cut 1 piece. Pattern C—Collar (Front)—Cut 4 pieces. Pattern D—Collar (Back)—Cut 2 pieces. Pattern E—Cuffs—Cut 4 pieces.

Sewing Directions : (1) Tailor tack round all pattern pieces and tucks to mark stitching lines. (2) Run a basting thread down centre back of bodice. (3) Pin and baste tucks on back bodice. Pin and baste broken lines together on the front bodice pieces to form tucks. Press the seam allowances to the wrong side at the centre front. (4) Baste shoulder and side seams. (5) Fit blouse, making any necessary alterations. (6) Machine stitch all tucks. Press back tucks towards the centre front and centre back. (7) Machine stitch shoulder and side seams. Clip seams at underarm curves to $\frac{1}{4}$ in. from the stitching line. Press all seams open and finish all raw edges. (8) Insert, baste and machine stitch zip fastener down the centre front of blouse avoiding the tucks when stitching. (9) Turn up $\frac{1}{2}$ in. hem along lower edge and slipstitch in position. (10) Machine stitch the corresponding collar sections at the shoulder seams, right sides together, edges even. Trim seams and press. (11) Place collar sections, right sides together, edges even and machine stitch the two short edges and the outer curved edge along the stitching line. Trim seams, turn to right side and press. (12) Lay collar in posi-

In our next bulletin we will show you how to make a simple dressing gown and a housecoat.

tion on the right side of the neck edge, raw edges even and centres matching. Place a piece of bias binding with fold to fitting line. Machine stitch along fitting line through all thicknesses. Trim seam to $\frac{1}{2}$ in. Turn bias binding on fitting line to wrong side and slipstitch. (13) Join cuff sections together and attach to the sleeves in the same way as collar. (14) Sew a small hook and work a buttonhole loop at top of front opening.

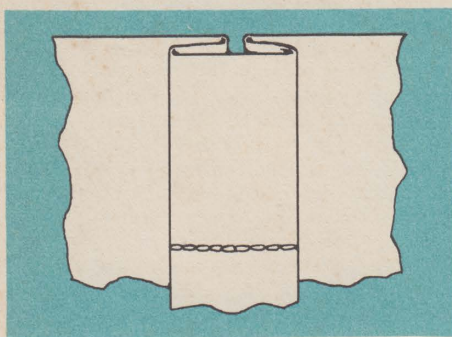
SKIRT

Size: This skirt may be adapted to fit a 24, 25 or 26 in. waist measurement by altering the width of the front skirt section. After pleating the front skirt section should measure $13\frac{1}{2}$ in. for a 24 in. waist; $14\frac{1}{2}$ in. for a 25 in. waist and $15\frac{1}{2}$ in. for a 26 in. waist. Cut away the surplus fabric evenly from each side to obtain these measurements. Length of skirt is 29 in.

Materials: 2 yds. firm heavy Cotton, 40 in. wide, or $2\frac{1}{4}$ yds. heavy Linen, 36 in. wide. $\frac{1}{2}$ yd. checked Gingham, 36 in. wide. 2 Hooks. 1 Press Stud. 1 lightweight, self-locking Zip Fastener, 7 in. long. 1 reel Mercerised Sewing Cotton No. 40 to tone. 1 skein Stranded Cotton to match dark check of Gingham, for Arrowhead Tacks. 1 Sharps Needle No. 7. 1 Machine Needle No. 14.

Cutting Directions: Back Skirt section—Cut 1 piece in heavy cotton 40 in. \times 30 in. Front Skirt section—Cut 1 piece in heavy cotton 40 in. \times 30 in. Waistband—Cut a strip in heavy cotton, waist measurement plus 2 in. \times 4 in. Waistband Trimming—Cut a strip in checked gingham, waist measurement plus 2 in. \times 2 in. Hem Trimming—Cut 1 strip in checked gingham, 6 in. wide \times width round lower edge of skirt plus seam allowances (piece where necessary) Pocket Binding—Cut 4 strips in checked gingham, $6\frac{1}{2}$ in. \times 1 in. There is a seam allowance of $\frac{1}{2}$ in. on each section, except on the pocket binding, where the allowance is $\frac{1}{4}$ in.

Sewing Directions: Make two inverted pleats, 3 in. deep on one 40 in. edge of the front skirt section, each pleat being 3 in. from the centre front, (12 in. of fabric is used for each pleat). Baste pleats firmly in position. 2. Starting at a point 6 in. from top raw edge, stitch pleats on wrong side downwards for 3 in. At this point, on wrong side, stitch across inverted pleat, through two thicknesses only, thus forming a pocket (see diagram).



3. Bind the 6 in. pocket opening with bias strips matching checks carefully. Finish off ends of pocket opening with Arrowhead Tacks. 4. On one 40 in. edge of back skirt section, and starting first pleat $1\frac{1}{4}$ in. in from selvedge,

make five inverted pleats $1\frac{1}{4}$ in. deep and $2\frac{1}{2}$ in. apart, (5 in. of fabric is used for each pleat). Trim off $2\frac{1}{2}$ in. surplus fabric at other selvedge edge so that back measures $12\frac{1}{2}$ in. including seam allowance. Baste pleats firmly in position at waist only.

(5) Pin and baste side seams, leaving opening on left side for zip fastener. Stitch and press seams. (6) Insert, pin, baste and stitch zip fastener in position. (7) Fold waistband in half lengthwise and press. Turn in long raw edges on checked waistband trimming. Place this trimming on single fabric along one side of waistband parallel to, and $\frac{1}{4}$ in. from, the fold. Baste and top stitch along edges. (8) Fold waistband in half lengthwise right sides together, and stitch short ends of waistband and, at the overlapping end, stitch back for $\frac{1}{2}$ in. Trim seams, turn to right side and press. (9) Place the raw edge nearest the checked trimming of the waistband to waist of skirt, right sides together, edges even. Baste and stitch. Trim seams, turn in raw edge on wrong side of waistband and slipstitch. (10) Sew hooks to overlap of waistband and buttonhole loops on underlap to correspond. (11) Sew a press stud in position to secure underlap. (12) Join short ends of hem trimming. (13) Place one long edge of hem trimming to raw edge of skirt, right side of trimming to wrong side of skirt, edges even. Baste and stitch. Trim seam and press. (14) Turn trimming to right side on stitching line; turn in remaining raw edge. Baste and top stitch along edge on right side of skirt.



DIAGRAM FOR POPLIN BLOUSE

