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# And So To Sew

## Ia. SEWING



**SEWING IS CREATING :** Creating all kinds of different articles. Clothes and accessories to wear—presents to give away—ideas for your bedroom. It's amazing to realise all that can be made from fabric with the help of a pair of scissors, a needle, thimble, reels of thread—and of course, a good idea.

You all want to have new ideas—you want to make and wear clever accessories and clothes—so look out in future for this bulletin, which your teacher will receive regularly. Soon you'll have a whole book of designs—and more still, you'll have information on all the stitches and methods of construction.

BEFORE YOU BEGIN TO SEW, look through your work bag and see that you have all the following things. They are an absolute necessity.

### FOR CUTTING

**Dressmaker Shears :** These have long cutting blades and different sized handles. Never use them for cutting paper.

**SCISSORS :** Medium size pair with sharp points, for cutting small shapes.

### FOR MEASURING

**Tape Measure :** A 60" oil cloth tape, with metal tips at each end ; this will not stretch.

**Ruler :** A 6" or 12" ruler, for marking seams, hems, etc.

### FOR MARKING

**Tailor's Chalk :** Get the chalky kind in a flat piece.

### FOR SEWING

**Needles :** The sizes of needles are indicated by numbers. Low numbers for coarse needles ; high numbers for fine. For most sewing use needles called "Sharp's", which are medium length and have small round eyes. "Betweens" which are the same in diameter and eye but shorter in length, are used for fine handwork.

**Threads :** These are very important. Look up the chart on back page for size of thread and needle suitable for the different types of fabric.

**Thimble :** A thimble is a "must" for sewing—to protect the middle finger when pushing the needle. Get a good quality one that fits well—metal (preferably silver) or plastic. Sizes 3, 4 and 5 are the average sizes, No. 2 being large and the others progressively smaller.

**Pins :** Always buy fine quality steel dressmaker pins with sharp points. They will not mark the fabric.

**Pin Cushion :** You need this to keep pins within easy reach.

ALWAYS MAKE SURE you have an iron, ironing board, sleeve board and a clean muslin pressing cloth at hand.

WHEN YOU START to stitch, you should be in a good position for light ; in day time sit as near as possible to a window and in the evening be sure to have a good light, preferably sending its rays over your left shoulder, as a light in front is likely to cause a glare. When you sew,

sit in an upright position holding your work at least 9" to 12" away from you.

**FABRIC PREPARATIONS :** All fabrics must be carefully prepared before cutting. All creases must be removed by pressing on the wrong side with a warm iron. The cut edge of the fabric must be at right angles to the woven edge. If it is not, draw out a thread across the fabric and cut along this line.

**PATTERNS :** Simple patterns can be made from squared diagrams as shown in this bulletin. Each tiny square of the diagram represents a 1" square on the pattern. Take a piece of brown paper and rule it off into 1" squares (or 1" graph paper can be used). Following the small diagrams, draw out the patterns on the squared paper. After you have cut patterns, always pin the pieces together and try them for size. Adjust the patterns if necessary before laying them on the fabric for cutting.

**TRANSFERRING A DESIGN :** Lay a piece of tracing paper over the design and draw round the outline with pencil. Prick carefully round all lines with a needle. Place the tracing in required position and rub a little powdered chalk through the holes. Take care that the tracing does not move. Draw the outline with a paint brush and white or dark paint, according to the colour of the fabric.

**FELT :** Felt is a thick, firmly packed material made of wool, hair, fur, or a combination of fibres that have been matted, then pressed with moisture and heat. The best felt contains rabbit or beaver fur. Felt is used for toys, hats, bags, belts and various accessories, and also for applique on suitable fabrics.

**SEWING INSTRUCTIONS :** For sewing felt, use a "Sharp's" needle No. 6. Felt is a material which is easy to sew, as it does not fray, and so it is not necessary to hem the edges. Always use a strong thread—a Six Cord Sewing Cotton No. 40 is most suitable, because its construction ensures strength and regularity. A Six Cord Sewing Cotton can be untwisted to show three individual strands, each of which in turn is made of two fine strands closely twisted together (See diagram).

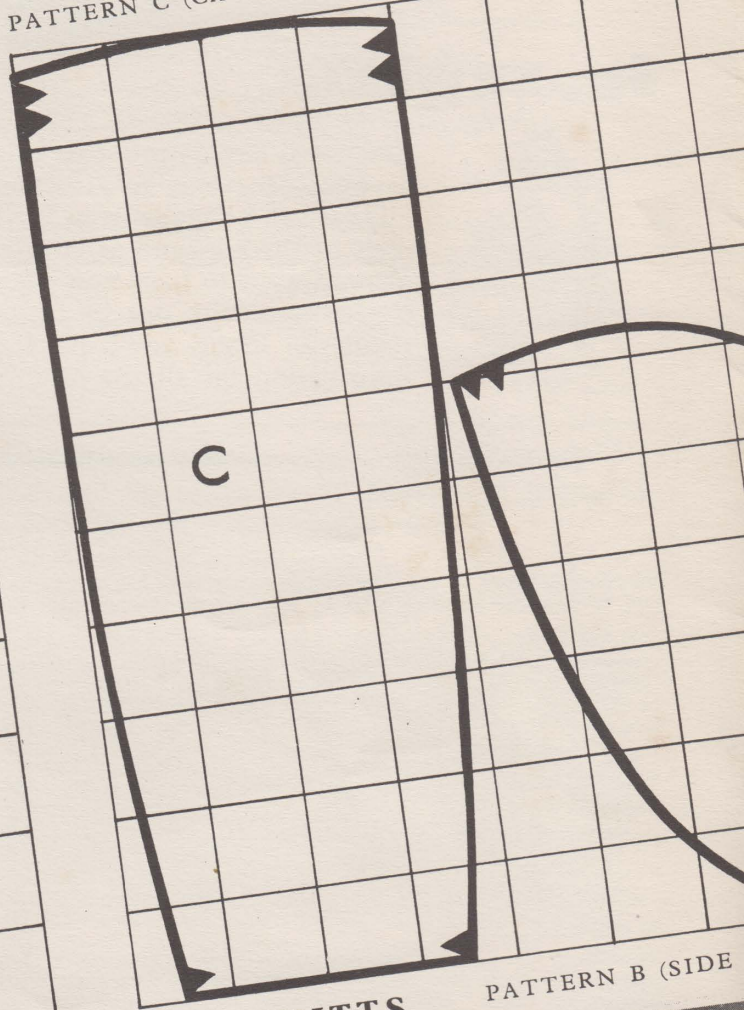
Always take great care when pressing felt. Use a hot iron and a slightly damp cloth. *Never* use a wet cloth as this will shrink the felt. All articles made from felt must be *drycleaned*—so if you are to make something that will see a lot of use, be sure the felt is not too light in colour.



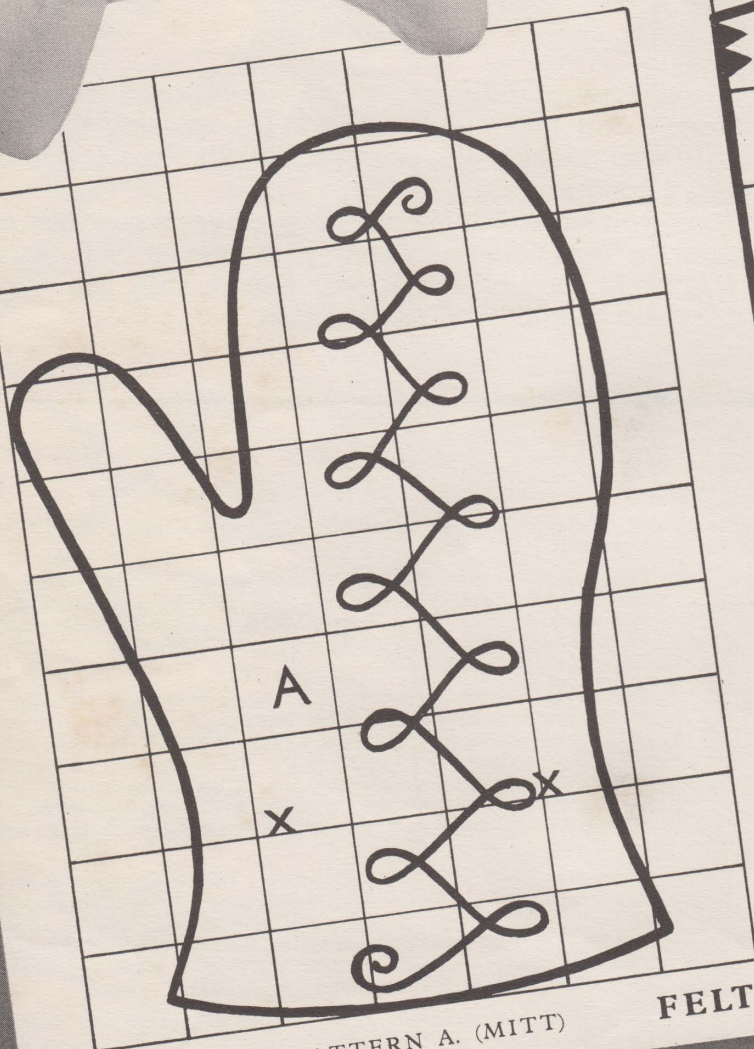
# A Smart Look



PATTERN C (CAP CROWN)



PATTERN B (SIDE)



PATTERN A. (MITT)

## FELT CAP AND MITTS

**MATERIALS:** 1 piece pale blue felt 14 in. x 26 in. 1 piece navy blue felt 13 in. square. 4 yds. navy blue braid. 3 in. of elastic ( $\frac{1}{4}$  in. wide). 1 reel 6 Cord Sewing Cotton No. 40 to match pale blue felt. 1 reel 6 Cord Sewing Cotton No. 40 to match navy blue felt. 1 "Sharp's" needle No. 6.

**CUTTING DIRECTIONS:** No seam allowance is required on felt.

**NOTE.**—Reverse mitt pattern for opposite hand.

**Pattern A—Mitt:** Cut 2 pieces pale blue for mitt backs. Cut 2 pieces navy blue for palms. **Pattern B—Side Panel of Cap:** Cut 2 pieces pale blue. **Pattern C—Cap crown:** Cut 1 piece pale blue. Cut 3 in. of elastic into two  $1\frac{1}{2}$  in. pieces.

**SEWING DIRECTIONS:** **One Mitt, No. 2575.**

1. On wrong side of one navy piece, place one piece of elastic. Stretch between two Xs (see pattern) and using navy blue thread work

Herringbone stitch over elastic to keep it in position.

2. On right side of pale blue piece, trace on follow pattern with braid and apply to felt (See diagram 2).

3. Place wrong sides of the two pieces together (See diagram 3).

**Cap. No. 2576**

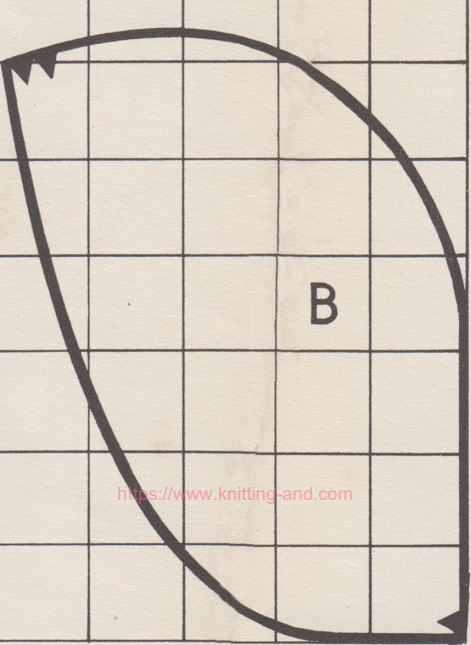
1. Join side panels to crown with whipping.

2. Mark centre front of crown with a pin. T place narrow end of design to this point and

3. Follow scroll pattern with braid and apply

4. Transfer design and couch braid on second way.





PATTERN B (SIDE PANEL OF CAP)



# Beginning to Sewing



PANEL OF CAP)

(see diagram 1).  
roll pattern then  
th couching (see  
d join by whipping

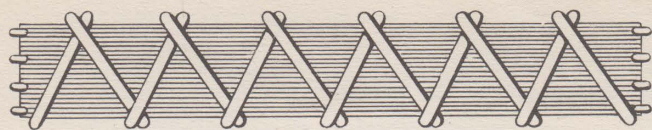
ace scroll design and  
transfer on to cap.  
to felt with couching,  
d side of cap, in same



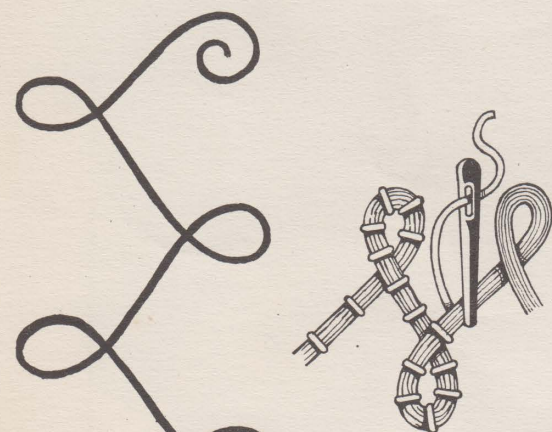
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Colour Suggestions: Dark Brown and Old Gold. Dark Brown and Leaf Green, Navy and Lime Green, Plum and Turquoise, Bottle Green and Shell Pink.

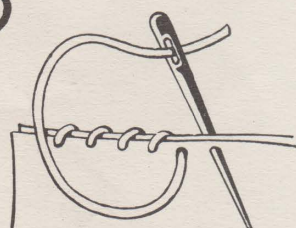




HERRINGBONE STITCH



COUCHING



WHIPPING

Diagram of  
Scroll Design

## TECHNIQUES

In the next four bulletins you will find the following terms and techniques fully described and illustrated.

2a

1.Selvage 2.French Tacking 3.Basting  
4.Back Stitch 5.Machining (1) 6.Slip  
Stitching 7.Hemming 8.Bias strips  
9.Rolled Hem 10.Buttonholes 11.Buttons  
12.Overcasting 13.Press studs 14.Blanket  
stitch.

3a

15.Machining(2) 16.Topstitching  
17.Gathering 18.Tailor tacking 19.Simple  
seam 20.Applying binding with mitring  
21.Measuring for a hem

4a

22.Lace edging 23.Attaching shoulder  
straps 24. Fabric mitre in lingerie  
25.Plain lapped, overlaid or topstitched  
seam. 26.French seams 27.Continuous  
opening 28.Rouleau 29.Shell-edging  
30.Shell edged rouleau with bar fagotting

5a

31.Run and Fell seam 32.Tucks 33.Darts  
34.Bound Buttonholes 35.Inserting a sleeve  
36.Making and attaching a collar  
37.Buttonhole loops.

DIAGRAM OF 6/CORD SEWING COTTON

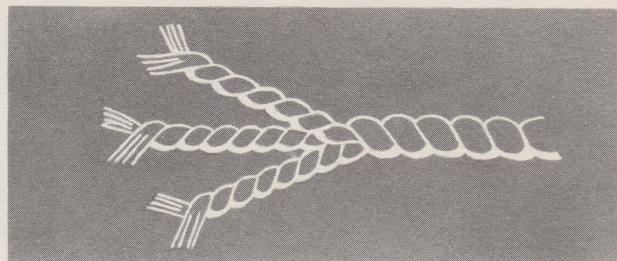


CHART FOR 6/CORD SEWING COTTON

Thread No.	Hand Needle	Machine Needle	MATERIAL
10 16	3 } 4 }	21	Industrial Clothes, Canvas, Rugs, Gym.-Shoes.
24	5	19	Heavyweight—Furnishings, Cretonne, Coatings and Suitings.
30 } 36 }	5	18	Heavy Woollens, Serge, Boys' Clothing, Corsets, Shirt and Blouse Buttons.
40	6	16	Dress-weight cottons, sheets, pillow cases, winceyette, flannel. Light-weight woollens, suitings, tweeds.
50 } 60 }	7	14	Gingham, Cambric, Fine Cotton, muslins and heavy silks.
80	8 or 9	11	Voiles, lawns, organdie, chiffon, georgette, lingerie, infants' clothes, lace and net. All delicate and gossamer fabrics.

Mercerised sewing cottons are available in Thread No. 40 only—in a wide range of fast colours and are suitable for medium and light-weight materials of all types, particularly those with a shiny or silky finish and which have to be sewn with a fast dyed coloured thread.