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And So To Sew

No. 2a

You are sure to enjoy these two sewing projects
for the coming term—clever dress accessories that are
simple to make, but so interesting to wear—
they are all made from cotton
and are easily washed and ironed



Our next bulletin will be issued when the schools open after the summer holidays.

We have chosen two very attractive models—a pretty gathered apron and a dirndl skirt—
and in the embroidery section we shall show you how to decorate them with gay stitches.

We shall also give you simple instructions for machine stitching.

ISSUED BY THE NEEDLEWORK DEVELOPMENT SCHEME, 89 WELLINGTON STREET, GLASGOW, C. 2.



Pensive or Bright ? — this Collar is right

make two bows, one of gingham
and the other of piqué, for this pert
little reversible collar

MATERIALS

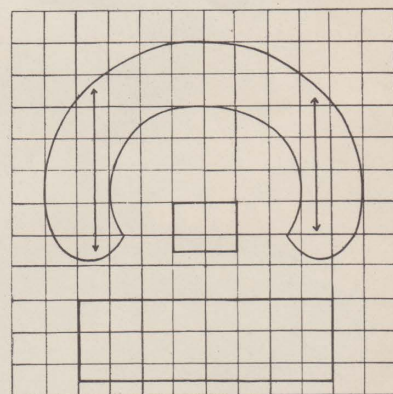
NO. 2978

One 12" square of small-checked gingham ; one 12" square of white piqué ; 13" of white bias binding ; one reel of 6 cord sewing cotton No. 50, in white ; one needle No. 7 " Betweens " ; two small gold safety pins.

INSTRUCTIONS

First press the fabric to remove all wrinkles and folds, then lay the pattern on the gingham, making sure that the arrow lies on the 'straight' of the material. At the same time note that the centre line of the Collar lies along the centre

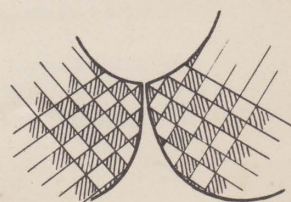
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CHECK & PLAIN C

<https://www.knitting-and.com>

A



Check and Plain Collar contd.

of a check. This will ensure that the check (or other design) will match at the front (see Sketch A). Pin in position. This pattern is the finished size of the Collar, so $\frac{1}{2}$ " must be left all round when cutting. Before removing the pattern from the fabric, mark the Collar outline with ² French tacking. Remove pattern from the gingham and lay it next in position on the piqué, again making sure that the arrow lies on the straight of the material. Next proceed with the piqué as explained for the gingham Collar. Take the two sections of the Collar and place them on top of each other, with the right sides together. ³ Baste the two sections together along the lines of French tacking, making sure that the tacking on the piqué is directly under that on the gingham. With 6 cord sewing cotton No. 50 and a No. 7 "Between" needle, sew a line of ⁴ back stitch right round Collar from neck edge to neck edge, just a fraction beyond line of basting. (If you can use a ⁵ sewing machine, stitch the seam with it using a No. 14 machine needle). Leave the neck line edge open. Remove bastings and French tacking. Trim seam to a $\frac{1}{4}$ " then press open. Turn Collar right side out, press the seam with the fingers and baste round so that a clean edge is formed. Press with an iron and remove bastings. Baste open edges of Collar together. Fold bias binding in half and press, then open out bias binding. Place one raw *single* edge of bias binding along raw edges of collar (leaving $\frac{1}{4}$ " of binding free at each end) and baste together. Stitch a line of back stitch (or machine) $\frac{1}{4}$ " down from raw edges of Collar. Fold binding over and baste lower folded edge in position. ⁶ Slip stitch the binding to the Collar with tiny stitches.

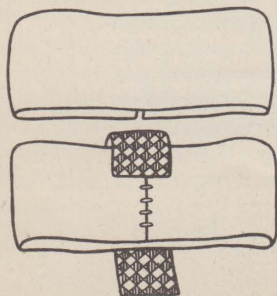
BOWS

From the remainder of the fabric cut the following : two pieces of fabric $8" \times 2\frac{1}{2}"$ (one of gingham, one of piqué), for loops of Bows ; two pieces of fabric $1\frac{1}{2}" \times 2"$ (one of gingham, one of piqué), for cross tabs. Turn in very narrow hems on long sides of all pieces and hem with tiny ⁷ hemming stitches. Fold each long strip as shown in sketch B to make a Bow, place cross tab over in centre and sew in position (the gingham Bow has a cross tab of piqué, whilst the piqué Bow has one of gingham). Sew a small gold safety pin at the back of each Bow.

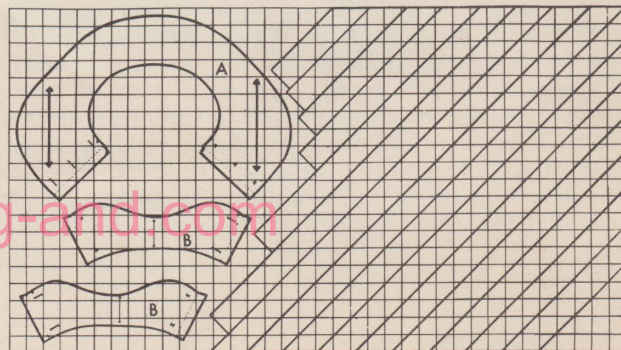
BIB

Se

COLLAR



<https://www.sewing-and.com> Diagram for the Bib Collar and Cuffs



If you're older —

COLLAR & CUFFS

do something Bolder

it won't take long to make

this smart hand or machine set

MATERIALS

NO. 2979

$\frac{5}{8}$ yard of white piqué (36" wide); 3 yards white bias binding; 7 small pearl dome buttons ($\frac{3}{8}$ " in diameter); 6 small press studs, size 000; 1 reel of 6 cord sewing cotton No. 50, in white; 1 reel of 6 cord sewing cotton No. 36, in white; 2 hand needles, No. 7 and No. 5 "Betweens"; 1 machine needle No. 14.

The patterns are the finished size of the Bib Collar and Cuffs, so $\frac{1}{2}$ " must be left all round when cutting.

contd. on Page 6



To cut fabric use dressmaker shears, as the long blades and bent handles are much easier to use on a flat surface. Cut with long firm slashes, without lifting the fabric.

TECHNIQUES

1. **Selvage** is the name given to the finished woven edges of the material.

The **Lengthwise** or **Warp** thread runs parallel to the selvage.

The **Crosswise** or **Weft** thread runs across the fabric from selvage to selvage.

Grain means the thread of the fabric either lengthwise or crosswise. In cutting you will always find directions to place a certain edge or marking on the "Grain" or the "Straight of material." This means that it must be straight with either a lengthwise or crosswise thread.

2. **French Tacking:** Use a single thread of contrasting colour and secure with two small stitches at edge of pattern. Half an inch from this pick up a small piece of fabric—repeat this right round edge of pattern (each tacking stitch will be $\frac{1}{2}$ " long). French tacking is used to outline all patterns which are cut from single material.

3. **Basting:** Basting holds edges together for stitching or pressing and is a temporary stitch only. It is done like running but with larger stitches. Where edges must be held more securely, use short close stitches. The addition of an occasional back stitch will make the basting even more firm and secure (see diagram).

4. **Back Stitch:** This is a firm stitch which can be used for seams. Bring the thread through on the stitch line, then take a small backward stitch through the fabric. Bring the needle through again a little in front of the first stitch, take another backward stitch, pushing needle in at the point where it first came through; repeat (see diagram).

5. **Machining:** When you use a sewing machine always remember that certain adjustments may be made regarding (1) Tension; (2) Size of stitch; (3) Size of thread; (4) Size of needle. These, of course, are all governed by the type and thickness of fabric used. Test the tension and the size of the stitch on a scrap of the fabric which you are to sew. If the tension is correct, the threads from both the bottom and the top pull evenly and the stitches look even and firm (Diagram A). When the top thread is too tight, it lies straight along the top of the fabric (Diagram B). When the top thread is too loose, the bobbin thread lies straight along the under side (Diagram C). The size of stitch can be regulated by the little screw on the right hand front of the machine.

6. **Slip Stitching:** This is a form of hemming invisible from both sides. Prepare the material as described for hemming. Take a tiny stitch, catching a thread or two of fabric, then slip needle along through fold of hem for about $\frac{1}{4}$ "; repeat (see diagram).

7. **Hemming:** To prepare a narrow hem turn the material down $\frac{1}{4}$ " and press in position with the fingers; then turn it down again $\frac{1}{4}$ " and baste in place. Secure thread with a few small stitches in folded edge and then take a tiny stitch through the garment material and then through the folded edge of the hem (see diagram).

8. **Bias Strips** (also called strips cut from cross-way fabric or cross-cut strips): These stretch, are slightly elastic and are used for facing curved edges and binding straight and curved edges. To cut a bias strip fold the fabric diagonally so that the straight lengthwise thread lies parallel to the straight crosswise thread. Cut along the fold line and you will have a perfect bias cut. Measure the width of the strip required from the newly cut edge and cut it off (see diagram).

9. **Rolled Hem:** These hems can be used on any soft or sheer fabric, on either bias or straight edges. They are particularly effective when used on lingerie or neckwear. Run a line of machine stitching $\frac{1}{4}$ " from the raw edge, then trim raw edge very close to stitching, the closer the edge is trimmed, the finer the hem. Place the edge between the thumb and forefinger and roll the thumb over the forefinger from left to right. Hold the fabric taut between the fingers and take a small stitch, catching up two or three threads of the fabric. Slide the needle along the hem and once again pick up two or three threads of the fabric (see diagram).

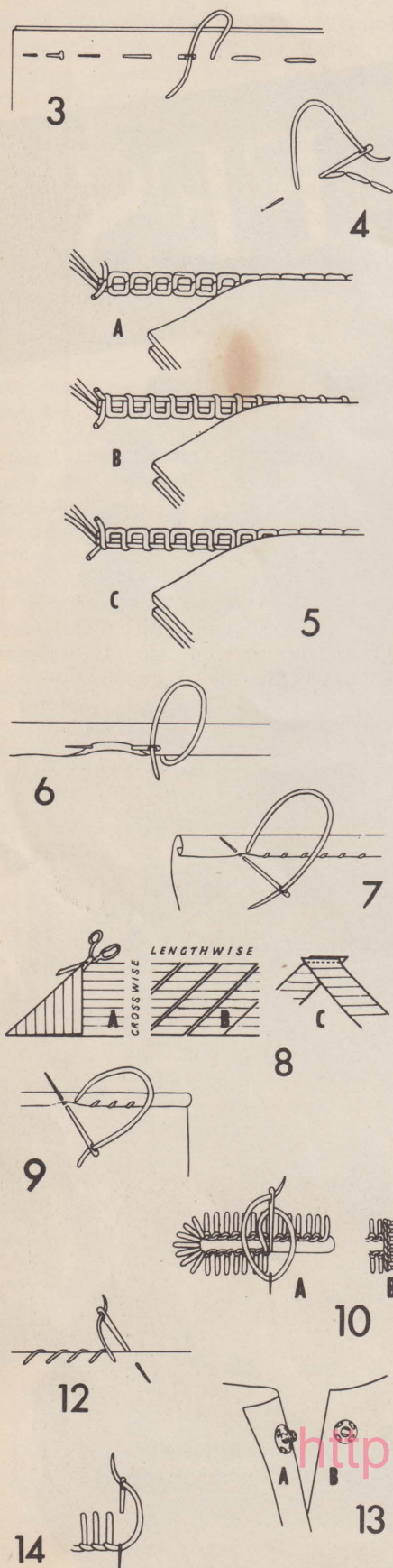
10. **Buttonholes:** These are marked on the pattern thus — and they are now marked on the fabric with chalk. Run a line of basting down the side edge of the garment and another 1" from it (this is done to keep the two layers of fabric together whilst you cut and work the buttonholes). Fold the fabric across the direction of the buttonhole and *snip* the fold with very sharp scissors. Open out and cut to each end. Using 6 cord sewing cotton No. 36 and a No. 5 "Between" needle, 12 overcast round each edge of buttonhole. Next bring the needle through at the lower left hand corner of the buttonhole about $\frac{1}{8}$ " down from slit; then slip the needle through the buttonhole and bring it out immediately beside the last stitch. Lay the thread from the eye under the point of the needle from left to right. Pull up the loop to form a knot on the edge. Continue with this knotted stitch until the right hand side of buttonhole is reached. Work the round end with plain over and over stitches (without a knot). Seven or nine stitches will be required to turn the end and all these stitches will of course radiate evenly from one point. Continue round buttonhole with the knotted stitch until the other end is reached. Work a row of buttonhole stitch at right angles to buttonhole to form a bar—again 7 or 9 stitches are required for this (see diagrams).

11. **Buttons:** The position of the buttons on the pattern is marked with small crosses. Sew on the buttons, using 6 cord sewing cotton No. 36 and a No. 5 "Between" needle. Fasten the thread to the wrong side of the garment with a few small stitches, then bring it through in position. Slip it through the shank of the button and back through the material again, making a slightly loose stitch. Repeat this stitch four times, bring thread through again and wind it round the stem of the button to stiffen it, then fasten off securely at back of work.

12. **Overcasting:** This is an over and over stitch usually worked over a raw edge to prevent fraying. Bring your needle through a little below the edge and take the thread over the raw edge and through the material again. Repeat. It is worked from left to right (see diagram).

13. **Press Studs:** These are always sewn down on the fabric with three 14 blanket stitches through each hole. Note that section A always presses down into Section B.

14. **Blanket Stitch:** This is a stitch used for sewing press studs, hooks and eyes on to fabric. Bring the needle through the material, inserting the needle above and slightly to the right of where the needle was first pulled through, holding the thread under the thumb, pick up a piece of fabric horizontally; let the thread slide under the needle point, pull through (see diagram). Repeat. This stitch is worked from left to right.



INSTRUCTIONS *(Bib Collar and Cuffs)*

First press the fabric to remove all wrinkles and folds. Lay Pattern A (Bib Collar) on the piqué and pin in position, making sure that the arrows lie on the ¹ straight of the fabric; cut out. Repeat this with Pattern B (Cuffs) once, then reverse pattern to cut the second Cuff, noting that the buttonhole positions are reversed. Before removing the pattern from the fabric, mark the pattern outline with ² French tacking, and run a ³ basting line directly underneath dotted line. Prick buttonhole line — and button position X's on pattern and rub through powdered chalk or charcoal as described in the first bulletin for felt toys. Remove the patterns from the piqué and then baste along these lines. Slit neck seam allowance to notches, turn in fabric between notches and press. At basting line (dotted line of pattern), turn in facing of Bib Collar to wrong side and press. Cut two pieces of bias binding 5" long. Baste and ⁵ machine stitch one raw edge of each piece of bias binding to edge of each facing, remove basting, turn bias binding over the raw edge of facing and ⁶ slip stitch to machine stitching on other side. Press. Slip stitch folded edges at neckline together. Cut out two ⁸ bias strips of white piqué, one strip 1½" wide × 30" long and the other 1½" wide × 60" long. It will be necessary to join these strips to obtain the required length. With 6 cord sewing cotton No. 50 and a No. 14 needle in the machine, stitch right along one edge of each bias strip. ⁹ Roll hem these edges using the same thread and a No. 7 "Between" needle. Turn in a narrow hem at each end of strips and slip stitch. Run a gathering stitch along opposite long edge from rolled hem, draw up the smaller of the two strips to fit neck edge of Bib Collar less ½". Spread gathers evenly and with right sides together and edges even, baste frill to raw neck edge of Bib Collar. Take a piece of bias binding 16" long, press open one edge and lay it on the wrong side of the frill, baste on top of previous basting. Allow ½" of binding to extend beyond each end of the frill. Remove first basting thread. Machine stitch along basting line, remove basting. Turn in ends of bias binding and press. Open frill from Bib Collar so that it stands up and the bias binding lies flat. Slip stitch the binding in position. Attach longer frilled bias strip to bottom edge of Bib Collar in the same way as the frill at the neck. Make ¹⁰ buttonholes where marked, using 6 cord sewing cotton No. 36 and a No. 5 "Between" needle. Stitch ¹¹ buttons in position at X's using the same thread. Button up Bib Collar in order to mark position for the press studs, at the top and bottom right hand corners of the neck opening. Sew on the ¹³ press studs with three ¹⁴ blanket stitches in each hole. Press the collar and it is now ready to wear.

CUFFS

Proceed to make the Cuffs in exactly the same way the only difference is that the wrist edge of each Cuff is finished with bias binding, not a frill. Cut an 8" strip of binding and place it along the raw wrist edge of Cuff, right sides together and edges even. Baste then stitch. Fold binding over in position, turn in raw edges at the ends, baste and slip stitch in place. Cut 2 bias strips 1½" wide × 18" long for Cuff frills.



COTTON

Cotton is a vegetable fibre which is grown in many parts of the world, such as Egypt, the Sudan, Southern States of U.S.A., South America, Eastern Africa and India. The best fibres as regards length, strength and natural lustre come from Egypt and the Sudan and it is these high-grade types which are used for threads and fine fabrics, whereas the medium and coarser fabrics are made from the shorter staple types grown in other parts of the world.

Cotton fabric is strong and durable and has a dull appearance unless it is mercerised. It is the perfect fabric for your first sewing lesson as it is easy to work and does not readily fray.

Cotton fabrics are manufactured in a wide range of textures, colours and patterns. Apart from the well-known cotton prints, here are the names of some of the most common—gingham, cambric, piqué, muslin, voile and organdie.

GINGHAM: Gingham is a plain weave cotton fabric woven in checks, stripes and plaids from coloured cotton yarns. It is most suitable for summer dresses and play clothes.

CAMBRIC: Cambric is a soft, white, closely woven cotton fabric, finished on the right side with a slight gloss. It is used in making underwear, aprons and handkerchiefs.

PIQUÉ: Piqué is a fabric with raised cord or welts, known as wales, running lengthwise. When the wales run both lengthwise and crosswise it is known as waffle piqué. Cotton piqué is used for dresses, collars and cuffs, etc.

MUSLIN: Muslin is a firm, plain weave cloth in varying weights. It can be used for dresses, lingerie and baby wear.

VOILE: Voile is a fine sheer fabric, evenly woven. It is very popular for summer dresses, blouses and children's wear.

ORGANDIE: Organdie is a very thin, transparent, stiff muslin. It is used for dresses, neckwear and trimmings.



LAUNDERING

All cotton fabrics are easily washed. Use hot soapy water, rinse well and iron with a hot iron, when they are still slightly damp. Fine cottons are improved by starching lightly and we have starched these collars and cuffs to make them crisp and trim. Cottons that are badly soiled can be boiled, provided the colour is fast.

PATTERNS

It is very simple to construct the patterns for the collars and cuffs from the diagrams. Each tiny square of the diagram represents a 1" square on the pattern. Take a piece of brown paper 12" square for the Check and Plaid Collar pattern and a piece 36" × 20" for the White Piqué Bib Collar and Cuffs pattern and rule it off into 1" squares (alternatively, 1" graph paper can be used).

Following the tiny diagram draw out the pattern of the collar. The brown paper we have used is the same size as the fabric amount quoted and, in this way, our diagram also gives you a cutting layout. This method of enlarging a small diagram to make a pattern will be used in every sewing bulletin. Technical instructions for the different methods are numbered and listed on the last page. Refer to these numbers when you read the instructions.

