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BULLETIN 9 A


And so



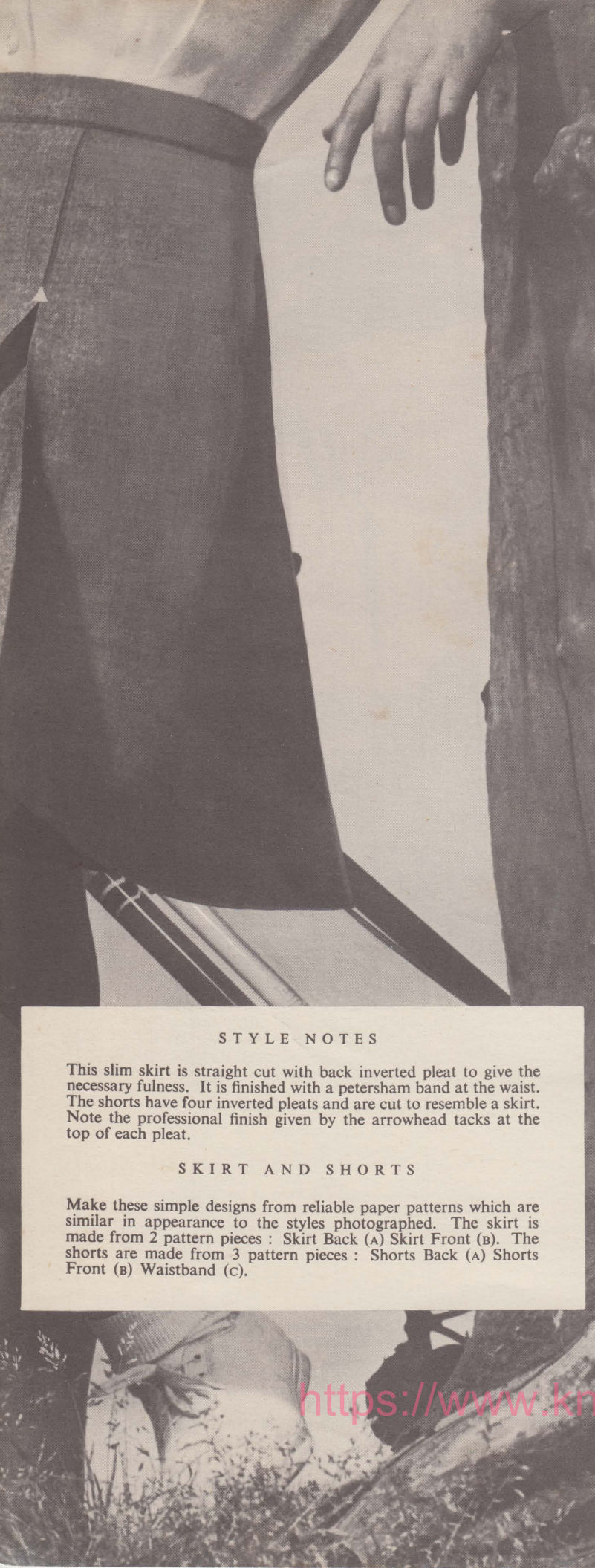
to SEW

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for leisure and sport



Play Clothes—which will be your choice? Time, place and the sport are everything—but don't forget all the hints on style selection that we gave you in Bulletin No. 8A. If you are plump the skirt in a smooth dark-toned woollen fabric is right—leave the checks to your slimmer sister. These shorts are flattering to most figures. Beware too short shorts if you are plumpish or if your legs are not too slim. The chosen fabrics are checked tweed for the skirt and grey flannel for the shorts. Descriptions of these fabrics with notes on their care are in Bulletin No. 7A.



Leisure and Sport

SKIRT

Materials : Fine tweed, 54 in. wide—length quoted on pattern. 1 card bias binding to tone for seams (if tweed chosen frays readily). 1½ yds. Paris binding, for hem. ¾ yd. petersham ribbon (boned). 2 large hooks and eyes. 5 press studs. 1 reel 6 cord sewing cotton No. 40 to match. 1 "Sharps" Needle No. 5. 1 Machine Needle No. 19.

CHECK PATTERN MEASUREMENTS WITH YOUR OWN ; ALTER IF NECESSARY. (SEE Pattern alterations Bulletin No. 4A).

Cutting Directions : For skirt cut one piece from each pattern leaving 1 in. seam allowance on side seams.

Sewing Directions : (1) Tailor tack round all pattern pieces; mark dart, pleat, hemline and side opening using tailor tacking in coloured thread. (2) Baste darts and pleat⁴³ in position on back skirt; baste side seams, leaving 7 in. free at top of left hand side for placket opening. (3) Fit skirt and make any necessary alterations. (4) Machine stitch darts and pleat (unpick side bastings before machining). Baste and machine stitch side seams, leaving the 7 in. opening free. Press seams open. Bind⁴⁴ both seams including raw edges at placket opening. (5) Make a placket⁴⁵ on left hand side of skirt, at the 7 in. opening. (6) Put on petersham⁴⁶ band at the waist. (7) Finish off hem⁴⁷.

SHORTS

Materials : Fine flannel, 54 in. wide—length quoted on pattern. 1 card bias binding to match fabric, for seams (if fabric frays readily). 3 yds. Paris binding, for hem. 2 large hooks and eyes. 5 press studs. 1 reel 6 cord sewing cotton No. 40 to match fabric. 1 reel Buttonhole Twist to match fabric. 1 "Sharps" Needle No. 6. 1 Crewel Needle No. 7. 1 Machine Needle No. 16.

CHECK PATTERN MEASUREMENTS WITH YOUR OWN ; ALTER IF NECESSARY (SEE Pattern alterations in Bulletin No. 4A).

Cutting Directions : Pattern A—Front—Cut 2 pieces. Pattern B—Back—Cut 2 pieces. Pattern C—Waistband—Cut 1 piece.

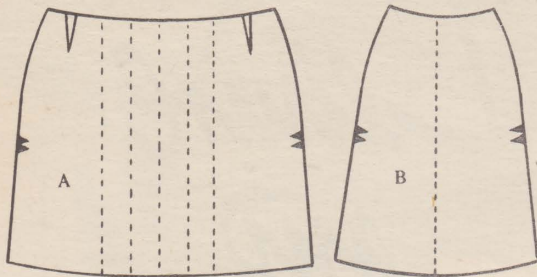
Sewing Directions : (1) Tailor tack round all pattern pieces; mark pleats, hemline and side opening with tailor tacking using coloured thread. (2) Pin and baste pleats into position. (3) Pin and firmly baste the seams at centre back, centre front and sides, for fitting; try on the shorts and make necessary alterations. (4) Unpick side bastings, machine centre seams and pleats. Baste and machine side seams leaving an opening of 7 in. at top left side, for placket. Press seams open and finish with binding. (5) Machine across crutch and finish seam with binding. (6) Make placket⁴⁸ on left side of shorts. (7) Stitch waistband into position (see Bulletin No. 3A). (8) Finish off hem. (9) Work an arrowhead tack⁴⁹ at top of each pleat. (10) Sew on hooks, eyes and press studs.

STYLE NOTES

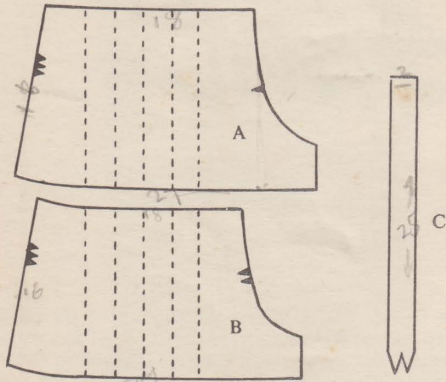
This slim skirt is straight cut with back inverted pleat to give the necessary fullness. It is finished with a petersham band at the waist. The shorts have four inverted pleats and are cut to resemble a skirt. Note the professional finish given by the arrowhead tacks at the top of each pleat.

SKIRT AND SHORTS

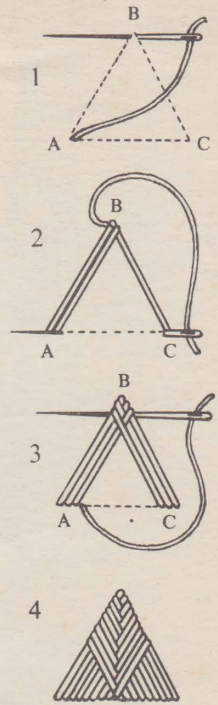
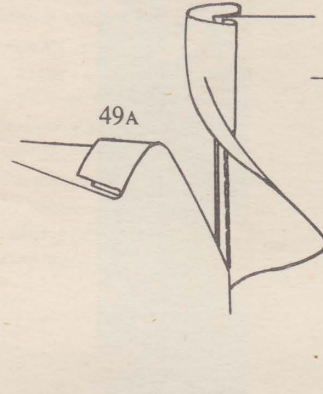
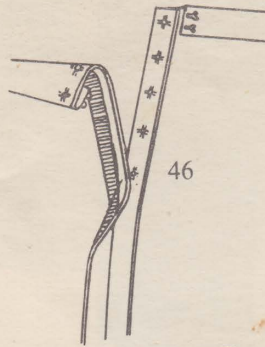
Make these simple designs from reliable paper patterns which are similar in appearance to the styles photographed. The skirt is made from 2 pattern pieces : Skirt Back (A) Skirt Front (B). The shorts are made from 3 pattern pieces : Shorts Back (A) Shorts Front (B) Waistband (C).



PATTERN PIECES OF SKIRT



PATTERN PIECES OF SHORTS



T E C H N I Q U E S

43. Placing the Pattern and Cutting Checked Fabric: Checked fabric requires special care in laying out and cutting and also greater yardage is needed, as some fabric will be wasted when the checks are cut to match. Try to select a pattern which shows a style cut in checked fabric, if you have little experience of cutting and matching. First discover whether the check is square or rectangular. The former is much easier to cut. You will find it practically impossible to match rectangular checks horizontally and vertically, so you must concentrate first on horizontal matching. Make sure that the centre fold of your fabric lies on the centre of a check so that when you cut your pattern on double thickness of fabric, each side will be identical. Keep the fold in position with a line of pins through double thickness, and insert pins at intervals over the complete fabric as a slight movement of the under fabric may upset the whole planning of the checks. When you have laid your pattern pieces on to the fabric—all lying in the same direction—note the position of all corresponding notches in relation to each other. Adjust positions of all pieces where necessary.

44. Inverted Pleat: With right sides facing, and matching tailor tacks, fold over fabric from each side to meet at pleat centre; pin. Baste pleats from top to hemline. Starting at top of pleat and using basting thread, catch folded edges at centre of pleat down for 7 in. or for desired length, in order to hold pleat firmly in position when machining. Top stitch down both sides of pleat.

45. Seam Finishes—Binding: Trim away turnings $\frac{3}{8}$ in. from seam (except when using the seam allowance to make a placket).

Fold seam binding with one side slightly larger than the other. Place binding over raw edge, with larger side to under side of turning; baste. Machine stitch and press.

46. Simple Placket: The raw edges of this placket have already been bound in one with the seam edges. On wrong side, sew $8\frac{1}{2}$ in. strips of Paris binding in position (see diagram) with inner edges on fitting lines. These will make a secure base for the press studs. Turn back and machine stitch the front placket edge along fitting line, (binding will be concealed). Sew press studs in position.

47. Attaching Petersham Band: Turn in each end of the petersham band to make it the exact waist measurement when finished. Buttonhole stitch hooks and eyes on to band. Place wrong side of petersham to right side of skirt at fitting line on waist (eyes should be in line with finished edge of back placket; hooks in line with bound edge of front placket) ease and pin band to skirt between these two points. Baste and machine stitch petersham to skirt. Turn skirt to wrong side; trim away fabric to $\frac{5}{8}$ in.; herringbone fabric to petersham band.

48. Hem Finish with Paris Binding: Turn up skirt to length desired, taking the measurement from the floor. Run line of basting along this measurement; lay skirt flat and trim edge evenly. Baste Paris binding to right side of raw edge. Machine stitch. Baste hem to skirt and slip stitch in position (see diagram).

49. Placket with extension: Cut two pieces of fabric, one approximately $8\frac{1}{2}$ in. long \times 4 in. wide, the other $8\frac{1}{2}$ in. long \times 2 in. wide, cutting the latter with one long edge on a selvedge. With right sides

together and edges even, lay the wider piece to the raw back edge; baste, stitch. Fold over to wrong side (see diagram A), turn in raw edge and slip stitch neatly into position at stitching line. Press. With right sides together and edges even, lay remaining piece to raw front edge; baste, stitch. Whip these raw seam edges neatly together (see diagram B). Turn over to wrong side. Press. Buttonhole stitch lower, short ends of extension pieces together. Sew press studs in position as for Simple Placket.

50. Arrowhead Tack: With basting thread, make a triangle at top of pleat. Using buttonhole twist bring needle up through point A to point B; take a small stitch (2 threads of fabric only) from right to left at point B; bring needle down through point C and out again at point A close to first stitch (see diagrams). Continue in this way until triangle is completely filled in.

51. Machine Stitching—3: When stitching by machine it is extremely important to finish off all ends of thread securely. There are three different methods which can be used. (1) When the machining is continuous as in a sleeve insertion, continue stitching round for an extra inch so that the beginning and ending of the stitching overlap. Snip ends of thread. This method of finishing stitching can be used at the end of a straight seam, by reversing the direction of the stitching for an inch. The subsequent overlocking makes the seam secure. (2) When the stitching of a seam has been cut (e.g. when hem is straightened) press seam flat and catch ends of thread together with overcasting, continuing over stitching for an inch. (3) Finish top stitching by pulling threads through to wrong side; secure with hand stitching.