CHAPTER XV

CONSTRUCTION OF OUTER-GARMENTS: MIDDY BLOUSE; MANNISH SHIRT

The Middy Blouse.—Because of the comfort and the freedom of movement it insures, the middy blouse is to be recommended for wear at school, gymnasium, camp, and for both indoor and outdoor sports (Fig. 173).

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Drill (sometimes called twilled muslin), and Indian-head are the most desirable materials. They can both be had in thirty-six-inch widths, and for sixteen cents per yard. Drill is, of the two, perhaps, the more satisfactory; it does not soil quite as quickly as Indian-head, and does not turn yellow as quickly as galatea, which is narrower and costs as much. Indian-head launders more easily than either drill or galatea, and on the other hand soils more easily. Poplin is scarcely heavy enough, and linen crushes too easily. Khaki cloth makes an attractive blouse, but is rather stiff at first, and for this reason is very difficult to sew.

White is to be recommended because of its laundering qualities, and consequent freshness. Colored collars and cuffs of linen or flannel, stars and emblems, arrowheads, or laces and tie will give the correct touches of color. Khaki cloth with brown stitchings and tie, and leather lacing, makes an attractive middy for wear with a skirt of the same material. Serge is suitable for a winter school suit, where it is desirable to have the warmth of the woolen material. It is not, however, as cleanly as the cotton materials.

Serge is more wearable than flannel, which is usually too thick and wooly. Flannel is sometimes used for the upper collar on the
middy blouse, which gives it more the appearance of a seaman's middy. Personal taste may be consulted as to the use of braid on collar and cuffs, arrowheads, stars, anchors, eagles and chevrons

(Fig. 173). Emblems employing the monogram of the school, placed above the chevrons, instead of the eagle, are sometimes adopted by an entire class or school as a special mark for the middy blouse.
Either a commercial or drafted pattern may be used to construct the blouse. The instructions which follow are for the use of a commercial pattern. Those for drafted pattern are the same, except that there is no seam allowance on the pattern.

Read the directions for purchasing commercial patterns (p. 182). Take the bust measure around the fullest part of the bust, an easy measure. Purchase according to this measure a pattern of standard make, and the quantity of material for which the pattern calls, of the kind you have selected.

Reading Pattern.—Follow very carefully the directions given on p. 182, for the purchase, reading, and testing of commercial patterns. Take the length measure from the highest point of the shoulder at the neck to the point below the waist you desire the blouse to reach.

Cutting Blouse.—When the pattern has been tested, lay the pieces on the material, with regard to the grain. Pin to place. Cut out on the edge of the pattern; trace, but do not cut notches.

Marking Seams.—Mark all seams with tracing wheel.

Construction.—Certain parts of this garment may be placed before the garment is basted.

Pockets.—Either one of two types of pockets may be used:

1. (a) Set-in-Pocket (Fig. 174).—(A) mark the place indicated on the pattern for the pocket slit, with colored thread. Cut the pocket one inch wider than the marking, by ten inches long. B shows wrong side of A. (C) Lay the right side of the pocket to the right side of the blouse, the upper edge of pocket one inch above the line of colored basting. Mark the line for the slit through the pocket, with running stitches. (D) Place a row of stitching all round the marking for the slit, one-sixteenth inch from the running stitches. (E) Cut the slit and turn the pocket through to the wrong side of the blouse. (F) Baste closely all around the edge of the slit, letting the material of the pocket slip over enough to form a narrow piping. (G) Stitch close to the lower edge of the slit. (H) Fold the pocket in half, with all the edges even. (I) Stitch along the upper edge of the slit. (J) Stitch a seam at the side of the pocket. Overcast all raw edges. Finish the ends of the pocket with a bar-tack or arrow-head.

(b) Set-in Pocket with Colored Facing.—Cut a strip for facing one inch wider than space indicated for slit by two inches deep.
Fig. 174.—Set-in pocket: A, basting to mark for slit, right side garment; B, wrong side of A; C, pocket basted to right side of garment; D, wrong side C; E, pocket drawn through to wrong side garment, edge basted; F, wrong side E; G, pocket stitched, right side; H, completed pocket, wrong side.
Place the right side of facing to the right side of the blouse; baste to place through line marked for slit. Cut pocket as in 1A; place top edge of pocket (wrong side of pocket to wrong side of blouse) so that it just comes to the mark for the slit; baste to place. Stitch on both sides of mark for slit as in the other (Fig. 174); cut and turn facing through to wrong side, leaving piping of color to show on edge; stitch lower edge of slit; turn lower edge of facing in, baste to pocket and stitch. Proceed as with other pocket.

2. Patch Pocket.—(1) Before placing the pocket, stitch a piece of one-quarter-inch linen tape across the blouse on the line of the top of the pocket to strengthen the blouse where the stitching of the pocket ends. Cut by the pattern, turn the hem at the top, as indicated on the pattern, and turn the edges in one-quarter inch on the other three sides. Stitch across hem at top. Baste to place at the points indicated on the pattern. Stitch on the edge and again, one-quarter inch inside the first stitching to correspond with the other stitching on the blouse; also to cover the raw edge of the material.

Facing for Opening of Blouse.—Place the right side of the facing to the right side of the blouse, baste a narrow seam to within one-quarter inch of the end of the opening; lay the seam over the first finger of the left hand, hold it tight and sew with fine back-stitches from this one-quarter-inch point around the end of the opening and one-quarter inch above the end; continue basting to top of opening. Stitch seam by machine except where back-stitched. Remove bastings, turn facing to the wrong side, baste folded edge to hold it firm; then turn in raw edge of facing one-quarter inch, baste and stitch to place (Fig. 175).

Basting Seams.—Pin shoulder seams together, having neck and armhole lines meet, seams on right side of garment. Baste with small stitches. Baste box plaits or tuck at lower edge of sleeve, if either mode of finish is desired. Pin sleeve in armhole, having notches meet seam outside; gather with very small stitches between the notches; this will distribute the small necessary amount of fullness so equally that it will be lost when the seam is finished. Let the basting in armhole stop one and one-half inches from the shoulder seam, and fasten off. Begin at the same distance on the opposite side of the seam and baste to the end of the seam; then place a short basting across the space left vacant. When the
shoulder seam is stitched, this can be removed, it not being necessary then to remove the entire basting in the armhole. Pin the under-arm and sleeve seam, having the armhole lines meet.

**Fitting Blouse.**—Slip blouse over head to see if it fits. It should set easily on the figure. If it seems too low in the neck, raise the shoulder seam and pin, following same line to armhole. Take sleeve in the same amount, and cut the armhole down at the under-arm so that the sleeve will fit. If the neck is too small, let out shoulder seam and sleeve as well. If the bust is too small or the blouse too tight at the bottom, let out the underarm seam; if too loose, the reverse. Notice the length of sleeve also. Fit one side only. Remove blouse, open corresponding seams and make necessary changes.

When alterations are completed, and the blouse has been tried on again to test corrections, unpin the underarm seam, and rip the short basting from the shoulder seam. Stitch the shoulder seam as a fell, having the upper machine thread on the upper side of the

![Fig. 175.—Placing facing at front of middy blouse.](image-url)
fell. Trim the front shoulder to one-quarter inch and the back shoulder to three-eighth inch. Baste fell and stitch it. Re-baste sleeve to blouse at shoulder, stitch sleeve and trim sleeve to one-quarter inch and waist three-eighth inch. Turn the blouse down on the sleeve, baste as a fell, and stitch.

**Collar.**—The collar facing, which is the upper side of the collar when finished, the part to which the decoration is applied, should be one-eighth inch larger on the sides and lower edges than the collar.

![Diagram](image)

**Fig. 176.**—Middy collar, cuff and box plaited sleeve; *A,* detail of cuff placing; *B,* finish at wrist of a box plaited sleeve; *C, D,* braiding on collar and cuff.

If the collar is to be trimmed with braid and stars, this must be done before the facing and the collar are put together (Fig. 176C). Baste the braid to place, setting the outside edge of the first row far enough from the edge of the collar to allow for the seam, and a pleasing arrangement of spaces. Baste and stitch the upper edge of the braid, turning the corners with good miters which face in opposite directions. Place the right side of the facing to the right side of the collar, baste and stitch around the sides and lower edge, leaving neck open. Trim the corners of the seams diagonally, to
avoid unnecessary thickness in the seam, turn and baste closely on edge to keep it firm. Then pin the neck line of the facing to the neck line of blouse, having right side of the facing to the wrong side of the blouse, center of facing to center of neck and ends of neck and ends of facing meeting. Baste and stitch seam; clip seam on curve to let it spring. Turn in edge of collar along the machine stitching, baste, and hem by hand, being careful to finish the ends of collar where it joins facing, very neatly (Fig. 177).

![Fig. 177.—Placing collar on middy blouse.](image)

**Sleeves.**—Box plaits are sometimes used to finish the sleeve at the hand. Baste according to markings on pattern, stitch to place, finishing stitching according to individual taste (Fig. 176). Baste underarm and sleeve seam and stitch in one. Trim front seam to one-quarter inch and back to three-eighth inch; turn back to front and stitch as a fell.

**Plackets.**—(a) **Hems.**—The extensions at the lower part of the sleeve may be turned back, on line with the seam of sleeve so as to lap; they may be hemmed, and buttons and buttonholes used for
fastening, the lower edge of the sleeve (Fig. 176A-B). (b) A very flat smooth finish can be made by first turning the upper side of the placket on a line with the upper side of the fell on the sleeve; the lower edge of the sleeve one-quarter inch (mitering the corners), and the under side of the placket one-eighth inch beyond the under edge of the fell; baste linen tape three-eighth inch wide to sleeve to form a facing; stitch on both edges, letting stitching cross at top of placket. Place buttonholes lengthwise of this placket and use small buttons, two or three, according to the length of the placket, Fig. 176A and B.

**Cuffs.**—Either method described for finishing the placket may be used for a sleeve finished with a cuff. If the collar has been trimmed with braid, the cuff should also have braid on it. The braid is usually placed as shown in Fig. 176D, but not so as to interfere with the buttonholes. Stitch the braid to the outer piece of the cuff, then place the two right sides of the cuff together, turning the edges which will be set on the sleeve back one-quarter inch and creasing them firmly. Baste through these turned edges when seaming the cuff; stitch, trim corners, turn and baste edges to hold them firm. Gather sleeve as indicated on pattern; slip the edge of the sleeve between the two turned edges of the cuff, adjust the gathers according to the marks, baste first the outer turned edge of cuff, then the inner. Make a continuous stitching around the edge of the cuff (Fig. 176A).

A false cuff is sometimes used on the box-plaited sleeve. It is made of a single lengthwise strip of material basted to the wrong side of the sleeve after the placket has been faced, stitched and turned to the right side and stitched again. This strip of material may be trimmed with braid the same as the cuff. One buttonhole lengthwise of the cuff should be sufficient because the cuff is narrow. The outer end of the buttonhole should be one-half inch from the end of the cuff and placed in the centre of the depth. There should be one buttonhole lengthwise of the placket and three-quarter inch above the cuff.

Short sleeves may be finished with a turn-back cuff, a plain cuff or the edge of the sleeve may be hemmed and the sleeve rolled when worn.

The lower edge of the blouse may be finished with a three-
quarter-inch hem or with a shaped band, the latter allowing for the shaping of the blouse in front, to suit the figure.

Eyelets, through which a lacer is run, may be worked on each side of the center front, above the end of the opening; or a tie, made by cutting diagonally through a square of silk and hemming the cut edges may be used.

The shield, cut double, is stitched together, turned and stitched again. Buttonholes should be worked in the shield at the place indicated on the pattern. Sew buttons to corresponding points on the waist.

Emblems for the sleeve may be worked on a piece of cloth, which is catch-stitched to the sleeve, before the seam is stitched up. A band of color is sometimes stitched to the opposite sleeve, before its seam is closed. Yokes are sometimes applied to the blouses. This should be done before putting the garment together.

Mannish Shirt.—This shirt for women, constructed on the lines of a man's shirt, makes an attractive garment for school or outing wear. It is suitable for more occasions than the middy blouse. Made up in silk it makes an attractive waist to wear with a linen or cloth suit (Fig. 178).

Selection of Materials.—Any of the shirting materials are very suitable for the construction of this shirt.

Suitable Materials.—Linen; Pongee; Habutai; Silk Broadcloth; Silk Duck; Madras; Percale; Flannel (unshrinkable).

Select a pattern which shows the most mannish effect. A shirt of very good style is one with a narrow yoke and a few gathers at each side of the center back. Buy the pattern according to the bust measure and the quantity of material which the pattern calls for of the kind and width you have chosen.

Cutting Shirt.—Place the pattern on the material, following the directions carefully. Pin to place. Cut around the outside of the pattern. It is better to test pattern in cambric.

Marking Seams.—Trace the seams and notches of cotton shirt. In silk, do not trace the seams unless using chalk board for tracing. Mark notches with a colored thread. Place pins in the perforations of the commercial pattern, lift the pattern, slip the pins through and mark with colored thread on both sides of the material where the pins are placed; or trace along the edge of a drafted pattern. Mark all pieces in the same way.
Fig. 178.—Silk shirts: A, manish type, with high neck closing and high collar; B, same with open neck and collar.
Basting Shirt.—Baste box plait in front or hem if coat finish is desired (Fig. 182). If the back is plain, turn the bottom edge of the yoke in and baste it to place on the back. For a plain back, baste seam of front and back at shoulder, through yoke. If the back is to be gathered, the yoke will be in two pieces. Gather the back (two rows of gathers one-quarter inch apart), between the points indicated on the pattern. Turn the lower edge of the back yoke in, baste, and place on the upper row of gathers, distributing these in the spaces marked. Treat the under yoke in the same way, and baste to place. Turn under the front edges of both under and upper yokes, and baste to the front of waist at the seam line. Baste sleeve to place according to the directions for the middy blouse sleeve (p. 302). Baste the sleeve and underarm seam as one. Gather the sleeve at hand and baste one thickness of the cuff and collar band to place temporarily, for fitting. Place the waist band and baste.

Fitting Shirt.—Put the shirt on; pin the fronts together so that the box plait and hem lap in proper position, or two hems, if hem opening is used. Look it over carefully. If the neck is too low, rip outside yoke and take up the seam at shoulder; if too loose, fold box plait and hem deeper to reduce size. If the shoulder seam is raised much, cut armhole down at underarm seam to make it the correct size for sleeve; the sleeve will also be too full at top, in which case take in on seam; if necessary, re-cut at top to make correct shape. See that the sleeve is the correct length; notice also the position of the waist band and the distribution of gathers.

When the fitting is completed, remove the shirt and make necessary alterations. Slip it on again to see that it is correct. Change pattern to coincide with the corrections in the shirt.

Stitching Shirt.—Remove cuff and collar band, open underarm seam and stitch box plait one-quarter inch from each edge, the hem directly on the inner edge, and back and front yoke on the edge, also one-quarter inch above. Stitch sleeve at armhole on the basting, with upper stitch on top side of sleeve. Trim seam of sleeve to one-quarter inch and shirt to three-eighth inch. Turn edge of shirt in, baste, and stitch on edge.

Placket.—Place and stitch placket facings according to the directions for placket on p. 323. Stitch seam of sleeve and underarm seam in a continuous line. Finish as a fell one-quarter inch
wide, turning the underarm seam toward the front. Gather the lower part of sleeve between the points indicated on pattern. Use two rows of gathers one-quarter inch apart, the upper to be removed after the cuff is placed. Seam the two pieces of the cuff together, turning back both edges which are to be placed on the sleeve, one-quarter inch, before stitching. Trim corners diagonally. Turn cuff to the right side, baste the turned edges to keep them firm. Place the right side of cuff to sleeve, laying the turned edge on the gathers, distributing the same across cuff. Fold under lap of placket back on the cuff before basting to place. Place under edge of cuff and baste. Stitch all around cuff directly on the edge. Place a second row of stitching across cuff where it joins sleeve one-quarter inch below the first stitching.

Stitch the collar band, turning the lower edges back one-eighth inch before stitching seam. Turn to right side, turn and crease edges and place on neck of waist. Stitch once on the edge, all around band. Follow directions given for making collar bands, either type, on pp. 319–320.

**Collar.**—The turn-over collar, directions for making which are found on p. 320, is the type usually worn with this skirt, except when women follow the fashion of wearing an open neck, which insures greater freedom and comfort. This second method of finishing the neck is described on p. 328.
Buttonholes.—These are placed in the box plait and collar band in the same manner as the shirtwaist, p. 327, and the same type of buttonhole used. Four buttonholes are placed in the cuffs (Fig. 178), being careful to work them so that in each case the right side of the buttonhole is on the top part of the cuff.

Stitch the waist band to place and finish the bottom with a narrow hem.

SUGGESTIVE QUESTIONS

1. What materials are suitable for middy blouses? Which would you select?
2. Describe the process of making a set-in pocket?
3. Name the steps of procedure in making a middy blouse. In what way is the making of a mannish shirt similar?
4. Illustrate on cloth how to make an arrowhead.
5. What materials are suitable for mannish shirts?
6. What seams should be used on this garment?
7. Which type of cuff best suits it?
8. How do you set a plain back of a shirt into a yoke? A gathered back?