CHAPTER XVIII

OUTER-GARMENTS: LINGERIE BLOUSE AND DRESS

Suitable Materials

Batiste (plain or embroidered), in white or color.
Voile (plain or embroidered), in white or color.
Crêpe (plain or embroidered), in white or color.
Handkerchief linen, in white or color.
Swiss (embroidered), in white or color.
Dimity (striped or cross-barred).

Suggestive Trimmings

Fine needlework...Embroidery; ornamental stitches.
Self-trimming ...... Tucks or plaits; ruffles, puffings.
Lace insertion...... Valenciennes:
                    German or
                    French,
                    Cluny, Irish.

Designing the Blouse or Dress.—Simplicity and daintiness should be the keynote of the design and construction of a lingerie dress. With this in mind, study the tendencies of the prevailing fashions, the lines that are followed, the fabrics that are used; choose of the same, that which you will use; then design your dress so that it will embody, but not in the extreme, some of the features of the costumes of the day, and be suitable for the material chosen, while conforming in a pleasing way to the lines of your own figure.

Lingerie waists may be cut on the lines of a simple shirtwaist with a gathered sleeve, on those of a kimono waist, or some modification of either.

With the kimono waist we find fewer tucks or plaits. With the simple shirtwaist we find a greater tendency toward the use of tucks and plaits, while with both, fashion alternates elbow length and full length sleeves, high and open neck lines.

Calculate (using pattern) the quantity of material you will need for the waist.

Preparation of Material for Cutting Waist.—It is well to shrink the materials, especially crêpe, before making them up. If the waist is to be ornamented, with tucks or needlework, this should all be done before placing the pattern for cutting.

Plaits and Tucks.—Lay a box plait or hem not more than one inch in width for the right hand side of the opening, either back or
front, and a hem on the opposite edge, one-eighth inch narrower; or a hem and fly opening may be used (Fig. 135). Plan and lay the tucks, being careful to match them at the shoulder seam if they are more than thread tucks (Fig. 70). Sew the tucks with fine running stitches. Be careful to run a basting thread through tucks that extend to the neck so they will be turned in the right direction; and kept so until the collar is placed. See that the tucks on the shoulder also turn in the right direction. Tucks should also be placed in the material for the sleeves, before cutting. Hand-run tucks and seams give a note of distinction to the waist.

**Needlework.**—Any ornamentation of this kind should also be applied to the material before cutting out. Block out the outline of the waist from a carefully fitted pattern and stamp the pattern for the embroidery within this outline and do the work before cutting. If the design is to be carried over the shoulder seam, it may be necessary to cut and finish this before stamping the pattern, but do not cut any other part of the waist. All small pieces, such as collars, cuffs and belts should be tucked or embroidered before cutting. When lace is to be used for ornamentation, if set into the waist in a pattern, stitch and finish the shoulder seam, put the waist on a form or open up the underarm seam, lay waist flat on table, and apply the lace, baste and try the waist on to see if the design is pleasing. If so, hem or stitch the lace to place before closing the underarm seam. Apply lace to sleeve in the same way.

**Cutting, Basting and Fitting Waist.**—Follow the directions for these processes given on p. 96. Note carefully the placing of the pattern for a back or front opening. Make all necessary alterations after fitting, and try on again.

**Finishing Seams, Etc.**—Both waist and sleeve seams should have a uniform finish. Use a French seam, a plain seam with edges turned in and run together, or set entre-deux or lace insertion into the seams; fagoting or hemstitching may be used. The box plait may be stitched by hand, sewed with a running stitch, feather-stitched, hemstitched, tucked or corded, in keeping with the rest of the waist. The hem on the under side need only be run. The bottom of the waist should be finished with a narrow hem.

**Waist Line Finish.**—An elastic run through a narrow hem makes an excellent finish. A narrow tape, either linen or twilled cotton, may be used for a belt. Place it as you would for a shirt-
waist. Should you prefer to keep the waist without gathers at the waist line, in order to make laundering easier, one of the clever devices sold by the stores for keeping waists in place might be substituted for the belt.

Sleeves.—The sleeves may be gathered or set into the armhole without fulness. The seam may be plain, with a bias strip of material basted in with the sleeves holding the material toward the waist. Stitch all together, and fold the binding inside the sleeve and hem it down to the stitching of the sleeve. A cord may be set inside a bias strip of material and placed between the sleeve and the waist; the edges of this seam will need to be overcasted neatly. Some prefer to set the sleeve with a French seam, but it is very difficult to keep a good line on the armhole in using this method. The sleeve, if long, may be finished at the hand by rolling and whipping the edge, by setting on dainty ruffles of material or lace, or both. These may be gathered on a cord, shirred with a heading, or rolled and whipped to place. Small turn-back cuffs, trimmed with insertion or edged with a frill of lace or footing, or a tiny plaiting of the material, are placed with the right side of the cuff to the wrong side of the sleeve, a narrow seam sewn and overcast and the cuff turned over the right side of the sleeve. The seam of the sleeve may be left open for about two inches and finished as you would a placket on a lingerie skirt (p. 254), using very small snaps for fastening. When a deep cuff is applied, it may be left open its entire length, faced on both sides and finished with buttons and loops, or buttons and buttonholes, or it may be seamed to within two inches of the bottom and this opening finished like a placket (Fig. 208). Turn the edge of the cuff in at the top and baste to the lower edge of the sleeve which has been gathered to fit it. Then turn the sleeve to the wrong side and turn in the raw edge of the
cuff on the line of the outside edge. Stitch through cuff at the top, or finish in any way that the waist is finished. The cuff may be finished at the hand with a hem, with or without frill of lace, or in almost any way fancy dictates.

Collars.—If the waist is to have a high closing, turn the lower edge of the collar up three-eighth inch; place this folded edge to the neck line of the waist, baste to place. Let the end of the collar extend across both hem and box plait of the waist. This collar will need to be folded away to fit in the center back, which will make it somewhat bias, or else a dart will need to be taken out in the side of the collar. Face the ends of the collar with net braid or material of the waist, cut lengthwise. Finish the collar at the bottom as the cuff is finished. If of lace, hem to the right side of the waist and whip the raw edge of the inside of the waist. Roll and whip the top of the collar, which can be shaped somewhat to fit the curve of the neck, unless tucked close to the top. Finish with an edge of insertion, a cord, or shaped pieces turning over the edge. To keep the collar in position, sew stays of wire, one on the left hand end, and one on each side on a line with the highest point at the side. Always use washable stays. Fasten the collar with buttons and loops, buttons and buttonholes, snap fasteners, or hooks and loops. If an open neck is desired, cut some becoming type of turn-over collar in cambric, large or small, and fit to the neck of the waist which has been cut on the line desired. These collars may be cut single or double, according to the finish to be used. If the edge is to be rolled or hemstitched, a single thickness will suffice, otherwise cut two. Place the pattern so that the center back is lengthwise of the material. Place the two right sides of the material together. Seam the outside edges together, turn through to the other side and baste the edges firmly. Baste along the edges that are to be joined to the waist, pin to place at the neck, and baste. Take a strip of material, bias, one inch wide and baste on the collar. Stitch through facing collar and neck of waist. Turn facing over, baste and hem to waist. Follow the same method of placing, for collar of single thickness. When the collar is hemstitched on the edges, if a line of hemstitching ornaments the front of the waist, it may also attach the collar to the waist.

Waist Closing.—Cut buttonholes lengthwise of the material if the waist closes in the front, with box plait; crosswise if it closes in
the back. Use small pearl, crochet or linen buttons. Sometimes buttonholes are omitted and fancy buttons used for trimming, the waist fastened beneath with snaps. Try to have a button cover the sewing of the snap.

**LINGERIE DRESS**

*Suggestive Materials*

Lawn (Persian or linen), in white or color.
Dimity (striped or cross-barred), white or figured.
Swiss (embroidered), in white or colors.
Batiste (plain or embroidered), in white or colors.
Handkerchief linen, in white or colors.
Organdie (washable), in white or colors.
Crêpe (plain or embroidered), in white or colors.
Mull, in white or colors.
Voile (plain or embroidered), in white or colors.
Net (washable).

*Suggestive Trimmings*

Lace insertion
Valenciennes:
French or German, Cluny, Irish, Torchon.
Ribbon or silk for girdles, etc.
Footing.
Embroidery.
Ornamental stitches.
Self-trimmings.
Tucks.
Hems (reversed). Shaped hems.
Pipings.
Bindings.
Folds.
Cordings.
 Shirrings.
Buttons.

*Findings*

Thread.
Snap fasteners or hooks and eyes.
Cord.
Buttons.

**Purchasing Material.**—Having decided upon the kind of material you will use, designed the dress, and provided yourself with a suitable pattern for cutting it, drafted, draped, or commercial, calculate the quantity necessary to make the dress. Also estimate the amount of trimming required and the findings. Purchase the same.

**Shrinking Material.**—It has been generally conceded that it is best to shrink all cotton or linen materials for lingerie dresses before making them up. This process entails extra work in the beginning but allowance for shrinkage could be made instead in the making, if we could count on the amount the material would shrink. It may save letting out seams or dropping hems later on when the dress has been laundered.

**Cutting Dress.**—Unless tucks and plaits are marked on the pattern, these should be laid in the material before placing the pattern for cutting out. If tucks are to be placed in the waist and
sleeves they must either be basted or stitched in before the cutting is done. Allowance for tucks in the skirt, whether running across or up and down, may be made when cutting, and these basted to place. Open and fold your material end to end and plan the best placing of the pattern. After you have decided on the most economical cutting, pin the pattern to place and cut the material.

**Marking Seams.**—Trace seams very lightly so as not to mar the material. Heavy tracing cuts the threads. Observe the general rule for tracing seams.

**Basting Dress.**—Use fine thread for basting seams. Avoid using colored thread except where very necessary, to mark notches, points for gathers, plaits or places for trimming. Plan your basting so as to have as few fittings as possible. If the dress is a simple one-piece garment, a straight or gored skirt with hem and tucks, gathered or plaited at the waist, and a simple full waist, proceed as follows:

1. Prepare temporary band of skirt.
2. Baste the seams.
3. Lay hem and baste (not turning upper edge).
4. Lay tucks and baste (in skirt).
5. Gather or plait skirt and baste to the band.
7. Pin sleeve in waist, baste to place.
8. Baste a cambric or soft muslin pattern of the collar, cuffs and trimmings to place for fitting. If cut in the material, it sometimes causes waste, as alterations made in waist may change the position or the shape of these.
9. Gather or plait the bottom of the waist to the band.

If the skirt is to be made of a succession of flounces set one upon another; these should be basted together to see if the proportionate depths are good, and the fulness well distributed, both on the flounces and at the waist.

If the dress requires a foundation skirt, this should be fitted first, and flounces, ruffles or other form of skirt be placed on the foundation for a second fitting.

When the dress is to be worn over a separate slip, first fit the slip, turning the line at the bottom of the skirt and at the neck. Then fit the dress over the slip, to get a better idea of the finished gown; note the line at the bottom and other points that may need alterations.
If an underbodice is used to which to attach waist and skirt, have this ready to fit at the same time as the dress, so all points for gathers, etc., may be marked then.

**Alteration.**—Make all alterations, bearing in mind the necessity for having an easy fit in all washable materials, especially if you have not shrunken them before making the garment. When the alterations are completed, try the dress on again to be sure that everything is correct before finishing it.

**Stitching and Finishing Seams.**—The seams of lingerie dresses may be treated in any of the following ways, suiting your method of treatment, of course, to the fabric and the style of the garment. Handwork is always to be recommended for lingerie dresses, hand-run seams, tucks and hems. Individual workers are, however, subject to time limits, therefore one must choose the very best treatment to which one can devote the time, or for which one can afford to pay, if the work is done by another.

1. French seams may be used on the sheer fabrics. These must be carefully done, the first sewing best done by hand, using a running stitch. The edges must be very carefully turned and creased for the second sewing. This may either be done by machines or hand (Fig. 119).

2. If one cannot make a good French seam, a plain seam may sometimes be used, the edges overcasted or turned and run together (Fig. 217A and B).

3. Lace insertion or tiny veining may be basted over the seams and the edge of the lace hemmed to the material on the right side. The edges of the seam are then trimmed away on the wrong side, leaving a scant eighth of an inch; this is then whipped down into the stitches of the hemming so as not to show additional stitches on the right side of the garment. If limited in time or working on very inexpensive material, instead of hemming the lace by hand on the right side, it may be stitched by machine, the raw edge turned back and stitched again; then cut close to the stitching. Let the first stitching fall one-sixteenth inch inside the edge of the insertion or lace, the second stitching directly on the edge, so that greater strength is added to the raw seam. It is better to use this method only in skirts where the finish is less likely to show from the right side than in waists.

4. Entre-deux may be used to finish seams of very sheer ma-
terials. Set in with small French seam. Lace may also be whipped on to the rolled edges of seams. This would better be done on seams having straight edges, as it is difficult to keep bias edges from stretching.

5. Fagoting makes a very effective seam finish. The edges may be finished with tiny hems, folded but not sewed, rolled and whipped, or in some cases, simply turned once, the fagoting worked from one rolled edge or hem to the other. Colored thread makes an attractive finish sometimes.

6. Hemstitching by hand is sometimes simulated by turning the two edges of a seam to the wrong side, inserting several thicknesses of tissue or any paper that tears easily between the edges and stitching by machine. The paper is torn away and a loose stitch appears, somewhat resembling hemstitching. Some family machines have a hemstitching attachment, but these have not been so generally satisfactory. A very effective trimming and seam finish is made by having hemstitching done on power machines. To prepare the seams for this, baste as for plain seams in waist and skirt, then fold them back as for an outside stitching. The hemstitching is done on this edge half on the fold and half on the single cloth and the raw edge on the wrong side trimmed away afterward. The operator will usually furnish white or black cotton and black or white silk, but it is necessary to take colored silk or cotton, two spools of either.

Plackets.—Like all other plackets, that on a lingerie dress should be as inconspicuous as possible. If the skirt is of sheer material and very full, a continuous (bound) placket facing may be used. Cut this from the material and make according to directions for a one-piece placket on drawers (p. 247, Fig. 139), except that it should be sewed by hand. If the continuous placket facing should be too visible, net or lace braid may be substituted. On the side which turns back, run a facing of thin net. Sew with small stitches. On the other side face the extension with the net by sewing it to the under side. Be careful not to have the extension wider than the facing on the other side of the placket. Use very small snap fasteners for the placket, one inch apart.

Hems and Other Finishes for the Bottom of Lingerie Skirts.—Turn the line on the bottom of the skirt as usual. If the skirt is rather straight, or only slightly gored, a hem may be used,
but if very flaring, a facing will be necessary. Follow the direction for basting either hem or facing. A facing would need to be sewed first at the bottom, and turned back and basted at the top, the same as a hem. When either hem or facing is laid, it may, in sheer materials, be sewed with a running stitch at the top, or if of looser irregular weave, such as crêpe, it may be sewed with a hemming stitch, placing it so the stitches do not show on the right side.

Reversed Hem.—On a skirt cut of straight widths the hem is sometimes turned and finished on the right side of the skirt, using a cord in the top edge. To do this the seams must be clipped at the finishing line, turned, and stitched on the right side. A soft cable cord is then placed under the top of the hem and sewed in place with a running stitch. The hem is laid to the skirt, basted and then sewed down to the skirt directly under the cord (Fig. 233).

Pipings.—Pipings of white or color may be used in the top of the hem, if it is stitched by machine, or slip-stitching will make a softer, daintier finish. On very sheer materials the hems are sometimes cut into such shapes as one’s fancy dictates, and the upper edges ornamented with decorative stitches. Another method of finishing is to run a heavy cord in the bottom of the hem to weight it and hold the fulness of the skirt out somewhat. Cords are sometimes sewed into the very edge of the material, the hem being omitted altogether. Or the edge may be rolled and whipped with heavy perle cotton, either in white or colors.

Ruffles, flounces, puffings or bands may be used to finish the bottom of a skirt. Such must be in accord with the other ornamentation of the dress. These may be set in under insertion, on bands, or at the lower edge of the skirt.

Waist Line Finishes.—Lingerie dresses may be finished in various ways:

1. The skirt if of sheer soft material may be rolled and whipped to a plain, lace, or embroidered band, and the bottom of the waist treated in the same way.

2. The skirt may be shirred with a heading and set up on the waist, which has been previously gathered to a narrow band of tape, or the skirt may be drawn on a cord or a succession of cords forming a yoke, the waist being sewn to the top cord. A succession of shirrings may form a yoke, and the top be set into a band of material; the same finish may be used for a skirt slightly gathered, or with suffi-
cient fulness to ease in, and also for a skirt the fulness of which has been taken out in tiny tucks at the top. Both skirt and waist may be gathered into the band or each finished separately, or sometimes both set on a net or muslin underbodice which has been daintily trimmed. In using the latter, fasten waist and skirt together only at the waist in order to make laundering as easy as possible. A sash or girdle of silk or ribbon may be worn to cover the plain waist band.

The same principles would apply to the normal or raised waist line, the back or front closing, except that in the latter a portion of the skirt, unless opened directly in the front, must have a separate belt extending from the center front to the placket opening. This belt may be caught to the other by snap fasteners.

Use hooks and eyes for fastening the waist band, and snap fasteners, buttons and buttonholes or loops, for the placket, sleeves, collar and trimmings. If one does not like snap fasteners, small hooks and eyes and buttonholed loops make neat finishings.

Sleeves, Collars, Cuffs, Vests.—In the section on lingerie waists, directions will be found for the completion of the remaining portions of the dress.

SUGGESTIVE QUESTIONS

1. Name material suitable for lingerie blouses and dresses. For what special quality does each recommend itself?
2. Plan a design for a lingerie dress for yourself. What will be the keynote of your design?
3. What kinds of seam finishes are good to use in such garments?
4. Suggest several ways of joining skirt and waist together to make a one-piece garment.
5. Suggest some new individual touch you might put on such a dress as to make it quite distinctive.
6. Calculate the quantity and kind of material from which you could make yourself an attractive lingerie dress to cost not more than $5.00 including all items, except working.