LESSON I.

HAND SEWING.
See Figures 1 to 40.

Running Stitch. The running stitch is very simple and is used to join material where there is little strain on the goods. It is used on light material, tucks, plaits, cording, running on trimmings, shirring or any ordinary sewing.

The Back Stitch. It is used to take the place of machine stitching. Sometimes the work is too clumsy to stitch on the machine or if it is inconvenient to use a machine, then use the Back Stitch, which is made by taking a stitch backward on the upper side and twice as long on the under. The Half Back Stitch is made by taking the stitch only one half back.

Basting is used to prepare cloth for sewing. On silk and velvet use silk thread, as cotton thread will leave a mark. Always clip threads every few stitches when pulling out basting after sewing, as you are apt to mar the cloth. Never stitch into line of basting or over knots. There are three kinds of basting, Regular, Irregular and Cross-wise. The Regular consists of stitches all of even length in a direct line. Irregular consists of one longer stitch and usually two or three shorter ones. Crosswise consists of even stitches in a diagonal manner. Use the Irregular for long seams where little firmness is required, and for hems; and the Crosswise for basting canvas. Use the Regular basting on all goods that want to be held firmly. Practice these different kinds of bastings until you can do them quickly and evenly.

Hems. A Hem is used to finish a piece of cloth by turning the material down twice, the first turn to be as narrow as possible and the second to be any desired width according to the style of your work. There are four kinds of hems: Rolled, Narrow Basted Hems, Faced Hems, and Slip Stitch Hems. The Rolled Hem need not be basted, it is so narrow; use slanting stitches and make them small; do not allow them to show on the right side. The Basted Hem can be any width, but should always be basted as it
keeps your work in place, otherwise it is done just as the Rolled Hem. The Faced Hem is used when there is not enough material or the conditions are such as to not make it advisable to use the cloth itself. A Faced Hem can be made of material like the garment or of some contrasting material, and can be used on the straight or the bias of the cloth. The Slip Stitch Hem is used on woolens, silk or velvet, where the stitches are not to show on either side. Baste your hem, then fasten your thread under first fold; take one or two stitches on the first fold of the hem, then a little farther on one or two stitches on the cloth. Keep the stitches straight with the thread of the cloth so they will not show.

Overcasting is used to finish a raw seam. It consists of a series of stitches over and over the seam from right to left. This keeps the seam from fraying.

Binding Seams. Use the regular ribbon for this purpose and hold the ribbon down over the edge of the seam while you sew it on. Use a running stitch and use small stitches.

Catstitching is used to finish seams and is made by leaving the knot underneath of material nearest to you; slant silk across to opposite side and take a short stitch from right to left, having your needle point away from the thread; draw needle out and take another slanting stitch.

Feather Stitching is used to decorate garments. Start at farthest point from you and bring needle up from beneath, take short stitch toward line along which you are working, slanting the stitch towards you and throw the silk under point of the needle, drawing the needle through. The second stitch is on the opposite side of the line and slant it so that it will be the reverse of the one just taken and make it the same as the other stitch.

Fagot Stitching is used for ornamenting. First baste folds or ribbon down on to a lining, having them the distance apart that you want the width of the fagot stitching. This stitch is similar to the Feather Stitch and is worked in the same manner except that you put the needle under the fold and take a short stitch out from the center instead of toward the center and draw your thread down so that it forms the twist and then to the second stitch.

Blanket Stitch is used to protect and ornament the edge of woolen materials. Hold material toward you and
work from left to right. Insert needle the depth of stitch to be desired. Hold thread down with left thumb; this forms a loop. Hold thread again with left thumb and insert needle same depth and about 1-16 of an inch from first insertion. Pull thread with loose stitch to edge of cloth. Repeat these stitches—use coarse silk for this work.

Hemstitching is used to finish linen and various kinds of dainty work. Draw threads and baste hem down even with outer thread that you have drawn. Hide knot in fold of goods. Put needle under cluster of threads, bringing needle over thread so as to form loop to catch cluster together, then take plain slant stitch between clusters so as to firmly hold loop. Work from left to right. Use the same number of threads in each so the work will look even.

Seams. Seams are the joining of two pieces of cloth. The running seam is the mere joining of the material. The French Seam is used to make a neat finish on the wrong side. Join your cloth in a running seam, on the right side, cut closely, baste into seam and stitch on wrong side. In the Fell Seam stitch as usual and trim off one side of material, fell other side down flat on to the cloth. Stitch an ordinary seam, press to one side and stitch again for Welt Seam. For Lap Seam turn away the edge of your material as in a small tuck, lap to the desired distance and baste, when stitched this forms the Lap Seam.

Gathering consists of a running stitch, either by machine or hand and pulled into the desired space.

Cording is made on the same principle as is shirring or gathering. Use a running stitch, form cloth into small tuck and insert cord as you join the two sides of your tuck together.

Ruffling is made by hemming certain widths of material and gathering one side of it.

Ruching is made on the same order as ruffling, only it usually is narrow and is hemmed on both sides and either shirred or plaited down the center.

Shirring consists of a number of gatherings, either plain or tucks, to fill a certain space.

French Knots. Place knot on under side of material, draw thread through, winding thread over end of needle twice, insert needle into material again thus forming a knot. These are very pretty when made of heavy silk. and can be used to ornament dainty waists and collars.
Buttonholes. Cut hole desired size, and overcast. Begin work from inner end so as to have the unbroken line where the greatest strain falls. Fasten thread by a few stitches on edge of hole. Never use knots. Draw needle at right angles and away from edge of hole. Throw thread over needle from right to left, drawing needle through loop. Always work your buttonhole from right to left. Keep stitches even and do not draw thread too tight.

Eyelets are used where metal eyes would be too conspicuous or where they would be too injurious to dainty material. Take several stitches over and over in the same place, leaving them just a little loose, then buttonhole them together.

Loops are made in the same manner as the eyelets, only the foundation thread is looser, as loops are usually used to fasten two edges together with a button and loop.

Sewing on Buttons. Start on the right side, by taking small stitch, leave knot on right side so it will be covered by the button. Place button on material, laying pin cross-wise under the button. Use strong thread. Sew over the pin from hole to hole. Fill holes in button with as many threads as possible, then remove the pin and the button will have the right give. Put needle down through one hole of button, wind thread around several times between button and cloth and fasten.

Covering Button Moulds. Various kinds of plain and fancy buttons can be made by covering wooden moulds with any kind of material desired to suit the style of garment. Cut out circles of your material that will almost cover twice the size of your mould, gather around the outer edge of this circle of cloth, slip in your mould, and pull up your draw string. Fasten your threads firmly and you have a neatly covered button. To make the button more fancy, stitch some straps across the circle before it is applied to the mould—or fancy braid, or French knots or perhaps an embroidery design might be used.

Making Trimings and Ornaments for the finishing touches. Pipings are made by cutting the material about one and one-half inches wide and doubling, then basting to hold the two sides secure. Folds are made by cutting bias bands of material and basting together so one side is one quarter inch longer than other, then turn the longer side down over the shorter side, apply to the garment and
stitch. Do not use this kind of fold on wash material, as it does not launder well. To make a flat fold cut material the desired width, baste one quarter turn on both sides, apply to the garment and stitch. Always use a card marker to get the exact width in turning folds or hems. Fancy Cording trimming may be made of silk or any material desired by using the desired size of cord and overhand bias strips over the cord. Shirred Bands may be made by stitching a small cord into either side of a bias band that has been turned away on both sides. By pulling the cords that are run through the edges of these bands some very artistic trimming may be made. Fancy Motifs can be made by fagot stitching bias bands of material or narrow ribbon by first making your design on paper, basting the bands on and using the Fagot Stitch to join the parts, tear the paper away and you have some dainty ornaments. Shaped ornaments cut out of material, buttonholed around the outer edge and applied to a garment make pretty trimming. Designs cut from a good quality of broadcloth leaving the edges raw makes artistic trimming, especially when used on silk. Touches of hand embroidery are very good looking on every kind of material nowadays.

TO THE LEARNER.

Let no impatience or wearisomeness of labor prevent you from learning this lesson. Take any inexpensive material or scraps that you may have about the house and make at least one of every kind of stitch or ornament that has been taught you. Look them over carefully and see if they are entirely satisfactory to you, if not do them over again and again until they are perfect.

FIVE RULES TO REMEMBER.

1. Have sharp pair of scissors.
2. Have good ironing board and wax for irons.
3. Have large cutting table and lots of pins.
4. Have good tracing wheel and piece of chalk.
5. Have correct tape line and rulers.

REVIEW QUESTIONS.

First Lesson.

1. How do you make the Fagot Stitch; the Feather Stitch?
2. What are the Five Rules given in this lesson to memorize, and why do you think they are important?
3. Name three different styles of finishing touches for a garment and tell how they can be made.
4. How would you finish a seam on a plain shirtwaist?
5. What is the most common of all stitches?
6. When do you think you would use a roll hem; a Slip Stitch hem?
7. When do we use the Back Stitch?
8. Why is basting important? Tell how the three different kinds of basting are used.
9. Describe in full how to make a buttonhole.
10. Why should every girl and woman learn to sew?
1. Running Stitch
2. Back Stitch
3. Half Back Stitch
4. Regular Basting Stitch
5. Irregular Basting Stitch
6. Crosswise Basting Stitch
7. Rolled Hem
8. Faced Hem
9. Slip Stitch Hem
10. Overcasting
11. Binding Seams
12. Catstitching
13. Featherstitching
14. Fagot Stitch
15. Blanket Stitch
16. Hemstitching
17. Running Seam
18. French Seam
19. Fell Seam
20. Welt Seam