COOKING CAP

The Cap is worn as a protection to the hair from dust while working, and to hold in place stray hairs while one is engaged in cooking.

Draw EA and FB. The figure AEFB is the front of the cap.

Copy (×) on the figure AEFB as (×) as they appear in the (×) illustration.

One and one-half inches to the right of the front of the cap, draw a 20-inch square. Name the square ABCD.

Bisect the sides of the square.
Name the points of bisection E, F, G, H.

Draw HF and EG. (Fig. 29.)
Four and one-half inches to the right and left of F place points.
Name these points X and Y.

Draw a semi-circle starting at point E and pass thru point H and G. Connect points X and E, and points Y and G with curved lines.
The figure, XEHGY is the top or back of the cap.

Copy the (×) on the front of the (×) cap as they are (×) shown in the illustration. (Fig. 29.)

These crosses indicate the length of material.
The seams are included in this draft. Cut out the pattern of the cap.

RESUMÉ

How wide is the material that has been selected for the cap?
What is the price per yard?
How many inches long must the material be for the cap?
What part of a yard is that amount?
How wide must the material be for the cap?

Determine the length and the width of the material.

This is very important, as the pattern must be placed on the length of the material according to the marks.

All patterns have marks indicating the length, and to insure a perfect hanging garment these marks must be observed.

Pin the cap pattern to the material and be sure that the (x)

(x)

(x)

are on the length of the material.

Cut one back section and two front sections.
LAWN

Lawn is a light-weight cotton material of plain weave. It was originally manufactured at Laon, near Rheims, in France. It is often printed in flower effects, or tinted in plain colors. It is used for ladies' and children's dresses, aprons and such other articles which require a sheerer material than muslin.

DOTTED SWISS

Swiss is a cotton material sheerer in texture than lawn and harder to the touch. It was originally made in Switzerland, hence its name. There are many varieties of Swiss. The curtain Swiss and the dotted Swiss being the most common. The dotted Swiss is used for waists and children's dresses. It is more expensive than other materials of the same cotton texture. This is due to the expense of making the material rather than the value of the cotton used in its manufacture.

CAMBRIC

Cambric is a cotton material of plain weave with a smooth finish. The name was originally given to a fine linen fabric.

The finish is obtained by using a sizing, then dried and put thru the calendering process.

This calendering process is an ironing process, giving the material a great pressure and thus producing a gloss.

Cambric was first manufactured in Cambria, France.

It is thirty-six inches wide and ranges in price from fourteen to thirty cents.

MAKING THE COOKING CAP

The cap may be sewed entirely by hand or with a combination of hand and machine.

We advise the combination of hand and machine, as time is an important factor, as well as technique, and the average person would not backstitch a long seam that could as well be sewed on the machine.

As this course aims to be practical as well as educational, directions for both hand and machine sewing are given.

Machine stitching, backstitching or the combination stitch may be used around the front of the cap on the edges AEFB.

To backstitch the front of the cap, see lesson on backstitching (Half Sleeves).

The combination stitch is made by taking two or three running stitches and a backstitch. For directions on the running stitch, see Bag lesson, page 25.

If the machine is used, some knowledge and practice must be had before attempting the stitching.

SEWING MACHINE

Sit up well in your chair directly in front of the machine. The common mistake made by the beginner is tilting forward on the edge of the chair and having the chair too far back from the machine so that the arms rest on the edge of the machine to support the body. Sit erect and do not rest on the machine. Put both feet on the treadle. (See the guide book for your machine and learn the names of the parts of the machine.)
Unthread the machine and remove the shuttle.
Raise the presser foot and loosen the screw in the hand wheel that connects the machine with the wheels. The wheels will then revolve without working the other parts of the machine.
Press the feet forward and back with a rocking motion.
Practice this until you have a smooth, even motion and can start or stop at will, without using the hand on the hand-wheel.
When you are able to run the machine smoothly, tighten the screw in the hand-wheel.
Place two thicknesses of material (white muslin is good practice cloth) between the feed and the presser foot.
Lower the presser foot.
Stitch slowly and carefully without thread, guiding the cloth.
Do not pull the cloth from behind. The machine will feed fast enough and pulling bends and breaks the needle.
Continue this practice until you can stitch a straight line. The holes made by the needle will guide you.
Thread the machine. (See machine guide book.)
Read the instructions in the machine guide book regarding the tension and the regulation of the stitch for the machine that you are using. Practice stitching, regulating stitch and tension.
Place the two thicknesses of the Cap material under the presser foot and lower the foot to hold the material in place.
Stitch around the front of the Cap on the edges AEFB keeping a uniform seam of about one-fourth inch.
Cut off the corners E and F outside of the stitching to remove the bulk. If seam is too wide or raveled, trim slightly, being careful not to cut too close to the stitching.

Fig. 30.
Corners to be removed.

Turn the front of the Cap right side out and crease along the line of stitching.
Face the bottom edge of the top of the cap. (Edge XFY.)

TO CUT A BIAS

A bias is a diagonal cut across the warp and woof threads. There are two kinds of biases, the garment bias also called the tailor’s bias, and the true bias. To cut a true bias, fold over the end of the material so that the warp threads are parallel to the woof threads and cut along the slanting fold.

A bias facing may be cut the required width in several ways. Measure from the edge of the diagonal cut at right angles to the edge the required width for the facing and mark in some convenient way, either with pins, or creasing, or a pencil. The pencil marking is not the best way. It soils the material and is not easily removed.

Fig. 31.
Measure or gauge.
A measure or gauge may be made and used in place of the tape measure.

The gauge may be made from an old post card. Measure down on a straight edge the width for the facing and mark. At the mark, cut into the card parallel to the top edge and then make an oblique cut to the straight one.

Another way to secure a true bias is by using the bias cutting gauge that is supplied with the attachments of many sewing machines.

This attachment is placed on the end of the smaller point of the scissors and by slipping the diagonal edge of the material into the gauge a true bias strip the required width may be made.

JOINING BIAS STRIPS

Place the right sides of the material facing each other and the selvages together as shown in Fig. 33.

If both pieces have selvages there is no danger of there being a mistake, but if the bias should have raw edges it will be necessary to determine the warp threads and place the length of the material to the length.

It may be necessary at some time to join a bias on the cross of the goods. While this is done, it is not the best way and on such an occasion the cross of the material must be joined to the cross. Never join the straight of the goods to the cross, as the straight edge is firmer and the cross stretches, thus a puckering would be the result.

Cut a bias three-fourths of an inch wide and stitch across the edge XFY, by machine or hand. If you stitch it by hand use the combination stitch.

Creste the facing along the stitching to the wrong side of the cap and turn in the edge and baste as a hem. Hem, using the hemming stitch.

GATHERING

Gathering is the small running stitch used to draw a portion of material into a smaller space.

Two rows of stitches are used for
this as shown in Fig. 34. The stitches are very small and uniform in size. The same amount of cloth is taken up on the needle as it passes over. To make the running stitch, hold the work in the left hand between the thumb and first finger, and with a wrist motion of the right hand push the needle forward making small stitches and passing the needle over spaces of equal length. The needle is not removed during the process, but when filled the material is pushed along on the thread.

Mark the center of the edge to be gathered with a thread or a small notch. (Fig. 35.) When the gathering is finished, remove the needle and make a knot at the end of the thread.

Put in the second row of gathers half way between the first row and the raw edge.

Place a pin after the last stitch at right angles to the raw edge. Draw up the gathering threads and wrap them around the pin in the form of a figure eight. (Fig. 36.)

With the left hand take hold of the gathers at the top edge and with the right hand draw the material downward with a zig-zag motion. This adjusts the gathers without stroking.

Remove the pin and spread the gathers to fit the front of the cap.

Pin the center of the cap to the center of the upper edge of the front.

Spread the gathers to fit the upper edge of the front and pin into place. (Fig. 37.)

All gathers are to be evenly adjusted.

Baste and then stitch either by hand or machine. In hand sewing, use the combination stitch.
Turn down the edge of the opposite side of the front and bring over the gathers to the line of stitching just made. Baste.

Hem the edge to gathers. The hemming stitch must not show thru to the right side.

If desired, the edge may be stitched by machine and the edges **BFEA** may be finished in a like manner. This gives a neat finish to the front of the cap.

In most cases, this cap fits the head perfectly, but should it be a little large, a small **plait** may be stitched in each side.

**Mount samples of materials suitable for caps giving width and price.**

Secure illustrations from advertisements and fashion magazines of up-to-date caps for various uses and make a record of the materials and trimmings you would use in their construction.

Illustrate the cutting and joining of a bias with striped material.

**QUESTIONS AND SUGGESTIONS**

Name the different kinds of caps with which you are familiar.

What materials do you think are suitable for a cooking or sweeping cap?

Would you trim a cooking or a sweeping cap? Why?

Would you use colored materials for a nurse's cap? Why?

What good reasons can you give for cutting the cap on the length of the material as indicated by the **X's** on the pattern?

What would be the result if the girl placed the **X's** on the cross of the goods instead of the length as indicated?

What points have you found that all sewing machines have in common?

Name the parts of any machine.

**TERMS USED IN COOKING CAP LESSON**

- lawn
- swiss
- dimension
- rectangle
- bisect
- draft
- section
- varieties
- texture
- manufacture
- gauge
- sizing
- combination
- backstitch
- treadle
- machine
- shuttle
- presser foot
- tension
- feed
- bias
- selvage

**STUDENT'S RECORD**

Make a cap draft to a one-eighth inch scale.