CHAPTER IX

LINGERIE WAISTS AND SHIRT WAISTS

LINGERIE WAISTS

THE lingerie waist is unquestionably the most popular waist of the day. The taffeta, crêpe de Chine, and various other silks so very fashionable awhile ago are scarcely ever seen now. The lingerie waist speaks for itself; it can be made in so many attractive fashions, of such a variety of thin materials, and after laundering looks as fresh as ever, that it fills a need long felt. The lingerie waists are most attractive when buttoned in the back. Fine Persian lawn, organdy, handkerchief linen, or other sheer materials, when trimmed with lace insertion, formed into designs or motifs, are very attractive; in fact, rows of insertions and tucks are very pretty, or allover tucking may also be made up in these materials. A fine under waist should also be worn with a lingerie waist, and should be quite
elaborate with lace and insertions or hand work. White ribbons are in better taste than colored ones, when run in the beading of the under waist. An ingenious woman has produced a very charming shirt waist by using deep flouncing of embroidery for the fronts, and some fine lawn, which matched that of the flouncing, for sleeves, back, and other trimmings. It required one and one quarter yards for the fronts of the shirt waist, having the points of the embroidery opposite. To join them, a strip of the lawn was tucked crosswise and placed back of the points, making a sort of vest. Three half-inch tucks were made at the shoulder, one reaching the armhole line. Some of the material was laid in a little deeper at this last tuck in order that the waist might not pull or draw in at the armscye. The backs were tucked in half-inch tucks to the waist in groups of three, and short sleeves, with a band of insertion, edged with a ruffle of narrow embroidery, were made of one and one half yards of lawn.

Many very fine patterns may be had in lengths suitable for such waists if the sales are watched, and a handsome lingerie waist made for one half the cost of those for sale in the shops. If fine
Swiss embroidery is used, yards and yards of insertion, hand tucks, and medallions may be used, and Valenciennes or Maltese laces look very fine with this sheer material.

When the figure is slight, ruffles of silk or muslin should be placed in the waist where they are needed: around the armhole, and across the front of waist at the bust line, usually three bias pieces are cut about four inches wide, and are sewed on the inside of waist at the bust line, one over the other, lapping about one inch. The edges of these ruffles may be pinked or hemmed. Pads are also made of cotton batting and hair, but both of these have proved to be so very uncomfortable that the idea of the ruffles in their stead has been hailed with delight. When the waist is taken off, these ruffles may be shaken out and aired, thus making the wearing of this kind of padding unharmful. Sometimes when a low corset is worn, it is necessary to wear a little pad of tiny ruffles of muslin or silk in the front of corset at the hollow of the bust. This little pad consists of a number of little ruffles sewn to a heart-shaped piece of muslin or silk, and is slipped into the corset, point downward.
SHIRT WAISTS

A good foundation pattern is absolutely necessary to the making of a well-fitting, good-looking shirt waist. The figure and type of the person must be considered. The plain, tailored shirt waist is planned very much like a man’s negligee shirt, its seams are finished in the same way, and the collar and cuffs are of the same style.

To make a plain shirt waist, cut two lengths for the front and one for the back. On the piece intended for the right side, make a box plait from one and one half to two and one half inches wide, in the same manner as suggested for plain draped waists. Turn back the piece for the left side about one inch, and stitch like a hem. If one wishes to have plaits or tucks, they should be put in before the pattern is laid on and the waist cut out. Place the straight edge of the pattern on the center of the box plait in a straight line from the neck band to a point four inches below, swing the edge of the material out from the edge of the pattern until the distance at the waist line is about three inches from the edge of the pattern to the edge of the material. For the back of the shirt waist, lay the straight of the pattern to the center
of the piece of material intended for the back, and cut out. Join the shoulders and under-arm seams, having the seams on the outside. Fit the waist with the seams in this position, as the alterations can be made and the seams stitched without reversing them. The edges are then cut so that one edge may be felled, that is, turned in over the other and stitched flat.

The fullness at the waist line of the back of the shirt waist is gathered with two rows of sewing, one half inch apart, into a space of about four inches. This will bring the width of the back at the waist line to about nine inches from under-arm seam to under-arm seam. These proportions are intended for figures not over twenty-seven inches waist measure. One's own judgment must be used in arranging the gathers for larger figures. A band of the material, cut on the straight, one inch wide, having the edges turned in all around one quarter of an inch, should be stitched on the upper and lower

![Diagram of gathers in back of shirt waist](image)
edges to the waist, so as to cover the gathers. A tape is slipped into this casing at the ends. The tapes, when tied, serve to hold in the blouse or fullness of the front of the waist.

The collar-band pattern is placed on the material with the center of back on the straight fold of goods. It is cut with an allowance of one quarter of an inch for turnings on both edges. Two of these bands must be cut, one for the foundation, and the other for the facing. The band intended for the foundation is placed on the inside of the neck of the waist, with the turned-in edge toward the waist; the band intended for the facing, or outside band, is placed with the edges turned in toward the foundation so that they meet exactly, then stitched close to the edge by machine.

The sleeves are cut with the center of the pattern to the center of the piece of material. They are then French seamed. An opening is made for a placket about four inches up from the bottom, into the sleeve, and about four inches from the front seam on the under side. A shirt-sleeve placket is usually made in a tailored shirt waist. A straight strip of material, one inch longer than the placket opening, is sewn to the top or lap edge of the opening by placing the right side of
the straight strip to the wrong side of the upper edge of the opening, both meeting evenly. The strip is then turned over on the outer side of the sleeve and basted to it; in this way the seam just made is hidden. The other edge of the strip or facing is turned in about one quarter of an inch and basted flat to the sleeve. The extra inch is formed into a point at the top of the facing, for a finish. This point is basted close to the edge, flat to the sleeve. The under or fly side of the placket is made by applying a straight piece of material and sewing it to the edge, with the seam to the wrong side of the sleeve. This strip is cut about one and one quarter inches wide and one half inch longer than the opening. After the seam is made, fold the strip of material to the inside of the sleeve, turn in the edge, baste it back to the seam, and stitch. Turn in the edges of the top of this little fly, and catch the upper and under sides of the placket by making two rows of
stitching across the facing at the top of the opening. The sleeve is finished at the hand by a band or cuff. This band measures, for a normal wrist, eight inches long and two and one half inches wide; it is cut on the straight of the material, and must be of three thicknesses; that is, there must be an interlining of the same material or of "Indian Head," a kind of material like duck, which helps to stiffen the cuffs. The waist is finished at the bottom by a hem. Usually the waist is fastened in front and at the cuffs by buttons and buttonholes.