Making a Simple Wash Dress and Middy Blouse

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A profitable employment for spare hours

Every girl should endeavor to be well dressed. This does not demand the purchase of an abundance of clothes of the latest fashion. Large sums of money may be spent on the wardrobe and the result be an absolute failure. In order to be well dressed one must be well groomed, which means first of all, perfect personal cleanliness. The hair should be clean, well brushed, and combed in a style suited to the age of the girl. If hair ribbons are used they should be clean and pressed, and of a color which will harmonize with the dress. Black hair ribbons for general wear are always in good
taste. Teeth should be brushed, and nails trimmed and clean. Shoes and stockings should be of one color. Black and tan shoes, always in good taste, are the most practical for all around wear, and should always be polished and neatly laced or buttoned to give a good appearance. If white shoes are worn it should be with light clothes, and great care taken to keep them clean. Shoes of an extreme style and with high heels will detract from the appearance of an otherwise well dressed girl, and are very detrimental to good health. All garments should be clean, pressed and mended, and suited to the occasion on which they are worn. It is better to plan a complete, simple wardrobe where all garments harmonize than to combine very plain with elaborate things. Simplicity is the first essential to elegance. Endeavor to have a simple, harmonious wardrobe that will meet all needs. A carefully planned wardrobe and a well groomed person will produce the effect that is really the desire of every girl’s heart, which is, to be well dressed.

SIMPLE WASH DRESS

Design.—Two-piece dress, Russian blouse. Waist and plain three- or four-piece skirt.

Material.—Kind: Gingham, percale, chambray, kindergarten cloth, or any wash material appropriate for a school dress. Amount: Buy the amount of material required for size of pattern in scale for buying material. Thread: No. 70 for stitching; No. 50 for buttonholes.

Pattern.—Buy a commercial pattern, plain Russian blouse design, of a standard make. These have clearly marked directions for use. To insure buying a pattern of the correct size, the following measures should be taken:

**Waist.** _Bust measure._—Stand behind the figure, keeping the tape line straight across the back, half way between bone in back of neck and the waist. Measure around the fullest part of the bust. Do not draw tight but take an easy measure.

**Length of back.**—Place a tape around waist to mark the waist line. Measure from bone at base of neck to bottom of tape around waist.

**Length of front.**—Measure from hollow of neck to bottom of tape at waist.

**Sleeve length.**—Measure outside length taken from bone at shoulder to wrist bone over bent elbow and inside of armhole or hollow to wrist.

**Skirt.** _Waist._—Take a snug measure with tape line lying flat.

_Hip._—From six to nine inches below the waist line in front,
Measure around the fullest part of hip over hip bone, parallel to floor.

Length.—Measure from bottom of tape around waist to the floor in the center front, on hip and in center back.

Testing pattern.—Buy waist or dress pattern according to bust measure, and skirt pattern according to hip measure.

Before opening, see that the pattern is the correct size.

Open pattern. Select the pieces needed, fold others and replace in the envelope. Note the seam allowance and how indicated.

If pattern needs alteration, note Figures 1 to 14. Cut on dotted line and spread pattern to lengthen, or fold on dotted line to shorten.

![Fig. 1](image1)

Fig. 1.—To alter front of waist pattern: a, neck; b, to enlarge or decrease bust; c, to make longer or shorter

Test front by holding it to the neck. Is neck too low or too high? Alter according to Figure 1, a.

Is pattern too narrow or too wide across bust? Alter according to Figure 1, b, on dotted line running from arm hole.

![Fig. 2](image2)

Fig. 2.—To alter back of waist pattern: a, to make wider or narrower; b, to make shorter or longer; c, for round shoulders

Test back in the same manner by holding to neck in back and alter according to Figure 2, a, b, c.

![Fig. 3](image3)

Fig. 3.—To alter length or to take fullness out of sleeve
Test sleeve by holding it up to arm to determine if it is the right length or large enough. Alter according to Figure 3.

Test the length of skirt by holding the front to waist. If less than two inches too long take off the bottom; if more than two inches alter according to Figures 4 and 7.

Preparation of material.—Shrink the material before using. This may be done by placing in cold water without unfolding and allowing it to soak for twelve hours. Use enough water to cover material completely. Remove from water and place on line to dry without unfolding or ringing out the water. Press when nearly dry.

If a colored material is being used which is likely to fade set the color while shrinking by adding one tablespoonful of turpentine for each gallon of cold water in which the material is soaked.

SKIRT

Placing pattern.—Lay pattern on goods. Care should be taken not to waste material. Always lay largest part of pattern toward the cut end of material in order to cut to advantage. (See Figure 5.)

When there is a right and wrong side the material is folded lengthwise so that the two right sides come together, or if material is
narrow open out material and place two cut ends together, provided there is no "up and down" in goods. All goods must be laid with the tops of the figures in goods running in the same direction. Pin each piece in place carefully. Instead of cutting a notch in the goods, take a stitch in it.

Cutting.—Cut with sharp shears close to pattern if seams are allowed. If seams are not allowed mark allowance with chalk or pins before cutting.

Making.—Sew front gores together, first making plait down the front not more than one and one-half inches wide. The middle of the plait should run exactly down the center front. If both fronts are cut on the selvage the front seam will not require finishing on the wrong side. In order to do this the fronts must be cut separately since the allowance for a plait must be left on the right front only.

Baste side seams at least one-half inch deep with seams on the right side. Fit skirt and make any alterations necessary before stitching, unless it is gathered in the back.

Finish seams, making a stitched fell-seam. (See Figure 6.) All seams should turn to back of skirt.

To make a stitched fell-seam.—Have the wrong sides of the cloth together with edges together. Stitch three-eighths of inch from edge so that upper side of stitching will come on top of the unfinished seam, or toward the front of the skirt. Trim the under side of the seam to one-eighth inch. Make one-eighth inch turning on wide edge. Baste the wide edge flat over the narrow one on the cloth, keeping the underside of the seam smooth. Stitch close to the edge.

Putting on belt.—Place right side of belt to wrong side of skirt, after turning ends of belt in one inch, and stitch one-fourth inch from edge. Turn band to right side of skirt and make one-fourth inch turning. Place edge over the line of stitching, being sure that ends meet. Baste in place carefully and stitch around edge of band on the right side.

Sewing on fasteners.—Sew snaps on opening down front and on belt, using the button hole stitch.

Making Hem.—To mark line for hem, use a yardstick for straightening the skirt around the bottom. Place the yardstick on
end on the floor, keeping it perpendicular. Measure up from the floor the distance skirt is desired from floor and mark line for bottom of hem by placing pins. Place pins not more than one inch apart in order to get the correct curve of the skirt around the bottom.

*Turning the hem.*—Take off the skirt carefully so as not to lose pins and turn goods to wrong side on line of pins, basting carefully one-fourth inch from fold. (*See Figure 7, a.*) Side seams should be carefully folded back on themselves so that the seams match.

![Diagram of skirt and basting](image)

*Fig. 7.—Skirt: a, Basting the turned hem; b, gauge for making hem*

Cut gauge for making hem in skirt out of card board according to Figure 7, b.

Using the gauge, mark the hem evenly, holding the gauge at right angles to edge of hem. Cut on pencil marks. Place skirt in lap with hem on table. Make a one-fourth inch turning on edge. Baste hem down carefully, taking out the fullness by small darts turning to the right to make stitching of hem easy. (*Fig. 7, a.*)

**RUSSIAN BLOUSE WAIST**

*Placing pattern.*—Place the waist pattern on the goods so as to cut as economically as possible. (*See Figure 8.*)

Place fronts allowing for hem on each side with edge of fronts on selvage. If selvage is heavy; trim.

Place back with center back on a lengthwise fold.

Place sleeves lengthwise of the goods, according to perforations in pattern.

Place collar on a double thickness lengthwise with goods.
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Place cuffs on double thickness, lengthwise of goods.
Place belt on lengthwise fold.

![Lengthwise Fold](image)

Fig. 8.—Suggested plan for laying the waist pattern in place on the dress material

Cut carefully with sharp shears close to pattern, if seams have been allowed.

**Making. Basting.**—Baste hems down the front.
Baste shoulder seams the depth indicated on pattern with seams on right side. Pin under arm seams. Try on the waist.

The line of shoulder seam should be taken up or let out if necessary until the waist fits comfortably and smoothly around neck, chest and back. *(See Figure 9.)*

Remove pins from under arms seams and prepare to stitch.

**Stitching shoulder seams.**—Stitch shoulder seams, making a stitched fell-seam, turned toward front. Right side of stitching should show on the seam.

**Putting in sleeves.**—The position of the sleeve in the armhole is indicated by small notches in the top edge of the sleeve and in armhole. Match these notches.
If the under arm seam in the sleeve is not continuous with under arm seam in the waist, finish the under arm seam in the waist first, making a stitched fell seam turning to the front.

If the under arm seam is continuous place sleeve in armhole before sewing under arm seams, as follows: Pin sleeve into waist working back the fullness with the left thumb. There is usually about two inches of fullness. Pin with sleeve side up and seam on right side. Baste carefully and stitch on waist side. Make stitched fell-seam with fold turned over sleeve. (See Figure 10.)

![Fig. 10.—Setting in the sleeve](image)

Finish under arm sleeve-and-waist seam by making a continuous french seam or stitched fell.

*Putting on collar.*—Sew double thickness of collar with right sides together around the edge, making one-fourth inch seam and leaving the neck side open. Trim seam, turn right side out and baste around the edge to within an inch of the opening on each side. Stitch underneathside of collar to neck of dress with one-fourth inch seam. Turn top side of collar under and stitch over the first line of sewing. Stitch around collar one-eighth inch from edge.

*Putting fastenings on front of waist.*—Place a button near the top of the left front hem and divide the rest of the space evenly for the buttons.

Work buttonholes crosswise of hem to fit the buttons.

*Making belt.*—Fold the right sides together and stitch all around the edge except at one end, making a one-fourth inch seam. Clip the corners and turn right side out. Turn in one-fourth inch on open end and stitch around entire edge one-eighth inch from edge.
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Placing belt straps.—Make straps one-half inch wide when finished and as long as belt is wide plus one-fourth inch at each end to turn in. Turn in ends and stitch around edge. Baste to dress at waist line on under arm seams. Stitch across ends twice. Place belt in straps and measure for fastening. Place buttons and buttonholes on belt in front.

Finishing sleeves.—Make cuff by folding the goods together crosswise and sewing one-fourth inch seam, leaving it loose enough to slip over the hand easily. Fold back, making the cuff double with seam on inside.

Prepare bottom of the sleeve for the cuff by gathering or laying plaits. Do not allow them to come within one and a half inches on either side of the under arm seam. (See Figure 11.)

Place seam in cuff to seam in sleeve and baste underneath raw edge of cuff to sleeve. Care should be taken to keep any plaits in sleeve at right angles to edge of cuff. Fold back the outside raw edge of cuff and baste over first line of basting. Stitch around both edges of cuff on right side.

Placing hem in bottom of waist.—Make a one and one-fourth inch hem around bottom of waist, measuring with a yardstick from floor in the same manner as described in making hem in skirt. The hem is turned, basted and sewed in same way as described in skirt.

MIDDY BLOUSE

Material.—Galatea, duck, khaki, serge or flannel.

Thread.—No. 70 for stitching, No. 50 for buttonholes; twist, if serge or flannel.

Trimming.—Braid, cotton or linen not wider than one-fourth inch.

Pattern.—Size of bust measure. Style as near that of the regulation middy blouse as possible.

Pattern.—Test pattern as given in directions for wash dress.

Place pattern on goods as economically as possible as given in directions under Russian blouse waist. The separate pieces for the double collar are cut with center back lengthwise with goods. The collar facing, which is the upper side of the collar when finished, and front facings are in one piece and are cut one-eighth inch wider than collar on sides and lower edge, as illustrated in Figure 12, b.
Making.—Cut out front, back, collar, sleeves, cuffs and pocket.

Stitching shoulder seams.—Baste and stitch shoulder seams as given under Russian Blouse waist.

Putting on collar.—Sewing on underneath collar: The notches in the collar pattern are marked showing where it joins the neck of the blouse. Baste the lower piece in place, matching the marks exactly. Stitch the seam. (See Figure 12, a.) Press the seam open and stitch close to each side.

Preparation of the top collar or collar facing: Mark the allowance left for the seam on the edge of the collar with a basting thread. Baste in place three rows of braid. The outer row should be one-half inch from edge of the collar. The rows should be as far apart as the braid is wide.

Mitre the braid at the corners of the collar. To make a mitre, fold the braid on itself so that the edge of the braid is running at right angles and is forming a diagonal line at the corner. In making the mitre turn the fold in opposite directions in the two corners of the collar. Baste both edges. Stitch both edges of the braid. If a newspaper is laid under the collar it will aid in keeping the braid straight on the collar while stitching, and may be easily removed after stitching.

Embroider star in each corner of the collar if desired.

Place the right side of the collar facing to the right side of the collar. Baste and stitch around the sides and the lower edge, leaving neck open. Cut off seams one-eighth inch from stitching and cut corners diagonally across. Turn right side out and pull out
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corners with a pin if necessary. The inner edge of the collar facing must be turned in three-eights of an inch and basted. Stitch around the neck and down the front, thus finishing the front facing. (See Figure 12, b.)

Setting in sleeves.—Blouse should be laid out flat upon the table for convenience in setting in the sleeves. Follow directions for placing sleeve in armhole as given for Russian Blouse. (See Figure 10.)

Measure bottom of sleeve and the cuff. Divide the difference into sixths and lay six small plaits in the sleeve the depth of cuff as indicated in sleeve (Fig. 10), to make the cuff fit. Lay the plaits toward the center, three one way and three the other, and stitch along the edge of the fold.

Finish the under arm seam by making a continuous french or flat fell-seam leaving two and one-half inches at bottom of sleeve for a placket. Finish the placket by making a small hem on each side.

Cuffs.—Sew braid on cuff, one row running thru the center of the upper half and one on each side of center row, the width of the braid apart. The ends of the braid will turn back in seams. Fold cuff lengthwise with the right side in and stitch the ends of the cuff. Turn right side out. Join the under edge of the cuff to the sleeve with seam toward the outside. The top edge of the cuff is turned under and basted over the seam. The cuff is then stitched on the edge on all four sides. (See Figure 11.)

Placing pocket.—A patch pocket may be placed on the upper left-hand side, six inches down from shoulder seam and two inches in from armhole. Turn hem across top of pocket and stitch. Turn in other sides of pocket and baste ready to stitch. Baste pocket in place and stitch around the edge twice, one-fourth inch apart. Begin stitching one-half inch from the top of the pocket on side and stitch to the top; turn and stitch back down the edge on the same line of stitching. Finish stitching in same manner.

Finish bottom.—Turn a three-quarter inch hem in bottom with under arm seams turning to the front. Baste and stitch.

Fasteners.—Two buttons and buttonholes should be placed on each cuff. Buttons should be on the underneath side. If desired, eyelets may be worked at neck to run cord thru for lacing up the neck.