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How to Judge of a Pattern

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come around horribly early in the morning and it's such a worry for fear she won't hear the alarm and won't waken the rest of the family on time.

At last the momentous days of "cookhood" arrive and she is surprised to find that the misgivings of the first four days were needless, that she is actually enjoying her work as cook. It is hard to miss two days of school especially near the end of the quarter when school work seems most pressing but she soon forgets that with the hum of the vacuum cleaner in the living room or the singing of the tea kettle in the kitchen. Her biggest interest in the next meal.

In planning for that next meal she must take into consideration a great number of things. She must ask herself these questions: First of all, are the three meals for the day going to fall within the cost of $3.50 for five or six people? Do they include at least one hot bread; biscuits, yeast bread or muffins? Do the calories amount to 2400 per person per day and the protein calories to 300 per person per day? Are the menus so well planned that they may be prepared with ease leaving enough time for the necessary cleaning too? Are the menus in keeping with the principles of meal planning and dietetics? Do they contain enough vitamins and minerals? Do they have an even balance of liquid and solid, protein and carbohydrates and are the flavors and color combinations delightful? Finally is the cook feel proud of her responsibility as hostess.

Of course mishaps occur even at the practice house but these are to be expected. The pie burns or the cream refuses to whip, but in good sportsmanship the students take these little mishaps and receive a great deal of satisfaction from the fact that they have not made a difficulty and have been able to solve it well.

As the closing chapter in the adventure in homemaking comes the position as house manager. After having graved the perils of cooking a girl feels equal to any task. She scurries around doing the marketing personally for the cook, keeping track of the bills and making all things run smoothly enough.

Her account books are the pride of her life and it is a genuine pleasure for her to run around from one store to another in search of bargains. If she can buy head lettuce at one place cheaper than at another she never stops to consider the steps involved, but makes the extra trip willingly to make her daily account an economical one. She never could mend her own clothing at home but to mend at the practice house is simple and really quite interesting. It just as easy to arrange the flowers artistically and not to forget to water them. Her only real anxiety is getting the supplies on time for the cook and seeing that the household runs smoothly enough.

And so her practice house career comes to an end. If she has been conscientious and sincere in her work and if it involves the type of things in which she is especially interested she will feel a little sad as she closes the door behind her forever. If one the other hand it has been a constant struggle on her part to maintain an interest in it, it will be with a feeling of relief that she leaves it behind to pursue work of more immediate interest to her. The departure of each girl from its house which suggests this paraphrase of Tennyson:

"For girls may come and girls may go But I go on forever."

How to Judge of a Pattern
By NIRA KLISE

"Oh Mary," the voice over the telephone was a heartbroken wail.

"I'm having the most awful time. You know I have been trying to make a new waist and it won't fit at all, and I bought a size 36 pattern just as I always do. Can you tell me what's wrong? I know I followed the directions exactly."

Mary considered a moment, then asked, "Did you buy the same kind of pattern? I mean the same make you always get?"

"Well, no. I usually got a D-- but this time I got a B--. But that wouldn't make any difference would it? They were the same size."

"Of course it would, child. Wait till I come over and I'll show you."

When Mary arrived at her friend's home she found her staring hopelessly at a partly made brown silk waist which she held up.

"Now let's see! Just as I thought. It's too small across the shoulders and pretty tight in the sleeves, isn't it? B-- patterns usually are for your kind of figure."

"But why, Mary? I'd think the right size would fit you no matter what kind of pattern."

"I know you would, and a lot of women who have had a great deal more experience than you have had in sewing think the same thing. So did I until I learned differently when I had to compare patterns for a project in college. Certain kinds of patterns fit a certain type of figure better than others even if they are all the same size and supposed to fit the same sized person. What women really ought to do is to test out patterns till they find the make that suits their particular type of figure best, and always buy that kind, or know what alterations are necessary when they use other kinds.

"For every woman to systematically judge many makes of patterns for herself would undoubtedly require a great deal of time, but there is no reason why a group of women or a woman's club couldn't do it together. They could even pay one woman to do it for them, and it would be well worth the effort and expense. Shall I tell you how I worked this out?"

"Well then," as her friend nodded, "I bought the same design in eight different makes of patterns—a simple manish shirt waist with high collar, front
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opening, one pocket, and seam forward on shoulders. Of course I had to get the same style in all essential points or my comparison wouldn't have been fair.

"First I tried laying the patterns on the same lengths of material for cutting out. The material was plain in color, had no pattern and was 36 inches wide. I found that one pattern took almost a half-yard more material than the others. That alone would be worth a woman's knowing for she could save considerable material by using another make unless she was the very full type who needed this large area of pattern. You can't always go by the amount of material called for on the pattern, either, because if you know how, you can often twist the picture around so as to save material, and if you have studied your patterns you will know which one works more to advantage that way.

"In order to be perfectly fair, I worked out a score card for judging the patterns, assuming that they were to be used by someone who didn't know how to sew at all, and decided how to depend on the pattern for guidance in cutting, making, and fitting the garments. I considered the following points, and gave them values thus:

1. Fit of the garment........... 40
2. Markings of the pattern........ 25
3. Cutting-out directions........ 15
4. Construction directions........ 15
5. Amount of material used....... 5
Total.................................. 100

"In judging the fit of the garment, I tried out which pattern would be most dependable for different types of people, I found that one pattern, the D—, fitted all three types pretty well, but that others, as the C—, fitted only the quite plump type well, and the B—, as you found, is usually too small for the others. About this I chose a thin girl, a medium-sized one, and a quite plump one to act as my models. All of these girls were size 38 but differed considerably in shape of figures. The thin girl had broad shoulders and a long waist; the medium one was average in all proportions; and the plump one had fullness around the bust and a short waist. Most of us don't realize that there is this difference in types of figures which are all the same size.

"For the fittings, I made a skeleton waist of each pattern; that is, I put together on the lines indicated in the pattern, a front, back, and sleeve. Then the waists were tried on the three girls, and the lines of alteration for each type marked with different colored pencils, as orange for thin, green for medium, and purple for plump.

"The housewife will find it worth while to compare the perforations of the patterns she uses. For instance, some patterns have all one type of perforations in different sizes, standing for different things. A pattern is a little torn or rumpled, it is often hard to distinguish between the perforations. Others have different shapes of perforations and are thus much easier to follow. Then sometimes the perforations are not clear or distinct, and in judging the pattern markings I found one pattern with markings which seemed always to be blurred. Another important discovery was that some patterns come with the name printed or cut right into each piece, or the pattern is numbered. This pattern was easier to follow because it eliminated the necessity for looking back at the picture on the envelope to identify every piece.

"It is really worth while to know which pattern has the most reliable directions and is most easy to follow and so both cutting-out and construction directions were considered from the point of view of pictured plans and written directions. A woman who has had experience in sewing doesn't pay much attention to them, but neither does she always use commercial patterns. It is the woman who is not an expert seamstress who considers the printed instructions on the envelope and these instructions may or may not be clear and easy to follow. One pattern took over fifty words to tell how to put a cuff onto a sleeve, and another did it equally well in a dozen.

"The majority of the patterns didn't have pictured plans, especially for construction, but the one or two which did, were much easier to follow.

"In scoring these eight patterns on a next explained: 100, not one of them could really score more than 75 percent. Lack of cutting and construction guides brought down the score of one pattern. A woman who knows how doesn't need these, perhaps, and as the other features of the pattern were quite good, she could probably use that make with satisfaction. Others were only fairly good in some points and poor in others. Doesn't that show that there is no perfect pattern and that the sewer must know which one best suits her needs?

"But I must go home now, and I haven't told you yet what to do for this waist. It's too small for you as it is, so if I were you I'd either make it a panel effect and put a foundation under it, or give it to your sister Jane. She's a thin type, you know. And next time, know your pattern before you use it.

Iowa State College Women Are Modern Marketers
By KATHERINE GOEPPLINGER

THE SWEET young bride telephoned her butcher and ordered some meat.
"Anything else, madame?" he asked.

"Oh, yes," she replied after a moment's consideration, "A little gravy, please.

Home Economics girls at Iowa State will never be guilty of similar mistakes, for when they have finished with their course in marketing, they know the subject not only from the buyer's standpoint but from the standpoint of the stores and public markets, as well. During the time when they are taking the course, they study the local markets and stores, and one of their courses includes a trip to Des Moines to study at first hand the city markets and wholesale establishments.

The group taking this trip during the fall quarter included one hundred and fifty sophomore girls. They visited the wholesale house of Charles Hewitt and Sons Company, Flynn's Dairy, The Boston Market, The Des Moines Wholesale House of Fall Quart, and Chase's Retail Grocery. The trip proved to be instructive in many ways. Interesting insights behind the scenes gave impressions of marketing from the dealer's standpoint. Valuable information to consumers was revealed to the students.

"Don't buy English walnuts from this year's California crop if you wish to be thrifty," said John A. Blanchard of Charles Hewitt Company. "They are only sixty percent good—a little over half—while the Italian crop is ninety-six percent good. The nut buyer had just tested samples of the new crops and advised buying walnuts produced in Italy.

The students were shown all the stages of preparation of coffee from the green bean to the finished product. Several varieties of green coffees from South America, Central America, and Mexico were opened up for inspection.

There was as great a variety in the kinds of Burlap containers as there was in the green coffee contained in them. Small rocks and foreign matter which is mixed with the coffee beans are removed by means of air strong enough to lift the coffee, but not the rocks. Gas heated the coffee roasters, each contained three hundred pounds of coffee. The coffee is roasted thirty minutes and during this time it shrinks about 14 percent. The coffee buyer explained to the students that the coffee in tin cans costs six and one-half cents per pound to pack; coffee in fiber tubes with paraffin lining costs four and one-half cents to pack; and coffee in paper cartons with paraffin lining, two and one-half cents to pack. The latter method of packing is satisfactory if the grocer keeps his stock fresh and if the consumer does not keep it on the shelf too long. However, for best results, the coffee purchaser advises the housewife to buy her coffee in tin containers and have it freshly ground as she uses it.

The manufacture of peanut butter was next explained. Peanuts used for this purpose are roasted in the same manner as coffee is roasted. The peanuts are all picked over by hand to remove imperfect nuts. The little hearts of the nuts, which are bitter, are removed before grinding and sold for chicken feed. A blend is made of large Virginia nuts which give good flavor, and small Spanish nuts which contain a large percent of oil. Nothing is added to the peanuts as they are being ground for butter, with the exception of salt.

Salted peanuts are of the No. 1 Spanish variety. These are cleaned, sorted, boiled in coconut oil, and salted after cooking.

Hewitts prepare their own powdered sugar. It is made by beating up the granulated sugar to a dust, three pounds of corn starch being added to each one hundred pounds of sugar. This addition