

1930

Does Your Dress Fit?

Marie Stephens
Iowa State College

Follow this and additional works at: <http://lib.dr.iastate.edu/homemaker>



Part of the [Home Economics Commons](#)

Recommended Citation

Stephens, Marie (1930) "Does Your Dress Fit?," *The Iowa Homemaker*: Vol. 10 : No. 7 , Article 2.
Available at: <http://lib.dr.iastate.edu/homemaker/vol10/iss7/2>

This Article is brought to you for free and open access by the Student Publications at Iowa State University Digital Repository. It has been accepted for inclusion in *The Iowa Homemaker* by an authorized editor of Iowa State University Digital Repository. For more information, please contact digirep@iastate.edu.

THE IOWA HOMEMAKER

"A Magazine for Homemakers From a Homemaker's School"

Published monthly during the school year by the home economics students of Iowa State College, Ames, Iowa. Price \$1.00 per year. Advertising rates on application. Entered as second-class matter at the postoffice, Ames, Iowa

VOL. X

JANUARY, 1931, AMES, IOWA.

NO. 7

Does Your Dress Fit?

By Marie Stephens, T. and C.

Hints for Home Dressmakers

HORRORS! We groan as we stand before the mirror in the half completed frock for which we have cherished such fond dreams, and note with a sinking feeling the drawn and sagging sleeves, the odd, ugly wrinkles about the shoulders, the ruffled appearance in the region of the neck and the forlorn drooping lines of the skirt. What could have been the trouble? Thoroughly discouraged, but seeing no cure for it, we finish the dress up hurriedly, all the joy departed, and after a few mortifying appearances in public, garbed in the sorry looking creation, we vengefully tear it up and use it for dust rags, swearing never again to experiment with the uncertainties of home dressmaking.

But what could we expect? We are experimenting with a craft of which we knew nothing. There was a reason and a remedy for each sag and droop and fullness which we deplored. Home dressmaking may afford real enjoyment, cut down expenses and give you complete satisfaction if a few of the simple rules of fitting and construction are appreciated and applied.

"**W**ATCH the grain in the fabric," is our first caution. Grain is indicated by the lengthwise and crosswise threads, which should in general lie perpendicular and parallel to the floor, respectively. This rule might be violated in certain types of design, such as a very circular skirt in which it may be desirable to have the center front or back on the cross grain or bias, as in the case of the draped neckline now in vogue.

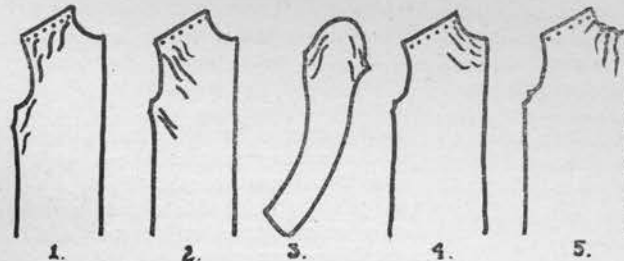
"Give yourself room to breathe in your dress," is our second tenet. No dress, no matter how well constructed, can stand up under the heavy strain to which it will be subjected if it does not allow you freedom of movement.

Finally, watch the common seam lines. The shoulder seam on the normal figure should be located on top of the shoulder,

and not slant to back or front as it approaches the armseye. For the round shouldered figure the seam should be placed slightly to the back of the top of the shoulder. For the broad shoulder it should be proportionately shorter than for the narrow shouldered figure.

The under arm seam should fall straight down from the under arm pit to the floor. The armseye seam should start at the top of the shoulder at the point where the arm begins to slant off and should follow the crease where the arm joins the body downwards both back and front, dropping slightly at the under-arm pit.

Before the grand fitting, which is now to be a pleasure, we make certain that



Can You Cure These Wrinkle Problems?

the center front and back are marked with basting, that tucks, pleats, darts and gathers are basted or stitched in, and that shoulder, under arm and sleeve seams are basted on the seam allowance line.

We now slip the garment on the figure, right side out, or don it ourselves. If we have no dress form of ourselves, it may be necessary for another person to assist in the fitting, as it is difficult and aggravating to try to fix wrinkles while craning over the shoulder into the mirror.

Do not gasp. You will now doubtless have the same wrinkles and sags which you before experienced. In fact let us

assume that all the possible tragedies have occurred, and proceed to search out the causes and remedies. When the garment wrinkles and draws around the neck, forming horizontal folds as in diagram 2, the neck line is too small and tight. To remedy this, cut short vertical slashes down into the neck seam allowance until the tightness is relieved. Trim out, following the curve of the neck.

ONE often finds the garment too full in the front neck as in figure 4. The only remedy for this condition is to rip the shoulder seams and re-set the front shoulder seam on the back shoulder, allowing the front to slip out toward the armseye. This necessitates the trimming of the neck and armseye end of the shoulder seam.

When wrinkles fall diagonally from the neck end of the shoulder seam down toward the lower armseye as in figure 1, it is probable that the garment, which was planned for a square-shouldered

type, is being fitted to a very sloping shoulder. To remedy this take a deeper seam at the sleeve end of the shoulder seam, raising the grain so that it will run parallel to the floor.

The opposite condition occurs when wrinkles fall from the arm end of the shoulder seam toward the front. In this case, the person being fitted is more square shouldered than the dress, so the front shoulder seam should be let out at the armseye, letting the crosswise threads drop down to a good straight line.

With sleeves come the biggest problems. On all commercial sleeve patterns
(Continued on page 13)

S. Africa Trains for Homemaking

By Marie Vermeulen

SCATTERED over the miles and miles of South African "veldt" are the farmers living in their quiet homes. The farmer is a cheerful and friendly host to all strangers and travelers, but he must also be a hardworking father to build up, and keep his home going regardless of the hard times caused by draught, locusts and new diseases.



A Farm Home in South Africa

Realizing that the farmer forms the backbone of the South African nation the government started to assist him in fighting his natural foes, and in giving him advice and a better chance to secure success. Therefore attention was given over to the very important factor of home life.

On government expense women were sent to England and Canada, and later to the United States, to study home economics. Twelve years ago they started their work as the Division of Home Economics in the Department of Agriculture. They tried to organize the women into branches but that was very difficult at first because of prejudice which was a result of their suffering in the past from overseas influences. Only after much struggle and effort did these first leaders succeed in organizing a few branches and in gaining the confidence of a small section. Today the organization has grown to about three hundred branches over the union.

Each home economics branch consists of at least 10 members with a president and secretary to lead them. They meet monthly and have discussion or demonstrations on a definite home problem, and usually some form of entertainment. They compete through exhibiting at the different country and provise shows, and spend considerable effort in enlivening interest in correct and efficient work.

Twice a year home economics extension officer visits each branch for one or two days, lecturing and demonstrating on a desired subject. The women are interested in all problems arising before the homemaker. They are beginning to live correctly and are keen to know about correct dietetic standards. Previously they trusted, in ignorance, to chance in getting the requirements essential for living, and the only reason that the nation's

health remained good was the use of the many natural food materials. Now, however, with all the modern changes the need for definite knowledge and guidance, especially that which regards the feeding

of babies and growing children, is very great.

With the increase of interest in home economics the school had to do more in teaching the subject and changes were made, but it is still very far from being satisfactory and practical. They have called on colleges and universities to train teachers and leaders to do the work, and eight years ago they started to clear the ground and lay a foundation in standards and methods for home economics education applicable to South African atmosphere and requirements.

Does Your Dress Fit?

(Continued from page 1)
there is a lengthwise grain line indicated. Draw a line at right angles to this lengthwise line, joining the points at the opposite sides of the pattern which will come together at the under armseye. These lines represent the crosswise and lengthwise grain of the sleeve and should be used thus in laying the pattern on the material. Be sure your sleeve is long enough for your bent arm, wide enough at the elbow and forearm and that the cap—the area between the horizontal line and the top of the sleeve—is long enough and wide enough.

If the cap of the sleeve is too short, as in figure 3, the grain of the material is drawn up out of its normal horizontal line. To remedy this, either let out the shoulder seam right at the top of the sleeve or take a deeper seam on the sleeve only just at the under arm, and ease in the fullness.

(Continued on page 15)

PICTURE FRAMING SWING FRAMES

Miller's Wallpaper and Paint
Store
MASONIC BLDG.

Christmas Suggestions

Toilet Sets
Stationery
Whitman's Candies
JUDISCH BROS.
Phone 70

MADSEN & SON

Merchant Tailors
Cleaning and Dyeing
213½ Main St. Phone 149
We call for goods and deliver

Studio Place

Textiles—Antiques
Costume Jewelry—Gifts
408 Douglas Ave. Ames, Iowa
2nd Floor

CAMPUS DRUG STORE

Get your Christmas Gifts
now
Visit the Campus Drug Store

QUADE'S STUDIO

Have Your Christmas Picture
Taken Here

HEMSTITCHING

All models of Singer machines,
rentals, repairs for all makes.
Singer Sewing Machine Co.
Ames, Iowa
302 Kellogg St. Phone 1907

FRANK THEIS DRUGGIST

The Rexall Store

217 Main St. Ames, Iowa

Does Your Dress Fit?

(Continued from page 13)

A twisted sleeve indicates that the lengthwise threads are not in position. To remedy this, shift the position of the whole sleeve in the armseye until it hangs straight. If the cap draws across the upper arm it may be possible to let out the seams up between the curves to give more width. Sleeves which pull out at the seams at the narrow part of the back indicate too narrow a back, which might have been remedied by placing a few narrow tucks in the center back which would extend down about three inches.

May these few suggestions take the sorrow out of your fitting problems and reclaim your self-assurance in home dressmaking.

Lengthen the Life of Furs

(Continued from page 5)

which it should lie. Then glaze the fur to restore its luster. This may be done by dampening a stiff brush in water and brushing the fur in the direction in which it should lie. Let it dry, then fluff up the fur with the hands and brush with a stiff brush in the natural direction. This leaves it soft and lustrous.

Question 5:

How often should a fur coat be cleaned?

Answer:

I am of the opinion that fur coats are cleaned too frequently. If a coat is kept brushed and combed and is properly cared for otherwise, a thorough cleaning once in three or four years should be sufficient.

Question 6:

Is it safe to store a fur coat at home? If so how may this be done successfully?

Answer:

There is no reason why a fur coat might not be stored successfully at home. To be sure that it is perfectly clean and free from moth eggs and larvae, brush, beat, shake, comb, air and sun and then put into an air-tight bag or box. Use one pound of naphthaline flakes to 10 cubic feet of space. See that the container is completely sealed and store in a cool place. Cold storage, of course, is the safest way to care for valuable furs, but it greatly increases the total cost of the garment.

Such is the constitution of a man that labor may be said to be its own reward.
—Dr. Johnson.

CAMILLE'S BEAUTY SHOPPE
Marcel, 50c
Finger Waves, 50c
Permanents, \$5.50 and \$8.00
Over Ed Coe's Seed Store

For Genuine Bargains
in Christmas Gifts see
SMITH JEWELRY STORE
& GIFT SHOP

**PARNO'S
Jewelry Store**

CRAFORD BLDG.

EXPERT WATCH, CLOCK &
JEWELRY REPAIRING

Oldest Established Jewelry Store in
Campustown

Phone 251 Two Watchmakers
ALL WORK GUARANTEED

With the New Year come New Problems

The Services offered by the

UNION NATIONAL BANK

Ames, Iowa

Will Help You Solve These Problems

WE EXTEND TO YOU
THE SEASON'S GREETINGS

from

LINCOLN CANDY KITCHEN

Fancy Boxes, Candy, Cigars and Cigarettes
All in Gay Holiday Packages

Drop in—You're Welcome

**We want your used
text books**

**Sell the ones you
do not want now**

Student Supply Store

NEXT TO THEATER