

from there to the points just indicated. (See 2 in Fig. 40). Fold as in 1. Unfold entirely and use these two pieces of paper as patterns, tracing carefully and making up in the material in exactly the same way as folded in the paper. Apply the smaller piece to under side of the slit as an extension hem. Place the other piece in position. Baste and then stitch as indicated by pencil marks as in 1, Fig. 40.

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### THE SEWING MACHINE.

The sewing machine passed through many stages, until to-day it is recognized as one of the greatest, if not the greatest, labor-saving device in the modern home. But, like many others, it is not fully appreciated. It is to be regretted that women do not use the machines more than they do.

The machine should, of course, be oiled. There is difference of opinion as to how often it should be oiled. However, it is well to oil the machine, when in constant use, daily; otherwise less frequently. But, after the machine has stood for some time without being used, kerosene or benzene should be used to clean off the old oil, the machine run rapidly for a few moments and then wiped clean before oiling. In oiling, remember that *one* drop of oil dropped in each place where moving parts come in contact with each other is sufficient.

The position of the worker while sitting at the machine is very important. Always sit on a chair the right height—one having a back, and use the back as much as possible. So many women never allow themselves to be comfortable while at a sewing machine. They seem to hold themselves at a tension—which is entirely unnecessary and very tiring. Using a chair which is either too low or too high is, although never realized at the time, a great tax on the strength, as the muscles of the limbs are strained.

Some women claim that it is less tiring, in running a machine constantly, to run it first with one foot and then use the other for a while. The general opinion, however, is that it is better to use both feet at once, provided the position is comfortable.

Not only the position of the worker, but the position of the machine, should receive attention. See that the best possible light is obtained. It is sufficiently hard on the eyes without adding a strain from poor light or from the sun striking the polished surface.