

# HOME ECONOMICS 8

(ENGLISH MEDIUM SCHOOLS)











**Punjab Textbook Board, Lahore.**

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**Published by: Master Book Depot.**

**Printed at: Babar Sultan Printers, Lhr.**

Date of Printing	Edition	Impression	Copies	Price
April 2011	5th	1st	3000	33.00

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## KORMA

### Nutritive value of korma

Korma is one of the most favourite and popular curries. It can be a favourite combination with chapati or rice. Korma is full of nutrients because meat, ghee and spices are used in it.

Meat is full of proteins which are important for the growth and development of our body. Presence of fats in the meat provide heat and energy to the body. Spices give taste to the curry, but excessive use of spices is harmful for the health.

### Korma

#### Ingredients

Meat	1/2 kg.
Ghee / Oil	125 gm (1/2 cup).
Ginger (finely ground)	1 teaspoon
Garlic (finely ground)	1 teaspoon
Onions	2
Coriander powder	1 teaspoon
Red chilli powder	1 1/2 teaspoon
Black pepper powder	1/4 teaspoon
Cardamom (small)	2
Cardamom (large)	2
Cinnamon powder	1/4 teaspoon
Almonds	60 gms.
Yogurt or tomatoes	125 gms.
Salt	according to taste
Coriander (fresh)	according to taste



## Equipment

Stove, match-box, duster, degchi or cooking pan with lid, ladle, knife, board for cutting, sieve, bowl, curry plate, curry bowl, serving spoon, quarter plate, tray with tray cover.

## Method

## KORMA

1. Peel and slice the onions.
2. Clean the fresh meat and wash once or twice under running water.
3. Boil the almonds and peel off their skin.
4. Fry onions in the ghee or oil until light brown.
5. Take out the onions from ghee or oil and grind.
6. Put onions, garlic, ginger and all the spices in ghee or oil and fry. Add meat in it and fry till meat is brown.
7. Add two cups of water and cook on low heat till the meat is tender.
8. Add yogurt or tomatoes in the meat and fry.
9. Add desired quantity of water in it and boil for 2-3 minutes.
10. Add almonds and coriander and cook for 2-3 minutes.
11. Korma is ready. Pour it into the curry bowl.
12. Serve with chapaties or rice in a tray with serving spoon, korma bowl, curry plate and a quarter plate.

**Note:** Peeled almonds can be fried in ghee to make them crispy.

Meat  
Ghee \ Oil  
125 gm (1/2 cup)  
1 teaspoon  
1 teaspoon  
1 teaspoon

## QUESTIONS

1. Describe the nutritive value of korma.
2. Tick ✓ mark on the correct statement.
  - i. Meat has no nutrients.
  - ii. Fats are present in the meat.
  - iii. Korma is not a favourite and popular dish.
  - iv. Spices give taste to the curry.
  - v. Fats provide heat and energy to the body.
3. Fill in the blanks.
  - i. Korma is a \_\_\_\_\_ and \_\_\_\_\_ curry.
  - ii. \_\_\_\_\_, ghee and \_\_\_\_\_ are used in the korma.
  - iii. Proteins are important for the \_\_\_\_\_ and \_\_\_\_\_ of our body.
  - iv. Excessive use of \_\_\_\_\_ is harmful for health.
  - v. Presence of \_\_\_\_\_ in the \_\_\_\_\_ provide heat and energy to the body.



### Evaluation

### Practical PULAO Korma

Standard marks are given against each statement in the following table. Write down the marks obtained by the student in the related column.

Sr. No.	Characteristics	Standard marks	Marks obtained
<b>Importance of nutrients present in the pulao</b>			
1.	The meat is tender.	5	
2.	Spices and curry are well mixed.	5	
3.	Meat pieces are well browned.	5	
4.	Proportion of spices is accurate.	5	
5.	Korma is tasty and well flavoured.	5	
6.	Korma is served according to the instructions.	5	
<b>Total Marks</b>		<b>30</b>	

Pulao

Grade

- 1/2 kg. or 2 cups
- 1/4 kg
- 1/2 tsp. (1/2 cup)
- 2 teaspoons
- 2 teaspoons
- 1 teaspoon
- 1/2 tsp.
- 1/2 tsp.
- 0.8 cloves
- 2.5 card. piece
- 1 teaspoon or according to taste
- 100 gm.
- 2 teaspoons

Signatures of the

Teacher Incharge

\_\_\_\_\_

Dated

- \_\_\_\_\_
- Rice (or basmati)
- Meat
- Ghee / Oil
- Spices (whole)
- Mustard (saun)
- Coriander (dry)
- Ginger
- Onions
- Garlic
- Cinnamon
- Salt
- Yogurt or buttermilk
- White cumin seeds



## PULAO

Pulao is favourite among the children and the elders. It is a delicious and an aromatic dish. Its appearance and texture create an interest on dastarkhwan. Pulao is a soft and easily digestible diet. Meat pulao and vegetable pulao are full of nutrients.

### Importance of nutrients present in the pulao

1. Rice are full of carbohydrates which provide heat and energy to our body.
2. Rice contains some quantity of vitamin B, calcium and phosphorus which are important for normal functioning of our body systems.
3. Ghee or oil provides fats which provide heat and energy to our body. It also controls appetite.
4. Vegetables used in pulao provides vitamins and minerals to our body.
5. Meat pulao provides proteins, iron and some vitamins which are important to control the wear and tear of cells and tissues. They also help in the growth and development of our body. Spices give taste to the pulao.

### Pulao

#### Ingredients

Rice (old basmati)	1/2 kg. or 2 cups
Meat	1/4 kg
Ghee / Oil	125 gms. (1/2 cup)
Spices (whole)	2 teaspoons
Aniseed (saunf)	2 teaspoons
Coriander (dry)	1 teaspoon
Ginger	15 gms.
Onions	125 gms.
Garlic	6-8 cloves
Cinnamon	2.5 cms. piece
Salt	1 teaspoon or according to taste
Yogurt or tomatoes	100 gms.
White cumin seeds	2 teaspoons.



## Equipment

Stove, match-box, duster, spatula, degchi or cooking pan with lid, ladle, sieve, parat or tray, muslin cloth, knife, vegetable cutting board, plastic bowl, dish, dishspoon, plate, tablespoon, tray with tray cover.

## Method:

1. Tie up these ingredients in a muslin cloth. e.g. one onion peeled and quartered, 6 cloves of garlic slightly crushed, coriander, cinnamon, aniseed and  $\frac{1}{2}$  spices.
2. Wash the meat, put it in a pan with 8 cups of water and salt alongwith the muslin bag and cook on medium heat.
3. Pick the rice, wash and soak in water.
4. When meat is tender, remove from the heat.
5. Take out the tied spices and squeeze them thoroughly in the yakhni. (These spices can be preserved by drying and grinding, so as to use them later in making a bhujia)
6. Strain yakhni and keep meat pieces in a bowl.
7. Slice the remaining onions and fry in ghee or oil.
8. Add meat, the remaining spices, white cumin seeds, garlic and ginger and fry well. Then add yogurt in it and fry.
9. Pour (yakhni) in it. Add water if required. (Water must be double the quantity of the rice).
10. When water boils, add rice and carefully stir with a spatula. Cover it and cook on high heat.
11. Watch till water dries. Then lower the heat and let the rice cook. If the rice are a bit hard then wrap the lid with a wet cloth, put the pan of rice on tawa and steam on low heat for 5-10 minutes or till properly cooked.
12. When rice are ready, handle with a spatula carefully and remove from fire.
13. Take out pulao in a serving dish. Serve with raita and salad in a tray with serving spoon, full plate and tablespoon.

## QUESTIONS

1. Write down the importance of food nutrients present in the pulao.
2. Write down the method of pulao under the following headings. Ingredients, equipment, method.

3. Tick ✓ mark on the correct statement.

- i. Pulao is favourite among the children and the elders.
- ii. Rice are not digestible.
- iii. Proteins are present in the meat.
- iv. Carbohydrates provide heat and energy.
- v. Ghee has no nutritive value.

Equipment

2. Fill in the blanks.

- i. Pulao is \_\_\_\_\_ among the children and the elders.
- ii. Rice are full of \_\_\_\_\_.
- iii. Meat provides \_\_\_\_\_ and \_\_\_\_\_ to our body.
- iv. Vegetables used in pulao provides \_\_\_\_\_.
- v. Old \_\_\_\_\_ rice are best for pulao.

Method

Standard marks are given against each statement in the following table. Write down the marks obtained by the student in the related column.

**Evaluation**

**Practical Pulao**

Sr. No.	Characteristics	Standard marks	Marks obtained
1.	Rice are tender.	5	
2.	Rice are brown.	5	
3.	Aroma of pulao increases appetite.	5	
4.	Meat is tender.	5	
5.	Pulao is delicious.	5	
6.	Pulao is served well.	5	
<b>Total Marks</b>		<b>30</b>	

QUESTIONS Signatures of the

Grade

Teacher Incharge \_\_\_\_\_

Dated \_\_\_\_\_





**Equipment**

Describe or cooking pan with lid, stove, match-box, duster, knife, vegetable tray, board, plastic bowl, sieve, chopper, frying pan or tawa, spatula, plate, fork, dish, tray with tray cover.

**SHAMI KABAB**

**Method:**

1. Pick dal channa. Wash and soak for half an hour.
2. For dal channa, minced meat, ginger, onion, salt, red chilli powder, dal channa. Add green chillies, white cumin seeds and coriander and mix.
3. When minced meat and dal channa are tender and dal channa are soft, grind when it cooks.
4. Add the eggs in a bowl, beat and mix them in the finely ground minced meat and dal channa. Make medium sized kababs. These kababs should be thick in the center but thin at the sides.
5. Carbohydrates, proteins, vitamin B and minerals are present in the dal channa which provide heat and energy.
6. Spices increase aroma and stimulate appetite.
7. Vitamin C is also present in green coriander, green chillies and mint leaves.

**Importance of food nutrients present in the shami kabab**

1. Proteins are present in meat and eggs which are important for the metabolism of tissues and cells of the body.
2. Iron and vitamin B are also present in the meat. Iron is important for the growth of red blood cells.
3. Vitamin B and other minerals are also present in the eggs and dal channa which regulate the nervous and other systems of the body.
4. Fats and vitamin A and D are present in ghee, which provide heat and energy to our body.
5. Carbohydrates, proteins, vitamin B and minerals are present in the dal channa which provide heat and energy.
6. Spices increase aroma and stimulate appetite.
7. Vitamin C is also present in green coriander, green chillies and mint leaves.

**Shami Kabab**

**Ingredients**

Minced meat	1/2 kg.	
Dal channa	125 gms.	
Ghee / Oil	1 cup (for frying).	Note:
Spices powder	2 teaspoons	1. Minced meat should be washed under running water by putting it in a sieve to save its nutrients, colour and taste.
Red chilli powder	1/2 teaspoon	2. Kababs can also be made by mixing them in beaten eggs.
Green chillies	as desired	3. Kababs are served by placing them on tissue paper in order to save their crispness.
Garlic (finely ground)	1/2 teaspoon	
Onion (medium)	1	
Ginger (finely ground)	1/2 teaspoon	
Salt	3/4 teaspoon or according to taste	
Eggs	2	
Cinnamon	1.5 cm. piece	1. Write down the importance of nutrients present in shami kababs.
Water	3 cups.	2. Write down the importance of nutrients present in shami kababs.
White cumin seeds	1 teaspoon	



### Equipment

Degchi or cooking pan with lid, stove, match-box, duster, knife, vegetable cutting board, plastic bowl, sieve, chopper, frying pan or tawa, spatula, plate, fork, dish, dishspoon, tray with tray cover.

### Method:

1. Pick dal channa. Wash and soak for half an hour.
2. Put dal channa, minced meat, garlic, ginger, onion, salt, red chilli powder, cinnamon, spices and water in a degchi. Cook on medium heat.
3. When minced meat and dal channa are tender and the water dries, then take it off the fire.
4. Grind when it cools.
5. Add the eggs in a bowl, beat and mix them in the finely ground minced meat and dal channa. Add green chillies, white cumin seeds and coriander and mix.
6. Make medium sized kababs. These kababs should be thick in the center but thin at the sides.
7. Pour 2-3 tablespoons of ghee or oil in the frying pan. When hot, put kababs one by one in it and fry on low heat. When one side is brown then turn to the other side and fry till brown.
8. Place the kababs on a newspaper to let the excess ghee be absorbed.
9. Spread tissue paper in a dish, put kababs on it.
10. Serve in a tray with serving spoon, quarter plate, teaspoon or fork, tomato ketchup or mint chutney.

### Note:

1. Minced meat should be washed under running water by putting it in a sieve to save its nutrients, colour and taste.
2. Kababs can also be made by dipping them in beaten eggs instead of mixing the eggs in the minced meat.
3. Kababs are served by placing them on tissue paper in order to save their crispness.

## QUESTIONS

1. Write down the importance of nutrients present in shami kababs.
2. Write down the method of shami kababs under the following headings. Ingredients, equipment, method.

3. Tick ✓ mark on the correct statement.
- Proteins are present in the shami kababs.
  - Shami kababs are prepared by using minced meat and dal masoor.
  - Shami kababs are fried in a frying pan.
  - Spices increase aroma and stimulate appetite.
  - Minced meat should be washed thoroughly.
4. Fill in the blanks.
- Dal \_\_\_\_\_ is used in shami-kababs
  - \_\_\_\_\_, vitamins and \_\_\_\_\_ are present in ghee or oil.
  - Kababs should be fried in \_\_\_\_\_.
  - Kababs should be served by placing \_\_\_\_\_ in the plate.
  - Serve the kababs with \_\_\_\_\_ or mint chutney.

### Evaluation

#### Practical \_\_\_\_\_ Shami Kababs

Standard marks are given against each statement in the following table. Write down the marks obtained by the student in the related column.

Sr. No.	Characteristics	Standard marks	Marks obtained
1.	Kababs are in their original shape (not broken)	5	
2.	Kababs are brown on all sides.	5	
3.	Proportion of spices is correct.	5	
4.	There is no extra fat in it.	5	
5.	Kababs are tasty.	5	
6.	Kababs are soft and crisp.	5	
7.	Kababs are properly served.	5	
<b>Total Marks</b>		<b>35</b>	

Grade

Signatures of the

Teacher Incharge \_\_\_\_\_

Dated \_\_\_\_\_





## HALWA SOOJI

Halwa Sooji is a favourite and popular dish for the young and the old in the cities and villages.

Halwa sooji is tasty, delicious and is full of nutrients. It is also a part of our traditions and is distributed among people on special occasions like shab-e-mairaj, shab-e-barat etc. It is also used at breakfast with puris on holidays or on special occasions like marriages etc. It can also be served as a dessert dish after meals.

### Nutritive value of halwa sooji

Halwa Sooji is prepared by using sugar, sooji, ghee and dry fruit which provide following nutrients to our body.

1. Sooji contains carbohydrates, which provide heat and energy to our body.
2. Sugar makes it delicious. It is full of calories and it provides heat and energy to the body.
3. Ghee is full of calories and fats which provide heat and energy to our body.
4. Vitamin A and D are present in the ghee, which are important for bones, skin and eye-sight.
5. Dry fruit makes it delicious and provide heat and energy. They are also full of calories. Calories regulate our temperature and provides us energy to work. Absence of these calories causes loss in weight.

### Halwa Sooji

#### Ingredients

Sooji	1/4 kg. or one cup
Ghee or oil	80 gms. or 1/2 cup
Sugar	1/4 kg. or one cup
Almonds, pistachio coconut, raisin	5 gms. each
Silver leaves	2
Kewra	1 teaspoon
Water	3 cups
Cardamom	5



### Equipment

Stove, duster, matchbox, degchi or karahi with lid, spatula, quarter plate, teaspoon, dish, dish spoon, tray with tray cover.

### Method:

1. Sift and clean the sooji.
  2. Boil almonds in water, peel off and cut in thin pieces.
  3. Clean raisin by removing their stems. Cut pistachio and coconut.
  4. Fry cardamom seeds in ghee on low heat.
  5. Add sooji in it and fry.
  6. When it is light brown and gives out specific aroma then add half dry fruit in it and mix.
  7. Add sugar in it, when sugar melts, then add three cups of hot water and cook on high heat. When water dries and halwa gathers in the centre of the pan, then take it off the fire.
  8. Pour kewra in it and cover for 5 minutes.
  9. Pour hot halwa in a dish, spread silver papers on it and sprinkle remaining dry-fruit on it.
1. Serve hot in a tray with serving spoon, quarter plate and tablespoon.

### QUESTIONS

1. Write a note on the nutritive value of halwa.
2. Write down the method of halwa sooji under the following headings. Ingredients, equipment, method.
3. Tick ✓ mark on the correct statement.
  - i. Halwa sooji is a favourite and popular dish for the young and the old.
  - ii. Halwa sooji is full of energy.
  - iii. Sugar is not used in halwa sooji.
  - iv. Vitamin A and D are important for health.
  - v. No calories are present in ghee or oil.

## Evaluation

### Practical \_\_\_\_\_ Halwa Sooji

Standard marks are given against each statement in the following table. Write down the marks obtained by the student in the related column.

Sr. No.	Characteristics	Standard marks	Marks obtained
1.	Halwa is light brown in colour.	5	
2.	Sooji is well mixed and lumps are not visible.	5	
3.	Proportion of ghee and sugar is correct.	5	
4.	Halwa is delicious and full of aroma.	5	
5.	Halwa is decorated well.	5	
6.	Halwa is served properly.	5	
<b>Total Marks</b>		<b>30</b>	

Signatures of the

Grade

Teacher Incharge \_\_\_\_\_

Dated \_\_\_\_\_



## FRUIT JAM

Nature has gifted us with abundance of fruits and vegetables. Fruits are eaten in their original form and are also preserved in the form of pickles, jams, chutneys and murrabbas. They add delicacy and colour on our dastarkhwan.

Fruit jam is very delicious and nutritious. At breakfast and in Ramazan we can take it with paratha or with bread.

### Nutritive value of fruit jam

Fruit jam is very nutritious. It contains vitamins, carbohydrates and minerals which provide heat and energy to our body and regulate body systems.

### Instructions about jam preparation

Following points should be kept in mind while preparing a jam.

1. Various fruits can be used for jam e.g. pears, plums, mangoes, apricots, apples, guavas etc.
2. The fruit should be fresh, sour and free from blemishes.
3. Over-ripe or unripe fruits should be avoided.
4. Small sized fruit should be used whole while large sized fruit should be used by cutting into small pieces and boiled to make them tender.
5. Sugar and tartary should be used according to the condition of the fruit.
6. A well-prepared jam should have following characteristics.
  - i. Surface of the jam should be clear.
  - ii. Jam should be not thick or gummy but it should be of desired consistency i.e. neither thick, nor hard.
  - iii. Jam should have its natural colour and aroma.
  - iv. The proportion of sugar and tartary should be appropriate.



7. Bottles should be sterilized in the following way.
  - i. Wash bottles and its lids thoroughly.
  - ii. Fill the degchi with water. Place bottles and lids in it.
  - iii. Boil them for half an hour.
  - iv. Take out the bottles from the degchi with pair of tongs and place them in a tray upside down. When completely dry fill the jam in it and seal.

### Fruit Jam

#### Ingredients

Fruit (Seasonal)	1 kg.
Sugar	3/4 kg. for sweet fruit and 1 kg. for sour fruit
Lemon juice	28 gms. or 2 tablespoons
Water	2 - 2½ cups for less juicy fruit.

#### Equipment

Stainless steel degchi with lid, stove, matchbox, duster, pair of tongs, knife vegetable cutting board, ladle and bottles with lids.

#### Method:

1. Wash the fruit under running water.
2. Peel mangoes, plums, apples and pears. Cut off their inner hard portion and soak them in a solution of 2-3% of salt so as to maintain colour of the fruit.
3. Cook juicy fruits with sugar in it for half an hour. Less juicy fruits should be boiled in 2 ½ cups of water to make them tender. Then add sugar in it.
4. Cook on low heat till it boils. When it starts boiling, lower the heat and cook by constantly stirring it.
5. When mixture thickens, add lemon juice and cook for 8-10 minutes. Crystals of sugar will not be formed in this way.
6. Take it off the fire and let it cool on 85°C. Fill the jam in bottles, be careful that no bubbles are formed in the bottle.
7. Pour melted paraffin wax layer on it and seal air-tight. It will keep the jam unmoistened.
8. Label and preserve jam in a dry and airy place.

## QUESTIONS

1. Explain the nutritive value of jam.
2. Write down the method of fruit jam under the following headings.  
Ingredients, equipment and method.
3. Tick ✓ mark on the correct statement.

i.	Fruits have no nutritive value.	
ii.	Jam can be prepared from various fruits.	
iii.	Over-ripe fruit is best for making a jam.	
iv.	No water is required for juicy fruits.	
v.	While filling the jam in the bottle, be careful that no bubbles are formed in the bottle.	
4. Fill in the blanks.

i.	Fruit Jam is very _____ and _____.
ii.	The fruit used for jam should be _____ and _____.
iii.	_____ and _____ should be used according to the fruit.
iv.	The bottles should be _____.
v.	Preserve the jam in a _____ and _____ place.



## Evaluation

### Practical \_\_\_\_\_ Fruit Jam

Standard marks are given against each statement in the following table. Write down the marks obtained by the student in the related column.

Sr. No.	Characteristics	Standard marks	Marks obtained
1.	Fruit used is ripe, fresh and free from blemishes.	5	
2.	Fruit is completely mixed.	5	
3.	Surface of the jam is clean.	5	
4.	Jam is soft and thick.	5	
5.	Bottles are sterilized.	5	
6.	Bottles are sealed properly.	5	
	<b>Total Marks</b>	<b>30</b>	

Grade

Signatures of the

Teacher Incharge \_\_\_\_\_

Dated \_\_\_\_\_

## VEGETABLES PICKLE

Pickles are the favourite items served with meal. They not only increase appetite but they also add delicacy to the meal.

Vegetable pickle is mostly prepared at home. It is cheap and it does not require much effort. Vegetables are available in abundance in season and are also cheap and nutritious. It is very beneficial to preserve them in the form of pickles.

### Nutritive value of vegetable pickle

Vegetables are good sources of vitamins and minerals. Vegetables do not provide much energy but they add good taste to the food and provide roughage.

They are called health-protecting food due to the presence of vitamins and minerals.

Oil, vinegar and spices are used as preservatives. They retard the growth of micro-organisms and protect pickles from spoilage.

### Instructions about the preparation of vegetable pickle

Following instructions should be followed while preparing the vegetable pickle.

1. Selection of vegetables for pickle.
  - i. Vegetables should be fresh and free from blemishes.
  - ii. Unripe vegetables are best for pickle.
  - iii. Lemons used should be ripe.
  - iv. Vegetables, oils and spices used should be of good quality.
2. Selection of equipments for pickle.
  - i. Plastic or stainless steel utensils should be used.
  - ii. Use of metal utensils and spoons should be avoided.
  - iii. Pickles should be preserved in a glass or polished earthenware jar or martaban.
  - iv. Wooden spoon should be used for taking out the pickle.
3. Precautionary measures during the preservation of pickles.
  - i. Sterilized martabans or jars should be used as containers.
  - ii. Always cover the jar or martaban with a muslin cloth to avoid the growth of moulds and spoilage of pickle.
  - iii. Use desired quantity of oil in which the pickle is soaked well.
  - iv. Always use a dry wooden spoon or ladle for taking out the pickle.



- v. Take out only desired quantity of pickle and never put the unused pickle back in the jar.
- vi. Always keep the pickle at a dry but airy place.

### Seasonal Vegetables Pickle

#### Ingredients

Seasonal vegetables	1 kg.
Mustard oil	500 gms.
Mustard seed (rai)	25 gms.
Salt	175 gms.
Red Chilli powder	175 gms.
Turmeric powder	4 gms.
Kalaunji	30 gms.
Methi seeds	25 gms.
Saunf	50 gms.
Onions	30 gms.

#### Equipment

Plastic sieve, plastic bowl, knife, chopping board, parat or tray, wooden ladle, duster, muslin cloth, sterilized jar.

#### Method:

1. Wash all the vegetables and peel them. Remove thin peels to avoid loss of nutrients.
2. Cut the vegetables into appropriate sized pieces. Tie them up in a muslin cloth and boil in water for two minutes.
3. When vegetables are tender, spread them in a wooden tray or clean cloth to dry.
4. Sterilize the jar or martaban.
5. When vegetables are dry then put them in a jar and add all spices in it.
6. Cover and tie the jar with a clean muslin cloth. Place the jar in the sun for four to five days in winter and two to three days in summer. Shake the jar once or twice daily.
7. After 4-5 days, add mustard oil in it. The quantity of oil used should be enough to soak all the vegetables well.
8. Leave in the sun for three to four days.
9. Keep the pickle in a dry and airy place.

## QUESTIONS

1. Explain the nutritive value of vegetable pickle.
2. Which instructions should be followed in the preparation of vegetable pickle?
3. List down the vegetables which can be used for pickles.
4. Tick ✓ mark on the correct statement.
  - i. Pickles add delicacy to the meal.
  - ii. Cut the vegetables into appropriate sized pieces.
  - iii. Jar or martaban should be covered with a muslin cloth.
  - iv. Oil, Vinegar and spices are used as preservatives in the pickle.
  - v. Vegetables are not an important food nutrient.
5. Fill in the blanks.
  - i. It is very \_\_\_\_\_ to preserve the vegetables in the form of pickles.
  - ii. \_\_\_\_\_ are the favourite items served with meal.
  - iii. \_\_\_\_\_ used for pickles should be ripe.
  - iv. \_\_\_\_\_ or stainless steel utensils should be used for making the pickle.
  - v. \_\_\_\_\_ should be used for taking-out the pickle.

## Evaluation

### Practical \_\_\_\_\_ Vegetables Pickle

Standard marks are given against each statement in the following table. Write down the marks obtained by the student in the related column.

Sr. No.	Characteristics	Standard marks	Marks obtained
1.	Proportion of spices is correct.	5	
2.	Colour and shape of vegetables is maintained.	5	
3.	Vegetables are soft.	5	
4.	Jar is sterilized properly.	5	
	Total Marks	20	

Grade

Signatures of the

Teacher Incharge \_\_\_\_\_

Dated \_\_\_\_\_





## DRIED BITTERGOURDS AND TURNIPS

Drying vegetables and fruits is one of the ancient method of food preservation. It is gaining importance due to the fact that seasonal fruits and vegetables are available in abundance. These are fresh, nutritious and cheap in their season. It is therefore, beneficial and profitable to preserve them by drying. In this way we will not only save our money but we will also enjoy them in off-seasons.

### Nutritive value of bitter-gourds and turnips

Bitter-gourds are among the popular and favourite vegetables available in the summer season. It contains calcium, iron, phosphorus, proteins, vitamin B and vitamin C and is very beneficial for diabetic patients. It can be cooked alone or with the addition of meat and minced meat. It can be preserved by drying.

Turnips are also popular and are available in abundance in summer season. These can be eaten raw or in cooked form. Turnips contain phosphorus, proteins, calcium, vitamin C and iron. It can be cooked alone or with the addition of meat. It can be preserved by drying.

### Important instructions for preserving vegetables by drying

Following points should be kept in mind while preserving the vegetables by drying.

1. Wash the vegetables and put them in clean utensils.
2. Peel them thinly and cut into small pieces.
3. Boil or steam the vegetables for sometime and then spread in a tray or on a clean cloth.
4. Cover the vegetables with a clean muslin cloth to protect them from insects, flies and birds.
5. Different vegetables require different time for drying e.g some vegetables require two to three hours for drying while others require a few hours only.
6. To check the dryness of vegetables, press it in your hand, if it breaks easily then it has dried well.
7. It is necessary to keep the dried vegetables in a proper place because sometimes small insects and bacterias develop in them during the process of drying. Therefore, these should be preserved in sterilized bottles, tins or cellophane bags.
8. Keep them in a dry but cool place.

## Dried Bitter-gourds and Turnips

### Ingredients

Bittergourds	1 kg.
Turnips	1 kg.
Potassium metabisulphite	6 gms. for each vegetable.
Salt	50 gms.
Boiled water	2½ liter for each vegetable

### Equipment

Saucepan, stove, match-box, duster, stainless steel parat or tray, knife, vegetable cutting board, mat, muslin cloth.

### Method:

1. Wash bitter-gourds and turnips under running water.
2. Peel the turnips and cut into medium sized slices.
3. Scrape the bitter-gourds, cut into half lengthwise and cut into medium sized pieces, sprinkle salt on them and put them in the sun for ten minutes. Squeeze the bitter-gourds then wash under running water and squeeze.
4. Boil water in a saucepan. Tie up bitter-gourds in a muslin cloth and dip them in boiling water for 2-3 minutes; then take them out.
5. Again boil water in a saucepan. Tie up turnips in a muslin cloth and let them remain in boiling water for 2-3 minutes. Then take them out.
6. Make a solution of 6 gms. of potassium metabisulphite and water. Soak the tied bundle of bitter-gourds in it for twenty to thirty minutes. Then take it out and hang in the air.
7. In the same way, make a solution of 6 gms. of potassium metabisulphite and water. Soak the tied bundle of turnips in it for twenty to thirty minutes. Then take it out and hang in the air.
8. Spread bitter-gourds and turnips in separate wire tray, cover with a muslin cloth and let them dry in the sun or in an airy place.
9. Turn the vegetables daily. These vegetables will dry completely in eight to ten days.
10. When completely dried, preserve separately in sterilized jars or martabans or in the cellophane bags.

### Note:

These dried vegetables should be soaked in luke-warm water for thirty minutes before cooking.

## QUESTIONS

1. What is the importance of dried vegetables?
2. Write down the nutritive value of bitter-gourds and turnips.



3. Write down the method of dried bitter-gourds and turnips under the following headings.  
Ingredients, equipment, method.
4. Tick ✓ mark on the correct statement.
- Vegetables are preserved by drying.
  - It is better if the vegetables are dried quickly.
  - Dried vegetables have no flavour and taste.
  - Turnips are dried in round slices.
  - Bacteria do not develop in moisture.
5. Fill in the blanks.
- \_\_\_\_\_ vegetables and fruits is one of the ancient method of food preservation.
  - \_\_\_\_\_ the turnips and cut into \_\_\_\_\_.
  - Sprinkle \_\_\_\_\_ on bitter gourds and dry them in sun.
  - Soak bitter gourds and turnips in a solution of \_\_\_\_\_ for twenty to thirty minutes.
  - Preserve \_\_\_\_\_ and \_\_\_\_\_ separately in the sterilized jars.

### Evaluation

#### Practical \_\_\_\_\_ Dried Bitter-gourds and Turnips

Standard marks are given against each statement in the following table. Write down the marks obtained by the student in the related column.

Sr. No.	Characteristics	Standard marks	Marks obtained
1.	Turnips and bitter-gourds are dried well.	5	
2.	Turnips and bitter-gourds are neatly cut.	5	
3.	Turnips and bitter-gourds are soaked in the solution of potassium metabisulphite.	5	
4.	Colour of turnips and bitter-gourds is fresh.	5	
5.	Turnips and bitter-gourds have their natural aroma.	5	
<b>Total Marks</b>		<b>25</b>	

Grade

Signatures of the

Teacher Incharge \_\_\_\_\_

Dated \_\_\_\_\_



## MANGO CHUTNEY

Vegetables and fruit chutneys are an important part of the eastern meals. In our country tamarind, mint, pomegranate seeds, unripe mangoes, green chillies, onions, garlic, plums, apricots and tomato chutneys are mostly used. These are liked by all and fall among the most favourite delicacy. These chutneys are nutritious and good appetizers.

### Nutritive value of mango chutney

Chutneys prepared with fruits and vegetables are full of nutrients because minerals, vitamins and carbohydrates are present in them.

Mango is considered to be the king of fruits. It has vitamins, minerals and carbohydrates which are necessary for the health, growth and development of the body.

### Important instructions about the preparation of chutneys

Following instructions should be followed while preparing chutneys:

1. Chutneys should be prepared in their season because seasonal vegetables and fruits are fresh, cheap and nutritious.
2. Fruits and vegetables used should be plump and clear.
3. Spices used should be of good quality.
4. Sterilized bottles should be used.
5. Chutney should be cooked on low heat.
6. Spices used should be tied-up in a muslin-cloth to retain the colour of fruit or vegetable. It should be well squeezed before taking it out.
7. Metal utensils should not be used. Wooden spoon should be used for stirring.
8. Chutneys should be preserved in a dry bottle and shaken once or twice so that no air bubbles are formed in it. Furthermore, it should be sealed with a wax covering.

### Mango Chutney

#### Ingredients

Unripe mangoes	1 kg.
Sugar	800 gms.
Vinegar	100 gms.
Salt	50 gms.
Red chilli powder	15 gms.
Spices (whole)	30 gms.
Garlic	25 gms.



Ginger (crushed)	20 gms.
Onion	100 gms.
Almonds	30 gms.
Kalaunji	2 teaspoons



### Equipment

Stainless steel saucepan, stove, match-box, duster, wooden ladle, plastic sieve and bowl, knife, vegetable cutting board, muslin cloth, grater, sterilized bottle with cover.

### Method:

1. Wash mangoes, peel and cut into small pieces or grate.
2. Pour half cup of water in a saucepan. Put mango pieces in it and let it boil twice or thrice so that mango pieces become tender.
3. Tie-up garlic, onion and spices in a muslin cloth.
4. Put the tied spices in the mango pieces and cook on low heat by constantly stirring it with a wooden spoon.
5. When the mixture thickens then take it off the fire.
6. Take out the tied spices, when cool, squeeze it in the chutney.
7. Add vinegar, ginger and sugar and cook on low heat. When it thickens, then add sliced almonds and take it off the fire.
8. When it cools, then pour it in the sterilized bottle. Shake it twice or thrice so that no bubbles are left in it. Seal airtight. Store in a cool dry place.

## QUESTIONS

1. Write down the nutritive value of chutney.
2. Write down the method of Mango chutney under the following headings. Ingredients, equipment, method.
3. Fill in the blanks.
  - i. Fruit chutneys are \_\_\_\_\_ and good appetizers.
  - ii. \_\_\_\_\_ and \_\_\_\_\_ used for chutneys should be plump and clean.
  - iii. \_\_\_\_\_ is king of fruits.
  - iv. Chutneys should be cooked on \_\_\_\_\_ fire.
  - v. \_\_\_\_\_ utensils should not be used for making the chutney.
4. Tick ✓ mark on the correct statement.
  - i. Fruit chutneys are nutritious and good appetizers.
  - ii. Fruit used for chutney should be plump and clean.
  - iii. Chutney should be cooked on low heat.
  - iv. Spices should not be tied in a muslin cloth.
  - v. Chutneys should not be preserved in a dry place.

## Evaluation

### Practical \_\_\_\_\_ Mango Chutney

Standard marks are given against each statement in the following table. Write down the marks obtained by the student in the related column.

Sr. No.	Characteristics	Standard marks	Marks obtained
1.	Chutney has maintained its colour.	5	
2.	Thickness of chutney is of desired consistency.	5	
3.	Proportion of spices is accurate.	5	
4.	Chutney is aromatic.	5	
5.	Chutney is delicious and tasty.	5	
	<b>Total Marks</b>	<b>25</b>	

Grade

Signatures of the

Teacher Incharge \_\_\_\_\_

Dated \_\_\_\_\_



# PRINCIPLES OF HEALTH AND HYGIENE AND STITCHING OF GARMENTS

1



## PRINCIPLES OF HEALTH AND HYGIENE

Good Health is the essence of life. It helps in enjoying the ultimate values related to human body. Health means mental and physical well-being.

A person is considered to be healthy when all parts of the body are working normally and there is no feeling of unnecessary fatigue. The individual feels hail and hearty, full of enthusiasm and life and mental alertness. He participates in the social welfare programs with interest. A healthy person is free from worries and is capable of maintaining good relations with everyone.

Neat and proper dress, personal cleanliness and grooming of personality are the factors which add to the charm of a person. Good health is necessary to achieve the best out of these factors, such as

1. Balanced diet
2. Proper exercise
3. Body cleanliness
4. Treating of the foul smell
5. Clean and proper dress
6. Proper sleep and rest
7. Interesting leisure time hobbies

### 1. **Balanced diet**

Balanced diet maintains the grace, beauty and health of various parts of the body. We should use milk and milk products, cereals, grains, fats, fruits and vegetables, meat, fish and eggs etc. in our daily diet.

### 2. **Proper exercise**

Inhalation of fresh and clean air early in the morning, morning walk, walk after the evening meal, p.t and drill in schools, races etc. are necessary for the freshness of mind, circulation of blood and expansion of lungs.

### 3. **Body cleanliness**

It includes the cleanliness of the hands, nails, teeth, hair, eyes, ears and nose alongwith the rest of the body.

#### A. Cleanliness of the hands and nails

The cleanliness and beauty of the hands adds to the charm of the personality. The hands are used in different activities throughout the day, therefore the skin of the hands should be properly cared for.

Nails should be cleaned daily. Dirty nails are harmful for health and they also give a dirty look. The nails should be trimmed and filed properly once in a week so that no dirt or grease is gathered in them.

#### B. Care of teeth

Teeth are an important part of our face and they are visible while talking or laughing. Therefore, if they are dirty, they will have a bad impression on the viewer and they are also harmful for the gums and stomach. Following points should be kept in mind to make the teeth shiny and glowing.

1. Always eat balanced diet which includes milk, eggs, vegetables, fruits, meat, cereals etc. Milk is very important for the teeth because it has calcium in it which is necessary for healthy growth and structure of teeth.
2. Avoid sweets because these lead to cavities and loss of luster of the teeth.
3. Brush your teeth daily. Brush teeth thoroughly and regularly before and after breakfast and after every meal.

#### C. Care of the eyes

Eyes are an important part of the human body. These are considered to be the index of one's personality. Following points should be kept in mind while taking care of the eyes.

1. Balanced diet is necessary.
2. Adequate sleep according to age is necessary. Inadequate sleep leads to swelling of the eyelids and appearance of black circles under the eyes. Furthermore, the glow and shine of the eyes is lost.
3. Sufficient light while reading or working should be used. Use of dim or improper light causes strains to the eyes. It is harmful to read in a car or bus while travelling. Always sit straight while reading or working. Keep the book at a distance of one foot to one and a half feet while reading.
4. Periodical medical and eye sight checkup by a qualified doctor and eye-specialist is necessary.

#### D. Care of the hair

Proper care of the hair is important in order to enhance the personal charm and natural beauty. Dirty, dusty and dry hair have a bad impression whereas neat and clean hair have a natural beauty. Following points should be kept in mind while caring for the hair.

1. Wash your hair once or twice a week.
2. Soap is harmful for hair. Always wash your hair with a mild shampoo and wash them under running water several times. Rub and dry them with a towel.



3. Balanced diet is also necessary for the hair. Use of fruits, vegetables, milk, meat etc. makes them soft and firm.
4. Massage with oil is necessary for dry hair.
5. Washing of hair several times is necessary for oily or greasy hair.
6. Always comb or brush your hair properly. Combing or brushing is necessary for the circulation of blood and healthy growth of the hair.

#### E. Care of the ear

Cleaning of the ears is also necessary. Ears should be cleaned with a soft cloth or towel while taking bath.

#### 4. Treating of the foul smell

The parts of the body which remain covered should be cleaned properly e.g. mouth, armpits and feet etc. These should be washed properly to get rid of any foul smell. Bath is necessary for removing foul smell. Some deodorant or talcum powder should be used after taking bath. The same can be used for feet. Foul smell of the mouth should be treated by using well flavoured toothpaste or anti-germ lotion.

#### 5. Clean and proper dress

Dress is the basic necessity of our life. It protects and covers our body. It enhances our personality. Neat and proper dress should be used according to the personality, daily activities, age, occasion and climate.

#### 6. Proper sleep and rest

Proper sleep and rest are extremely necessary in order to keep oneself fit after long strenuous work of a day.

#### 7. Interesting leisure time hobbies

Leisure time hobbies should be interesting. Such activities should be adopted which do not have any harmful effect on the health.

### QUESTIONS

1. Define health.
2. Tick ✓ mark on the correct statement.
  - a. Dress enhances our personality.
  - b. Teeth are an important part of our face.
  - c. Eyes are not the index of one's personality.
  - d. Adequate sleep is necessary for health.
  - e. We should wear neat and proper dress.
3. Fill in the blanks.
  - a. Good health is the \_\_\_\_\_ of life.
  - b. \_\_\_\_\_ is very important to get the best out of one's \_\_\_\_\_.
  - c. Body cleanliness includes \_\_\_\_\_.
  - d. Nails should be cleaned \_\_\_\_\_.
  - e. \_\_\_\_\_ is necessary for eyes.

## EVALUATION

Practical \_\_\_\_\_ Principles of Health and Hygiene

Standard marks are given against each statement in the following table. Write down the marks obtained by the student in the related column.

Sr. No.	Characteristics	Standard marks	Marks obtained
1	Student has properly washed her hands and face.	5	
2	Hair are well-combed and brushed.	5	
3	Dress is proper.	5	
4	Dress is neat and free from wrinkles.	5	
5	Student takes interest in the upkeep of her personality.	5	
Total marks		25	

Grade

Signatures of the

Teacher Incharge \_\_\_\_\_

Dated \_\_\_\_\_

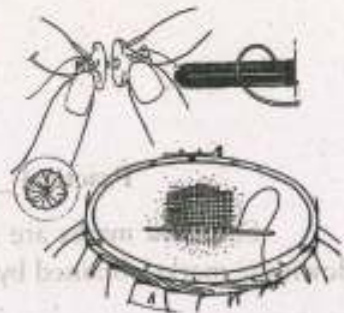


2

EVALUATION

Principles of Health and Hygiene

## DARNING, BUTTONHOLES AND BUTTONS



Garments used daily in the homes sometimes require repair because of a tear or a hole caused by some insects or due to the weakening of the fabric. Such garments can be mended by darning or patching. Darning is the best method used for mending small holes whereas large holes are mended by using a patch.

### How to darn

Darning requires a lot of practice. By darning we can make an expensive dress usable again. The steps which should be followed in darning a garment are;

1. The thread used should be according to the kind and colour of the fabric.
2. Single strand of thread should be used. Double strand of thread can be used according to the thickness of the fabric.
3. A knot should not be used.
4. Long headed fine needle should be used for taking small stitches.
5. Darning can be done in round, square or oval shapes or as desired.
6. Running stitches should be taken at a distance of 0.5 centimetres from the edge of the hole.
7. Lengthwise filling of threads should be done first, then cross-wise filling should be carried out.
8. Filling should be according to the fabric.
9. Filling should neither be loose nor tight.

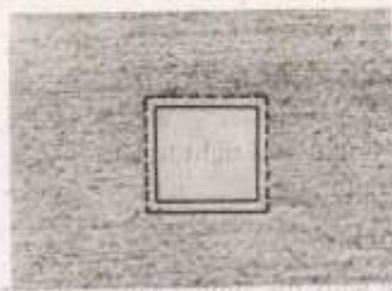
### Darning a tear in the fabric

#### Things required

- A piece of cotton fabric 15 x 15 cms.
- Matching thread
- Sewing box

#### Method

1. Make a square tear of 2x2 cms. in the centre of the piece. Cut it with a sharp scissors. (fig. 2.1 A)
2. Mark with a tailors chalk 0.5 cm. all around the hole. (fig. 2.1B)



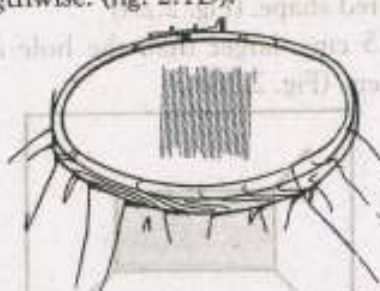
(A)

Fig. 2.1



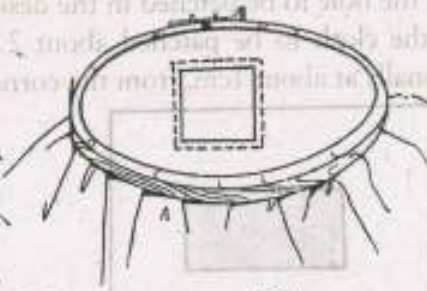
(B)

3. Frame the fabric by placing the hole in the centre and fix it. (fig. 2.1C).
4. Thread the needle. Hold the frame in your left hand and start darning by taking small running stitches. The stitches should be taken from left to right lengthwise. (fig. 2.1D).



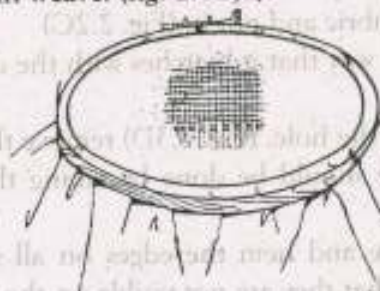
(C)

Fig. 2.1



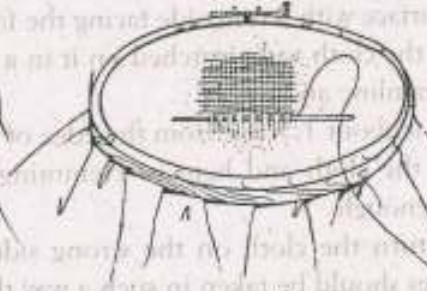
(D)

5. Now make a series of stitches by crossing the lengthwise stitches. These stitches should be crossed by taking one thread under and one thread over as is done in plain weave. (fig. 2.1E,F).



(E)

Fig. 2.1



(F)

6. Filling should be close enough according to the weave of the fabric, (fig. 2.1G) unscrew the frame and iron the darn.

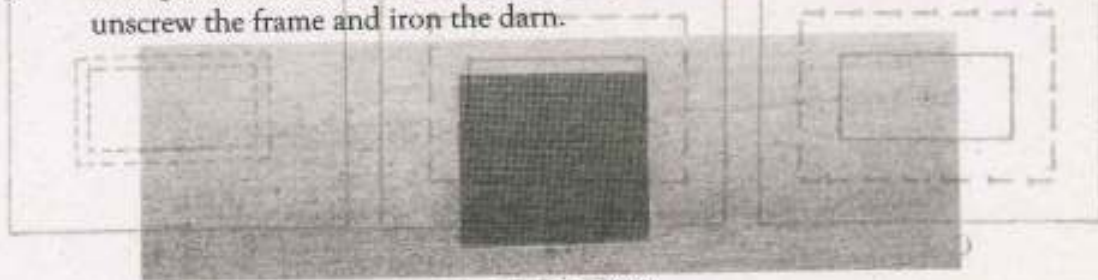


Fig. 2.1 (G)



### Precautions

1. Follow the lengthwise and cross-wise grains of the fabric.
2. Leave a little thread extra after filling.
3. Direction of the needle should be left to right and right to left.
4. The filling should neither be loose nor tight.

### Patchwork

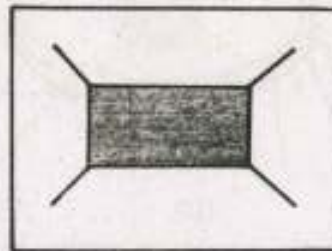
Patchwork is done by covering the hole with the similar fabric. A patch can be made in round, oval, square or triangular shape. A patch is more suitable for mending a large hole. The patch should be applied according to the direction of the cloth. In designed or striped fabric, the patch should follow the same direction of the design or strips.

### Method

1. Trim the hole to be patched in the desired shape. (Fig. 2.2A)
2. Cut the cloth to be patched about 2.5 cms. larger than the hole and clip it diagonally at about 1cm. from the corners. (Fig. 2.2B)



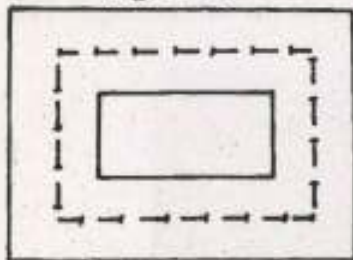
A



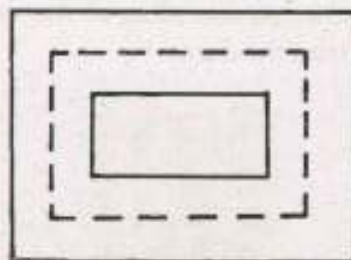
B

Fig. 2.2

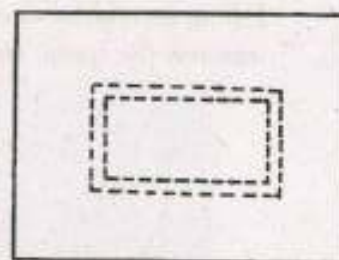
3. Cut the cloth to be used for patching with  $\frac{1}{2}$  cm. seam allowance. Place it on a flat surface with wrong-side facing the fabric and pin it. (Fig. 2.2C)
4. Place the cloth to be patched on it in a way that it matches with the design and the grainline and pin it.
5. Baste it about 1.5cms. from the edge of the hole. (Fig. 2.3D) remove the pins.
6. Turn the cloth and hem it. Hemming should be done by taking the stitches close enough.
7. Now turn the cloth on the wrong side and hem the edges on all sides. The stitches should be taken in such a way that they are not visible on the right side. (Fig. 2.2E)



C



D



E

Fig. 2.2

## Buttonholes

Buttonholes are made on double tape and in horizontal and vertical positions. Blanket or buttonhole stitch is used for making the buttonholes. A lot of practice is required to achieve the neatness.

### a. Vertical buttonholes:

In this type of buttonhole, a bar of thread is made at both the ends. (Fig. 2.3A)

### b. Horizontal buttonholes:

In this type of buttonhole, a bar of thread is made at one end and a fan is made at the other end. (Fig. 2.3B)



(A)



(B)

Fig. 2.3

### Making a buttonhole

#### Things required:

A piece of cotton cloth 10x15 cms.

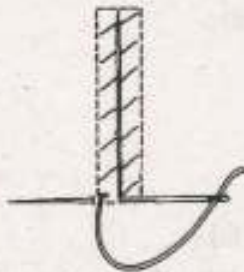
Thread matching with the cloth

#### Method:

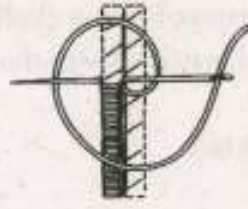
1. Fold the cloth lengthwise and mark a centre-line.
2. Machine stitch or hand stitch on this line. (Fig. 2.4A)
3. Cut along basting and overcast. (Fig. 2.4B)
4. Make buttonhole stitch from right to left. (Fig. 2.4C).



(A)



(B)



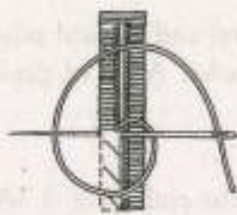
(C)

Fig. 2.3

5. Finish one end of the buttonhole by forming bar tack. (Fig.2.4D)
6. Continue with buttonhole stitch along the opposite side of the buttonhole and finish with a bar-tack. (Fig. 2.4E)



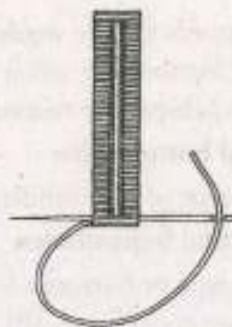
7. Cut the thread. Buttonhole is complete. (Fig. 2.4F)



(D)



(E)



(F)

Fig. 2.4

### Sewing the Buttons

Buttons are of different types and these are used for fastening the garments e.g. on necklines and cuffs. These are sewed on the double thickness of cloth.

The three basic types of buttons are;

1. Snaps
2. Shirt buttons
3. Link buttons

Besides these, there are decorative buttons made of plastic, steel or metal. The surface of these buttons is either plain, coloured, embossed or decorative.

#### 1. Sewing the Snaps

Snaps have two parts. One part of it has a rounded extension which fits into the other part which has a hollow space according to its size. The part with rounded extension is sewed on the side overlapping the tape and the other part on the lower side.

#### Things required

Two pieces of cotton cloth 10x15 cms.

Thread matching with the cloth

Snaps

Sewing box

#### Method

1. Hem the edges of the two pieces of fabric.
2. Overlap the hemmed parts and mark by placing pins. (Fig. 2.5A)
3. Place one part of the snap with rounded extension on the part that overlaps. Sew the snap to the facing only. Take about three to four stitches in each hole. (Fig. 2.5B)

- Place the centre of the other snap on the underlap and sew it in place. (Fig.2.5C)

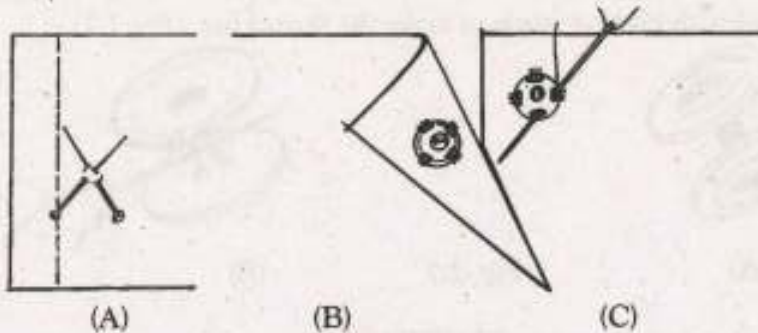


Fig. 2.5

## 2. Sewing the shirt buttons

These buttons are available in different sizes and shapes having two or four holes. These buttons are sewed on the lower tape while buttonholes are made on the upper tape.

### Things required

- A piece of cotton cloth 10x15 cms.
- Matching thread
- Sewing kit

### Method

- Hem the cloth and mark the position for button.
- Place a pin on the button. (Fig. 2.6A)
- Thread the needle by using double strand of thread. Bring the needle from one hole to the other. Repeat it twice or thrice. (Fig. 2.6B)
- Remove the pin and wind the thread under the button around the stitches forming a stem or shank (Fig. 2.6C) fasten securely.

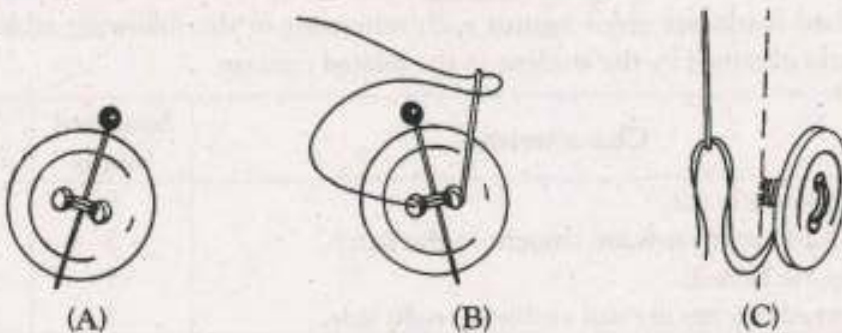


Fig. 2.6

## 3. Link Buttons

These buttons are used as links for joining upper and lower parts of the cuffs.



### Method

Run thread through the two buttons, leaving thread long enough for links. Work over thread with blanket stitch to make the thread bar. (Fig. 2.7)



(A)



(B)

Fig. 2.7

### QUESTIONS

1. Define a darn and a patch.
2. Write down the types of buttonholes.
3. Write down the names of the various types of buttons.
4. Fill in the blanks.
  - a. Small holes are mended by \_\_\_\_\_.
  - b. Large holes are mended by using a \_\_\_\_\_.
  - c. \_\_\_\_\_ thread should be used for darning.
  - d. A \_\_\_\_\_ is made at both ends of the buttonholes.
  - e. Snaps consist of \_\_\_\_\_ parts.
5. Tick ✓ mark on the correct statement.
  - a. An expensive dress can be made useful by darning.
  - b. Buttonholes are made on the single layer of cloth.
  - c. Round extension of the snap button is kept on the upper tape.
  - d. Fasten the button securely before cutting the thread.
  - e. Decorative buttons are simple.

### EVALUATION

#### Practical \_\_\_\_\_ Patchwork

Standard marks are given against each statement in the following table. Write down the marks obtained by the student in the related column.

Sr. No.	Characteristics	Standard marks	Marks obtained
1	Patch is neatly cut.	5	
2	Warp and weft yarns are straight in the patch.	5	
3	Edges are basted.	5	
4	Hemmed stitches are not visible on right side.	5	
Total marks		20	

Grade

Signatures of the  
Teacher Incharge \_\_\_\_\_  
Dated \_\_\_\_\_

## EVALUATION

### Practical \_\_\_\_\_ Darning

Standard marks are given against each statement in the following table. Write down the marks obtained by the student in the related column.

Sr. No.	Characteristics	Standard marks	Marks obtained
1	Proper thread is used for darning.	5	
2	Method used is correct.	5	
3	Darning is done neatly.	5	
4	Darning is done parallel to the warp and weft yarns.	5	
5	There is no flare in the finished darning.	5	
Total marks		25	

Grade

Signatures of the  
Teacher Incharge \_\_\_\_\_  
Dated \_\_\_\_\_

## EVALUATION

### Practical \_\_\_\_\_ Making a Buttonhole

Standard marks are given against each statement in the following table. Write down the marks obtained by the student in the related column.

Sr. No.	Characteristics	Standard marks	Marks obtained
1	Size of the buttonhole is correct.	5	
2	Buttonhole is made on double layer of cloth.	5	
3	Stitches are taken close enough.	5	
4	Size of the buttonhole is not smaller than the button.	5	
Total marks		20	

Grade

Signatures of the  
Teacher Incharge \_\_\_\_\_  
Dated \_\_\_\_\_



## EVALUATION

### Practical \_\_\_\_\_ Sewing the Snaps

Standard marks are given against each statement in the following table. Write down the marks obtained by the student in the related column.

Sr. No.	Characteristics	Standard marks	Marks obtained
1	Proper method is used for hemming.	5	
2	The rounded extension is sewed on the upper tape.	5	
3	Button is fastened by taking three to four stitches.	5	
4	The lower part of the snap is fixed well.	5	
	<b>Total marks</b>	<b>20</b>	

Grade

Signatures of the  
Teacher Incharge \_\_\_\_\_  
Dated \_\_\_\_\_

## EVALUATION

### Practical \_\_\_\_\_ Sewing the Shirt Buttons

Standard marks are given against each statement in the following table. Write down the marks obtained by the student in the related column.

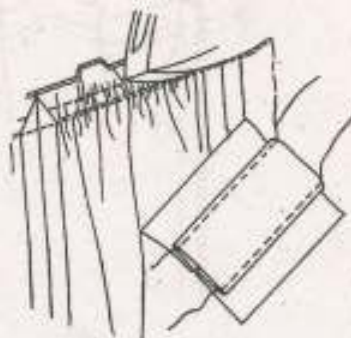
Sr. No.	Characteristics	Standard marks	Marks obtained
1	Button is sewed on the double layer of cloth	5	
2	Button is in the centre of the buttonhole.	5	
3	Button is sewed with double thread.	5	
4	Button is sewed neatly.	5	
	<b>Total marks</b>	<b>20</b>	

Grade

Signatures of the  
Teacher Incharge \_\_\_\_\_  
Dated \_\_\_\_\_

# 3

## GATHERS, PLEATS AND FLAT FELL SEAM



### Gathers

Gathers are used in a dress to create soft even folds. The basic purpose of gathers is to produce ease and to create beauty in a dress.

Gathers are mostly used on children's dresses, on cuffs, yokes, shirts etc.

### How to gather

Gathering can be done by stitching with a needle or with a machine. Double strand of thread is used for gathering by hand whereas long machine stitch is used for gathering by machine.

### Gathering by the machine

#### Things required

A piece of cotton cloth 20x25 cms.

Matching thread

Sewing kit

Sewing machine

#### Method

1. Increase the size of the stitch by adjusting the stitch regulator.
2. Make a row of machine stitch at the seamline to be gathered. Leave about 5 cms. of thread at each end. (Fig. 3.1A) Make another row of stitches 1 cms. away from the first stitching line.
3. Make a knot at one end by joining the threads from both rows.
4. Now draw or pull the threads with right hand and keep on pushing the stitches together and close to each other slowly and carefully from both rows with the left hand. (Fig. 3.1B).
5. Even the gathers by pressing softly along the seamline and stitch. (Fig. 3.1C)



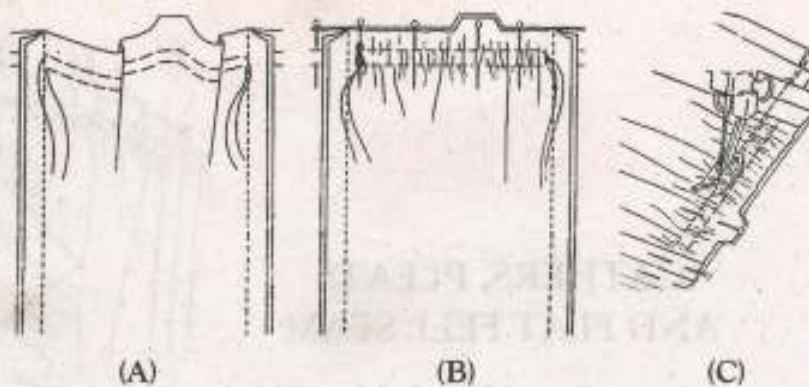


Fig. 3.1

## Pleats

Pleats are used to make a dress look beautiful. An important function of pleats is to create fullness. Pleats also add beauty and fitness to the dress. Pleats are used at necklines, yokes, shoulders and front or backside. These are mostly used on children's frocks.

Pleats are made in different ways e.g.

1. Side-pleats (Fig. 3.2A)
2. Box-pleats (Fig. 3.2B)
3. Inverted-pleats (Fig. 3.2C)

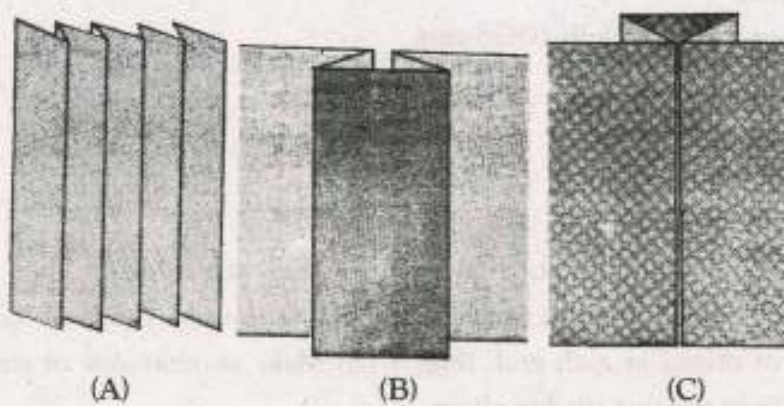


Fig. 3.2

### 1. Side pleats

These pleats are made by turning all folds to one side. The width of all folds should be the same or little less on one side and more on the other. e.g. for a child's skirt the method will be as follows.

#### Method

1. Spread the cloth on a flat surface. Mark points 1,2,3,4,5. (Fig. 3.3A)
2. Fold the cloth at point 1-2, 3-4, 5-6 and so on (Fig. 3.3B). Pin all the pleats.

3. Stitch and join with the other part. (Fig. 3.3C)

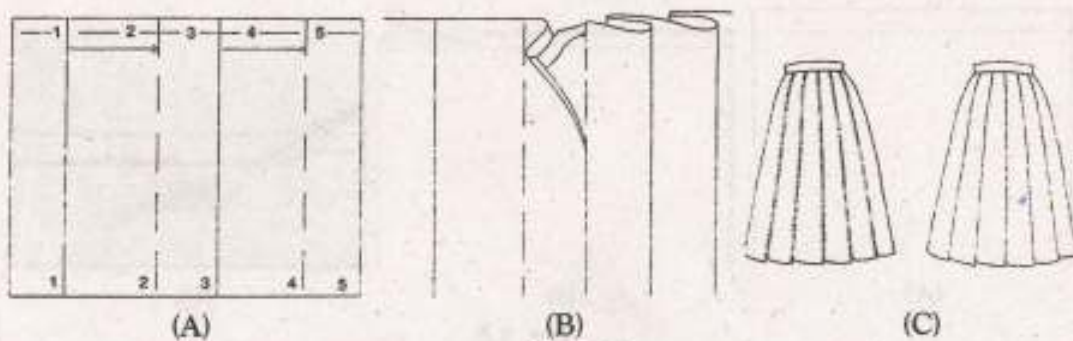


Fig. 3.3

2. Box pleats

These pleats are made on the right side of the fabric by pressing the fold from the centre and stitching it on the right and left side of the fold from the centre. (Fig.3.4)

3. Inverted pleats

These pleats are made on the wrong side of the fabric by turning two folds away from each but meeting at the centre (Fig. 3.5)

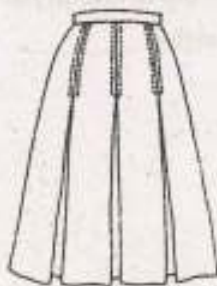


Fig. 3.4

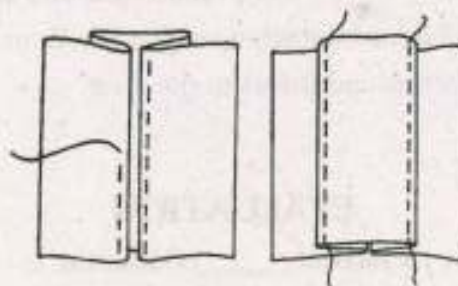


Fig. 3.5

### Flat Fell Seam

This seam is mostly used on thick cloth. It has no wrong or right side, therefore, it is mostly used for joining the bedsheets. It is a durable seam and is most useful for men's or children's pants, trousers, knickers and shirts etc.

#### Things required

- Two pieces of cotton cloth 15x15 cms.
- Matching thread
- Sewing kit
- Sewing machine

#### Method

1. Match the wrong sides of the material together and pin.
2. Mark 2 cms. seam allowance and stitch. (Fig. 3.6.A)
3. Trim one edge of the cloth at the center. (Fig. 3.6.B)



4. Turn the other edge over the trimmed edge. Baste, press and stitch (Fig. 3.6.C)

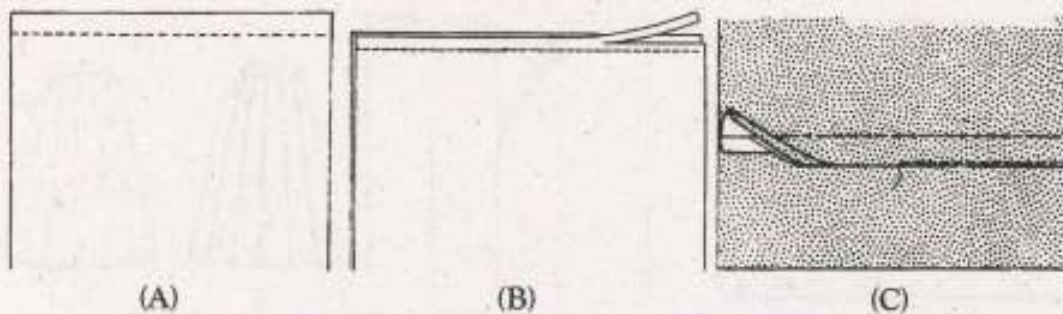


Fig. 3.6

### QUESTIONS

1. Write down the importance of gathers.
2. In how many ways pleats can be made?
3. Define flat fell seam.
4. Fill in the blanks with appropriate words.
  - a. Basic purpose of \_\_\_\_\_ is to produce ease and beauty in the dress.
  - b. \_\_\_\_\_ can be done by stitching with a needle or with a \_\_\_\_\_.
  - c. \_\_\_\_\_ add beauty and fitness to the dress.

### EVALUATION

#### Practical \_\_\_\_\_ Gathering

Standard marks are given against each statement in the following table. Write down the marks obtained by the student in the related column.

Sr. No.	Characteristics	Standard marks	Marks obtained
1	Proper material is used for gathering.	5	
2	Stitching lines are straight.	5	
3	Division of gathers is even and smooth.	5	
4	Gathers look beautiful after finishing.	5	
<b>Total marks</b>		<b>20</b>	

Grade

Signatures of the  
Teacher Incharge \_\_\_\_\_  
Dated \_\_\_\_\_

## EVALUATION

### Practical \_\_\_\_\_ Pleats

Standard marks are given against each statement in the following table. Write down the marks obtained by the student in the related column.

Sr. No.	Characteristics	Standard marks	Marks obtained
1	Proper material is used.	5	
2	Pleats are made at an equal distance.	5	
3	Pleats are smooth and equal in size.	5	
4	Finished pleats are beautiful in appearance.	5	
Total marks		20	

Grade

Signatures of the  
Teacher Incharge \_\_\_\_\_  
Dated \_\_\_\_\_

## EVALUATION

### Practical \_\_\_\_\_ Making a Flat Fell Seam

Standard marks are given against each statement in the following table. Write down the marks obtained by the student in the related column.

Sr. No.	Characteristics	Standard marks	Marks obtained
1	Method of flat fell seam is correct.	5	
2	Proper material is used.	5	
3	Width of the seam is correct.	5	
4	Stitches are neat.	5	
5	The seam is smooth and flat.	5	
Total marks		25	

Grade

Signatures of the  
Teacher Incharge \_\_\_\_\_  
Dated \_\_\_\_\_



# 4

## TAKING BODY MEASUREMENTS



### Importance of taking measurements

Proper stitching of a dress depends, to a great extent upon accurate cutting. For accurate cutting correct measurements of the body are required. The elegant fitting of the dress depends upon the proper measurements which adds to the beauty of a dress.

### How to give the measurements

It is not possible to take accurate measurements by oneself. Therefore, following points should be kept in mind while giving the measurements.

1. Measurements should be given by wearing a light dress. Loose and heavy weight dress should be avoided.
2. Stand straight but at ease. Take off dopatta and tie up your hair.
3. Keep a notebook and a pencil with you so as to note down the measurements.
4. All measurements should be a bit loose and not tight. Ease allowance should be added in the draft.

**Note:** Method of taking body measurements is given on next pages with illustrations. Follow them while taking your measurements. Check these measurement from time to time.

#### 1. Across back

Measure from one shoulder to the other shoulder by keeping the tape over the back of the shoulders. (Fig. 4.1) Note it in the note book.

Be careful to keep the tape on the right points, otherwise shoulder fitting will be affected.

#### 2. Centre-back length

Measure from top to the prominent bone at the base of the neck to the natural waistline (Fig. 4.2).

This measurement is required for making darts in a shirt. Incorrect measurements will have adverse effects on proper fitting.

#### 3. Bust

Measure around the body at the fullest part of the bust. Join the ends of the tape in the centre and note the measurement. (Fig. 4.3).

Be careful to keep the tape in correct position across the back and in front.

4. **Waist**

Measure around the body at the waist by placing two finger tips inside the tape. (Fig. 4.4).

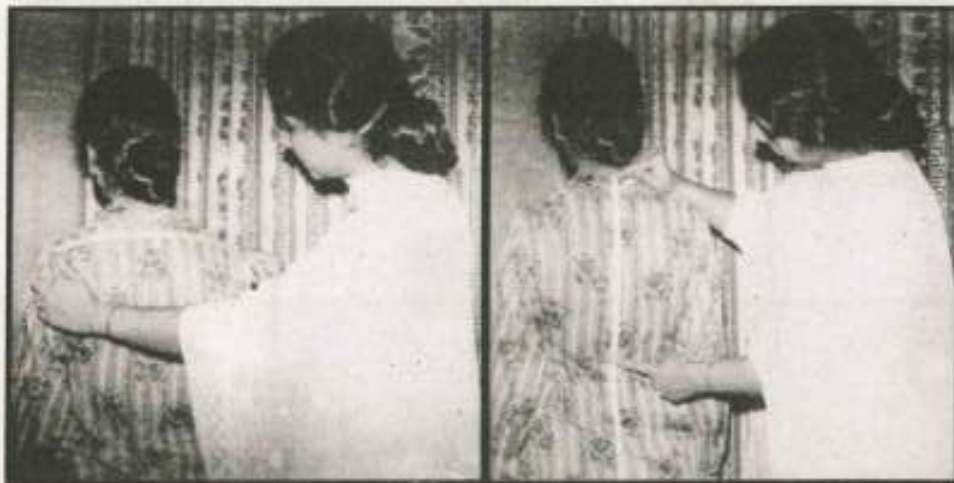


Fig. 4.1

Fig. 4.2



Fig. 4.3

Fig. 4.4

5. **Hips**

Measure around the fullest and widest part of the hips approximately 20 cms. below the natural waistline. (Fig. 4.5).

6. **Full length**

Length of the shirt changes according to the fashion. Keep the tape at the shoulder top and measure up to the desired length. (Fig. 4.6).





Fig. 4.5



Fig. 4.6



Fig. 4.7



Fig. 4.8

## 7. Sleeves

Length and width of the arm is required for sleeves.

1. To measure the length of the sleeve: Place the tape at the shoulder and measure the shoulder upto the wrist with a little bended arm at elbow (Fig. 4.7). If sleeves are to be made  $\frac{3}{4}$  then keep the arm straight.
2. To measure the width of the sleeve: Place the tape all around the wrist and measure (Fig. 4.8).

## QUESTIONS

1. What points should be kept in mind while giving the measurements?
2. Tick  $\checkmark$  mark on the correct statement.
  - a. It is possible to take accurate measurements by onself.
  - b. Loose and heavy weight dress should be avoided while taking measurements.
  - c. All measurements should be taken from right side.
  - d. Fitting is not affected by taking inaccurate measurements.
  - e. Bust measurement is taken over the fullest part of the bust.
3. Fill in the blanks.
  - a. Fitting of a well-stitched dress depends upon the proper \_\_\_\_\_.
  - b. \_\_\_\_\_ your \_\_\_\_\_ while taking measurements.
  - c. Take all measurements a bit \_\_\_\_\_ and not tight.
  - d. Bring tape \_\_\_\_\_ around the body.
  - e. \_\_\_\_\_ measurement is taken \_\_\_\_\_ below the natural waist line.

## EVALUATION

### Practical \_\_\_\_\_ Taking Body Measurements

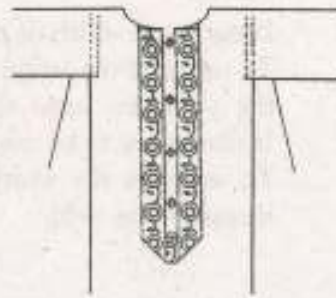
Standard marks are given against each statement in the following table. Write down the marks obtained by the student in the related column.

Sr. No.	Characteristics	Standard marks	Marks obtained
1	Body is straight and at ease while taking measurements.	5	
2	Light weight dress is worn.	5	
3	Position of the tape is correct.	5	
4	Method of noting the measurements is correct.	5	
	<b>Total marks</b>	<b>20</b>	

Grade

Signatures of the  
Teacher Incharge \_\_\_\_\_  
Dated \_\_\_\_\_





## KURTA

### Drafting, Cutting and Stitching

Kurta is a loose dress. It is quite suitable for summer wear. In kurta all seams are straight and it is mostly made on sheer fabrics e.g. muslin, lawn, voile etc.

Mostly the draft of kurta is not made. But for learning it is important to make draft of kurta on brown paper.

Draft of the kurta is made in four parts i.e. centre panel, kali, gusset and sleeve.

Following measurements are required for making a draft of kurta.

1. Across-back
2. Bust
3. Full length
4. Sleeves

The draft of the front and back centre panel are same but are made separately due to the shape of the front and back necklines, The draft of kali, gusset and sleeve are made separately and in one piece.

In this chapter standard measurements of a thirteen years old girl are given for making the draft. You should use your own measurements in order to make draft of a kurta for yourself.

### Draft of the kurta

#### Standard measurements

Across-back	30 cms. (12")
Bust	76 cms. (30")
Full Length	90 cms. (36")
Sleeve Length	46 cms. (18")

#### 1. Centre panel of the kurta

The draft of front and back centre panel of kurta are made separately. Follow the same method given below for front and back centre panel.

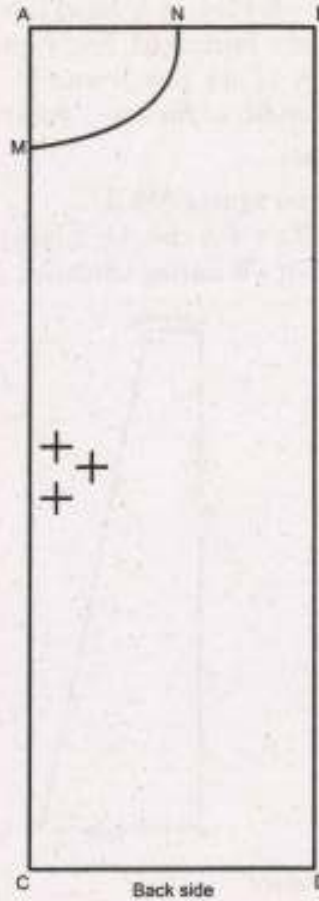
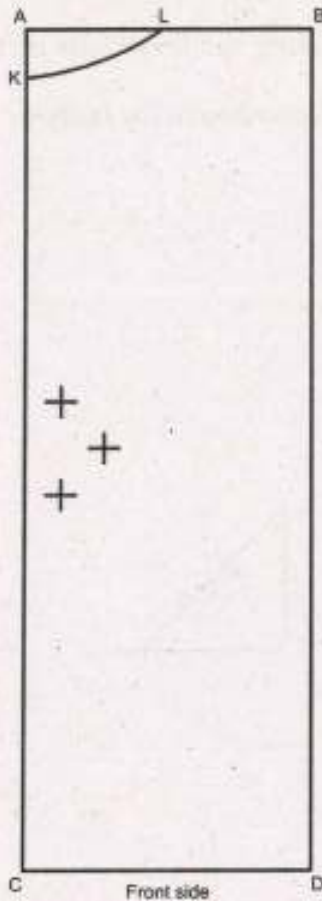
1. Draw a vertical line from A to C. AC = 90 cms. (full length)
2. Draw a horizontal line from A to B. AB = 15 cms. (1/2 across back)
3. Join ABCD and mark foldline ++ on line AC.

#### Front neckline

1. At the line AC measure 7.6 cms. from A, mark it K. AK = 7.6 cms. (1/10 bust)
2. At the line AB, measure 7.6 cms. from A, mark it L. AL = 7.6 cms. (1/10 bust)
3. Join K with L in a curve.

### Back neckline

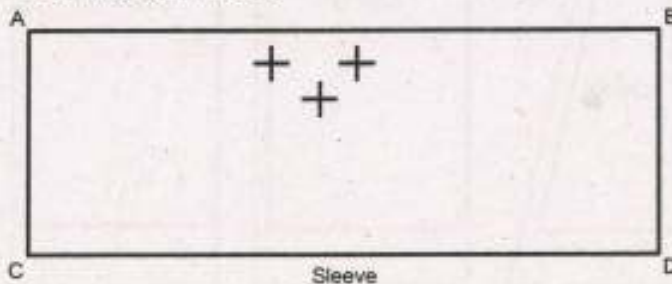
1. At the line AC, measure 2.5 cms. from A, mark it M.  $AM = 2.5$  cms.
2. At the line AB, measure 7.6 cms. from A, mark it N.  $AN = 7.6$  cms. (1/10 bust)
3. Join M with N in a curve.



Centre Panel

### 2. Sleeve of the kurta

1. Draw a vertical line AB.  $AB = 16$  cms. (width of the sleeve)
2. Draw a horizontal line from A to C and B to D.  $AC$  and  $BD = 46$  cms. (length of the sleeve)
3. Join C with D.
4. Mark ++ (Foldline) at line AC.





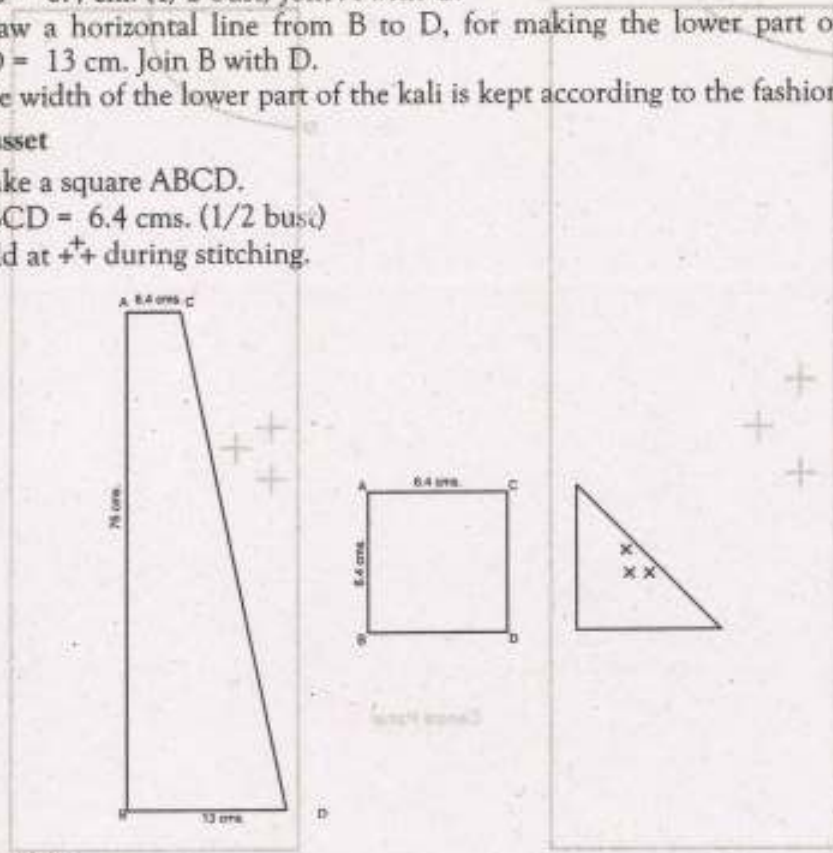
3. **Kali of the kurta**

1. Draw a vertical line from A to B. AB = 74 cms. (Full length + width of the sleeve)
2. Draw a horizontal line from A to C, for making the upper part of the kali. AC = 6.4 cms. (1/2 bust) Join A with C.
3. Draw a horizontal line from B to D, for making the lower part of the kali. BD = 13 cms. Join B with D.

Note: The width of the lower part of the kali is kept according to the fashion.

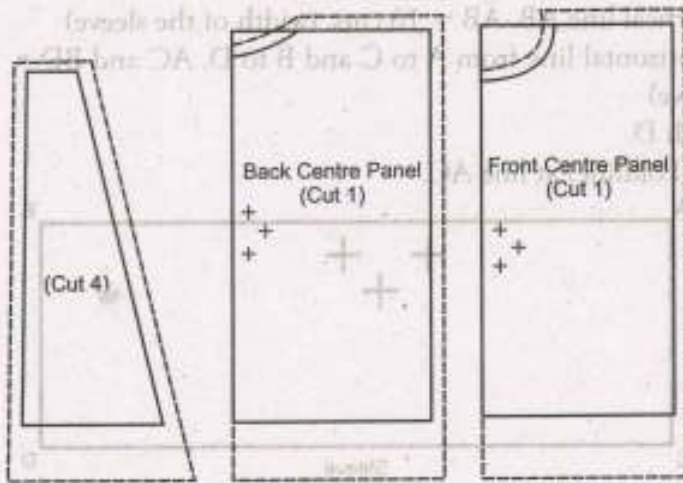
4. **Gusset**

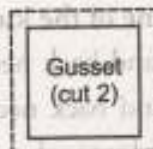
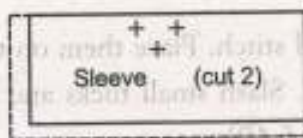
1. Make a square ABCD. ABCD = 6.4 cms. (1/2 bust)
2. Fold at ++ during stitching.



**Seam Allowance**

Mark seam allowance on all parts of the draft. (Fig. 5.1)





### Cutting of the Kurta

1. For learning, it is necessary to use an inexpensive material. Cotton fabric is best for this purpose. Shrink the material before cutting. For shrinking, soak the material in water for few hours, squeeze it, let it dry, then press it.
2. Fold the cloth lengthwise. Pin draft of the front and back panel separately on it mark seam allowances and cut from the sides.
3. Fold the cloth twice, pin the draft of sleeve on it, mark seam allowances and cut.
4. Fold the cloth twice, pin the draft of gusset on it, mark seam allowances and cut.
5. Fold the cloth, pin the draft of kali on it, mark seam allowances and cut as shown in fig. 5.2.
6. Fold the cloth for cutting the front neckline facing at a distance of 2.5 cms. Cut the back neckline by following the same method.
7. For making a buttontape mark 6 cms. from the centre towards the right side and mark a 20 cms. long cut. Slash a little on both sides of its end. (Fig. 5.3)
8. Cut two strips of 4x23 cms. and 7.5 cms. respectively for buttontape.

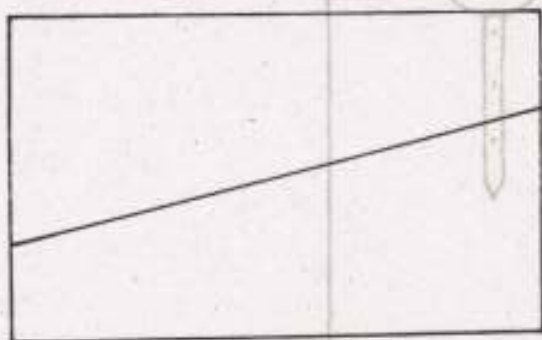


Fig. 5.2

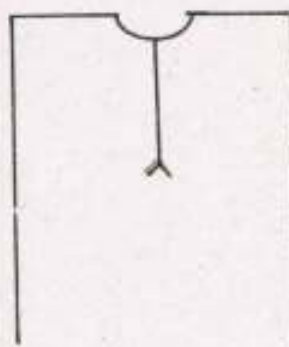


Fig. 5.3

### Stitching of the kurta

Join front and back centre panel at the shoulder seamline and stitch. (Fig. 5.4A)



### Making the neckline of the kurta

1. Join front and back neckline facing and stitch. Place them on the right side of the front and back neckline and stitch. Slash small tucks and turn it towards the wrongside, pin, baste and hem. (Fig. 5.4B)

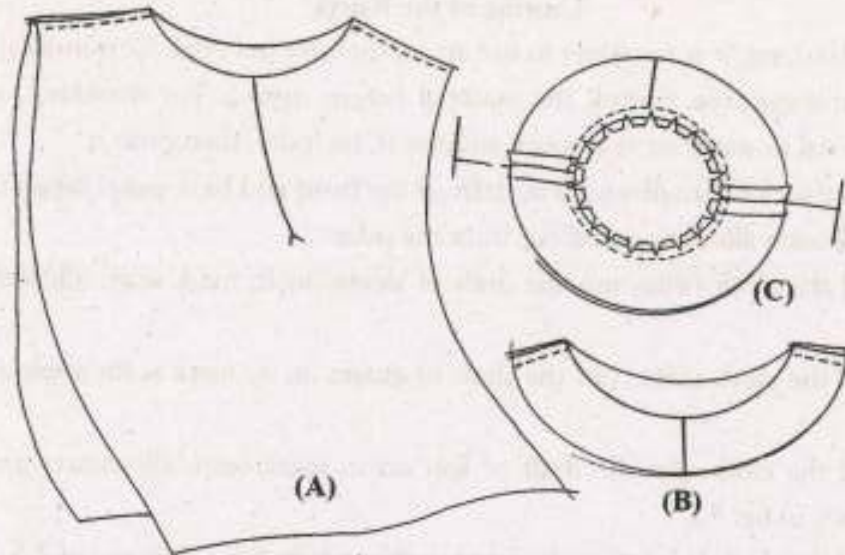


Fig. 5.4

2. Pin 4x23 cms. wide strip on the extended side of the opening and stitch. Fold strip to the inside by keeping 1 cm. on the right side and hem.

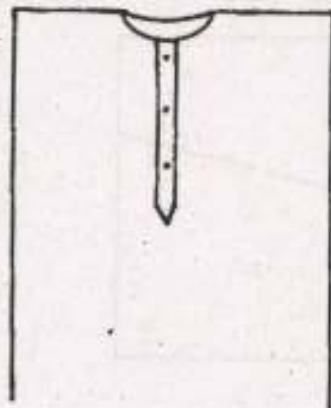


Fig. 5.5

3. Pin 7.5x23 cms. strip on the right side of the opening and stitch. Turn by keeping 2.5 cms. on the right side and hem.
4. Overlap narrow side and hem to make the centre of the point. Make buttonhole on the upper buttontape and sew buttons on the lower buttontape.

### Joining kali, gusset and sleeve

1. Stitch straight sides of kali at the top with one side of the gusset. (Fig. 5.6A)
2. Turn the gusset from centre and stitch it with the second kali. (Fig. 5.6B)
3. Stitch the sleeve with gusset and kali from one side and then from the other side. (Fig. 5.6C)

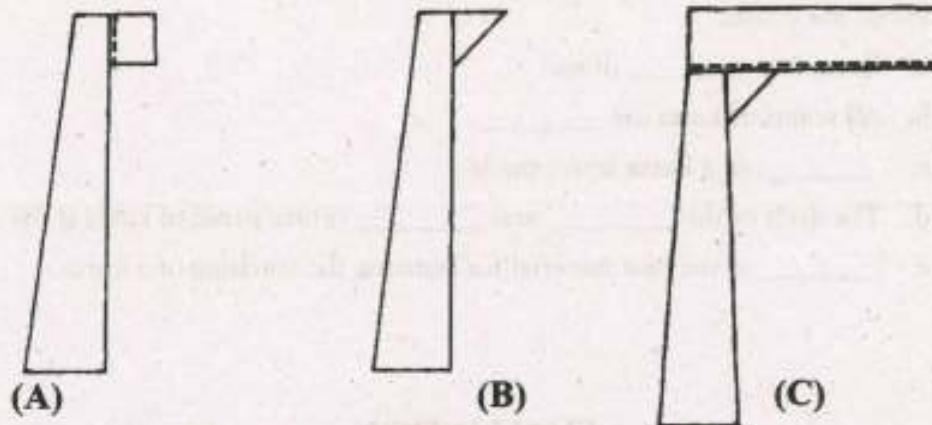


Fig. 5.6

4. Join other sleeve in the same way.
5. Now join them with the centre panel and stitch.
6. Hem. Kurta is complete. (Fig. 5.7)

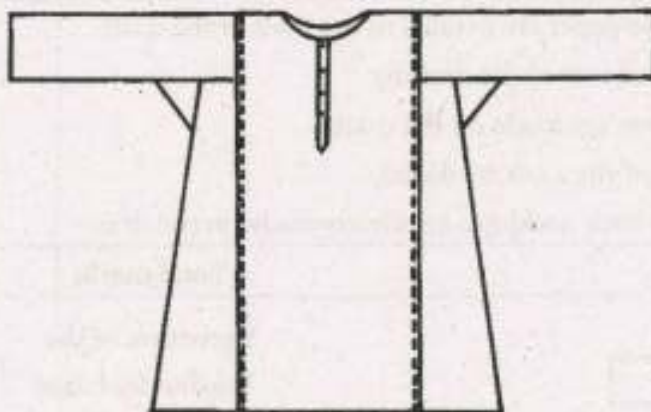
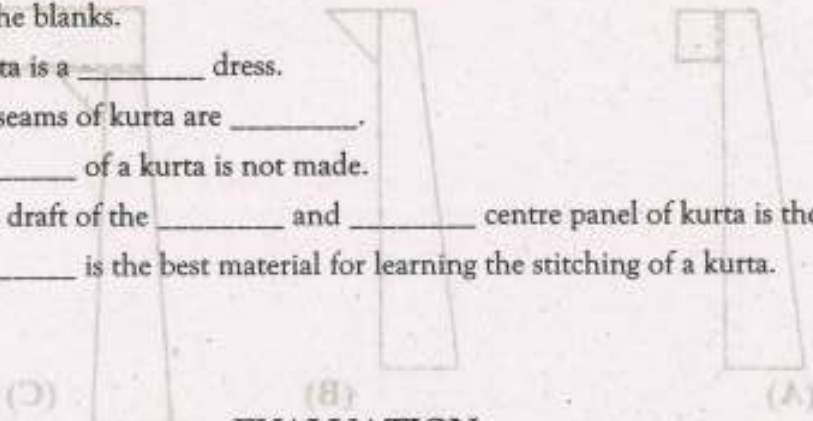


Fig. 5.7



## QUESTIONS

1. Write down the measurements which are required for making draft of a kurta.
2. List down the various parts in which the draft of a kurta is made.
3. Write down the steps to be followed in cutting of the kurta.
4. Fill in the blanks.
  - a. Kurta is a \_\_\_\_\_ dress.
  - b. All seams of kurta are \_\_\_\_\_.
  - c. \_\_\_\_\_ of a kurta is not made.
  - d. The draft of the \_\_\_\_\_ and \_\_\_\_\_ centre panel of kurta is the same.
  - e. \_\_\_\_\_ is the best material for learning the stitching of a kurta.



## EVALUATION

### Practical \_\_\_\_\_ Draft of the Kurta

Standard marks are given against each statement in the following table. Write down the marks obtained by the student in the related column.

Sr. No.	Characteristics	Standard marks	Marks obtained
1	Lines of the paper are parallel to the lines of the draft.	5	
2	Sharp pencil is used for drafting.	5	
3	All markings are made on the draft.	5	
4	Each part of the draft is labeled.	5	
5	Front and back necklines are clearly made on the draft.	5	
<b>Total marks</b>		<b>25</b>	

Grade

Signatures of the  
Teacher Incharge \_\_\_\_\_  
Dated \_\_\_\_\_

## EVALUATION

### Practical \_\_\_\_\_ Cutting of the Kurta

Standard marks are given against each statement in the following table. Write down the marks obtained by the student in the related column.

Sr. No.	Characteristics	Standard marks	Marks obtained
1	Cloth is shrunk before cutting.	5	
2	Cloth is straight.	5	
3	Cutting is done by keeping the cloth lengthwise.	5	
4	Cutting of all parts is smooth and even and according to the measurements.	5	
5	Selvedge is present on the sleeve.	5	
<b>Total marks</b>		<b>25</b>	

Grade  Signatures of the Teacher Incharge \_\_\_\_\_  
 Dated \_\_\_\_\_

## EVALUATION

### Practical \_\_\_\_\_ Stitching of the Kurta

Standard marks are given against each statement in the following table. Write down the marks obtained by the student in the related column.

Sr. No.	Characteristics	Standard marks	Marks obtained
1	Gusset is stitched with the kalis.	5	
2	Kalis are stitched with the sleeves.	5	
3	Kalis and sleeves are neatly stitched with the centre panel.	5	
4	The neckline is round.	5	
5	The buttonhole tape is neatly finished.	5	
6	Kurta is hemmed neatly.	5	
<b>Total marks</b>		<b>30</b>	

Grade  Signatures of the Teacher Incharge \_\_\_\_\_  
 Dated \_\_\_\_\_





## SHALWAR

### Drafting, Cutting and Stitching

Shalwar is stitched in two ways i.e. plain shalwar and shalwar with a belt.

In plain shalwar the length of paenchahas and kundas is the same. In a shalwar with a belt, the length of the belt is deducted from the total length. The total length of the kundas and paenchahas is kept the same.

In this class you will learn the method of drafting, cutting and stitching of a plain shalwar.

The draft of plain shalwar is made in two parts i.e. paenchahas and kundas.

Length of the paenchah = Total length of the shalwar + 5 cms. for naifa.

Width of the paenchah = Required width of the paenchah - 2.5 cms.

Length of the kunda = Length of the paenchah + crotch + 5 cms

Width of the kunda = 5 to 7 cms. more than the width of the paenchah

#### Note:

Following formula is used for calculating the upper width of the kunda i.e. width of the kunda =  $\frac{1}{2}$  of the total length of shalwar.

If the total length of the shalwar is 100 cms. then it should be  $100 \div \frac{1}{2} = 50$  cms.

Lower width of the kunda should be 5 to 7 cms. This formula can be used for making a draft for any age-group.

In this chapter the given draft is according to the presumed measurements. Make a draft for your shalwar by taking your measurements by using the given formula.

The draft of a shalwar is required just for learning, and you do not need it after getting practice in it.

#### Measurements

Total length	=	100 + 5cms. (Naifa)
Crotch	=	45 cms. ( $\frac{1}{2}$ length - 5 cms.)
Width of the paenchah	=	30 cms. ( $\frac{1}{4}$ length + 5 cms.)

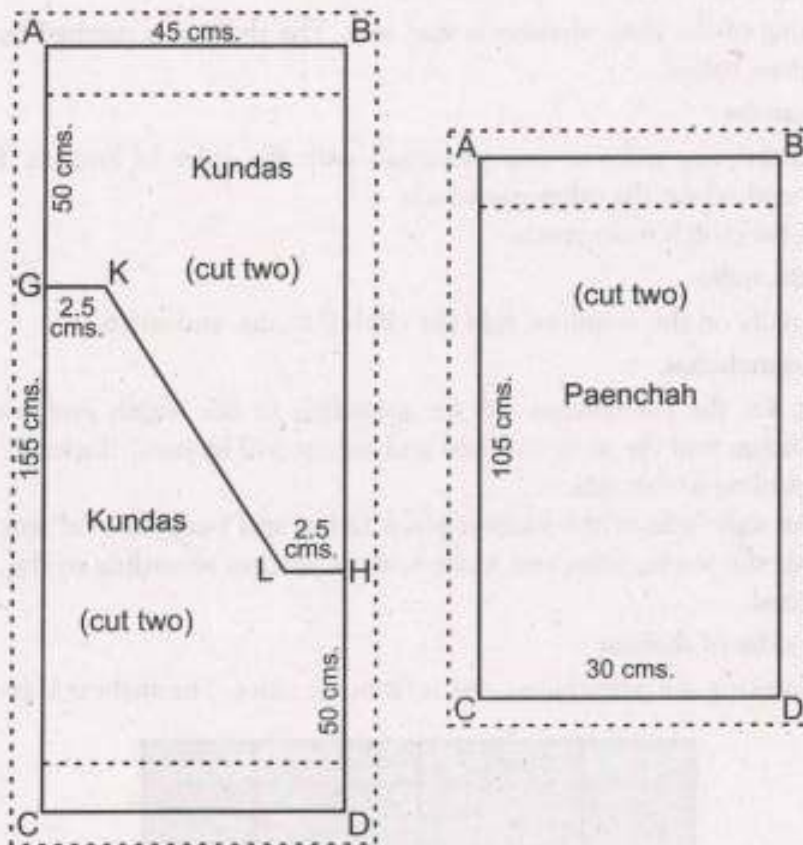
#### Draft of the shalwar

##### Paenchah

1. Draw a vertical line from A to C.  
AC = Total length of the shalwar = 105 cms.

2. Draw a horizontal line from A to B and C to D.  
BD = Width of the paenchah = 30 cms.
3. Join ABCD.
4. Measure 5 cms. downwards from AB for naifa.
5. Add 1.2 cms. seam allowance all around ABCD.
6. Draft of the paenchah is complete.

### Draft of the shalwar



#### Kundas

1. Draw a horizontal line from A to B.  
AB = 45 cms.
2. Draw a vertical line from A to C.  
AC = paenchah + crotch + 5 cms. = 105 + 45 + 5 = 155 cms.
3. Complete the rectangle ABCD.
4. From A measure 50 cms. downwards and mark it G. AG = Crotch + Naifa
5. From D measure 50 cms. upwards and mark it H. DH = Crotch + Naifa
6. Measure 2.5 cms. inwards from G and H and mark it K, L.
7. Join K, L in a slanting line.
8. Measure 5 cms. downwards from AB and 5 cms. upwards from CD for naifa.



9. Mark 2.5 cms. seam allowance all around ABCD.

10. Draft of two kundas is complete.

#### Cutting of the shalwar

Two paenchahas and four kundas are required for making a shalwar. Fold the cloth according to its width for paenchahas. Pin the draft of paenchah on it and cut two paenchahas. Fold the cloth again. Pin the draft of kunda on it and cut four kundas.

#### Stitching of the shalwar

Stitching of the plain shalwar is very easy. The shalwar is stitched by following the method given below.

#### Joining the kundas

1. Join lengthwise sides of one paenchah with the sides of kundas. Follow the same method for the other paenchah.
2. Stitch the crotch from centre.

#### Stitching of the naifa

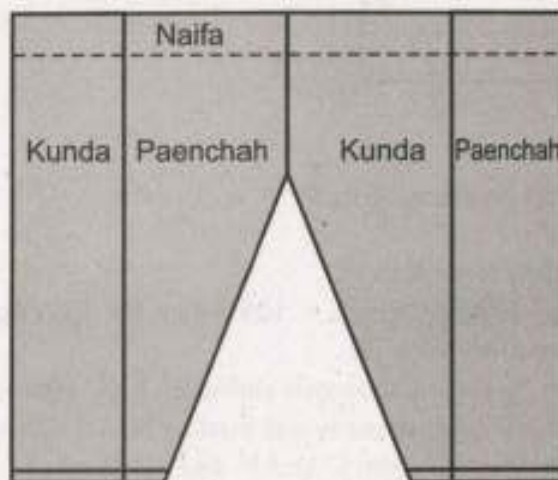
Turn naifa on the seamline, fold the cloth 0.5 cms. and stitch.

#### Making the paenchahas

1. Facing for the paenchahas will be according to the length and width of the paenchahas and the same material and colour will be used. Buckram facing will be according to this size.
2. On the right side of the shalwar place facing and buckram and stitch. Turn it towards the wrong sides and make rows of stitches according to the fashion or as desired.

#### Stitching the sides of shalwar

After making the paenchahas, stitch from the sides. The shalwar is complete.



## QUESTIONS

1. In how many parts the draft of a shalwar is made?
2. How is the width of kundas calculated?
3. Which measurements are required for making the draft of a plain shalwar?
4. Tick ✓ mark on the correct statement.
  - a. Draft of a shalwar is prepared in two parts.
  - b. Length of the kunda is added in the total length of the shalwar.
  - c. Lower width of the kunda is 5 to 7 cms.
  - d. Stitching of a plain shalwar is very difficult.
  - e. Sides of the shalwar should be stitched before making paenchahas.
1. Fill in the blanks.
  - a. \_\_\_\_\_ is made in two ways.
  - b. In a plain shalwar the length of the \_\_\_\_\_ and \_\_\_\_\_ is according to the total length.
  - c. The draft of a plain \_\_\_\_\_ is made in two \_\_\_\_\_.
  - d. \_\_\_\_\_ of plain shalwar is easy.
  - e. Make \_\_\_\_\_ of stitches for paenchahas as desired.

## EVALUATION

### Practical \_\_\_\_\_ Draft of Shalwar

Standard marks are given against each statement in the following table. Write down the marks obtained by the student in the related column.

Sr. No.	Characteristics	Standard marks	Marks obtained
1	Paenchah and kunda measurements are calculated according to the formula.	5	
2	Size of the crotch is according to the formula.	5	
3	All lines of the draft are clear.	5	
4	Lines are marked correctly.	5	
5	All parts of the draft are labelled properly.	5	
<b>Total marks</b>		<b>25</b>	

Grade

Signatures of the

Teacher Incharge \_\_\_\_\_

Dated \_\_\_\_\_



## EVALUATION

### Practical \_\_\_\_\_ Draft of Shalwar

Standard marks are given against each statement in the following table. Write down the marks obtained by the student in the related column.

Sr. No.	Characteristics	Standard marks	Marks obtained
1	Cloth is shrunk before cutting.	5	
2	Cloth is ironed after shrinking.	5	
3	Cloth is kept at lengthwise grain for cutting.	5	
4	Draft of paenchahas and kundas are pinned properly.	5	
5	Paenchahas and kundas are neatly cut.	5	
	<b>Total marks</b>	<b>25</b>	

Grade

Signatures of the  
Teacher Incharge

Dated

\_\_\_\_\_

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## EVALUATION

### Practical \_\_\_\_\_ Stitching of Shalwar

Standard marks are given against each statement in the following table. Write down the marks obtained by the student in the related column.

Sr. No.	Characteristics	Standard marks	Marks obtained
1	Lengthwise side of the paenchah is joined with the kundas	5	
2	Crotch is stitched properly from the centre.	5	
3	Naifa is turned and stitched neatly.	5	
4	Finished paenchahas are neat.	5	
5	Side stitching of shalwar is correct.	5	
	<b>Total marks</b>	<b>25</b>	

Grade

Signatures of the

Teacher Incharge \_\_\_\_\_

Dated \_\_\_\_\_



# LIVING IN THE FAMILY

## 1

### REMOVING SPOTS AND STAINS FROM THE FABRICS

Sometimes a fabric gets stained if handled carelessly. The stain absorbs in the fabric and spoils it. Some stains are easily removed by washing with soap and water, while some stains require special treatment.

Different stains have different characteristics, therefore it is necessary to know about the nature and characteristics of all types of stains.

#### Types of stains

The stains are classified into five types according to their nature and characteristics such as;

1. **Stains of animal source**

The stains of meat, blood, egg and milk have protein properties. These should not be washed with hot water.

2. **Stains of plant and vegetable source**

The stains of tea, coffee, fruit and vegetable are acidic in nature, therefore, alkaline chemicals should be used for removing the stains.

3. **Stains of oil and grease**

The stains of ghee, cream, butter, curry, oil, varnish are removed by using such solvent which can dissolve the fats.

4. **Stains of mineral source**

The stains of rust, black ink and medicines are composed of metals and pigments. These stains are first treated with acidic solution to dissolve the metal present in it. Then they are soaked in an alkaline solution to remove the acidic left over stain.

5. **Stains of colours**

During laundering the colour of certain clothes stains the other clothes. These stains might be acidic or alkaline in their characteristics, therefore, these should be removed carefully.

6. **Stains of grass**

The stains of grass are of vegetable source but they require special care and treatment due to the presence of chlorophyll.

### Methods of removing the stains

Stains should be treated according to the nature and characteristics of the fabrics. Following methods should be used for removing these stains.

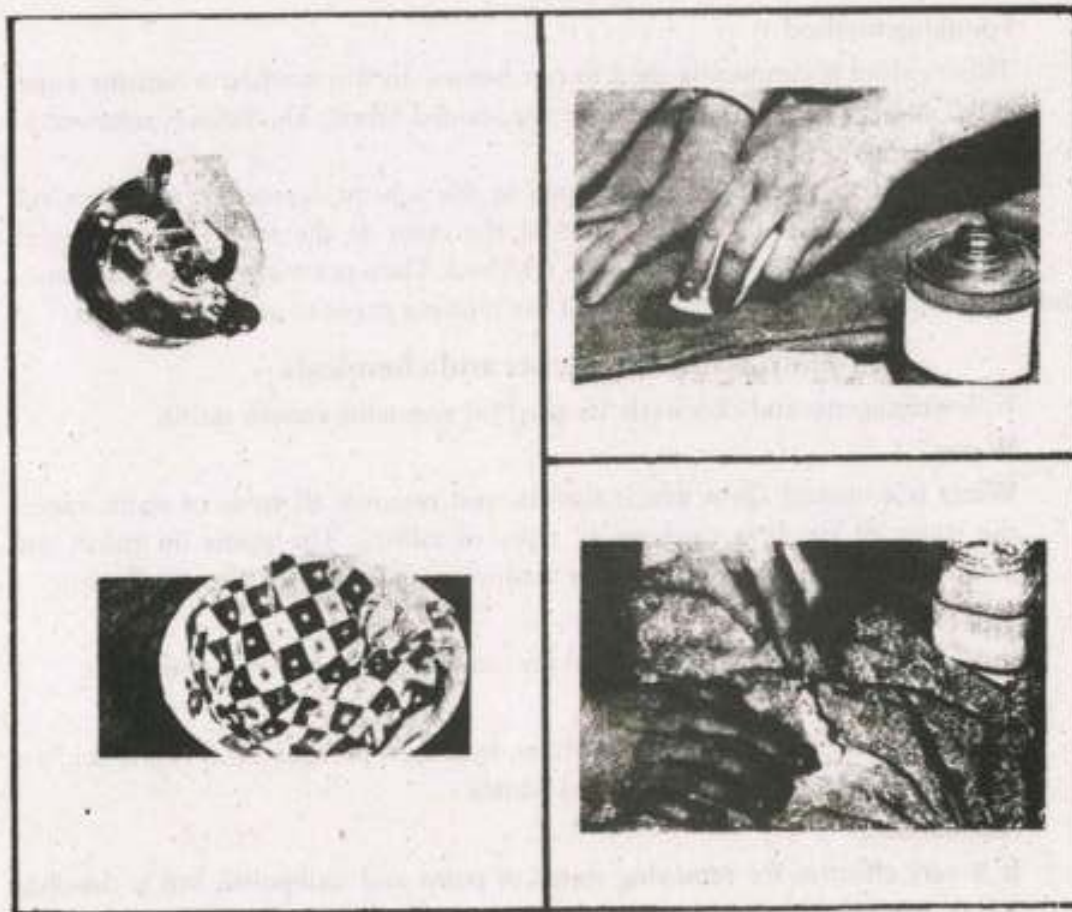
#### 1. Soaking or dipping method

It is the easiest method of stain removal. In this method the whole cloth or the stained portion is soaked or dipped in the stain removing agent and then washed with soap and water.

#### 2. Steaming method

This method is used for removing stains of coloured silken and woollen fabrics. These types of clothes are first steamed, then placed over a blotting paper and pressed with a hot iron. The stain is absorbed by the blotting paper and is thus removed.

### Methods of removing the stains







3. **Dropping method**

In this method stain removing agent is dropped on the stain with a dropper by placing a blotting paper or an absorbent cloth under the stain. In this way the stain is absorbed and is thus removed.

4. **Sponging method**

This method is commonly used in our homes. In this method a blotting paper or an absorbent cloth is kept under the stained fabric. The stain is removed by rubbing it with a soft pad.

The proper method is to dip the pad in the solvent, squeeze it and then rub with small strokes from outer side of the stain to the inner side in circles, continue this process till the stain is removed. Then press it with a steam iron.

**Note:** It is advisable to change the pad and the blotting paper to get better results.

### **Stain removing agents and chemicals**

Following agents and chemicals are used for removing certain stains.

1. **Water**

Water is a neutral agent which absorbs and removes all types of stains except the stains of fat. It is used on all types of fabrics. The stains on nylon and dacron fabrics are easily removed by washing with lukewarm water and soap.

2. **Carbon tetra chloride**

It is a harmless chemical and is used for removing all types of grease stains.

3. **Bleaches**

Mild solution of sodium hydrosulphate, hydrogen peroxide and oxalic acid are used for removing stains of coloured fabrics.

4. **Amyl-acetate**

It is very effective for removing stains of paint and nail-polish but it dissolves the acetate fibers.

5. **Ammonia**

It has soap like action. It can be used for removing all types of stains except stains of grease. It should be washed immediately after use.

6. **Glycerine**

It is used for removing fruit and vegetable stains. It should be immediately washed with soap and water after use.

### **Principles of removing the stains**

Following principles should be kept in mind while removing the stains:

1. If some liquid drops on the cloth, it should be immediately washed or absorbed with a cloth or a blotting paper.
2. Nature of the stain should be noted so as to use the right solvent at the right time.
3. The stain should not be pressed with the fingers because it will be absorbed in the fibre.
4. The solvent should be first tested on a small piece or hidden part of the garment before application.

### **Removing stains of curry, grass, tea, blood and ink**

#### **Ingredients**

Clothes having stains of curry, grass, tea, ink and blood.

Water, salt, soap, borax powder, lemon, tomato, milk, kerosene oil or alcohol or methylated spirit, ammonia, bleach.

#### **Equipment**

Bucket, tub, mug, stove, brush, plastic bowls.

1. **Curry stains**

#### **Method**

1. Make a solution of soap and hot water and soak the stained portion in it for five minutes.
2. Rub the stained portion and wash.
3. If stain is not removed completely, then soak it in a bleach or leco for sometime.
4. Wash thoroughly and dry it in the sun.

2. **Grass stains**

#### **Method**

1. Take kerosene oil or alcohol or methylated spirit in a bowl. Soak the stained portion in it for five minutes.
2. Wash with soap and water and dry in the sun.



### 3. Tea stains

#### Method

1. Pour boiling water on fresh stain. Wash with soap and water and dry in sun.
2. Rub borax powder on moist old stain. Wash with soap and water and dry in the sun.

### 4. Ink stains

#### Method

1. Soak the stain in one cup of milk for thirty minutes.
2. Wash with soap and water and dry in the sun.
3. The ink stain can also be removed by rubbing lemon and salt on it.

### 5. Blood stains

#### Method

1. Wash the fresh stain under running water.
2. For old stains, make a solution of salt by mixing three tablespoons of salt in one cup of water, soak the stained portion in it for fifteen minutes. Rub and wash with soap and water. Dry in the sun.
3. Mild solution of ammonia can also be used for removing the blood stain.

## QUESTIONS

1. Which methods are used for removing the stains?
2. Write down the names of the agents and chemicals used for removing the stains.
3. Which principles should be followed while removing the stains from the fabrics?
4. How will you remove the following stains?
  - a. Grass stain
  - b. Tea stain
  - c. Ink stain
5. Tick ✓ mark on the correct statement.
  - a. The stain is absorbed into the fabric which spoils it.
  - b. Blotting paper should not be used for absorbing the stain.
  - c. Carbon tetra chloride does not remove stains of grass.
  - d. Glycerine is used for removing fruit and vegetable stains.
  - e. Water is a neutral solvent.
6. Fill in the blanks.
  - a. Sometimes a fabric is \_\_\_\_\_ if handled \_\_\_\_\_.
  - b. Hot water should not be used for removing \_\_\_\_\_ stains.
  - c. The stains of vegetable source have \_\_\_\_\_ characteristics.
  - d. \_\_\_\_\_ is used for removing stains from coloured woollen and silken clothes.
  - e. \_\_\_\_\_ is used for removing fruit and vegetable stains.

## EVALUATION

### Practical \_\_\_\_\_ Removing the Stains

Standard marks are given against each statement in the following table. Write down the marks obtained by the student in the related column.

Sr. No.	Characteristics	Standard marks	Marks obtained
1	All stains are removed properly	5	
2	Stains are removed according to the instructions	5	
3	The stained portion of the cloth is not damaged.	5	
4	The surface of the cloth is smooth.	5	
5	Chemicals are used according to the types of the stain.	5	
	Total marks	25	

Signatures of the

Grade

Teacher Incharge \_\_\_\_\_

Dated \_\_\_\_\_





## WASHING OF CLOTHES

Dress not only serves the purpose of properly covering the body and protecting it from severe hot and cold weather, it also reflects our taste and refinement. Neat and clean dress enhances our personality.

The school going girls should wear neat and clean uniform daily. It should be changed immediately after reaching home. It should be washed daily, because dirty dress develops bad odour.

You have studied in detail the washing process of woollen, cotton and silken fabrics in the previous class. In this chapter you will study the washing and ironing of a shirt, shalwar, dopatta and sweater.

### Washing of a shirt, shalwar and dopatta

Before washing, check that if any part of the garment is not worn out, zip or buttons of the shirt are closed and the shalwar is without tape or elastic.

#### Equipment

1. A small tub.
2. Soap and indigo for bluing.
3. Starch

Starch is used for cotton clothes only. Prepare the starch by mixing three tablespoons of maida with one cup of cold water. Boil by stirring constantly until it thickens. Remove from the stove and use when it cools.

#### Method

1. Take water in a tub. Put dopatta in it. Apply soap on the dopatta, rub the stained parts especially. Rinse in clean water and keep it aside.
2. If the soapy water is not dirty then wash the shirt in the same water, otherwise change it. Rub the necklines, cuffs especially. Rinse in clean water and keep it aside.
3. Wash the shalwar in the same way with special rubbing of its paenchahas. Rinse in clean water and keep it aside.
4. White clothes are treated with bluing for luster and whiteness. Take enough water in a bowl. Mix bluing (indigo) in it. Add some starch, mix it well and soak dopatta in it for three to four minutes. Then wring it out and shake.
5. Add some more starch and indigo. Mix well, soak the shirt in it for five minutes. Then wring it out and shake.

6. Now add some more starch and indigo. Mix well, soak the shirt in it for five minutes. Then wring it out and shake.
7. Clean the drying string spread shalwar, dopatta and shirt on it properly by removing the wrinkles with hands.
8. Replace all the equipments at their proper place and wash the working area.

### Ironing

Clothes are ironed to attain the maximum glow and finish. Be careful while using any type of iron because in both cases clothes can be scorched due to careless handling. Never use iron with wet hands, the wire should not be worn out because it might cause direct electric shock.

#### Method

1. Clothes with starch require a little moisture for ironing. Therefore, it is better to remove the clothes when they are little damp. Otherwise, sprinkle some water to dampen them and fold them for sometime.
2. If there is no ironing board for ironing, then spread some clean thick cloth or blanket on the table.
3. Set the dial of iron on the number for cotton clothes.
4. Iron the dopatta first lengthwise and then widthwise. Fold it or hang on hanger.
5. Iron the sleeves of the shirt first, then front and back side of the shirt. Now iron the whole shirt. Fold it or hang on hanger.
6. Shalwar needs careful ironing as it has more starch. First of all iron one side of the shalwar by spreading it on the table, then iron the other side. Iron paenchah and naifa from both sides. Now keep both the paenchahas together and iron. Fold or hang on hangers.

### Washing of the sweater

#### Method

1. Shake off the sweater.
2. Sketch out its shape on a brown paper.
3. Make suds by mixing two to three tablespoons of washing powder and luke-warm water. Put sweater in it and rub gently.
4. Take out the sweater by holding it between your hands just like a bowl and rinse it under running water.
5. Place it on the sketched outline and let it dry on flat surface.
6. Let it dry in open and shady place. Do not dry in direct sunshine.
7. Remove from brown paper, dry and fold.
8. Iron it, if required, with a warm iron with muslin cloth on it.
9. Brush it, if required.



## QUESTIONS

1. Why is it necessary to wear neat and clean dress?
2. Which equipment are required for washing shalwar and shirt?
3. Write down the method of washing the sweater.
4. Tick ✓ mark on the correct statement.
  - a. A neat and clean dress reflects our taste and refinement.
  - b. A neat and clean dress does not enhance our personality.
  - c. The neckline and hem areas of the shirt should be rubbed specially.
  - d. The use of bluing whitens the white clothes.
  - e. Clothes do not lose luster by ironing.

## EVALUATION

Practical \_\_\_\_\_ Washing and Ironing of Shirt, Shalwar and Dopatta

Standard marks are given against each statement in the following table. Write down the marks obtained by the student in the related column.

Sr. No.	Characteristics	Standard marks	Marks obtained
1	Clothes are mended before washing.	5	
2	Washed clothes are clean.	5	
3	Indigo and starch are used properly.	5	
4	Clothes are ironed after dampening.	5	
5	Clothes are ironed properly.	5	
<b>Total marks</b>		<b>25</b>	

Grade

Signatures of the

Teacher Incharge \_\_\_\_\_

Dated \_\_\_\_\_



## EVALUATION

### Practical \_\_\_\_\_ Washing of the Sweater

Standard marks are given against each statement in the following table. Write down the mark obtained by the student in the related column.

Sr. No.	Characteristics	Standard marks	Marks obtained
1	Outline of the sweater is drawn on the brown paper.	5	
2	Luke-warm water is used.	5	
3	Sweater is rinsed according to the instructions	5	
4	Water is squeezed properly.	5	
5	Sweater is dried on a flat surface.	5	
	<b>Total marks</b>	<b>25</b>	

Grade

Signatures of the  
Teacher Incharge \_\_\_\_\_  
Dated \_\_\_\_\_

# 3



## CLEANLINESS OF THE KITCHEN

Kitchen is an important place in the house. The health of the family depends upon the overall cleanliness as well as the cleanliness of the food cooked there. Kitchen should be cleaned twice or thrice a day. A neat and clean kitchen not only looks attractive but it also reflects the taste of the housewife.

Following points should be considered while cleaning the kitchen.

1. The dustbin should be cleaned after the work is over. It should be washed and kept upside down to prevent the bad odour.
2. A separate cloth should be kept aside for cleaning the working area or working table. It should be first wiped with a dry cloth and then with a wet cloth to remove any grains of food spilled there.
3. All the utensils used should be washed with soap or vim, dried and then kept at their proper places.
4. The equipments used for cooking should be arranged at their proper places.
5. Stove is used throughout the day and it gets the spots and stains of ghee, milk, atta etc. If these spots are not cleaned after finishing with the work, a layer of dirt is formed on it, therefore, it should be cleaned with a wet cloth after use.
6. Floor of the kitchen should be washed with hot water. Dustbin should be washed and dried in the sun. Sink and water taps should be washed. If there are open drains in the kitchen, wash them thoroughly and pour phenyl in them. After cleaning, it should be left open for sometime to let the fresh air and sunlight come in.

Sunday is usually suitable for weekly cleaning. You can help your mother in cleaning the closets, doors, ceiling, walls etc. The utensils which are not used frequently should be washed weekly. Fridge or deep freezer should be defrosted and cleaned weekly to maintain its proper functioning.

### Cleaning of the gas stove

The stove should be wiped and cleaned daily with soap and warm water, so that it is not stained. But it requires proper cleaning after a week or ten days to maintain its functioning. It should be cleaned in the following way.

1. Boil water in a pan.
2. Turn-off the main gas switch and disconnect it, if it is connected with a rubber pipe.



3. Take off the burners and stand. Wipe the upper and lower parts of the stove. Clean the burners with an old tooth brush to take out the sticky substance from its holes. Wash with hot water and let them dry.
4. Wash the stand with luke-warm water and let it dry.
5. Clean the inner and outer sides of the stove with a wet cloth by using soap or vim. Then wipe it with a dry cloth.
6. Put on the burners and stand and rub the stove with a soft cloth to let it shine.
7. Fix the pipe and turn-on the gas switch.

**Note:** If the stove is cleaned daily with vim and wet cloth, then it does not require such weekly cleaning. But it should be cleaned thoroughly for proper performance and maintenance.

### QUESTIONS

1. Why is it necessary to clean the kitchen?
2. What points should be considered while cleaning the kitchen?
3. Why is it necessary to clean the gas stove? Write down the method of cleaning the stove.
4. Tick  mark on the correct statement.
  - a. The health of the family depends upon the neat and clean utensils used for cooking.
  - b. It is not necessary to keep the kitchen clean.
  - c. Floor of the kitchen should be washed with hot water.
  - d. Daily cleaning of the stove is not necessary.
  - e. Turn-off the main gas switch before cleaning the stove.

### Cleaning of the gas stove

The stove should be wiped and cleaned daily with soap and warm water, so that it is not stained. But it requires proper cleaning after a week or ten days to maintain its functioning. It should be cleaned in the following way.

1. Boil water in a pan.
2. Turn-off the main gas switch and disconnect it. It is connected with a rubber pipe.

## EVALUATION



### Practical \_\_\_\_\_ Cleaning of the Gas Stove

Standard marks are given against each statement in the following table. Write down the marks obtained by the student in the related column.

Sr. No.	Characteristics	Standard marks	Marks obtained
1	Supply of gas has been disconnected before cleaning.	5	
2	Proper time has been selected for cleaning.	5	
3	Knobs of the stove have been cleaned.	5	
4	Greasy substance has been removed.	5	
5	Precautionary measures have been taken.	5	
6	Cleaning has been done in short time	5	
<b>Total marks</b>		<b>30</b>	

Signatures of the

Teacher Incharge

Dated \_\_\_\_\_

Grade





## BUDGETING

Money is required to meet the needs of life, no matter what the need may be. Every family has to take care of the two aspects of its economic status i.e. income and expenditure. Mostly the women are responsible for spending the money. A family cannot run well unless it keeps a balance between its income and expenditure, therefore, budgeting is essential. Hence;

"Budget is a well thought out plan of income and expenditure".

The main aim of family budget is that the housewife plans her income and expenditure in such a way that the expenses do not exceed than the income. In this way the important needs of the family such as health, education and economic status are taken care of. Therefore, it is necessary to make plan of income and expenditure and spend accordingly to gain maximum satisfaction.

In our homes generally the details of the accounts are left to the memory. One can forget it. Very often the expense exceeds which results into borrowing at the end of the month. Hence, it is important to make a budget. A budget helps in avoiding unnecessary expenditures. It also helps in meeting the emergency situations regarding the money matters. Above all, it reflects the management of the housewife.

### Principles of budgeting

Following principles should be considered while making a budget.

1. Important needs of life should be given first preference as compared to the less-important needs.
2. List down the total requirements of the family members.
3. An approximate estimate of the expenditure for total requirements should be made.
4. One should have a clear idea of the expected income for the period for which the budget is being planned.
5. There should be a balance between the income and expenditure.
6. Budget should be adjusted according to the requirements and alternatives suggested.
7. Budget should be flexible enough so that changes can be made easily as and when required.
8. The budget should be based on the basic principles "cut your coat according to your cloth."

## Types of budget

Budget can be of two types.

1. Detailed budget.
2. Outlined budget.

Detailed budget includes all details of the account.

Outlined budget includes only important accounts. Such budgets are mostly used in factories and other institutions.

The household budget is a detailed budget. In this type of budget detailed accounts of the expenditures are written daily, weekly or monthly.

## Methods of making a family budget

1. Make a list of the total requirements of all the family members for a month. Study the list and divide the requirements into following three main categories.
  - a. Most essential needs.
  - b. Adjustable needs.
  - c. Needs which can be postponed.
2. Be acquainted with the prices of all the items available in the market.
3. Compare the prices of different items in different market.
4. Write down the daily expenditure in a register or a copy regularly, to have a clear idea about the unnecessary expenditure at the end of the month.
5. Budget should be flexible so that changes can be made.
6. Saving can be done by growing vegetables at home and raising poultry for eggs.
7. Saving can be done by carrying out the household work by all the family members.
8. Be acquainted with all sources of income.
9. Be acquainted with all the methods of saving.

## Advantages of budgeting

1. Daily account keeping helps one to control the expenditures.
2. Knowledge of the prices of certain commodities helps in keeping a balance between income and expenditure.
3. No matter, how less the income may be; expenditures can be controlled and some money can be saved for further needs.
4. The habit of over-spending on unnecessary items is controlled.

## Saving

A certain amount of money which is saved after meeting all the needs of the family is called 'saving'. Unnecessary expenditure can be postponed from the actual budget in order to save some money for the future needs e.g. construction of the house, buying of the bicycle, scooter, car or buying an essential item for the house. Besides, the saving can be done for the education of the children.

Saving for the sake of saving is useless because such saving is spent aimlessly without achieving any definite goal.



## Methods and principles of saving

1. Definite amount for saving should be fixed and it should be saved.
2. Saving should be invested in profitable schemes e.g. insurance, bonds, saving certificates, gold and land etc.
3. Family members can also help to increase the income by using their skills and abilities e.g. stitching of clothes, driving car personally, making decoration pieces, cooking and baking, growing vegetables and fruits at home, raising poultry and farming etc.

## QUESTIONS

1. Define budget. Which principles should be considered while making a budget?
2. Write down the methods of making a budget.
3. How will you save your money?
4. Fill in the blanks.
  - a. The economic status of a family has \_\_\_\_\_ aspects.
  - b. To meet the needs of life \_\_\_\_\_ is required.
  - c. \_\_\_\_\_ needs should be given first preference.
  - d. There should be a balance between the \_\_\_\_\_ and \_\_\_\_\_.
  - e. The budget should be based on the golden principle \_\_\_\_\_.

## Advantages of budgeting

1. Daily account keeping helps one to control the expenditures.
2. Knowledge of the prices of certain commodities helps in keeping a balance between income and expenditure.
3. No matter how less the income may be, expenditures can be controlled and some money can be saved for further needs.
4. The habit of over-spending on unnecessary items is controlled.

## Saving

A certain amount of money which is saved after meeting all the needs of the family is called saving. Unnecessary expenditures can be postponed from the actual budget in order to save some money for the future needs e.g. construction of the house, buying of the bicycle, saving for or buying an essential item for the house. Besides, the saving can be done for the education of the children. Saving for the sake of saving is useless because such saving is spent ultimately without achieving any definite goal.

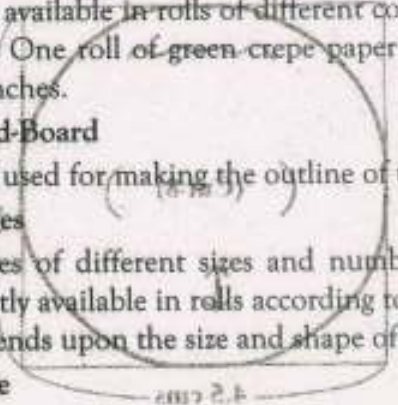


PAPER FLOWERS

Paper flowers play an important role to increase the beauty and decoration of a home. The technique of flower making is quite simple and easy. Such crafts increase our interest and likings. It increases our power of observation of the shapes and kinds of flowers and leaves found in nature. Moreover, it increases our realization of the miracles and Greatness of God. Cloth, wool, foam, paper etc. are used for making flowers and with practice one can make as many varieties of flowers as possible. In this chapter method of making some flowers has been given. After learning about these methods, you will be able to make any kinds or types of flowers.

Material used for paper flowers

1. **Crepe Paper**  
It is available in rolls of different colours. Lots of flowers can be made with one roll. One roll of green crepe paper is sufficient for making enough leaves and branches.
2. **Card-Board**  
It is used for making the outline of the flowers according to the sizes required.
3. **Wires**  
Wires of different sizes and numbers are available in the market. These are mostly available in rolls according to the required lengths. Thickness of the wire depends upon the size and shape of the flower.
4. **Glue**  
A special glue is used for joining different parts of a flower. It is available in bottles. Peligum or UHU is also used for this purpose. It is available in tubes.
5. **Tape**  
Tape is used for making stems. It is available in various colours but for this purpose green tape is used.
6. **Pair of Scissors**  
A medium sized, pointed scissors is used for cutting the paper.
7. **Wire Snipper**  
It is used for cutting and turning the wires.





## Sweet Peas

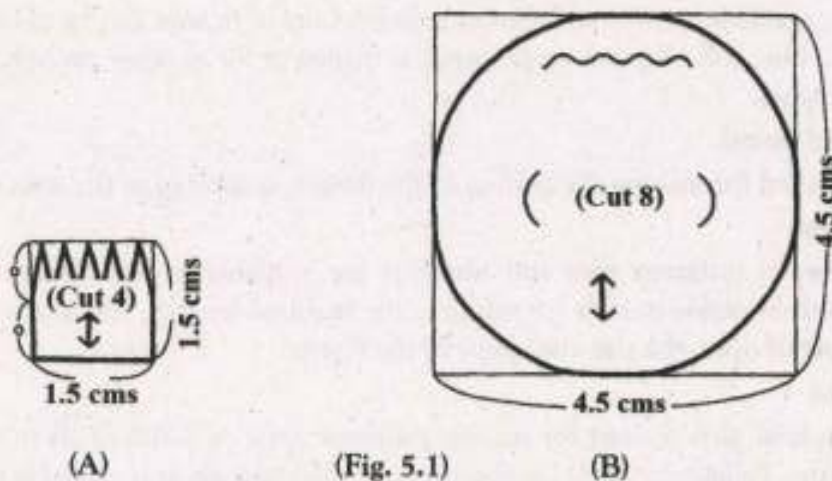
### Material required

Pink crepe paper  
Green crepe paper  
Wire, glue, pair of scissors, green tape, pencil  
Card board or thick paper

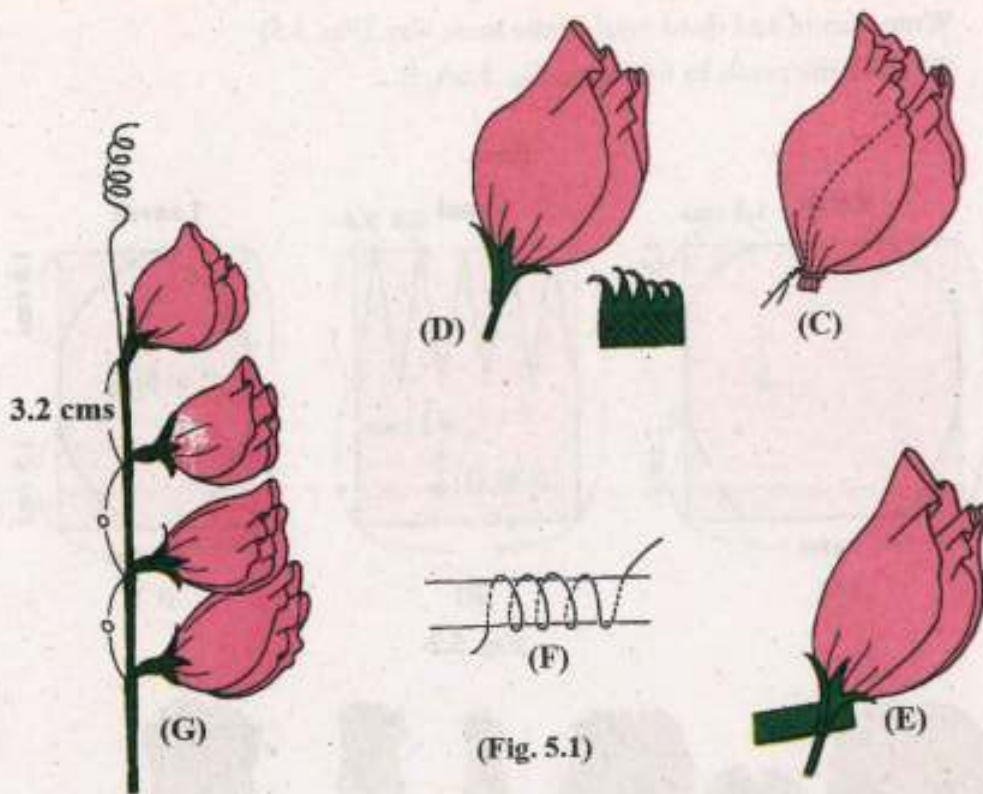
### Method

1. Trace the stencils on a cardboard as shown in fig. 5.1 A, B and cut.
2. One stem contains four flowers of sweet peas. It will be made by using the following method.
3. Two petals are required for one flower. Fold the pink crepe paper eight times. Place the stencils A on it, trace and cut.
4. Turn its upper edges.
5. Fold the green crepe paper four times for making the sepals. Place stencil B on it, trace and cut.

### Flower of Sweet Peas



6. Lay two pieces together, fold in half. Wrap wire around the base, tighten it by twisting the wire 2-3 times. (Fig. 5.1C)
7. Curve sepal outwards, glue in place. (Fig. 5.1D)
8. Cut the tape from the centre lengthwise and wrap it. (Fig. 5.1E)
9. Cut wires of 19 cms. length. Wind 3.5 cms. over a pencil to make vine. (Fig. 5.1F)
10. Arrange blooms around the wire by winding the tape or by pasting it with green crepe paper. (Fig. 5.1G)  
Make more branches for a flower arrangement.



(Fig. 5.1)

### Rose

#### Material required

Red crepe paper  
Green crepe paper  
Wire, pencil, glue, green tape  
Cardboard or hard paper  
Pair of scissors

#### Method

1. Make three stencils on a cardboard as shown in Fig. 5.2 A, B, C, and cut.
2. Seven petals are used for making a rose. Fold the red crepe paper seven times. Place stencil A on it, trace and cut.
3. Place stencil B on the green crepe paper, trace and cut.
4. Four leaves are required for one stem but these should be made by using double layer of crepe paper the green crepe paper eight times. Place stencil C on it, trace and cut.
5. Crimp the petals. (Fig. 5.3A)
6. Curl three petals. (Fig. 5.3B)
7. Bend the wire. (Fig. 5.4A) Apply glue on it and wrap one petal on it. (Fig. 5.4B)



8. Wrap second and third petal in the same way. (Fig. 5.5)
9. Wrap all the petals by following Fig. 5.6A, B.

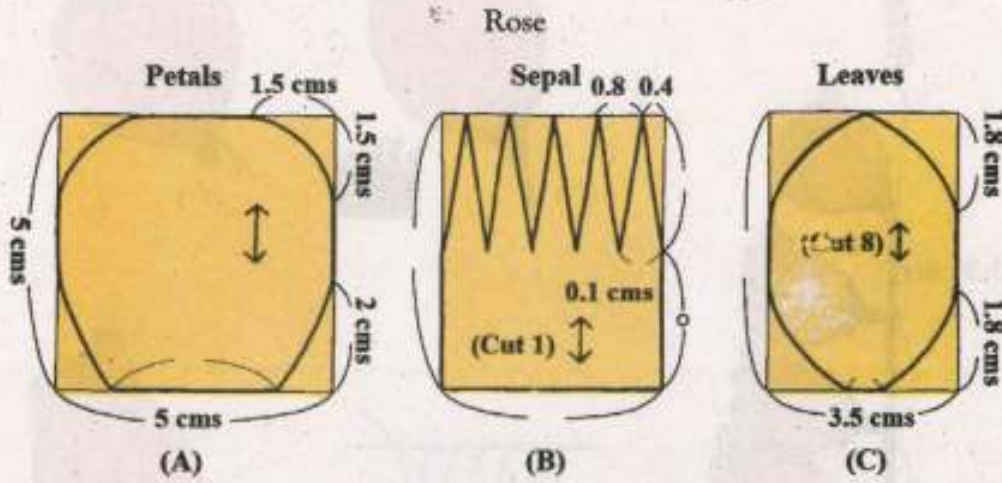
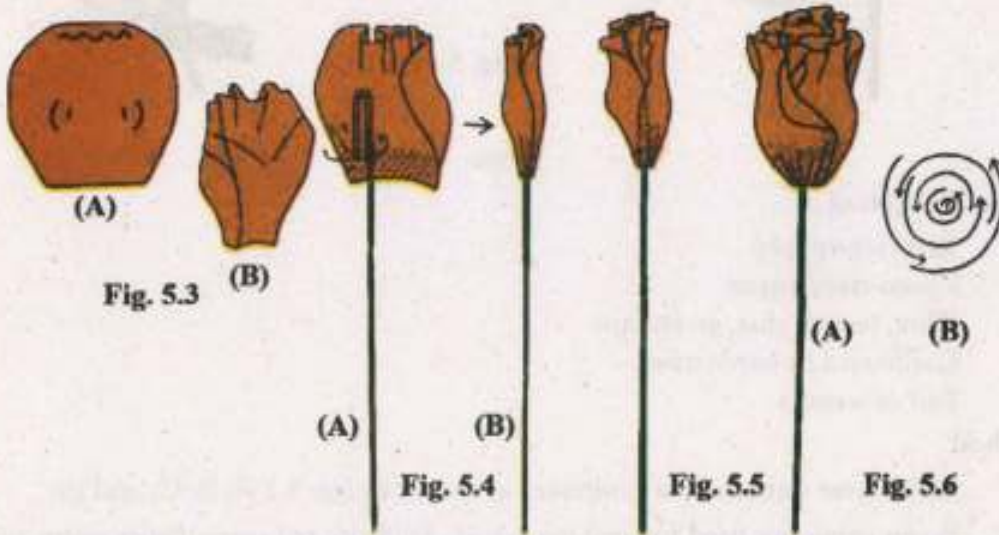


Fig. 5.2



10. Apply glue on sepal and wrap. (Fig. 5.7)
11. Cut the green tape from the centre lengthwise and wrap it. (Fig. 5.8)
12. Cut the wire 8 cms. long, wrap tape on it by leaving 3.5 cms. wire. (Fig. 5.9 A, B)
13. Apply glue on wire and attach two leaves together. (Fig. 5.10) Attach all the leaves in this way.
14. Put three leaves together, join them by wrapping with the tape. (Fig. 5.11)

15. Join leaves on the stem of the rose. (Fig. 5.12) Curve sepal outwards. One stem of one rose is complete. Make other stems in the same way.

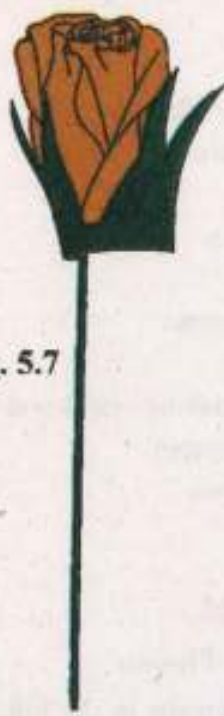


Fig. 5.7



Fig. 5.8

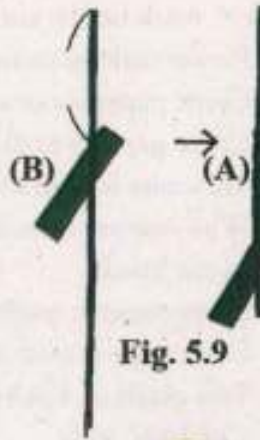


Fig. 5.9



Fig. 5.12



Fig. 5.10



Fig. 5.11



## QUESTIONS

1. Why is it important to make paper-flowers?
2. What materials are required for making paper flowers?
3. Tick ✓ mark on the correct statement.
  - a. Flower-making increases our interest.
  - b. Crepe paper is not used for making paper flowers.
  - c. Crepe paper is available in different colours.
  - d. Thin wire is used for making flower.
  - e. Wire snipper is used for cutting the wires.
4. Fill in the blanks.
  - a. Crepe-paper is available in \_\_\_\_\_ colours.
  - b. Green tape is used for making \_\_\_\_\_.
  - c. Two petals of 4.5x4.5 are \_\_\_\_\_ for making one flower of sweet peas.
  - d. Cut 1 cm. wide \_\_\_\_\_ of green crepe paper.
  - e. \_\_\_\_\_ petals are used for making a rose.

## EVALUATION

### Practical \_\_\_\_\_ Paper Flowers

Standard marks are given against each statement in the following table. Write down the marks obtained by the student in the related column.

Sr. No.	Characteristics	Standard marks	Marks obtained
1	Flowers are made according to the instructions.	5	
2	Petals of sweet peas are neatly cut.	5	
3	Petals of sweet peas are fixed properly.	5	
4	Flowers are fixed properly on the stem.	5	
5	Petals of rose are neatly cut.	5	
6	Petals of rose are fixed properly.	5	
7	Rose is fixed properly on the stem.	5	
Total marks		35	

Grade

Signatures of the

Teacher Incharge \_\_\_\_\_

Dated \_\_\_\_\_