

Sewing Project – Guidelines

9 – 11 year olds, young sewers, or beginners

- Objectives:
- Use simple to sew patterns for garments; no zippers, darts, set in sleeves, pockets, buttonholes, or collars.
 - Learn how to read the pattern book and select appropriate patterns.
 - Learn how to select material appropriate for garment and ability.
 - Learn simple use of machine threading, winding bobbin, stitching.
 - Learn care and use of basic sewing tools, shears, pins, tape measure, etc.
 - Learn correct way to sew on fastenings, if needed, snaps, hooks, etc.
 - Learn to lay out pattern, cut out pattern, and follow pattern instructions.
 - Learn about grain and salvages, folds, and what arrows mean on the pattern.
 - Learn simple seam finish, under stitching.
 - Learn hemming, by hand, as well as machine and basting.
 - An exhibit will consist of no more garments than would be worn at one time.

Recommended Fabrics: Select a plain weave fabric. Cotton or cotton blend and broad cloth, flannels (cotton), Kettle cloth. No plaids.

Suggested garments: Apron, simple skirt (drawstring, elastic waistband) shorts, slacks, scarf, tote bags, vest.

Novice members after the first year should be able to handle a jumper, bib overalls, shorts & top, skirt & vest, purses, pillows and simple dresses.

(OVER)

12 – 14 year olds or junior sewers

- Objectives:
- Remember to select a new learning experience.
 - Choice of fabric and pattern is up to the individual with suggestions by the leader.
 - It is still wise to stress simple projects according to the 4-H'ers ability.
 - Learn stay stitching, darts and facing techniques. Also, zippers, pockets, sleeves, collars, or buttonholes can be new learning experiences.
 - An exhibit will consist of no more garments than would be worn at one time.
 - PRESS AS YOU SEW.

Recommended Fabrics: Cottons, cotton blends, corduroy, or napped materials such as some denims and some durable knits to sew on. Checks or small plaids are also challenging.

Suggested garments: Simple dresses, pants, skirts, T shirts, simple blouses, or any of the combination of the previous years. Try having the slacks and skirts or shorts with zippers or waistbands.

15 – 19 year olds or senior sewers

- Objectives:
- Remember to select a new learning skill(s) each year for the experience.
 - Choice of the fabric and pattern is up to the individual as long as it is appropriate, and the leader approves of it.
 - Learn linings, interlining, interfacing, bound buttonholes, tailoring techniques, advanced collars and cuffs.
 - Possibly learn to alter your patterns yourself.
 - Advanced members can even make their original pattern, or creation.

Suggested Fabrics: All fabrics
More advanced fabrics include satin, crepe, velvet, wool

Suggested Garments: Jackets, suits, formals, coats, dress, bathing suits, blouses or anything that the individual or leader feels would be a new experience for the 4-H'er.

Remember to always choose garments according to your needs and abilities. Check your closet to see what can be made to coordinate what you have or what you need for an extra garment.

These are **only guidelines**. Member's project should be based on skill and experience. A more difficult project should be selected each year to continually grow skills.

Techniques

Buttons & Buttonholes: All but decorative buttons should have a shank. Make a shank for buttons if it doesn't have one. Buttonholes should be evenly spaced, uniform in size, durable, and appropriate for type of fabric. To make shank if there isn't one, sew button on loosely and come up between button and top of fabric. Then wrap thread around looseness and tie in back. Can also use a match stick between button and fabric, then remove stick and wrap looseness for shank.

Crotch: Double stitch crotch of slacks or shorts. Trim and clip seam between notches. Trim whole seam.

Darts: Stitch to a point (leaving about one inch threads) and knot or tie.

Fabric Selection and Preparation: Materials should be suitable for pattern. Fabric should be properly pre-shrunk or washed as you normally would care for the garment, before cutting. Thread, Zipper, Trim and Accessories should coordinate with the garment.

Facings & Collars: Under stitching should be used to keep facing from rolling. Facings should be finished if appropriate, and tacked at construction lines. (Such as seams, darts, etc.) Grade edges of seams on curves and places of bulk.

Fair: The garment can and should be worn before the fair, but should be clean and well pressed. Members should go over their garment before and check for broken threads or any other mending that should be done. Also, trim ravelings from fabrics that tend to ravel a lot.

Gathers: Should be evenly distributed. This is easily obtained by basting two rows of stitching next to each other and pinning a lot.

Hems: When hemming cotton or light weight fabrics not including knits, stay stitch 1/4" from edge. Turn the top edge of hem under 1/4 on the stitching line before hand hemming. Use stitch suitable for fabric and ease fullness in hem (no pleats). Make sure stitches are evenly placed in handwork. Use binding or lace where needed. Hems should be done with single thread. Press on hem tape is acceptable only if the fabric is suitable for it. It is suggested to use hidden stitch when hemming by hand and evenly spaced stitches can also be judged by pinky finger. Stitches are too far apart if pinky finger can be inserted between stitches. No "stitch witchery" can be used.

Linings: Make sure lining is suitable for fabric. Preshrink if washable. Linings should fit smoothly.

Materials: When using fabric with pile, nap or directional print, cut all pattern pieces in the same direction.

Pleats: Even in depth and spaced evenly.

Pockets: Placed evenly on garment. Pockets should be reinforced at the top of corners.

Pressing: PRESS AS YOU SEW your garment. Pressing is what makes your garment look nice. Use pressing cloth if delicate fabric.

Salvages: It is best not to use them. If you have to, be sure to clip them to prevent puckering.

Seams: Seams width should be consistent. Finish seam suitable to fabric and use of garment (pinked, overcast, or zig zag, etc.) Zigzag seam close to edge. Use back stitch or tie threads at ends. Most seams should be pressed open, on fabrics other than knits. Knits can have seams finished together. "Seams Great" or "Fray Check" can be used for fraying seams.

Sleeves: A set in sleeve should be smooth rounded cap and free puckers. Gathers and puffed sleeves should have gathers spaced evenly. Double stitch all sleeves, trim seam from notch to notch, or even whole seam.

Snap, Hook & Eyes: Put on neatly and anchor hooks. Hooks and eyes need to be near edge.

Zippers: Put in neatly and well covered.