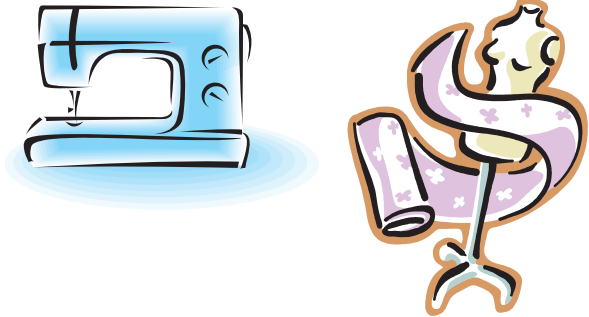


Clothing & Textiles



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SEWING – (CBB)

GENERAL SUGGESTIONS TO HELP LEADERS

- Members in the sewing project should have a new learning experience each year (techniques, fabrics, tools and equipment, etc.).
- Important to keep in mind when choosing a project: Do not let the members pick something that will overwhelm and eventually discourage them. Truly lasting and enjoyable skills are learned gradually.
- The member should discuss skill level and project with leader before purchasing the pattern and the material. The member should be encouraged to choose something he/she will like and can enjoy constructing.
- Increase knowledge of the sewing machine each year – both USE and CARE.
- Learn the characteristics of several different types of fabrics (visit a fabric shop).
- Learn fabric selection coordination – color and types to go with present wardrobe.
- Learn about fabric use and care.
- Member evaluation with the leader at the end of project is helpful to both member and leader.
- Projects may be apparel or non-apparel.

BEGINNERS

(1-2 years in project/9-11 years old)

SUGGESTED KNOWLEDGE / SKILLS TO BE LEARNED

1. Use simple to sew patterns for projects – no zippers, darts, set-in sleeves, pockets, buttonholes, or collars.
2. Learn how to read the pattern book and select appropriate patterns.
3. Learn how to select material appropriate for garment and ability.
4. Learn simple use of machine – threading, winding bobbin, stitching.
5. Learn care and use of basic sewing tools, shears, pins, etc.
6. Learn to lay out pattern, cut out pattern, and follow pattern instructions.
7. Learn correct way to sew on fastenings, if needed – snaps, hooks, etc.
8. Learn to PRESS AS YOU SEW!

SUGGESTED FABRICS

Select a cotton or cotton blend fabric which is easiest to sew on. Plaid or napped material and single knits are difficult and may cause frustration.

SUGGESTED PROJECTS FOR BEGINNERS

- Apparel – apron, skirt (drawstring or elastic waistband), pajama pants (long or short), vest, or a combination of the above.
- Non Apparel – simple doll, pillow, tote bag, small comforter.

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INTERMEDIATES (3-4 years in project/12-14 years old)

SUGGESTED KNOWLEDGE / SKILLS TO BE LEARNED

1. Choice of fabric and pattern is up to the individual member with suggestions by leader.
2. It is still wise to stress simple projects.
3. Learn stay-stitching, darts, and facing techniques.
4. New learning experiences such as zippers, pockets, sleeves, collars, or buttonholes may be added as member progresses.

SUGGESTED FABRICS

It is easiest to sew on cottons and cotton blends. Plaid napped materials are still difficult and may cause frustration.

SUGGESTED PROJECTS

- Apparel – simple dress or jumper, skirt, smock, pants, vest, shorts, simple shirt or blouse, or a combination of the above.
- Non Apparel – pillow with ruffles, quilt, stuffed animal.

ADVANCED (5+ years in project/15+ years old)

SUGGESTED KNOWLEDGE / SKILLS TO BE LEARNED

1. Darts, topstitching, waistband and cuffs, buttonholes, pockets, pleats, facings (different varieties of interfacing & under stitching), tacking, gathering and easing, belts, collars, seam tape (plain, stretch, etc.), zippers, catch-stitch hem, raglan and set-in sleeves, seam finishes (French, flat felled), use of simple trim.
2. Remember to use color, line, and design to complement figure type or body build.
3. Learn to fit your pattern and simple alterations if needed on pattern.

SUGGESTED FABRICS

Select a harder to handle fabric – blends, wool or wool blends, corduroy, or other napped fabrics. Formal materials such as satin, crepes, and velvet are very difficult and may cause frustration.

SUGGESTED PROJECTS

- Apparel – recycled garment (with before and after pictures), jumper, blouse, dress, jacket, slacks, suit or shorts suit, jacket and skirt, bathing suit, robe and/or nightgown, painter pants.
- Non Apparel – quilt, dressed stuffed animals, home décor.
- Give a talk or demonstration to younger members.

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SEWING – (CBB)

CROCHETING

BEGINNER

(1-2 years in project/9-11 years old)

SUGGESTED KNOWLEDGE / SKILLS TO BE LEARNED

1. Pattern selection.
2. Yarn selection and color lots.
3. Read directions and abbreviations.
4. Chain stitch, double stitch, slip stitch.
5. Join yarns.
6. Joining seams.
7. Make gauge.
8. Finishing.
9. Wind yarn (if necessary).
10. Increase and decrease.
11. Use 2 colors or 2 pattern stitches.

SUGGESTED PROJECTS FOR BEGINNERS

- Potholder, dish cloth, slippers, mittens, granny square vest, simple baby afghan.

INTERMEDIATES (3-4 years in project/12-14 years old)

SUGGESTED KNOWLEDGE / SKILLS TO BE LEARNED

1. Design your pattern.
2. Buttonholes.
3. Finishing edges.
4. Fitting.
5. Work with different weight, texture, and fiber content.
6. Increase crocheting skills.
7. Care of crocheted articles.

SUGGESTED PROJECTS FOR INTERMEDIATES

- Mittens, socks, afghan, vest, crocheted stuffed toys.

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ADVANCED
(5+ years in project/15+ years old)

SUGGESTED KNOWLEDGE / SKILLS TO BE LEARNED

1. Increase your skills every year.
2. Use more difficult patterns and yarns or thread.
3. Use two or more colors.
4. Learn to interchange yarns.
5. Join seams – set in sleeves.
6. Color coordination.
7. Care of crocheted articles.
8. Mending crocheted garments.

SUGGESTED PROJECTS FOR ADVANCED

- Afghan, bedspread, table cloth, pillow cover, sweater, children's garments.

SEWING – (CBB)

KNITTING

BEGINNERS
(1-2 years in project/9-11 years old)

SUGGESTED KNOWLEDGE / SKILLS TO BE LEARNED

1. Select your yarn and be aware of color lots.
2. Cast on stitches.
3. Knit and purl.
4. Increase and decrease.
5. Read directions and abbreviations.
6. Pick up dropped stitches.
7. Make stitch gauge.
8. Bind off stitches.
9. Join yarn.
10. Tension.
11. Wind yarn (if necessary).
12. Blocking and caring for knitted articles.
13. Sewing seams.
14. Two pattern stitches.

SUGGESTED PROJECTS FOR BEGINNERS

- Neck scarf with or without fringe, potholder and dish cloth, stocking cap, pillow, doll clothes.

INTERMEDIATES
(3-4 years in project/12-14 years old)

SUGGESTED KNOWLEDGE / SKILLS TO BE LEARNED

1. Design your pattern.
2. Yarn selection and color combinations and be aware of different weight, texture, and fiber contents.
3. Buttonholes.
4. Fitting.
5. Work with yarns of different weight, texture, and fiber content.
6. Increase knitting skills.
7. Care of knitted garments.
8. Blocking.

SUGGESTED PROJECTS FOR INTERMEDIATES

- Mittens, baby sweater, afghan, vest, golf club head covers.

ADVANCED
(5+ years in project/15+ years old)

SUGGESTED KNOWLEDGE / SKILLS TO BE LEARNED

1. Use more difficult pattern and yarn.
2. Use two or more colors.
3. Learn to interchange yarns.
4. Join seams and set in sleeves.
5. Blocking.
6. Mending knitted garments.
7. Zipper in knitted garments.

SUGGESTED PROJECTS FOR ADVANCED

- Cardigan sweater, afghan, men's sweater, gloves, ski sweater.

SEWING – (CBB)

STITCHERY AND NEEDLEWORK

SUGGESTED SUGGESTIONS TO HELP LEADERS

Needlepoint is commonly done in the continental stitch or in the half-cross stitch. The half-cross is worked from left to right on the canvas and worked from the bottom up. The continental stitch is worked from right to left. You must do one or the other to be consistent on the back side of your work.

BEGINNERS
(1-2 years in project/9-11 years old)

SUGGESTED KNOWLEDGE / SKILLS TO BE LEARNED

1. Learn the different types of stitches. The long stitch is the easiest to learn. Other stitches to learn are the continental and the half-cross.
2. Learn terms associated with needlepoint.
3. Learn to follow a pattern.
4. Make even stitches.

SUGGESTED PROJECTS FOR BEGINNERS

- Initials in plastic canvas – Kleenex box covers.
- Long stitch on canvas – simple plastic canvas kits.
- Plastic canvas – magnets or flat pictures.
- Crocheting – placemats, potholders.
- Knitting – potholders, scarves.

INTERMEDIATES
(3-4 years in project/12-14 years old)

SUGGESTED KNOWLEDGE / SKILLS TO BE LEARNED

1. Continue using skills learned in previous years.
2. Learn how to do the following stitches: flat stitches, wave stitch, Smyrna stitch, and the double straight cross stitch.

SUGGESTED PROJECTS FOR INTERMEDIATES

- A larger canvas – plastic canvas kits with modifications.
- Plastic canvas – a figure with irregular outline, holiday picture.

ADVANCED
(5+ years in project/15+ years old)

SUGGESTED KNOWLEDGE / SKILLS TO BE LEARNED

1. Continue using skills learned in previous years.
2. Learn how to do petit point.
3. Learn how to do projects following a pattern not printed on the canvas.
4. Use original design or modifications in design or colors.
5. Become a teen leader.
6. Demonstrate a technique and/or develop instructional materials.
7. Show and/or sell projects at art shows, craft shows, etc.
8. Explore career opportunities in arts and crafts.

SUGGESTED PROJECTS FOR ADVANCED

- Petit point chair covers, free hand on canvas, large canvas projects with many different stitches in them.

SEWING – (CBB)

CROSS STITCH / COUNTED CROSS STITCH

GENERAL SUGGESTIONS TO HELP LEADERS

Materials for counted cross stitch:

- For 14" Aida cloth – use blunt point size 24 needle, 2 strands floss for cross stitch, one strand for backstitch.
- For 11" Aida cloth – use blunt point size 24 needle, 3 strands floss for cross stitch, two strands for backstitch.
- Thread – six strand mercerized cotton floss (DMC recommended)
- Scissors – small, sharp, pointed.

Materials for cross stitch:

- Stamped or drawn design.
- Thread – six strand mercerized cotton floss.

Zig zag or tape (masking tape) the edges of material to keep from raveling. Center design and work from center out. Work design in a 4-5" hoop with screw type tension adjuster. Never knot the thread. Secure ends under two or three stitches. Do not jump from one area to another. Crossing stitches in the same direction all the time gives your piece a smooth sheen. Completed design should be soaked in cold water before framing. If fabric is soiled, wash gently with mild soap. Rinse well under cold running water. Roll wet work in towel. Do not wring. Press with warm iron **on wrong side**.

BEGINNERS
(1-2 years in project/9-11 years old)

SUGGESTED KNOWLEDGE / SKILLS TO BE LEARNED

1. Be sure your **hands are clean**.
2. Learn how to do the cross stitch and backstitch.
3. Learn how to select material, thread, and needle.
4. Pictures should be framed and edges finished (wooden hoop very easy).
5. Project must be neat and clean.

SUGGESTED PROJECTS FOR BEGINNERS

- Begin with simple project. Further knowledge each year by not repeating all the same stitches in the project, but by adding in more stitches. Approximate size – 4-7".
- A 4-H clover in 4" hoop, book marks, gift tags, simple holiday ornament.

INTERMEDIATES
(3-4 years in project/12-14 years old)

SUGGESTED KNOWLEDGE / SKILLS TO BE LEARNED

1. Continue using skills learned in previous years.
2. Learn more varied stitches.
3. Try doing simple samplers using border design, alphabets, and individual motifs.
4. Use of lettering.
5. Create your own design.

SUGGESTED PROJECTS FOR INTERMEDIATES

- Samplers.
- Cross stitch on box top, mirror frame, pillow, place mats, greeting cards, etc.

ADVANCED
(5+ years in project/15+ years old)

SUGGESTED KNOWLEDGE / SKILLS TO BE LEARNED

1. Continue using skills learned in previous years.
2. Learn new stitches or techniques each year.
3. Create your own design.
4. Try using evenweave linen or hardanger cloth. Designs on clothing acceptable.
5. Become a teen leader.
6. Demonstrate a technique and/or develop instructional materials.
7. Show and/or sell products at art shows, craft shows, etc.
8. Explore career opportunities in counted cross stitch.

SUGGESTED PROJECTS FOR ADVANCED

- Tablecloths, napkins, bedroom linens, aprons.

SEWING – (CBB)

LATCH HOOK

GENERAL SUGGESTIONS TO HELP LEADERS

- Teach member skills for lifetime leisure and vocational pursuits.
- Kits definition – any packages or boxed article with pre-arranged yarn colors and printed canvas. Kits are not allowed to be entered at the Jackson County Fair. They are a great start and can be used as a learning tool; however, DO NOT enter them as a fair exhibit.
- Original definition – separately bought canvas and yarn. It can be printed canvas (Intermediates) or one of 4-H'ers own design (Advanced). Yarn colors are 4-H'ers choice.

All projects must be finished (ready to use), rugs bound, wall hangings finished back by using rug binding or turning back a 1"-2" strip of canvas on all sides and hooking through both layers. Wall hangings should be supported at top if needed to lie flat to wall (i.e. wood dowel, wire, metal rod, etc.). Pillow should be finished as a pillow – stuffing should fit pillow and not be lumpy or heavy, backing should be color-coordinated, yarn should not be sewn to backing.

BEGINNERS
(1-2 years in project/9-11 years old)

SUGGESTED KNOWLEDGE / SKILLS TO BE LEARNED

1. Learn how to use latch hook tool.
2. All knots should be hooked from the same direction. Knots should be tight.
3. Do not miss any loops in the canvas.
4. Learn proper finishing techniques.
5. When finished, the yarn should be even.
6. Learn how to keep your project neat and clean.

SUGGESTED PROJECTS FOR BEGINNERS

- Create simple design (i.e. wall hanging, Christmas ornaments, rugs)

INTERMEDIATES
(3-4 years in project/12-14 years old)

SUGGESTED KNOWLEDGE / SKILLS TO BE LEARNED

1. Continue using skills learned in previous years.
2. Learn to make useful and decorative articles and repair worn or damaged articles.
3. Learn how texture affects a latch hook project.
4. Learn how to modify kits using your creative imagination.
5. Experiment with making your own design.

SUGGESTED PROJECTS FOR INTERMEDIATES

- More detailed kit (kits that contain more color and detail in design, variations of yarn types and lengths, modify kits). Examples of projects: pillows, stuffed animals, pictures.

ADVANCED
(5+ years in project/15+ years old)

SUGGESTED KNOWLEDGE / SKILLS TO BE LEARNED

1. Continue using skills learned in previous years.
2. Learn to combine colors, textures, and be aware of good design features.
3. Try cutting your own yarn.
4. Become a teen leader.
5. Demonstrate a technique and/or develop instructional materials.
6. Show and/or sell products at art shows, craft shows, etc.
7. Explore career opportunities in latch hook.

SUGGESTED PROJECTS FOR ADVANCED

- Original design (wall hanging, rugs, pillows, stuffed animals).

SEWING – (CBB)

EMBROIDERY

BEGINNERS
(1-2 years in project/9-11 years old)

SUGGESTED KNOWLEDGE / SKILLS TO BE LEARNED

1. Learn basic stitches (running stitch, threaded running, whipped running, outline stitch, chain stitch).
2. How to thread a needle.
3. How to correctly secure the thread.
4. Learn to keep stitches even.
5. Learn to follow a pattern.

SUGGESTED PROJECTS FOR BEGINNERS

- Doily, coasters, handkerchief, placemats, bib.

INTERMEDIATES
(3-4 years in project/12-14 years old)

SUGGESTED KNOWLEDGE / SKILLS TO BE LEARNED

1. Master advanced stitches (French knots, satin stitch, feather stitch, button hole stitch, lazy daisy stitch, blanket stitch).
2. Learn to pick appropriate patterns for projects.
3. Advanced finishing techniques.

SUGGESTED PROJECTS FOR BEGINNERS

- Pillow cases, pillows, embroidery pictures.

ADVANCED
(5+ years in project/15+ years old)

SUGGESTED KNOWLEDGE / SKILLS TO BE LEARNED

1. Achieve a good knowledge of embroidery stitches and be able to utilize them.
2. Learn topics and appropriate patterns for projects.
3. Advanced finishing techniques.

SUGGESTED PROJECTS FOR ADVANCED

- Embroidered quilts, table cloth.