



4-H Apparel and Textiles - Sewing

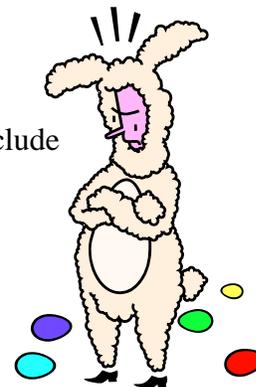
Senior Unit Level 1: Creative Expression 4-H Member Project Guide

(Suggested age: 15 - 16 years)

Continue using skills learned in the previous units. You should learn or refine at least three new skills.

➤ **DO** *New skills you may learn or refine:*

- Learn to select and sew a pattern for a specialized activity to include decorative banners, costumes and uniforms.
- Learn to select appropriate fabric for your chosen decorative banner or pattern. Fabric choice may include specialty fabrics.
- Learn to construct appropriate seams and seam finishes for the chosen fabric that are durable enough for multiple wearing/uses.
- Learn to make simple pattern changes to create an individualized design.
- Learn how to do machine appliqué.
- Learn to keep a notebook of ideas and designs.



➤ **APPLY** *Using new skills from above and/or ones learned from previous units, practice the skills you have learned, complete a project, and remember to keep a record of what you have sewn.*

What you will do:

Skill Practice

Sewing is an art as well as a skill! The more you sew and practice the skills you are learning, the better you will become at them.

Become involved in the Senior Level **Knowing Sewing Skillathon**. Your local County Agent has more information about this activity.

Sew and exhibit from one of the options. *Items from Clothing and Non-Clothing Options may not be combined for a complete project.*



▪ Clothing Option

Construct a complete outfit for one of the following activities:

- ❖ Halloween, theater, or historic costume
- ❖ Uniform for medical profession, cheerleader, dancer, etc.
- ❖ Riding apparel

Documentation is required. Include the following information:

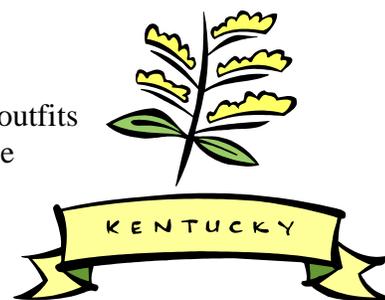
Purpose for the garment, reason for choosing, and any changes made to individualize the pattern.

▪ **Non-Clothing Option**

Select one of the following and construct a:

- ❖ Fabric doll or animal with a wardrobe of two outfits
- ❖ Machine appliquéd specialty flag or decorative banner (minimum size 24 x 24-inches)

Documentation is required. Include the following information: Purpose for/use of the item, reason for choosing, design plan for flag/banner.



Keep a record of what you have sewn.

Take time to fill out the **Record Sheet** for this project. Be sure to list the skills you have attempted as well as those you believe you have mastered. Store it in a notebook to review before you begin next year's sewing unit.



What you will need:

Equipment:

Sewing machine

Serger (optional)

Basic sewing kit to include: tape measure, sewing gauge, seam ripper, dressmaker's shears, thread snips, marking pencil/pen, dressmaker's pins, ball point pins, pin cushion/magnet, thimble, hand sewing needles (sharp and/or ballpoint).

Iron and ironing board

Zipper foot

Appliqué foot/attachment or other special attachments for sewing machine.

Drafting paper for pattern design and/or pattern changes

Notions & Material:

Pattern*

Fabric(s) - according to amount needed

Thread to match

Interfacing - see pattern for amount

Other notions as needed (zipper, buttons, trim, etc.)

* A commercial pattern may be used for the clothing and non-clothing options.

➤ **SHARE**

Show others what you have learned:

- Participate in your County Fashion Revue
- Participate in your County Demonstration Contest
- Exhibit at your County Fair or Rally Day (Project Card required)
- Participate in your club or County ***Knowing Sewing Skillathon***

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