



4-H Apparel and Textiles - Sewing



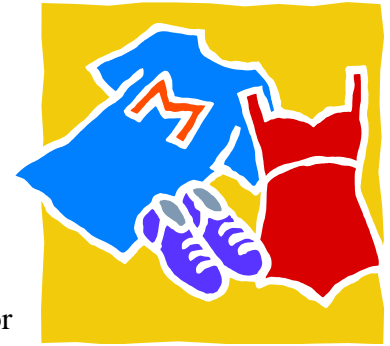
Senior Unit Level 2: Leisure Time 4-H Member Project Guide

(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 pattern(s) designed for leisure activity using specialty knits, nylon rainwear fabric, ripstop nylon, microfiber, fleece, 2-way stretch knit, or lingerie knit.
- Learn to construct appropriate seams and seam finishes for the chosen fabric.
- Learn to lay out a pattern using a napped fabric or a one-way directional design.



➤ **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.*

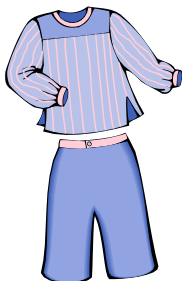
What you will do:

Skill Practice

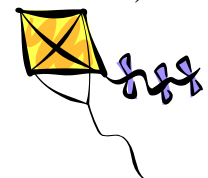
Sewing is an art as well as a skill! The more you sew and practice the skills you are learning, the better you will become at them.

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**
2 or 3-piece complete outfit, choose from the following:
 - ❖ Athletic wear such as leotard, cycling wear, warm-up suit, bathing suit and cover-up, tennis wear
 - ❖ Pajamas and robe (must use specialty fabric listed above)
 - ❖ Raincoat and hat or rain suit
- **Non-Clothing Option**
 - ❖ Kite (minimum size 2-feet x 3-feet)



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
- Even feed foot for sewing machine
- Buttonhole attachment/foot
- Other sewing machine attachments as needed

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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