

4-H Apparel & Textiles

Sewing

Purpose

The primary goal of the Kentucky 4-H *Sewing* program is to teach youngsters about the art and skills of creating useful items using needle and thread. This includes not only the use of a hand needle and thread, but the sewing machine and the serger. Sewing is, and can be, used to create clothing and wardrobe essentials as well as useful items for daily living.

Equally important to teaching youngsters skills they can use throughout their lives, is the goal of encouraging critical thinking and creativity. Clinical studies have found that students who learned to sew a simple project showed elevated creativity after the activity. One study concluded that “children who sew today may have a real edge in the high-tech service economy of tomorrow where creative, flexible worker will be in high demand.”¹ In addition, these individuals who learn to sew may also be developing skills for a fulfilling, stress-relieving hobby.

Objectives

The Kentucky 4-H *Sewing* projects were developed around and based on the following principles:

- ◆ Youngsters can and do enjoy creative activities. They should be given the opportunity to choose items they want to sew, yet be given “healthy” parameters in which to work.
- ◆ Skill development begins with the basics and gradually builds as projects progress.
- ◆ Youngsters are encouraged, and should be given the opportunity, to repeat and practice skills over and over again to stimulate learning. Repetition is important and critical for learning.
- ◆ Manual dexterity will vary from youngster to youngster, but should increase with age and practice.
- ◆ Young people need encouragement and recognition through positive feedback.

Overview & Guidelines

- ◆ An item must fit the category in which it is entered. For specifics, refer to individual projects.
- ◆ All projects are designed to promote skill building beginning with the basic fundamentals. Although a specific age level is *suggested*, projects may be taken in any order.
- ◆ Individuals age 9 to 13 must select and exhibit in one of the Junior categories; individuals 14 to 18 must select and exhibit in one of the Senior categories.
- ◆ Individuals may exhibit in only one project unit per year. Within each unit they must select between a clothing and a non-clothing project option where indicated. For state fair entries, counties may enter one item per class, limited to one class per individual.
- ◆ Projects may be repeated at the discretion of the county and/or leader-teacher.
- ◆ Senior units are designed to progress in skills both vertically and horizontally. Refer to the overview chart.
- ◆ Exhibits must be accompanied by a *Skills Check Sheet* indicating skills learned from the project. Projects must include the skills learned. See individual unit for specifics.
- ◆ It is suggested that Junior units be started in the fall with monthly skill sessions and that the exhibit projects be started after January.

¹ Home Sewing Association, Guidelines *Sew Creative!*, 1997.

The following is an abbreviated overview of the entire *Junior Sewing* units. Refer to each Unit for more detailed information and guidelines.

Junior Sewing -- Ages 9 to 13

Unit	Skills to be (can be) learned	Equipment/ Supplies Needed	Terms to Learn	Project Clothing	Project OR Non-clothing*	Practice/ Service Project
I - Let's learn to Sew 4JD-01PB	<ul style="list-style-type: none"> ◆ Basic sewing machine use and parts ◆ Fabric preparation ◆ Basic pressing ◆ Using pattern /pattern envelope ◆ Basic skills to sew a simple garment or usable item. 	<ul style="list-style-type: none"> ◆ Woven fabric ◆ Pattern ◆ Sewing machine ◆ Serger (optional) <p style="text-align: center;">Refer to Unit for additional items.</p>	<ul style="list-style-type: none"> ◆ Woven fabric ◆ Selvage ◆ Grainline ◆ Raw edge ◆ Fabric preparation ◆ Seam /seam finish ◆ Casing ◆ Hem ◆ Etc. 	<p>Sew and exhibit <u>one</u> item:</p> <ul style="list-style-type: none"> ▪ Shorts with casing ▪ Skirt with casing ▪ Pants with casing <p>Casing includes elastic and/or drawstring</p>	<p>Sew and exhibit one item:</p> <ul style="list-style-type: none"> ▪ Drawstring tote bag/purse ▪ Laundry bag with drawstring casing 	<ul style="list-style-type: none"> ▪ Rectangular placemat ▪ "Scrunchies" hair ornament ▪ Tissue case ▪ Nine patch pillow ▪ Travel kit ▪ Square napkin with serged edge ▪ Bandana with serged edge
II - Let's Get to the Bottom 4JD-01PB	<p>Continue to use and improve on the skills from Unit 1. Skills to be added:</p> <ul style="list-style-type: none"> ◆ Using interfacing ◆ Curved & enclosed seams ◆ Darts & Facings ◆ Fasteners: zipper (required), snap or hook and eye ◆ Hand-stitched hem ◆ Beginning serger skills 	<ul style="list-style-type: none"> ◆ Woven fabric ◆ Pattern ◆ Zipper foot ◆ Interfacing ◆ Fasteners: <ul style="list-style-type: none"> ▪ Zipper – required ▪ Snap ▪ Hook & eye ◆ Thimble ◆ Serger (if avail.) 	<ul style="list-style-type: none"> ◆ Zipper ◆ Snap ◆ Thimble ◆ Hook & eye ◆ Interfacing ◆ Basic serger parts ◆ Waistband ◆ Bulk ◆ Darts ◆ Securing threads ◆ Etc. 	<p>Sew and exhibit <u>one</u> item; it must include a zipper:</p> <ul style="list-style-type: none"> ▪ Shorts, skirt, or pants with waistband ▪ Shorts, skirt, or pants with facing 	<p>Sew and exhibit one:</p> <ul style="list-style-type: none"> ▪ Zippered tote bag ▪ Zippered purse ▪ Zippered gym bag ▪ Zippered garment bag 	<ul style="list-style-type: none"> ▪ Book cover ▪ Eyeglass case ▪ Cell phone case ▪ Holiday stocking ▪ Decorative pillow ▪ Zippered travel bag ▪ Simple doll clothes
III - Top It Off 4JD-01PB	<p>Continue to use and improve on the skills from Unit 1 and Unit 2. Skills to be added:</p> <ul style="list-style-type: none"> ◆ Pattern fitting ◆ Sleeves ◆ Collar ◆ Buttons & buttonholes -- required ◆ Lining 	<ul style="list-style-type: none"> ◆ Woven fabric ◆ Pattern ◆ Buttons--required ◆ Buttonhole foot /attachment ◆ Cording foot (for piping application) 	<ul style="list-style-type: none"> ◆ Pattern fitting ◆ Topstitching ◆ Trim ◆ Lining ◆ Collar <p>Fasteners: Buttons and buttonholes shank</p>	<p>Sew and exhibit <u>one</u> item; it must include buttons and buttonholes:</p> <ul style="list-style-type: none"> ▪ Shirt ▪ Simple jacket ▪ Dress – 1-piece no waistline ▪ Bathrobe ▪ Vest with facing or 	<p>Sew and exhibit:</p> <ul style="list-style-type: none"> ▪ Backpack with lining, applied trim, and button(s) and buttonhole(s). 	<ul style="list-style-type: none"> ▪ Serger constructed hanger cover ▪ Pillow with decorative trim ▪ Doll clothes ▪ Gift bag ▪ Simple curtains ▪ "Fanny" pack ▪ Sling purse

	<ul style="list-style-type: none"> ◆ Topstitching ◆ Trim 			<ul style="list-style-type: none"> lining ▪ Cape with hood or collar 		<ul style="list-style-type: none"> ▪ Flapper purse
IV - Stretch Your Knit Skills 4JD-01PB	<ul style="list-style-type: none"> ◆ Pattern and fabric selection for knits ◆ Basic knit sewing techniques ◆ Serger sewing techniques 	<ul style="list-style-type: none"> ◆ Knit fabric – stable, limited stretch fabric ◆ Pattern ◆ Sewing notions for knit ◆ Interfacing for knit 	<ul style="list-style-type: none"> ◆ Stable knit ◆ Rib knit ◆ Stretch ◆ Stretch gauge ◆ Stretch recovery ◆ 3-thread overlock seam ◆ 4-thread overlock seam ◆ Double-stitched seam 	<p>Sew and exhibit a one or two-piece complete outfit. Select from the following:</p> <ul style="list-style-type: none"> ▪ Dress ▪ Shirt / jacket with pants / shorts / skirt ▪ Pajamas or night-shirt 	Does not apply.	<ul style="list-style-type: none"> ▪ No sew fleece blanket / throw ▪ Knit turban ▪ Headband ▪ Neck-coolers ▪ Bath mitt
Unit V - Moving on Up: Intermediate skills <i>Suggested Age 12 - 13</i> Added for 2011 not yet included in 4JD-01PB	<p>Continue to use and improve on the skills from previous units. Skills to be added:</p> <ul style="list-style-type: none"> ◆ Making a complete outfit ◆ Other zipper applications ◆ Waistline seams ◆ Armhole facings 	<ul style="list-style-type: none"> ◆ Woven fabric ◆ Pattern ◆ Zipper foot ◆ Interfacing ◆ Fasteners: <ul style="list-style-type: none"> ▪ Zipper ▪ Snap ▪ Hook & eye ▪ Buttons ◆ Thimble ◆ Serger (if avail.) 	<ul style="list-style-type: none"> ◆ Seamline stay ◆ Waistline stay ◆ Catch-stitch hem ◆ Slip-stitch hem ◆ Graded seam ◆ Exposed zipper ◆ Flat fell seam ◆ French seam 	<p>Sew and exhibit a one complete outfit from woven fabric. Select from the following:</p> <ul style="list-style-type: none"> ▪ Dress ▪ Coveralls ▪ Jumpsuit <p>Item must include at least a zipper and/or buttons and buttonholes. A waistline, simple lining, trim, collar, and sleeves may be included but are not required.</p>	Does not apply.	<ul style="list-style-type: none"> ▪ Pillow case with enclosed seams
VI - Put It All Together This is listed as Unit V in 4JD-01PB	<p>Youth are given more choice and flexibility, but should continue to build on previous skills.</p> <ul style="list-style-type: none"> ◆ Pattern and fabric selection for specialty knit, stretch woven, print, plaid or border print fabrics. ◆ Fabric coordination ◆ Zipper variations ◆ Collar 	<ul style="list-style-type: none"> ◆ Fabric choice may be woven, knit, or a combination of the two. ◆ Pattern ◆ Invisible zipper foot ◆ Sewing notions according to pattern appropriate to 	<ul style="list-style-type: none"> ◆ Elasticized waistband ◆ Invisible zipper / zipper foot ◆ Placket ◆ Pockets ◆ Seamline stay ◆ Waistline stay ◆ 2-way stretch fabric ◆ Regulation set-in sleeve 	<p>Sew and exhibit a two or three-piece complete outfit with at least three new skills listed for this unit. <i>No waistline casings.</i> Select from the following:</p> <ul style="list-style-type: none"> ▪ Swimwear with cover-up ▪ Warm-up suit 	<p>Using Wild Ginger Software, Inc. <i>Wild Things!</i> Software program, select the Tote Bag option and design a bag that includes at least 2 pockets. Minimum size requirement for the tote bag is 12 inches in height and 12 inches in width. At least one functional zipper must be included in your design and creative stitchery or applied trim to</p>	<ul style="list-style-type: none"> ▪ Helmet covers ▪ Pillow with mitered corners ▪ Basket liners ▪ Chair or seat covers ▪ Shoe bag

	<ul style="list-style-type: none"> ◆ Pockets and plackets ◆ Elasticized openings ◆ Regulation set-in sleeves 	fabric being used.		<ul style="list-style-type: none"> ▪ Dress with jacket ▪ Jacket or shirt with slacks/skirt 	<p>personalize your bag. Optional elements: lining, other type closure as design dictates [button(s), hook and loop tape, or snap(s)]. If bag is not lined, it is suggested that the seam allowances be finished with a bound seam finish. Written documentation will need to include the printed design sheets (one for each pocket selected) from the program and answers to the following questions:</p> <ul style="list-style-type: none"> • How did you choose the size of your tote bag? Did you use any of the default settings in the program? • Did you have any trouble using the software or printing your pattern? Explain • Did you download the Wild Things! Program to your home computer or use the program at your county extension office? Did you make any changes to your pattern after it was printed? If so, tell what you changed. 	
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Must use one of the patterns found in the *4-H Sewing Resource Notebook* or on the *4-H Sewing Compact Disk (CD)*.
WildThings software program may be downloaded free from <http://www.wildginger.com/products/wildthings.htm>

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The following is an abbreviated overview of the entire *Senior Sewing* units. Refer to each Unit for more detailed information and guidelines.

Senior Sewing -- Ages 14 to 19

<u>Level 1</u>	Skills to be	Equipment/	Project	<u>Level 2</u>	Skills to be	Equipment/	Project
Units	learned or refined	Supplies		Units	learned or refined	Supplies	
Let's be Casual <i>This can be an entry level unit for beginning Senior age sewers</i>	<ul style="list-style-type: none"> ◆ Fabric selection ◆ Fabric preparation ◆ Using pattern /pattern envelope ◆ Sewing machine and Serger parts ID, use, and care ◆ Fasteners: zipper, snap or hook and eye ◆ Enclosed seams ◆ Seams and seam finishes including flat fell seam ◆ Hand and machine hems ◆ CAD patterns 	<ul style="list-style-type: none"> ◆ Woven and /or knit fabric, interfacing ◆ Thread ◆ Pattern ◆ Sewing machine ◆ Serger (optional) ◆ Machine accessories ◆ Basic sewing kit- <i>Dressmaker's shears, thread snips, pins, pin cushion/magnet, tape measure, sewing gauge, marking pencil/pen needles, thimble</i> 	<p><u>Clothing</u> Select 1-2 garments to make a complete outfit</p> <ul style="list-style-type: none"> ▪ Top and bottom ▪ Dress ▪ Simple Pajamas ▪ Robe <p><u>Non-Clothing</u> 2 piece set of fabric accessories: wallet, garment bag, duffle bag/purse, back pack. At least one piece must include a zipper.</p>	Leisure Time	<p>Selection and sewing specialty fabrics to include one or more of the following:</p> <ul style="list-style-type: none"> ◆ Two-way stretch knits ◆ Lingerie knit ◆ Fleece ◆ Nylon rainwear ◆ Rip stop nylon ◆ Microfiber 	<p>Pattern Fabric Interfacing Thread Sewing machine Serger (<i>strongly encouraged</i>) Machine accessories</p> <p>Basic sewing kit. Refer to previous unit for items.</p>	<p><u>Clothing</u> 2-3 piece complete outfit for:</p> <ul style="list-style-type: none"> ▪ Active wear (swimsuit and cover up, tennis wear, warm ups, cycling wear, leotard) ▪ Lounge wear (made from specialty fabric) ▪ Raincoat and hat or rain suit <p><u>Non-Clothing</u> Kite (minimum size – 2' x 3')</p>
Dress It Up <i>This can be an entry level unit for beginning Senior age sewers</i>	<ul style="list-style-type: none"> ◆ Fabric and pattern selection for a dressy occasion ◆ French seam, hairline seam and serged seam. ◆ Hand and machine hems ◆ Napped fabric or one way directional designs ◆ Invisible zipper ◆ Princess Seams ◆ Double-pointed dart. 	<ul style="list-style-type: none"> ◆ Pattern ◆ Fabric, interfacing ◆ Thread ◆ Sewing machine ◆ Serger (optional) ◆ Machine accessories <p>Basic sewing kit- Refer to previous unit for items.</p>	<p><u>Clothing</u> Select 1-2 garments to make a complete dressy outfit</p> <ul style="list-style-type: none"> ▪ Dress ▪ Suit ▪ Pant suit ▪ Sportcoat and slacks <p><u>Non-Clothing</u> Not available for this unit</p>	Formal Affair	<ul style="list-style-type: none"> ◆ Fabric and pattern selection for a formal occasion (taffeta, satin, velvet, lace, sheers, brocade, gabardine) ◆ Narrow rolled hem done on the serger and/or sewing machine ◆ Linings 	<p>Pattern Fabric Interfacing Thread Sewing machine Serger Machine accessories</p> <p>Basic sewing kit. Refer to previous unit for items.</p>	<p><u>Clothing</u> 1-2 piece complete formal outfit</p> <ul style="list-style-type: none"> ▪ Prom dress ▪ Formal ▪ Bridesmaid dress ▪ Tuxedo <p><u>Non-Clothing</u> Not available for this unit.</p>

<p>Match it Up</p>	<ul style="list-style-type: none"> ◆ Coordination of multiple fabrics and garment pieces ◆ Matching plaids, strips, and/or designs ◆ Napped fabric or one way directional designs ◆ Regulation set in sleeves ◆ Notched lapel collar ◆ Fashion accessories ◆ Decorative trims and borders 	<ul style="list-style-type: none"> ◆ Pattern ◆ Fabric, interfacing ◆ Thread ◆ Sewing machine ◆ Serger (optional) ◆ Machine accessories ◆ Even feed foot <p>Basic sewing kit- Refer to previous unit for items.</p>	<p><u>Clothing</u> Select 1 item from each group to make a complete 3-4 piece coordinated outfit</p> <ul style="list-style-type: none"> ▪ Shorts, pants, skirt ▪ Top, blouse, shirt ▪ Vest, jacket, sweater/cardigan <p>1 piece must have regulation set in sleeves. An accessory may be included as the 4th piece.</p> <p><u>Non-Clothing</u> 3-4 piece coordinating luggage/travel accessories. Each piece to include applied trim or border, zipper, and pockets.</p>	<p>Tailor Made</p>	<ul style="list-style-type: none"> ◆ Speed tailoring ◆ Traditional tailoring ◆ Linings ◆ Bound buttonhole ◆ Keyhole buttonhole ◆ Welt pocket ◆ Vents ◆ Underlining ◆ Rolled collar ◆ Notched lapel collar ◆ Pressing <p>Equipment: point presser, clapper, sleeve roll, pressing ham</p>	<p>Pattern Fabric, lining Interfacing (fusible or hair canvas) Thread Sewing machine Serger(optional) Machine accessories Steam iron and pressing equipment Stay tape Basic sewing kit-Refer to previous unit for items.</p>	<p><u>Clothing</u> 1-2 pieces made from wool or 60% wool blend fabric</p> <ul style="list-style-type: none"> ▪ Coat or jacket ▪ Blazer ▪ Suit (jacket with pants or skirt) <p><u>Non-Clothing</u> Not available for this unit</p>
<p>Creative Expressions</p> <p><i>Documentation required:</i></p> <p>Include design drawings and purpose for the outfit: is it a costume, uniform , etc.</p>	<ul style="list-style-type: none"> ◆ Fabric and pattern selection for a specialized activity ◆ Specialty fabrics ◆ Alterations ◆ Machine appliqué ◆ Durable seams and seam finishes 	<ul style="list-style-type: none"> ◆ Pattern ◆ Fabric ◆ Interfacing ◆ Thread ◆ Sewing machine ◆ Serger (optional) ◆ Machine accessories ◆ Drafting paper ◆ Notebook <p>Basic sewing kit- Refer to previous unit for items.</p>	<p><u>Clothing</u> Complete outfit for one of the following:</p> <ul style="list-style-type: none"> ▪ Costume ▪ Uniform ▪ Riding apparel <p><u>Non-Clothing</u> Select one</p> <ul style="list-style-type: none"> ▪ Fabric doll or animal with two outfits ▪ Machine appliquéd banner (minimum size 2' x 2') 	<p>Up Cycle</p> <p><i>Documentation required:</i></p> <p>Include a “before” photo of all recycled items used; source of the recycled garment; how the design was created; and any design drawings that were used in the creation.</p>	<ul style="list-style-type: none"> ◆ Elements and principles of good design ◆ Embellishments: <ul style="list-style-type: none"> Dying Batik Quilting Embroidery-machine or hand Painting Appliqué Beading Printing 	<p>Pattern/idea Used garment Fabric Interfacing Thread Sewing machine Serger(optional) Machine accessories Embroidery machine Rotary cutter and mat Notebook Basic sewing kit</p>	<p>Sew/reconstruct a garment or fashion accessory from previously worn garments. Recycled fabric is to be the major component of the item. Recycled garments may be cast-offs from the member’s family/friends or purchased at a yard sale or similar low cost source.</p>

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