



4-H Apparel and Textiles -- Sewing

Junior Unit V: Moving on Up

4-H Member Project Guide

You've learned the basics of operating a sewing machine and basic garment construction. The skills you will learn build on the sewing techniques you have learned in previous units. This project is made using woven fabric.

➤ **DO** *New skills you may learn:*

- Learn to select a pattern for sewing a complete one-piece outfit
- Learn basic fitting techniques for sewing a complete on-piece outfit
- Learn to apply a neckline zipper, snaps, buttons, or other types of closures
- Learn to make a waistline seam with a stay
- Learn to make sleeves
- Learn to make a simple collar
- Learn to sew a simple lining
- Learn to use a serger for sewing and/or finishing seams

➤ **APPLY** *Using the new skills from above along with others you have learned, practice what you are learning, complete a project, and remember to keep a record of what you have sewn.*

What you will do:

Skill Practice

We learn to sew by sewing! You will continue learning to sew by expanding your knowledge and skills by making and outfit from woven fabric. The more you sew and practice the skills you have learned, the better you will become.

Make one or more ***Practice / Service Projects***. See your leader/teacher or County Agent for copies of the patterns. Consider giving some of these as gifts to friends or family. ***Practice / Service Projects cannot be exhibited in Sewing Department at the Kentucky State Fair.***

Sew and exhibit a complete outfit.

- **Clothing Option**
Construct a 1-piece complete outfit such as a dress, coveralls, or jumpsuit. Item must include a zipper or button/buttonhole closure.
- **Non Clothing Option**
Not available for this unit



Keep a record of what you have sewn. Ask your parent or leader to help you fill out the **Record Sheet** for this project. Store it in a notebook to review before you begin next year's sewing unit.



Check off skills you have learned.

Make note of the skills you have learned this year and check them off on the **Sewing Skill Check Sheet**.

What you will need:

Equipment

Sewing machine
Sergers (optional)
Universal sewing machine needles
Hand sewing needles
Basic sewing tool kit [thread snips, tape measure, sewing gauge, thimble, seam ripper, dressmaker's shears, dressmaker's pins, pin cushion (magnet preferred, thimble, hand sewing needles--)]
Iron / Ironing Board

Notions & Materials

Pattern*
Woven fabric - see pattern for exact amount (Your leader/teacher may have some fabric suggestions.)
Thread - to match your fabric
Interfacing - suited to weight and type of chosen fabric; see pattern for exact amount
Buttons (if required by pattern) - match or coordinate with your fabric
Zipper (if required by pattern) - match or coordinate with your fabric

A list of suggested patterns will be available from your local County Extension Office each project year.

➤ **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 is required)
- Participate in your club or County *Knowing Sewing Skillathon*