4-H Apparel and Textiles - Sewing

Senior Unit Level 1: Dress It Up
4-H Member Project Guide

(suggested age: 14 - 15 years)

Continue using skills learned in the previous Junior and/or Senior 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 to be worn for dressy occasions.
- Learn to select an appropriate fabric for your chosen pattern. Fabric suggestions include: linen, gabardine, corduroy, challis, pique, sheer, knit.
- Learn to construct appropriate seams and seam finishes for the chosen fabric which may include French seams, hairline seams, serged seams, etc.
- Learn to layout a pattern using a napped fabric or one-way directional design.
- Learn to put in an invisible zipper.
- Learn to construct princess seams.
- Learn to construct double-pointed darts.

➤ 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 have learned, the better you will become.

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.

- Clothing Option
  1-2 piece complete outfit., such as a dress, suit, pant suit, sport coat and slacks. Fabric choice may be woven, knit or a combination of the two.
- **Non-Clothing Option**
  Not available for this unit

*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
- Buttonhole attachment/foot for sewing machine.

*Notions & Material:*
- Pattern
- Fabric - see pattern for amount
- Thread to match
- Interfacing - see pattern for amount
- Other notions as needed (zipper, buttons, trim, etc.)

➢ **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*

State Contact: Marjorie M. Baker, M.S.
Extension Associate for Clothing and Textiles

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