



## 4-H Apparel and Textiles - Sewing

### Senior Unit Level 1: Let's Be Casual 4-H Member Project Guide

(suggested age: 14 years)

This can be an entry level unit for the beginning senior sewer, or you may continue using skills learned in the junior units. You should learn or refine at least three new skills.

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

- Learn to select and sew fabric appropriate to a chosen pattern.
- Learn to identify sewing/serger machine parts and use them correctly.
- Learn to construct appropriate closures for chosen pattern (zipper(s), buttons/buttonholes).
- Learn to do hand and machine sewn hem(s).
- Learn to sew seams and apply appropriate seam finishes; may include the flat fell seam.
- Learn how to construct enclosed seams.
- Learn to read and follow pattern envelope and guide sheet correctly.
- Learn about CAD patterns.



➤ **APPLY** *Using new skills from above and/or ones learned from Junior Units, practice skills you have learned, 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! 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 or 2 garments to make a complete outfit such as a top and bottom, simple pajamas, robe, or a dress. Fabric choice may be woven, knit or a combination of the two.

- **Non-Clothing Option**  
2-piece set of fabric accessories, such as a wallet on a string, garment bag, duffle purse, backpack, or duffle bag. At least one piece must include a zipper.



***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.)

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

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