



4-H Apparel and Textiles -Sewing

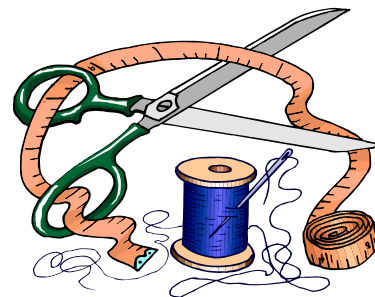
Senior Unit Level 1: Dress It Up 4-H Member Project Guide

(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***

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