



4-H Apparel and Textiles - Sewing



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

(suggested age: 14 - 16 years)

Continue using skills learned in the previous 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(s) that includes the coordination of multiple fabrics and garment pieces.
- Learn to select appropriate fabric for your chosen pattern(s). Fabric suggestions include: plaid, striped, border prints, napped fabrics, knits, and wovens.
- Learn to construct appropriate seams and seam finishes for the chosen fabric.
- Learn to layout a pattern using a napped fabric or one-way directional design.
- Learn to match plaids and stripes.
- Learn to correctly apply decorative trims and/or borders.
- Learn to make fashion accessories such as purses, hats, scarves, gloves, or mittens
- Learn to make regulation set-in sleeves.
- Learn to make a notched lapel collar.



➤ **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

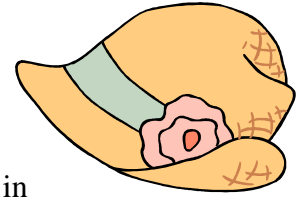
Sewing is an art as well as a skill! The more you sew and practice the skills you are learning, the better you will become at them.

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 for a complete project.*

- **Clothing Option**
Choose at least one item from each group to make a complete 3 or 4-piece coordinated outfit:

- ❖ Top, blouse, shirt
- ❖ Vest, jacket, sweater
- ❖ Shorts, pants skirt



At least one piece is required to have regulation set in sleeves. Fabric choice may be woven, knit or a combination of the two. An accessory item may be included as the fourth piece.

▪ **Non-Clothing Option**

3 or 4-piece coordinating luggage/travel accessories. Each piece must have an applied border/trim, zipper and pocket(s).

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.
- Cording/piping foot or other special attachments for application of trim

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***

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