

4-H Apparel & Textiles—Sewing



Purpose

The primary goal of the Kentucky 4-H Sewing program is to teach youngsters about the art and skills of using needle and thread to create useful items. This includes not only the use of a hand needle and thread but the sewing machine and the serger. Youngsters can learn to create clothing and wardrobe essentials as well as useful items for daily living.

Equally important to teaching youngsters skills they can use throughout their lives is the goal of encouraging critical thinking and creativity. Clinical studies have found that students who learned to sew a simple project showed elevated creativity after the activity. One study concluded that “children who sew today may have a real edge in the high-tech service economy of tomorrow, where creative, flexible workers will be in high demand.” In addition, these individuals who learn to sew may also be developing a fulfilling, stress-relieving hobby.

Objectives

The Kentucky 4-H Sewing projects were developed around and based on the following principles:

- Youngsters can and do enjoy creative activities. They should be given the opportunity to choose items they want to sew, yet they should be given “healthy” parameters in which to work.
- Skill development begins with the basics and gradually builds as projects progress.
- Youngsters are encouraged, and should be given the opportunity, to repeat and practice skills over and over again to stimulate learning. Repetition is important and critical for learning.
- Manual dexterity will vary from youngster to youngster but should increase with age and practice.
- Young people need encouragement and recognition through positive feedback.

Overview and Guidelines

- An item must fit the category in which it is entered. For specifics, refer to individual projects.
- All projects are designed to promote skill building, beginning with the basics. Although a specific age level is suggested, projects may be presented in any order.
- Individuals ages 9 to 13 must select and exhibit in one of the Junior categories; individuals 14 to 19 must select and exhibit in one of the Senior categories.
- Individuals may exhibit in only one project unit per year. Within each unit, each one must choose between a clothing and a non-clothing option where indicated. For State Fair entries, counties may enter one item per class, limited to one class per individual.
- Projects may be repeated at the discretion of the county and/or leader-teacher.
- Referring to the overview chart, Senior units are designed to aid in the progress of skills both vertically and horizontally.
- Exhibits must be accompanied by a “4-H Sewing Project Card” indicating skills learned from the project. Projects must include the skills learned. See individual units for specifics.
- It is suggested that Junior units be started in the fall, with monthly skill sessions, and that the exhibit projects be started after January.

The following is an abbreviated overview of the entire Junior Sewing units. Refer to each Unit for more detailed information and guidelines.

Junior Sewing — Ages 9 to 13					
Project					
Practice/Unit	Skills to be learned	Equipment/Supplies Needed	Terms to Learn	Clothing OR Non-clothing	Practice/Service Project
I – Let's learn to Sew Suggested Age 9 – 10	<ul style="list-style-type: none"> Basic sewing machine use and parts Fabric preparation Basic pressing Using pattern/pattern envelope Basic skills to sew a simple garment or usable item 	<ul style="list-style-type: none"> Woven fabric Pattern Sewing machine Serger (optional) <p>Refer to unit for additional items</p>	<ul style="list-style-type: none"> Woven fabric Selvage Grainline Raw edge Fabric preparation Seam/seam finish Casing Hem Etc. 	<p>Sew and exhibit one item:</p> <ul style="list-style-type: none"> Shorts with casing Skirt with casing Pants with casing <p>Casing includes elastic and/or drawstring</p>	<ul style="list-style-type: none"> Rectangular placemat "Scrunchies" hair ornament Tissue case Nine patch pillow Travel kit Square napkin with serged edge Bandana with serged edge
II – Let's Get to the Bottom Suggested Age 10 – 11	<p>Continue to use and improve on the skills from Unit 1. Skills to be added:</p> <ul style="list-style-type: none"> Using interfacing Curved and enclosed seams Darts and Facings Fasteners: zipper (required), snap or hook and eye Hand-stitched hem Beginning serger skills 	<ul style="list-style-type: none"> Woven fabric Pattern Zipper foot Interfacing Fasteners: zipper (required), snap or hook and eye Thimble Serger (if available) 	<ul style="list-style-type: none"> Zipper Snap Thimble Hook & eye Interfacing Basic serger parts Waistband Bulk Darts Securing threads Etc. 	<p>Sew and exhibit one item; it must include a zipper:</p> <ul style="list-style-type: none"> Shorts, skirt, or pants with waistband Shorts, skirt, or pants with facing 	<ul style="list-style-type: none"> Book cover Eyeglass case Cell phone case Holiday stocking Decorative pillow Zippered travel bag Simple doll clothes

*Patterns provided in the 4-H Member Project Guide, 4-H Sewing Resource Notebook, or on the 4-H Sewing Compact Disk (CD).

Junior Sewing — Ages 9 to 13

4JD01PA

Project

Practice/Unit	Skills to be learned	Equipment/Supplies Needed	Terms to Learn	Clothing OR Non-clothing	Practice/Service Project
III - Top It Off Suggested Age 11 – 12	Continue to use and improve on the skills from Unit 1 and Unit 2. Skills to be added: <ul style="list-style-type: none"> • Pattern fitting • Sleeves • Collar • Buttons and button-holes—required • Lining • Topstitching • Trim 	<ul style="list-style-type: none"> • Woven fabric • Pattern • Buttons—required • Buttonhole foot/attachment • Cording foot (for piping application) 	<ul style="list-style-type: none"> • Pattern fitting • Topstitching • Trim • Lining • Collar • Fasteners • Buttons • Buttonholes • Thread Shank • Etc. 	Sew and exhibit one item; it must include buttons and button-holes: <ul style="list-style-type: none"> • Shirt • Simple jacket • Dress— 1-piece no waistline • Bathrobe • Vest with facing or lining • Cape with hood or collar 	<ul style="list-style-type: none"> • Serger constructed hanger cover • Pillow with decorative trim • Doll clothes • Gift bag • Simple curtains • “Fanny” pack • Sling purse • Flapper purse
IV - Stretch Your Knit Skills Suggested Age 12 – 13	<ul style="list-style-type: none"> • Pattern and fabric selection for knits • Basic knit sewing techniques • Serger sewing techniques 	<ul style="list-style-type: none"> • Knit fabric—stable, limited stretch fabric • Pattern • Sewing notions for knit • Interfacing for knit 	<ul style="list-style-type: none"> • Stable knit • Rib knit • Stretch • Stretch gauge • Stretch recovery • 3-thread overlock seam • 4-thread overlock seam • Double-stitched seam • Etc. 	Sew and exhibit a one- or two-piece complete outfit. Select from the following: <ul style="list-style-type: none"> • Dress • Shirt/jacket with pants/shorts/skirt • Pajamas or night-shirt 	<ul style="list-style-type: none"> • No sew fleece blanket/throw • Knit turban • Headband • Neck coolers • Bath mitt

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Junior Sewing — Ages 9 to 13					
Project					
4JD01PA					
Practice/Unit	Skills to be Learned	Equipment/Supplies Needed	Terms to Learn	Clothing OR Non-clothing	Practice/Service Project
V - Put It All Together Suggested Age: 13	Youth are given more choice and flexibility, but should continue to build on previous skills. <ul style="list-style-type: none"> • Pattern and fabric selection for specialty knit, stretch woven, print, plaid, or border print fabrics. • Fabric coordination • Zipper variations • Collar • Pockets and plackets • Elasticized openings • Regulation set-in sleeves 	<ul style="list-style-type: none"> • Fabric choice may be woven, knit, or a combination of the two • Pattern • Invisible zipper foot • Sewing notions according to pattern appropriate to fabric being used 	<ul style="list-style-type: none"> • Elasticized waistband • Invisible zipper/zipper foot • Placket • Pockets • Seamline stay • Waistline stay • 2-way stretch fabric • Regulation set-in sleeve 	Sew and exhibit a two or three-piece complete outfit with at least three new skills listed for this unit. No waistline casings. Select from the following: <ul style="list-style-type: none"> • Swimwear with cover-up • Warm-up suit • Dress with jacket • Jacket or shirt with slacks/skirt 	<ul style="list-style-type: none"> • Helmet covers • Pillow with mitered corners • Basket liners • Chair or seat covers • Shoe bag
				Using Wild Ginger Software, Inc. Wild Things! Software program, select the Tote Bag option and design a bag that includes at least 2 pockets. Minimum size requirement for the tote bag is 12 inches in height and 12 inches in width. At least one functional zipper must be included in your design and creative stitching or applied trim to personalize your bag. Optional elements: lining, other type closure as design dictates [button(s), hook and loop tape, or snap(s)]. If bag is not lined, it is suggested that the seam allowances be finished with a bound seam finish. Written documentation will need to include the printed design sheets (one for each pocket selected) from the program and answers to the following questions: <ul style="list-style-type: none"> • How did you choose the size of your tote bag? Did you use any of the default settings in the program? • Did you have any trouble using the software or printing your pattern? Explain • Did you download the Wild Things! Program to your home computer or use the program at your county extension office? Did you make any changes to your pattern after it was printed? If so, tell what you changed. 	

WildThings software program may be downloaded free from <http://www.wildginger.com/products/wildthings.htm>

The following is an abbreviated overview of the Senior sewing units. Refer to each unit for more detailed information and guidelines.

Senior Sewing—Ages 14 to 19							
Level I Units	Skills to be Learned or Refined	Equipment/Supplies	Project	Level II Units	Skills to be Learned or Refined	Equipment/Supplies	Project
Let's be Casual Suggested Age: 14	<ul style="list-style-type: none"> • Fabric selection • Fabric preparation • Using pattern/pattern envelope • Sewing machine and Serger parts ID, use, and care • Fasteners: zipper, snap, or hook and eye • Enclosed seams • Seams and seam finishes, including flat-fell seam • Hand and machine hems • CAD patterns 	<ul style="list-style-type: none"> • Woven and/or knit fabric, interfacing • Thread • Pattern • Sewing machine • Serger (optional) • Machine accessories • Basic sewing kit: <i>dressmaker's shears, thread snips, pins, pin cushion/magnet, tape measure, sewing gauge, marking pencil/pen, needles, thimble</i> 	<p><u>Clothing</u></p> <ul style="list-style-type: none"> • Select 1 to 2 garments to make a complete outfit • Top and bottom • Dress • Simple Pajamas • Robe <p><u>Non-Clothing</u></p> <ul style="list-style-type: none"> • 2-piece set of fabric accessories: wallet, garment bag, duffle bag/purse, backpack. • At least one piece must include a zipper. 	<p>Leisure Time Suggested Ages 15 to 16</p>	<ul style="list-style-type: none"> • Selecting and sewing specialty fabrics, including one or more of the following: <ul style="list-style-type: none"> • Two-way stretch knits • Lingerie knit • Fleece • Nylon rainwear • Rip stop nylon • Microfiber 	<ul style="list-style-type: none"> • Pattern • Fabric interfacing • Thread • Sewing machine • Serger (<i>strongly encouraged</i>) • Machine accessories • Basic sewing kit (<i>refer to previous unit for items</i>) 	<p><u>Clothing</u></p> <ul style="list-style-type: none"> • 2- to 3-piece complete outfit for: <ul style="list-style-type: none"> • Active wear (swimsuit and cover-up, tennis wear, warm ups, cycling wear, leotard) • Lounge wear (made from specialty fabric) • Raincoat and hat or rainsuit <p><u>Non-Clothing</u></p> <ul style="list-style-type: none"> • Kite (minimum size: 2' x 3')
Dress It Up Suggested Ages 14 to 15	<ul style="list-style-type: none"> • Fabric and pattern selection for a dressy occasion • French seam, hairline seam, and serged seam. • Hand and machine hems • Napped fabric or one-way directional designs • Invisible zipper • Princess seams • Double-pointed dart 	<ul style="list-style-type: none"> • Pattern • Fabric, interfacing • Thread • Sewing machine • Serger (optional) • Machine accessories • Basic sewing kit (<i>refer to previous unit for items</i>) 	<p><u>Clothing</u></p> <ul style="list-style-type: none"> • Select 1 to 2 garments to make a complete dressy outfit • Dress • Suit • Pantsuit • Sport coat and slacks <p><u>Non-Clothing</u></p> <ul style="list-style-type: none"> • Not available for this unit 	<p>Formal Affair Suggested Ages 16 to 18</p>	<ul style="list-style-type: none"> • Fabric and pattern selection for a formal occasion (taffeta, satin, velvet, lace, sheers, brocade, gabardine) • Narrow rolled hem done on the serger and/or sewing machine • Linings 	<ul style="list-style-type: none"> • Pattern • Fabric Interfacing • Thread • Sewing machine • Serger • Machine accessories • Basic sewing kit (<i>refer to previous unit for items</i>) 	<p><u>Clothing</u></p> <ul style="list-style-type: none"> • 1- to 2-piece complete formal outfit • Prom dress • Formal • Bridesmaid dress • Tuxedo <p><u>Non-Clothing</u></p> <ul style="list-style-type: none"> • Not available for this unit.

Senior Sewing—Ages 14 to 19

Level I Units	Skills to be Learned or Refined	Equipment/Supplies	Project	Level II Units	Skills to be Learned or Refined	Equipment/Supplies	Project
Match It Up Suggested Ages 14 to 16	<ul style="list-style-type: none"> • Coordination of multiple fabrics and garment pieces • Matching plaids, stripes, and/or designs • Napped fabric or one-way directional designs • Regulation set-in sleeves • Notched lapel collar • Fashion accessories • Decorative trims and border 	<ul style="list-style-type: none"> • Pattern • Fabric, interfacing • Thread • Sewing machine • Serger (optional) • Machine accessories • Even-feed foot • Basic sewing kit (<i>refer to previous unit for items</i>) 	<p><u>Clothing</u> Select 1 item from each group to make a complete 3- to 4-piece coordinated outfit:</p> <ul style="list-style-type: none"> • Shorts, pants, skirt • Top, blouse, shirt • Vest, jacket, sweater/cardigan <p>1 piece must have regulation set-in sleeves. An accessory may be included as the 4th piece.</p> <p><u>Non-Clothing</u> 3- to 4-piece coordinating luggage/travel accessories; each piece to include applied trim or border, zipper, and pockets.</p>	Tailor-Made Suggested Ages 17 to 19	<ul style="list-style-type: none"> • Speed tailoring • Traditional tailoring • Linings • Bound button-hole • Keyhole button-hole • Welt pocket • Vents • Underlining • Rolled collar • Notched lapel collar • Pressing equipment: point presser, clapper, sleeve roll, pressing ham 	<ul style="list-style-type: none"> • Pattern • Fabric, lining • Interfacing (fusible or hair canvas) • Thread • Sewing machine • Serger (optional) • Machine accessories • Steam iron and pressing equipment • Stay tape • Basic sewing kit (<i>refer to previous unit for items</i>) 	<p><u>Clothing</u> 1 to 2 pieces made from wool or 60% wool-blend fabric</p> <ul style="list-style-type: none"> • Coat or jacket • Blazer • Suit (jacket with pants or skirt) <p><u>Non-Clothing</u> Not available for this unit</p>
Creative Expressions Suggested Ages 15 to 16 <i>Documentation required</i>	<ul style="list-style-type: none"> • Fabric and pattern selection for a specialized activity • Specialty fabrics • Alterations • Machine appliqué • Durable seams and seam finishes 	<ul style="list-style-type: none"> • Pattern • Fabric • Interfacing • Thread • Sewing machine • Serger (optional) • Machine accessories • Drafting paper • Notebook • Basic sewing kit (<i>refer to previous unit for items</i>) 	<p><u>Clothing</u> Complete outfit from one of the following:</p> <ul style="list-style-type: none"> • Costume • Uniform • Riding apparel <p><u>Non-Clothing</u> Select one:</p> <ul style="list-style-type: none"> • Fabric doll or animal with two outfits • Machine appliquéd banner (minimum size: 2' x 2') 	Wearable Art Suggested Ages 17 to 19 <i>Documentation required</i>	<ul style="list-style-type: none"> • Fabric embellishment to include one or more of the following: • Dyeing • Batik • Quilting • Embroidery—machine or hand • Painting • Appliqué • Beading • Printing 	<ul style="list-style-type: none"> • Pattern • Fabric interfacing • Thread • Sewing machine • Serger (optional) • Machine accessories • Embroidery machine • Rotary cutter and mat • Notebook • Basic sewing kit 	<p><u>Clothing</u> Complete outfit to include at least one item with some form of fabric manipulation or embellishment; an additional accessory item may be included but must also be embellished</p> <p><u>Non-Clothing</u> Not available for this unit</p>