



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



4-H Apparel and Textiles -Sewing

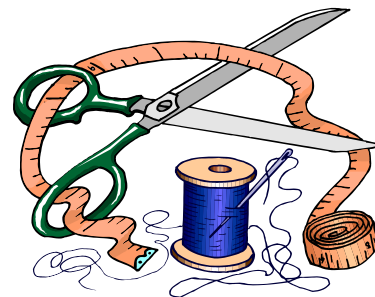
Senior Unit Level 1: Dress It Up 4-H Member Project Guide

(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)
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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

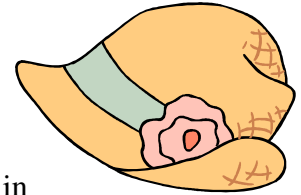
Sewing is an art as well as a skill! The more you sew and practice the skills you are learning, the better you will become at them.

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
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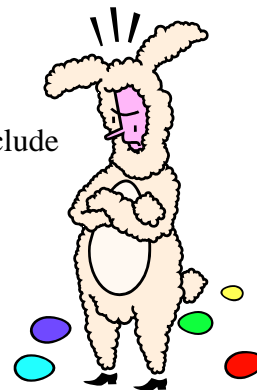
Senior Unit Level 1: Creative Expression 4-H Member Project Guide

(Suggested age: 15 - 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 for a specialized activity to include decorative banners, costumes and uniforms.
- Learn to select appropriate fabric for your chosen decorative banner or pattern. Fabric choice may include specialty fabrics.
- Learn to construct appropriate seams and seam finishes for the chosen fabric that are durable enough for multiple wearing/uses.
- Learn to make simple pattern changes to create an individualized design.
- Learn how to do machine appliqué.
- Learn to keep a notebook of ideas and designs.



➤ **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**

Construct a complete outfit for one of the following activities:

- ❖ Halloween, theater, or historic costume
- ❖ Uniform for medical profession, cheerleader, dancer, etc.
- ❖ Riding apparel

Documentation is required. Include the following information:

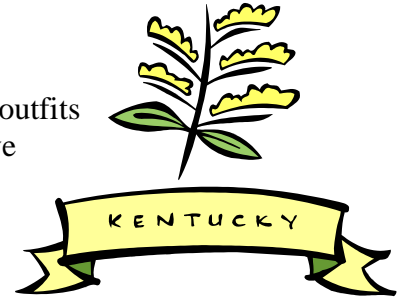
Purpose for the garment, reason for choosing, and any changes made to individualize the pattern.

▪ **Non-Clothing Option**

Select one of the following and construct a:

- ❖ Fabric doll or animal with a wardrobe of two outfits
- ❖ Machine appliquéd specialty flag or decorative banner (minimum size 24 x 24-inches)

Documentation is required. Include the following information: Purpose for/use of the item, reason for choosing, design plan for flag/banner.



Keep a record of what you have sewn.

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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

Appliqué foot/attachment or other special attachments for sewing machine.

Drafting paper for pattern design and/or pattern changes

Notions & Material:

Pattern*

Fabric(s) - according to amount needed

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:

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- Participate in your County Demonstration Contest
- Exhibit at your County Fair or Rally Day (Project Card required)
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