

Needlework Quick and Easy Sewing

Quick and Easy Sewing Guidelines

Quick and Easy Sewing Categories in the fair book:

1-2 hours for completion

2-5 hours for completion (not a garment)

Items that do not fit into creative sewing go into this area. All items entered must have been constructed since the previous year's fair. Items can and should be used before fair; however, for judging and displaying they should be neat, clean and well pressed, being shown to the judge on a hanger (when appropriate). For reference on specific techniques, check McCalls, Simplicity, Vogue or other sewing books available from library or fabric stores. Projects need to have a finished edge and ready for use.

Clothing

Personal Appearance of Garments Guidelines

Clothing Categories as they appear in the fair book:

Garments made ages 9-11

Garments made ages 12-14

Garments made ages 15-19

All garments entered must have been constructed since the previous year's fairbook. Garments can and should be worn before fair; however, for judging and displaying they should be neat, clean and well pressed, being shown to the judge on a hanger (when appropriate). For reference on specific techniques, check McCalls, Simplicity, Vogue or other sewing books available from library or fabric stores.

Suggestions for:

Ages 9-11

Apron, reversible or lined vest, tie, elastic waist skirt, shorts or slacks in cotton and/or cotton blend fabrics. PLEASE NOTE: Judges expect seams to finished by zig-zag stitch, pinking, serging, turned under and straight stitched, flat-felled, French, etc. The bottom line is that seams must be finished! Judges also like to see double-stitched crotches (properly clipped and trimmed) and stitch-in-the-ditch technique on elastic waists. Hand-stitched hems done with single thread are the best choice, except where top-stitching forms the hem (ex: shirt tail hem). This demonstrates to the judge that the child is learning hand-stitching as well as machine work.

Ages 12-14

Garment should have at least one of the following: buttonholes, zipper, lining, collar, sleeves. Appropriate garments to consider are slacks, skirt, or shorts with zipper with darts or pleats, vest, blouse, dress, jumper, jacket.

Ages 15-19

Consider a tailoring project, experimenting with trims to personalize garment, designing an original creation. Suggestions might include a suit or coat, bathing suit, formal or party dress, blazer.

4-Hers should be learning new techniques each year they enter a project, especially in the earlier years. Example: elastic waist the first year or two, then waistband and darts with zipper, etc. In later project years, techniques should be well mastered and work begun

garments made from more challenging fabrics. Emphasis should always be on following pattern instruction sheets so that leader and 4-Her can both be focused on the same method of accomplishing a task, and the judge's questions can be answered clearly and concisely by the 4-Her.

Participants are evaluated in the following areas: General Appearance, Machine Stitching, Hand Stitching and Finish

Creative Sewing (Other than Garments)

All items entered must have been constructed since the previous year's fair. Items can and should be used before fair; however, for judging and displaying they should be neat, clean and well pressed, being shown to the judge on a hanger (when appropriate). Projects for this class have to be completed in a 1-2 hour time frame or a 2-4 hour time frame (not a garment). For reference on specific techniques, check McCalls, Simplicity, Vogue or other sewing books available from library or fabric stores. Projects need to have a finished edge and ready for use.

Suggested projects would be curtains, hats, pillows, potholders, kitchen towels, stuffed animals and tote bags.

Knitting

Beginners (1-2 years in project): Learn the following techniques

Use of knitting needles, simple knitting terms and abbreviations, casting, knit, purl, binding off, gauge tension correctly, ribbing, stockinette stitch, joining new strand of yarn, increase, decrease, recognize and correct mistakes, sewing seams (overcast and woven), correct way to wash and care for knitted garments. Suggested projects: 1st year – scarf, slippers, hat, potholder; 2nd year – mittens, vest, , stocking cap, leg warmers, simple sweater, drawstring purse, pillow.

Intermediate (3-4 years in project):

Read more complicated pattern, use of stitch holders, tape measure, markers, knitted-in-buttonholes, set-in-sleeves, backstitched, crocheted and grafted seams, pattern stitches, use of circular needles, laundering and blocking garments. Suggested projects: 3rd year – pullover sweater, stockinette cardigan with knit in buttonholes, mittens with pattern stitch and matching hat, skirt, poncho, long-sleeve pullover sweater; 4th year – patterned sweater or cape, afghan, baby sweater with pattern or 2 colors.

Advanced (5 or more years in project):

Work with patterns of increasing difficulty; interchange colors, use different types and weights of yarns, pattern drafting, machine sewn buttonholes, knitted-in-hem, combining knitting with fabric. Suggested projects; skirt, dress, sweater (patterned and/or interchanged colors, coat, create own pattern).

Please stress clean hands and clean needles at all times. Judge checks for appearance inside and out. There should be no evident loose tail ends or twisted stitches, uniform tension is important.

Crochet

Beginners (1-2 years in project):

Learn to hold hook and thread/yarn correctly, learn to make a slip knot and chain stitch, learn basic stitches – single, double and triple crochet, learn slipstitch, increase and decrease, read crochet abbreviations and follow pattern, correct gauge, end off work, turn work, sewing seams. Suggested 1st year projects – scarf, hat, potholder, slippers, mittens, drawstring purse. 2nd year – vest, shell, pillow, simple sweater.

Intermediate (3-4 years in project):

Learn double triple (treble) crochet and half-double crochet, learn popular stitches; simple shell stitch, puff stitch, cluster stitch and mesh crochet. Suggested projects – doll clothes, poncho, simple baby afghan, sweater, item with pattern.

Advanced (5 or more years in project):

Learn to change colors, more complicated patterns, use different hook sizes and yarns, use more than one pattern in garment. Suggested projects – dress, sweater, coat, cape, tablecloth, create own pattern for project.

Quilting Guidelines

Equipment

- Quilting thread (optional)
- Thimble
- Quilting needles (optional)
- Quilting hoop (optional)
- If using cotton fabrics, use 75-100% cotton
- Batting can be polyester, cotton or wool
- Fabrics should be preshrunk for projects that will be washed frequently.

General Guidelines

- All finished projects need to be neat, clean and pressed. Quilting stitches need to be even, all points matching on patchwork-pieced projects, and edges of appliqué project neatly finished.
- Wearable projects should be displayed on hangers and wall hangings displayed on dowels with hanging tabs/pockets.

Resource:

Sewing Expression

www.4-hmall.org

Culinary Arts-Foods

General Food Guidelines For All Members

- Learn basic information about nutrition (Refer to My Plate Food Guide.)
- Learn food preparation skills.
- Learn how to plan, purchase, prepare and serve nutritious meals and snacks.