

## CLOTHING 4-H GUIDELINES

Following are suggestions and helpful hints for the clothing project.

### GENERAL SUGGESTIONS

1. Youth in the sewing project must have a new learning experience each year (techniques, fabrics, tools and equipment, etc.)
2. Important to keep in mind when choosing a project:
  - a. do not let the 4-H'er pick something that will overwhelm and eventually discourage them.
  - b. Truly lasting and enjoyable skills are most often learned gradually.
  - c. The project should have the leader's approval on both the pattern and the material. The 4-H'er should be encouraged to choose something he/she will like and can enjoy constructing.
  - d. Use color, line and design to compliment member's figure type or body build.
3. Correct pressing techniques and PRESS AS YOU SEW are probably the most important part of having a really nice looking outfit when completed.
4. Be sure seams are finished properly - zigzag, pink or straight stitch.
5. Increase knowledge of the sewing machine each year - both use and care.
6. Member evaluation with the leader at the end of project is helpful to both member and leader.

For Fair: please enter 1 item of clothing.

### LEARNING EXPERIENCES

Beginner:

1. Use Simple to Sew patterns for garments - no zippers, darts, set-in sleeves, buttonholes, collars, or ruffles.
2. Learn how to read the pattern book and select appropriate patterns.
3. Learn how to select material appropriate for garment and ability.
4. Learn simple use of machine - threading, winding bobbin, stitching.
5. Learn care and use of basic sewing tools, shears, pins, etc.
6. Learn correct way to sew on fastenings, if needed - snaps, hooks, etc.
7. Learn to lay out pattern, cut out pattern, and follow pattern instructions.
8. Learn simple seam finish.
9. Learn to PRESS AS YOU SEW!
10. Stress simplicity! Must know basics before moving to other projects. Suggested Fabrics: Select a plain weave fabric. Cotton or cotton blends are easiest to sew on.

Plain or napped material and single knits are very difficult and may cause frustration.

Intermediate:

1. Remember to pick a new learning experience.
2. Choice of fabric and pattern is up to the individual 4-H'er, with suggestions by the leader.
3. Suggested techniques to be learned:
  - a. darts
  - b. waistband & cuffs
  - c. pockets
  - d. facings, different varieties of interfacings, & understitching
  - e. gathering and easing
  - f. collars
  - g. zippers
  - h. raglan & set in sleeves
  - i. use of simple trim
  - j. top stitching
  - k. buttonholes
  - l. pleats
  - m. tacking
  - n. belts
  - o. seam tape, plain, stretch, etc.
  - p. catch-stitch hem
  - q. seam finished (french, flat-felled)
4. Remember to use color, line and design to compliment figure type or body build.
5. Select a harder to handle fabric (blends, corduroy or other napped fabrics, velvet is not encouraged)
6. Learn the characteristics of several different types of fabrics (visit a fabric shop).
7. Learn fabric selection coordination - color and types to go with present wardrobe.
8. Learn about fabric use and care.
9. Learn to fit your pattern and simple alterations if needed on pattern. Suggested fabrics: Almost any fabric. Formal materials such as satin, crepes, and velvet are not recommended and may cause frustration.

Advanced:

1. BE SURE TO PICK A NEW LEARNING EXPERIENCE EACH YEAR.

2. Don't be afraid to try new! If you run into something you really can't figure out there is always someone who can and will help you.
3. Continue to learn about fabric use and care.
4. Try new fabrics and different techniques each year.
5. Compare costs of ready-made articles and articles you can make for yourself.
6. Learn new techniques - hems, buttonholes, bound buttonholes, fastenings, trims, tailoring, original creation, etc.
7. Learn to use more machine attachments.
8. **PRESS AS YOU GO!** Suggested fabrics and garments: Choose fabrics and garments according to your needs and abilities. Check your closet to see what you need. There are also classes for recycled garments.