

4-H Clothing Project 2008

Guidelines

The Clothing Project is divided into two sections: **Sewing Expressions**(Clothes You Make) and **Consumerism**(Clothes You Buy). In **Sewing Expressions** there are three levels: Level 1: Under Construction (521); Level 2: Fashion Forward(522); Level 3: Refine Design(523). **Consumerism** has two levels: Level 1: Buying Clothes(524) and Level 2: Buying Clothes(525).

These guidelines are intended to help leaders manage their clothing project groups and decide at which level to enroll their members.

☐ **Sewing Expressions: Clothes You Make:** The first thing leaders will notice in reading the literature is that the skills progression from **Sewing Expressions, Level 1 to Level 3** will take **more** than three years. Young seamstresses cannot master all the skills in each level in one year! What is important is to make sure that the 4-H member is competent at each level **BEFORE** advancing to the next level. It is not unrealistic a member to stay in each level two or more years. In each project book, there is a check list of skills to learn. Leaders can use this check list to ensure that a member is ready to advance to the next level. **The key to success** in sewing is to improve and build on skills from the previous year. This develops a more confident and competent seamstress.

The new project literature (**Sewing Expressions**) offers a wide variety of skills and projects. There is more than enough opportunity for members to repeat a level with no concern that it will be repetitive.

It is also important to note that the **Sewing Expressions** project is about much more than sewing. At each level, there is a wide variety of consumer skills, lessons on fabric care and selection, demonstrations and public speaking skills and poise tips. Clothing leaders should include these ideas and skills in their project meetings. Even if the members choose not to sew in the future, the skills learned through these lessons will make them knowledgeable and competent consumers. In the **Helper's Guide** and well as in each member handbook, there are excellent suggestions and ideas for educational displays, posters and other consumer ideas.

These guidelines are provided to help you leaders with the skills progression by breaking the different levels into different years. While the State Fair exhibit guidelines will say "**any item made,**" it is often helpful for leaders to have some more definitive suggestions for skills to be learned and projects that the member might make. While many project ideas are given, there are many other projects that can be made that fit the project guidelines. Also, at all levels you can also exhibit educational displays, posters, photo exhibits, file cards systems.

☐ **Consumerism: Clothes You Buy:** This literature has not changed and guidelines and project suggestions remain that same as in recent years. This is a non-construction project that emphasizes clothing selection, shopping skills and garment care.

Level 1: Under Construction

Sewing (Clothes You Make)

Level 1 - Sewing Expressions (521)

Overall goals for the Project Level

- Basic sewing tools and uses
- Identify parts of the sewing machine and function
- Thread a sewing machine needle
- Serger operation and function
- Fabric grain lines
- Seam finishes, attaching, hemming, and sewing curves
- Body measurements and pattern selection
- Use of pattern envelope information
- Sort clothes and remove tough stains
- Learn how technology is used in home sewing
- Learn about apparel/textile industry careers and community service

The following are recommendations for skill progression. It is suggested that members take this level for at least two years.

Year 1

Sewing skills to learn:

Seam finishes
Machine Hem
Casing or elastic waist
Darts
Use a simple pattern
Simple techniques appropriate for knit or woven fabric.

Suggested projects to make:

Household items such as placemats, napkins, table runner, throw using a serged edge
Pillow with straight edges, simple turned blanket
**Pillow case
PJ bottoms, skirt or shorts with elastic waist or casing and machine hem
**Nine patch pillow
**Tote bag or drawstring bag

Year 2

Sewing skills to learn:

Shirt-type sleeve (flat construction)
Facings
Darts
Ribbings
Curved seams
The goal is to improve and build on skills from previous year.

Suggested projects to make

Simple stuffed animal with curved seams
Simple tote bag/purse with curved seams
Simple garment with shirt-type sleeve
Simple woven garment with facing
Simple knit garment with ribbing
**Autograph elephant

****instructions can be found online at:**
www.4-hcurriculum.org/projects/sewing/

Level 2: Fashion Forward

Sewing (Clothes You Make)

Level 2 – Fashion Forward (522)

Overall goals for project level

- Knowledge of fabric care
- Knowledge of natural and man-made fibers
- Evaluate fabric dye application
- Make and apply a patch pocket
- Insert zippers, buttons and buttonholes
- Compare body measurements to pattern measurements
- Use pressing and shaping tools
- Re-thread a serger
- Understand care labels, fabric care symbols and laundry products
- Turn sewing talents into a business
- Sew with different types of fabrics

Year 1

Sewing skills to learn:

Waistlines
Curved seams
Buttonholes
Patch pockets
Top-stitched seams
Lapped zipper
Rolled Hem
Techniques for sewing fleece

Suggested projects to make:

Garment or household item with 2 or more skills listed
Household, decorative item or garment with rolled hem
Locker or sewing organizer with 2 or more skills listed
Fleece hat or simple fleece item

Year 2-3

Sewing skills to learn:

Lapped or center insertion zipper
Pockets: inseam, front hip or welt
Specialty seams(welt, flat-felled, French, self-enclosed, fringed or serged)
Waistband
Bound edge, strips, ties or bands
Collar, Cuffs, Yoke
Set-in sleeve
Design your own fabric

Suggested projects to make:

Garment or household item with 2 or more of the skills listed
Garment or household textile item with zipper or button closure
Item with a binding, strips, ties or bands.(ex: apron, top, shirt, etc
Make a new garment or accessory from old denim jeans.
Item made from your own fabric
Pressing Aids: ham or sleeve roll
Garment for someone else using 1 or more skills
**Pillow with zipper or buttonhole closure
**Decorative pillow

****instructions can be found online at:**
www.4-hcurriculum.org/projects/sewing/

Level 3: Refine Design

Sewing(Clothes You Make)

Level 3 – Refine Design (523)

Overall Goals for the project level

- Design a garment using more than one pattern
- Construction techniques with outdoor fabrics
- Learn tailoring techniques
- Apply principles and elements of design
- Sew with spandex blend fabrics
- Identify and construct a project using weave patterns – plain, twill and satin
- Construction techniques for home decorating
- Use technology to select apparel
- Use technology to create unique fabric (i.e., iron-on transfers, print directly on to fabric, etc.)
- Careers in the apparel and textile industry
- Organize a fashion revue

Year 1

Sewing skills to learn:

Combine 2 or more patterns to create design
3 new techniques for sewing with fleece,
nylon ripstop, insulated fabrics or spandex
Matching plaids, stripes, prints
Embellishment to a garment you construct:
embroidery, painting, appliqué, quilted, etc.

Suggested projects to make:

Garment combining 2 or more patterns
Garment or outdoor accessory from fleece,
nylon rip-stop, insulated or quilted fabric or
spandex. **Ex:** jacket, vest, hat, coat, sleeping
bag, blanket, pants, etc.
Garment or item that requires matching
Garment or household textile that is embellished
or of original design

Year 2

Sewing skills to learn:

Tailoring skills for wool: learn 5 new techniques
Linings

Suggested projects to make:

Tailored wool garment with lining

Year 3

Sewing skills to learn:

Creativity is the goal for this level

Learn special techniques for sewing unique
fabrics such as velvet, suede, corduroy, satin,
silk, sheers, napped and looped.
Underlining, boning, French seams
Create your own fabric: dye, screen print,
computer print, quilting, weaving, etc.)
3 new techniques for home furnishings

Suggested projects to make:

Garment or item with specialty fabrics that
requires three new techniques
Garment or home furnishings item from fabric
you created
Home furnishing item **Ex:** window treatments,
slipcovers, corded accessories, duvet cover,
comforter, dust ruffle, quilt, slipcovers, etc.

Consumerism(Clothes You Buy)

Buying Clothes: Level 1 (524)

Skills to learn:

Personal appearance
Clothing selection skills
Makeover myth or reality
Prices and quality: shopping skills
Choosing and using accessories
Clothing care: laundry, stain removal
Clothing Careers

Projects to Exhibit:

Photo display of selected outfit
Poster display of outfit/consumer skills learned
Notebook of shopping trips, skills, fabrics, etc.
File box on care, coordination, etc.
Educational display

No garments can be exhibited

Buying Clothing: Level 2 (525)

Skills to learn:

Personal appearance – art principles
and texture
First impressions – posture, making
impressions
Consumer skills – comparison shopping
and sales
Fabric expectations
Clothes for different seasons
Clothing care – upkeep
Clothing careers

Projects to Exhibit:

Photo display of selected outfit
Poster display of outfit/consumer skills learned
Notebook of shopping trips, skills, fabrics
File box on care, coordination, etc.
Educational display

No garments can be exhibited