

Sewing Project Information

Supplies needed:

Sewing machine (if you have one)	Sewing shears (sharpened)
Instruction guide	Pins
Oil	Pin cushion
Small screwdriver	Sewing gauge
Lint brush	Tape measure
Empty bobbins (1 or 2) suitable for your machine	Tracing paper & wheel
Pattern	
Fabric (prewashed)	
Thread	
Notions (such as elastic, etc.)	
Fabric scrapes to make practice seams on	
A box to put all of your supplies & equipment in	

Please put your name on everything. I have an engraver and will engrave your shears and sewing gauge for you so that we don't get items misplaced.

FABRIC SELECTION:

Fabric selection is very important for beginners so they have a successful experience in sewing. Choose a cotton or polyester/cotton blend woven fabric. A small print is recommended because it is easier to hide a mistake on a print than a solid (sometimes the stitches show even after they are removed on a solid). **DO NOT CHOOSE A STRIPE, PLAID, CHECK OR PRINT THAT REQUIRES MATCHING A DESIGN.** The skill of matching the above is more appropriate for a 4th or 5th year seamstress (or tailor).

PATTERN SELECTION:

Pattern selection is equally important to the success of the 4-H sewing project. For the first year participant, I suggest either an elastic waist skirt or "jams" (shorts) without pockets or pajama bottoms. The 4-Her should write her/his name on each pattern piece, on the instructions, and on the pattern envelope before coming to class.

The beginning 4-H sewing project is designed so that the 4-Her has the most positive experience possible with the garment. Our goal is to have them complete a project they are proud of and will enjoy wearing.

SKILLS A FIRST-YEAR PARTICIPANT NEEDS TO LEARN:

- 1) To measure your body to determine the correct size of the pattern.
- 2) To read a pattern guide sheet.
- 3) To lay out a pattern piece straight of the grain.
- 4) To cut out correctly using long strokes with the shears.
- 5) To use tracing paper and wheel to mark dots, darts, etc.
- 6) To pin two pieces of fabric together matching notches and dots.
- 7) To sew a 5/8-inch seam.
- 8) To properly press open seams
- 9) To correctly remove stitches using a seam ripper without damaging the garment.
- 10) To measure elastic and fit it into casing.
- 11) To hem a garment.
- 12) To trim seams and clip curves properly.

As you can see, there is a lot to learn during the first sewing project. And most kids who are sewing for the 2nd or 3rd time need a strong review of these skills so we recommend you select only one or two new skills for them to tackle in addition to these. The new skills include:

Buttons	Buttonholes	Ruffles
Interfacing	Pockets	Zippers
Working with knits	Ruffles	Collars
Seam & armhole facings	Hooks & eyes	Snaps
Matching stripes, etc		
Working on stretch fabrics (such as Spandex)		
Working on slick fabrics (such as taffeta or satin)		

I have found from past experience that a skill I have mastered takes about five times as much time to teach; for example, a pair of shorts or jams that takes me 1 to 1 1/2 hours to layout, cut, and construct will take a beginner between 5 to 8 hours to complete.

If you have any questions, please call Leesa Wood Calvi at 468-5543 between 8 a.m. and 5 p.m. (We're closed from 12 to 1 p.m. for lunch).

4-H offers a fashion show contest that allows youth to exhibit the garments that they have made. A separate list of rules is available. However, even if you do not plan to enter the fashion show at this time, please keep the following information "just in case" you decide later.

Staple receipt for pattern, fabric and notions here:

Record this information at the store:

Fabric Name:
Fabric Content:
_____ % _____
_____ % _____
Fabric Care:

Leesa Wood Calvi, CFCS,MA
County Extension Agent
Family & Consumer Sciences