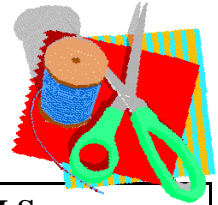


Guidelines For 4-H Clothing Construction Projects



The 4-H clothing construction Program enables youth to develop competencies, knowledge and skills necessary to create clothing they enjoy wearing. 4-H members can progress through skill levels at their own rate.

	SUGGESTED PROJECTS	SUGGESTED FABRICS	KNOWLEDGE	SKILLS
C L O V E R B U D S	<p>Look for projects using no pattern or very simple commercial patterns with straight stitching</p> <p>Pillows Aprons Pillowcases Laundry bag Pincushion Pot holders Tote bag Washcloth slippers Placemats Hand puppets Stuffed animals</p>	<p>Broadcloth Calico Denim (soft) Duck Felt Gingham Kettlecloth Muslin Poplin</p>	<p>Basic sewing tools & notions Sew on buttons, simple repairs Basic hand stitching Operating a sewing machine Selecting pretreating fabric Fabric grain lines, pattern layout Pinning & cutting Following directions Basic seam & seam finish Turning</p>	<p>Straight machine stitching - regular, back-stitch, basting Gathers Machine hems</p>
N O V I C E	<p>Look for easy patterns with mostly straight seams, facings, armholes, neckline.</p> <p>Drawstring or elastic casing skirt, shorts or pants. Wrap pants or skirts Simple pullover jumper Buttonless vest Poncho or cape</p>	<p>All of the above plus: Chintz Dotted Swiss Double knits</p>	<p>Fabric care & content Measuring for pattern size Selecting appropriate pattern Pattern envelope & symbols Transfer of markings More about sewing tools / notions Fixing mistakes Straightening fabric grain Thread tension Press as you sew Casings for drawstrings or elastic Curved seams and stay stitching Clipping, trimming, grading, notching Facings Understitchings, topstitching Rolling lining or facing to be inconspicuous on right side Fasteners - snaps, hooks & eyes, hook & loop take Reinforcing crotch seams</p>	<p>Patch pockets Shank, 2 to 4 hole buttons Straight stitching - regular, back-stitch, basting Gathers Corners Pressing Hems - Machine Turning - such as for ties Pivot Hand stitches</p>
<p><i>In the Clothing and Textiles project, youth gain consumer skills in making, purchasing and caring for clothing and accessories. 4-H members can choose to sew for personal pleasure, to exhibit garments or accessories at fairs, to participate in Style Revue or judging events, or to take part in field trips and tours. The project can be taken independently as part of a 4-H club, or as a family unit.</i></p>				
<p><i>Source: University of New Hampshire Cooperative Extension</i></p>				

	SUGGESTED PROJECTS	SUGGESTED FABRICS	KNOWLEDGE	SKILLS
I N T E R M E D I A T E 1	Look for patterns with a few specialized construction techniques A line skirt T shirt Culottes Skirt with facing or waistband Nightgown / night shirt Pajamas Bathrobe Vest with buttons Sleeveless or short-sleeve blouse, shirt, dress	All of the above plus: Chambray Flannel (cotton blend) Quilted Seersucker Single knits	More about seams, seam finishes Introduction to sergers Basic pattern adjustments More about pattern & fabric selection for skill level Pressing with the grain Interfacing Darts, tucks, simple pleats Sleeves, elastic & simple cuffs Waistband, bands, knit ribbing Patch or in-seam pockets Buttonholes Yolks Collars Ruffles	Curved seams Facings - armhole, neckline Stay stitching Clipping Grading Notching Trimming to reduce bulk Under stitching Hand hems Zippers - centered, lapped Elastic Casings Fasteners - snap, hook & eye, Velcro
I N T E R M E D I A T E 2	Look for patterns using more specialized construction techniques. Slacks, pants, shorts Jogging suits Lined cape Caftan Long sleeve shirt or dress Unlined jacket or blazer	All of the above plus: Challis Crepe Denim (stiff) Flannel (wool) Fleece Gabardine Gauze Herringbone Homespun Linen Pique Plaids (even) Stripes Terry cloth Tweed Viole	More on pattern adjustments Fitting & garment alteration Choosing construction techniques appropriate for fabric More on seams, reinforcing, and finishing More on hems and hem finishes Front hip pockets Trims & specialty machine stitches More on sewing machine accessories & sergers Cleaning, care of sewing machine Faced pockets Simple tailoring techniques Matching stripes and plaids	Seams - French, flat felled, mock flat felled, princess Sleeves - kimono, raglan, set-in Darts Elastic Cuffs Waistband - simplified Collars Buttonholes Yokes Interfacing Ruffles Easing
A D V A N C E D	Encouraged multi-pieced outfits with advanced techniques Pleated skirts Suits Lined jackets, blazers, coats Evening wear Swim suits Outdoor wear	All of the above plus: 2-way stretch knits Batiste, chiffons, georgette, organdy, organza, voile Brocade, cire', crepe de chine, satin Coated nylons, nylon Taffeta, Rip stop nylon Eyelet, lace, net Leather, suede, fake furs	Fine tune pattern adjustments & fitting skills Specialty fabrics More about pleats and tucks Continuous bound or shirt plackets Placet bands More on tailoring techniques Linings & underlinings Bound buttonholes Bound & welt pockets Mitering Vents More on pressing and tools Personalizing garments Sharing sewing skills, knowledge	Varied fasteners - frogs, loops, ties Cuffs Bands - V-neck, lapped, plackets Trims Belts, Alternate hemming methods Tailoring Interfacing - wovens Bound buttonholes Lapels Welt pockets Special techniques - laces embroidery, quilting