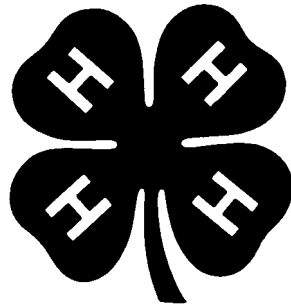


Clothing & Textiles Project Supplement



Berrien County 4-H Youth Program

Revised September, 2004

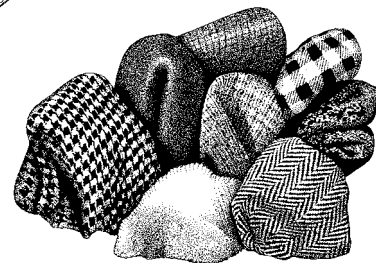
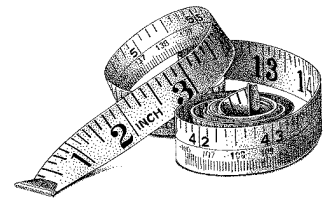
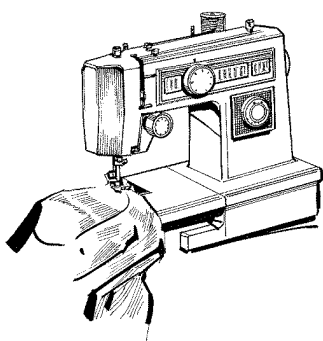


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PREFACE

The Clothing & Textiles Project Supplement of the Berrien County 4-H Program Guidelines has been developed by the County Clothing & Textiles Committee and 4-H staff, specifically for 4-H Clothing & Textiles leaders.

One copy of all forms pertaining to the Clothing & Textiles Project and Spring Achievement is included. The information should be shared with all project members so that they can become familiar with procedures and the information they must provide for the MSU Extension Office at Spring Achievement time.

All leaders are encouraged to contact a member of the Clothing & Textiles Committee or the 4-H Youth Staff if they have questions concerning the Clothing & Textiles Project.

CLOTHING & TEXTILES COMMITTEE MEMBERS

(As of July 2004)

✂ BARBARA CLAPSADDLE, 9554 N Gast Rd., Bridgman, 49106 (Resource Leader)

✂ DOREEN COX, 213 W Wagner Rd., Buchanan, 49107 (South Lakers)

✂ WENDY MONROE, 10627 Miller Rd., Baroda, 49101 (South Lakers, We Can Ride)

✂ JANECE ROCKEY, 1876 E Shawnee Rd., Berrien Springs, 49103 (Galien Chanters)

✂ NANCY SCHILLING, 5127 Naomi Rd., Eau Claire, 49111 (Pipestone Beavers)

MSU EXTENSION OFFICE - Toll Free Numbers

From Buchanan, Niles	684-5274	ext. 4000
From Galien	695-3887	ext. 4000
From Three Oaks, New Buffalo, Lakeside, Union Pier	756-9571	ext. 4000
From Bridgman, New Troy, and Sawyer	465-5373	ext. 4000
From St. Joseph, Benton Harbor, Coloma, Baroda, Berrien Springs, Watervliet, Stevensville, Eau Claire and Sodus	944-4126	

General Guidelines & Project Suggestions

The project committee has developed the following guidelines to help project leaders in determining what is acceptable and suggested for this project.

General

1. Members should be enrolled in the project at the beginning of the project year, September 1.
2. The project selected each year should be made with regard to the 4-H member's interest, length of attention span and ability, and be mutually agreed upon by the member and the project leader. (Leaders should not overlook the possibilities offered on the Personalization Project, especially for first-year members.)
3. Project leaders should decide whether the member has fulfilled the project requirements before the evaluation and discuss with the organizational leader.
4. Members wishing to complete projects in sewing, knitting, crocheting and/or personalization should enroll in each project and fulfill requirements for each project. (Refer to completion guidelines.)
5. **Members Must Select Projects Each Year In Which They Will Develop New Skills.**
6. Project leaders should stress quality work, not quantity.
7. Sewing, Knitting and/or Crocheting members may make some type of garment or home design accessory. In the Personalization Project, the garment or accessories to be personalized may be made or purchased.
8. Style Revue - **members must model their own garment in order to be eligible for Style Revue awards.** No one garment may be entered in two Style Revues. Example: If the member personalized the sewing project, the member must choose to enter the sewing **OR** the personalization Style Revue. If the member has two completely different outfits, one purchased and one sewn, he/she may enter both Fashion revues.
9. Everhart Award - Senior members who receive an Outstanding Workmanship Award will be eligible for the Everhart Award. No Everhart Award will be given for the personalization. However, if personalization was done on the member's sewing, knitting or crocheting project, it may be considered in that area.

SEWING

BASIC SEWING SKILLS should be stressed with all beginning members regardless of age division.

Items requiring equal skill may be substituted in each division. These are minimum requirements for exhibit. Members may do more.

Cloverbud – 5-8 year olds

Very simple and quick-to-do projects are recommended for the first-year member.

Members should be encouraged to increase their knowledge and skills according to their age and ability. Likewise, members should be discouraged from undertaking too difficult a pattern or making numerous items.

Suggested projects (one item each year is sufficient for this age division):

Apron	Jumper
Skirt or pant skirt	Slacks or shorts with
Blouse	Zipper or buttonholes
Simple slacks or shorts	Accessories such as: purse,
Simple dress	School bag, shawl, scarf, etc.
Hair scrunchies	Small stuffed animals/critters
Hair bows	Holiday ornaments
Hand puppets	Draft stoppers
Pillow	

JUNIOR – Ages 9-14

As skills increase, members should use a fabric and pattern suitable to that skill level. Quality, NOT quantity, should be stressed!

First-Year Members: Projects selected for beginning members should be based on their previous knowledge and not necessarily follow the suggestions listed below. REMINDER -- STRESS BASIC SKILLS. Leaders' decision will be accepted.

Dress	Simple suit
Sportswear	Jacket
Insulated vest	Jumper
Skirt or slacks	Sleepwear (P.J.'s)

SENIOR – Ages 15-19

Members are expected to make a different type of outfit, try a new fabric or a new technique each year. Quality, NOT quantity, should be stressed. Leaders should encourage appropriate selection of accessories.

First-Year Members: Projects selected for beginning members should be based on their previous knowledge and not necessarily follow the suggestions listed below. REMINDER -- STRESS BASIC SKILLS. Leader's decision will be accepted.

Suggested Projects:

Dress
Suit
Insulated outer garment
Coat

Sportswear
Tailored jacket
Formal

KNITTING AND/OR CROCHETING

BASIC KNITTING AND/OR CROCHETING SKILLS should be stressed with beginning members, regardless of age.

Items requiring equal skill may be substituted in each division. These are minimum requirements for exhibit. Members may do more.

CLOVERBUD – Ages 5-8

First year in project - make at least one simple garment or accessory. Each succeeding year, select a more difficult personal appearance garment, patterns, techniques or different yarn.

Examples:

Scarf	Slippers
Hat	Skirt
Mittens	Shell
Matching Accessories	Purse
Bed socks	Simple Poncho
Vest	Sweater

JUNIOR- Ages 9-14

As skill levels increase, members are encouraged to use yarns and pattern suitable to that skill level.

First-Year Members: Projects selected for beginning members should be based on their previous knowledge and not necessarily follow the suggestions listed below. REMINDER -- STRESS BASIC SKILLS. Items may be selected from Cloverbud.

Suggested Projects: Sweater
 Poncho
 Shell
 Skirts
 Shawl
 Home design items

SENIOR – Ages 15-19

Make any garment using advanced skills. Suggestions: Use a different type of yarn; use a knitted/crocheted design; use an original pattern or design; change a pattern (different yarn), etc.

First-Year Members - Projects selected for beginning members should be based on their previous knowledge and not necessarily follow the suggestions listed above. REMINDER -- STRESS BASIC SKILLS. Items may be selected from the Cloverbud division.

PERSONALIZATION PROJECT

The purpose of this project is to encourage originality and creativity in one's wardrobe.

Garments or accessories to be personalized MAY BE PURCHASED OR HANDMADE.

Suggested Personalization Methods:

Applique	Counted Cross Stitch	Tie Dye
Beading	Quilting	Duplicate Stitch
Embroidery	Silk Screening	Needlepoint
Needle punch	Painting (Glad Rags, etc.)	Others

Members should select projects for their age and ability and progressively develop new skills each year. Suggested items to personalize:

Any article of clothing	Belts
Purse or bags	Hats
Scarfs	

Weaving

Not available at the time of printing.

This section will be sent out when items have been finalized

Quilting

Quilts shall consist of three layers of Fabric: 1) Top 2) Batting 3) Backing

Quilt layers shall be held together with visible quilting stitches, either machine or hand sewn.

Tied comforters are to be exhibited in Home Design

Quilt tops may be whole cloth, pieced, appliqued, painted, embroidered or printed.

There is no minimum size requirement for a 4-H project. Be aware, however, that the Berrien County Youth Fair rules may differ.

Projects should be geared to the age and experience of the member. A small, simple wall hanging with minimal quilting can teach the basics to the beginners.

Due to the number of hours required to complete a bed-size quilt, (twin bed and larger) a member may choose to take two years on such a project. The completed top only can be shown at 4-H Spring Achievement the first year, and the completed quilt shown the second year. This will count as two years in the project although only one project item will be completed.

Quilting exhibits shall be clean, neat, and pressed.

Originality and Outstanding Workmanship ribbons will be awarded to qualified projects.

CONSTRUCTION SUGGESTIONS

The following hints and suggestions are meant only as a help and guide for leaders working in the Clothing & Textiles Project. It is recognized that there are many ways to accomplish the end product and additional techniques may be used. These are SUGGESTIONS, NOT RULES.

All leaders are strongly urged to obtain a reliable sewing book to use as a reference. Simplicity, McCalls, Singer or comparable books will be excellent aids to leaders when they are in doubt as to methods or techniques.

The following suggestions are for 4-H projects which are “evaluated.” Keep in mind that criteria and age may differ for Berrien County Youth Fair exhibits which are “judged.”

I. SEWING

- A. Material Preparation - ALL material should be preshrunk or pretreated.
 - 1. Washables should be washed and dried like the garment will be cared for
 - 2. Non-washable should be dry cleaned.

- B. Seams
 - 1. Seam allowance width will vary according to fabric, pattern and seam finish.
 - 2. To reduce bulk - layer or grade seam allowances where appropriate. (collars, cuffs, waist bands, facings, pockets, etc.)
 - 3. Tension should be even on both sides.
 - 4. Underarm and crotch seams should be reinforced.
 - 5. Finish seams.

- C. Seam Finish
 - 1. A seam finish is important for the durability of the garment and/or stability of the seam.
 - 2. Seam finish should be appropriate for the type of fabric used.
 - 3. Acceptable seam finishes include:
 - a. Zig-zag
 - b. Straight stitch
 - c. Turned under and straight stitched
 - d. Flat-felled or fake flat-felled
 - e. French seams
 - f. Overcast stitch
 - g. Bound
 - h. Sheer tricot seam tape
 - i. Pinked (Use only if material will not ravel. This is the least desirable method but, in some instances, it is acceptable. When using this method, it is important to main- the seam allowance called for, in the pattern. A row of straight stitching next to the pinked edge makes the seam allowance more durable and/or stable).
 - j. Serged
 - 4. Seams appear neater if notches are trimmed off.

D. Hems

1. Depth of hem should be suitable to style of garment and fabric.
2. Before hemming, prepare the raw edge of the hem by using one of the following:
 - a. Turn under 1/4 inch and top stitch.
 - b. Use some type of hem tape.
 - 1) Hem binding
 - 2) Bias tape
 - 3) Stretch lace
 - 4) Decorative tape
 - 5) Sheer tricot seam tape
 - c. Straight stitch near edge.
3. Stitching of hem
 - a. Hand stitching should be close together so little fingers cannot be inserted between stitches. (This decreases chance of hem being snagged and ripped out.) Single thread recommended for hand hemming.
 - b. Suggested hand hem stitches
 - 1) Tailor
 - 2) Blind
 - 3) Whip or slip
 - 4) Catch
 - 5) Lock
 - 6) Machine hems
 - a) Blind hemming
 - b) Narrow top stitched hem
4. Unacceptable methods include:
 - a. Iron-on or fusible (not durable for life of garment)
 - b. Overcast hand method (usually loosens up)

E. Armholes

1. Set-in Sleeves
 - a. Double row of stitching 1/8" apart
 - b. Trim 1/4" from second row of stitching
2. Facings
 - a. Interface according to pattern
 - b. Under stitch
 - c. Trim seam allowance to 1/4" or layer
 - d. Outer edge finished according to fabric used
 - e. Tack in place, at least at the seams

F. Zippers

1. Type of zipper should be suitable for weight of fabric and use of garment.
2. Method
 - a. Lapped
 - b. Centered
 - c. Invisible
3. Hook & eye or snaps are not necessary if zipper comes to the very top and stays closed.

G. Waistband

1. Interface to prevent stretching and to minimize rolling.
2. Grade or layer seam allowance.
3. Buttons or skirt hooks are acceptable.
4. On elastic-cased waistband - stitch over waistband at seams to prevent elastic from turning.

H. Darts

1. Backstitch or tie threads at dart ends
2. Press darts
 - a. Toward Center
 - b. Down
 - c. Slash and Press open, if bulky

I. Crotch

1. Use stretch stitch, if available - or use two rows of stitching 1/8" apart between notches.
2. Trim seam 1/4" along double stitched area. (Optional: Zig-zag these seam allowances together.)

J. Interfacing

1. Refer to your sewing book or consult your fabric store to determine the TYPE and WEIGHT of interfacing suitable for your garment and fabric.
2. Interfacing kits are available on loan from the 4-H office.
3. Areas to be interfaced:
 - a. Sleeveless armhole facings
 - b. Neck facings
 - c. Waistband
 - d. Collars and cuffs
 - e. Buttonhole facings
 - f. Others as indicated on pattern

K. Under stitching

1. Most facings call for under stitching.
2. Refer to a reliable sewing book for details.

L. Pressing

Pressing makes the difference between a “homemade” and a “hand-crafted” garment.

1. Press as you sew, after each construction step.
2. Keep in mind the type of fabric being used and use appropriate pressing method.
 - a. Press on wrong side
 - b. Iron sole plate attachment
 - c. Plastic steam iron
 - d. Steam - steam iron or cloth
 - e. Special pressing methods to suit fabric
3. For permanent crease, use press cloth moistened in white vinegar. (Pre-test on sample of fabric first.)
4. Launder, if necessary and press completed garment.

- M. Cleanliness - All garments must be clean and pressed. Launder or dry-clean, if necessary, and press completed garment.

II. KNITTING AND CROCHETING

- A. Pattern Selection - Suitable for the member's age and ability.
- B. Cast-on and Bind-off
1. Proper tension - stitches close together but not too tight.
 2. Even tension.
- C. Seam
1. Smooth seam finish
 2. Suggested seam finishes
 - a. Back stitch
 - b. Single crochet
 - c. Weave
 - d. The overcast method is not recommended- it adds bulk and sometimes produces uneven looking seams.
- D. Workmanship
1. Correct gauge
 2. Stitches follow pattern correctly throughout garment
 3. Uniform tension.
- E. Yarn Ends
1. Join yarn at edges whenever possible and weave ends into seam allowances.
 2. If yarn must be joined in the middle of the row.
 - a. Knit old and new yarn together for 4 or 5 stitches and work ends in.
 - b. Joining yarn by knotting is not recommended because it is difficult to hide knots and present a finished look and knots are sometimes not durable.
 3. Leave ends long enough to be worked into garment.
 4. Make sure all ends are worked in so they are not visible.
- F. Clean and Block
1. All garments must be clean
 2. Block

III. PERSONALIZATION

- A. Only the Personalization technique will be evaluated in this category. If the garment was made, the construction will be evaluated in the proper category. Correct technique for the method used will be evaluated. Other points considered will be:
1. Design or originality
 2. Cleanliness
 3. Suitability to weight of garment fabric
 4. Neatness

INFORMATION CONCERNING EVALUATION

(See your Spring Achievement brochure)

Early Evaluation

Early evaluation is held at a date prior to the Clothing & Textiles evaluations, and Spring Achievement, to afford members unable to attend their regularly scheduled event the opportunity to participate in Spring Achievement.

Members must request, to participate in early evaluation by filling out the proper forms. Information concerning registration for dates and place of early evaluation will be sent to all current 4-H members.

Evaluation Dates

The date, time and place of evaluation will be announced each year. Leaders will be requested to notify the committee regarding the number of members necessary to arrange for a sufficient number of evaluators.

Evaluation

Each member will individually hand the evaluators their appropriate evaluation sheet (sewing, knitting & crocheting, personalization, quilting or weaving). MEMBERS MUST TAKE THEIR PATTERN WITH THEM IN CASE THERE IS A QUESTION CONCERNING CONSTRUCTION.

Members will not wear their garment for evaluation. However, if there is some question about construction, the evaluator has the option to ask the member to put the garment on.

Members will talk to the evaluators about the project, discuss what they have learned and possible problems they may have encountered. Did they like the pattern? The material? What would they like to do for next year?

A LEADER OR PARENT MAY BE PRESENT DURING THE EVALUATION, BUT MAY NOT INTERFERE WITH THE EVALUATION.

NOTE TO LEADERS: If you feel a member has been working under any physical, emotional or monetary handicap, please feel free to inform the evaluator with a written note BEFORE the member is evaluated.

The evaluators will award completion ribbons at this time. They have been instructed to remember any method of construction is acceptable as long as it is neat, produces good results and is durable.

GARMENTS WILL BE LEFT WITH THE EVALUATOR. BE SURE NAME TAGS ARE ON GARMENTS! Clothing will be displayed by age division. After evaluation is completed, the committee will arrange all garments.

Modeling Session

An optional modeling session will be conducted. A modeling instructor will acquaint the members with how and where to stand, turns and pose for Style Revue.

Style Revue

Be appropriately attired to correspond with the project. All shorts and skirts must be fingertip length with arms straight down at your sides. NO bare shoulders or midriffs. Spaghetti straps halter tops or strapless garments will be allowed as long as shoulders are covered during all part of the Style Revue. The style review committee has the right to deny style review participation for wearing any inappropriate garments.

Each member should have pinned to their garment the number assigned to them.

**YOU MAY LEAVE WITH A SMILE & FEELING GOOD ABOUT
WHAT YOU ACCOMPLISHED WITH YOUR PROJECT!**



GUIDELINE SHEET FOR EVALUATORS

1. Please try to be impartial and give a positive attitude during the evaluation. Every member should be given an equal chance.
2. Work in pairs. If a question arises concerning the garment, consult the resource person appointed by the Clothing & Textiles Committee.
3. The members are asked to come one by one to the evaluator.
4. Talk with the member about the project. Discuss what he/she has learned and possible problems they may have encountered. Many members have limited time and should not be discouraged because of the simplicity of the project as long as something new was learned.
5. REMEMBER, any method of construction is acceptable as long as it is neat, produces good results and is durable. If you feel another method would have been better, please suggest it as an alternative method which the member may like to try another time.
6. Everhart Award - Quality NOT quantity is to be considered for the Everhart Award (see #4). Any senior that has received an outstanding workmanship will be considered for the Everhart Award - Remember, this is a nomination ONLY. A committee of Everhart Judges will make the final selections.
7. FILL OUT THE COMMENT SHEETS. They are very important in helping the member. Be sure to put **POSITIVE** comments in addition to suggestions for improvement. Sign your name to the comment sheets.
8. A leader or parent may be present during evaluation but may not interfere with the evaluation. You have the right to ask the parent to step back.
9. Do not give comment sheets to members.
10. Place completion ribbon on evaluated completed projects.
11. All non-wearable items **and** all young Clothing & Textile Projects are eligible to receive an Outstanding Workmanship ribbon if the evaluator believes the item exhibits exceptional “workmanship.”
12. Make a notation on a separate sheet of any club you feel needs assistance from the Clothing & Textiles Committee.

GUIDELINE SHEET FOR STYLE REVUE

JUDGES

1. When selecting Style Revue winners, look for:

- Fit of garment
- Style and color suitable for member
- Grooming
- Appropriate accessories
- Garment clean and well-pressed
- Poise

2. The member must be appropriately attired to correspond with the project.

EVERHART AWARD

SELECTION & PROCEDURES

The Everhart Award is recognition for Senior members who have achieved SUPERIOR construction of a wearable garment.

If a senior has received an outstanding workmanship award, the garment will have further evaluation at Spring Achievement.

The Everhart Award winners will be announced at the conclusion of the Style Revue.

STYLE REVUE HINTS

1. You may wish to attend the modeling demonstration/practice, watch for details before the style review.
2. Members are to be dressed and lined up at the scheduled time. Times will be posted at the registration desk. **PLEASE BE PUNCTUAL!**
3. Members of the committee will guide groups to the stage area for the Style Revue. After modeling, members may go to the back of seating area and watch the rest of the Revue.
4. Style Revue Awards will be presented at the conclusion of the Revue.