

Sewing Guidelines

General Suggestions:

We want most of all for the 4-H'ers to enjoy their sewing and want to do more. Ribbons and premiums are fun but what is most important is liking what you have created, wanting to use or wear it, and wanting to do more.

If you made mistakes one year, learn from that and do it better the next. Judges' comments are to help you and that is why we use comment sheets.

WEARING GARMENTS -- We encourage 4-H'ers to wear their garments. Sign of light wear is not causes to be judged down. Garment must be clean and not have been ripped or torn..

STYLE SHOW -- is a separate class than the construction evaluation or judging. The Style Show Evaluation is based on how the garment looks on the person, how well they present themselves, their grooming, posture, etc. There are separate guidelines for the Style Show that explain the procedure , give suggestions for the participants, etc.

RESOURCES AND LEARNING AIDS -- The 4-H Office has curriculum resources on file for volunteers and exhibitors to use.

Invest in some good sewing instruction books -- they are a terrific help. There are often several techniques that are satisfactory to accomplish a sewing skill and these will help you find the one you like the best.

ADDITIONAL INFORMATION -- Include the pattern instructions sheet with the exhibit if you put it in a plastic bag and pin it to the exhibit, but please don't bring it loose. If an unusual technique was used and you wish to explain it, write it on a note or card and fasten it to the garment.

STILL PROJECT REPORT FORMS -- are available at the Extension office. This is used for information for the Judges. One is required to be attached to each sewing project entered.

FAIR BOOK - SEWING DIVISION

Guidelines are provided with the judges' materials at the time of judging so they are available for reference during the judging. Judges can also get them ahead of time so they are familiar with the suggestions the 4-H'ers have been following.

PROJECT REQUIREMENTS

1. We try to keep the actual requirements to a minimum and offer a lot of suggestions on the following pages for skills and fabrics and types of patterns for each age group.
2. 4-H'ers, leaders and parents should be aware of the fact, though, that the member needs to choose something s/he is capable of making themselves with guidance, without getting totally frustrated, and yet something with some skills as they progress each year.
3. They should not assume the judges will understand and that it is all right that they picked too difficult a pattern and then did a poor job on it.
4. They should not plan to have someone do the difficult skills for them. If they have assistance and guidance, that is different, but someone should not do the work for them.

LAST CHECK BEFORE ENTERING:

Basting threads gone

Raveled edges and seam edges all trimmed

Hems secure - even - snug - threads hidden

Seams finished

Darts flat! - tied off or secured with no puckers or bulk

Seams allowances graded if necessary - pressed open

1 entry tag plus identification slips on extra pieces

All hooks and eyes or snaps properly secure

Facing tacked

Garment or exhibit cleaned and pressed neatly

Completed Project Report Form, securely attached to garment with safety pin. If your project contains more than 1 piece (i.e. shorts and top), please indicate this on your project record form. Please attach an index card to your additional piece or pieces listing your name, club, department, section, and class number for your project.

Section 1 -- Beginners Construction

First Year Sewing

EXHIBIT REQUIREMENT: Exhibit should be an article (or articles) showing:

- 1) Seams
- 2) Pressing
- 3) At least one of the following skills:
 - A. Gathering
 - B. Casing for elastic
 - C. Some type of facing such as neckband, wristband, sleeve, etc.
 - D. Hand stitched hems

SUGGESTED SKILLS TO BE LEARNING:

- Patterns - choosing, measuring, pinning and cutting Sewing a straight seam
- Seam finishes
- Hemming by hand - blind hems
- Gathering
- Facings - either at neck, sleeve or waistband Pressings
- Sewing on a hook and eye
- Casing for elastic band
- Attaching and turning straps or ties
- Easy mending or repairs

Suggested Fabrics to work with for first year:

Cotton -- medium weight

Woven blends -- medium weight

Knit -- medium weight

Fabric to Avoid -- Slippery, Velveteen, Challis

Suggested Articles to make for the first year:

Slacks

Shorts

Skirt

Dress

Nightgown

Apron

Vest

Section 1 -- Beginners Construction

Second Year Sewing

EXHIBIT REQUIREMENT: in addition to the previously learned skills this exhibit should have at least one of the following:

- 1) zipper
- 2) buttonholes
- 3) set-in sleeves

SUGGESTED SKILLS TO BE LEARNING:

- Reverse topstitching
- On-point buttonholes
- Simple pleats
- Set-in sleeves
- More difficult facings - under stitching or stitch-in-the-ditch
- Grading seam allowances
- Buttons and buttonholes
- Stay-stitching
- Pockets
- Some top stitching
- More mending and repair techniques
- Attaching trim binding

Section 1 -- Beginners Construction

Third Year Sewing

EXHIBIT REQUIREMENT: choose from list of articles from class 2 but increase skills using a more difficult pattern, etc.

SUGGESTED SKILLS TO BE LEARNING IN ADDITION TO 1ST AND 2ND YEAR:

- Top stitching
- Multiple pleats or unusual arrangements of pleats Special pressing and steaming
- Using special pressing and shaping tools Interfacing
- Creasing slacks
- Special care for napped fabrics

Suggested Fabrics to work with 2nd & 3rd year:

Heavier cottons and cotton blends Denims
Double knits
Terry or stretch terry
Flannel
Lightweight corduroy
Lightweight suede
Lightweight velour
Single knits
Cotton knits

Suggested Articles to make for the second year and third year:

Slacks or skirt and vest
Dress
Nightwear
Sportswear - shorts and top, easy jumpsuit, etc.
Parka or game vest

Section 2 -- Intermediate Construction

Forth - Sixth Year Sewing

EXHIBIT REQUIREMENT: in addition to the previously learned skills, each year the member advances should show progress in learning new skills and working with different fabrics.

SUGGESTED SKILLS TO BE LEARNING IN ADDITION TO ANY IN SECTION 1:

Matching plaids and stripes
Piping and decorative seaming
Linings and under linings
Tucks, tiny pleats, decorative stitched like smocking, etc.
Appropriate seams and finishes for garments and fabrics
Various types of button attachment, particularly for heavy fabrics
Restyling techniques

SUGGESTED FABRICS TO WORK WITH IN ADDITION TO ANY IN SECTION 1:

Corduroy
Velour
Gabardine
Wool and wool blends and acrylics
Canvas
Quilted fabrics
Plaids, matching patterns, border prints, etc.

SUGGESTED ARTICLES TO MAKE:

Sportswear - 1 or more pieces appropriate for a specific sport or casual wear
Daytime wear - 1 or more pieces for school, work, church, etc.
Nightwear - robe, gown, pajamas or a set

Section 5 --'Cf xcpegf Construction

Ugxgp'qt'b qtg Yearu Sewing

EXHIBIT REQUIREMENT: in addition to the previously learned skills, each year the member advances should show progress in learning new skills and working with different fabrics.

SUGGESTED SKILLS TO BE LEARNING IN ADDITION TO ANY IN SECTION 1 AND 2:

Tailoring

Lapels

Bound Buttonholes

Additional restyling and repairing techniques Any other skills not previously listed

SUGGESTED FABRICS TO WORK WITH IN ADDITION TO ANY IN SECTION 1 AND 2:

Velvets and velveteen

Satin, silk, taffeta - any slippery fabric

Gauze, chiffon, Georgette - any sheer fabric

Furs, fake or real - fleece fabrics

Lingerie fabrics

Any other type of fabrics not previously listed

SUGGESTED ARTICLES TO MAKE:

Sportswear - 1 or more pieces appropriate for a specific sport or for casual wear.

Daytime wear - an outfit or 1 or more pieces appropriate for school, church, or work, etc.

Evening wear - a dressy outfit consisting of 1 or more pieces; if a dress, it can be long or short.

Outerwear - coats or jackets of any length, using medium to heavy weight fabric.

Wardrobe - Consisting of at least 4 exhibits from the other classes - from sportswear, outer wear, evening wear, daytime wear (ex: dress, coat, suit, slacks outfit)

Sewing Collections - two or three items for beginner - three or four items for intermediate and advance non-wearable items. (ie: tote bag, curtains, place mats, etc)