

4-H Clothing Project

Things to do to start project:

1. Take Measurements: Bust, High Bust, Natural Waist, Hips-over the fullest part, but approximately 7" – 9" below waistline.
Ready to Wear and Sewing Patterns are not same size.
2. Select Pattern to meet Project requirements.
3. Select Fabric – check if it has a one way design – has a nap.
Read the end of bolt It has the following information – Width of fabric – How to Laundry or Dry Clean – fabric content.
4. Zigzag the ends of fabric and then preshrink using information from bolt on care. Also preshrink all notions. (zippers- interfacing – trims – etc.)
5. Clean Sewing Machine following instructions in Manual. Oil specific areas shown in Manual. Clean the bobbin case frequently while sewing.
6. INSERT A NEW NEEDLE SIZE FOR FABRIC TYPE.
7. Buy a good quality thread. DO NOT BUY CHEAP THREAD. Coats and Clark (All purpose (Dual-Duty) – Gutermann – Mettler are some names to buy. Buy fabric and thread same time – same shade or shade darker – Thread appears lighter when sewn if you cannot find a match go one or two shades darker.
8. Using markers like chalk –Water or air-soluble blue or pink ink. Test on Small piece of fabric and try removing it. Did it come out without leaving a mark, is there no water mark?
9. As you layout fabric and pattern DO NOT USE THE SELVAGE EDGE AS A SEAM FINISH.
10. Press as you go. Sew a seam and press. Sew a seam and press.
11. Select a seam and edge finish – pinked and stitch – turned under and stitch – zigzag stitch- etc,
12. Select a hem finish.

SEWING HELP REFERENCES FOR YOUR PROJECT

To help you: You will find 3 books that you can purchase and 4 sources for free instructions.

The Books

1. Readers Digest New Complete Guide to sewing: The book covers measurements, sewing equipment needed, buying pattern, fabric, seams and seam finishes, hems, zippers. Everything from start to finish, for beginners to advanced sewers. It sells on Amazon for \$16.99 and Barnes and Noble. Check Half price Book stores for used copies. The new edition or one earlier.
2. Sewing for Beginners – This is a great Beginner book/magazine. Easy to follow directions for sewing seams, list sewing equipment needed, Hand Stitches etc. There are easy projects in back for kids to make. This book is available at JoAnn's and Barnes& Noble in the magazine section and list for 19.99.
3. All New Fabric Savvy How to Choose and Use Fabrics. It list over 100 fabrics each fabric is 2 pages. It list Fabric Fact – Suitable For – Sewing Tips – Preshrink – Layout – Marking Cutting – interfacing – Thread – Needle – Stitch Length – Presser Foot – Seam Finish – Pressing – topstitching – Closures – Hem for each fabric. The sections in back of book Glossary list more fabric with a short description of the fabric and a reference back to a fabric to sew it like. This book list for \$26.95.

You can also make your own Sewing Notebook. The following 4 sites have clothing articles. The articles are free and you can copy them. There is a copyright to all articles in the 4 sites. The first 3 sites listed all articles are numbered. The last site does not use numbers. Follow the instructions on next page for getting to the articles.

1. University of Kentucky College of Agriculture (UK) Go across top of page click Publications – scroll down left side click Family & Consumer Science – click on Clothing & Textiles – The list of sewing Publications come up.
<http://fcs-hes.ca.uky.edu/publications-list/1>
2. New Mexico State University, College of Agriculture, Consumer and Environmental Sciences (NMSU) Scroll down to bottom of page and click Publications – click Extension Publications – small picture squares click on Clothing – choose the one you want and click when it comes up look in the heading for (Printer friendly PDF)
https://aces.nmsu.edu/pubs/_c/
3. Sewing and Craft Alliance (Sewing)
Guidelines are numbered and are usually 2 pages or 1 sheet of paper if printed front & back. <http://sewing.org/html/guidelines.html>
4. Sew4Home (S4H)
If you print project-index, the projects are listed close together you will need to check what is missing so lay page 1 down and place page 2 top edge against bottom of page 1 then write in missing projects and repeat page 3 against bottom of page 2 etc. You can use the printer icon on the left once you open an tip sheet for the printable sheet. <https://sew4home.com/category/techniques/>

Handouts for 4-H Clothing Projects – Things to do to start project.

	UK	NMSU	Sewing.org	S4H
1. Measurements:		C-205		
Measurements Pants:		C-209		
2. Select Pattern	CT-MMB.212			
3. Select Fabric	CT-MMB.108			
4. Preparing Fabric for Sewing	CT-MMB.211		4.104	
5. Cleaning Sewing Machine				S4H
6. Select Sewing Machine Needle			22.115	
7. Thread				S4H
8. Sewing Equipment	CT-MMB.010			
9. Layout	CT-MMB.181			
10. Pressing	CT-LMB-019	C-309	6.130 & 11.106	
11. Seams & Seam Finish	FCS2-304			S4H
12. Hem Finish	FCS2-320	C-314		
Other needed handouts				
Button & Buttonholes	CT-MMB.189	C-231		
Casings			12.150	
Collars	CT-LMH.185	C-223		
Darts,Ease,Gathers,Pleats	CT-MMB.182			
Elastic			6.145	
Facings	CT-MMB.184	C-233		
Fasteners		C-232		
Hand Sewing Needle Guide			22.110	
Hand Stitches	CT-MMB.002		22.140	S4H
Hems	FCS2-320	C-314		
Interfacing	CT-MMB.183		5.110	
Pattern check for proper Fit		C-220		
Pattern Alteration		C-228		
Pressing Techniques	CT-LMH.019	C-309		
Sleeves	FCS2-807	C-211		
Understitching			12.211	
Zippers	FCS2-842	C-221	12.310 & 12.252	

The first 12 items listed matches the List on page 1

SEWING NOTEBOOK INDEX:

	NMSU	UK	SEWING	S4H
Clothing Construction Standards	C-214			
Judging Clothing Projects	C-103			
Sewing Glossary		CT-MMB.204		
Button & Buttonholes		CT-MMB.189		
Buttonholes, Machine Made Easy	C-231			
Casings Easy Waistband			12.150	
Collars	C-223	CT-LMH.185		
Darts, Ease, Gathers, Pleats, Shirring, Tucks		CT-MMB.182		
Elastic – The Notion that Gives			6.145	
Facings		CT-MMB.184		
Facings Made Easy	C-233			
Fabric Selection for Sewing		CT-MMB.180		
Fabric Grain		CT-MMB.210		
Fabric - Preparing to Sew			4.104	
Fabric – Fleece		CT-MMB.159		
Knits		CT-MMB.165		
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Outerwear with Down or Polyester Fiberfill	C-230			
Performance Textiles		CT-EPE.215		
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Synthetic Suede	C-229			
Fasteners Made Easy	C-232			
Hand Sewing Needle Guide			22.110	
Hand Running stitch: Basting			15.105	
Diagonal & Slip Basting			15.240	
Hand Stitches		CT-MMB.002	22.140	
Hand Sewing Basics: Tips, Tools,& Technique				S4H
Hems	C-314	FCS2-320		
Interfacing		CT-MMB.183		
Interfacing 101			5.110	
Interfacing, Underlining, Linings	C-208			
Interlinings – Underlinings – Linings		CT-LMH.001		
Layout, Cutting, Marking		CT-MMB.181		

Pattern Size for Perfect Fit	C-205			
Pattern Size for Fitting Pants	C-209			
Pattern Marking Part 1			3.110	
Part 2			3.111	
Pattern Selection & Fabric Coordination		CT-MMB.212		
Making Perfect Pants	C.227			
Pattern Check for Proper Fit	C-220			
Pattern Alteration	C-228			
Pins			6.130	
Pressing Techniques	C-309	CT-LMH.019		
Pressing Pants			11.107	
Pressing Equipment Make your Own		CT-MMB.214		
Seams and Seam Finishes		FCS2.304		
Seam Finishes Part 1				S4H
Part 2				S4H
Part 3				S4H
Part 4				S4H
Scissors & Shears – Choosing & Using			1.130	
Sewing Tools Basic			1.105	
Sewing Tools			1.107	
Sewing Tools More			1.108	
Sewing Tools Marking Tools			1.145	
Sewing Measuring Tools			1.135	
Sewing Machine Cleaning				S4H
Sewing Machine Common Problems	C-202			
Sewing Machine Needle Chart			22.115	
Sewing Machine Tension Adjustment		CT-MMB.213		
Sewing Shortcuts	C-104			
Stitching - Straight			16.105	
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Sleeve Savvy		FCS2-807		
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