

SEWING FOR FUN 2

Virginia Cooperative Extension Service Extension Division
Virginia Polytechnic Institute and State University Blacksburg, Virginia 24061

4-H Clothing Construction

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VPI
Spec

4-H CLOTHING CONSTRUCTION SKILLS CHECKLIST SEWING FOR FUN 2

Sewing Machine, be able to

- Recognize balanced tension
- Use zipper foot
- Make machine buttonholes
- Change light bulb
- Clean sewing machine

Pattern Knowledge, be able to

- Take body measurements
- Determine best pattern size and type
- Compare body measurements to pattern measurements
- Find amount of fabric needed to make garment
- Use pattern pieces and markings
- Lay out pattern on fabric using pattern guide
- Pin and cut out garment
- Transfer pattern markings to fabric: tailor's chalk
- tailor's tacks
- pins
- tracing wheel and carbon paper
- Follow pattern guide

Fabric Knowledge, recognize

- Fiber-yarn-fabric relationship
- Differences between knit, woven, and non-woven fabrics
- Fabric finishes
- Good fabric choice for pattern
- Notions needed for pattern and fabric
- Information found on labels and hangtags

Construction, be able to

- Pretreat fabric and notions
- Staystitch with grain of fabric
- Use interfacing
- Machine baste
- Use seam finishes: plain
- zigzag
- clean finish
- Reinforce seams
- Stitch darts

<i>Skills I Know</i>	<i>Skills To Learn or Improve</i>	<i>New Skills Learned</i>
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- Apply facings
- Understitch
- Trim and grade enclosed seams
- Clip inward curve
- Notch outward curve
- Apply lapped zipper
- Apply centered zipper
- Construct kimono sleeves
- Construct raglan sleeves
- Hem by hand
- Attach fasteners: buttons with thread shank
- hooks and eyes
- snaps
- Pressing: press darts
- press as you sew
- final press

Care

- Sew in care label
- Repair hand-sewn hems

Additional Skills Learned (such as types of pattern markings, seam finishes, other skills) list:

<i>Skills I Know</i>	<i>Skills To Learn or Improve</i>	<i>New Skills Learned</i>
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NOTE:

Why not "polish off" your sewing skills and develop new ones by constructing more sewing projects than are suggested for Project Requirements?

SEWING FOR FUN 2

Adapted by Beatrice Kalka, Extension Clothing and Textiles Specialist.

WHAT YOU'LL DO IN THIS PROJECT

In the first unit, you did some simple sewing projects. Now you are ready to use a pattern and sew clothes you can wear. In this project you will learn:

- More about the sewing machine.
- How to select a pattern for yourself.
- How to select fabric and notions for your pattern.
- New construction skills:
 - darts
 - facings
 - zippers
 - kimono or raglan sleeves
 - machine buttonholes
 - hand hemming
- Modeling skills.
- More about how to care for your clothes.
- How to keep a healthy, attractive appearance.

Continue to keep 4-H records, using the *Clothing Construction Record*, Pub. 346-002. Share what you learn with others by giving a demonstration, exhibiting at the fair, and modeling in the fashion revue. List the things you hope to learn and what you plan to make.

Use this booklet when you select a pattern and fabric. As you sew, look at the guides for each feature under sewing basics.

PROJECT REQUIREMENTS

To complete *Sewing for Fun 2* you should:

- Be able to check off 40 of the 50 skills listed on the *4-H Clothing Construction Skills Checklist*, (Inside Front Cover).

- Make at least two different garments for yourself. Look through the pattern books in fabric stores for ideas or try the ones listed here:

shirt or top	one- or two-piece
unlined vest	dress
skirt	tunic
jumper	swimsuit coverup

When planning your project:

- Look for firm, medium-weight, woven fabric.
- Choose a pattern without a collar.
- Select a design that is sleeveless or one that features an easy sleeve such as raglan, cap, kimono, or dolman.
- Start with easy patterns: "Quick and Easy," "Super-Quick," "Fast and Easy," "Extra-Sure," "Jiffy," "Yes I Can," etc.

★ **ACTION IDEA.** After you have made two of the easier kinds of garments, why not try something else? How about:

- Loosely fitted pants, such as pajama bottoms or gym shorts.
- T-shirt made of a knit fabric.
- Simple garment made of polyester double knit.
- Pants with drawstring waist.
- Blouse or dress with round collar.

FABRIC FOR YOUR PROJECT

A good fabric choice will help make your project a success. When you buy, look for:

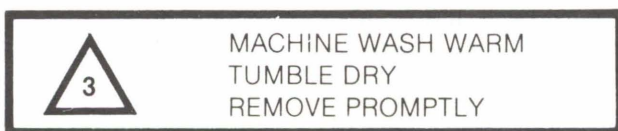
- Medium-weight fabric that will sew and press smoothly.
- Firm fabric that will not slip when you sew.
- Fabric that is colorfast and has been treated for shrinkage.
- Solid color or a small, overall print that is on-grain.

Plaids, stripes, and some prints look better if the design is matched. This can be difficult and may require extra fabric.

Buy notions such as thread, zipper, and buttons when you buy the fabric. You will be able to match colors and you will have the notions when you need them.

Before you begin to sew, pretreat the fabric according to the directions on the care label. Zippers, trims, and similar notions should be pretreated before you sew them into the garment. This will help prevent puckering when the garment is laundered.

A **care label** is required by law. The label tells how to care for the fabric. Sew it into your garment.



PICKING A PATTERN

The right pattern size is very important. Even if your measurements are not identical with the pattern size, fewer changes will be needed if you get the correct size. Instructions for finding your pattern size are given in pattern catalogs.

Patterns Come in Many Different Figure Types

Pattern types for gals depend upon height, back waist length, and body development:

Girls'	Misses'
Young Junior/Teen	Half Size
Junior	Women's
Miss Petite	

The types for guys are based on height and body build:

Boys'
Teen Boys'

Men's

When you know your figure type, you are ready to find out your pattern size. To do this, compare your measurements to the standard measurements in the pattern catalog charts.

Have someone take your measurements over whatever undergarments you will be wearing. Tie a string around your waist to find your natural waistline. While measuring, the tape measure should be comfortably snug, but not tight. Stand tall but do not hold your breath while being measured.

Body Measurements Are Not Pattern Measurements

Because we need room to move in our clothing, the paper pattern is larger than our body measurements. This additional room is called **ease**. The amount of ease needed varies with the part of the body, the kind of fabric used, and how tight or loose you want the clothes to fit.

Using these charts, find your body measurements, the pattern measurements, and see if your pattern needs to be adjusted for a better fit. Your leader knows how much ease is necessary and will help make adjustments before you cut out the pattern.

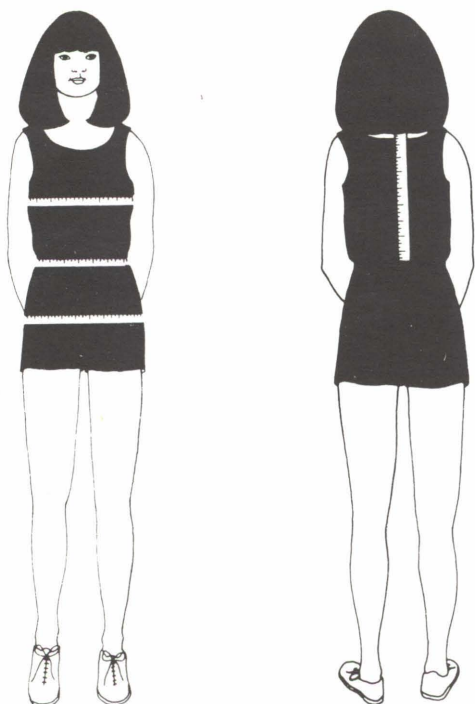
USING A PATTERN

Once you have chosen your pattern, study its three main parts:

The **envelope** front shows sketches or photographs of finished items. It also shows different views (ways the pattern can be made). Look at the pictures carefully to see how the garment is supposed to fit and what fabrics would work well for the design.

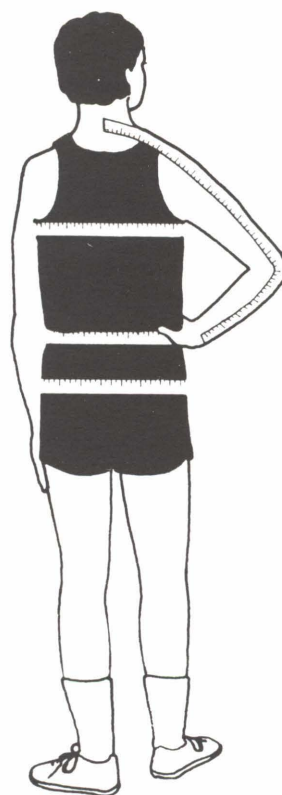
The envelope front also has the brand name, pattern number, and size.

The back of the envelope has more information:



GALS

	Personal Measure- ment	Pattern Measure- ment
BUST, around fullest part		
WAIST, at natural waist		
HIPS, around fullest part		
BACK WAIST, base of neck to waist		
SKIRT LENGTH, center front or back from waist to desired length		
DRESS LENGTH, center back, base of neck to desired length		



GUYS

	Personal Measure- ment	Pattern Measure- ment
NECK, around neck base		
CHEST, around fullest part		
WAIST, at natural waist		
HIPS, around fullest part		
SLEEVE LENGTH, from center base of neck over shoulder and bent elbow to wrist		

Diagrams of the back view of the garment, a description of the design, a list of suggested fabrics and notions, finished garment measurements, sketches of individual pattern pieces, and advice for special fabrics. Another important feature is a chart of standard body measurements and yardage requirements.

The **direction sheet** tells you how to lay out the pattern and how to sew the garment together. It gives:

- Instructions for preparing fabric.
- The pattern pieces needed for cutting each view.
- Cutting layout for different views, fabric widths, and sizes.
- Directions for marking the pattern.
- Pictures and step-by-step directions to show you how to sew.

Read the direction sheet all the way through before you begin.

The **pattern pieces** have a special language of their own. Look over the pieces and learn all the symbols and terms before you begin to use the pattern. Be able to recognize:

- General markings:
 - identification markings for the pattern piece
 - cutting lines center front and back lines
 - adjustment lines
 - grainline markings
- Construction markings:
 - seamlines
 - notches for matching pattern pieces
 - arrows
 - darts
 - dots for matching seams
 - buttonholes
 - fold lines
 - clip lines
 - gathering and easing lines
 - lines for placement of pockets, trims, etc.
 - lines for pleats or tucks

After studying the pattern you are ready to begin.

Pin the tissue pieces to the fabric. Follow the layout suggested in the direction sheet. Check the grainline of each piece. Have your parents or leader look before you start to cut.

Cutting needs to be done carefully so seams will match and be smooth. Be sure your shears are sharp and cut easily. Cut out around notches. Small pieces of fabric can be used for testing machine stitching and ironing temperatures.

Pattern markings can be transferred to the fabric in different ways. Test different methods on a small piece of fabric to see if they work and if you can remove them when you are done. Then choose the method that is best for the fabric and easiest for you. Ways to transfer markings are:

- Tailor's chalk.
- Tailor's tacks.
- Pins inserted into the pattern and pulled through.
- Tracing wheel and carbon paper.

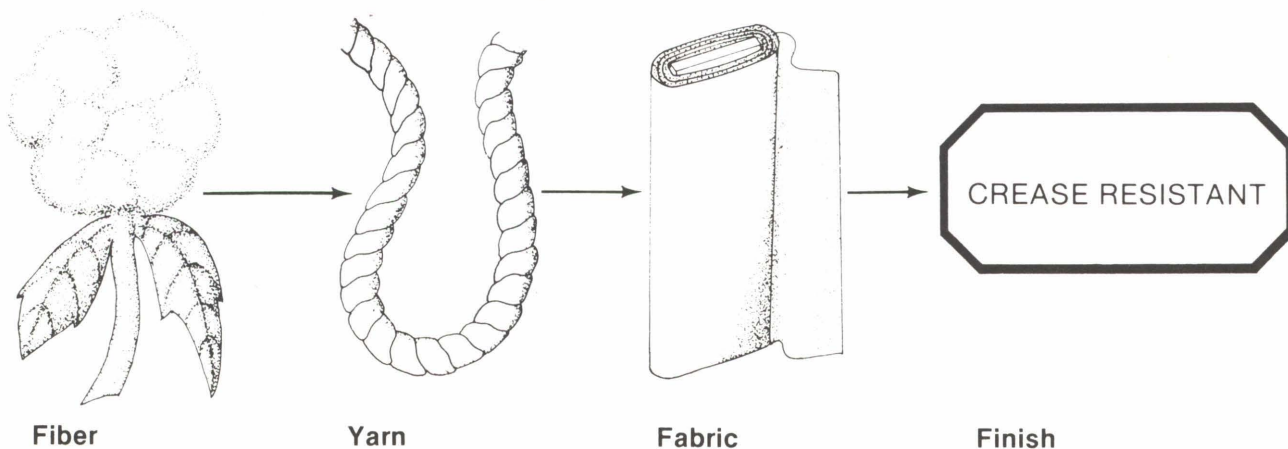
FABRIC FACTS

Fibers in fabric are either natural or man-made. Natural fibers are cotton, linen, wool, and silk. They come from nature—plants or animals. Man-made fibers come from chemicals. Polyester and nylon are examples. Sometimes natural and man-made fibers are blended together to take advantage of the best qualities of both.

Yarns are groups of fibers spun or twisted together.

Fabrics are made in different ways:

- Woven fabrics have two sets of yarns which cross over and under each other at right angles. They may be interlaced in different patterns called weaves.
- Knit fabrics are made with needles that loop yarns together. Single knits are made with one set of needles; double knits are made with two or more sets of needles.



- Non-woven fabrics are made directly from fibers. The fibers are webbed or matted together.

Finishes are added to fabric after it is woven or knitted to make it look better, add comfort, increase safety, or make care easier. Some finishes you may see are:

- Shrink resistant.
 - Crease resistant, permanent press, etc.
 - Stain and spot resistant.
 - Water repellent, waterproof, etc.
 - Flame retardant.
 - Colorfast.
- ★ **ACTION IDEA.** Use a magnifying glass and look at fabrics. Pull some yarns away and untwist them. Compare different fibers. Some are curly, some fuzzy, some straight.

THE SEWING MACHINE

As you continue to sew, you will learn more about the sewing machine:

- Learn how to attach and use the zipper foot.
- Make buttonholes with the machine. Practice on small pieces of fabric.
- Be able to change the light bulb. Check the sewing machine manual for directions.

- Always sew with a sharp needle. A burr on the end or a dull point can damage the fabric.

Clean the machine when you are finished. Lint collects in the bobbin area and needs to be brushed out. Wipe the head of the machine with a damp cloth to keep it clean.

What Does a Good Machine Stitch Look Like?

Before you sew on your garment, check the machine stitch on a small double piece of the fabric you will use. If the stitch is not balanced, the seams will not hold.

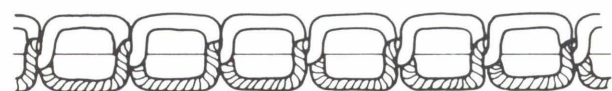
Does the stitch look the same on both sides? If not, ask your parents or leader to make a tension adjustment on the machine.



Upper Tension Too Loose



Upper Tension Too Tight



Balanced Tension

SEWING BASICS

Set Up a Sewing Area

Sewing is easier if you have everything in one place. Set up a sewing area with:

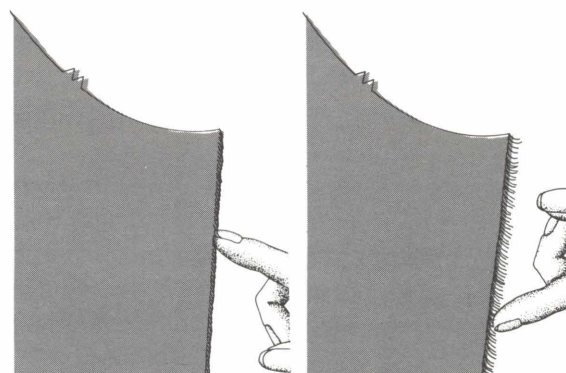
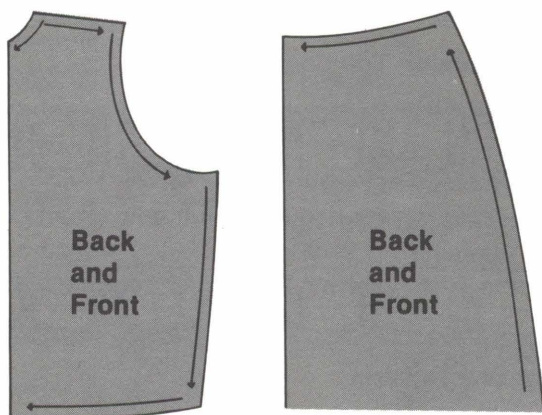
- Sewing machine and chair.
- Your sewing tools.
- A good light.
- A wastebasket.
- An ironing board and iron.

Organize Your Work

If you like, you can do all the staystitching at one time and then all the darts at one time. This is called the “unit” method and is a faster way to work. As you sew, follow your pattern instructions. Remember the things you learned last year. Ask your leader for help with things that are new. Also, look in a home sewing book.

Staystitching

Curved and slanted fabric edges tend to stretch out of shape as you sew them. Staystitch these edges to keep them from stretching. Stitch through one thickness of fabric with matching thread 1/2 inch (1.3 centimeters) from the cut edge—if the seam allowance is 5/8 inch (1.5 cm). Use a regular length machine stitch.



With Grain

Against Grain

In staystitching, stitch with the grain. Many pattern pieces have arrows showing the direction to stitch. A simple way to recognize the direction is to compare stroking fabric to stroking a cat. When you stroke on grain, both a cat's fur and fabric lie smooth. When you stroke against the grain, a cat's fur bristles, and fabric yarns fray.

Interfacing

Your leader will help you decide if your garment needs an interfacing. Areas such as facings, collars, cuffs, buttons and buttonholes, and bands may need to be stabilized with an interfacing. The interfacing should add shape and support without changing the character of the fabric.

Pressing

Press as you sew to shape your garment. Pressing is not ironing. In pressing, you lift the iron and set it down again in the proper position:

- Test a small piece of fabric to find the best pressing temperature. This temperature is determined by fiber content and fabric finish.
- Press with the grain of the fabric.
- Press each seam, dart, and construction detail before sewing to another piece.
- Press darts and curved seams over a curved surface such as a tailor's ham or pressing cushion to mold them into shape.
- To avoid marking the fabric, do not press over basting threads or pins.

Seams

In Unit 1 you learned about making plain seams. It is important to have good stitching with matching thread. The seam allowances should be even, flat, and smooth.

This year you will learn about **trimming and grading** seams to remove bulk. Curved seams must be **clipped** or **notched** to lie flat. Underarm and crotch seams need to be **reinforced**.

Seam Finishes

A seam finish can prevent ravelling or give a neater appearance to the inside of the garment. Your leader will help you decide if your fabric needs a seam finish and which one to use.

Understitching

This line of stitching keeps the edge of the facing or the underside of a collar or cuff from rolling to the right side of the garment. Understitching goes through the facing or undercollar and all the fabric layers in the seam allowance. It's done from the right side after all the layers are trimmed, graded, clipped, or notched.

Darts

Darts should be smooth, free of puckers, and come to a tapered point. Fasten the stitching securely at the point. Vertical darts should be pressed toward the center and horizontal darts pressed down.

Facings

Facings should be flat, smooth, and free from bulk. Understitch the seam to keep it from rolling. Tack the facing edge at seams and darts. The edge may be clean finished.

Zippers

Choose a zipper that matches the fabric in color

and weight. Pretreat the zipper so it will not shrink. The placket should cover the zipper unless you are using a decorative zipper. When the placket is closed, it should be flat and smooth, not puckered. Leave space at the top of a back zipper for a hook and eye, snap, or other fastener. It will lessen the strain on the zipper.

Hems

Do hand hemming for your project this year. Use a single thread and make an evenly spaced stitch that does not show on the outside. Seams in the hem should be pressed open and graded. Extra fullness should be eased in. Hem width may vary with the fabric or style of the garment, but it should be even.

Buttons, Buttonholes, Other Fasteners

Sew buttons on securely. Use a shank to allow room for the fabric layers to fit under the fastened button. Buttonholes should all be the same length, the same width, and on grain. They should be large enough to let the button go through easily, but small enough to hold the garment closed. Sew other fasteners on securely with small, even stitches.

YOU AND YOUR APPEARANCE

- Eat a variety of foods every day:
 - fruits and vegetables
 - milk and milk products
 - meats and meat substitutes
 - whole-grain or enriched breads and cereals
- Brush your teeth regularly.
- Get plenty of rest and exercise.
- Wear clean undergarments daily.
- Wash your face thoroughly to keep a glowing look.
- Keep your hair looking great by:
 - Brushing every day
 - Keeping your brush and comb clean
 - Washing your hair as often as needed (frequently for oily hair).

CLOTHING CARE

"I haven't a thing to wear" may mean you haven't anything to wear that doesn't need repairs, washing, or pressing. Learn to give your clothes the tender, loving care they need to look nice and last a long time.

Get Organized

- Collect enough hangers for all your clothes. Hang them up after wearing.
- Clean and put away your shoes when you take them off. You may want to use a shoe bag, shoe rack, or shelf with boxes.
- Keep your folded clothes neatly in drawers.
- Put soiled clothing in the laundry.

Repairs

- Sew on buttons, repair popped seams, and redo broken hems before wearing the garment again.
- ★ ACTION IDEA. Save hangtags. Describe the article on the tag, then file it in a small box. Knowing how to care for the garment will save time and trouble later on.

MODELING TIPS

When your garment is finished, you are ready to show others what you have made. When you wear your clothes at home, at school, or in the fashion revue:

- Practice good posture. Stand tall with your head erect, chest and rib cage high, stomach flat, and knees relaxed. Keep your weight balanced on both feet.
- Walk smoothly. Keep the top of your body straight. Your legs, not your head, should lead as you walk. To keep your head and shoulders from bobbing up and down as you walk, balance a book on your head.

- Learn how to turn slowly and smoothly so that garment details can be seen when you are in the fashion revue.
- Practice walking with good posture when you go up or down stairs.
- Smile. A warm, happy smile can make you feel better and can be a personal greeting to the people you meet.

★ ACTION IDEA. Plan a club style show for parents. Before the show, practice walking and modeling with the other members in the club. For the event itself, be sure your garment is clean and pressed, that your hands and hair are extra clean, and that you have a big smile. Check with a local nursing home or senior citizen's center about putting on a fashion show for them.

HOW DO YOU RATE?

Now that you have completed your projects, take a good look at them. Answer the following questions:

1. Do you like the color?
2. Do you like the style?
3. Do you like the way it fits?
4. Was it hard to sew?
5. Does it look well sewn?
6. Can you wear it many places?
7. Does it go with your other clothes?
8. Is it easy to take care of?

FOR MORE HELP WITH YOUR PROJECT

- Ask your parents.
- Ask your leader.
- Look at your sewing machine use and care manual.
- Look at any commercial sewing book.



CLOTHING CONSTRUCTION RECORD

CHECK PROJECT NAME:

- __Sewing for Fun, Unit I
- __Sewing for Fun, Unit II
- __Sewing for Fun, Unit III

NAME: _____ ADDRESS: _____

AGE: _____ YEAR OF BIRTH: _____ NAME OF PARENT OR GUARDIAN: _____

NAME OF 4-H CLUB OR GROUP _____

ARTICLES AND GARMENTS MADE THIS YEAR

Write a story about your Clothing Project. You can include some FACTS: Name and number of articles and garments, fabrics and supplies used, money spent and value if purchased; the FUN you had; the SKILLS that you are proud of and things you would CHANGE if the project could be done again.

SHARING PROJECT EXPERIENCE

Write a story telling how you shared the experience of this project with others. Did you tell someone how to do something that you learned to do? Did you plan and present a demonstration or exhibit your project? Were you presented an award — ribbon, medal, money, etc.?

CARE OF CLOTHING

Write a story telling what you learned about the care of clothing and how you cared for your clothes so that they would be ready to go when you were.

PLEASE NOTE: Additional copies of the record are available from the Extension Agent.



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More boys and girls belong to 4-H than any other youth group.