



GREAT BEGINNINGS

WELCOME

Welcome to the 4-H Great Beginnings Sewing Project! Please read through this guide carefully, as it contains information and suggestions that are important for your project. **4-H Leaders can obtain a Leader's Project Guide and other resources from the PEI 4-H Office.** Hopefully you, as a member, will "Learn to do by Doing" through hands-on activities that will encourage learning and enjoyment. If you have any questions, contact your District 4-H Officer or your 4-H project leader.

4-H YEAR COMPLETION

You complete a project by:

- completing the project Achievement Day requirements
- completing a communication project
- completing a community project
- completing an agriculture awareness project
- taking part in Achievement Day

You must complete all of the listed aspects in order to show at Fairs and



ACHIEVEMENT DAY REQUIREMENTS

Chef's Apron with a pocket <u>or</u> Pair of Sleep Pants <u>or</u> Pair of Boxers <u>or</u> Tote Bag (must be machine stitched)	50	
Three (3) Samples (worth 5 marks each)	15	
Bookmark	25	
Conference Judging *	10	
	100 Marks	

* The Conference Judging requirement is of great value to members enrolled in the project. To ensure that members learn to tell good sewing construction techniques from poor techniques, it is recommended that you do some judging of sewing articles early in the project (before you start your apron, sleep pants, tote, or boxers). Your leader will supply several sewing articles exhibiting both good and poor construction details for you to judge. Hopefully, this activity will give you some idea as to what is a well made garment and what is a poorly made garment and you will take more care in your own garment construction.



EXHIBITION REQUIREMENT

One Chef's Apron (with pocket)
or Pair of Sleep Pants
or Pair of Boxers
or Tote Bag

Ages for 4-H members as of January 1st of the 4-H year:

Junior: 9-11 years
Intermediate: 12-14 years
Senior: 15-21 years

Most projects will require at least six to eight project meetings to complete the project.

HELPFUL RESOURCES!

www.sewing.about.com
www.simplicity.com
www.craftsitedirectory.com/sewing/index.html
www.sews.com/tips.html
www.sewing.lifetips.com

A variety of books including...

Let Yourself Sew, Simplicity
Simplicity Sewing Book, Simplicity
Simplicity's Little Dictionary, Simplicity
Ready, Set, Sew, *The Butterick Sewing Book*, Butterick
Sewing By Sight and Sound, Butterick

are available at the PEI 4-H Office which can be borrowed for a two week loan period. To book these, call 368-4833 or drop by the PEI 4-H Office at 40 Enman Crescent, Charlottetown.

BE A GOOD SPORT!

In the spirit of "learn to do by doing", all those involved in 4-H are encouraged to practice good sportsmanship, use common sense at all 4-H activities, and the work in any 4-H project should be the member's own work.



Quick Tips...

- When working with fabric in which the right and wrong sides look alike, use some sticky dots to indicate which side you are supposed to be working with.
- Pre-treat fabrics in the manner in which they will be handled, such as dry cleaned or machine washed.
- If in doubt - pin the article before you sew to give you a clear understanding of the finished product.
- Good light prevents eye strain.
- Cut thread on an angle to make it easier to get into the eye of the needle.
- Practice, Practice, Practice...



CONFERENCE JUDGING

This exercise will help you discover what the Achievement Day judge will look for when evaluating your project.

The judge will picture an "ideal" apron, or sleep pants, or boxers, or tote and your project will be compared to that ideal. The standards the judge uses will be similar to the ones below. Be sure to have your leader explain to you what each of the following means.

General Standards

General Appearance

20 marks

- Choice of color and materials are appropriate, show creativity and individuality.
- Fabric and trims (if used), well chosen, compatible.

Workmanship (Judged from outside of article)

50 marks

- Clean, well pressed; may have been worn but not showing wear; no seam marks on outside.
- Articles cut on grain of fabric, and nap of pattern running in same direction on each piece.
- Trims (if used) sewn on neatly and securely; not too close to edge.
- Accurate construction of details such as pockets, hems, elastic, etc.
- Hem area even, smooth with no puckers or hem stitches showing, appropriate width.

Workmanship (Judged from inside of article)

30 marks

- Stitching is of even tension, correct length for weight of fabric, no skipped stitches, suitable color of thread.
- Seam finish, if necessary, is appropriate to the fabric and neatly done, should last as long as the article.
- Hem finish suitable for fabric and use of the article.



Once you are comfortable with the judging standards, your leader will have you judge either the article you made or an item supplied by your leader. You will make an oral presentation telling the good points and the poor points of its construction.

A LOOK AT FABRIC

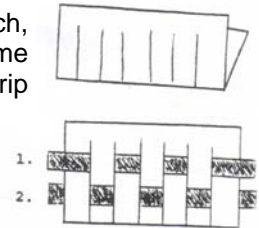
Fabric means material from which clothing is made. Take a piece of fabric and pull out a thread. This thread is called yarn. Now, untwist the yarn and you will see tiny hair-like ends. These are fibres. So you see that to make up a piece of fabric, little fibres are twisted together to form yarn, and this yarn is woven into the fabric which we use.

Take a piece of white paper and fold it in half (8 1/2" x 11"). Cut through the fold every inch, stopping about 1" from the top edge. Open up the piece of paper and lay it flat. Now take some strips of different colored paper 1" wide and weave them over and under the white strips. Strip number one will go over first and then under. Strip number two will go under first.

The white is like the lengthwise threads. These lengthwise threads are also called the warp. The colored paper is like the yarns that pass over and under, called the crosswise yarns.

When cloth is made, the yarns are woven over and under to make the fabric. This over/under is called "plain weaving". These yarns that make up the fabric are lengthwise and crosswise yarns.

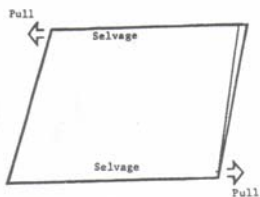
Bias refers to any diagonal on the fabric. True bias is the diagonal edge formed when the fabric is folded so that the crosswise threads run in the same direction as the lengthwise threads.



STRAIGHTENING THE FABRIC

When using fabric for your sewing projects, check the grain of the fabric. If it is crooked, try to straighten it. Only woven fabrics can be straightened. Knits must be used as they are.

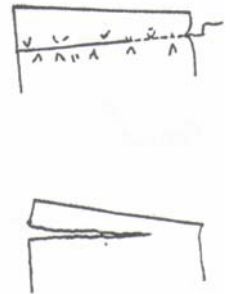
Look at the ends of the fabric. If the fabric was torn from the bolt, the torn end is even with the crosswise thread. If it was cut from the bolt, straighten it by pulling a thread across the width of the material and cutting along this line. **OR** Clip the selvage and firmly tear the fabric from selvage to selvage. Use this method on firm fabrics only. Now look at the selvages on your piece of fabric. Fold the fabric lengthwise so the selvages are together. Do the torn or cut ends come together? If one is short, pull with one hand on the short end and one hand on the bias. Continue pulling on the bias all the way to the end of the fabric.



This step is very important. If your fabric is "off grain", or crooked, the item you make will be crooked, too, if you don't straighten it.

NOTE: Some fabrics have been permanently "set" to keep them from wrinkling during laundry. If these fabrics have been set off grain, they cannot be straightened and can be used just as they are. The label should tell you if it is a permanent finish.

The outside edge is woven tightly to make it strong. This is the selvage. The selvage always goes in the same direction as the lengthwise threads, or straight of goods.

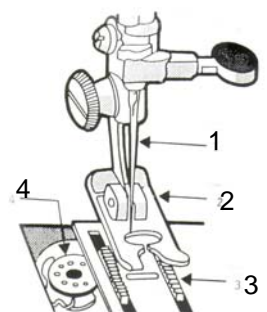


KEEPING IT ALL TOGETHER!

It is recommended you get a duotang or a three ring binder in which to keep this member guide and any other project materials you receive from your leader. The duotang or binder can be displayed at your Achievement Day with the above listed requirements.

PARTS OF A SEWING MACHINE

1. **Needle** carries the top thread and goes up and down through the fabric to make stitches
2. **Presser Foot** holds fabric in place as you sew
3. **Feed Dog** moves the fabric along with a set of small teeth.
4. **Bobbin** holds the thread for the bottom half of the stitches.



TOOLS OF THE TRADE

Scissors ... both handles on scissors are the same size. Small scissors with sharp points are handy for cutting threads and ripping out stitches. They are too small for cutting.

Shears ... one handle is larger than the other. Shears are used for cutting fabric and need to be sharp to cut well. The bent handles are more comfortable to hold and allow cutting with long strokes.

Seam ripper ... useful for taking out seams and removing stitches.

Pin cushion ... will keep your pins handy. It is helpful to have one that fits your wrist. By sewing a loop of elastic to a regular small to medium sized pin cushion, you can make it into a wrist pin cushion.

Tape measure ... a flexible tape that will not stretch or tear is helpful. Be sure it is marked in centimeters on one side.

Sewing gauge ... it is handy for measuring short lengths and useful for turning up hems evenly. A clear plastic ruler 15 cm long can be used instead of a gauge.

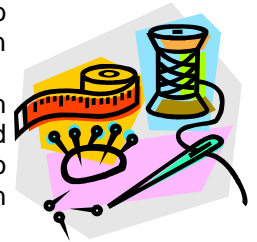
Marking pencil ... the type that wipes clean with cold water is easy to use. Tailor's chalk can also be used.

Needles ... are made in several sizes for different kinds of sewing such as embroidery, darning and regular hand sewing. "Sharps" are good for most hand sewing. "Embroidery" are the same as "sharps" but have long eyes to take one or more threads of embroidery cotton.

Pins ... dressmaker pins are small and fine. They push into the fabric easily and make only tiny holes. Pins with colored heads are easy to get hold of and easy to see.

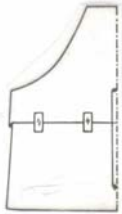
Thimble ... is used to push the needle through the fabric. Be sure to choose one that fits comfortably on your middle finger.

Thread ... use size 50 thread with cotton or cotton-like fabrics. Thread looks lighter after stitching, so choose a color slightly darker than the fabric.



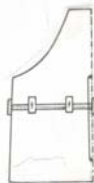
THE ALL IMPORTANT PATTERN

The pattern tissue or pieces might look confusing at first. But each dot, line or arrow has a special meaning. Your leader will explain each of the following markings: dots & notches/seamline/centre fold/place on fold/straight grain/alternation line/cutting line.



To shorten a pattern, measure off the amount you need shortened above the upper printed line and draw a parallel line there. Fold the pattern on the upper printed line,

bring it up to the drawn line and pin in place. Correct the cutting lines as shown.



To Lengthen ... Cut the pattern apart between the double lines and place paper underneath. Spread the pattern pieces apart evenly the necessary amount and pin in place, keeping the grain line arrows lined up straight. Correct the cutting lines as shown.



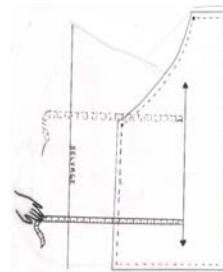
Once the pattern and fabric are prepared, you are ready to pin your pattern pieces to the fabric. Place the pattern pieces on the fabric following the pattern layout. First position the pieces on the fold. Pin in place. Be sure fabric does not stretch or pull by using a large flat surface for pinning and cutting your fabric. Place the pattern pieces close together to avoid wasting fabric. Place pins at right angles to the cutting line with the points towards the pattern edge. Do not let pins extend beyond the cutting line. Place pins diagonally into the corners and close enough together to make cutting easier.

Be sure to pin the various pieces of fabric straight of grain. To do this, measure from the long arrow to the folded edge or the selvage. The distance measured will be the same distance along the entire length of the arrow.

Have your leader check to make sure the pattern is pinned properly before you begin to cut. Cut with long firm strokes on the cutting line. Use your second hand to help hold the fabric flat. Cut the notches away from the pattern rather than into the seam allowances. Cut carefully to avoid mistakes. Scraps of fabric can be saved and used to test your sewing machine later.

After your pattern pieces have been cut out, it is time to transfer the markings from the pattern to the fabric. Transferring the markings must be done before you unpin the pattern from the fabric because you cannot get accurate markings after you start sewing. You can use dressmaker's carbon and a tracing wheel, chalk and pins, tailor's tacks, or "wipe away with water" marking pens. Do not use a pen as it will leave a permanent mark. Markings are always transferred to the wrong side of the fabric.

With the pieces cut out and the markings transferred, remove the paper pattern pieces and you are ready to sew.



SEAM SAMPLES

You are required to complete 3 samples. You are to choose from the following...

- Plain seam
- Stitched and pinked seam
- Clean finished or turned and stitched seam or machine overcast
- Hand basting

For each seam, cut two rectangles of light to medium weight fabric. The rectangles are to measure 6 cm x 10 cm (2 1/2 " x 4").

Mount your samples on a sturdy piece of cardboard or Bristol board to display at your Achievement Day. Tape only one side so that both sides of your sample may be checked by the Achievement Day judge. Be sure the samples are cut neatly and cut on the straight grain of the fabric.

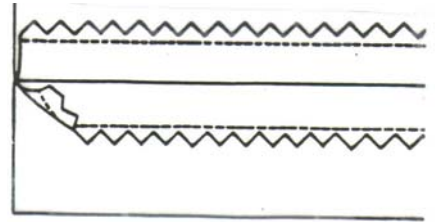
Plain Seam

The most commonly used of all seams and basis for many other types of seams, a plain seam is usually 1.5 cm wide (5/8") It is stitched with a regulation stitch. Be sure to backstitch or knot all threads to prevent raveling, to strengthen the seam and to give a neat appearance to the wrong side of the garment.



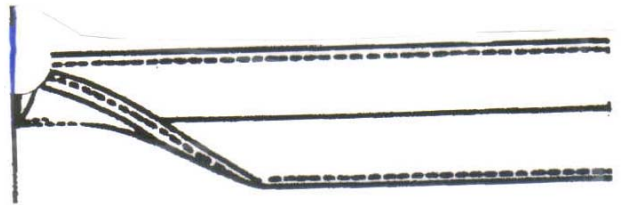
Stitched and Pinked Seam

Make another plain seam sample. Press open. Then finish by stitching 6 mm (1/4") from the edge of each seam allowance and trimming the edges with pinking shears.



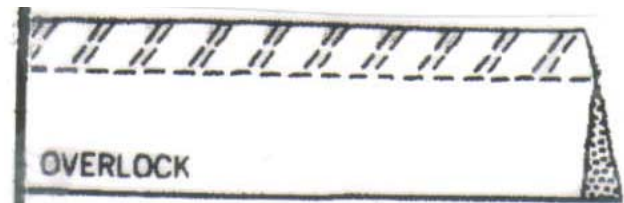
Clean Finished or Turned and Stitched Seam

Use on light and medium weight fabrics that may ravel. Make a plain seam sample, then stitch 3 mm (1/8") from each allowance edge. Turn edge under on stitching line while you stitch close to the folded edge.



Machine Overcast

If your sewing machine does machine overcasting, this is a great way to finish seams on light to medium weight blouses or shirts. Sew a plain seam 1.5 cm (5/8"). Press both seam allowances to one side. Trim seam allowance to approximately 1 cm (3/8"). Machine overcast the seam allowance together.



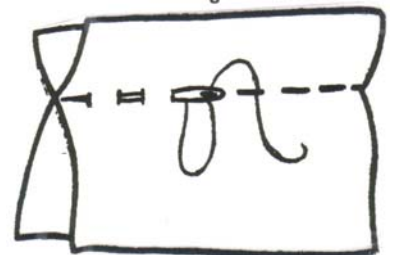
If your machine has a convenient overedge stitch, it does the stitching and overcasting in one operation. You stitch on the regular seam line and trim the seam allowance to the narrower width either before or after stitching.

Hand Stitching

Basting is a temporary stitch used to hold pieces of fabric together until permanent stitching is completed.

A knot at the beginning of stitching makes the basting easier to pull out. Secure thread at the end with two stitches.

Basting stitches may be even or uneven. Use even stitches when making this sample. In even basting, stitches should be the same length on both sides of the fabric. Make stitches about 6 mm (1/4") long and spaced about 6 mm (1/4") apart for even basting.



PRESSING SEAMS

Pressing a garment both during and after construction is what gives it a finished professional appearance. “Press as you stitch” and “Press directionally” are rules to follow while pressing. Pressing is the up and down motion of the iron as opposed to ironing, which is a back and forth motion across the fabric. Never cross one seam with another unless both have been pressed. Use the following method to press open your seams.

1. Press on the wrong side of your fabric only.
2. Press both edges of the seam together along the stitching line.
3. Open the seam and press with the point of the iron in the direction of the grain—press flat.
4. If you find it necessary to press on the right side of your garment, use a press cloth. Press cloths are used to protect fabrics from getting a shine when they come in direct contact with a hot iron. You can use a cheesecloth or a piece of your garment fabric.



GLOSSARY OF FABRIC TERMS

Selvage: One of two finished lengthwise edges on a piece of fabric. These edges are usually a little stiffer and firmer than the crosswise (cut) edge of the fabric and will not ravel.

Straight or lengthwise grain: Refers to the threads (in a woven) or the ribs (in a knit) that are parallel to the selvages. Pattern pieces are usually laid out along the lengthwise grain because it has the least stretch and is the most stable.

Crosswise grain: Refers to the threads that run across the fabric between the two selvages, perpendicular to the lengthwise threads or ribs. Fabric stretches more on the crosswise than on the lengthwise grain.

True Bias: The diagonal edge formed when fabric is folded so that the lengthwise and crosswise grains match. Fabric has the greatest amount of stretch along the true bias.

CREATE A BOOKMARK

Fabric...What to Use?

You will not need a large piece of fabric but you still should choose carefully. Perhaps your sewing leader will have scraps large enough and suitable for a bookmark. Choose a medium weight fabric in a plain weave. Thick suiting fabric would not be suitable, nor would sheer lightweight fabric. It may be plain, plaid or print fabric.

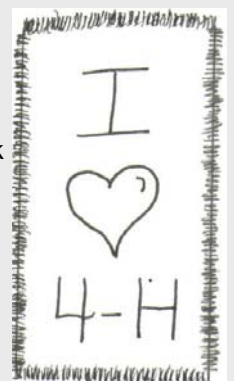
What Size?

You may make your bookmark larger if you wish but it should be at least as large as indicated. Cut on the straight grain of the fabric a piece 8 cm (3¼") x 15 cm (6").

You may wish to fringe the top and bottom only and turn in the edge 1.5 cm (5/8") and hem it, concealing the raw edge. You may also fringe your bookmark on four sides. The choice is yours.

How to Make the Bookmark?

1. Cut on the straight grain of the fabric, a piece 8 cm (3.25") x 15 cm (6").
2. Measure in from the edge the depth you want the fringe to be. The fringe should be at least 1.5 cm or approximately 3/8".
3. Pull a thread at this point. Do this on both ends. You may also fringe the side of your bookmark if you wish.
4. Using a small stitch, machine stitch along the line formed by the pulled thread. Machine stitching should be very straight and done with matching thread.
5. Fringe by pulling out the threads up to the stitching line.
6. Hem the sides if they have not been fringed using a 1.0 cm (1/2") hem. Roll the hem to be sure there are no raw edges sticking out.
7. Make your bookmark a personal thing by using bits of fabric or felt to decorate it.



Community and Agriculture Awareness Projects

COMMUNITY PROJECT

Each year you are encouraged to provide a service to your community as a 4-H member. This introduces you to the responsibilities of citizenship. You must participate in your club's plan for a community project and you should have a role to play. Describe your involvement with your club's community project this year.



Our Community Project was _____

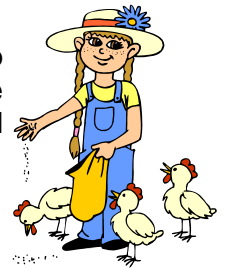
I helped by _____

It was beneficial because _____

I learned _____

AGRICULTURE AWARENESS PROJECT

Agriculture is one of PEI's main industries. You are expected to participate with your club to complete a project (or provide a service) which helps your club or others become aware of the importance of agriculture in our lives. As in the community project, you should actively participate.



Our Agricultural Awareness Project was _____

I helped by _____

It was beneficial because _____

I learned _____

