



SEW YOU WANT TO SEW

WELCOME

Welcome to the Sew You Want to Sew Project! Please read through this guide carefully, as it contains information and suggestions that are important for your project. **Leaders can obtain a Project Leader Guide and other resources, for this project, 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 Exhibitions.



ACHIEVEMENT DAY REQUIREMENTS

Silly Pillow	60	
<i>Made according to the patterns in the Leaders Project Guide or a similar pattern.</i>		
Cross Stitched Initials	20	
Four (4) Embroidery Stitch Samples	<u>20</u>	
100 Marks		

EXHIBITION REQUIREMENT

One pillow - lion, clown or a pillow of your own design. See note below.

NOTE: If you are using a pattern other than those included in the Leader's Project Guide (Clown and Lion), it must be a square approximately 39 x 39 cm (16" x 16") including the seam allowances or approximately 39 cm (16") in diameter including the seam allowances. It must also be appliquéd to the same degree as the clown or the lion.



EMBROIDERY STITCH SAMPLES

You are required to complete the following four (4) stitch samples...

- Cross Stitch
- Outline Stitch
- French Knot
- Chain Stitch

Put each stitch sample on one 6" x 6" (15cm by 15cm) (approximate) square of fabric. Stitch or pink the edges of this square.

Display your sample stitches 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.

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

Check out the PEI 4-H Web Site
www.pei4h.pe.ca

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

STANDARDS FOR JUDGING SEWING

20	General Appearance
50	Workmanship - judged from outside of article
30	Workmanship - judged from inside of article

CONFERENCE JUDGING



To ensure that members learn to judge good sewing construction and embroidery techniques from poor techniques, it is recommended that you do some judging of sewing and embroidery articles early in

the project (before you start your pillow). Your leader will supply several sewing and embroidery 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 item and what is a poorly made item and you will take more care in your own sewing and embroidery of your project item.

JUDGES WILL BE LOOKING FOR...

Silly Pillow

- Appearance: neat & clean
- Stitching (machine or hand): even & straight, correct tension
- Suitability as a pillow: materials for stuffing, suitable stuffing, artistic qualities & imagination

Cross Stitch Initials

- Stitching: neat & even
- Transferred as given in the Leader's guide: Outline covered fully

EMBROIDERY MATERIALS

Fabrics and Threads

Linen is perhaps the favorite fabric used for embroidery. It allows threads to be quickly counted and easily pierced by the needle. Other fabrics include loosely woven and strong-threaded cotton and woolen fabrics. Whichever fabric is selected, be sure that it is woven on the grain. This ensures that the stitches can be kept in perfect alignment.

Many types of thread may be used for embroidery. Listed below are the types most popular.

Embroidery Floss—a shiny, loosely twisted 6-strand thread. The strands can be separated for finer work.

Pearl Cotton—a smooth, twisted 2-ply thread whose strands cannot be separated. It is suitable for all embroidery types.

3-Strand Persian-Type or Crewel Yarn—a 3-strand wool, each strand made up of 2-ply threads twisted together. For most embroidery, stitch with only one of the three strands at a time.

Let's Begin To Stitch

1. Separate floss. To do this, pull one ply from the end of the strand.
2. Thread needle: 1) loop floss over needle; 2) pull floss tight; 3) remove needle and 4) force needle over floss.
3. To begin stitching, secure yarn at the start of stitching. Hold the end of the yarn on the wrong side of the fabric and work stitches over 2" of yarn end.
4. There are many embroidery stitches available to use in creating your embroidery work.

Starting and Ending a New Thread (Yarn)

If some embroidery is already worked, simply slide needle under wrong side of laid stitches, securing 2" of yarn end under the stitching.

To secure yarn at the end of stitching, slide the needle under 2" of laid stitches on the wrong side and then cut the yarn.

Keep your embroidery work as neat on the back as it is on top. Threads should be worked on the first few and last few stitches so the thread is secure without the use of visible knots on the underside of your work.

Helpful Hints

1. Use an embroidery hoop. This will hold the fabric tight during stitching so stitch tension can be kept even and consistent.
2. Prepare the fabric for stitching by ensuring the fabric is on grain. Tape, overcast or machine zigzag stitch the raw edges to keep the fabric from raveling during the embroidery procedure.
3. If you are making your own design, prepare a guide for your embroidery work by mapping out a chart that indicates the selected stitches as well as the yarn colors for each part of the design. First assign a letter to each stitch and print the identifying letters on the appropriate parts of the drawing. Next assign a number to each colored yarn and put the numbers on the appropriate parts of the drawing. (Figure 1)
4. Transfer design to fabric using dressmaker's carbon and a tracing wheel. This is an easy and quick method of transferring designs.
5. Working threads (floss) should be no longer than 18 inches. An extremely long thread will be pulled too often through the fabric causing the thread to fray.
6. Twisting and tangling of the floss often occurs with consistent needle action. To untangle the floss, simply drop the needle and let it dangle freely until floss unwinds.
7. When following the design pattern on fabric, insert needle on the outside edge of transferred line, remembering that they are merely guides and are not meant to be seen when the embroidery is finished. (Figure 2)
8. For greater realism in design, first embroider the parts that lie lowest, then the parts that lie above them so that the two overlap slightly. (Figure 3)
9. To move from one area of a design to another in which the same color of yarn is used, it is best to secure the yarn at the first point and start again rather than travel the yarn over a wide space.

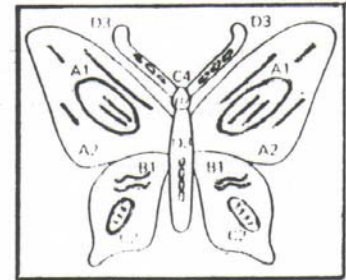


Figure 1

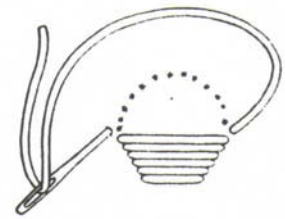


Figure 2

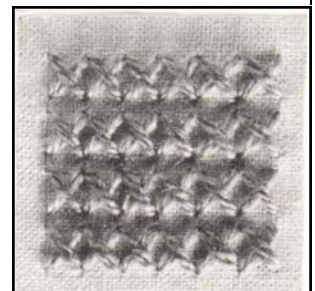
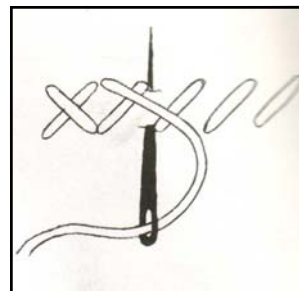


Figure 3

Embroidery Stitches

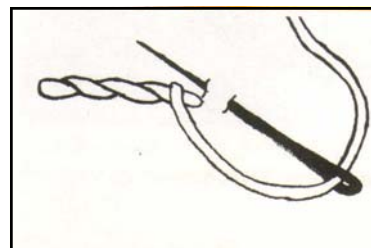
CROSS-STITCH

Used for borders and solid filling. It may be worked on canvas or evenweave linen where the threads can be counted. It can be worked from a transfer pattern. Work from left to right. Bring needle up at lower left corner of a cross and make a diagonal stitch into upper right corner of a cross. Complete row with these half cross-stitches. Now work back across row, completing each cross. Be sure that each stitch always crosses in the same direction.



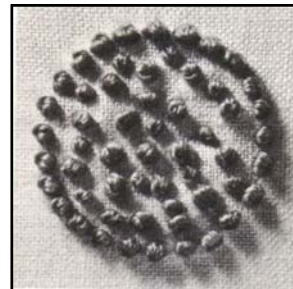
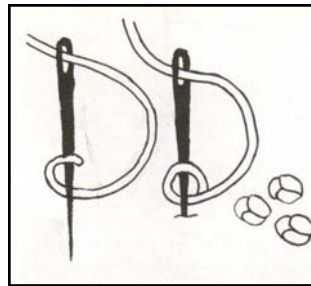
STEM STITCH (Outline Stitch)

A basic stitch used for lines, outlines and the stems of flowers. When worked in close rows (all going in the same direction) it makes a dense filling. Work from left to right. Start at left end of guide line. Make a small stitch, slanting it slightly across the guide line. Be sure to keep thread below needle throughout. If the thread is held above the needle throughout, the stitch is called Outline Stitch. Note the interesting effect you get when you make a stitch with the thread above the needle and the next stitch with the thread below the needle.



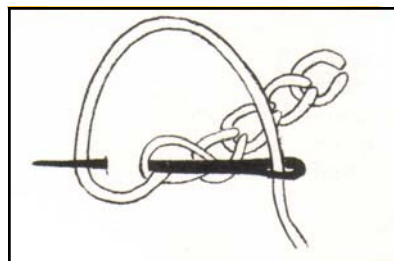
FRENCH KNOT

Used for dots, worked in rows for lines or worked solidly for a filling. Use number of strands required for knots of various sizes. Bring needle up, wrap thread around point of needle, then insert needle close to where needle emerged. Just be sure that it is emerged or knot will pull through. Draw thread to wrong side, holding knot in place with left thumb.



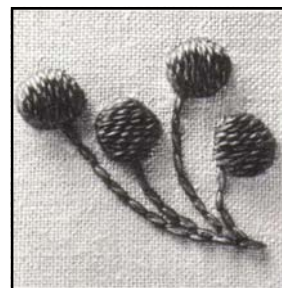
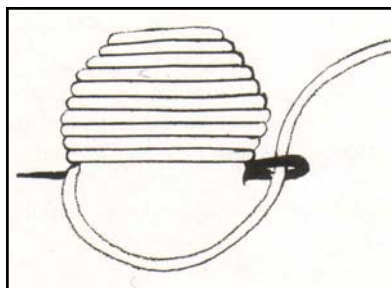
CHAIN STITCH

Makes a decorative outline, stems for flowers or, worked in close rows, a solid filling. Work from the top down. Bring needle up at top of line. Make a loop with thread and hold it in place with left thumb. Insert right where thread first came up. Now bring needle out a short distance ahead on line, drawing needle over loop.



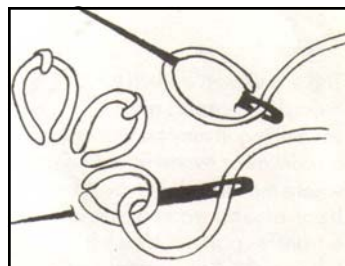
SATIN STITCH

A basic solid fill stitch. Learning to do it well is the pride of every expert embroiderer. Bring needle up on guide line then insert on opposite guide line. Carry stitch behind work and again come up on first guide line. Stitches should be very smooth and close together. Make sure each is parallel to the preceding one. For a precise edge, first work a row of Split Stitch over guide lines. For a nice puffy effect, try padding the area with a layer of Split Stitch, Chain Stitch or Satin Stitch, then work the final layer of Satin Stitch over that.



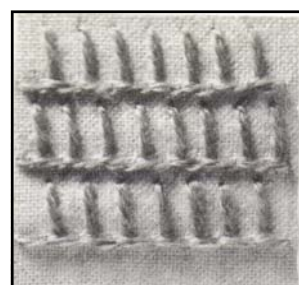
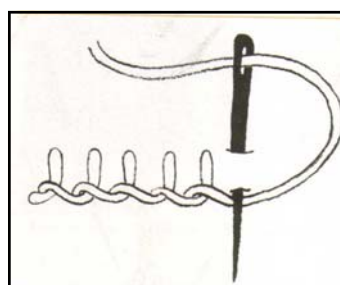
LAZY-DAISY STITCH (Detached Chain Stitch)

Worked in a circle, these make charming flowers. Worked separately, they may be used as a light filling. Bring thread up and hold in a loop with left thumb. Insert needle back where thread emerged. Then bring needle out the length of stitch desired and pull through over loop. Make a small stitch to anchor loop.



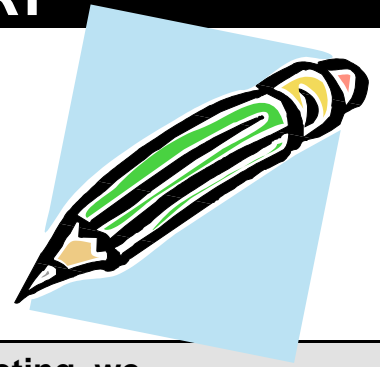
BLANKET STITCH

A multi-purpose stitch. It can form outlines, be used for filling, cover an edge of fabric or form a flower when worked in a circle. Work from left to right. Bring needle up and hold loop of thread down with left thumb. Make a vertical stitch as in diagram, bring needle out over loop of thread.



PROJECT MEETINGS DIARY

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



Meeting Date	Location	Time	At this meeting, we...

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 _____

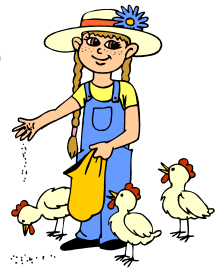
I helped by _____

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 _____