



SEWING PLUS

WELCOME

Welcome to the 4-H Sewing Plus Project! Please read through this project guide carefully, as it contains information and suggestions that are important for your project. **4-H Leaders can obtain a Leader 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 Exhibitions.



ACHIEVEMENT DAY REQUIREMENTS	
Shirt/Blouse <i>(Item must have collar and set-in sleeves)</i>	75
Button Samples	15
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 judge 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 shirt or blouse). 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	
Shirt / Blouse	

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.



TIPS

- Can't find the right color thread? Pick one that's a shade darker than the fabric. Thread usually looks lighter when sewn.
- To sew on buttons super-quick, double your thread then thread the needle so you're sewing with four thicknesses of thread rather than two.
- If, despite all your good intentions, you cut into the buttonhole stitches, repair the damage with a dot of Fray-Check.

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.

CONFERENCE JUDGING

During this exercise, you will discover what the Achievement Day judge will look for when evaluating your project article. The judge will picture an "ideal" shirt/blouse in his/her mind and your project work 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

(20) General Appearance

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

(50) Workmanship (Judged from outside of article)

- 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 of each piece
- Trims (if used) sewn on neatly and securely; not too close to edge
- Topstitching straight, even from edge or seamline and of correct stitch length
- Accurate construction of details such as pockets and hems, etc.
- Hem area even, smooth with no puckers or hem stitches showing, appropriate width

(30) Workmanship (Judged from inside of article)

- 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 one supplied (by your leader). You will make an oral presentation telling the good points and the poor points of its construction.

Sewing On Buttons

PLACEMENT OF BUTTONS

- Women's shirt buttonholes are on the right front, buttons on the left.
- Men's shirt buttonholes are on the left, buttons on the right.

First, stitch and cut open the buttonholes. Buttonholes can be made by a special attachment on your sewing machine or a built-in buttonhole maker on your machine. Follow directions given in the sewing machine instruction book. Make some test buttonholes in a scrap before doing them on your garment. After buttonholes are sewn, cut them open with short sharp scissors. Be careful! It is easy to accidentally snip through stitches. Place a pin at each end of the buttonhole to prevent cutting too far. To mark placement of buttons, pin the garment closed, matching appropriate pattern markings, such as the centre front or centre back.

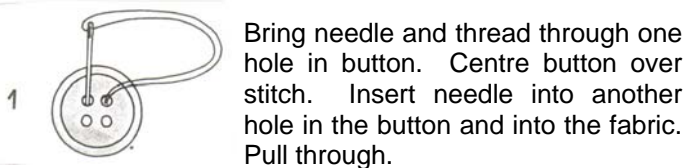
On horizontal buttonholes, insert a pin into the fabric 3 mm from the end of the buttonhole nearest the edge of the garment

On vertical buttonholes, insert a pin into the fabric 3 mm from the top of the buttonhole.

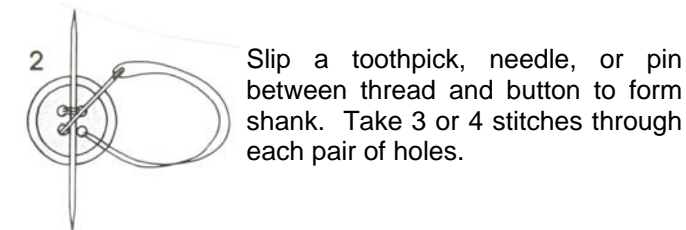
Carefully lift the buttonholes over the pins; place the pins securely in the fabric. When sewing on the button, centre it over the point where the pin was inserted.



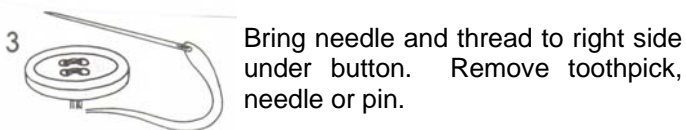
SEW-THRU BUTTONS



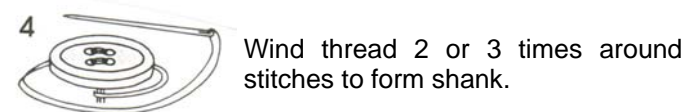
Bring needle and thread through one hole in button. Centre button over stitch. Insert needle into another hole in the button and into the fabric. Pull through.



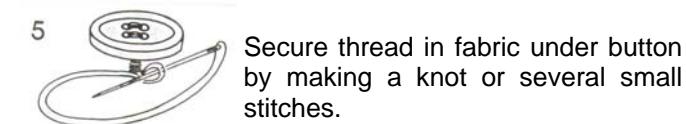
Slip a toothpick, needle, or pin between thread and button to form shank. Take 3 or 4 stitches through each pair of holes.



Bring needle and thread to right side under button. Remove toothpick, needle or pin.

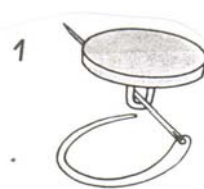


Wind thread 2 or 3 times around stitches to form shank.

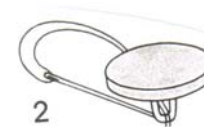


Secure thread in fabric under button by making a knot or several small stitches.

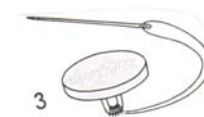
SHANK BUTTON



Bring needle and thread through hole in shank.



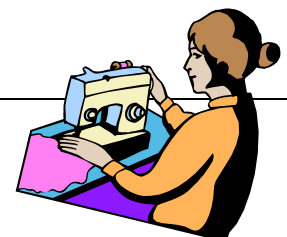
Centre button over stitch. Insert needle into fabric and pull through. (If length of shank is not sufficient, place a toothpick, needle, or pin under shank and continue as for sew-thru button.)



Bring needle and thread to right side. Take 3 or 4 stitches through shank.



Secure thread in fabric under button by making a knot or several small stitches.



Button Samples

You are required to complete two samples of buttonholes and buttons.

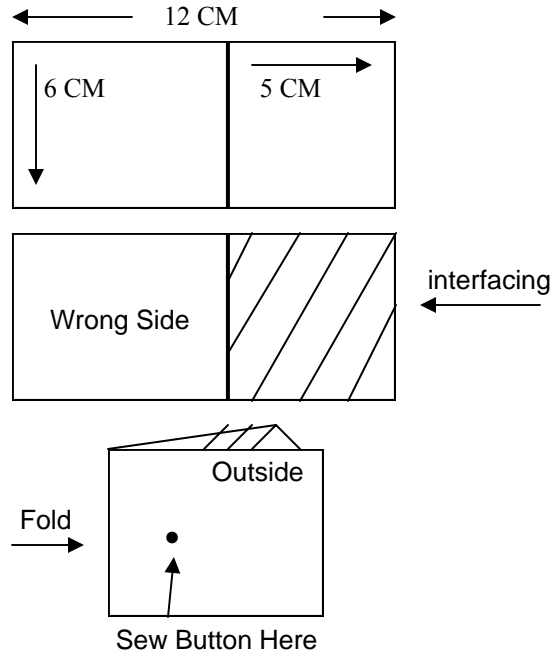
Sample 1—horizontal buttonhole with a sew-thru button

Sample 2—vertical buttonhole with a shank button

Mount your samples on a piece of cardboard or bristol board—8 1/2" x 11" to display at your Achievement Day.

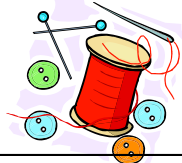
Button Portion of Sample

1. Cut a piece of scrap 12 cm x 6 cm (4 1/2" x 2 1/2")
The 6 cm (2 1/2") should be in the widthwise direction.
2. Mark a lengthwise line 5 cm (2") from one edge.
3. Cut a piece of fusible interfacing 6 cm x 5 cm (2 1/2" x 2") and fuse it to the facing section of your sample.
4. Press under the facing on the line marked, and sew button to sample, 2 cm (3/4") to fold and 3 cm (1") from top of sample.
5. Repeat procedure for the second button so you have a sample of each kind of button.



Buttonhole Portion of Sample

1. Cut a piece of scrap 10 cm x 5 cm (4" x 2").
The 5 cm (2") should be in the widthwise direction.
2. Mark a lengthwise line 4 cm (1 1/2") from one edge.
3. Cut a piece of fusible interfacing 5 cm x 4 cm (2" x 1 1/2") and fuse it to the facing section of your sample.
4. Press under the facing on the line marked, and sew buttonhole.
5. Repeat procedure so you have a buttonhole to fit each of your button samples.

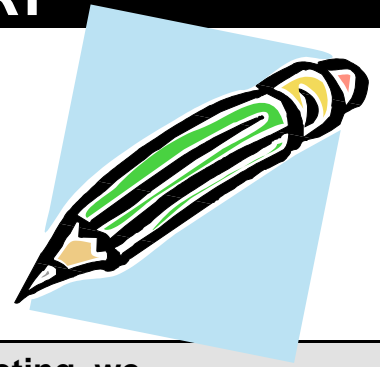


HINTS FOR SEWING ON BUTTONS

- A thread shank must be made for all sew-thru buttons (unless the button is only decorative) to allow the buttonhole to fit smoothly underneath it and to prevent unnecessary strain on the thread. The length of the shank depends on the thickness of the fabric.
- When sewing on a shank button and a two-hole sew-thru button, the shank or the holes should be placed in the same direction as the buttonhole.
- A four-hole sew-thru button can be sewn on in any direction.
- The thread should be the same color as the button, unless a specific effect is desired.
- When sewing on a button, stitch through all layers of fabric unless the facing side will show, such as on a tailored jacket.
- When sewing on heavy-weight fabrics or tailored garments, a small, flat, stay button can be placed on the facing side to reinforce the area. Sew the button and the stay button at the same time, making the thread shank under the outside button.

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 _____

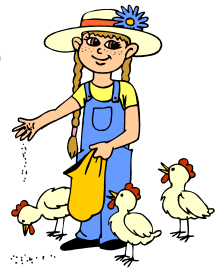
I helped by _____

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 _____