



SIMPLE SPORTSWEAR

WELCOME

Welcome to the 4-H Simple Sportswear 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

Skirt / Culottes / Pants or Shorts <i>(Item must have a zipper closure. Waistband is optional)</i>	70
Pressing Tool	20
Conference Judging*	<u>10</u>
	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 skirt, culottes, pants or shorts). 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

Skirt / Culottes / Pants / Shorts
(Item must have a zipper closure. Waistband is optional)

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 be the member's own work.

FOR FURTHER KNOWLEDGE...

Learning to sew is important, but you can also learn about clothing through field trips, guest speakers, films, etc. Sometime during your project, you and your group may want to participate in one of the following...

A **FIELD TRIP** to

- A beauty shop to see hair care and styling
- A department store to see selection of this season's accessories
- A woolen mill or clothing manufacturer for tour of factory
- Or any other tour applicable to your project

A **GUEST SPEAKER**

- A doctor or nurse to speak on skin problems
- A physical education teacher to discuss the importance of exercise to improve muscles and posture
- A fashion expert for "what's in fashion this year"



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" skirt, pants, shirts or culottes 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.

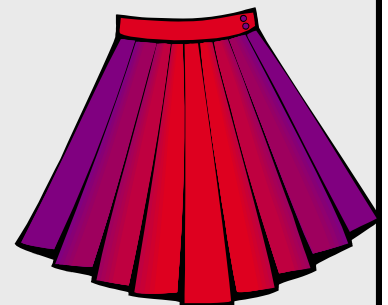
General Standards

(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

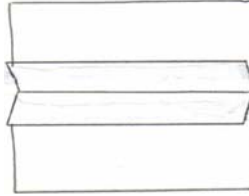
Once you are comfortable with the judging standards, your leader will have you judge either the article you made or one supplied (by your leader). You will make an oral presentation telling the good points and the poor points of its construction.

SEAM FINISH SAMPLES

Select and complete three different samples of the described seam finishes. The size of the samples should be at least 7.5 cm x 7.5 cm (3" x 3"). Mount your samples on a piece of cardboard or bristol board—8½" x 11" to display at your Achievement Day. Except for the French Seam and the Curved seam, all other seam finishes are done after a plain seam has been sewn.

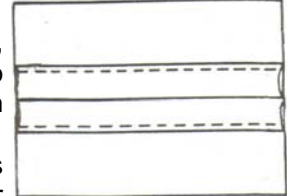
Plain Seam

1. With right sides of the fabric together, edges matching, place pins at right angles to the edge.
2. Baste along the seamline taking the 1.5 cm (5/8") seam allowance.
3. Machine stitch following the row of basting, using the stitching guide.
4. To reinforce your stitches, reverse the machine stitching at each end.
5. Remove basting and press seam open.



Turned and Stitched

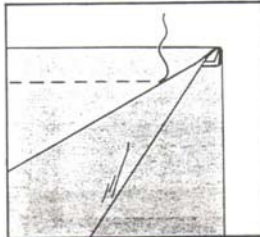
1. After making a plain seam, turn edges under 6 mm to make the finished seam width about 1 cm.
2. Machine stitch turned edges using about 6 stitches per centimeter. Press.



The turned and stitched seam finish is used on lightweight fabrics such as broadcloth. This gives a neat finish, but would be too bulky for heavy fabrics such as corduroy.

French Seam

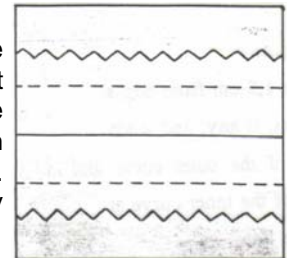
1. Pin and baste wrong side of fabric together along seam allowance.
2. Stitch 1 cm (3/8") from cutting edge.
3. Trim seam edges to 3 mm (1/8"). Remove basting. Press seam open.
4. Turn wrong sides out, fold along stitching line and press.
5. Stitch again, 6 mm (1/4") from the creased edge.



Note: In this seam finish, we do not begin with a plain seam. *The French seam is not actually a seam finish. However, because of the way it is done, the seam ends up with no raw edges showing. This is used on lightweight or sheer fabrics such as cotton voile and sateen which have a tendency to fray. This seam is usually used for baby clothes.*

Pinked and Stitched

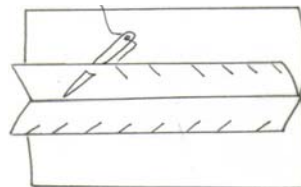
1. Using the outside of the wide toe of the presser foot placed next to the seamline as a guide, machine stitch inside the seam allowance. This stitching prevent any raveling.
2. Pink seams outside the row of stitching. Pinking should remove just the very edge, not a big amount of the seam allowance.



The pinked and stitched seam is used on firm fabrics which do not ravel, like seersucker and broadcloth.

Overcasting

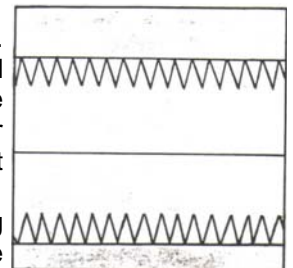
1. Trim raveled edges.
2. Secure thread with two small stitches.
3. Bring needle through cloth from back to front pointing it towards the left shoulder. Carry the needle over the edge, bringing it out again, making loose stitches slanting in the same direction.
4. Fasten thread with two small stitches. This seam finish is very time consuming and unless stitches are fairly close together, may not prevent all raveling.



Overcasting is a hand-done method of finishing seams in heavyweight fabrics.

Zig-Zag

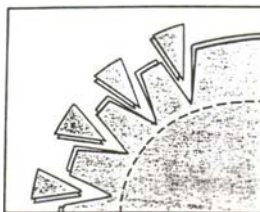
1. Set machine for zig-zag. Tension on both top and bottom threads might have to be loosened for lightweight fabrics to prevent rolling the seam edge.
2. Zig-zag seam edge, keeping the stitches as close to the raw edge as possible.
3. Trim off any hanging threads and yarns.
4. Press seam open.



Zig-zag or machine overcasting is one of the quickest ways of preventing seam raveling. If your machine has zig-zag, you'll want to try this one out. However, if one with a zig-zag isn't available, don't do this sample.

Curved Seam

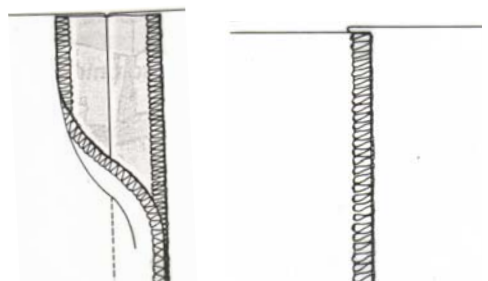
1. Staystitch the curved edges 1.5 cm from edges.
2. Pin together, easing fullness, if any, and stitch.
3. Clip the seam allowance of the outer curve and notch the seam allowance of the inner curve at intervals for the seam to lie flat.



It is found within the garment when sections with curved edges are seamed together.

Machine Overcast

The machine overcast seam finish is used for every weight fabric and will prevent any fabric from raveling.





PRESSING TOOL

You are required to make one of the following: press mitt, tailor's ham or sleeve roll. Build on your sewing equipment by creating your own pressing tool.

To make a press mitt, tailor's ham or sleeve roll, you need:

- Tightly woven muslin
- Tightly woven pure wool fabric
- Sewing thread
- Some type of stuffing

The pattern and instructions for the Press Mitt are on this page. If you choose to make the Tailor's Ham or the Sleeve Roll, you can find the pattern for those in the Leader's Project Manual.

PRESSING MITT PATTERN

A press mitt is used like a tailor's ham for small areas. It has a pocket on one side or pockets on each side to fit over your hand or sleeve board.

To make your press mitt serviceable for all types of fabrics, make one side from cotton and one side from wool fabric. You may make both sides of your press mitt from cotton.

How to Make a Press Mitt

Materials Needed:

- Firmly woven cotton muslin
- Firmly woven pure wool fabric if available
- Sewing thread
- Stuffing (you can stuff your press mitt with cut up fabric scraps—preferable cotton or wool as these fabrics withstand high heat.) If these materials are not available, perhaps you can think of something else to make good stuffing. Remember it must be firm but not lumpy, and withstand high heat and steam. Cut up nylons, for example, probably would melt.

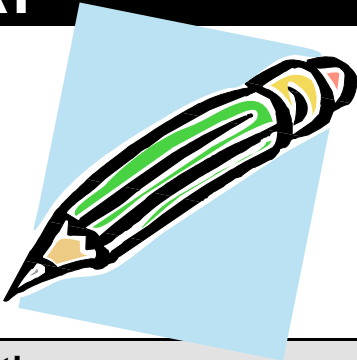
Instructions:

1. Using the pattern on this page, cut two pieces out of cotton muslin and two pieces out of wool, or cut all four pieces from cotton muslin if you don't have wool fabric.
2. Machine hem the short straight edge of one cotton and one wool piece, or two cotton pieces.
3. Put the right sides of these two pieces together, then put the remaining two pieces over them, matching fabrics if necessary.
4. Stitch around the long sides and curved end of all four layers together, using 1 cm seam allowance.
5. Grade the seam allowance and turn the press mitt right side out. Firmly stuff the middle section, then close the end by turning in the edge and stitching by machine or hand.

GRAINLINE

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 _____

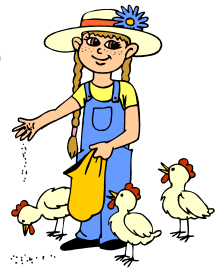
I helped by _____

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 _____