



SEWING WITH FLEECE

WELCOME

Welcome to the Sewing With Fleece 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 Project Guide and further 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 - LEVEL 1

Three (3) Samples	15
Flower Pin	10
Small Pillow	10
One Pair of Mittens*	40
A Hat*	<u>25</u>
	100 Marks

** Patterns for the mittens and hat are included in the Leaders' Project Manual*

EXHIBITION REQUIREMENT - LEVEL I

Pair of Mittens and Hat

ACHIEVEMENT DAY REQUIREMENTS - LEVEL II

Three (3) Samples	20
Stuffed Animal Pillow	<u>80</u>
(minimum of 50 cm (20") in length)	100 Marks

EXHIBITION REQUIREMENT - LEVEL II

Stuffed Animal Pillow

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
www.sewing.lifetips.com
www.kwiksew.com
www.sewnews.com
www.fabriclandwest.com
www.homefamily.net
www.getcreativeshow.com

A variety of books including...

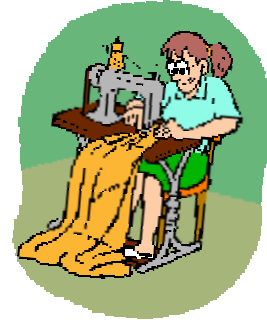
Let Yourself Sew, Simplicity
Simplicity Sewing Book, Simplicity
Simplicity's Little Dictionary, Simplicity
Ready, Set, Sew, *The Butterick Sewing Book*, Butterick
Sewing By Sight and Sound, Butterick

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.



WHY POLAR FLEECE?

- Highly Breathable
 - Light Weight
 - Pill Resistant
- Hardy (Can withstand industrial washing & drying)
 - Virtually Stain Proof
- Easy to Care for and Clean
 - Fast Drying
- Chlorine Resistant
 - Very Soft

Did You Know?

- Polar Fleece is a synthetic fabric (man made).
- You should clean your sewing machine after a project to prevent "fuzz" build-up around the needle.
- Fleece is heat sensitive, so you must be careful if you are ironing or hot drying the material.
- Some companies are now making diapers out of Polar Fleece.

STANDARDS FOR JUDGING SEWING

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

JUDGES WILL BE LOOKING FOR...

First Impression: suitability in choice of fabric, color and decoration. Style and design should be attractive and up to date. Item should be clean and well pressed.

Presentation: finishing details (outside of item), garment cut on grain if needed, matching of predominant design on fabric (stripes, flowers, plaids etc.) Sleeves, collar points should be sharp and the same length. Top stitching should be straight with an acceptable stitch length. Hem should be smooth with no puckers.

Workmanship (inside of item): Construction techniques suitable for wear and purpose of item. Hem finish - suitable. Proper stitching tension, correct length of stitch.

SEAM SAMPLES - LEVEL I

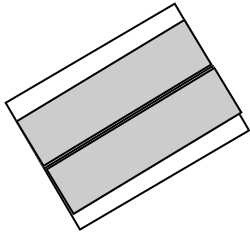
To create your samples, be sure to use fleece fabric. Samples should be cut evenly, stitched straight and back-stitched to secure the threads.

Samples are to be made using two rectangles of fleece that each measure 6 cm by 10 cm or 2½ by 4 inches. Finger press the seams to open. Do not use the iron directly on the fleece fabric.

Mount complete samples on a piece of cardboard or bristol board to display at your Achievement Day.

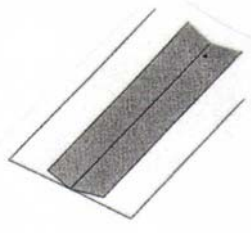
Basic 15 mm or 5/8 inch Seam

Sew a seam using a 15 mm or 5/8 inch seam allowance.



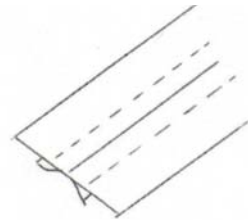
Basic 6 mm or 1/4 inch Seam

Sew a seam similar to the previous one using a seam allowance of 6 mm or 1/4 inch.



Double Top Stitched Seam

Sew a double top stitched seam. Begin with a 15 mm or 5/8 inch seam. Finger press the seam open. Top stitch a line of stitching 5 mm or ¼ inch on either side of the seam. This can be an effective way to finish seams for some heavier weight fabrics.



Right Side or Wrong Side???

How Can You Tell???

It is very important to determine which is the right side of fabric. The right side will wear better and look nicer. It is very difficult to be sure with double-sided fleece.

Try the "stretch test". Pull along the selvage edge (that's tugging on the lengthwise grain). The fabric will curl to the 'right' side. If you pull on the crosswise grain of fabric, it will curl to the 'wrong' side. This works on MOST fleece fabrics.

If the fabric is a printed fleece, look at the pattern. Generally, the design will appear crisper and clearer on the 'right' side of the fabric.

If a fleece has a water repellent finish, it will be on the 'right' side of the fabric. Pour water on both sides of the sample. Water will bead more on the 'right' side of the fabric.

If all else fails, use the side of the fabric that looks best as your 'right' side.

NOTE: Be sure to mark the wrong side of your fabric with a chalk marker, pins or a mark in the selvage. To avoid confusion when sewing, mark the wrong side of each fabric piece as you cut it.

LEVEL I PROJECT REQUIREMENTS

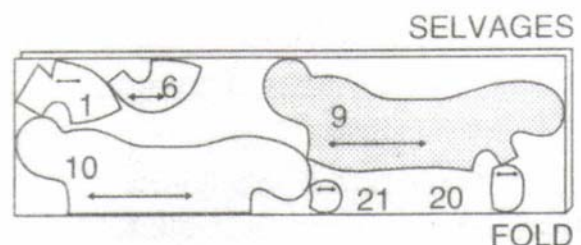
Patterns and Instructions for the Flower Pin, Small Pillow, Mittens and Hat can be found in the Sewing with Fleece Leader's Manual.



Pattern Lay-Out

Place your pattern pieces on the fleece using the lay-out for a napped fabric. This means that all pattern pieces run in the same direction to avoid shading variations in your finished garment.

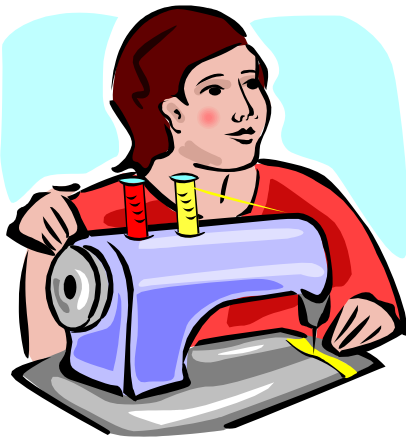
Pin the pattern pieces to your fabric with the 'right' side of the fabric up and the 'right' side of the pattern piece up.



SEAM SAMPLES—LEVEL II

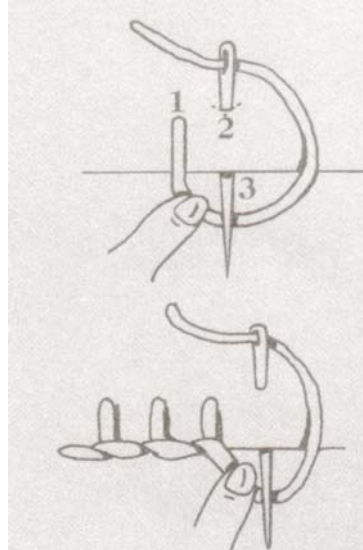
Zig Zag Sample

Take a one ply sample of fleece 6 cm x 10 cm (2½" x 4") and zig zag the edge of the fleece.



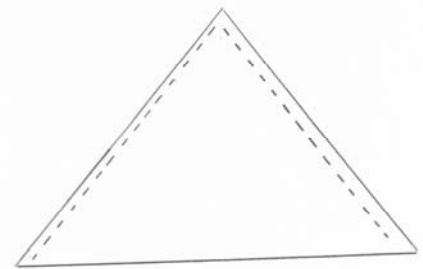
Blanket Stitch Sample

To blanket stitch outer edges of sample square, knot one end of thread. Bring needle up from wrong side of fabric at #1 even with cut edge of pillow. Go down into fabric at #2 and come up at #3, keeping thread below point of needle. Continue to stitch in this manner, working from left to right, keeping stitches even.



Square Corner Sample

For this sample, take two triangles of fleece that measure 4" (20 cm) along 2 sides. With right sides together, stitch a ¼" (6 mm) seam allowance along the 4" (10 cm) sides. Trim and turn right side out.



Time to Sew

Before you begin to sew, here are a few things to check.

Thread—use a good quality polyester thread to match your fabric or a shade darker

Needles—Because of the fabric, select a Universal, Ballpoint or Stretch needle. These needles have a rounded or softened tip to reduce damage to the fabric.

What size to use...

For light-weight fleece - size 70/10 or 75/11

For mid-weight fleece - size 80/12 or 90/14

For heavy-weight fleece - size 110/16

Stitch Length - For most fleece garments with no high stress seams, as a rule use stitch length of 3 to 4 mm or 7 to 9 stitches per inch on a conventional sewing machine or a serger. In close fitting garments that require some stretch, use a 2 to 2.5 mm stitch length or 12 to 14 stitches per inch. Stitches that are too short may stretch the fleece. You may want to stitch some seams twice for strength, i.e. the crotch area.

STUFFED ANIMAL

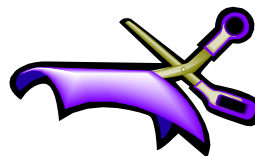
Select a pattern that is suitable for use with fleece. Create one stuffed animal pillow. Pillow is to be a minimum of 50 cm (20") in length.

Members may wish to share a pattern to reduce costs.

Cutting

Fleece may be cut using your regular scissors or a cutting wheel and mat.

If the fabric is bulky, it should be cut on a single layer of fabric at a time.

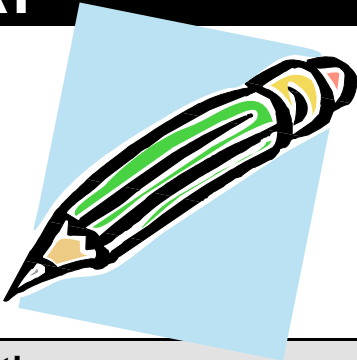


Seam Allowances

Check your pattern before you sew. Some patterns call for a 6 mm or ¼ inch seam allowance. Other patterns require a 15 mm or ¾ inch seam allowance.

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 _____

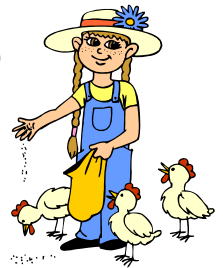
I helped by _____

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 _____