



SEWING WITH KNITS

WELCOME

Welcome to the Sewing With Knits 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 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:

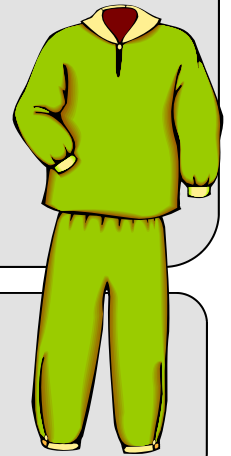
- completing the project Achievement Day requirements
- completing a communication project
- completing a community project
- completing an agriculture awareness project
- taking part in Achievement Day

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



ACHIEVEMENT DAY REQUIREMENTS

Track or Sports Suit <i>(one or two piece, may be pants or shorts)</i>	70
Pin Cushion	20
Conference Judging	<u>10</u>
	100 Marks

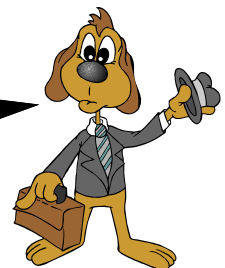


EXHIBITION REQUIREMENT

Track or Sport Suit
(one or two piece, may be pants or shorts)

* 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 against poor techniques, it is recommended that you do some judging of sewing articles early in the project (before you start your track or sports suit). 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.

Project Prerequisites:
Members are encouraged to have at least one year of basic sewing experience before taking this project.



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

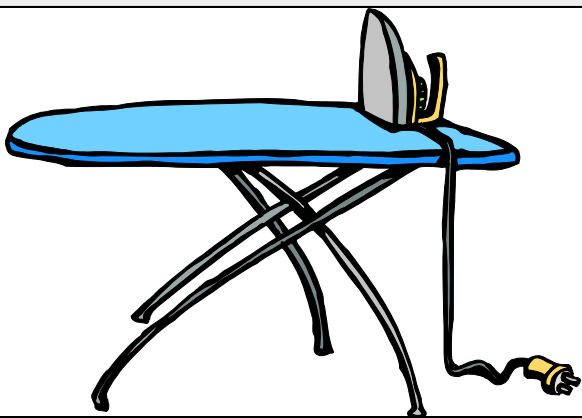
HELPFUL RESOURCES!

www.sewnews.com
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.

WRIST PIN CUSHION

(Achievement Day Requirement)



A wrist pin cushion keeps pins handy—leaves both hands free for work which saves time and cuts down on wasted motions. The directions for making your pin cushion can be found in the Leader's Project Manual.

CONFERENCE JUDGING

(Achievement Day Requirement)

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" leisure or track suit 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.

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 _____

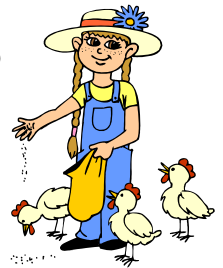
I helped by _____

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 _____