



# FASHIONABLY YOU

## WELCOME

Welcome to the 4-H Fashionably You 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	
One piece dress	80
OR	
Two piece dress (top and skirt)	
Photo Wearing the Dress	10
Conference Judging*	<u>10</u>
	<b>100 Marks</b>

\* 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 dress). 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**

Dress (either one or two pieces)

**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](http://www.pei4h.pe.ca)

## HELPFUL RESOURCES!

[www.sewing.about.com](http://www.sewing.about.com)  
[www.simplicity.com](http://www.simplicity.com)  
[www.craftsitedirectory.com/sewing/index.html](http://www.craftsitedirectory.com/sewing/index.html)  
[www.sews.com/tips.html](http://www.sews.com/tips.html)  
[www.sewing.lifetips.com](http://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.



## PATTERN SELECTION

The pattern you select will depend upon the type of dress you wish to make. With this project, you are free to select a pattern of your own choice for a one-piece or a two-piece dress (top and skirt). Your pattern should have a degree of difficulty as you are gaining new skills and this should be shown in your garment.

Your dress could include pin tucks, gathering, pockets, top stitching or decorative stitching, decorative trim, piping or lace.



## 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" dress 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* \_\_\_\_\_

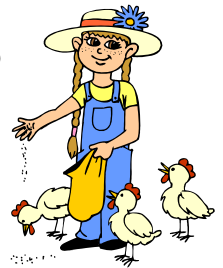
*I helped by* \_\_\_\_\_

*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* \_\_\_\_\_