



Extension

## Guidelines for 4-H Clothing Construction Projects

The 4-H clothing construction program enables youth to develop the competencies, knowledge and skills necessary to create clothing they enjoy wearing. 4-H members can progress through skill levels at their own rate. In the Clothing and Textiles project, youth gain consumer skills in making, purchasing and caring for clothing and accessories. 4-H members can choose to sew for personal pleasure, to exhibit garments or accessories at fairs, to participate in Fashion Revue or judging events, to take part in field trips and tours, and to sew items for community service projects. The project can be taken independently, as part of a 4-H club, or as a family unit. Older, more experienced 4-H members in this project can serve as junior/teen leaders, helping plan programs and teaching others.

### Skill Level: Beginner (1<sup>st</sup> & 2<sup>nd</sup> Year Sewers)

Suggested Projects	Suggested Fabrics	Knowledge & Skills
<p>Look for projects using no pattern or very simple commercial patterns with straight stitching and only a few pattern pieces.</p> <ul style="list-style-type: none"> <li>• Aprons</li> <li>• Laundry bag</li> <li>• Square Pillows</li> <li>• Pin cushion</li> <li>• Tote bag</li> <li>• Pot holders</li> <li>• Placemats</li> <li>• Washcloth slippers</li> <li>• Stuffed animals</li> <li>• Hand puppets</li> <li>• Needle book</li> <li>• Assemble sewing kit/box</li> </ul>	<ul style="list-style-type: none"> <li>• Broadcloth</li> <li>• Calico</li> <li>• Denim (soft)</li> <li>• Drill</li> <li>• Duck</li> <li>• Felt</li> <li>• Gingham</li> <li>• Kettle cloth/weavers</li> <li>• Muslin</li> <li>• Poplin</li> </ul>	<ul style="list-style-type: none"> <li>• Basic sewing tools, notions, and terms</li> <li>• Sew on buttons, simple repairs</li> <li>• Basic hand stitching</li> <li>• Operating a sewing machine</li> <li>• Straight machine sewing</li> <li>• Selecting and pre-treating fabric</li> <li>• Fabric grain lines, pattern layout</li> <li>• Pinning and Cutting</li> <li>• Following directions</li> <li>• Basic seam and seam finish</li> <li>• Gathers</li> <li>• Machine hems</li> <li>• Turning inside out</li> <li>• Pressing</li> <li>• Safety</li> </ul>

**Skill Level: Beginner (1<sup>st</sup> & 2<sup>nd</sup> Year Sewers)**

Suggested Projects	Suggested Fabrics	Knowledge & Skills
<p>Look for easy patterns with mostly straight seams, facings, armholes, and neckline.</p> <ul style="list-style-type: none"> <li>• Drawstring or elastic casing skirt, shorts or pants</li> <li>• Simple pullover jumper or shirt</li> <li>• Wrap pants or skirt</li> <li>• Mittens</li> <li>• Buttonless vest</li> <li>• Hats</li> <li>• Head/Neck bands</li> <li>• Poncho or cape</li> <li>• Lunch/shopping bag</li> </ul>	<p>All of previous level plus:</p> <ul style="list-style-type: none"> <li>• Chintz</li> <li>• Dotted Swiss</li> <li>• Double knits</li> <li>• Polar fleece/terry cloth for hat or accessories</li> </ul>	<p>All of previous level plus:</p> <ul style="list-style-type: none"> <li>• Fabric care and content</li> <li>• Measuring for pattern size</li> <li>• Selecting appropriate pattern and fabric</li> <li>• Pattern envelope and guide sheet</li> <li>• Pattern symbols</li> <li>• Transfer of markings</li> <li>• More about sewing tools/notions</li> <li>• Fixing mistakes</li> <li>• Straightening fabric grain</li> <li>• Thread tension</li> <li>• Press as you sew</li> <li>• Casings for drawstrings or elastic</li> <li>• Curved seams and stay stitching</li> <li>• Clipping, trimming, grading, notching</li> <li>• Facings</li> <li>• Basic linings</li> <li>• Understitching, topstitching</li> <li>• Rolling lining or facing to be inconspicuous on right side</li> <li>• Fasteners: snaps, hooks and eyes, hook and loop tape</li> <li>• Reinforcing crotch seams</li> <li>• Create a costume</li> <li>• Clothing care, stain removal</li> <li>• Fibers/fabric, weaves</li> <li>• Wardrobe inventory</li> <li>• Comparative shopping</li> </ul>

**Skill Level: Average (3<sup>rd</sup> & 4<sup>th</sup> Year Sewers)**

Suggested Projects	Suggested Fabrics	Knowledge & Skills
<p>Look for patterns with a few specialized construction techniques.</p> <ul style="list-style-type: none"> <li>• A-line skirt</li> <li>• Culottes</li> <li>• Vest with buttons</li> <li>• Skirt with facing or waistband</li> <li>• Nightgown/night shirt</li> <li>• Sleeveless or short-sleeve blouse, shirt</li> <li>• Dress or jumper</li> <li>• T-shirt</li> <li>• Pajamas</li> <li>• Bathrobe</li> <li>• Zippered pencil case</li> <li>• Patchwork tote bag</li> </ul>	<p>All of previous level plus:</p> <ul style="list-style-type: none"> <li>• Chambray</li> <li>• Flannel (cotton blend)</li> <li>• Quilted</li> <li>• Seersucker</li> <li>• Single knits</li> </ul>	<p>All of previous level plus:</p> <ul style="list-style-type: none"> <li>• More about seams, seam finishes</li> <li>• Introduction to sergers</li> <li>• Basic pattern adjustments</li> <li>• More about pattern and fabric selection for skill level</li> <li>• Pressing with the grain</li> <li>• Interfacing</li> <li>• Darts, tucks, simple pleats</li> <li>• Sleeves, elastic and simple cuffs</li> <li>• Waistband, bands, knit ribbing</li> <li>• Zippers (centered or lapped)</li> <li>• Patch or in-seam pockets</li> <li>• Hem finishes, hand hems</li> <li>• Buttonholes and fasteners</li> <li>• Yokes</li> <li>• Collars</li> <li>• Ruffles</li> <li>• Textile science</li> <li>• Clothing sizing</li> <li>• Clothing and cleaning costs</li> <li>• Care of clothing</li> <li>• Organize sewing space and tools</li> <li>• Community service sewing</li> <li>• Projects: "Sew from the Heart"</li> </ul>

**Skill Level: Average (3<sup>rd</sup> & 4<sup>th</sup> Year Sewers)**

Suggested Projects	Suggested Fabrics	Knowledge & Skills
<p>Look for patterns using more specialized construction techniques.</p> <ul style="list-style-type: none"> <li>• Slacks, pants, shorts</li> <li>• Jogging suits</li> <li>• Gifts and clothing for others</li> <li>• Long sleeve shirt or dress</li> <li>• Unlined jacket or blazer</li> <li>• Lined cape</li> <li>• Caftan</li> </ul>	<p>All of previous level plus:</p> <ul style="list-style-type: none"> <li>• Challis</li> <li>• Crepe</li> <li>• Denim (stiff)</li> <li>• Fleece</li> <li>• Flannel (wool)</li> <li>• Gabardine</li> <li>• Gauze</li> <li>• Herringbone</li> <li>• Homespun</li> <li>• Linen</li> <li>• Pique</li> <li>• Plaids (even)</li> <li>• Stripes</li> <li>• Terrycloth</li> <li>• Tweed</li> <li>• Voile</li> </ul>	<p>All of previous level plus:</p> <ul style="list-style-type: none"> <li>• More on pattern adjustment</li> <li>• Fitting and Garment alterations</li> <li>• Choosing construction techniques appropriate for fabric</li> <li>• More on seams, reinforcing, and finishing</li> <li>• More on hems &amp; hem finishes</li> <li>• Front hip pockets</li> <li>• Trims and specialty machine stitches</li> <li>• More on sewing machine accessories and sergers</li> <li>• Cleaning, maintenance, care of sewing machine</li> <li>• More on interfacing application, collars, cuffs, zippers, fasteners</li> <li>• Faced pockets</li> <li>• Simple tailoring techniques</li> <li>• Matching stripes and plaids</li> <li>• Plan/organize/participate in community service "Sewing from the Heart"</li> <li>• Price/market sewn items</li> <li>• Occupations/careers in textiles and clothing</li> </ul>

## Skill Level: Advanced (5 Years & More Sewers)

Suggested Projects	Suggested Fabrics	Knowledge & Skills
<p>Encourage multi-pieced outfits with advanced techniques.</p> <ul style="list-style-type: none"> <li>• Pleated skirts</li> <li>• Suits</li> <li>• Evening wear</li> <li>• Swimsuits</li> <li>• Exercise wear</li> <li>• Sewing for sports</li> <li>• Outdoor wear and accessories</li> <li>• Felted/Wadmal projects</li> <li>• Costumes</li> <li>• Lined jackets, blazers, coats</li> </ul>	<p>All of previous level plus:</p> <ul style="list-style-type: none"> <li>• 2-way stretch knits</li> <li>• Batiste, chiffons, georgette, organdy, organza, voile</li> <li>• Brocade, cire, crepe de chine, satin</li> <li>• Coated nylons, nylon</li> <li>• Taffeta, Ripstop nylon</li> <li>• Eyelet, lace, net</li> <li>• Leather, suede, fake furs "Lightweight silkies"</li> <li>• Melton</li> <li>• Plaids (uneven)</li> <li>• Spandex, Lycra</li> <li>• Trico</li> <li>• Velour, velvet, velveteen</li> </ul>	<p>All of the above plus:</p> <ul style="list-style-type: none"> <li>• Fine tune pattern adjustments and fitting skills</li> <li>• Specialty fabrics</li> <li>• More about pleats and tucks</li> <li>• Continuous bound or shirt plackets</li> <li>• Placket bands</li> <li>• More on tailoring techniques</li> <li>• Linings and underlinings</li> <li>• Bound buttonholes</li> <li>• Bound and welt pockets</li> <li>• Mitering</li> <li>• Vents</li> <li>• More on pressing and tools</li> <li>• Specialty fasteners and notions</li> <li>• Personalizing, embellishing garments</li> <li>• Sharing sewing skills, knowledge</li> <li>• Decorative serging</li> <li>• Time saving sewing</li> <li>• Commercial sewing techniques</li> <li>• Felting/wadmal</li> <li>• Recycle/redesign clothing</li> <li>• Fabric dyeing</li> <li>• Costume design and construction</li> <li>• Textile science</li> <li>• Sew business entrepreneur skills</li> <li>• Community service sewing projects "Sew from the Heart"</li> </ul>