Sewing
This is a series on how to sew. Participants sew garments of increasing difficulty as they progress. The garments range from simple items to a tailored suit or coat.

Requirements

Level: Level A (Grade 3)  
Skills to Learn and Include in Exhibit
Include at least 2 skills in the exhibit:
- Insert elastic or drawstring
- Sew and trim a crotch curve
- Machine topstitch hems
- Use a simple seam finish
- Stitch in the ditch

Exhibit
Wearable: Elastic waist shorts, pants OR skirt with fold over casing; no pockets. Attach Sewing Skills Card (4-H 925c-W) to the exhibit.

Non-wearable: Simple pillow sham with lapped back opening and purchased pillow form (following instructions provided in manual) OR simple totebag with handles or drawstring. Attach Sewing Skills Card (4-H 925c-W) to the exhibit.

Requirements

Level: Level A (Grade 4)  
Skills to Learn and Include in Exhibit
Seam finishes are recommended on all exposed seams.
Include at least 2 skills in the exhibit:
- Use interfacing
- Staystitch and understitch
- Apply a facing or binding
- Stitch curved seams
- Trim and grade seams
- Work with fiberfill
- Machine topstitch hems

Exhibit
Wearable: Shorts, pants OR skirt with partial or full sewn-on waistband or waistline facing, or partial elastic waistband (not a full elastic waistband) OR simple shirt or top OR BBQ apron. Attach Sewing Skills Card (4-H 925c-W) to the exhibit.

Non-wearable: Shaped pillow with curved seams, stuffed and sewn closed OR hanging pocket organizer OR bound edge placemats (set of 4). Attach Sewing Skills Card (4-H 925c-W) to the exhibit.

Requirements

Level: Level B (Grade 5)  
Last Modified: 11/01/07
Skills to Learn and Include in Exhibit

Seam finishes are recommended on all exposed seams (except knits). Interfacing, understitching and trimming should be used when appropriate.

Choose at least 3 of these additional skills for each sewn exhibit.

match fabric design  
gather fabric 
insert zipper 
use a drawstring  
hand-stitch a hem 
sew a simple sleeve 
apply purchased trim or ribbons 
sew patch or inseam pockets 
use a simple lining 
do a machine blind hem apply machine topstitching do a 
machine topstitched hem

sew with knit  
insert elastic 
apply facings 
sew buttons 
apply binding 
use batting

Exhibit

Wearable: Simple shirt with sleeves OR sundress OR jumper OR simple 2 piece pajamas. Attach Sewing Skills Card (4-H 926C-W) to the exhibit.

Non-wearable: Pillow lap quilt (quillow) OR structured duffel bag, tote bag or backpack, OR sewn hat. Attach Sewing Skills Card (4-H 926C-W) to the exhibit.

Requirements

Level: Level B (Grade 6)

Skills to Learn and Include in Exhibit

Seam finishes are recommended on all exposed seams (except knits). Interfacing, understitching and trimming should be used when appropriate.

Choose at least 4 of these additional skills for each sewn exhibit.

make darts  
set in sleeves 
insert a lapped zipper 
hand-stitch a hem 
make buttonholes 
sew tucks or pleats 
sew ruffles 
hand sew buttons 
apply trim 
sew a simple lining 
sew patch pockets 
apply bindings 
do a machine topstitched hem

sew facings 
apply ribbings 
sew a simple collar 
do a machine blind hem 
sew with knit 
match fabric design 
use fiberfill 
apply machine appliqué 
insert piping 
apply machine topstitching 
construct with a serger 
sew inseam pockets
Exhibit

**Wearable:** Two (2) garments that can be worn together. Attach Sewing Skills Card (4-H 926D-W) to the exhibit.

**Non-wearable:** Pillow sham with button or zipper closing, appliqued design, piping or ruffle. Make your own pillow form OR totebag with zipper or duffel bag with zipper, pockets and lining OR doll or pet clothes OR construction techniques sample notebook (following instructions provided in the manual). Attach Sewing Skills Card (4-H 926D-W) to the exhibit.

Requirements

**Level: Level C (Grade 7)**

**Skills to Learn and Include in Exhibit**

Seam finishes are **recommended** on all exposed seams (except knits). Interfacing, understitching, and trimming should be used when appropriate.

Choose at least 5 of these additional skills for each sewn exhibit:

- make darts
- set in sleeves
- sew facing
- apply ribbing
- apply a collar
- sew on buttons
- use doll joints
- apply inseam pockets
- apply front hip pockets
- match fabric design
- apply trims
- apply machine or hand appliqué
- apply machine topstitching
- insert a lapped zipper
- insert an invisible zipper
- insert a separating zipper
- insert a fly front zipper
- do machine quilting
- do a hand-stitched hem
- do a machine topstitched hem
- do a machine blind hem
- attach cuffs
- apply binding
- sew lining
- apply ruffles
- insert piping
- make buttonholes
- use fiberfill
- apply patch pockets
- use a twin needle
- apply tucks/pleats
- construct with a serger
- apply machine embroidery

Exhibit

**Wearable:** School or sports outfit. Can be one or more pieces. Attach Sewing Skills Card (4-H 927C-W) to the exhibit.

**Non-wearable:** Dressed, jointed (with sockets) stuffed animal OR sewn item for holiday or special occasion OR construction techniques sample notebook (following instructions provided in manual). Attach Sewing Skills Card (4-H 927C-W) to the exhibit.

Requirements

**Level: Level C (Grades 8 and 9)**

**Last Modified: 10/10/08**
Skills to Learn and Include in Exhibit

Seam finishes are recommended on all exposed seams (except knits and non-raveling specialty fabrics). Interfacing, understitching and trimming should be used when appropriate. In addition, choose at least 6 of these skills for each sewn exhibit:

<table>
<thead>
<tr>
<th>Skill</th>
<th>Skill</th>
<th>Skill</th>
</tr>
</thead>
<tbody>
<tr>
<td>make darts</td>
<td>attach cuffs</td>
<td>do machine or hand quilting</td>
</tr>
<tr>
<td>make tucks</td>
<td>make pleats</td>
<td>apply machine or hand appliqué</td>
</tr>
<tr>
<td>add lining</td>
<td>insert elastic</td>
<td>apply machine topstitching</td>
</tr>
<tr>
<td>add facings</td>
<td>add boning</td>
<td>insert an invisible zipper</td>
</tr>
<tr>
<td>add plackets</td>
<td>apply a collar</td>
<td>insert a separating zipper</td>
</tr>
<tr>
<td>add lapels</td>
<td>insert piping</td>
<td>insert a fly front zipper</td>
</tr>
<tr>
<td>make sleeves</td>
<td>make a neckband</td>
<td>insert a lapped zipper</td>
</tr>
<tr>
<td>add gathers</td>
<td>add vents</td>
<td>insert a hand picked zipper</td>
</tr>
<tr>
<td>apply trim</td>
<td>sew buttons</td>
<td>do a machine topstitched hem</td>
</tr>
<tr>
<td>apply ribbing</td>
<td>add underlining</td>
<td>do a machine blind hem</td>
</tr>
<tr>
<td>add a drawstring</td>
<td>add ruffles</td>
<td>do a hand-stitched hem</td>
</tr>
<tr>
<td>use shaped seams</td>
<td>sew with knit</td>
<td>make self-covered buttons</td>
</tr>
<tr>
<td>use fiberfill</td>
<td>make button loops</td>
<td>use specialty threads</td>
</tr>
<tr>
<td>add a waistband</td>
<td>do hand beading</td>
<td>make self-enclosed seams</td>
</tr>
<tr>
<td>add patch pockets</td>
<td>add inseam pockets</td>
<td>sew with difficult fabric</td>
</tr>
<tr>
<td>add front hip pockets</td>
<td>add welt pockets</td>
<td>make machine buttonholes</td>
</tr>
<tr>
<td>match fabric design</td>
<td>use twin needle</td>
<td>make bound buttonholes</td>
</tr>
<tr>
<td>make shoulder pads</td>
<td>create bound edges</td>
<td>apply machine embroidery</td>
</tr>
</tbody>
</table>

Exhibit

**Wearable:** See advanced sewing wearable exhibit options below. Attach Sewing Skills Card (4-H 928C-W) to the exhibit.

**Non-wearable:** Sewn items for your home OR construction techniques sample notebook OR sewing machine survey. (Following instructions provided in manual). Attach Sewing Skills Card (4-H 928C-W) to the exhibit.

Requirements

**Level: Level D (Grades 10, 11, and 12)**

Skills to Learn and Include in Exhibit

Seam finishes are recommended on all exposed seams (except knits and non-raveling specialty fabrics). Interfacing, understitching and trimming should be used when appropriate. In addition, choose at least 6 of these skills for each sewn exhibit:

<table>
<thead>
<tr>
<th>Skill</th>
<th>Skill</th>
<th>Skill</th>
</tr>
</thead>
<tbody>
<tr>
<td>make darts</td>
<td>attach cuffs</td>
<td>do machine or hand quilting</td>
</tr>
<tr>
<td>make tucks</td>
<td>make pleats</td>
<td>apply machine or hand appliqué</td>
</tr>
<tr>
<td>add lining</td>
<td>insert elastic</td>
<td>apply machine topstitching</td>
</tr>
<tr>
<td>add facings</td>
<td>add boning</td>
<td>insert an invisible zipper</td>
</tr>
<tr>
<td>add plackets</td>
<td>apply a collar</td>
<td>insert a separating zipper</td>
</tr>
<tr>
<td>add lapels</td>
<td>insert piping</td>
<td>insert a fly front zipper</td>
</tr>
<tr>
<td>make sleeves</td>
<td>make a neckband</td>
<td>insert a lapped zipper</td>
</tr>
<tr>
<td>add gathers</td>
<td>add vents</td>
<td>insert a hand picked zipper</td>
</tr>
<tr>
<td>apply trim</td>
<td>sew buttons</td>
<td>do a machine topstitched hem</td>
</tr>
<tr>
<td>apply ribbing</td>
<td>add underlining</td>
<td>do a machine blind hem</td>
</tr>
<tr>
<td>add a drawstring</td>
<td>add ruffles</td>
<td>do a hand-stitched hem</td>
</tr>
</tbody>
</table>
use shaped seams
use fiberfill and/or batting
add a waistband
add patch pockets
add front hip pockets
match fabric design
make shoulder pads
apply machine embroidery
coordination of fabric for quilted item

<table>
<thead>
<tr>
<th>sew with knit</th>
<th>make button loops</th>
<th>make self-covered buttons</th>
</tr>
</thead>
<tbody>
<tr>
<td>make button loops</td>
<td>add inseam pockets</td>
<td>use specialty threads</td>
</tr>
<tr>
<td>do hand beading</td>
<td>add welt pockets</td>
<td>make self-enclosed seams</td>
</tr>
<tr>
<td>add twin needle</td>
<td>use twin needle</td>
<td>sew with difficult fabric</td>
</tr>
<tr>
<td>create bound edges</td>
<td>hand/machine beading</td>
<td>construct with a serger</td>
</tr>
<tr>
<td>make a reversible item</td>
<td>make machine buttonholes</td>
<td>make bound buttonholes</td>
</tr>
<tr>
<td>other skills not listed above</td>
<td>make a reversable item</td>
<td>piece quilted item</td>
</tr>
</tbody>
</table>

**Exhibit**

**Wearable:** See advanced sewing wearable exhibit options below. Attach Sewing Skills Card (4-H 928C-W) to the exhibit.

**Non-wearable:** Sewn items for your home OR construction techniques sample notebook OR sewing machine survey. (Following instructions provided in manual). Attach Sewing Skills Card (4-H 928C-W) to the exhibit.

**Requirements**

**Level: Advanced Sewing Wearable Exhibits (Levels C & D)**

**Exhibit**

Advanced Sewing Wearable Exhibit Options (Fashion Revue Categories) Levels C & D

**DEFINITION OF AN OUTFIT:** An outfit is a garment or garments that when put together make a complete look - such as one or two piece dress, or one or two piece pant suit, or a three piece combination, such as pants, vest, and blouse or shirt.

***Informal or Casual Wear:*** A complete outfit of 1 or 2 pieces suitable for school, weekend, or casual, informal activities.

***Dress Up:*** This is suitable for special, church, or social occasions that are not considered to be formal. It may be an outfit of one or more pieces with or without its own costume coat or jacket (lined or unlined). This is not an outfit that would be worn to school, weekend, or casual, informal activities.

***Free Choice:*** A complete outfit comprised of garments that do not fit in the other classifications. Examples include: tennis wear, swim wear, athletic or sportswear, lounge wear, riding habits, historic, dance, theatrical, or international costumes, capes, and unlined coats.

***Suit or Coat:*** The suit consists of two pieces including a skirt or pants and its own lined jacket. It is not a dress with jacket as in "dress up wear". The coat is a separate lined coat. It will be judged separately as a coat with its own accessories.

***Separates:*** Consists of three garments that must be worn as a coordinated complete outfit. Each piece should be versatile enough to be worn with other garments.

***Formal Wear:*** This outfit may be one or more pieces suitable for any formal occasion, such as proms, weddings, and formal evening functions.

**Resources**