

Project Title: Sewing, Wearable

Description:

The sewing project teaches fabric selection, pattern selection and sewing machine use to construct garments and outfits to be worn by the 4-H member or another person.

State Fair Entries:

5 junior exhibits per county; one per grade level

6 senior exhibits per county; one per category

Exhibitor Check list:

- ☐ Enroll in 4-H, pay annual program fee, and enter project in V2.4honline by May 15.
- ☐ Enter exhibit(s) in FairEntry by June 8th
- ☐ Exhibits checked-in Friday, June 19 from 3pm-6pm or Saturday, June 20 from 9am-12 pm, judging starts at 1:00pm.

Exhibit Guidelines:

Older youth enrolled in the 4-H sewing project for the first time may not feel comfortable demonstrating their assigned grade level skills. In this instance the county 4-H youth development educator may, at the request of the 4-H member and parent, assign the member to a lower grade level to develop fundamental skills.

Provide a completed sewing skills card (Project Exhibit Card) with the exhibit. Skills sheets are for judging purposes only and will not be returned to the exhibitor.

Judges evaluating exhibits should recognize individual differences and creativity, therefore using information in this document as a guide rather than a requirement.

4-H'ers will be allowed to exhibit in both wearable and non-wearable sections.

Junior Exhibit Class Guidelines:

Grade 3:

Create one clothing article to be worn by the 4-H member or another person demonstrating at least 2 skills from Sewing Skills and Techniques, 4-H-925-SC-W.

Grade 4:

Create one clothing article to be worn by the 4-H member or another person demonstrating at least 2 skills from Sewing Skills and Techniques, 4-H-925-SC-W, in addition to those learned in the prior grade.

Grade 5:

Create one clothing article or a simple two-piece outfit to be worn by the 4-H member or another person demonstrating at least 3 skills from Sewing Skills and Techniques, 4-H-925-SC-W, in addition to those learned in prior grades.

Grade 6:

Create two garments that can be worn together to be worn by the 4-H member or another person demonstrating at least 4 skills from Sewing Skills and Techniques, 4-H-925-SC-W, in addition to those learned in prior grades.

Grade 7:

Create an outfit that can be worn by the 4-H member or another person demonstrating at least 5 skills from Sewing Skills and Techniques, 4-H-925-SC-W, in addition to those learned in prior grades.

Senior Exhibit Category Class Guidelines (grades 8-12 suggested):

Youth may enter an exhibit in one or more categories. Create an outfit from one of the categories defined below that can be worn by the exhibitor or another person demonstrating at least 6 skills from Sewing Skills and Techniques, 4-H-925-SC-W, in addition to those learned in prior grades.

All senior sewing outfits exhibited in Fashion Revue must be made and worn by the exhibitor.

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. In this category, a complete outfit is defined as 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 combination, such as pants, vest, blouse or shirt.

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. A complete outfit is defined as 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. Individual garment 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. In this category, a complete outfit is defined as a garment or garments that when put together make a complete look - a three-piece combination, such as pants, vest, and blouse or shirt. 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

Indiana 4-H Sewing Skills and Techniques

Youth and their mentor/volunteer leader/instructor should use this chart as a guide when deciding appropriate skills to incorporate in a sewing wearable or non-wearable article, garment or outfit for exhibit. While this list is a guide, it is not meant to be an all-inclusive list and youth should demonstrate skills they are most comfortable mastering. For example, some youth in a 4th grader might feel comfortable attempting 6th grade level skills, but it is unlikely a 4th grade level exhibitor will be able to successfully master the 10th grade level skills. Exhibited items must demonstrate the minimum skill techniques from their given grade level but may also include higher/lower-level techniques that have been mastered. Any higher/lower-level techniques will not be counted as part of the minimum skills, but nevertheless will be evaluated for quality. Youth are encouraged to utilize a number of resources such as web sites, print material, social media, and television shows when learning sewing skills and techniques. Skills learned from these types of resources may be demonstrated provided they are age/grade appropriate.

Grade 3 – Demonstrate at least 2 of the following skills:

Insert elastic or drawstring	Use a simple seam finish
Sew and trim a crotch curve	Stitch in the ditch
Machine topstitch hems	

Grade 4 – Demonstrate at least 2 of the following skills:

Use interfacing	Trim and grade seams
Staystitch and understitch	Work with fiberfill
Apply a facing or binding	Machine topstitch hems
Stitch curved seams	

*Seam finishes are recommended on all exposed seams.

Grade 5 – Demonstrate at least 3 of the following skills:

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

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

Grade 6 – Demonstrate at least 4 of the following skills:

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

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

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

Grade 7 – Demonstrate at least 5 of the following skills:

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

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

Grades 8, 9, 10, 11 and 12 – Demonstrate at least 6 of the following skills:

make darts	make shoulder pads
make tucks	apply machine embroidery
add lining	coordination of fabric for quilted item
add facings	attach cuffs
add plackets	make pleats
add lapels	insert elastic
make sleeves	add boning
add gathers	apply a collar
apply ribbing	insert piping
apply trim	make a neckband
add a drawstring	add vents
use shaped seams	sew buttons
use fiberfill and/or batting	add underlining
add a waistband	add ruffles

add patch pockets	sew with knit
add front hip pockets	make button loops
match fabric design	do hand beading
add inseam pockets	hand/machine beading
add welt pockets	make a reversable item
use twin needle	do machine or hand quilting
create bound edges	apply machine or hand appliqué
apply machine topstitching	insert a handpicked zipper
insert an invisible zipper	do a machine topstitched hem
insert a separating zipper	do a machine blind hem
insert a fly front zipper	do a hand-stitched hem
insert a lapped zipper	make self-covered buttons
use specialty threads	make machine buttonholes
make self-enclosed seams	make bound buttonholes
sew with difficult fabric	piece quilted item
construct with a serger	other skills not listed above

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