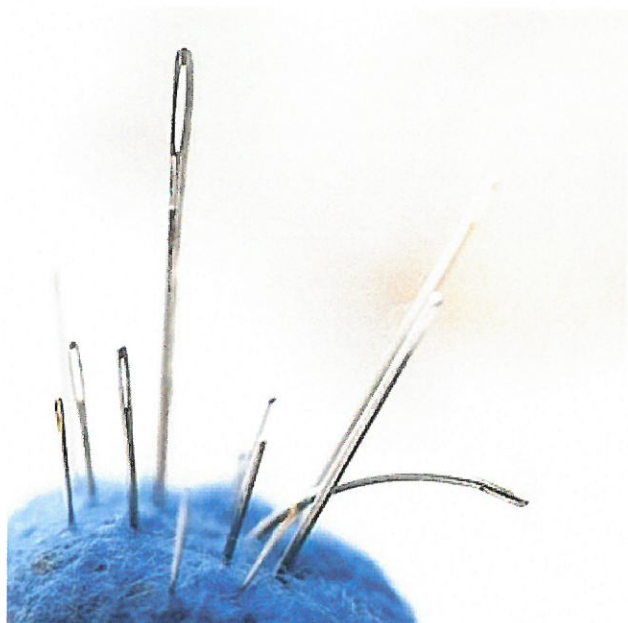


# Noble County

## Mini 4-H



# Sewing



## **Mini 4-H Helper's page**

Welcome to the Mini 4-H Program! Mini 4-H is designed for children in grades K-2 to explore a variety of project activity areas and to interact with caring adults and other children.

Children receive this project activity manual when they enroll in Mini 4-H. This manual and the manuals on various other topics will provide fun, age-appropriate learning activities throughout their year(s) in Mini 4-H.

As a Mini 4-H adult helper, your job will be to guide and encourage each child through the activities. A wide range of activities is provided to allow you to choose the ones most appropriate for the children you are working with. It is strongly suggested that you do not complete the activities for them, instead help them, guide them, work with them and let them do all that they possibly can. 4-H believes in allowing children to learn by doing. The Mini 4-H project activities are hands-on learning opportunities designed to provide a meaningful educational experience for youth.

Additionally, the Mini 4-H program is set up to allow children to display a project activity that is based upon information in this manual. Some children may want to exhibit at the 4-H Fair. The 4-H Fair is an exciting week that allows community youth to showcase their enthusiasm for learning. Children may choose to display a project activity they did by themselves or one they did with a group. Other children may choose to showcase their work in other ways, such as displaying it in a special place in their own home.

Mini 4-H is fun! Children will certainly enjoy it. You can have fun too, by guiding and helping as children participate in the program. Encourage and praise the children as they have fun learning and sharing with you. If you have any questions regarding Mini 4-H or other 4-H programs, please contact the Extension Office in your county.

## Helper's Tips

The Mini 4-H Program can be used with individual children, but it works best when used in a group of 2 or more children. Children working cooperatively in groups develop positive images of themselves and their ideas. Other ways adult helpers can maximize the benefits of Mini 4-H are to:

- **Work on a subject interesting to the child by encouraging children to choose the content area.** Look through this manual and choose the project activities based on the interests and skill levels of the children
- **Relax and have fun.** Some children will want to finished their activities, others may not. There is no need to pressure children of this age to finish an activity, because the real learning takes place while they participate in the activity and interact with others. The finished project should not be the main focus. The knowledge children gain while they explore new areas and experiment with new ideas should be the primary goal.
- **Remain flexible and adapt to the changing needs of the children.** Restlessness or boredom may indicate a need to stop the activity and come back to it later.
- **Encourage children to talk and work with each other.** Children learn best when they are encouraged to freely share their reactions and observations. You may want to ask the children about what they did during an activity, what happened, what was the easiest, and what they like the most.

This manual contains activities for children that allow for a wide range of abilities and provide practice for developing a variety of skills.





## Mini 4-H Page

Mini 4-H'ers have lots of fun! There are many activities for you to explore. You can try new things. You can share them with your friends and family.

Here are some things to know about 4-H.

**The 4-H symbol** is a four-leaf clover with an "H" in each leaf. Clover is a plant that grows in fields, yards and along roadsides. Most clovers have three leaves. Sometimes, if you look very carefully, you may get lucky and find a special clover with four leaves. A four-leaf clover is used as the symbol for 4-H to let everyone know 4-H is a special kind of group.



**The 4-H colors** are green and white. The four-leaf clover is green and the "H" in each leaf is white.

A group motto is a saying that tells people what is important to the group. **The 4-H motto** is "To make the best better." When something is better than all the others it is the best. Think about a time when you did your best. Maybe you threw a ball farther than you have ever thrown it before. Now, think about some ways you could do better. You may be able to throw farther by practicing for a while or by watching someone who can throw farther than you, to see how they throw so far. Even if you throw the ball farther than you have ever thrown it before. There are still ways that you can do better the next time. 4-H encourages you to always try to do better, even if you are doing the best you have ever done.

*"To make the  
best better"*


## The 4-H Pledge

A pledge is a promise you make to yourself and to the people around you. The 4-H pledge is a bold print below.


I pledge...


my **head** to clearer thinking,  
my **heart** to greater loyalty,  
my **hands** to larger service, and  
my **health** to better living for  
my **club**, my **community**,  
my **country**, and my **world**.

What do these words mean?

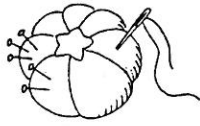
I Pledge my Head  to clearer thinking, means I promise to use my head to make good choices.

My heart  to greater loyalty, means to use my heart to be a good friend.

My hands  to larger service, and, means to use my hands to do helpful things for others.

My health  to better living, means to take care of my body and to show others how to live in a healthy way.

For my club, my community, my country  and my world, means to help my group, my community, my country and my world be happy and safe for everyone.



# Why Sew?



Sewing is an important life skill. You may someday need to know how to sew a button on your shirt, repair a hem, or stitch closed a hole in a pocket. In this project you will learn the basic skills needed for sewing. You will also begin assembling the equipment necessary for doing basic home sewing and repair work.

It is not necessary to have a sewing machine to do this project. There are several projects listed that do not require a sewing machine. There are also several you can do with a machine. It is up to you to choose!

## Rules of The Game!



Good sewing habits begin as you start learning how to sew. Remember these simple rules:

1. Wash your hands thoroughly before you start sewing or working with fabric.
2. Good posture always helps.
3. It's always easier to sit at a table, than to work from your lap.
4. Work in an area that has enough light.
5. Always put your work away when finished for the day.
6. Good pressing helps keep work neat.



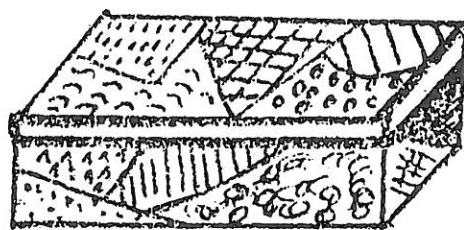
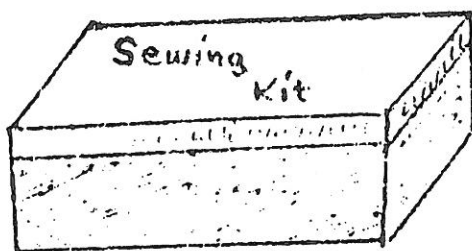
## Project A - Sewing Kit

With this project you will make a sewing kit. You will put things in the sewing kit that will help you sew. The objective of this project is to give the 4-H'er experience cutting and handling fabric.

1. Find a sturdy shoe box to use for your sewing kit.
2. Find some scraps of fabric and trim to use to decorate your sewing kit.
3. Visit a fabric store. Look at all the things it has that will help you sew. You may want to buy some of these items for your sewing kit. Take this book along so you will know what you need.

## Making Your Sewing Kit

Use a sturdy shoe box with a lid for the kit. Cover the box and lid with fabric. You can use scraps of material such as denim, cotton or knit. Use fabric glue or spray glue to attach the fabric to the box.



After covering the box with fabric, you may want to decorate it with lace, rick rack, fringe, braid, or other trim. Attach with glue.

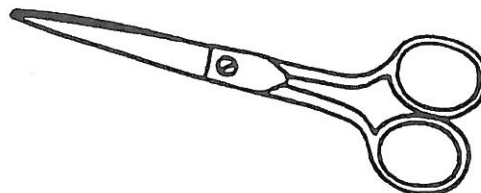
### Suggested Tools for Your Sewing Box

- ✂ Scissors
- ✂ Pins
- ✂ A small ruler
- ✂ Needles (size 7 or 8)
- ✂ Tape Measure
- ✂ Pin Cushion (you can make your own with Project B)
- ✂ Thread
- ✂ Tailor's chalk

### Know Your Basic Sewing Tools

Here are some basic sewing tools you should include in your sewing box. It is important to know what your tools are, to be able to use them, and to be able to call them by name. You may already be familiar with some of these tools!

**SCISSORS:** Used for clipping and trimming; scissors are small and have straight handles.

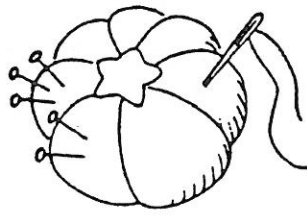


**RULER:** A 6-inch ruler or seam gauge is useful for measuring hems or seams.

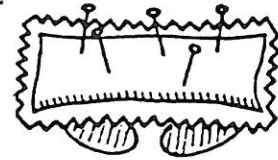
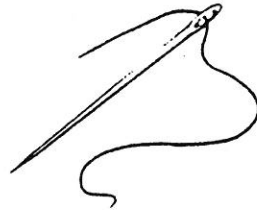




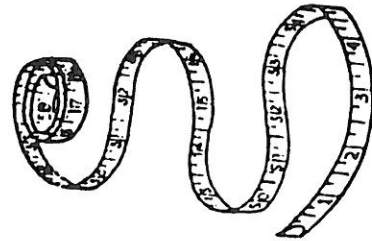
**PINCUSHION:** Used to hold pins.  
(You may choose to make your own.  
It is Project B in this book.)



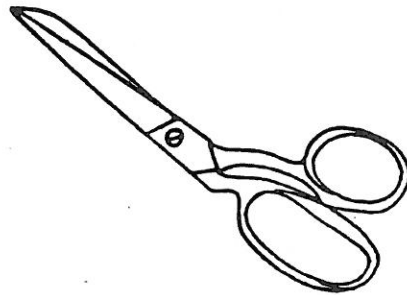
**NEEDLES:** Straight, sharp needles  
come in different sizes. The ones with  
long eyes are easier to thread.



**MEASURING TAPE:** A 60-inch coated  
measuring tape is best because it won't stretch.



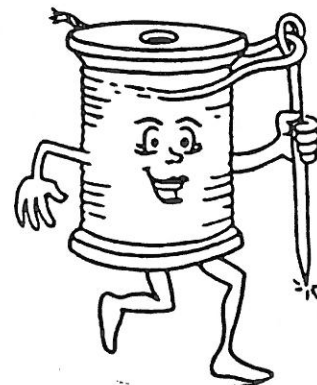
**SHEARS:** Used for cutting the fabric;  
shears are 7 or more inches long and  
should be sharp. Shears with bent  
handles make it easier to cut on a flat  
surface.



**PINS:** Used to hold pieces of fabric  
together for sewing; Dressmaker, silk  
and ballpoint pins are available. Do not  
use bent or rusty pins.



**THREAD:** It should match your fabric.  
You may want to ask your parent or the  
salesclerk for help in selecting the best  
type and color.





# Project B - Pin Cushion

A pin cushion is a very important sewing tool. It will help you to handle and store your pins and needles while you are sewing. The objective of this project: the 4-H'er will use a pattern and begin basic hand sewing. This tool will then be part of the sewing kit.

## Let's Learn Some Sewing Definitions

**KNIT** - This is a certain type of fabric that stretches easily when pulled. A knit fabric has a lot of give to it.

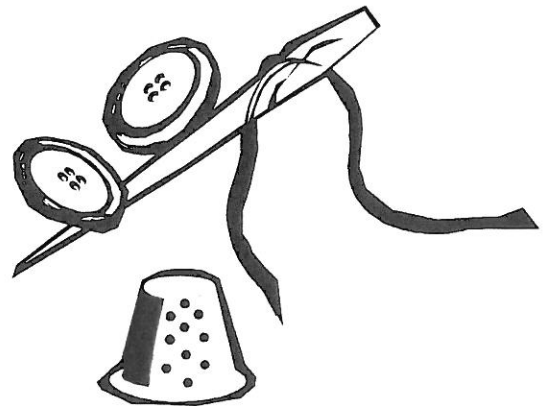
**FOLD** - Simply refers to the edge of the fabric that is folded, when a piece of material is folded in half.

**PATTERN** - A guide (like the ones found in this manual) which is pinned to fabric and cut around.

## Let's Make a Pin Cushion

### Items needed:

- ✂ 1 - 3 inch foam ball
- ✂ Medium weight knit fabric -  
any color at least 12 inches wide and  
12 inches long
- ✂ Large eyed needle or #14 arts & craft needle
- ✂ Embroidery floss or yarn
- ✂ Scissors
- ✂ Straight pins
- ✂ Tailor's chalk



### Read all instructions before you begin.

1. Fold your fabric in half.
2. Cut out the half-circle which is in the manual, and place the pattern on the fold of your fabric.
3. With straight pins, pin the pattern in place on the fabric.
4. Very carefully cut around the pattern, keeping the fabric flat on the cutting surface. Open up your fabric and you will have a circle.
5. With tailor's chalk, mark the broken lines on your fabric circle, in the same places they are found on your pattern, about 1 1/2 inches from the edge.

6. Thread your needle. If you are using yarn, use a #14 arts and crafts needle. If you are sewing with embroidery floss, use a doubled thread and a crewel or large eyed needle. You may need an adult to help you get the yarn or floss through the eye of the needle.
7. Following the broken lines on the fabric, very carefully make your basting stitches. Try to keep them all about the same size, and be sure you stitch all the way around the circle.
8. With your parent's help, take a knife and cut approximately 1/4 inch off the bottom of the foam ball. Make the edge even so the ball will not roll.
9. Put the foam ball in the center of your fabric circle and slowly draw the strings up tightly. When the fabric is drawn snugly around the ball, make a tight bow.
10. To make sure your ties don't unravel, put a knot in each end.

**You have just completed your very own pin cushion! Great job!**

---

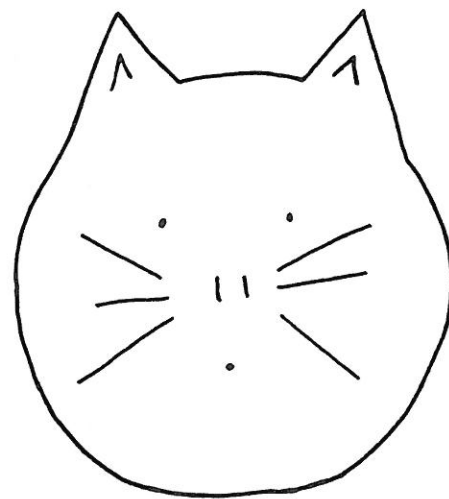


## Project C - Kool Cat & Honey Bear

Sewing is fun and Kool Cat and Honey Bear will show you how much fun it is. In this project the object will be to learn a few basic stitches and how to sew on buttons.

We will be using a tapestry or crewel embroidery needle. These needles have large eyes, making them easier to thread, and the points of either of these needles are not as sharp as regular sewing needles.

Before you make Kool Cat and Honey Bear use the practice sheet to learn the stitches you will be using. But first, we must learn how to tie a knot, sew on buttons do the straight and overcast stitch. A practice sheet is included in this manual.



## Let's Learn Some Sewing Definitions

**DOUBLE THREAD** - A double thread is made by threading a needle and tying the two ends together.

**BASTING STITCHES** - Large, loose stitches that weave in and out of the fabric. Stitches are all approximately the same size.

**STRAIGHT STITCH** - Done by sewing in and out of the material. Put the needle and thread through the fabric, bring the needle back through the fabric. Stitches are all approximately the same size. Repeat. The straight stitch will be used for Kool Cat's whiskers and nose.

### Tips for Knotting a Thread

Twist the end of thread around the first finger of your hand 2 times and with your thumb, roll it off your finger. Pull the thread with your finger and thumb, and you will have knotted the thread. Do this several times with a piece of thread until you can easily tie a knot.

Now thread your needle with your favorite color of thread and knot the thread. If you use a double thread, your thread will not come out of the needle while you are sewing. A double thread means you knot both ends of your thread together.

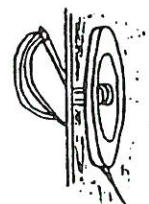
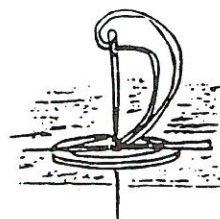
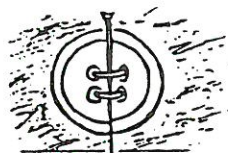
### Tips for Sewing on Buttons

1. Using double thread, take 1 or 2 small stitches at the point where the button will be attached.

2. Hold a pin across the top of the bottom and take a stitch over it. Use 2-hole buttons.

3. Take several stitches over the pin & through the fabric.

4. Remove the pin, and bring the needle and thread through the fabric.



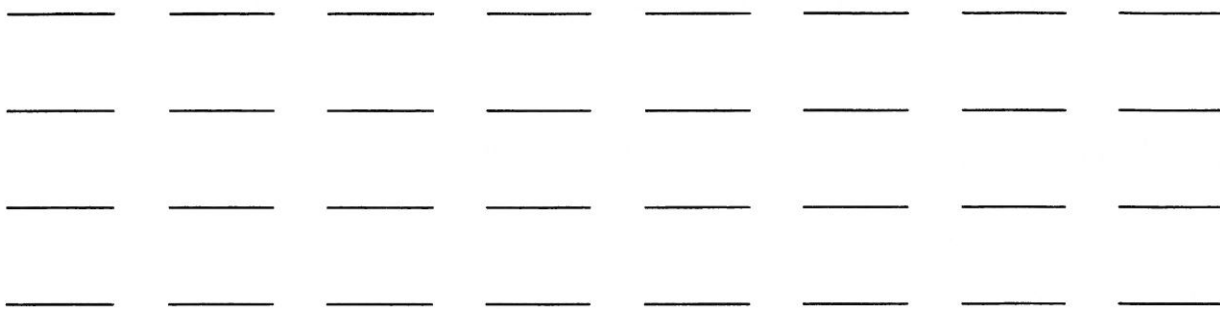


# The Overcast Stitch

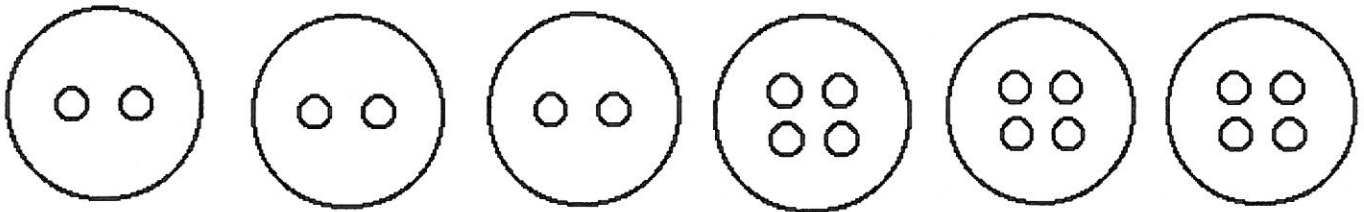
The overcast stitch is used on the edge of your material to keep it from fraying or to hold two pieces of material together. Put your needle into the practice sheet at the top of the mark and bring it back through at the bottom, repeat.

## Practice Sheet

### Straight Stitch:

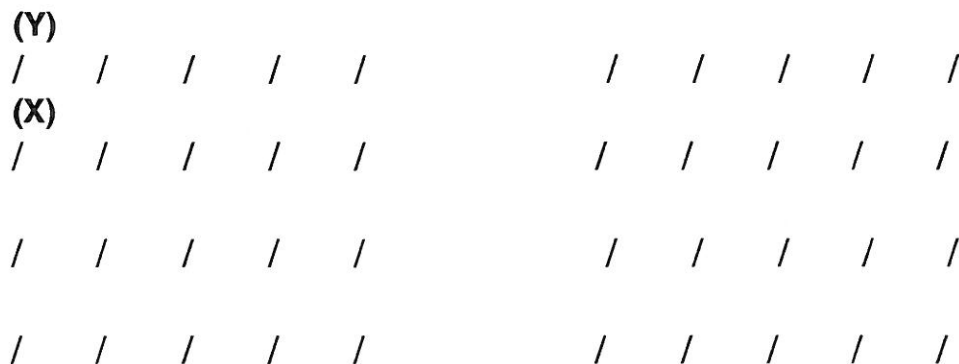


### Sewing on Buttons:



### Overcast Stitches:

Stitch from left to right. Bring the needle up at the X. Bring the needle down at the Y. Repeat up at X and down at Y. Suggestions: Practice with a scrap of felt.



# How to Cut Out Kool Cat and Honey Bear

1. Cut out the patterns carefully, place on the felt and trace around the pattern with a pencil or pen.
2. Cut out carefully on the face, draw in the lines for the ears, whiskers, dots where the eyes, nose and mouth are to go.

**KOOL CAT:** Thread your needle with black embroidery floss and knot. Using straight stitches, sew the whiskers, nose and ear marks. Sew on buttons for the eyes and mouth.

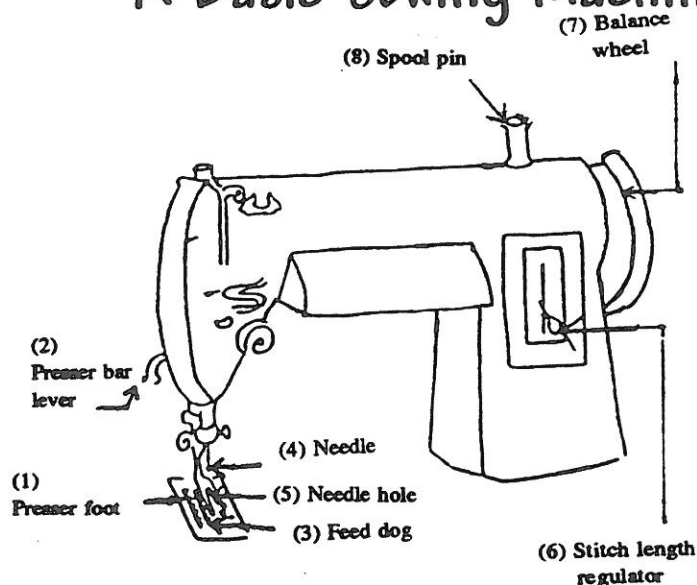
**HONEY BEAR:** Use straight stitches in the ears and buttons for the eyes, nose and mouth.

**TO FINISH:** Place the face on top of the back head, pin together and use yarn to overcast stitch the two pieces together. Begin sewing at neck edge and stitch to within 2 inches of the neck. Stuff with poly foam and continue stitching.

For sewing Project C, you are required to make one of the animals.



## Project D - Meet Your Machine A Basic Sewing Machine



1. **Presser foot:** It holds the fabric in place as you sew.
2. **Presser bar lever:** It raises & lowers the presser foot.
3. **Feed dog:** These are small teeth, under the presser foot, that move the fabric to the needle as you sew.
4. **Needle:** It carries the top thread to make stitches.
5. **Needle hole:** This is the opening the needle goes through as it goes up and down.
6. **Stitch length regulator:** This makes stitches longer or shorter.
7. **Balance wheel:** This helps the needle run up and down smoothly.
8. **Spool Pin:** The spool pin holds the spool of thread in place.

**NOT SHOWN:**

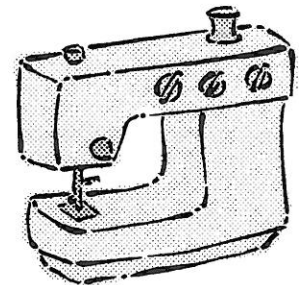
**Bobbin:** This holds the thread for the under side of the seam.

**Knee Lever or Foot Control:** It makes the machine go faster or slower.

## Learning to Use Your Machine

Practice helps you learn to use a sewing machine. Follow these steps:

Begin by running the machine with the presser foot up. Try different speeds. Learn to start and stop slowly and smoothly. Do your first stitching without thread. Use the practice stitching guide in this manual to practice stitching straight lines. Start by putting the needle through one of the lines. Next, put the presser foot down and begin to stitch. Guide the paper gently with your left hand. Don't push or pull, be careful that your fingers don't get too close to the needle.



Now, try turning a corner. To turn a corner, leave the needle in the paper, raise the presser foot and turn the paper. Then lower the presser foot and start stitching again.

Practice stitching corners and curves. Use the practice stitching guide in this manual.

Once you can stitch straight and curved lines and turn corners, you are ready to sew with thread, using scraps of material. Ask your parent or leader how to thread the machine or read the directions in your sewing machine manual. Also learn how to wind and put the bobbin into the machine. Practice until you can do these things by yourself.



# Project E - Throw Pillow

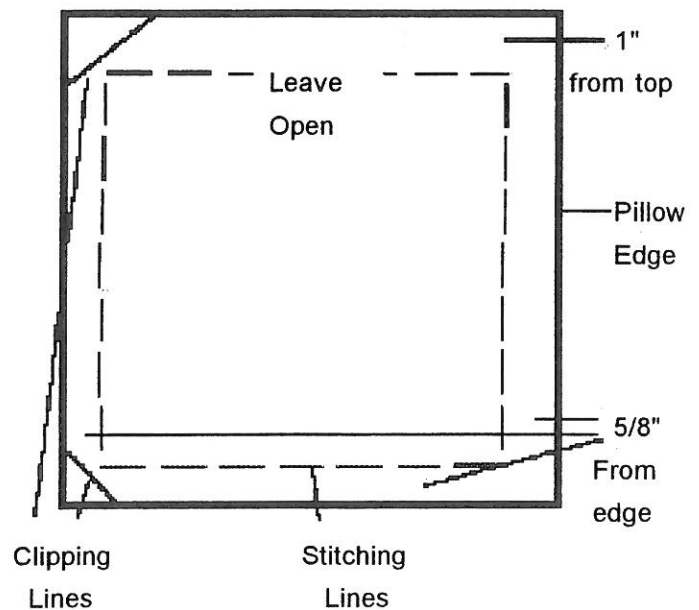
## Stitching Length

Most machines can sew from 6 to 20 stitches in an inch. Some will make more. Practice sewing of fabric, using different stitch lengths. A regular stitch length is 10 to 12 stitches in an inch. This is the size to use for permanent stitching on whatever you sew.

You can do basting on a sewing machine, too. These are long stitches that you take out later. Use six stitches to an inch for basting.

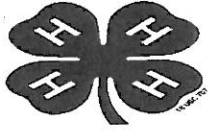
## Preparing Your Throw Pillow

1. Make a pattern using a ruler or yardstick and heavy paper, such as a brown grocery bag or any other heavy paper. Draw a square 13 1/2 inches long and 13 1/2 inches wide. Cut this square on the line you have drawn.
2. Fold in half the fabric you have purchased for the pillow and lay this pattern on the fabric. Pin it so that it will be secure and won't move while you are cutting around it.
3. With your scissors, cut along the edge of your pattern. Now you have 2 pieces of fabric.
4. Place right sides of fabric together.
5. Using the sewing machine, stitch 5/8 inch from the edge of the fabric making a seam. Do this on three sides. On the opening side, stitch 1 inch from the pillow edge. Don't forget to leave an area unstitched for turning!
6. Clip four corners of the pillow as shown.

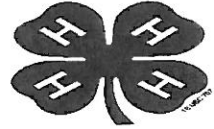




7. Press all seams open with a warm iron.
  8. Turn your pillow inside out making the right side of the fabric on the outside.
  9. Stuff your pillow with a pillow filling of your choice, such as a 12 inch pillow form, regular pillow filling or beans for a bean bag.
  10. Now you are ready to hand stitch the open end of your pillow to close. Make sure the raw edges are tucked inside the pillow.
-



# 4-H Fair Exhibit



## **Exhibit – Kindergarten**

A sewing kit as described in the manual.

## **Exhibit – 1<sup>st</sup> Grade:**

A pin cushion as described in the manual, or a hand sewn and stuffed pin cushion.

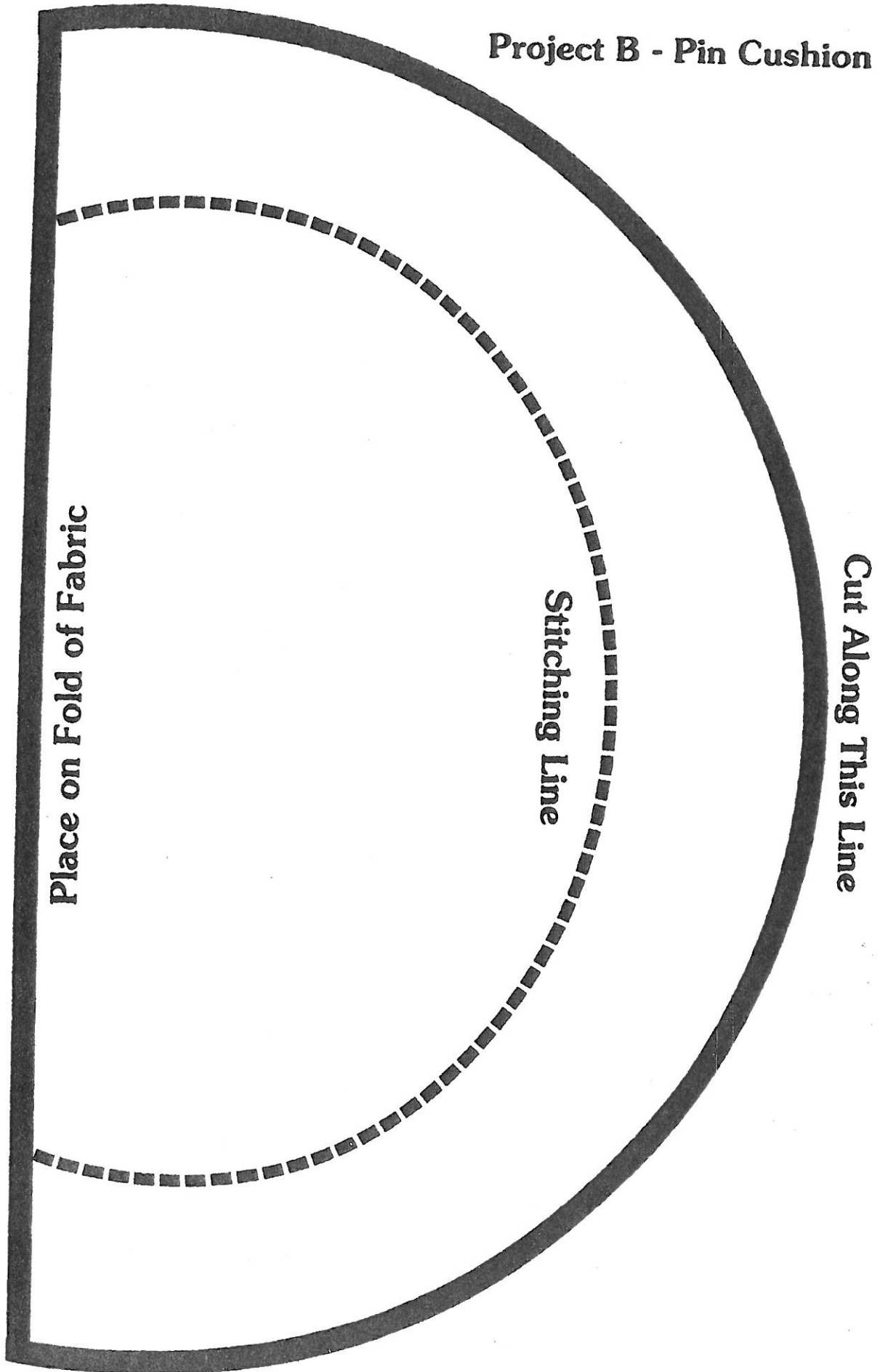
## **Exhibit – 2<sup>nd</sup> Grade:**

A throw pillow no larger than 12" x 12".

All projects are to have a name label on them. You will receive a Mini 4-H newsletter in the mail prior to the Fair that will contain name labels.

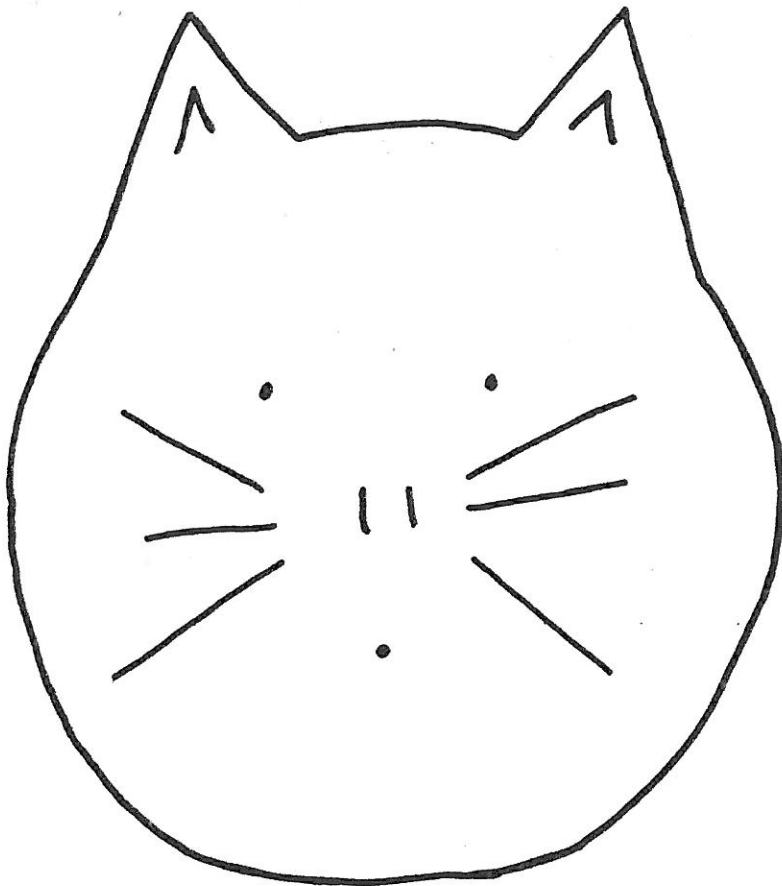
If you have any questions about your project, please call the Extension Office at 636-2111 or 1-800-601-5826.

# Project B - Pin Cushion Pattern









KOOL CAT

PATTERNS FOR

KOOL CAT  
AND  
HONEY BEAR

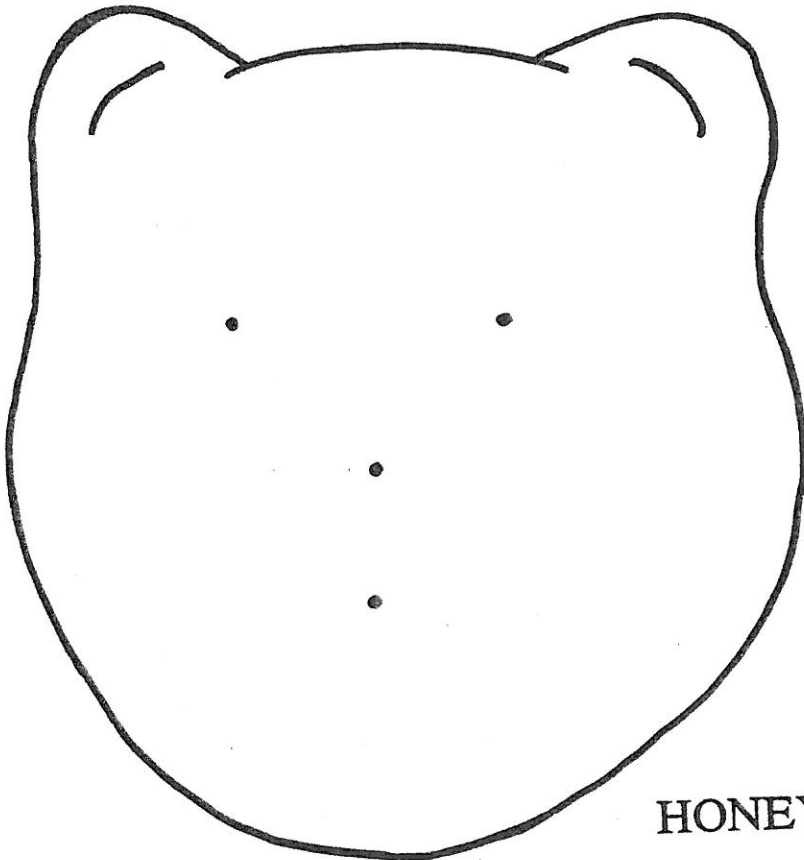
MATERIALS NEEDED:

KOOL CAT

Felt . . . . . 4 1/2" X 9"  
Buttons . . . . . 2 large  
                                  . . . . . 1 small  
Thread, yarn  
or embroidery  
floss . . . . . to match felt,  
buttons and black thread

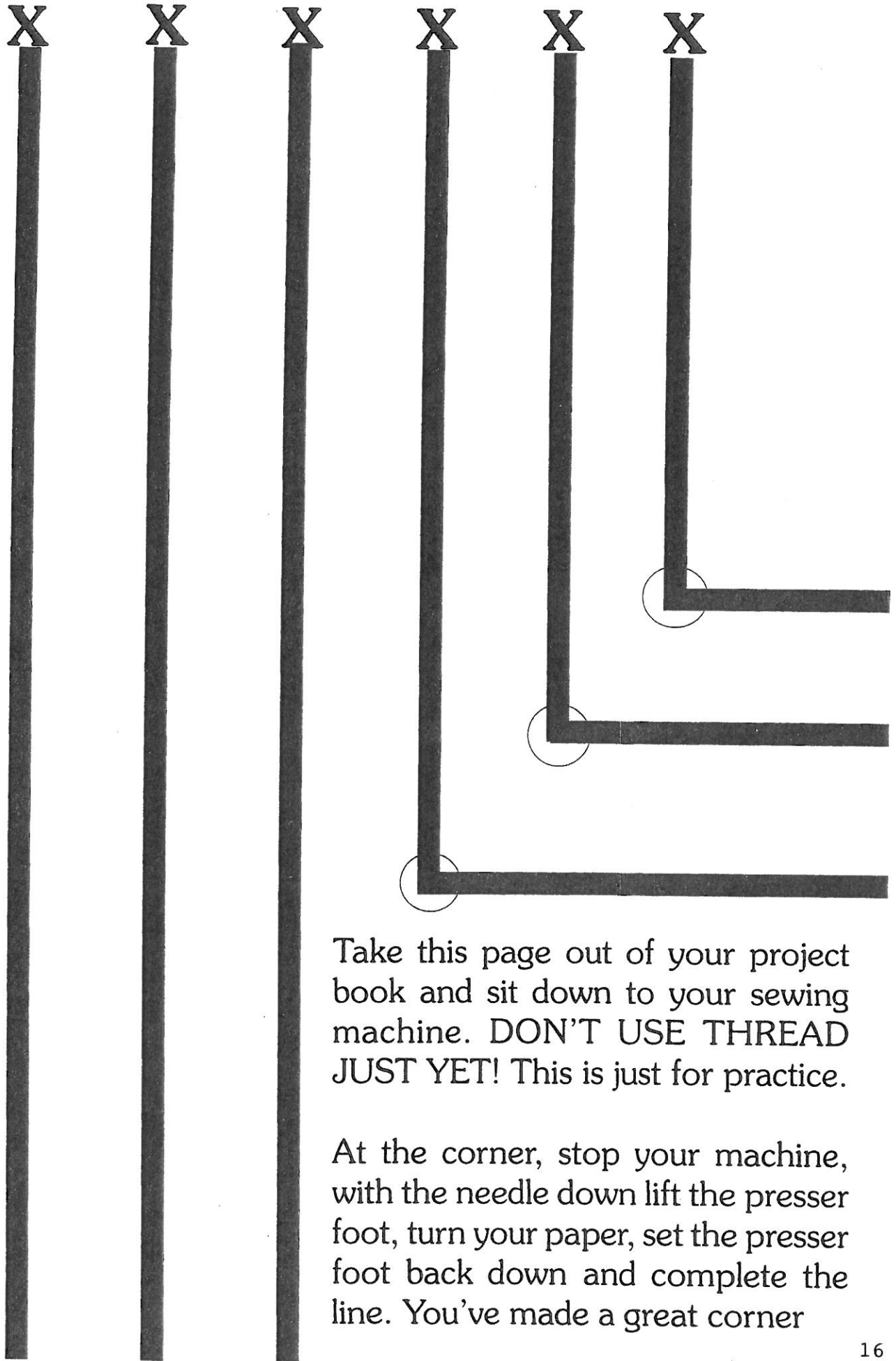
HONEY BEAR

Felt . . . . . 4 1/2" x 9"  
Buttons . . . . . 2 large  
                                  . . . . . 2 small  
Thread, yarn  
or embroidery  
floss . . . . . to match felt,  
buttons and black thread



HONEY BEAR

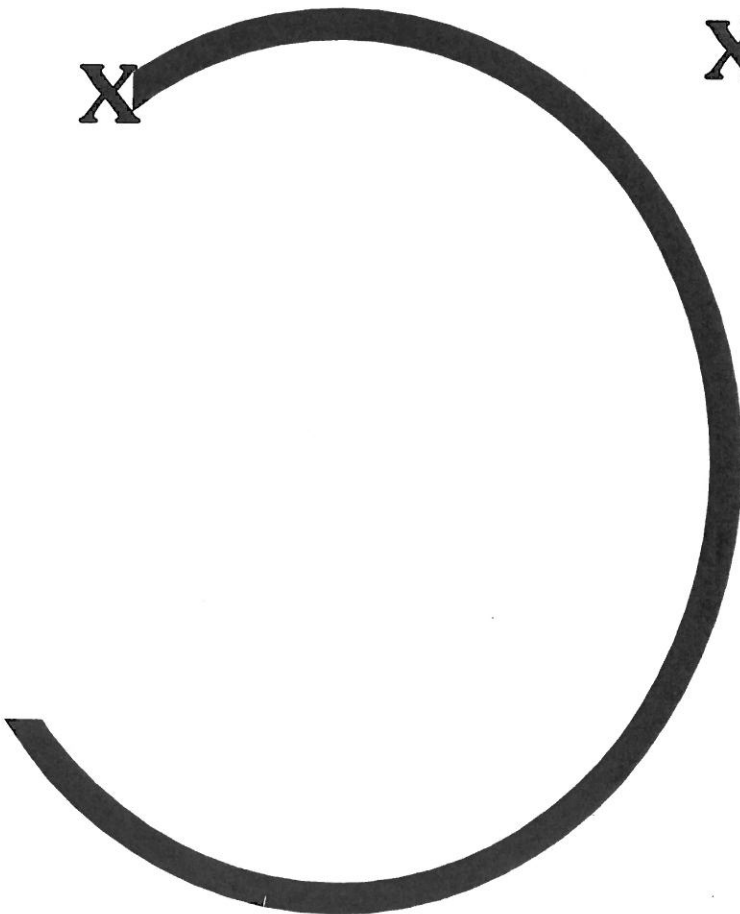
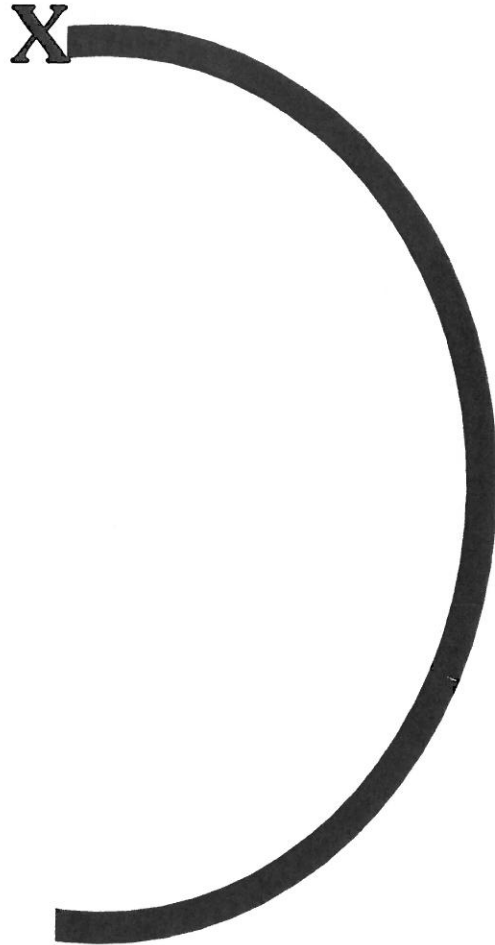
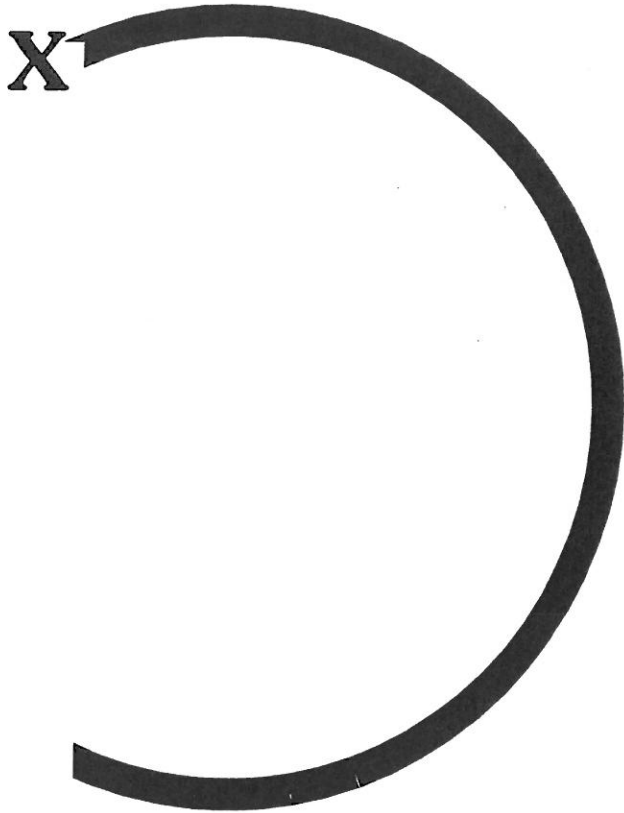




Take this page out of your project book and sit down to your sewing machine. **DON'T USE THREAD JUST YET!** This is just for practice.

At the corner, stop your machine, with the needle down lift the presser foot, turn your paper, set the presser foot back down and complete the line. You've made a great corner











# Noble County Mini 4-H Record Sheet

Name \_\_\_\_\_ Grade in School \_\_\_\_\_

Address \_\_\_\_\_

4-H Club \_\_\_\_\_ Township \_\_\_\_\_

Number of years in Mini 4-H \_\_\_\_\_ Number of years in project \_\_\_\_\_

Member's Signature \_\_\_\_\_

Parent's Signature \_\_\_\_\_

Leader's Signature \_\_\_\_\_

A. Project: \_\_\_\_\_

B. Estimated number of hours worked to complete project \_\_\_\_\_

C. Money spent on project:

Cost of supplies: (list) \_\_\_\_\_

OR

Foods – number of \_\_\_\_\_

times made \_\_\_\_\_

D. List the things that you learned while you were doing Mini 4-H:

---

---

---

---

