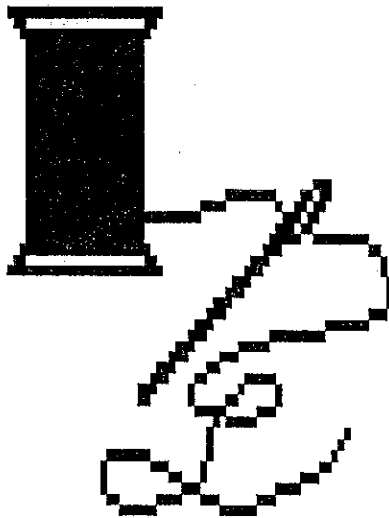


TIPTON COUNTY

MINI 4-H SEWING

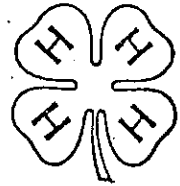
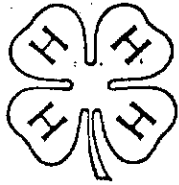


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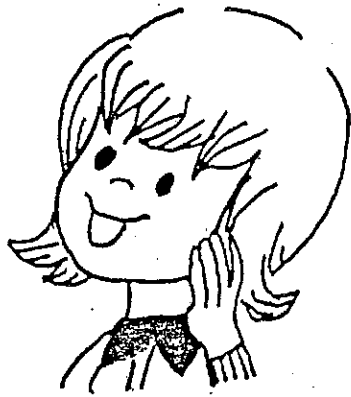
Address: _____

Age: _____

4-H PLEDGE



I PLEDGE MY



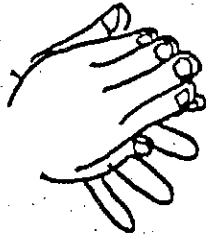
TO CLEARER THINKING,

MY



TO GREATER LOYALTY,

MY



TO LARGER SERVICE,

AND MY **HEALTH**



TO BETTER LIVING,

FOR MY CLUB, MY COMMUNITY, MY COUNTRY,

AND MY



ESPECIALLY TO MINI 4-H PARENTS - "THE ONLY THING YOU CAN GIVE A CHILD
THAT NO ONE ELSE CAN GIVE HIM IS WHAT YOU GIVE OF YOURSELF"

I TOOK HIS HAND AND FOLLOWED

My dishes went unwashed today,
I didn't make the bed,
I took his hand and followed
Where his eager footsteps led.

Oh yes, we went adventuring,
My little son and I.....
Exploring all the great outdoors,
Beneath the summer sky.

We waded in a crystal stream,
We wandered through a wood...
My kitchen wasn't swept today,
But life was gay and good.

We found a sundappled glade,
And now my small son knows,
How Mother Bunny hides her nest,
Where jack-in-the pulpit grows.

We watched a robin feed her young,
We climbed a sunlit hill.....
Saw cloud-sheep scamper through the sky,
We plucked a daffodil.

That my house was neglected,
That I didn't brush the stairs,
In twenty years no one on earth
Will know, or even care,

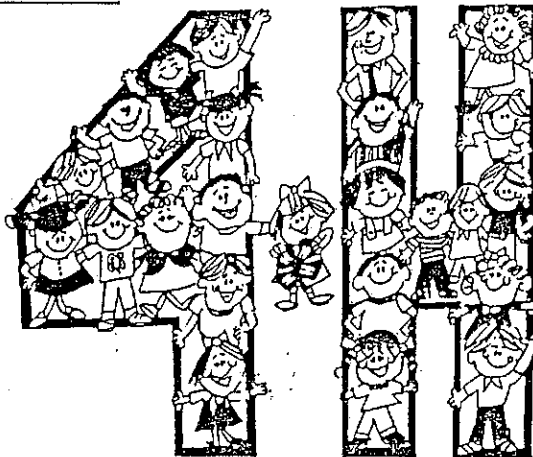
But that I've helped my little boy,
To noble manhood grow,
In twenty years, the whole wide world
May look and see and know.

4-H MOTTO

"TO MAKE THE BEST BETTER"

4-H COLORS

GREEN AND WHITE



"THE 4-H TRAIL"

Over hill, over dale we will hit the 4-H trail,
As we club folks go swinging along.

Let it rain, let it shine we will keep our steady line
As we club folks go swinging along.

For its HI, HI, HE, the 4-H trail for me,
Shout out your letters loud and strong - 4-H!

For where'er we go, you will always know,
That we club folks go swinging along.
Keep swinging, as we club folks go swinging along.

Acknowledgements: Thanks to all who helped develop this project. This book was adapted from Owen County, Pike County, and Clinton County Mini 4-H manuals.

MINI 4-H SEWING

Welcome to the Mini 4-H Sewing project. In this project you will learn some basic hand sewing skills that you can use all of your life. You do not need to have a sewing machine to take this project. All the sewing you will need to do is done with a needle and thread.

Skills to Learn

1. Cutting out a pattern
2. Sewing on a button
3. Sewing an overcast stitch

Equipment Needed

Scissors	Needles
Pins	Pencil or Chalk
Pattern	Materials needed for pattern

Rules of the Game

GOOD SEWING HABITS BEGIN AS YOU START LEARNING HOW TO SEW. REMEMBER THESE RULES:

1. Wash your hands before you touch your fabric.
2. Work in an area that has good lighting.
3. Put your project away when you aren't working on it.

EXHIBIT REQUIREMENTS

1. Read this project book.
2. Following the directions in this book, make one of the following and exhibit it at the fair:
 - A. Kool Cat Pillow
 - B. Honey Bear Pillow
 - C. Helping Hand Puppet
3. Complete the record sheet in this book and exhibit it with your project.
4. Attach the label from the front of this book to your project.

Sewing is fun and Kool Cat, Honey Bear, and Helping Hand will show you how much fun it is. Sewing is a project you will be able to use after you have learned our basic skills. You will learn a few basic stitches and how to sew on buttons.

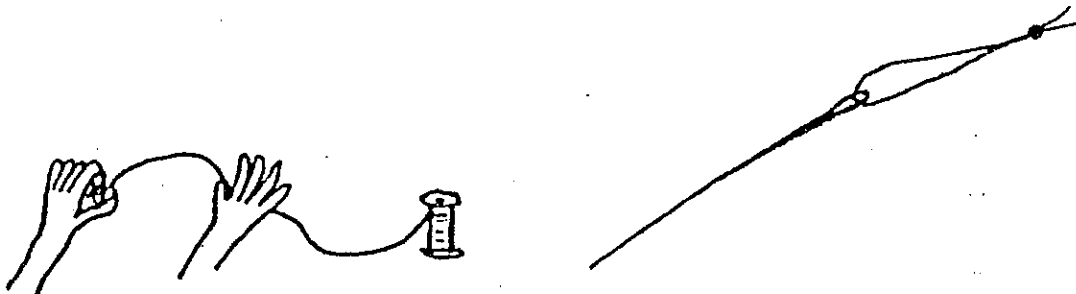
We will be using a tapestry or crewel embroidery needle. These needles have large eyes, making them easier to thread, and the points of either of these needles are not as sharp as regular sewing machine needles. Honey Bear doesn't like for new sewing members to get stuck by sharp needles. When you have learned to use a needle correctly, then you can safely use a needle like the ones your mother uses.

Kool Cat wants to use the practice sheet to learn the stitches you will be using to make him and his friends. But first, we must learn how to tie a knot in our thread so it won't pull through the fabric when we sew.

KNOTTING A THREAD

Twist the end of the thread around the first finger of your hand two 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. Practice 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.



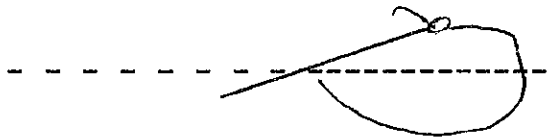
BASIC SEWING SKILLS

Now its time to learn how to do our basic stitches so that you can start to work on Kool Cat, Honey Bear, or Helping Hand.

Straight Stitch

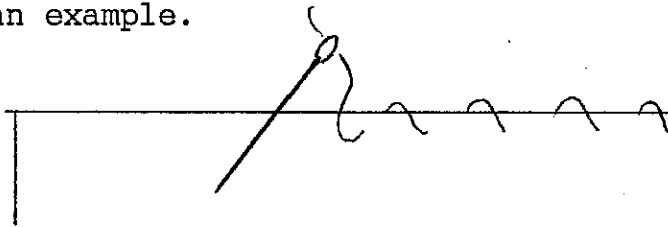
The straight stitch or running stitch as it is sometimes called, looks just like its name sounds. It is a straight line of stitches across the piece of fabric.

The straight stitch is done by sewing in and out of the material. As shown in the diagrams below, push the needle through the material at one end of the line you want to sew. Bring it back up through the material at another point on the line, about 1/8 inch or 1/4 inch from the point where the needle started.



Overcast Stitch

The overcast stitch is used on the edge of your material to keep it from fraying or to hold two pieces of fabric together. To make the stitch, push the needle through the fabric from the back side of the material. You should poke the needle through at a point that is about 1/4 inch from the edge of the fabric. Repeat that step, again about 1/8 inch to 1/4 inch from the first point, and continue on around the edge of the fabric. Remember to always poke the needle through from the back side of the fabric. When you finish, your stitches should look like slanted marks all around the edge of the material. Look at the picture below for an example.

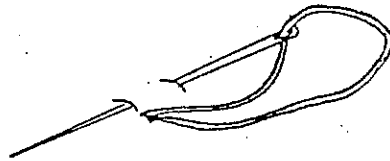


Using the Stitches

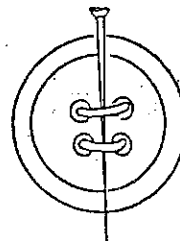
The straight stitch is used to decorate Kool Cat's whiskers, nose and ears, Honey Bear's ears and mouth, and Helping Hand's mouth and nose. You may decide to use the straight stitch to add more decoration to your project.

Sewing on a Button

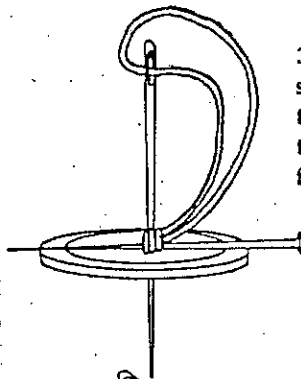
Using a double thread, first make a small straight stitch through the fabric at the point where the button is to be sewn on. Then, bring your needle through the fabric at the same place you began -- this is where your knot will be. Hold a pin across the top of the button and take a stitch through the button's holes. Push the needle through the fabric. Repeat this step 3 or 4 more times until the button is secure. Do the same thing for the other set of holes in your button if it has more than one set. Remove the pin and bring the needle and thread through the fabric so that it is sticking out from underneath the button. Take the thread and wrap it around under the button 2 or 3 times. Then sew through the material and wrap it around under the button 2 or 3 times. Then sew through the material under the button 2 or 3 times and cut your thread. See the pictures below to help you understand each step.



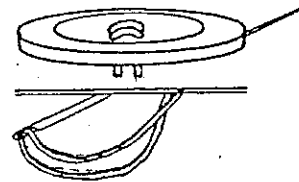
1. Using double thread, take one or two small stitches at the point where the button will be attached.



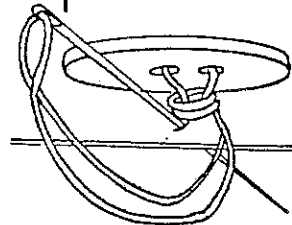
2. Hold a pin across the top of the button and take a stitch over it.



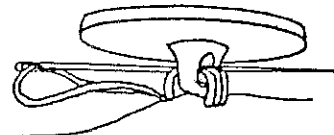
3. Take several stitches over the pin and through the fabric.



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



5. Wind the thread around under the button several times to make a thread shank. Fasten the thread on the underside of the fabric.



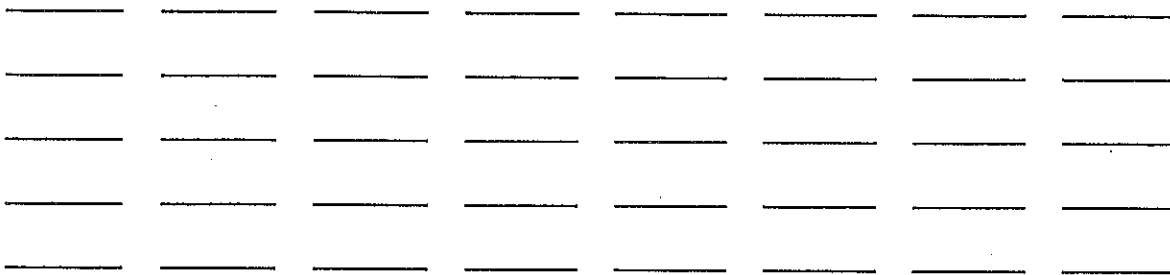
6. For a button with a shank, take several stitches over the shank and through the fabric. Fasten.

The overcast stitch is used on the edges of Kool Cat, Honey Bear, and Helping Hand. Be sure to keep your stitches even and fairly close together so that the stuffing won't come out of the pillows, and your finger can't poke through the edge of the puppet.

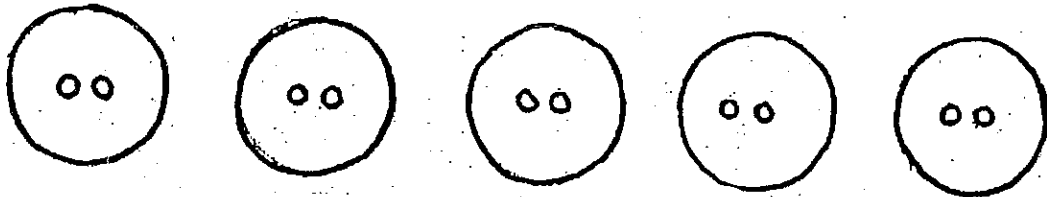
PRACTICE SHEET

Directions: Practice the skills you have learned on the sheet below. You will need a needle, thread, a pin, and a button.

STRAIGHT STITCH



SEWING ON BUTTONS



OVERCAST STITCH

Practice keeping your slants straight on the marks below. Then, practice the real overcast stitch by sewing around the edge of this paper on the marks you see.



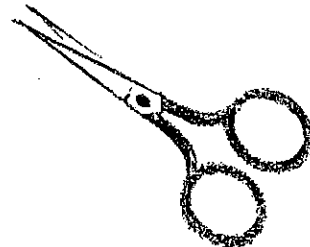
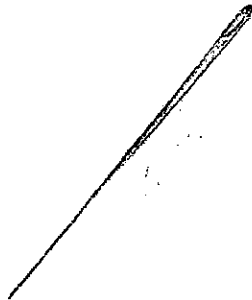
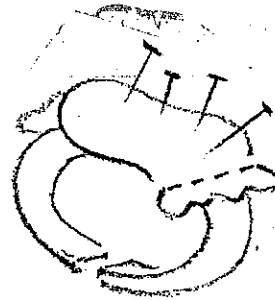
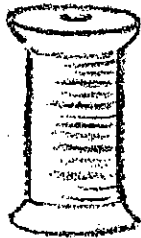
STARTING TO SEW

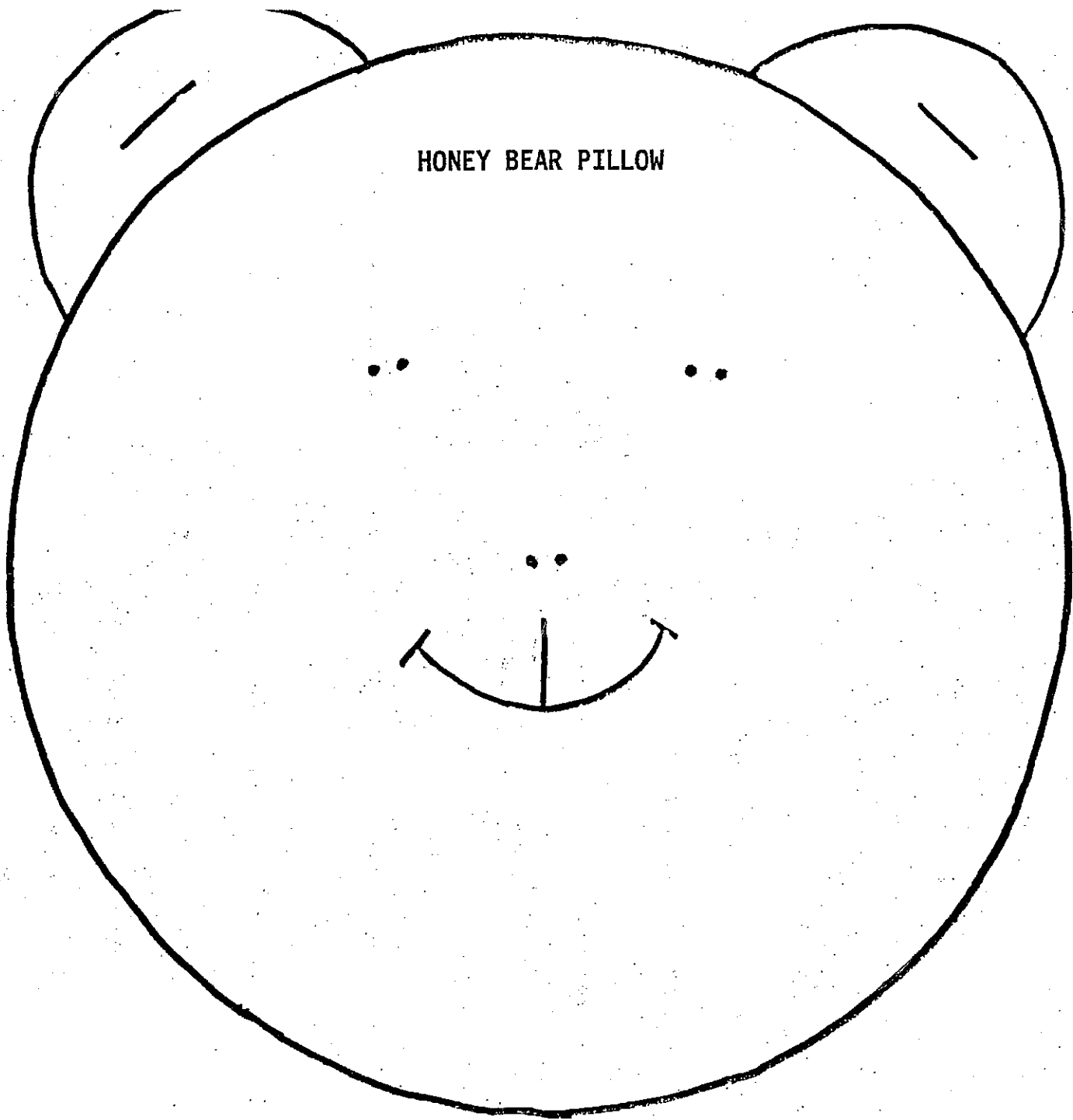
Cut out the pattern for the project you want to make. Cut carefully. Put both pieces of felt together and lay cut out pattern on top of felt. Trace around the pattern to transfer the pattern to the felt. You may want to pin the pattern to the felt first to keep it from slipping. Cut around pattern shape. Use a pencil to draw lines for whiskers, nose, mouth, etc. onto felt.

Once you have cut out your felt and drawn on the design lines, you are ready to start sewing!

Be sure you have all of the supplies you will need before you start to sew.

Remember to leave the bottom of the puppet open so that you can get your hand into it. Also, if you make the pillows, don't forget to leave an opening to stuff the pillow. After it is stuffed, be sure to finish sewing the opening shut with the overcast stitch so that the stuffing won't come out.





HONEY BEAR PILLOW

CUT 2 - one for front, and one for back

MATERIALS NEEDED FOR HONEY BEAR

2 pieces felt -- 7" x 7"

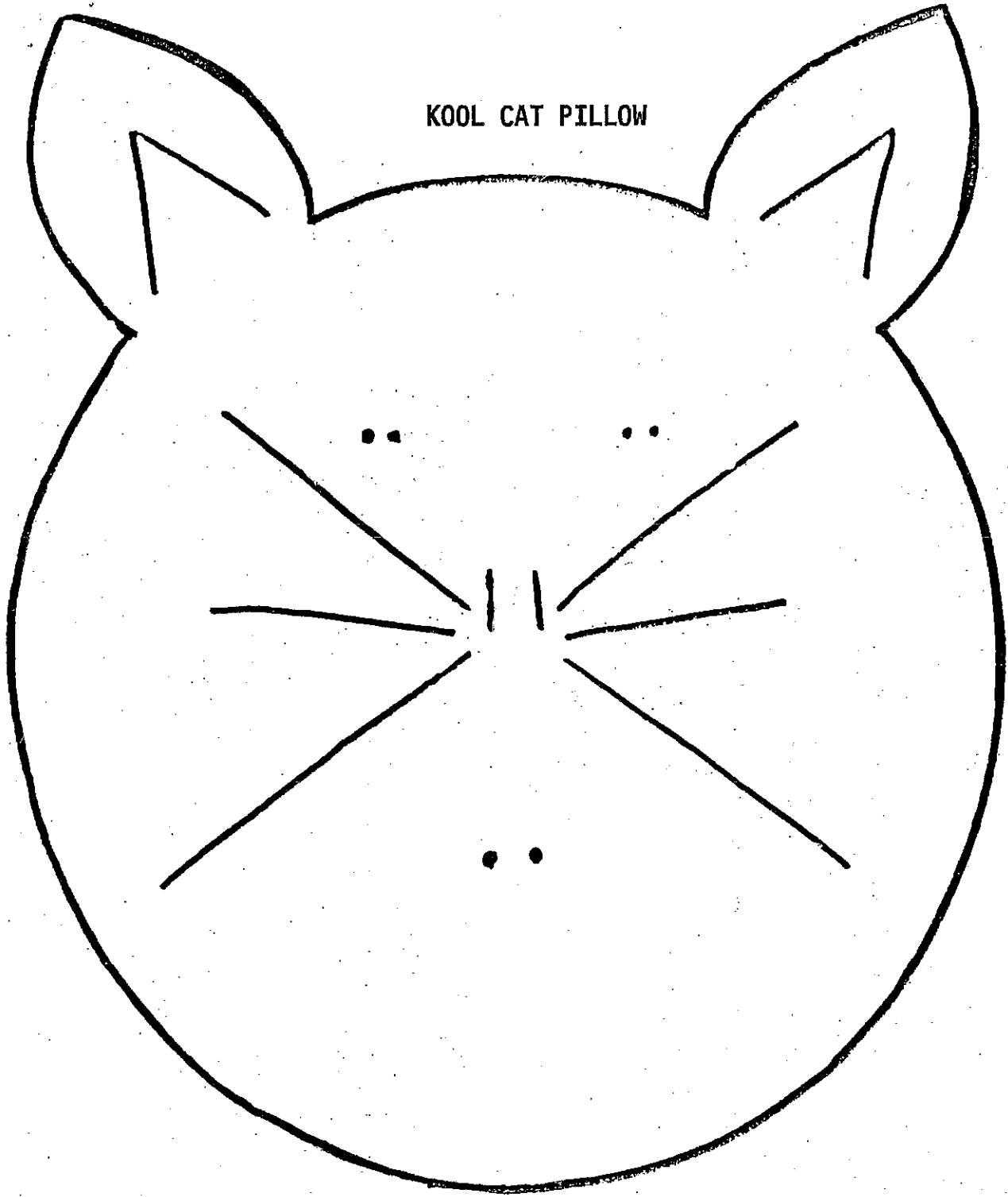
2 large matching buttons (for eyes)

1 button (for nose)

Thread -- Color that looks good with your felt. You may want to use a heavy thread like a buttonhole twist, or embroidery thread (6 strands).

Stuffing -- enough to fill the pillow as full as you want it.

KOOL CAT PILLOW



MATERIALS NEEDED FOR KOOL CAT

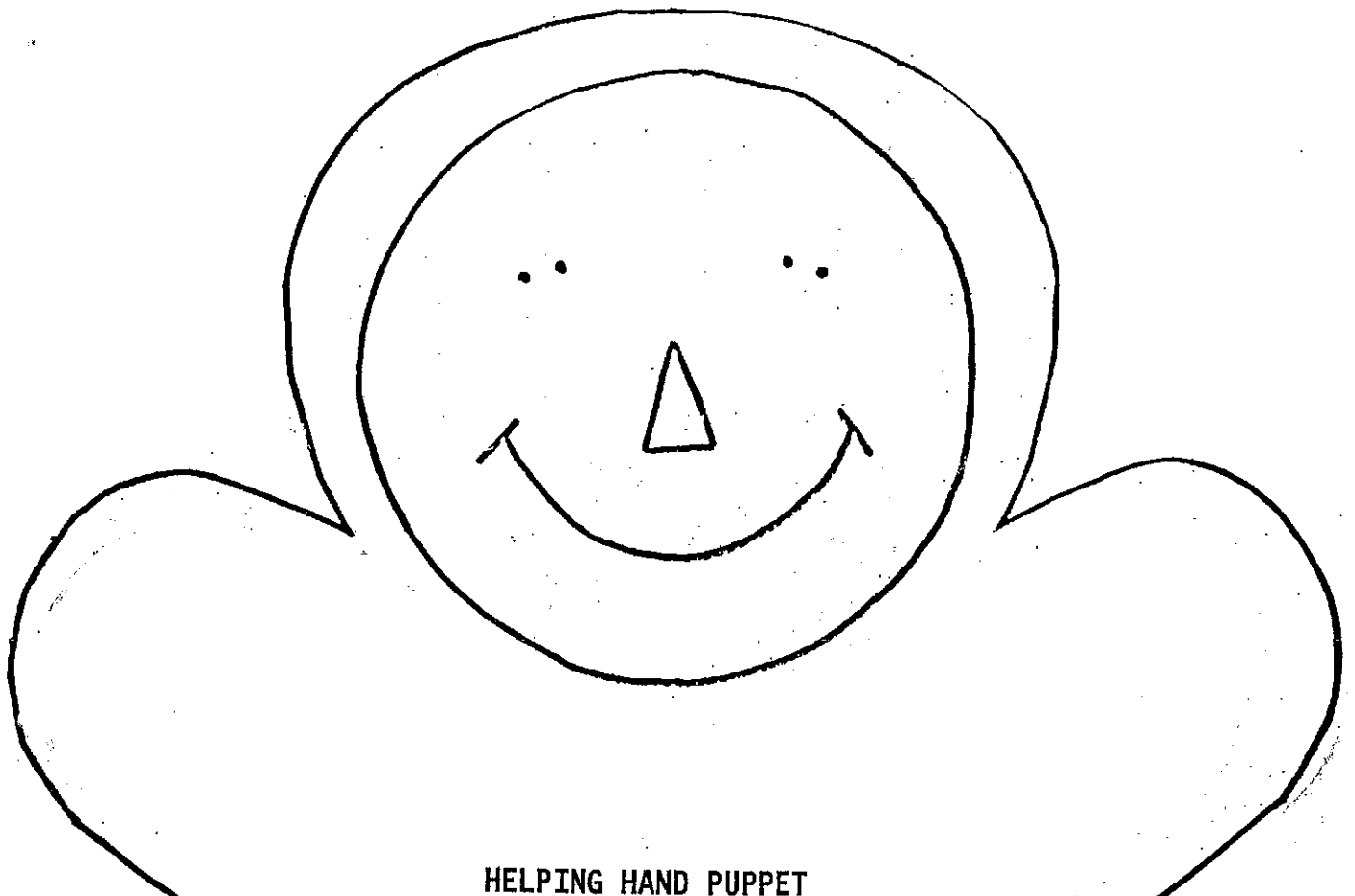
2 pieces felt -- 7" x 7"

2 large matching buttons (for eyes)

1 button (for mouth)

Thread -- Color that looks good with your felt. You may want to use a heavy thread like a buttonhole twist, or embroidery thread (6 strands).

Stuffing -- enough to fill the pillow as full as you want it.



HELPING HAND PUPPET

CUT 2 - 1 for front, and 1 for back

MATERIALS NEEDED FOR HELPING HAND PUPPET

2 pieces felt -- 7" x 10"

2 large matching buttons (for eyes)

Thread -- Color that looks good with your felt. You may want to use a heavy thread like a buttonhole twist, or embroidery thread (6 strands).

Any other decorations you want to add to dress up your puppet.

MINI 4-H SEWING RECORD SHEET

Name _____ Age _____

Address _____

Club _____ Year 19 _____

ANSWER THE FOLLOWING QUESTIONS ABOUT YOUR SEWING PROJECT:

1. What project did you decide to make? _____

2. Name the stitch that you use around the edges of fabric to keep it from fraying and hold the pieces together. _____

3. How much time did you spend on your project? _____

4. Who helped you with your project? _____

5. What did you like most about the sewing project? _____

6. Did you make anything else besides your project? If yes, what did you make? _____
