

Mini 4-H Sewing

Mini 4-H Requirements

1. Youth may join Mini 4-H when they enter grade 2.
2. Complete a 4-H enrollment card and return it to your 4-H Club leader.
3. Attend the meetings of your local 4-H Club. Pay club dues, if any are required.
4. Exhibit your project at the White County 4-H Fair in Reynolds.
5. Complete the record sheet and attach it to your exhibit at the 4-H Fair.

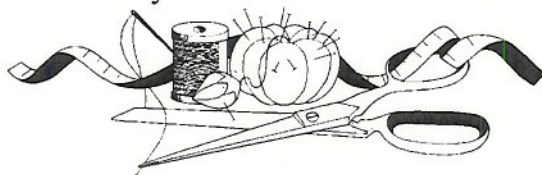


Exhibit Requirements

1. Your project will be entered at the 4-H Fair and placed in a special Mini 4-H section.
2. Bring your exhibit to Pre-Fair Judging the week prior to the 4-H Fair (consult the 4-H Fairbook schedule for exact date(s), location and time(s) of check-in). Your project will be on display in the 4-H Building beginning on Saturday of the 4-H Fair.
3. There may be suggestions on your exhibit, but there will be no formal judging.
4. Special Mini 4-H ribbons will be given to everyone who exhibits a project.

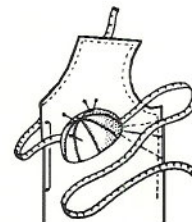
What to Exhibit

Exhibit one or more of the following:



A) a sewing box (kit) containing 7 labeled sewing tools selected from the list in this manual. For each tool write a brief description of its use as stated in this manual. The tools you exhibit need not be new; they may be borrowed from your mother, grandmother, etc.

B) one of the projects you have made such as a fringed placemat, a fringed neck scarf, a pin cushion, or a pillow case.



Your completed record sheet should be turned in with your exhibit.

If you have any problems or questions, contact your 4-H Club Leader, or the White County Extension Service Office, White County 4-H Fairgrounds, 12 N 25 E, Reynolds, IN 47980, or call (219) 984-5115.

Remember, when you enter grade 3, you can join regular 4-H and learn even more about clothing.

(Attach a label like this to your project.)

(REV 2/04)

| Mini 4-H Sewing | |
|-----------------|-------|
| Name | _____ |
| Address | _____ |
| | _____ |
| 4-H Club | _____ |

Acknowledgements: Many thanks to Rosemary Litke and the clothing committee for their efforts in creating this manual.

Welcome to the Mini 4-H Sewing project! In this project you can learn about basic sewing tools and/or get practice using them to sew.

Exhibit Option A:

Collect 7 of the sewing tools listed below and then exhibit them in a simple sewing box (described later in this manual) at the county 4-H fair. These will need to be labeled along with a brief description of their use. You will find a special page in this manual to use for these descriptions.

It is important to know what these basic sewing tools are, to be able to call them by name, and to be able to use them properly. You may borrow these items from someone's sewing supplies or you may purchase them.

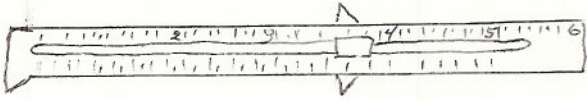
- | | |
|--------------------------|-----------------|
| 1. Scissors | 7. Pin cushion |
| 2. Seam gauge | 8. Needles |
| 3. Shears | 9. Thimble |
| 4. Measuring tape | 10. Seam ripper |
| 5. Marking pen or pencil | 11. Thread |
| 6. Pins | |

For your exhibit, you will need to have a small sewing kit in which to keep your sewing supplies. This kit may be as simple as a small cardboard cigar or school box or a plastic hinged-lid box. These may be decorated (covered with cloth, contact paper, wallpaper) or left plain, whichever you may desire. This box will be something you can use to store your small sewing supplies in for many years to come. Have fun as you make your own "Sewing Box".



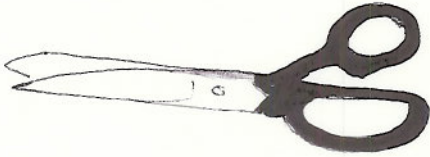
1. SCISSORS

These scissors are small and have a straight handle. You will use them for clipping threads and trimming as you sew.



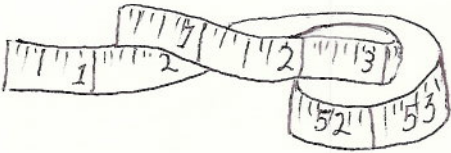
2. SEAM GAUGE

This is a 6 inch ruler with a moveable slide used to measure hems and seams or for other sewing projects where a small ruler is needed.



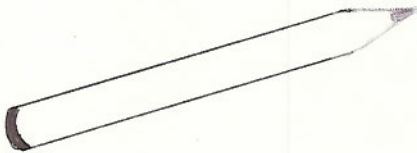
3. SHEARS

Shears are used for cutting fabric and are 7 or more inches long. Shears are made with bent handles to make cutting easier and should be kept very sharp.



4. MEASURING TAPE

Measuring tapes are 60 inches long and are used for body measurements and lengths. A plastic coated tape is a good selection because it won't tear or stretch.



5. MARKING PEN OR PENCIL

These pens and pencils are used to transfer important construction markings from pattern to fabric. Do not use a lead pencil on fabrics as many times pencil marks will not wash out. There are many good water erasable markers available to buy. Some disappear after several hours (usually purple markers) while others are removed by wetting with water. Make a sample before using on a garment, for some will leave a brown marking even after many wettings and laundries.



6. PINS

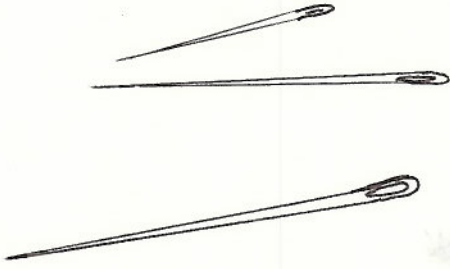
Dressmaker pins, silk and ballpoint pins are available. You will need pins to hold fabric pieces together as you sew. Always use good pins to avoid damage to your fabric. Throw away dull, rusty or bent pins.



7. PIN CUSHION

Pin cushions are used to hold pins when you sew. These can be purchased, but you may enjoy making your own with the help of your leader or mother.

8. NEEDLES



You will need to select straight, sharp needles for hand stitching and sewing on buttons, etc. They are available in different sizes and styles. As you shop notice the different needles and their usages. One end of the needle is sharp to push through the fabric, while the other end has a hole called the "eye" where the thread passes through. Needles with long eyes are easier to thread.

9. THIMBLE



A thimble is a metal or plastic shield that is usually worn on the middle finger to protect the finger when sewing by hand. It is used to help push the needle through the fabric by pressing on the eye end of the needle. Thimbles also come in different sizes and should fit the middle finger.

10. SEAM RIPPER



Use with CARE. A seam ripper is a tool with a pointed tip and a small curved section that cuts thread as you "carefully" remove an unwanted seam.

11. THREAD



Thread comes wound on a spool ready to use on your sewing machine or for hand sewing. It should match your fabric. If a printed fabric is being used, match your thread to the background color of the print or to the most predominate color, whichever is less noticeable.

EXHIBIT LABELS

Neatly fill in the blanks to describe the seven items you have selected to exhibit in your sewing kit. Carefully cut your descriptions apart and attach them to the correct sewing tool with either tape or string. Exhibit your completed project at the county fair with pride!

This tool cuts _____ to remove unwanted seams. I must be _____ when using my _____ not to cut my fabric.

_____ and _____:
These _____ or pencils are used to _____ construction markings on fabric. I will not use a regular _____ on my material.

_____ are used for body _____ and lengths. They are plastic coated and are _____ inches long.

It is important to match the sewing _____ with the fabric as closely as possible. _____ is used for hand and machine _____.

My _____ are used for cutting. They are 7 or more inches long with a bent _____ to make cutting easier.

This 6 inch _____ will help me measure hems and _____. It has a moveable _____.

_____ are used to hold fabric pieces together as you sew.

I will use my small straight _____ to clip _____.

_____ are sharp and used for hand sewing.

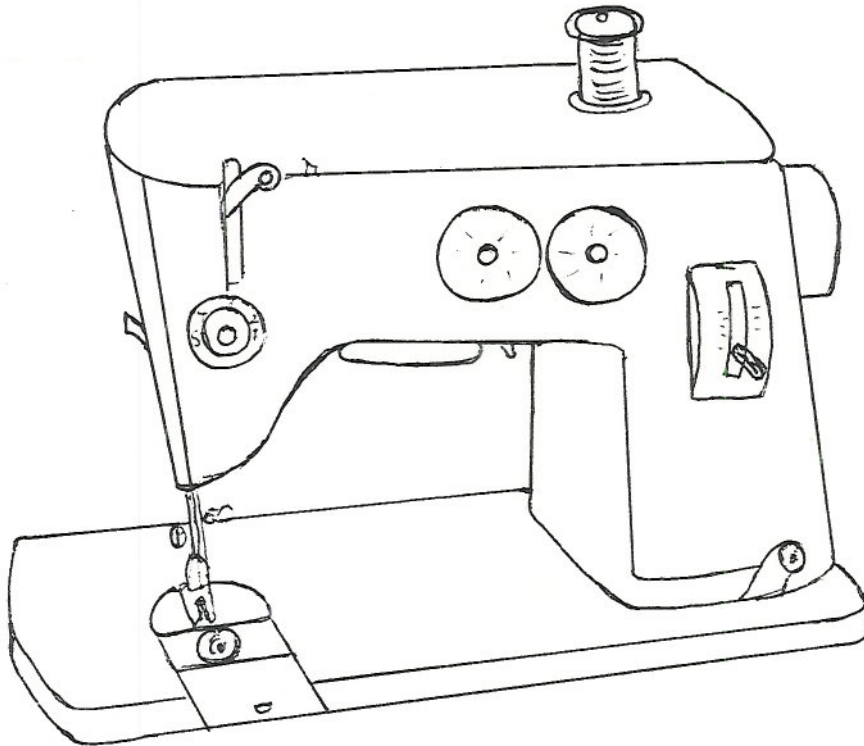
I will keep my pins together in my _____.

A _____ will protect my finger when I am _____ by hand.

This option will help you learn to use a sewing machine and make a project that will be useful.

Exhibit Option B:

Exhibit one of the projects you have made, for example, a fringed placemat, a fringed neck scarf, a pin cushion, or a pillow case.



Getting To Know Your Sewing Machine

There are many brands of sewing machines. Each brand is made differently, so it will be necessary for you to become familiar with your own machine. The drawings in this manual will give you a general idea where each part is located. Your machine may be different from the drawing. You will learn each part of your machine, where it is located and its purpose.

SPOOL PIN

The spool pin holds the spool of thread in place.

BALANCE WHEEL

This helps the needle run up and down smoothly. By turning the wheel by hand you can adjust the height of the needle.

TENSION

The tension regulates the tightness of the thread from the spool to the needle.

NEEDLE

The needle carries the top thread through the fabric to make stitches.

NEEDLE HOLE

This is the opening the needle goes through as it moves up and down.

PRESSER FOOT

When lowered, it holds the fabric in place as you sew.

PRESSER BAR LEVER

This lever, usually located at the back of the machine, raises and lowers the presser foot.

FEED DOG

These are small teeth, under the presser foot, that move the fabric as the needle makes stitches.

BOBBIN

This holds the thread for the under side of the stitch.

BOBBIN CASE

This holds the bobbin in place. It also has a tension to control the tightness of the understitch.

BOBBIN WINDER

This is where the thread is transferred from the spool of thread to the bobbin.

REVERSE LEVER

This varies from machine to machine. Sometimes it will be a lever or a push button. It allows the machine to reverse the direction of stitching known as back stitching to secure the end of a seam.

STITCH SELECTOR

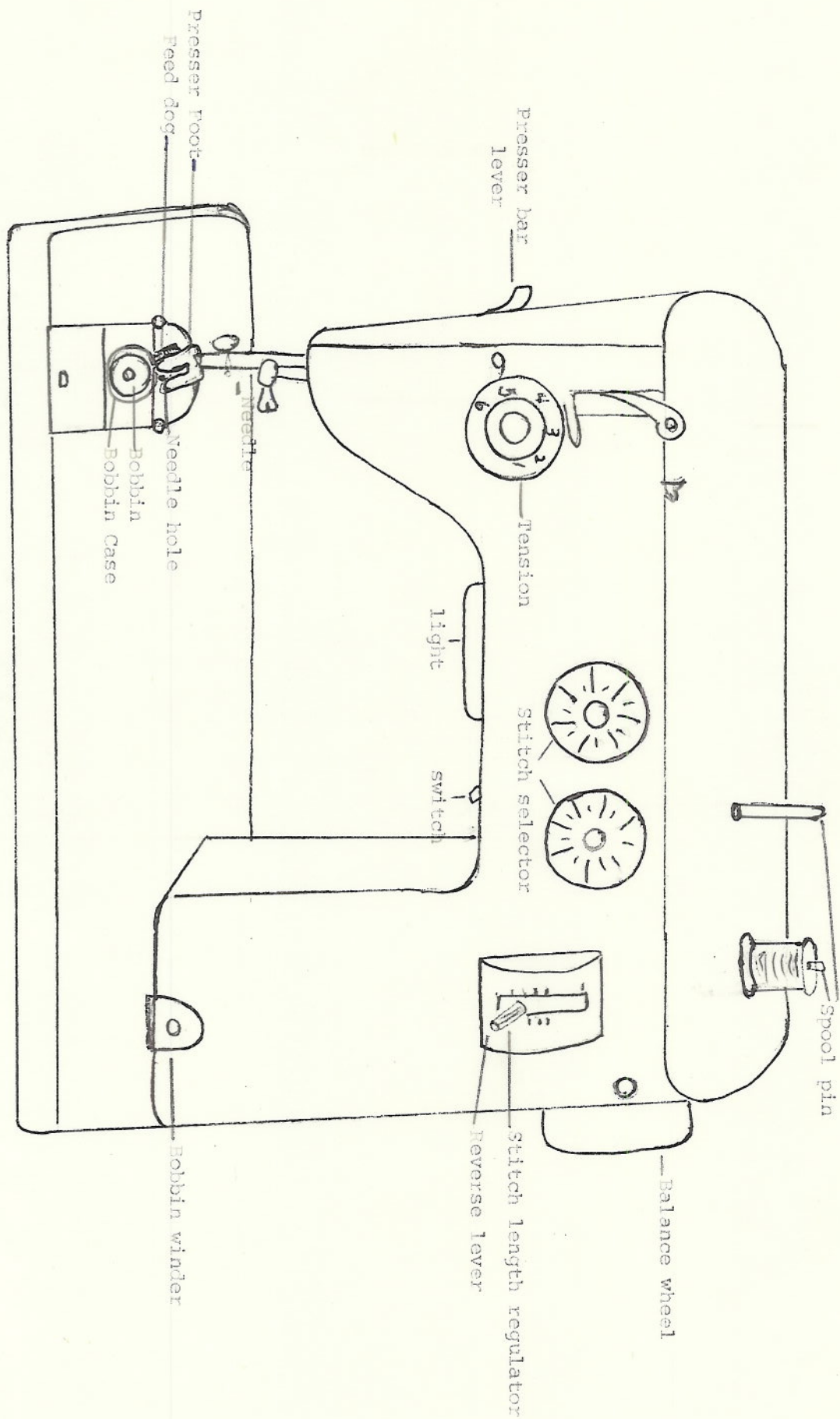
Some machines have built in decorative and different stitches that can be easily selected by turning the selectors.

STITCH LENGTH REGULATOR

This makes stitches longer or shorter.

How many of these parts can you find and identify on your machine? Ask your mother or leader to help you if needed. You may want to refer to your machine manual for more information.

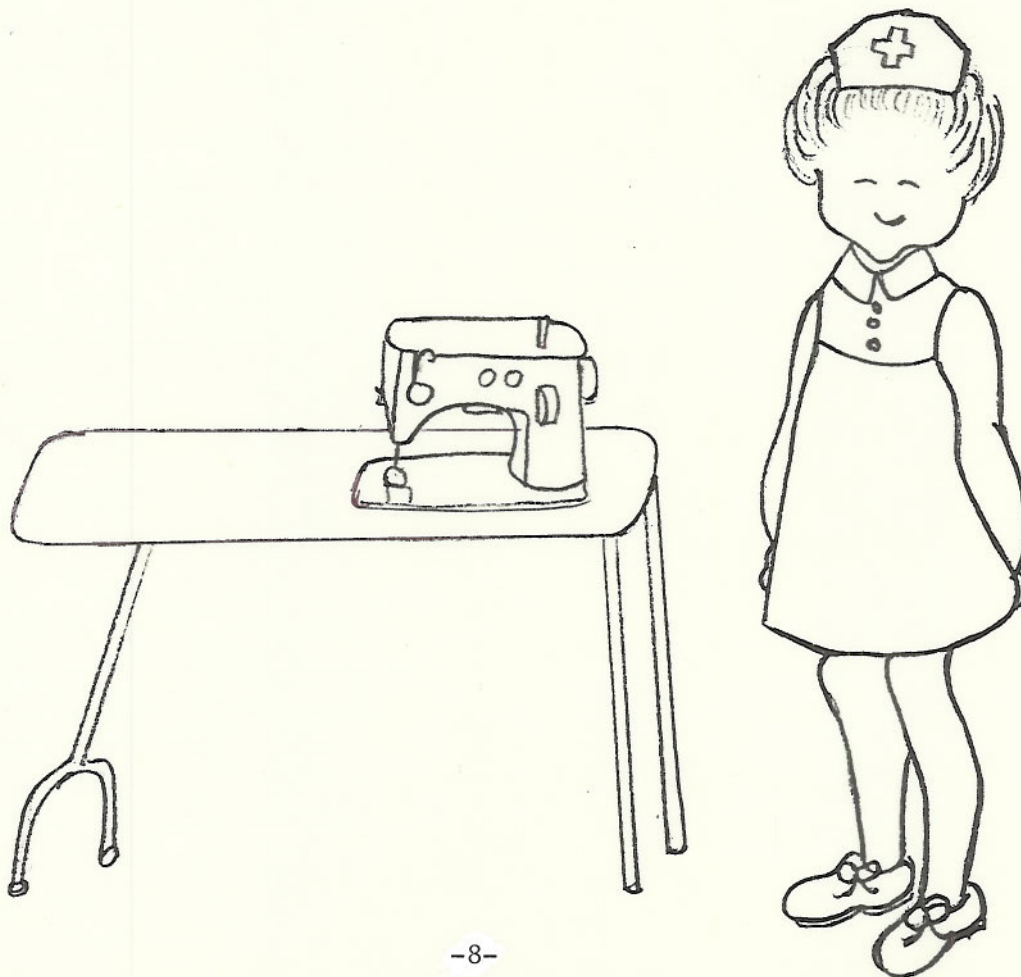
LEARN THE PARTS OF THE SEWING MACHINE



Safety With Your Sewing Machine

Most sewing machines are electrical and have many fast moving parts that can be dangerous if you are not careful. Before you begin sewing on your machine, there are some safety points you must be aware of when using your machine. The needle is very sharp and moves up and down very quickly. Always keep your fingers a safe distance from the moving needle. The machine runs at different speeds. It may be helpful if you try running the machine without a needle (for safety) and with the presser foot in the up position. Practice starting and stopping smoothly. Try out different speeds. Practice running the machine at a slow speed. This will help you control the machine when you begin sewing with fabric. Practice, practice, and practice some more. Relax and enjoy yourself as you get the feel of how the sewing machine works.

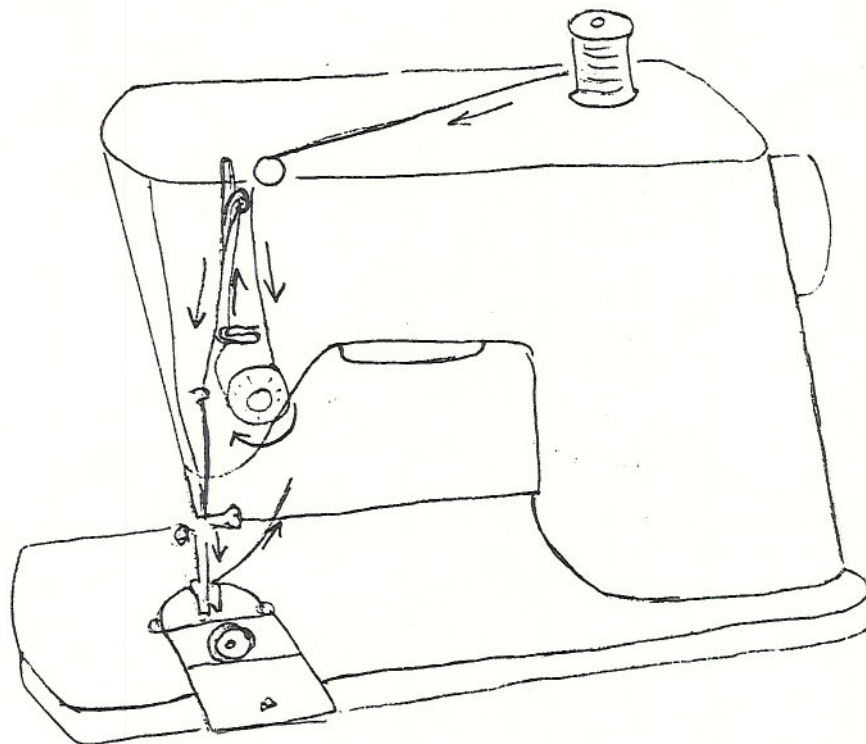
When you feel comfortable and in control of your machine speed, ask someone to help you replace the needle properly and you will be ready to practice sewing on lined paper.



Let's Try Using Your Sewing Machine!

Use a piece of lined paper, place it under the raised presser foot and line up the needle with a line on the paper. Turn the balance wheel with your right hand, slowly lower the needle into the paper, then lower the presser foot to hold the paper in place. Slowly begin to stitch while guiding the paper with your left hand. Try to keep the needle on the line. Don't push or pull the paper. Let the "feed dogs" pull the paper through the machine.

Did the needle follow the line? Keep practicing. It will get easier and you will soon be able to follow the lines. You may also want to practice turning corners. Use a ruler to draw corners on your ruled paper. To turn a corner, sew to the turning point (corner), leave the needle in the paper, raise the presser foot, turn the paper, lower the presser foot and begin stitching again. When you feel you can sew straight and turn corners well, you are ready to learn how to thread the machine and begin stitching with thread.



Use your machine manual for proper threading and filling the bobbin as well as the proper placement of it into the machine. Ask someone to help you and again practice threading the machine until you can successfully do it by yourself.

READY, SET, SEW!

You are now ready to begin stitching on material. Use scraps of material as you start to practice using the sewing machine. Using plaid, checks, or fabrics with lines will help you to stitch straight. Remember, keep your fingers a safe distance from the moving needle!

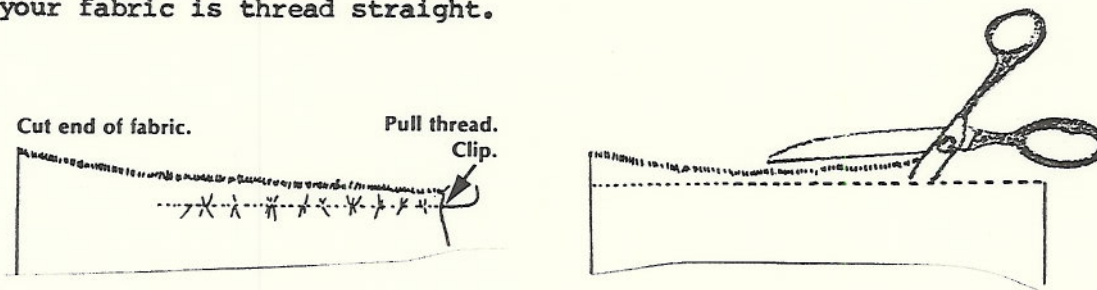
Prepare Your Fabric

You can make all of these items with leftover fabric that your parent or friends may have. Or, you may want to buy material for your project. Going fabric shopping can be lots of fun even if it is just "looking". We suggest you select a small, all over print or plain colored fabric for you project, except the pin cushion. A felt fabric is then suggested.

Thread Straight

Thread straight means a single thread runs all the way across the ends of the material. If the material has been cut, rather than torn, the ends probably will not follow a single thread all the way across the fabric.

If the fabric is not thread straight, clip through the selvage (tightly woven edge of the fabric) close to the cut ends of the fabric. Pull a crosswise thread from the fabric. Then cut along the pulled line. Now your fabric is thread straight.



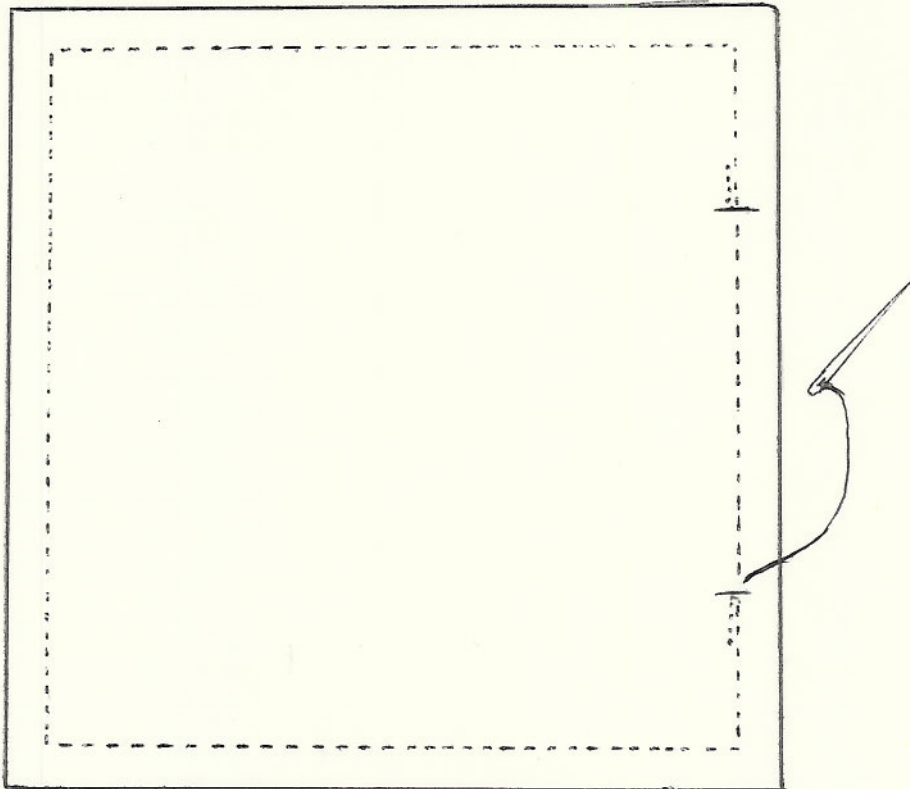
Pre-wash Fabric

Machine wash and dry the fabric as you will your finished project. This will shrink the fabric before you cut it.

MAKING A PIN CUSHION

Make a pin cushion using felt, a non-woven fabric that requires no turning and seam finish.

- * Cut two pieces of felt approximately a 4" square.
- * Place the two pieces together and pin. Most sewing machines will stitch over pins. But you have to be very careful. It is best to stop stitching just before reaching the pin and remove it from your fabric.
- * Follow stitching guide, sew about 1/4 inch from the edge of the fabric, leaving an opening about 2" on one side, back stitch at both ends.
- * Fill the pin cushion tightly with poly-fill
- * Close the opening with a hand sewing method called a running stitch or close hand basting, using double thread. Now is a good time to start using your thimble. Remember to secure the end of your hand stitching when you are finished closing the opening.



PLACE MAT OR NECK SCARF

The following instructions for making a place mat have been taken from the Clothing I 4-H Manual. The same technique can be applied when making a neck scarf by adjusting the measurements for the desired scarf size.

Place Mat

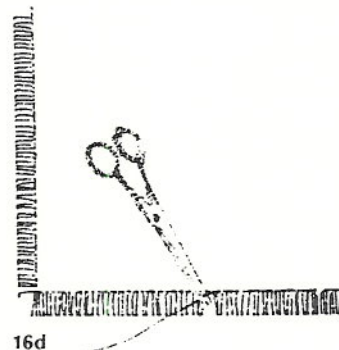
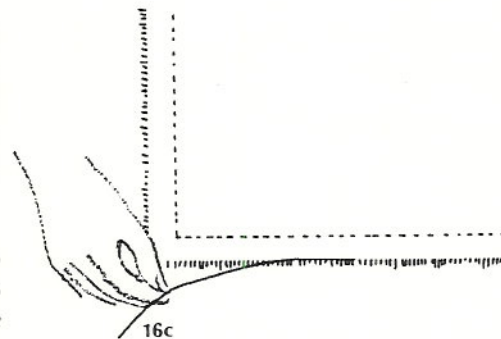
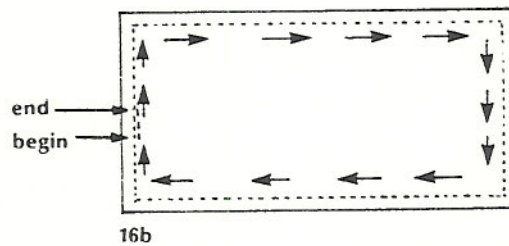
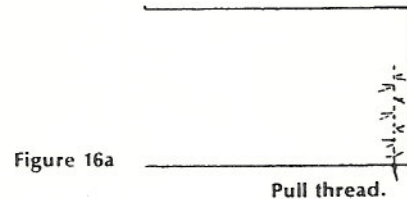
Place Mat

What You Need

fabric 13 inches by 19 inches for each place mat
matching thread

How to Make a Place Mat

- Make the lengthwise and crosswise grains thread straight. When finished, the fabric should measure about 13 inches by 19 inches.
- Measure $\frac{1}{2}$ inch from the edge of the fabric. Pull a thread at this point. Do this on all four sides. See Figure 16a.
- Stitch where you pulled the threads, using a regular stitch length (10 to 12 stitches per inch). Begin in the center of one side and stitch around the fabric. Make sure you turn square corners. Trim the ends of the sewing thread close to the fabric. See Figure 16b.
- Make fringe by pulling out all the threads between the stitching and the edge. It is usually best to pull one thread at a time. See Figure 16c.
- If you have not done the machine stitching exactly straight along the thread, some of the threads will not unravel. Stop when the thread of the fabric is caught with the machine stitching. With scissors, cut the thread that you are raveling out and pull it away from the mat. See Figure 16d.
- Press your place mat.



Making a Pillow Case

Making a pillow case is for the more advanced Mini 4-H member. It is a larger project and will require more assistance from your teacher. The instructions are for the standard size pillow.

- * You will need 1 yard of 45" plain or printed fabric.
- * Pre-shrink the fabric.
- * Thread straighten both ends so the fabric will measure 33" long.
- * You may leave the selvage on and use it as a seam finish. Your finished pillow case will be a little wider than a purchased case, but the selvage serves a good purpose when you are just learning to sew.
- * Fold fabric with right sides (bright side) together. (fig.1)
- * Pin the side and end together with the edges even. Most sewing machines will stitch over pins. But you have to be very careful. It is best to stop stitching just before reaching the pin and remove it from your fabric. The pins must be at right angles to the stitching line. (fig.1)
- * Stitch a 5/8-inch seam allowance down the side and across the bottom of the pillow case, back-stitching at both ends. Trim threads close, being careful not to cut the fabric. (fig.2)
- * Have someone help you to cut across the corner diagonally to eliminate bulk when corner is turned. (fig.2)
- * Press the side seam open.
- * To make the hem, stitch 1/4" from edge. Have someone help you to fold the fabric down along the stitching line and press. (fig.3&4)
- * With help, turn the hem up 2 inches. Press to get a sharp crease and pin in place. (fig.5)
- * Stitch close to fold through all thickness using the folded edge as your guide.
- * Turn and press. Your pillow case is finished and ready for use.

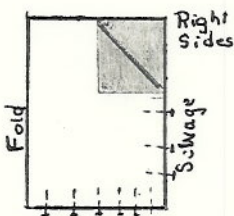


fig.1

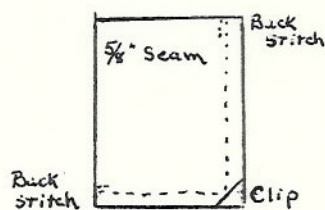


fig.2

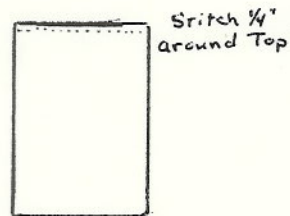
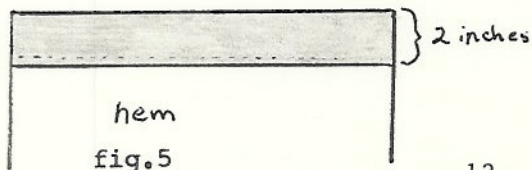
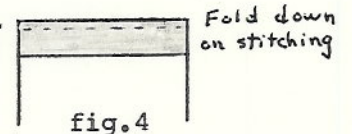
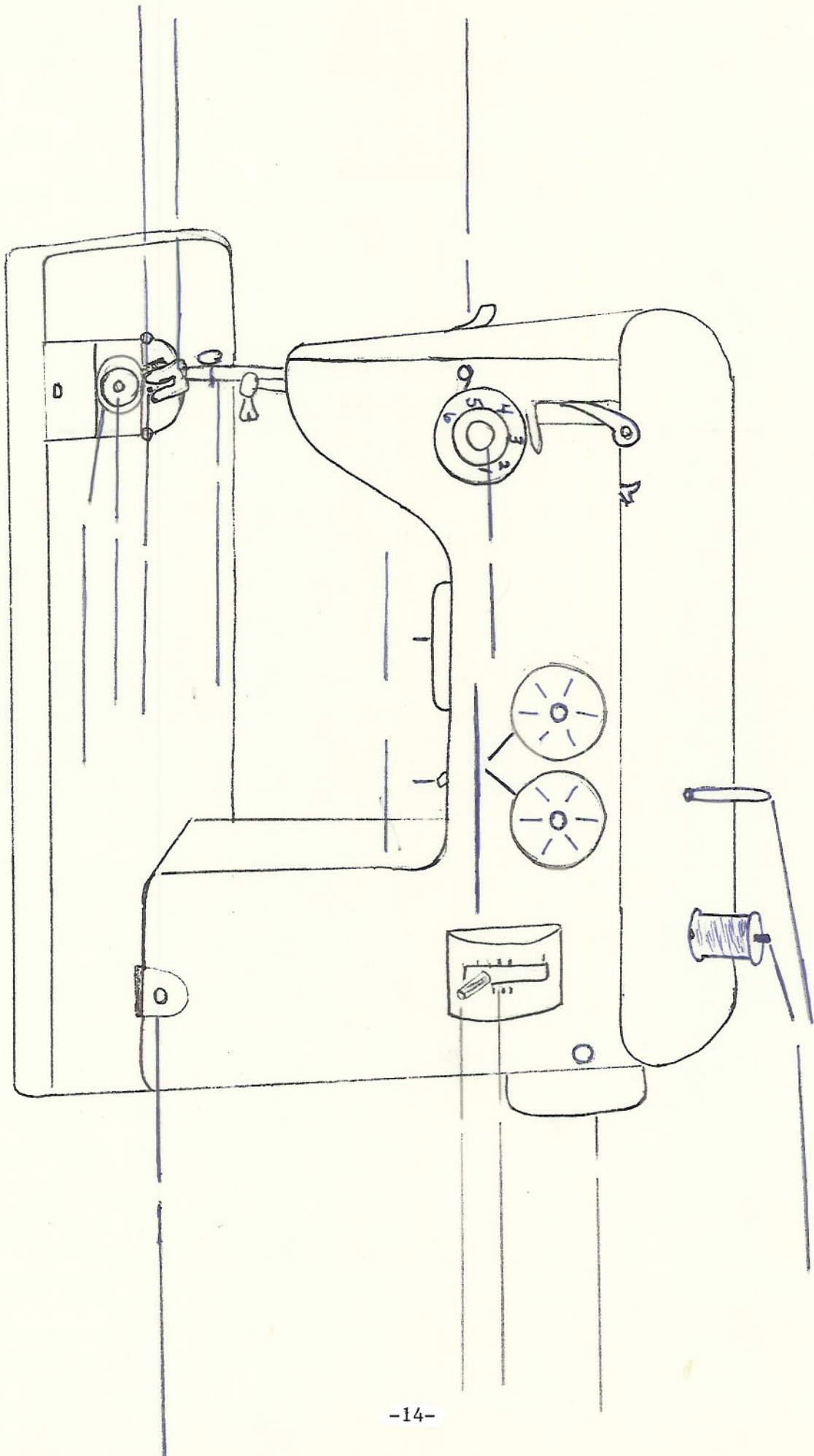


fig.3



Testing Your Knowledge



White County Mini 4-H Record Sheet

Club Name _____

Name _____

Address _____
Address City/Town State Zip Code

Date of Birth ____/____/____ Boy _____ Girl _____

School _____ Grade Completed _____ Phone (____) _____

Parent's Name _____

1. Place a check (✓) next to the Mini 4H project you chose?

____ ANIMAL POSTER ____ CAKE DECORATING ____ COLLECTIONS ____ CRAFTS ____ FLOWERS
____ FOOD ____ FORESTRY ____ MODELS ____ NATURE ____ SEWING

2. Tell us about your exhibit: _____

3. How long did it take you to do your project? _____

4. How much did it cost to make your project?

5. What are three things you learned this year in your Mini 4H Project?

A. _____

B. _____

C. _____

Thank you very much for trying a Mini 4-H project this year. We hope you had a lot of fun and learned something too!!!

4-H Leader's Signature

Date