



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.

Level A, Grade 3

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 or similar sewn clothing article made to be worn by the 4-H member or another person. 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 or similar sewn article. Attach Sewing Skills Card (4-H 925c-W) to the exhibit.

Level A, Grade 4

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 or similar sewn clothing article made to be worn by the 4-H member or another person. 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) or similar sewn article. Attach Sewing Skills Card (4-H 925c-W) to the exhibit.

Level B, Grade 5

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 or similar sewn clothing article made to be worn by the 4-H member or another person. A similar article is permissible provided the skillset is the same as the listed articles. 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 or similar sewn article. Attach Sewing Skills Card (4-H 926C-W) to the exhibit.

Level B, Grade 6

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 made to be worn by the 4-H member or another person. 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 similar sewn article OR construction techniques sample notebook (following instructions provided in the manual).

Attach Sewing Skills Card (4-H 926D-W) to the exhibit.

Level C, Grade 7

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, casual or sports outfit made to be worn by the 4-H member or another persons. 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 similar sewn article OR construction techniques sample notebook (following instructions provided in manual). Attach Sewing Skills Card (4-H 927C-W) to the exhibit.

Level C, Grade 8, 9

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

Choose at least 6 of these skills for each sewn exhibit:

- make darts
- make tucks

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

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.

Level D, Grade 10, 11, 12

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

Choose at least 6 of these skills for each sewn exhibit:

- make darts
- make tucks
- add lining
- add facings
- add plackets
- add lapels
- make sleeves
- add gathers
- apply trim
- apply ribbing
- add a drawstring
- attach cuffs
- make pleats
- insert elastic
- add boning
- apply a collar
- insert piping
- make a neckband
- add vents
- sew buttons
- add underlining
- add ruffles
- do machine or hand quilting
- apply machine or hand appliqué
- apply machine topstitching
- insert an invisible zipper
- insert a separating zipper
- insert a fly front zipper
- insert a lapped zipper
- insert a hand picked zipper
- do a machine topstitched hem
- do a machine blind hem
- do a hand-stitched hem
- 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
- sew with knit
- make button loops

- do hand beading
- add inseam pockets
- add welt pockets
- use twin needle
- create bound edges
- hand/machine beading
- make a reversable item
- make self-covered buttons
- use specialty threads
- make self-enclosed seams
- sew with difficult fabric
- construct with a serger
- make machine buttonholes
- make bound buttonholes
- piece quilted item
- other skills not listed above

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.

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

All senior sewing wearable exhibits (Grades 8-12) are to be made so it can be worn by the exhibitor or another person. All senior sewing (Grades 8-12) 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.

*****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.