

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.

Superintendent:

State Fair Entries: Non-Wearable - *One State Fair Entry from each grade level*

Wearable – *one State Fair Entry from grades 3-7 and one entry from each category for grades 8-12*

RULES

1. Refer to the Parke County 4-H Policies and Entry & Exhibit Requirements.
2. Each article must be accompanied by hanger and in a clear plastic wrap, such as a dry cleaner bag.
3. Only one outfit per 4-H participant can be exhibited in Sewing Construction. The outfit modeled for Fashion Revue does not necessarily have to be the same one entered in construction.
4. In Sewing Construction judging, we recommend a policy of audience viewing. However, absolutely no comments directed to the judge will be allowed until each division has been judged. Only then a short question-answer session will be permitted concerning only that division. This policy would be reviewed by the Adult Leader in charge with the judge prior to judging.
5. Sewing Construction will be judged the same day as Fashion Revue judging prior to the fair. All sewing **MUST BE BROUGHT TO THE FAIRGROUNDS ON THIS DAY TO BE JUDGED**, even if it is not to be entered in Fashion Revue. After judging, the sewing construction entries will be kept at the Fairgrounds for entry at the County Fair.
6. Definition of "Outfit": An outfit is a garment or garments which when put together make a complete look, such as a one or two-piece dress, a one or two-piece pantsuit, or a three-piece combination, such as pants, vest, and blouse.
7. All garments should be clean and neatly pressed.
8. Place exhibit label on wearable items at the right shoulder of all garments except Level A. Labels on garments in Level A should be placed at the hemline center front. Place exhibit labels non-wearable items in the lower right hand corner of item.

EXHIBITS

(Senior wearable exhibits will be based on State Fair categories, not by grades)

Level A: Grade 3

Skills to Learn and Include in Exhibit

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 Options:

- **Wearable:** Elastic waist shorts, pants OR skirt with fold over casing; no pockets. 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 tote bag with handles or drawstring. Attach Sewing Skills Card (4-H 925c-W) to the exhibit.

Level A: Grade 4

Skills to Learn and Include in Exhibit

Include at least 2 skills in the exhibit:

Seam finishes are recommended on all exposed seams.

- Use interfacing
- Trim and grade seams

- Staystitch and understitch
- Apply a facing or binding
- Stitch curved seams
- Work with fiberfill
- Machine topstitch hems

Exhibit Options:

- **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. 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). Attach Sewing Skills Card (4-H 925c-W) to the exhibit.

Level B: Grade 5

Skills to Learn and Include in Exhibit

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

Exhibit Options:

- **Wearable:** Simple shirt with sleeves OR sundress OR jumper OR simple 2 piece pajamas. 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. Attach Sewing Skills Card (4-H 926C-W) to the exhibit.

Level B: Grade 6

Skills to Learn and Include in Exhibit

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.

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|--------------------------|--------------------------------|------------------------------|
| • make darts | • sew patch pockets | • match fabric design |
| • set in sleeves | • apply bindings | • use fiberfill |
| • insert a lapped zipper | • do a machine topstitched hem | • apply machine appliqué |
| • hand-stitch a hem | • sew facings | • insert piping |
| • make buttonholes | • apply ribbings | • apply machine topstitching |
| • sew tucks or pleats | • sew a simple collar | • construct with a serger |
| • sew ruffles | • do a machine blind hem | • sew inseam pockets |
| • hand sew buttons | • sew with knit | |
| • apply trim | | |
| • sew a simple lining | | |

Exhibit Options:

- **Wearable:** Two (2) garments that can be worn together. Attach Sewing Skills Card (4-H 926C-W) to the exhibit.
- **Non-wearable:** Pillow sham with button or zipper closing, appliquéd design, piping or ruffle. Make your own pillow form OR tote bag with zipper or duffel bag with zipper, pockets and lining OR doll or pet clothes OR construction techniques sample notebook (following instructions provided in manual). Attach Sewing Skills Card (4-H 926C-W) to the exhibit.

Level C: Grade 7

Skills to Learn and Include in Exhibit

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 Options:

- **Wearable:** School or sports outfit. 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 construction techniques sample notebook (following instructions provided in manual). Attach Sewing Skills Card (4-H 927C-W) to the exhibit.

Level C: Grades 8 & 9

4-H'ers in grades 8-12 may exhibit 2 wearables in different categories

Skills to Learn and Include in Exhibit

Seam finishes are recommended on all exposed seams (except knits and non-raveling specialty fabrics).

Interfacing, understitching and trimming should be used when appropriate.

In addition, choose at least 6 of these skills for each sewn exhibit:

- make darts
- make tucks
- add lining
- attach cuffs
- make pleats
- insert elastic
- do machine or hand quilting
- apply machine or hand appliqué
- apply machine topstitching

- 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
- apply machine embroidery
- 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
- 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

Exhibit Options:

- **Wearable:** Same as fashion revue categories. 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: Grades 10-12

4-H'ers in grades 8-12 may exhibit 2 wearables in different categories. Skills to Learn and Include in Exhibit - Seam finishes are recommended on all exposed seams (except knits and non-raveling specialty fabrics).

Interfacing, understitching and trimming should be used when appropriate.

In addition, 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 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
- 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
- hand/machine beading
- make a reversable item
- 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
- 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 Options:

- **Wearable:** Same as fashion revue categories. 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: Advanced Sewing Wearable Exhibits: Levels C & D**Exhibit****Advanced Sewing Wearable Exhibit Options (Fashion Revue Categories) Levels C & D**

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.