

# Mini 4-H SEWING PROJECT



- Mini 4-H is open to youth who are currently in **Kindergarten, first, or second grade** at the time of their enrollment on 4HOnline.
- Enroll in Mini 4-H through the 4HOnline website by January 15, <http://in.4HOnline.com>
- There is no state program fee or manual fee for Mini 4-H, a local club fee may apply.
- Each Mini 4-H member can enroll in up to 5 mini 4-H projects and is able to **exhibit 2 mini-projects** at the St. Joseph County 4-H Fair.
- All projects to be exhibited must be entered into Fairentry.com (<https://stjoseph-in.fairentry.com>) prior to check-in.
- All Mini 4-H projects are checked in on Monday or Tuesday of project turn-in week, one week before fair starts, in the 4-H Exhibit Hall of the Esther Singer Building. Enter Gate 2 off Ironwood Road.
- Your completed Mini 4-H project will receive a 4-H ribbon once it is exhibited at the 4-H Fair.

## SEWING:

In this Mini 4-H project, you will collect the basic tools for sewing, which will be your sewing kit. You will learn how to make a tote bag. A family member or friend can teach you.

**Exhibit Requirements:** You should exhibit your tote bag OR sewing kit and pin cushion you made.

## 4-H PLEDGE

I pledge...



My head to clearer thinking



My heart to greater loyalty



My hands to larger service



My health to better living

For my CLUB, my COMMUNITY, my COUNTRY, and my WORLD.

## MINI SEWING PROJECT

**Make one of the 4-H projects in this sewing manual - either**

1. Sewing Box with tools & Pin Cushion
2. Tote Bag
3. Fringe a Scarf
4. Quilt Square Initials
5. Tic-Tac-Toe Weaving
6. Stitch the Mouse
7. Straight-Line Patterns
8. Connect-a-Pattern
9. Flight Pattern

### **YOU WILL NEED THE FOLLOWING FOR YOUR SEWING BOX:**

1. A Cigar Box or Shoe Box, etc.

\* If you wish to cover or decorate your sewing box, use leftover wallpaper, pieces of fabric, gift wrapping paper, spray paint, etc.

2. Suggested Tools For Your Sewing Box:

- |                 |                          |  |
|-----------------|--------------------------|--|
| A) Scissors     | D) Thimble               | G) 6" Ruler                            |
| B) Pins         | E) Needles (Size 7 or 8) | H) Tailor's Chalk                      |
| C) Tape Measure | F) Thread                | I) Pin cushion (the one you will make) |

\*\*\*Plus and Arts & Crafts Needle #14

### **DEFINITIONS TO KNOW:**

**KNIT** - This is a certain type of fabric that stretches easily when pulled. 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 one found in this manual) which is pinned to fabric and cut around.

**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 approx. the same size.

### **ITEMS NEEDED TO MAKE YOUR PIN CUSHION**

- |                                       |                |
|---------------------------------------|----------------|
| 1 - 3 inch styrofoam ball             | Scissors       |
| Medium weight knit fabric (any color) | Straight Pins  |
| Large - eyed needles                  | Tailor's Chalk |
| Embroidery floss or yarn              |                |



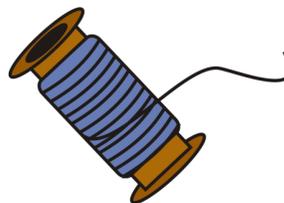
For this project you can use either a solid colored knit fabric or knit fabric with a design on it. Also, the yarn or embroidery floss can be any color you wish. The fabric should be at least 12" wide and 12" long, so the pattern piece will fit easily on your material.

**PLEASE REMEMBER TO READ ALL DIRECTIONS CAREFULLY BEFORE YOU BEGIN  
YOUR PROJECTS.**

**INSTRUCTIONS FOR PIN CUSHION:**

1. Cut out the half circle pattern which is in the manual and place the pattern on the fold of your fabric.
2. With straight pins, pin the pattern in place on the fabric
3. Very carefully cut around the pattern, keeping the fabric flat on the cutting surface. Open up your fabric and you have a circle.
4. With tailor's chalk, put slashed lines on your fabric circle in the same places they are found on your pattern, about 1 1/2 inches from the edge.
5. Thread your needle. If you are using yarn, use an Arts and Crafts Needle # 14. If you are sewing with embroidery floss, use a doubled thread and a crewel or large eyed needle. Someone might have to help you get the yarn or floss through the eye of the needle.
6. Following the slashed 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.
7. With your parent or guardian's help, take a knife and cut approximately 1/4" off the bottom of the styrofoam ball. Make the edge even so the ball will set flat.
8. Put the styrofoam ball in the center of your fabric circle and slowly draw the string tightly. When the fabric is drawn snugly around the ball, make a tight bow.
9. To make sure your ties don't unravel, put a knot in each end. You've just completed your very own pin cushion!

**GREAT JOB!**



## **BEFORE YOU START TO SEW, LET'S LEARN ABOUT YOUR SEWING MACHINE:**

Remove the bobbin and top thread so that the thread won't knot while you practice. Begin by running the machine with the presser foot. Try running your machine at different speeds. Then run your machine slowly and evenly.

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 on the bed of the machine. 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, turn the corner, lower the presser foot and continue stitching.

Once you can stitch straight and curved lines and turn corners, you are ready to sew with thread. Ask an adult to show you how to thread your 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.

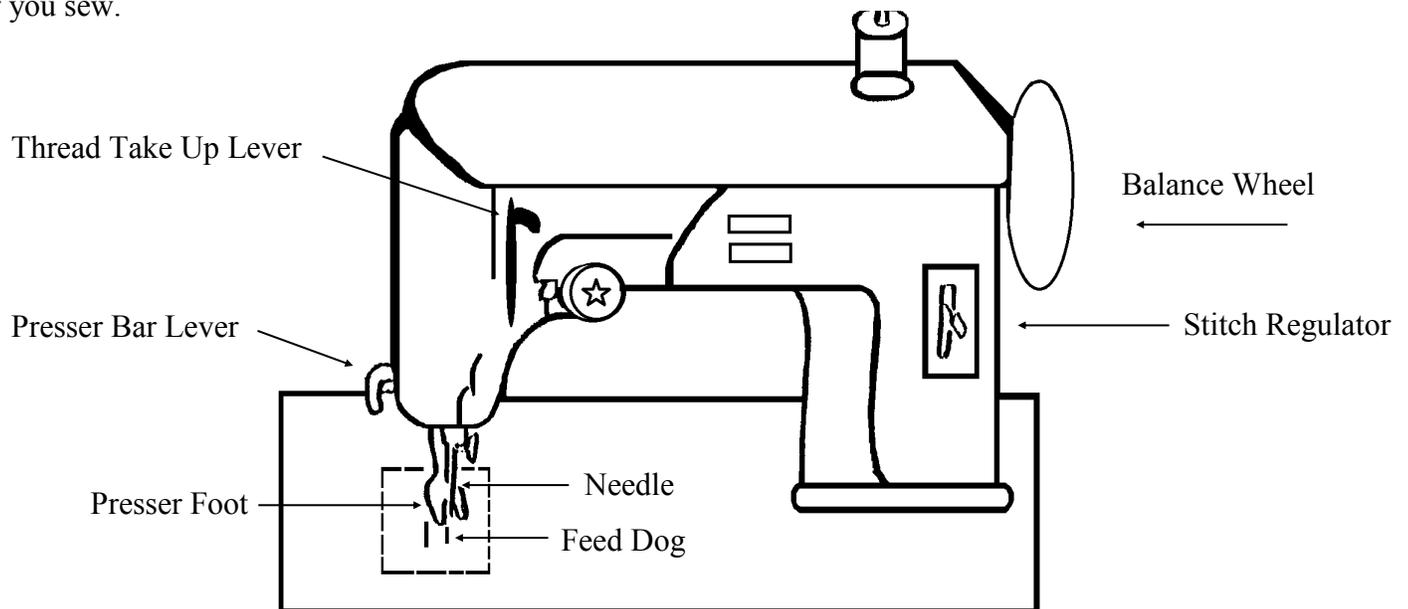
### **SEWING WITH FABRIC:**

A standard seam allowance is  $\frac{5}{8}$  inch. Find the  $\frac{5}{8}$  inch mark on your machine or put a piece of tape  $\frac{5}{8}$  inch from the needle hole.

Take two pieces of scrap material that are the same size. Put the right sides together and match up the edges.

Line up the edge you want to sew on with the  $\frac{5}{8}$  inch seam mark. Sew in a straight line. Practice sewing a  $\frac{5}{8}$  inch seam until you can do it easily.

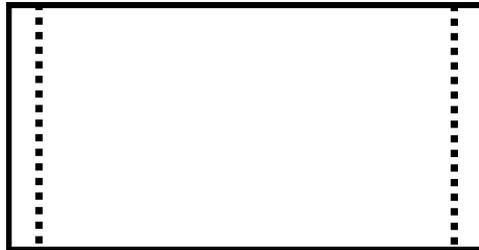
A regular stitch length is 10 to 12 stitches in an inch. This is the size to use for permanent stitching in whatever you sew.



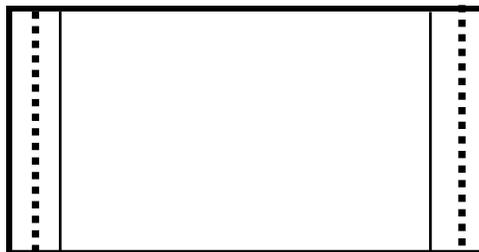
## HOW TO MAKE A TOTE BAG

**YOU WILL NEED:** Fabric 10 inches by 24 inches, 1 yard of cord or narrow ribbon for draw-string, matching thread, Iron-On transfer or other decoration.

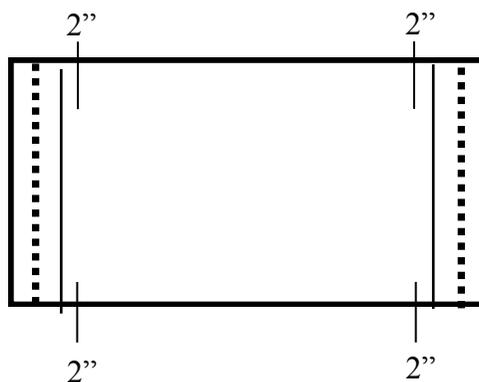
With a regular stitch length (10 to 12 stitches per inch), stitch 1/4 inch from the edge on both ends of your fabric.



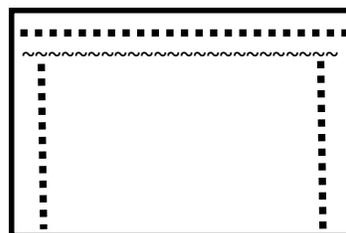
Fold the fabric under to the wrong side along the row of stitching and press. Place a row of regular stitching close to the folded edge,



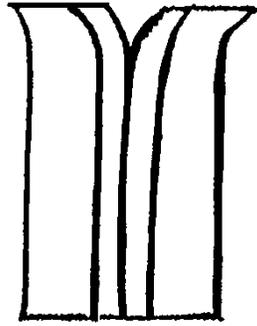
Measure down 2 inches from the folded edges. Make a small dot with a pencil.



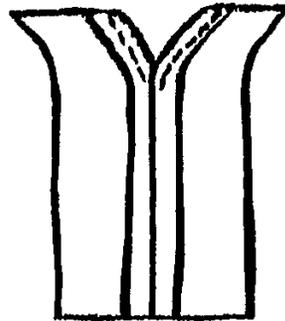
Fold the right sides of the fabric together. Pin the side seams from the bottom fold to the dot. Stitch each side in a 5/8 inch seam from the bottom fold to the dot. Backstitch at both ends of the stitching.



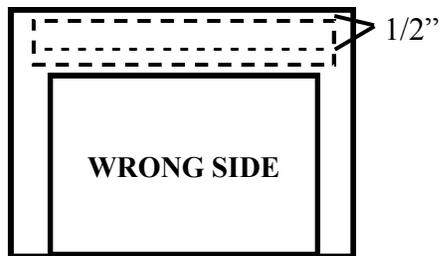
Press the side seams open, including the 5/8 inch seam allowance above the dot.



From the top, stitch close to the fold of the seam allowance. Stitch to the dot, across one or two stitches and up the other side. Repeat for other side of tote bag.

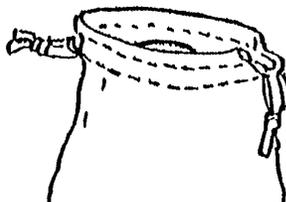


Fold down an inch from the top to make a hem. Pin. Machine stitch close to the edge of the hem. Stitch again 1/2 inch from the top of the hem to form a casing for drawstring.

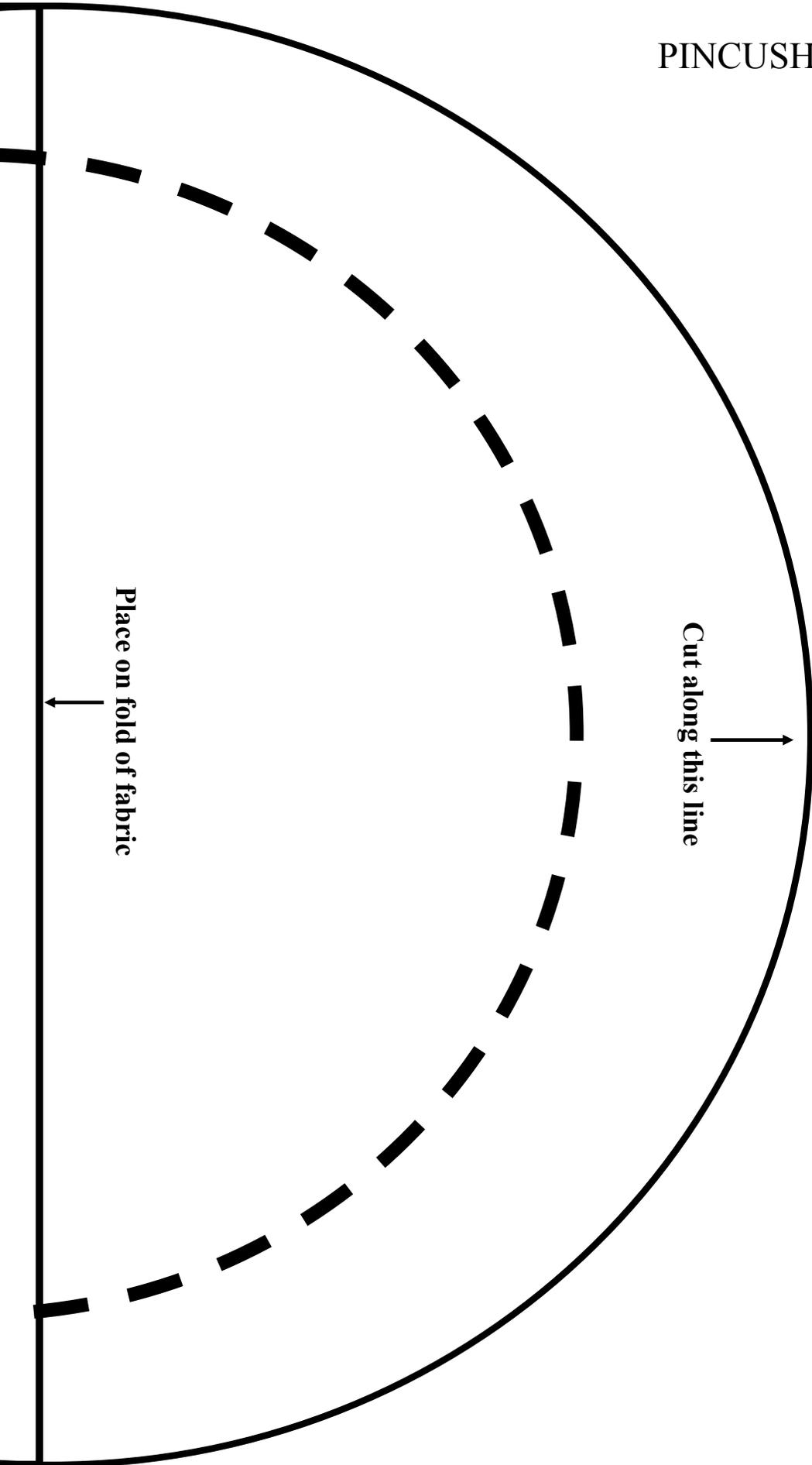


Cut the material for drawstrings in half. Fasten a safety pin to one end of the drawstring. Insert one drawstring through the front casing, starting at the opening in one side seam. Insert the other end of the drawstring through the back casing.

Starting at the opposite side seam, insert the second drawstring through the casings. Tie a knot at each end of the drawstring. Assemble "iron-on" transfer design or other decoration in desired location.



# PINCUSHION PATTERN



Place on fold of fabric

Cut along this line

CLIP

# PRACTICE STITCHING GUIDE

