

Sewing

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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.

Requirements

Level: Level A (Grade 3)

Last Modified: 10/1/20

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

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.

Requirements

Level: Level A (Grade 4)

Last Modified: 10/1/20

Skills to Learn and Include in Exhibit

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.

Requirements

Level: Level B (Grade 5)

Last Modified: 10/1/20

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 ribbons	
sew patch or inseam pockets	
use a simple lining	
do a machine blind hem apply	
machine topstitching do a	
machine topstitched hem	

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.

Requirements

Level: Level B (Grade 6)

Last Modified: 10/1/20

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.

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

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.

Requirements

Level: Level C (Grade 7)

Last Modified: 10/1/20

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	attach cuffs
set in sleeves	apply binding
sew facing	sew lining
apply ribbing	apply ruffles
apply a collar	insert piping
sew on buttons	make buttonholes
use doll joints	use fiberfill
apply inseam pockets	apply patch pockets
apply front hip pockets	use a twin needle
match fabric design	apply tucks/pleats
apply trims	construct with a serger
apply machine or hand appliqué	apply machine embroidery
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	

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.

Requirements

Level: Level C (Grades 8 and 9)

Last Modified: 10/10/08

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

Requirements

Level: Level D (Grades 10, 11, and 12)

Last Modified: 11/01/07

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

Requirements

Level: Advanced Sewing Wearable Exhibits (Levels C & D)

Last Modified: 10/1/20

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.

Resources
