

# Sew Simple • Chapter One

Level A: Grade 3

Welcome to the 4-H “Sew Much Fun” activities. In this level, you will learn basic sewing skills that will help you as you sew simple garments and accessories. Words that are italicized, underlined, and in **bold** type when they first appear in this manual are defined in the Glossary on pages 13 and 14.

## Let’s Sew: Suggested Reading

With your helper, read these pages in *Let’s Sew! A Beginner’s Sewing Guide* by Nancy Zieman. You will learn lots of great information.

Tool Talk, . . . . .	pages 3-8
Sewing Machine Savvy, . . . . .	pages 9-14
Pattern Power, . . . . .	pages 19-24
Fabric Facts, . . . . .	pages 25-28
Ready, Set, Sew, . . . . .	pages 29-32
Assembling Your Project, . . . . .	pages 35-37
Adding a Casing, . . . . .	pages 43-45
Hemming, . . . . .	page 46

(\*Note: Fusing hems is not recommended for exhibit.)

Plus, read all of the information in your project instructions.

## Learning Activities Checklist

These sewing activities will help you learn the skills to sew your projects. (Check off each of these items on your Achievement Sheet on page 15 as you do them.)

- Take the sewing machine operator’s test.
- Thread the machine, wind a bobbin, and sew.
- Help select patterns, fabric, and notions.
- Read and follow pattern directions.
- Straighten and prewash fabric.
- Pin and cut fabric.
- Use the iron and seam gauge.
- Practice stitching and a simple seam finish.
- Insert and join elastic, then stitch in the ditch.
- Understand sewing and trimming a crotch curve.

## Skills to Learn & Include in Your Exhibit

Choose at least 2:

- Insert elastic or drawstring.
- Sew and trim a crotch curve.
- Machine topstitch hems.
- Use a simple seam finish.
- Stitch in the ditch.