

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 10 and 11.

Let’s Sew: Suggested Reading

Use the *Let’s Sew* reference book to supplement your sewing for this division. Other books that might be helpful are available at libraries and fabric stores. Look for these titles:

- Sewing Essentials*, The Singer Sewing Reference Library
- Pants for Any Body*, Pati Palmer and Susan Pletsch
- Power Sewing*, Sandra Betzina

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 12 as you do them.)

- Try out different machine accessory feet and learn their uses (examples: zipper foot, zigzag foot).
- Look at a **serger** and find out how it is used in combination with your sewing machine.
- Read fabric bolts, and learn to identify different fabrics.
- Find different types of **interfacing**. Learn their uses.
- Do simple pattern adjustments.
- Continue to use **staystitching** in garment construction.
- Practice **gathering** fabric. Sew the gathering to another piece of fabric, keeping gathers even.
- Practice techniques for sewing **patch pockets** and **inseam pockets**.
- Insert a sleeve using the “flat method” (**sleeve cap** is stitched to armhole before the sleeve and underarm seams have been sewn).

Skills to Learn & Include in Your Exhibit

Seam finishes are *recommended* on all exposed seams (except knits). Interfacing, **understitching**, and trimming should be used when appropriate. Choose at least three of these additional skills for each sewn exhibit:

- | | |
|--|--|
| <input type="checkbox"/> Match fabric design. | <input type="checkbox"/> Apply purchased trim or <u>ribbing</u> . |
| <input type="checkbox"/> Sew with knit. | <input type="checkbox"/> Sew a simple sleeve. |
| <input type="checkbox"/> Sew patch or inseam pockets. | <input type="checkbox"/> Gather fabric. |
| <input type="checkbox"/> Insert elastic. | <input type="checkbox"/> Hand-stitch a hem. |
| <input type="checkbox"/> Apply <u>binding</u> . | <input type="checkbox"/> Insert a zipper. |