

This level of 4-H sewing continues to build your sewing skills. You should feel comfortable at the sewing machine and be able to make good choices for patterns, fabrics, notions, and sewing techniques. Words that are italicized, underlined, and in **bold** type when they first appear in this manual are defined in the Glossary on page 8.

Suggested Reading and Resources

These publications are available at libraries, fabric stores, and bookstores. Use them to supplement the information in your pattern instructions and the *Let's Sew* reference book.

Sewing Essentials, Singer Sewing Reference Library
Sewing for Style, Singer Sewing Reference Library
Sewing with Knits, Singer Sewing Reference Library
Sewing Pants That Fit, Singer Sewing Reference Library
Pants for Any Body, Pati Palmer and Susan Pletsch
Power Sewing, Sandra Betzina
Fabric Sewing Guide, Claire Shaeffer
501 Sewing Hints, Nancy Zieman
Fitting Finesse, Nancy Zieman
Sew News magazine
Threads magazine

Learning Activities Checklist

(Check off each of these items on your Achievement Sheet on page 9 as you do them.)

- Understand basic sewing machine maintenance.
- Experience sewing with knit fabrics.
- Do simple pattern alterations for better fit.
- Construct something using a serger.
- Explore other zipper applications.
- Read sewing publications.

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 five* of these additional skills for each sewn exhibit:

- | | |
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| <input type="checkbox"/> Make darts. | <input type="checkbox"/> Apply ruffles. |
| <input type="checkbox"/> Attach cuffs. | <input type="checkbox"/> Apply a collar. |
| <input type="checkbox"/> Set in sleeves. | <input type="checkbox"/> Apply machine or hand appliqué. |
| <input type="checkbox"/> Apply binding. | <input type="checkbox"/> Apply machine topstitching. |
| <input type="checkbox"/> Sew facing. | <input type="checkbox"/> Insert piping. |
| <input type="checkbox"/> Sew lining. | <input type="checkbox"/> Insert a <i>lapped zipper</i> . |
| <input type="checkbox"/> Apply ribbing. | <input type="checkbox"/> Insert an <i>invisible zipper</i> . |