

And Sew On

Level D: Grades 10-12

Congratulations! You have continued your sewing education. In the advanced levels of 4-H Sewing, you are encouraged to choose sewing projects that offer skill challenges beyond what you have already learned.

Suggested Reading and Resources

Fabric stores and libraries offer sewing reference books on a wide variety of subjects. As you explore more difficult sewing techniques, use these sources, as well as advice from sewing advisors that you know.

The Singer Sewing Reference Library:

Sewing Essentials

Sewing for Style

Sewing with Knits

Sewing Pants That Fit

Sewing for Special Occasions: Bridal, Prom & Evening Dresses

Sewing Activewear

Sewing for the Home

Power Sewing, Sandra Betzina

Fabric Sewing Guide, Claire Shaeffer

Couture Sewing Techniques, Claire Shaeffer

Easy, Easier, Easiest Tailoring, Palmer/Pletsch

Complete Guide to Sewing, Readers Digest

The Vogue/Butterick Guide to Sewing Techniques, The Editors of Vogue and Butterick Patterns

Couture: The Art of Fine Sewing, Roberta Carr

Complete Step-by-Step Guide to Home Sewing, Jeanne Argent

Simplicity's Simply the Best Home Decorating Book, Simplicity Pattern Co., Inc.

Recommended Web Sites

American Sewing Guild: <http://www.simplicity.com/>

Baby Lock USA: <http://www.babylock.com/>

Bernina: <http://www.berninausa.com/>

Brother: <http://www.brother-usa.com/homesewing/>

Butterick: <http://www.butterick.com/>

Clotilde: <http://www.clotilde.com/cl/>

Elna USA: <http://www.elnausa.com/>

Home Sewing Association: <http://www.sewing.org/>

Husqvarna Viking: <http://www.husqvarnaviking.com/>

Kwiksew Patterns: <http://www.kwiksew.com/>

McCall's: <http://www.mccall.com/>

Nancy's Notions: <http://www.nancysnotions.com/Nancys/assets/html/homepage.asp>

Palmer & Pletsch: <http://www.palmerpletsch.com/>

Pfaff: <http://www.pfaffusa.com>

Sew Young, Sew Fun: <http://www.sewyoungsewfun.com/>

Sew News: <http://www.sewnews.com/>

Simplicity Pattern Co.: <http://www.simplicity.com/>

Singer Sewing Machine Co.: <http://www.mysingershop.com/>

Stretch and Sew: <http://www.stretch-and-sew.com/>

Threads magazine online: <http://www.taunton.com/th/index.htm>

Vogue Patterns online: <http://www.voguepatterns.com/>

White: <http://www.whitesewing.com/>

Wright's: <http://www.wrights.com/>

Learning Activities Checklist

(Check off each of these items on your Achievement Sheet on page 8 as you do them.)

- Learn about specialty fabrics: satin, silk, chiffon, lace, velvet, heavy coatings, suede, imitation fur, and leather.
- Choose patterns and projects that offer learning challenges.
- Learn how to accurately measure your figure and alter patterns.
- Learn to correctly fit pants.
- Expand your knowledge of interfacings.
- Refine use of pressing equipment.
- Learn more advanced uses for machine accessories.
- Learn to install invisible and hand-picked zippers.
- Line more difficult items.
- Use darts, tucks, and advanced seaming styles to build shape into garments.
- Refine hand-sewing skills.
- Learn about bound buttonholes and welt pockets.
- Learn advanced seam finishes.
- Learn simple tailoring techniques.
- Read current sewing publications.

Skills to Learn & Include in Your 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 six* of these skills for each sewn exhibit:

- | | |
|--|--|
| <input type="checkbox"/> Make darts. | <input type="checkbox"/> Insert piping. |
| <input type="checkbox"/> Attach cuffs. | <input type="checkbox"/> Make sleeves. |
| <input type="checkbox"/> Make tucks. | <input type="checkbox"/> Do machine or hand quilting. |
| <input type="checkbox"/> Make pleats. | <input type="checkbox"/> Make a neckband. |
| <input type="checkbox"/> Add lining. | <input type="checkbox"/> Apply machine or hand appliqué. |
| <input type="checkbox"/> Insert elastic. | <input type="checkbox"/> Add gathers. |
| <input type="checkbox"/> Add facings. | <input type="checkbox"/> Add vents. |
| <input type="checkbox"/> Add boning. | <input type="checkbox"/> Insert an invisible zipper. |
| <input type="checkbox"/> Add plackets. | <input type="checkbox"/> Insert a separating zipper. |
| <input type="checkbox"/> Apply machine topstitching. | <input type="checkbox"/> Insert a fly front zipper. |
| <input type="checkbox"/> Create bound edges. | <input type="checkbox"/> Insert a lapped zipper. |
| <input type="checkbox"/> Apply trim. | <input type="checkbox"/> Insert a hand-picked zipper. |
| <input type="checkbox"/> Sew buttons. | <input type="checkbox"/> Use shaped seams. |
| <input type="checkbox"/> Apply ribbing. | <input type="checkbox"/> Sew with knit. |
| <input type="checkbox"/> Add underlining. | <input type="checkbox"/> Use fiberfill. |
| <input type="checkbox"/> Add a drawstring. | <input type="checkbox"/> Make button loops. |
| <input type="checkbox"/> Add ruffles. | <input type="checkbox"/> Do a machine-topstitched hem. |
| <input type="checkbox"/> Add a waistband. | <input type="checkbox"/> Do a machine blind hem. |
| <input type="checkbox"/> Apply a collar. | <input type="checkbox"/> Do a hand-stitched hem. |
| <input type="checkbox"/> Add lapels. | <input type="checkbox"/> Make self-covered buttons. |