

SEWING

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MANUALS

4-H 924 Let's Sew- All Levels (4-H Skills and Technique Information)
4-H 925 Sew Simple- Level A – grades 3 - 4
4-H 926 Sew Smart- Level B – grades 5 - 6
4-H 927 Sew Fine- Level C – grades 7 - 9
4-H 236 Sewing Special Fabrics- Levels C & D
4-H 928 And Sew On- Level D – grades 10 and above
RECORD SHEETS and SKILL CARDS FOR EACH LEVEL

Sewing skills cards must be attached to each exhibit.

GENERAL INFORMATION

SPECIAL NOTE: All sewing projects at county and state level must have the correct level Sewing Skills Card attached.

The 4-H Sewing Project is an educational project teaching the basic and advanced skills of sewing through a "learn by doing" approach. It is important to have an adult family member or friend to act as a helper in the early years of this project. Project exhibits, however, are to be constructed by the 4-H member. Each grade level member may choose to enter a wearable or non-wearable project or both, following the category descriptions as listed below.

Enroll in the grade level that represents the grade in which the member is enrolled at his/her school in January of the given year.

Project manuals, required skills cards and record sheets for all levels are available at the Extension Office. Refer to the level appropriate project manual for a listing of required skills for each grade level. Read the project manual and the county handbook to insure that the pattern selection meets the requirements for the given grade level. Additional resource information is also available at the extension office.

1. Make sure your outfit meets the requirements for the category in which you choose to enter. Each grade level requires a certain number of skills to be included in the project to qualify. Refer to the level appropriate project manual for a list of acceptable skills.
2. DEFINITION OF OUTFIT: An outfit is a garment or garments that when put together make a completed look (can be worn alone, without adding additional pieces), such as a one or two piece dress, a one or two piece pants suit, or a three-piece combination such as slacks, vest and blouse/shirt. An outfit must not include more than four pieces.
3. 4-H members should bring pattern guides to judging in case there is some question why a certain sewing method was used.
4. Participation in the Sewing Project construction judging is required to participate in the Fashion Revue Activity. Fashion Revue is an extended option of the Sewing Project. Participation in the Fashion Revue Activity is not required for participation in the Sewing Project.
5. Non-wearable projects are not eligible for participation in the Fashion Revue Activity.
6. Those entering a wearable and non-wearable project within their grade level may receive champion placing in both categories and be sent to state fair in both categories.
7. All garments will be displayed during the fair as carefully as possible with the display items made available to the sewing committee. For the sake of display appearance, hangers checked in with garments at the fairgrounds belonging to the 4-Her will not be used or returned to the 4-Her. All plastic coverings will be removed.
8. When checking out projects for Public Fashion Revue, all hangers and exhibit tags are to remain within the sewing display in the Home Ec Building. Projects are to be returned to the sewing display following the Public Fashion Revue.
9. PROJECT INTERACT: Is an informal sharing of educational material. This can be done as an individual or with one or two other people. These demonstrations will not be judged, but will receive a special ribbon. All 4-Hers doing this option on the county level will be invited to repeat it at the state fair. Guidelines may be found in the 4-H Fair Exhibit Information section. Members wishing to give a Project Interact are to set up a suitable time with the project superintendent.

Project Requirements PLEASE READ CAREFULLY!

All grade levels are required to complete a Pre-Judging Sewing Construction Entry Form which will be mailed to all sewing project members in June. A description of your project and a fabric swatch is required. Grades 3-7 will follow the specifics of their category as outlined in the handbook and project manual. Grades 8 and above must select one of the six categories (casual wear, dress-up, formal wear, free choice, separates, or suits/coats) in which to enter for construction judging. Any category change to this selection or fabric changes must be made prior to judging day. No changes of category will be allowed on judging day. The Pre-Judging Sewing Construction Entry Form is required in addition to the Fashion Revue Entry Form that is required for participation in Fashion Revue. Failure to return the required Pre-Judging Sewing Construction Entry Form by the due date may result in forfeiture of eligibility for champion, reserve champion or special awards. Returning this form is the 4-Her's responsibility!

ANY DISCREPANCIES IN CONSTRUCTION JUDGING WILL BE RESOLVED BY ADHERING TO THE STATE FAIR RULE BOOK / REQUIREMENTS.

LEVEL A

Grade 3:

Wearable Exhibit: Elastic waist shorts, pants or skirt with foldover casing, no pockets or zippers

Non-wearable Exhibit: Simple pillow sham with lapped back opening and purchased pillow form (following instructions provided in manual) OR simple tote bag with handles or drawstring.

Skills to learn & include in exhibit: Include at least 2 of the following 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. **Attach grade appropriate sewing skill card to exhibit.**

Grade 4:

Wearable Exhibit: Shorts, pants OR skirt with partial elastic waistband or full sewn on waistband (not a full elastic waistband) OR simple shirt or top OR BBQ apron. Zippers are acceptable to align with state fair rules.

Non-wearable Exhibit: Shaped pillow with curved seams, stuffed and sewn closed OR hanging pocket organizer OR bound edge placemats (set of 4).

Skills to learn & include in exhibit: Include at least 2 of the following skills in the exhibit: Use interfacing, stay stitch and under stitch, apply a facing or binding, stitch curved seams, trim and grade seams, work with fiberfill, machine topstitch hems. *Seam finishes are recommended on all exposed seams. Attach grade appropriate sewing skill card to exhibit.*

LEVEL B

Grade 5:

Wearable Exhibit: Simple shirt with sleeves OR sundress OR jumper OR simple 2 piece pajamas.

Non-wearable Exhibit: Pillow lap quilt (quillow) OR structured duffel bag, tote bag or backpack OR sewn hat. May use piping on structured duffel bag.

Skills to learn & include in exhibit: Include at least 3 of the following skills in the exhibit: Match fabric design, gather fabric, insert a zipper, use a drawstring, hand-stitch a hem, sew a simple sleeve, apply purchased trim or ribbing, sew patch or inseam pockets, use a simple lining, do a machine blind hem, apply machine topstitching, do a machine topstitched hem, sew with knit, insert elastic, apply facings, sew buttons, apply binding, use batting. Seam finishes are recommended on all exposed seams (except knits). Interfacing, under stitching and trimming should be used when appropriate. **Attach grade appropriate sewing skill card to exhibit.**

Grade 6:

Wearable Exhibit: Two garments that can be worn together.

Non-wearable Exhibit: Pillow sham with button or zipper closing, appliquéd design, piping or ruffle. Make your own pillow form OR tote bag with zipper or duffel bag with zipper, pockets and lining OR doll or pet clothes OR construction techniques sample notebook (following instructions provided in manual).

Skills to learn & include in exhibit: Include at least 4 of the following skills in the exhibit: Make darts, set in sleeves, insert a lapped zipper, hand-stitch a hem, make buttonholes, sew tucks or pleats, sew ruffles, hand sew buttons, apply trim, sew a simple lining, sew patch pockets, apply bindings, do a machine topstitched hem, sew facings, apply ribbings, sew a simple collar, do a machine blind hem, sew with knit, match fabric design, use fiberfill, apply machine appliqué, insert piping, apply machine topstitching, construct with a serger, sew inseam pockets, apply machine embroidery. **Attach grade appropriate sewing skill card to exhibit.**

LEVEL C

Grade 7:

Wearable Exhibit: School or sports outfit. Can be one or more pieces. Please refer to definition of "outfit".

Non-wearable Exhibit: Dressed, jointed (with sockets) stuffed animal OR sewn item for holiday or special occasion OR construction techniques sample notebook (following instructions provided in manual).

Skills to learn & include in exhibit: Include at least 5 of the following skills in the exhibit: Make darts, set in sleeves, sew facing, apply ribbing, apply a collar, sew on buttons, use doll joints, apply inseam pockets, apply front hip pockets, match fabric design, apply trims, apply machine or hand appliqué, 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, attach cuffs, apply binding, sew lining, apply ruffles, insert piping, make buttonholes, use fiberfill, apply patch pockets, use a twin needle, apply tucks/pleats, construct with a serger, apply machine embroidery. **Attach grade appropriate sewing skill card to exhibit.**

Grades 8 & 9:

Wearable Exhibit: Same as Fashion Revue Categories. Please refer to definition of "outfit".

Non-wearable Exhibit: Sewn items for your home OR construction techniques sample notebook OR sewing machine survey (following instructions provided in manual).

Skills to learn & include in exhibit: Include at least 6 of the following skills in the exhibit: Make darts, make tucks, add lining, add facing, add plackets, add lapels, make sleeves, add gathers, apply trim, apply ribbing, add a drawstring, use shaped seams, use fiberfill and/or batting, add a waistband, add patch pockets, add front hip pockets, match fabric design, make shoulder pads, do machine or hand quilting, apply machine or hand appliqué, apply machine topstitching, apply machine embroidery, coordination of fabric for quilted item, insert an invisible zipper, insert a separating zipper, insert a fly front zipper, insert a lapped zipper, insert a handpicked zipper, do a machine topstitched hem, do a machine blind hem, do a hand-stitched hem, 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, attach cuffs, make pleats, insert elastic, add boning, apply a collar, insert piping make a neckband, add vents, sew buttons, add underlining, add ruffles, sew with knit, make button loops, do hand/machine beading, add inseam pockets, add welt pockets, use twin needle, create bound edges, apply machine embroidery.

Seam finishes are recommended on all exposed seams (except knits and non-raveling specialty fabrics). Interfacing, under stitching and trimming should be used when appropriate. Attach grade appropriate sewing skill card to exhibit.

LEVEL D

Grades 10 and above:

Wearable Exhibit: Same as Fashion Revue Categories. Please refer to definition of "outfit".

Non-wearable Exhibit: Sewn items for your home OR construction techniques sample notebook OR sewing machine survey (following instructions provided in manual).

Skills to learn & include in exhibit: Include at least 6 of the following skills in the exhibit: Make darts, make tucks, add lining, add facing, add plackets, add lapels, make sleeves, add gathers, apply trim, apply ribbing, add a drawstring, use shaped seams, use fiberfill and/or batting, add a waistband, add patch pockets, add front hip pockets, match fabric design, make shoulder pads, do machine or hand quilting, apply machine or hand appliqué, apply machine topstitching, insert an invisible zipper, insert a separating zipper, insert a fly front zipper, insert a lapped zipper, insert a handpicked zipper, do a machine topstitched hem, do a machine blind hem, do a hand-stitched hem, 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, attach cuffs, make pleats, insert elastic, add boning, apply a collar, insert piping make a neckband, add vents, sew buttons, add underlining, add ruffles, sew with knit, make button loops, do hand beading, add inseam pockets, add welt pockets, use twin needle, create bound edges, apply machine embroidery, coordination of fabric for quilted item, hand/machine beading, make a reversible item, piece quilted item, other skills not listed above.

Seam finishes are recommended on all exposed seams (except knits and non-raveling specialty fabrics). Interfacing, under stitching and trimming should be used when appropriate. Attach grade appropriate sewing skill card to exhibit.

Advanced Sewing Wearable Exhibit Options (Levels C & D):

One outfit constructed from the following options, consistent with Fashion Revue. Please refer to definition of "outfit".

INFORMAL OR CASUAL WEAR: A complete outfit of one or two pieces suitable for school, weekend, or casual, informal activities.

DRESS-UP: This is suitable for special, church, or social "dress up" 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.

FORMAL WEAR: This outfit may be one or more pieces suitable for any formal occasion, such as proms, weddings, and formal evening functions.

FREE CHOICE: A complete outfit comprised of garments that do not fit in any 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.

SEPARATES: This 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.

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.

SPECIAL AWARDS

If you have been selected as a category wearable or non-wearable construction champion or reserve champion, or have consistently excelled in the sewing project during your tenure in the project, you may be a potential recipient of these awards. You are expected to be in attendance at the Public Fashion Revue to receive your award.

NESBITT FAMILY SEWING CONSTRUCTION ACHIEVEMENT AWARDS

Presented to one junior (grades 3-7) and one senior (grades 8 and above) 4-Her enrolled in the sewing project for outstanding overall achievement in sewing construction. These awards are sponsored by the Nesbitt Family, which has had active participation by three generations in the sewing project since 1930, and in memory of Helen A. Nesbitt, a long-time Consumer and Family Sciences Educator and 4-H Leader. The award recipients will be selected from a pool of qualified candidates exhibiting a record of overall achievement, spanning multiple years of enrollment, and upon review of the white achievement cards. The awards are presented at the Tippecanoe County Public Fashion Revue. These awards may only be received once in each division.