

## \*4-H SEWING

### TERMS AND CONDITIONS

1. Garments and projects that can be hung should be brought on wire hangers. Attach entry tag to projects, not on the hanger.
2. Garment bags should be labeled with your name, grade level and the name of your club.
3. Be sure to bring your pattern instructions with you the day of judging.
4. It is recommended that knit fabrics not be used until Grade 5 and above.
5. Non-wearable exhibits have skill requirements that are outlined in the sewing manual. (4-H 924 Let's Sew - A Beginners Guide). Check the manual for specifics.
6. There will be a State Fair winner chosen for a wearable and non-wearable project at each grade level.
7. **The Sewing Skills card must be attached to each sewing project going to the State Fair.**

### EXHIBITS

#### LEVEL A: Grade 3 (Sew Simple - 4-H 925)

Skills to Learn and Include in Exhibit - Include at least 2 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.

#### EXHIBIT

- **Wearable:** Elastic waist shorts, pants **OR** skirt with fold over casing; no pockets. Attach Sewing Skills Card (4-H 925C-W) to the exhibit.
- **Non-wearable:** Simple pillow sham with lapped back opening and purchased pillow form (following instructions provided in manual) **OR** simple tote bag with handles or drawstring. Attach Sewing Skills Card (4-H 925C-W) to the exhibit.
- **Action demonstration should include one new skill listed in your manual.**

#### LEVEL A: Grade 4 (Sew Simple - 4-H 925)

Skills to Learn and Include in Exhibit - Include at least 2 skills in the exhibit: Use interfacing, staystitch and understitch, 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.

#### EXHIBIT

- **Wearable:** Shorts, pants **OR** skirt with partial or full sewn-on waistband or waistline facing, or partial elastic waistband (not a full elastic waistband) **OR** simple shirt or top **OR** BBQ apron. Attach Sewing Skills Card (4-H 925C-W) to the exhibit.
- **Non-wearable:** Shaped pillow with curved seams, stuffed and sewn closed **OR** hanging pocket organizer **OR** bound edge placemats (set of 4). Attach Sewing Skills Card (4-H 925C-W) to the exhibit.
- **Action demonstration.**

#### LEVEL B: Grade 5 (Sew Smart - 4-H 926)

Skills to Learn and Include in Exhibit - Seam finishes are recommended on all exposed seams (except knits). Interfacing, under stitching and trimming should be used when appropriate.

Choose at least 3 additional skills for each sewn exhibit.

Match fabric design

Gather fabric

Insert zipper

Use a drawstring

Hand-stitch a hem

Sew a simple sleeve

Apply purchased trim or ribbons

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

#### EXHIBIT

- **Wearable:** Simple shirt with sleeves **OR** sundress **OR** jumper **OR** simple 2 piece pajamas. Attach Sewing Skills Card (4-H 926C-W) to the exhibit.
- **Non-wearable:** Pillow lap quilt (quillow) **OR** structured duffel bag, tote bag or backpack, **OR** sewn hat. Attach Sewing Skills Card (4-H 926C-W) to the exhibit.
- **Action demonstration.**

LEVEL B: Grade 6 (Sew Smart - 4-H 926)

Skills to Learn and Include in Exhibit - Seam finishes are recommended on all exposed seams (except knits). Interfacing, understitching and trimming should be used when appropriate. Choose least 4 of these additional skills for each sewn 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

EXHIBIT

- **Wearable:** Two (2) garments that can be worn together. Attach Sewing Skills Card (4-H 926D-W) to the exhibit.
- **Non-wearable:** 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). Attach Sewing Skills Card (4-H 926D-W) to the exhibit.
- **Action demonstration.**

LEVEL C: Grade 7 (Sew Fine - 4-H 927)

Skills to Learn and Include in Exhibit - Seam finishes are recommended on all exposed seams (except knits). Interfacing, understitching and trimming should be used when appropriate.

Choose at least 5 of these additional skills for each sewn 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  
Apply machine embroidery

Insert a fly front zipper  
Do machine quilting  
Do a hand-stitched hem  
Do 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

EXHIBIT

- **Wearable:** School or sports outfit. Can be one or more pieces. Attach Sewing Skills Card (4-H 927 C-W) to the exhibit.
- **Non-wearable:** Dressed, jointed (with sockets) stuffed animal **OR** sewn item for holiday or special occasion **OR** construction techniques sample notebook (following instructions provided in manual). Attach Sewing Skills Card (4-H 927C-W) to the exhibit.
- **Action demonstration.**

### LEVEL C: Grades 8 and 9

Skills to Learn and Include in 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 6 of these skills for each sewn exhibit:

make darts	attach cuffs	do machine or hand quilting
make tucks	make pleats	apply machine or hand appliqué
add lining	insert elastic	apply machine topstitching
add facings	add boning	insert an invisible zipper
add plackets	apply a collar	insert a separating zipper
add lapels	insert piping	insert a fly front zipper
make sleeves	make a neckband	insert a lapped zipper
add gathers	add vents	insert a hand picked zipper
apply trim	sew buttons	do a machine topstitched hem
apply ribbing	add underlining	do a machine blind hem
add a drawstring	add ruffles	do a hand-stitched hem
use shaped seams	sew with knit	make self-covered buttons
use fiberfill	make button loops	use specialty threads
add a waistband	do hand beading	make self-enclosed seams
add patch pockets	add inseam pockets	sew with difficult fabric
add front hip pockets	add welt pockets	make machine buttonholes
match fabric design	use twin needle	make bound buttonholes
make shoulder pads	create bound edges	apply machine embroidery

### EXHIBIT

- **Wearable:** Same as fashion revue categories. Attach Sewing Skills Card (4-H 928C-W) to the exhibit.
- **Non-wearable:** Sewn items for your home **OR** construction techniques sample notebook **OR** sewing machine survey. (Following instructions provided in manual). Attach Sewing Skills Card (4-H 928C-W) to the exhibit.
- **Action demonstration.**

### LEVEL D: Grades 10, 11, and 12 (And Sew On - 4-H 928)

Skills to Learn and Include in 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 6 of these skills for each sewn exhibit:

Make darts	Attach cuffs	Apply machine or hand appliqué
Make tucks	Make pleats	Apply machine topstitching
Add lining	Insert elastic	Insert an invisible zipper
Add facings	Add boning	Insert a separating zipper
Add plackets	Apply a collar	Insert a fly front zipper
Add lapels	Insert piping	Insert a lapped zipper
Make sleeves	Make a neckband	Insert a hand picked zipper
Add gathers	Add vents	Do a machine topstitched hem
Apply trim	Sew buttons	Do a machine blind hem
Apply ribbing	Add underlining	Do a hand-stitched hem
Add a drawstring	Add ruffles	Make self-covered buttons
Use shaped seams	Sew with knit	Use specialty threads
Use fiberfill and/or batting	Make button loops	Make self-enclosed seams
Add a waistband	Do hand beading	Sew with difficult fabric
Add patch pockets	Add inseam pockets	Construct with a serger
Add front hip pockets	Add welt pockets	Make machine buttonholes
Match fabric design	Use twin needle	Make bound buttonholes
Make shoulder pads	Create bound edges	Piece quilted item
Apply machine embroidery	Hand/machine beading	Other skills not listed above
Coordination of fabric for quilted item	Make a reversible item	
	Do machine or hand quilting	

- **Wearable:** Same as fashion revue categories. Attach Sewing Skills Card (4-H 928C-W) to the exhibit.
- **Non-wearable:** Sewn items for your home **OR** construction techniques sample notebook **OR** sewing machine survey. (Following instructions provided in manual). Attach Sewing Skills Card (4-H 928C-W) to the exhibit.
- **Action demonstration.**

ADVANCED SEWING WEARABLE EXHIBITS: LEVELS C & D: Grades 8 - 12

Definition of an outfit: An outfit is a garment or garments that when put together make a complete look - such as one or two-piece dress, or one or two piece pant suit, or a three piece combination, such as pants, vest and blouse or shirt.

- **Informal or Casual Wear** - A complete outfit of 1 or 2 pieces suitable for school, weekend, or casual, informal activities.
- **Dress Up** - This is suitable for special, church or social 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, weekend, or casual, informal activities.
- **Free Choice** - A complete outfit comprised of garments that do not fit in the 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.
- **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.
- **Separates** - 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.
- **Formal Wear** - This outfit may be one or more pieces suitable for any formal occasion, such as proms, weddings, and formal evening functions.