

Sewing

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This is a series on how to sew. Participants sew garments of increasing difficulty as they progress. The garments range from simple items to a tailored suit or coat.

Requirements

Level: Level A (Grade 3)

Last Modified: 10/1/20

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 or similar sewn clothing article made to be worn by the 4-H member or another person. 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 totebag with handles or drawstring or similar sewn article. Attach Sewing Skills Card ([4-H 925c-W](#)) to the exhibit.

Requirements

Level: Level A (Grade 4)

Last Modified: 10/1/20

Skills to Learn and Include in Exhibit

Seam finishes are recommended on all exposed seams.

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

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 or similar sewn clothing article made to be worn by the 4-H member or another person. 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) or similar sewn article. Attach Sewing Skills Card ([4-H 925c-W](#)) to the exhibit.

Requirements

Level: Level B (Grade 5)

Last Modified: 10/1/20

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 3 of these additional skills for each sewn exhibit.

| | |
|---------------------------------|----------------|
| match fabric design | sew with knit |
| gather fabric | insert elastic |
| insert zipper | apply facings |
| use a drawstring | sew buttons |
| hand-stitch a hem | apply binding |
| sew a simple sleeve | use batting |
| 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 | |

Exhibit

Wearable: Simple shirt with sleeves OR sundress OR jumper OR simple 2 piece pajamas or similar sewn clothing article made to be worn by the 4-H member or another person. A similar article is permissible provided the skillset is the same as the listed articles. 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 or similar sewn article. Attach Sewing Skills Card ([4-H 926C-W](#)) to the exhibit.

Requirements

Level: Level B (Grade 6)

Last Modified: 10/1/20

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 4 of these additional skills for each sewn exhibit.

| | |
|------------------------------|----------------------------|
| make darts | sew facings |
| set in sleeves | apply ribbings |
| insert a lapped zipper | sew a simple collar |
| hand-stitch a hem | do a machine blind hem |
| make buttonholes | sew with knit |
| sew tucks or pleats | match fabric design |
| sew ruffles | use fiberfill |
| hand sew buttons | apply machine appliqué |
| apply trim | insert piping |
| sew a simple lining | apply machine topstitching |
| sew patch pockets | construct with a serger |
| apply bindings | sew inseam pockets |
| do a machine topstitched hem | |

Exhibit

Wearable: Two (2) garments that can be worn together made to be worn by the 4-H member or another person. Attach Sewing Skills Card ([4-H 926D-W](#)) to the exhibit.

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

Attach Sewing Skills Card ([4-H 926D-W](#)) to the exhibit.

Requirements

Level: Level C (Grade 7)

Last Modified: 10/1/20

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 | attach cuffs |
| set in sleeves | apply binding |
| sew facing | sew lining |
| apply ribbing | apply ruffles |
| apply a collar | insert piping |
| sew on buttons | make buttonholes |
| use doll joints | use fiberfill |
| apply inseam pockets | apply patch pockets |
| apply front hip pockets | use a twin needle |
| match fabric design | apply tucks/pleats |
| apply trims | construct with a serger |
| apply machine or hand appliqué | apply machine embroidery |
| 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 | |

Exhibit

Wearable: School, casual or sports outfit made to be worn by the 4-H member or another persons. Can be one or more pieces. Attach Sewing Skills Card ([4-H 927C-W](#)) to the exhibit.

Non-wearable: Dressed, jointed (with sockets) stuffed animal OR sewn item for holiday or special occasion or similar sewn article OR construction techniques sample notebook (following instructions provided in manual). Attach Sewing Skills Card ([4-H 927C-W](#)) to the exhibit.

Requirements

Level: Level C (Grades 8 and 9)

Last Modified: 10/10/08

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 applique |
| 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 | construct with a serger |
| | | apply machine embroidery |

Exhibit

Wearable: See advanced sewing wearable exhibit options below. 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.

Requirements

Level: Level D (Grades 10, 11, and 12)

Last Modified: 11/01/07

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
use fiberfill and/or batting
add a waistband
add patch pockets
add front hip pockets
match fabric design
make shoulder pads
apply machine embroidery
coordination of fabric for
quilted item

sew with knit
make button loops
do hand beading
add inseam pockets
add welt pockets
use twin needle
create bound edges
hand/machine beading
make a reversible item

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
piece quilted item
other skills not listed above

Exhibit

Wearable: See advanced sewing wearable exhibit options below. 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.

Requirements

Level: Advanced Sewing Wearable Exhibits (Levels C & D)

Last Modified: 10/1/20

Exhibit

Advanced Sewing Wearable Exhibit Options (Fashion Revue Categories) Levels C & D

All senior sewing wearable exhibits (Grades 8-12) are to be made so it can be worn by the exhibitor or another person. All senior sewing (Grades 8-12) outfits exhibited in Fashion Revue must be made and worn by the exhibitor.

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.

Resources
