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REFERENCES
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Sewing for Fun, Nebraska Cooperative Extension Packet 4-H 169, University of Nebraska, Lincoln, NE

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9/16—1M—GLOBUS

FOR SUMMER 2020

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Updated by Donna Morton, Certified Master Clothing Educator. This 2017 edition features a new design. No changes in the content or in project requirements have been made.

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NOTES TO THE PROJECT HELPER

Congratulations! A 4-H member has asked you to serve as a project helper. You may be a parent, relative, project leader, friend, club advisor, or another individual important in the 4-H member’s life. Your duties begin with helping the youth create and carry out a project plan. This is followed by helping the youth focus on each activity, providing support and feedback, and determining what was done well, what could have been done differently, and where to go next. As a project helper, it is up to you to encourage, guide, and assist the 4-H member. How you choose to be involved helps shape the 4-H member’s life skills and knowledge of sewing.

YOUR ROLE AS PROJECT HELPER

• Guide the youth and provide support in setting goals and completing this project.

• Encourage the youth to apply knowledge from this project book to the creation of a new garment.

• Serve as a resource person.

• Encourage the youth to go beyond the scope of this 4-H project book to learn more about sewing.

WHAT YOU CAN DO

• Become familiar with each activity and the related background information. Stay ahead of the learner by trying out activities beforehand.

• Begin the project by helping the learner establish a plan for the project. This is accomplished by reviewing and completing the Member Project Guide.

• After each activity, conduct a debriefing session that allows the member to review and share what she or he has learned.

This important step improves understanding and long-term retention of skills.

• Help the learner celebrate what was done well and see what could have been done differently. Allow the learner to become better at assessing his or her own work.

• In the Member Project Guide, date and initial the activities that have been completed.

SUGGESTIONS

Project Area: Sewing Know-How is an opportunity for youth to learn basic sewing skills. You may want members to make samples of two or three stitches. Alternatives include bringing in garments from home that need a hem or seam repaired. Learning a hand stitch could be part of a demonstration to other club members. Sometimes using burlap or other coarse fabric with a large needle and yarn makes trying new hand stitches more fun.

In Project Area: Pattern Power, some activities such as “Check Out Your Pattern Envelope” can be done as a club activity.
MEMBER PROJECT GUIDE

This project is designed as an introduction to sewing for members of any age who are interested in learning to sew. This clothing project taps your creativity and opens up a whole new world for you!

Sew Fun is designed to be completed in one year. You may take this project a second year as long as new learning experiences and new skills are developed each time.

Make sure to check your county’s project and record-keeping guidelines (if any) for additional requirements if you want to participate in county project judging or prepare the project as an exhibit for competition.

STEP 1: PROJECT AREAS AND ACTIVITIES

Explore the project areas by completing all 15 activities. When you begin an activity, fill in the date you start it. When you finish an activity, fill in the date of completion. Review your work with your project helper. Ask your project helper to initial and date your accomplishment.

<table>
<thead>
<tr>
<th>PROJECT AREAS AND ACTIVITIES</th>
<th>DATE COMPLETED</th>
<th>PROJECT HELPER INITIALS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Get Ready to Sew</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Activity 1: Organize a Sewing Box</td>
<td></td>
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<tr>
<td>Sewing Know-How</td>
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<tr>
<td>Activity 2: Learn to Stitch by Hand</td>
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<td>Activity 3: Practice Good Work Habits</td>
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<tr>
<td>Activity 4: Know and Use the Sewing Machine</td>
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<td>Activity 5: Choose Quality Fabrics</td>
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<tr>
<td>Activity 6: Make a Pin Cushion</td>
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<td></td>
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<tr>
<td>Pattern Power</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Activity 7: Select Your Pattern</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

PROJECT GUIDELINES

Step 1: Explore each of the project areas by completing all 15 activities. You will make a pin cushion and a fully elastic-waisted skirt, shorts, pants, or capris. See page 19 for information on choosing your pattern.

Step 2: Take part in at least two learning experiences.

Step 3: Become involved in at least two leadership/citizenship activities.

Step 4: Take part in a project review.

PLEASE CIRCLE ONE: This is the first / second time I am taking this project.
<table>
<thead>
<tr>
<th>PROJECT AREAS AND ACTIVITIES</th>
<th>DATE COMPLETED</th>
<th>PROJECT HELPER INITIALS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Activity 8: Check Out Your Pattern Envelope</td>
<td></td>
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<tr>
<td>Activity 9: Make Your Shopping List</td>
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<td>Activity 10: Learn to Use Your Pattern</td>
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<td>Activity 11: Make Your Outfit</td>
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<tr>
<td>Activity 12: Pick Accessories for Your Total Look</td>
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<tr>
<td><strong>Presenting Your Best Self</strong></td>
<td></td>
<td></td>
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<tr>
<td>Activity 13: Practice Good Grooming</td>
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<tr>
<td><strong>Judging Your Outfit</strong></td>
<td></td>
<td></td>
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<tr>
<td>Activity 14: Your Total Look</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Activity 15: Summary of Your Project</td>
<td></td>
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</tbody>
</table>

### STEP 2: LEARNING EXPERIENCES

Learning experiences are meant to complement project activities, providing the opportunity for you to do more in subject areas that interest you. What are some learning experiences you could do to show the interesting things you are learning about?

Once you have a few ideas, record them here. Complete at least two learning experiences. Then, describe what you did in more detail. Ask your project helper to date and initial in the appropriate spaces below.

---

**HERE ARE SOME IDEAS:**

- Give a demonstration or illustrated talk.
- Go on a field trip.
- Attend a clothing exhibit.
- Exhibit your project.
- Participate in county judging.
- Help organize a club meeting based on this project.
- Create your own learning experience.

---

<table>
<thead>
<tr>
<th>PLAN TO DO</th>
<th>WHAT I DID</th>
<th>DATE COMPLETED</th>
<th>PROJECT HELPER INITIALS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Example: Fashion revue</td>
<td>Modeled my outfit in the county fashion revue.</td>
<td>4/5/YR</td>
<td>B.H.</td>
</tr>
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</table>

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Choose **at least two** leadership/citizenship activities from the list below (or create your own) and write them in the table below. Record your progress by asking your project helper to initial next to the date each one is completed. You may add to or change these activities at any time. Here are some examples of leadership/citizenship activities:

- Encourage someone to take a clothing project.
- Help another member prepare for project judging.
- Assemble a sewing repair kit to share with other members.
- Conduct a clinic for club members who want to learn about sewing.
- Create your own.

<table>
<thead>
<tr>
<th>LEADERSHIP/CITIZENSHIP ACTIVITIES</th>
<th>DATE COMPLETED</th>
<th>PROJECT HELPER INITIALS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Example: Organized a club meeting for members interested in sewing projects.</td>
<td>4/5/YR</td>
<td>B.H.</td>
</tr>
</tbody>
</table>

**STEP 4: PROJECT REVIEW**

Arrange for a project review with your project helper, club advisor, or another knowledgeable adult. Completing a project review helps you evaluate what you have learned and assess your personal growth. Your evaluation can be part of a club evaluation or it can be part of your county’s project judging.
ACTIVITY 1

ORGANIZE A SEWING BOX

SCISSORS

Scissors have the same size and shape handles. Choose 4- to 5-inch scissors. Use them to clip threads, cut corners, and trim seams.

SHEARS

Shears have a ring handle for the thumb and a large oblong handle for fingers. They are 7 to 12 inches long. Shears with bent handles make it easy to cut fabric on a table. Shears with a 7- to 8-inch bent handle are a good size for you.

TAPE MEASURE

Choose a heavy, coated cloth, 60-inch tape measure that won’t stretch, and has numbers on both sides. A tape measure is used to take body measurements and to measure fabric.

MARKING TOOLS

You will need a way to mark your fabric. Tailor’s chalk comes in a flat piece or in a pencil form. Tailor’s chalk (see examples below) makes a thin line and brushes off easily. You may also use a soap sliver to mark fabric. A disappearing or washable marker may also be used for marking. Another method of marking uses a tracing wheel and special tracing paper for sewing.

Vocabulary words in bold throughout this book are defined in the Glossary on page 36.
FOR SUMMER 2020

The right tools help make sewing easy and fun. Learn how to select, use, and take care of your tools. A sewing box keeps your tools in one place. Your sewing box should have a lid, and should be large enough to hold all your tools. You might choose a shoe box, a basket, or a metal box. Can you think of other containers to use for a sewing box? You may already have some sewing tools at home. Others may be purchased to complete your sewing box. Here is a list to get you started:

**NEEDLES**

Needles for hand sewing come in different types and sizes. For this project, use sharps or crewels in sizes 7 to 9. Both sharps and crewels have a medium length, but sharps have a round eye. Crewels have a long eye and are easier to thread.

Needles for sewing machines come in different types, such as universal, sharp, and ballpoint. Needles also come in different sizes—8 to 18. For information about sewing machine needles, see page 17.

**PENCIL**

Notes and reminders are helpful. Keep a pencil handy to record your measurements, to make a shopping list, and to write down other reminders. You can also write down project hints you receive from your parent or project helper. You may want to keep a daily or weekly record as you make your project.

**THIMBLE**

A thimble keeps the needle head from hurting your finger when you sew by hand. Wear the thimble on the middle finger of your sewing hand. Use it to push the needle through the fabric. It should fit snugly enough to stay on your finger. A thimble made of metal is a good choice.

**PINS**

Buy 2½ inch rustproof, steal dressmaker pins. Pins hold pieces of fabric together or attach patterns to fabric. Throw out bent, dull, or rusted pins.

**PIN CUSHION**

A pin cushion stores pins so you can pick them up easily. During this project, you will make a pin cushion to practice sewing skills. See page 18 of this project book. If you buy a pin cushion, be sure you can stick pins into it easily.
ACTIVITY 1: ORGANIZE A SEWING BOX

FOR SUMMER 2020

SEWING OR HEM GAUGE
A 6-inch metal gauge helps you mark and measure short distances. It usually has a sliding pointer like this one.

SEAM RIPPER
A seam ripper is used to remove unwanted stitches. The sharp point of a seam ripper allows you to pick out single threads and remove stitches without harming the fabric.

PRESSING TOOLS
An iron and ironing board are essential tools for sewing projects as every seam needs to be pressed during construction. Choose an adjustable ironing board to accommodate your height, and so you can iron while standing or seated. Always turn off and unplug the iron when you are finished using it.

A pressing ham is a handy tool. It has a large rounded surface for pressing curved areas such as darts or curved seams.

THREAD
Choose a good quality polyester or cotton thread. It should be a slightly darker color than your fabric. Thread looks lighter when it is stitched into fabric.

Keep your sewing box and fabric together. You may want to use a basket, box, or tote.
ACTIVITY 2

LEARN TO STITCH BY HAND

You will be using some of these hand stitches with your sewing project. Practice these stitches before you start your project. You might want to demonstrate these stitches to your club members for a leadership/citizenship activity.

THREAD A NEEDLE

When you hand sew, cut a length of thread 18 to 20 inches. Thread the needle with the end you did not cut. Tie a knot near the end you cut from the spool. Keep the needle about one-third of the way down the thread for sewing. Use a single thread for hems and hand sewing. Use a double thread for sewing buttons, snaps, and hooks and eyes.

PRACTICE TYING A KNOT

1. Hold the thread about ½ inch from the end, between the thumb and first finger of one hand. With the other hand, grasp the thread about 4 inches further up. Wrap the thread around the first finger once, bringing the thread back between the thumb and first finger. One part of the thread will cross the other.

2. Keep holding on to the long end of the thread. Now, roll the two threads together until the loop slides off the end of your finger, making a loose knot.

3. Continue to hold onto the long end of the thread. With a slight pull with the middle finger and the thumb, pull the loose knot toward the end of the thread.

4. Tighten the knot.
ACTIVITY 2: LEARN TO STITCH BY HAND

FOR SUMMER 2020

LEARN HAND STITCHES

1. **Basting Stitch**

   A **basting stitch** is used to hold two or more pieces of fabric together until they are machine stitched. Start by placing your work flat on the table and pin together the edges to be basted. Pins should be put in the fabric at right angles to the edge.

   Make a knot in the thread. Work from right to left (or left to right if you are left-handed). Stick the needle through the fabrics. Bring it out again about ½ inch ahead of where you put it in. Make a stitch straight with the edge. Pull the thread tight enough to make it flat on the fabric. When you have finished basting, fasten the thread by taking two or three small stitches, one above the other. This makes the thread easy to pull out.

2. **Invisible Stitch**

   An invisible stitch is a small stitch used to hold folds or edges together when you do not want them to show.

   Fold the edges that will be fastened together so they are even. Pin. Hide a knot under one edge. Take a tiny stitch on the inside edge of one fold. Take a small stitch about ⅛ inch to ¼ inch on the other side. Continue working close to the folded edges, all the way across the edge. Pull the stitches just enough to hold the edges together, but not enough to cause puckering. Fasten the thread with two or three tiny stitches. All stitches should be invisible.

3. **Overcast Stitch**

   The overcast stitch is used to keep fabrics from raveling. It is done along the row or cut edge of a fabric. An overcast stitch is considered a **seam finish**. It is usually done through one layer of fabric but could be done through two layers if seams are not pressed open. Make an overcast stitch by taking a stitch from the back of the fabric to the front. The stitch should be about ⅛ inch from the edge of the fabric. Pull the needle through. Bring it over the edge of the fabric and insert the needle from the back again. Stitches should be about ¼ inch apart. Continue stitching to finish the fabric edge. Don’t pull too tightly. The fabric edge should not curl.
4. Hemming Stitches

The hemming stitch is a small stitch that hardly shows. Work from the wrong side of the fabric with the bottom of the hem toward you. Hold the hem between your thumb and first finger of the left hand. Place the bottom of the hem toward the palm of the hand. Start with a small knot in the thread and hide it under the hem edge. Two hemming stitches are described below.

a. Slant Hemming

Make a slanting stitch by first sticking the needle in the fabric close to the edge of the hem and a little to the left of where the thread is fastened. Catch a few threads of the fabric. Slant the needle into the edge of the hem and pick up a few threads of the fold. Draw the needle through. Make each stitch the same way. If you’re right-handed the needle should slant toward the left. If you’re left-handed the needle should slant toward the right. The stitches should be small. They are about ½ inch apart. Very little thread should show on the right side of the garment. To fasten the thread when finished, take two or three stitches on top of each other in the folded edge. Also use this stitch to hold facings and bindings in place.

b. Slipstitch Hemming

The slipstitch holds hems, facings, or any edge in place. It is used when the stitching should not show, and where you want a neat finish on both the right and wrong sides.

Start by bringing the needle through the fold of the fabric. Take a small stitch in line with the place where the thread is fastened. Catch only a thread or two of the under fabric. Next, stick the needle in the folded edge to the left of the first stitch (or to the right of the first stitch if you’re left-handed). Slip it forward within the fold about ½ inch. This stitch should be hidden in the edge of the hem on the wrong side. On the right side, the stitches are small, evenly spaced, and almost invisible.
Practice good work habits in your sewing project. This will make your sewing easier and faster. You will also have better results.

- Wash your hands before sewing.
- Work on a table, not in your lap. Tape a paper bag to your table or machine for litter.
- Sew in a place that has good light. Sit up straight. Put everything away when you are finished.
Look at this drawing of a sewing machine. How many parts do you already know? Fill in as many of the blanks as you can. Then, turn to page 37 to check your answers. Find these parts on your own sewing machine.

A. __________________________  F. __________________________
B. __________________________  G. __________________________
C. __________________________  H. __________________________
D. __________________________  I. __________________________
E. __________________________

If you need help, refer to your sewing machine manual or ask your parent or project helper.

Did some parts of your machine look different than the picture?

Yes ___  No ___

If so, which parts?_______
________________________
________________________
________________________
Practice the following on your sewing machine:

1. **START** where and when you want it to start.
2. **STOP** where and when you want it to stop.
3. **STITCH** where you want it to stitch.

Learn to do each of the following. First, without a needle in the machine:

- Start and stop smoothly.
- Use different speeds.

Next, with a needle in the machine and no thread, use the practice stitching guides in the back of this book to practice each of these steps:

- Sew straight lines.
- Turn corners.
- Sew curved lines.

Now, with a spool of thread:

- Wind and insert the bobbin.
- Thread the machine.
- Move the take-up lever to the highest position.
- Practice stitching on fabric scraps (2 layers)
- Change stitch length—2, 2.5, 3, 3.5, 4, 4.5, 5, 5.5, 6.
- **Backstitch**, if your machine has this feature.

- Make an outside curve
- Make an inside curve
- Make a 5/8-inch seam
- Make a 1/2-inch seam
- Make a zigzag stitch if your machine can do this
- Make a square corner
- Check for balanced tension—the stitching looks the same on both sides of the fabric

Check off each item when you can do it easily. When you have all items checked, show your project helper that you can do them. Congratulations! You have earned your Sewing Machine Driver’s License (see page 38).
Fabrics have different names. Some fabric names are denim, canvas, corduroy, and kettle cloth. Can you think of others?

The **selvage** is the narrow woven border along both lengthwise sides of the fabric. The cut edge is the place where the fabric is cut the length that you need. The cut edge goes across the fabric from selvage to selvage.

When buying fabric, you want it to be on **grain**. “On grain” means that the lengthwise yarns are at right angles to the crosswise yarns. The lengthwise grain runs in the same direction as the selvage. The **crosswise grain** runs from selvage to selvage.

Sometimes, fabric gets off grain (or crooked) in manufacturing or when a finish is applied. The finish locks the yarns in place. These off-grain fabrics are always crooked and cannot be straightened. Off-grain fabrics without a permanent finish can be straightened by pulling.

Before buying fabric, check to see that it is on grain (or square). Put the fabric bolt near the corner of a countertop or table. Line up the selvage with the long edge of the counter. Fold back the cut edge of the fabric. Now, line up the fold with the edge of the table. Try to follow a single yarn all across the fabric.

Check print fabric this same way. The print design should follow a crosswise yarn. If it doesn’t, don’t buy it. The fabric is printed off-grain and cannot be straightened.
IDENTIFY PARTS OF YOUR FABRIC

Next to each fabric term listed below, write the letter that identifies it on the diagram.

_______  Selvage
_______  Cut edge
_______  Lengthwise grain
_______  Crosswise grain

Now check your answers on page 37.

BE A LABEL READER

The **bolt label**, the label on the end of the cardboard bolt, tells you about the fabric.

For one of the fabrics you will be using for your project, record the information on the end of the bolt in the space provided below.

GET TO KNOW FABRIC

Touch the fabric. Is it soft? Stiff? Rough? Hold up a piece of the fabric and see how it hangs. Or, try it over your arm or shoulder and see how it hangs.

Doing this will help you to know how the fabric will feel as you wear it—and if it will be right for your project. For example, a soft fabric is right for a T-shirt, but not a pair of shorts. A sturdy, crisp fabric is good for a pair of shorts, but not a T-shirt.
PREPARE FABRIC FOR SEWING

Preshrink your fabric before you cut it. If your finished project will be washed and dried, machine wash your fabric and dry it in the dryer.

Straighten your fabric. To do this you may baste along one thread in the fabric, then trim (A). Or, you may pull one crosswise thread (B) and cut along the pulled line. Or, you may make a small cut and tear across the fabric width (C).

Pulling can straighten off-grain fabric that is not permanent press. To straighten your fabric, first even the cut edges. Then, hold the opposite corners and pull the fabric the other way from the slant (D).

SELECT YOUR SEWING MACHINE NEEDLE

Use the chart to select the sewing machine needle for your fabric. The fabric you use determines the type of needle your sewing machine needs. Needle sizes 10/70 through 14/90 work best for the medium-weight cotton and blended fabrics many members use in this project.

<table>
<thead>
<tr>
<th>Fabrics</th>
<th>American</th>
<th>European</th>
</tr>
</thead>
<tbody>
<tr>
<td>Silk and chiffon</td>
<td>8</td>
<td>60</td>
</tr>
<tr>
<td></td>
<td>9</td>
<td>65</td>
</tr>
<tr>
<td>Medium-weight cotton</td>
<td>10</td>
<td>70</td>
</tr>
<tr>
<td></td>
<td>11</td>
<td>75</td>
</tr>
<tr>
<td></td>
<td>12</td>
<td>80</td>
</tr>
<tr>
<td></td>
<td>14</td>
<td>90</td>
</tr>
<tr>
<td>Denim and leather</td>
<td>16</td>
<td>100</td>
</tr>
<tr>
<td></td>
<td>18</td>
<td>110</td>
</tr>
</tbody>
</table>

General purpose machine needles may be marked “sharp,” “universal,” or “ballpoint.” “Sharps” have very sharp tips to pierce the threads of woven fabrics. “Universal” needles have slightly rounded points that may be used on knits, but are also sharp enough to pierce woven fabrics. “Ball-point” needles are always marked as such, and have a rounded tip designed to sew knitted fabrics by moving the threads aside and preventing snags as they go through the fabric.
ACTIVITY 6
MAKE A PIN CUSHION

To make a pin cushion, follow these steps. Ask your project helper for assistance if you are unsure about any of the steps.

STEP 1. SELECT FABRIC AND MATERIALS.
Choose a scrap of wool fabric, or fabric of your choice, for your pin cushion. The filling can be sheep wool or cut up or ravelled pieces of wool fabric.

STEP 2. DETERMINE THE SIZE AND SHAPE.
What size do you want your pin cushion? Add ½ inch to all sides for the seam allowance. A 4-inch square pin cushion is a good size. You may add elastic to wear it on your wrist.
For this example you would cut your pin cushion fabric 5 inches by 5 inches.

STEP 3. MEASURE, PULL THREADS.
Be sure the edge is straight. Pull a thread along one edge of your fabric (A). Measure across 5 inches (the pin cushion size plus 1 inch). Mark. At this mark, pull another thread (B). Measure down the desired amount. Mark and pull another thread along the third side (C). Pull a thread along the fourth side (D).
Cut along these lines. Make a second piece exactly the same.

STEP 4. PIN.
Put right sides of the two pieces of fabric together. Pin them in the corners, and in the middle.
Note: You can mark with chalk or a sliver of soap around your pin cushion, ½ inch from edge of the fabric and baste. Or, use the seam guide on the sewing machine when you stitch.

STEP 5. STITCH.
Stitch the pin cushion on the sewing machine. Backstitch at the beginning and end. Begin a little past the center of one side. Stitch ½ inch seams around the pin cushion. Pivot at each corner. Stop about ½ inches from where you started.

STEP 6. TRIM.
Cut across the corners to remove extra fabric. You can trim some of the seam allowances to ¼ inch. Remove the hand basting.

STEP 7. TURN AND STUFF.
Turn the pin cushion to the right side. Work the corners out. Do not poke a hole through the corners. Stuff the cushion until it is full and firm.

STEP 8. CLOSE WITH HAND STITCHES.
Close the open slit. Keep the folded edges even. Use hand stitches. Either the invisible stitch or a slipstitch will work for this.
To make a wrist pin cushion, cut a piece of elastic the same as your wrist measurement. Overlap the elastic ½ inch and sew. Sew your pin cushion onto the elastic.

STEP 9. USE YOUR PIN CUSHION.
Add pins. Use and enjoy your pin cushion. You now have a place to store pins in your sewing box.
ACTIVITY 7

SELECT YOUR PATTERN

A pattern is a plan and instructions for making a garment.

Before you shop for a pattern, you need to know your measurements in order to select your pattern size and type.

Ask a parent or your project helper to take your measurements using a tape measure and fill in the chart below. Be sure to wear close-fitting clothing so that the measurements are accurate. Learn about all your measurements, not just those needed for buying a skirt or pants pattern.

Note: Stand naturally and look straight ahead. For measurements around the body, be sure the tape measure is parallel to the floor.

GIRLS

<table>
<thead>
<tr>
<th>Measurement</th>
<th>Units</th>
</tr>
</thead>
<tbody>
<tr>
<td>Height: without shoes, from floor to top of head</td>
<td>feet, inches</td>
</tr>
<tr>
<td>Bust: around the fullest part</td>
<td>inches</td>
</tr>
<tr>
<td>Waist: around your natural waist</td>
<td>inches</td>
</tr>
<tr>
<td>Hips: around the fullest part, 7 inches below the waist</td>
<td>inches</td>
</tr>
<tr>
<td>Crotch: see diagram</td>
<td>inches</td>
</tr>
<tr>
<td>Back waist length: from the large bone at the base of the neck to the waist</td>
<td>inches</td>
</tr>
</tbody>
</table>

BOYS

<table>
<thead>
<tr>
<th>Measurement</th>
<th>Units</th>
</tr>
</thead>
<tbody>
<tr>
<td>Height: without shoes, from floor to top of head</td>
<td>feet, inches</td>
</tr>
<tr>
<td>Chest: around the fullest part of the chest</td>
<td>inches</td>
</tr>
<tr>
<td>Waist: around your natural waist</td>
<td>inches</td>
</tr>
<tr>
<td>Hip (seat): around the fullest part</td>
<td>inches</td>
</tr>
<tr>
<td>Crotch: see diagram</td>
<td>inches</td>
</tr>
<tr>
<td>Back waist length: from the large bone at the base of the neck to the waist</td>
<td>inches</td>
</tr>
</tbody>
</table>
**ACTIVITY 7: SELECT YOUR PATTERN**

**PATTERN TYPES**

Your height and your body build will determine your figure type.

Look at the figure type chart at the back of the pattern catalog in the store. Decide which pattern type you are.

**SELECT PATTERN SIZE**

To find the best size for you, compare your measurements to the measurement charts in a pattern catalog. Choose the size that is closest to your measurements.

When buying a pattern for a skirt, shorts, or pants, choose by waist and hip measurements. Sometimes your measurements do not match any size exactly. If you are between sizes, pick the smaller size for a snug fit and the larger size for a looser fit.

**CHOOSE YOUR PATTERN**

Plan to make a garment that goes with your wardrobe now, or make an item and buy something to go with it.

Look for “easy” or “beginner” patterns.

Look for a pattern with few pieces. If a pattern has many pieces, it will be hard to make. It will take a long time to finish.

When you find a pattern that you like in the catalog, you will need to know three things to be able to find it in the store:

1. Name of the pattern company
2. Pattern number
3. Pattern size you need

Complete this chart after you buy your pattern.

<table>
<thead>
<tr>
<th>Pattern Type (Girls’, Boys’/Teen Boys’, etc.)</th>
<th>Pattern Size</th>
</tr>
</thead>
</table>

**FIT CLUE**

The first step to ensuring your finished outfit fits well is to choose the correct size pattern. A few pattern alterations might be necessary to fine-tune the fit.

**FASHION CLUE**

Look for ready-to-wear apparel in the store to go with what you’re making. By choosing the right pattern, fabric, and trim, you can create a fashionable outfit!

**DESIGN CLUE**

The pattern envelope can help you choose a style that is most flattering to your figure. If the lines in the garment go up and down, your finished outfit will make you look taller. Lines that go around or across the body tend to make you look shorter.
ACTIVITY 8

CHECK OUT YOUR PATTERN ENVELOPE

PATTERN FRONT
The front of the pattern envelope shows:

- Photographs and/or sketches of the garment and different views
- The brand name of the company that made the pattern
- The pattern size and figure type
- Special features of the pattern such as “For Stretch Knits Only”
- Skill level (“Easy,” “Jiffy,” “60-Minute Pattern”)

PATTERN BACK
On the back of your pattern envelope you will find information similar to the following:

- The pattern number
- A description of the garment
- A chart of standard body measurements
- A yardage chart that shows the amount of fabric needed for each size
- Other materials needed, such as linings or trims
- Finished garment measurements
- Fabrics that would be suitable for the garment
- Notions that you will need including thread, buttons, seam binding
- The number of pattern pieces that are found in the envelope
- Back views

You will find helpful information on the pattern envelope. Put a check in the box when you find the following information on your pattern envelope.

Butterick B3860® image courtesy of the McCall Pattern Company, copyright © 2016.
ACTIVITY 9
MAKE YOUR SHOPPING LIST

You can see how important it is to pick out your pattern first and then choose your fabric and other supplies. The pattern envelope can help you make a shopping list.

SELECTING A FABRIC

To find out how much fabric you need to buy, you need to know:

1. Which item you want to make. Items are usually labeled A, B, C, etc.

2. How wide the fabric is. Fabric is usually 45 inches or 60 inches wide. Look at the end of the bolt for this information.

3. Whether the fabric you choose is napped or has a one-way design. Since all the pieces have to be laid on the fabric in the same direction, more fabric is usually needed. NOTE: Beginners should avoid napped or one-way fabrics. Fabrics with either of these features require extra attention.

Choose your fabric carefully. Let the “suggested fabrics” on the back of the pattern envelope be your guide. Sometimes fabrics that should be avoided are also listed.

- Look at the yardage chart on the back of your pattern envelope.
- Run your finger down the left hand side and choose the item you want to make.
- Move your finger to the width of the fabric that you have selected.
- Next, go across the chart to the yardage given under your size.
- Circle this amount. It is the amount of fabric you need to purchase. (If you are adding length to your pattern, ask your project helper to check the amount of fabric you need to buy.)
CHOOSING NOTIONS

Notions are items you need to make the garment. They include thread, elastic, buttons, and zippers. Trims such as lace may be listed as a notion. They may also be listed on the yardage chart underneath the fabric required for each view.

MY SHOPPING LIST

Fabric:
___________ yards of 45 inch
OR ________ yards of 60 inch

Notions: ____________________________________________
__________________________________________________
__________________________________________________

The fabric I have chosen is called ________________________
__________________________________________________

It is made of ________________________
__________________________________________________
fiber. It (does/does not) have a nap or a one-way design.

Care instructions given on the fabric bolt are:
__________________________________________________
__________________________________________________
__________________________________________________

FASHION CLUE

The pattern envelope will give you ideas for trimming and accessorizing your garment. The trim and accessories you choose help you achieve your “total look.”

ACTIVITY 10

LEARN TO USE YOUR PATTERN

Inside the envelope you will find:

1. Pattern instructions
2. Pattern pieces

Write your name on every page of the pattern instructions to make sure you don’t lose them while you are working on your garment.

The pattern instructions will show:

• The name of the pattern company and the pattern number.
• Information to help you alter the pattern.
• A line drawing of the front and back of each view.
• General directions for alterations, cutting, marking, and sewing.
• Cutting layout diagram.
• Step-by-step sewing directions and diagrams. Read the instructions carefully before you begin to work. Number the steps in the order that you will do them. You may need to ask your project helper or someone at home to help you with some of the steps.

CONSTRUCTION CLUE

Your pattern instructions will help you produce a well-made garment.
### Pattern Symbols you are Likely to See

<table>
<thead>
<tr>
<th>SYMBOL</th>
<th>Description</th>
<th>How to Use</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="image" alt="Grainline arrow" /></td>
<td>Grainline arrow. Heavy solid line with arrows at each end.</td>
<td>Place pattern piece on fabric with arrows parallel to selvage.</td>
</tr>
<tr>
<td><img src="image" alt="Fold bracket" /></td>
<td>Fold bracket. Long bracket with arrows at each end or “place on fold” instruction.</td>
<td>Place pattern piece with arrows or edge exactly on fold of fabric.</td>
</tr>
<tr>
<td><img src="image" alt="Cutting line" /></td>
<td>Cutting line. Heavy solid line along outer edge of pattern. May also designate a “cut-off” line for a certain view.</td>
<td>Cut on this line. When more than one size is printed on one piece, use the cutting line for size that fits best.</td>
</tr>
<tr>
<td><img src="image" alt="Adjustment line" /></td>
<td>Adjustment line. Double line indicating where pattern can be lengthened or shortened before cutting.</td>
<td>To shorten, make a tuck in pattern between lines. To lengthen, cut pattern between lines and spread apart.</td>
</tr>
<tr>
<td><img src="image" alt="Notches" /></td>
<td>Notches. Diamond shapes along cutting line, used for matching seams. Number in order in which seams are joined.</td>
<td>Cut out into margin of pattern or make short snips into seam allowance. Match like-numbered notches.</td>
</tr>
<tr>
<td><img src="image" alt="Seamline" /></td>
<td>Seamline. Long, broken line, usually 5/8 inch (1.5 cm) inside cutting line. Multi-sized patterns do not have printed seamlines.</td>
<td>Unless otherwise specified, stitch 5/8 inch (1.5 cm) from cut edge.</td>
</tr>
<tr>
<td><img src="image" alt="Foldline" /></td>
<td>Foldline. Solid line marking where garment is to be folded during construction.</td>
<td>Fold along this line when sewing facings, hems, tucks, or pleats.</td>
</tr>
<tr>
<td><img src="image" alt="Dart" /></td>
<td>Dart. Broken line and dots forming a “V” shape, usually at hipline, bustline, or elbow.</td>
<td>Mark, fold along center line, and carefully match lines and dots. Stitch to a point.</td>
</tr>
<tr>
<td><img src="image" alt="Dots" /></td>
<td>Dots (large and small), squares, or triangles. Usually found along seamlines or darts.</td>
<td>Areas of construction where precise matching, clipping, or stitching is essential.</td>
</tr>
<tr>
<td><img src="image" alt="Ease" /></td>
<td>Easing line. Short, broken line with small dot at each end, marking area to be eased.</td>
<td>Easestitch larger piece; pull up stitching to match smaller piece.</td>
</tr>
<tr>
<td><img src="image" alt="Gather" /></td>
<td>Gathering rows. Two solid or broken lines or small dots at each end, marking an area to be gathered.</td>
<td>Make two rows of easestitching between dots of larger piece; pull up stitching so dots match with those on smaller piece.</td>
</tr>
<tr>
<td><img src="image" alt="3&quot; (7.5 cm) Hem" /></td>
<td>Hemline. Hem allowance is printed on the cutting line.</td>
<td>Turn hem up the specified amount, adjusting as necessary.</td>
</tr>
<tr>
<td><img src="image" alt="Zipper placement" /></td>
<td>Zipper placement. Parallel rows of triangles along seamline where zipper is to be inserted.</td>
<td>Insert zipper so pull tab and bottom stop are positioned where indicated.</td>
</tr>
<tr>
<td><img src="image" alt="Detail positions" /></td>
<td>Detail positions. Broken lines indicating placement of pockets, tucks, or other details.</td>
<td>Mark and position detail where indicated.</td>
</tr>
<tr>
<td><img src="image" alt="Button and buttonhole placements" /></td>
<td>Button and buttonhole placements. Solid lines indicate length of buttonhole; “X” or illustration shows button size and placement.</td>
<td>Mark and position where indicated.</td>
</tr>
</tbody>
</table>
ACTIVITY 10: LEARN TO USE YOUR PATTERN

FOR SUMMER 2020

PATTERN PIECES

Check each step as you complete it.

_____ Circle your pattern layout with a colored pencil.

In order to find your cutting layout you will need to know:

1. The letter of the view that you have selected.
2. The width of the fabric you have purchased.
3. If your fabric has a nap.
4. The size of your pattern.

_____ Use the cutting layout to select the pattern pieces to make your garment.

_____ Put a checkmark beside the letter of each pattern piece as you select it until you have all those you need.

_____ Cut apart the pattern pieces that are on large sheets. Do not cut them on the solid cutting lines. You will do this when you cut out the garment pieces from the fabric.

_____ Press your pattern pieces with a dry iron set on low.

_____ Fold the rest and put them back into the pattern envelope to make sure they don’t get lost.

CUTTING LAYOUTS

Black area denotes fabric.
Pattern pieces to be placed with printed side down.
Pattern pieces to be placed with printed side up.

A SHORTS Use pieces 1, 2

SELVAGES

44” 45” (115cm) fabric without nap all sizes

44” 45” (115cm) fabric without nap all sizes

SELVAGES

58” 60” (150cm) fabric with or without nap all sizes

58” 60” (150cm) fabric with or without nap all sizes

B SHORTS Use pieces 1, 2

SELVAGES

44” 45” (115cm) fabric without nap all sizes

size extra-large

SELVAGES

58” 60” (150cm) fabric with or without nap sizes extra-small, small, medium, large

NOTE: Pattern pieces may interlock more closely for smaller sizes.
READ YOUR PATTERN

Look at all the markings on your pattern pieces. The ones you will see most often are listed below. Match the letters of the symbols in the drawing below to the correct word(s) in the list. Not all of the items are shown in the drawing. Write “NA” next to the items that aren’t shown in the drawing.

1. ___ Cutting line
2. ___ **Stitching line**
3. ___ Dot for matching pieces
4. ___ Cut on fold of fabric
5. ___ Shorten and lengthen guideline
6. ___ Grainline arrow
7. ___ Buttonhole
8. ___ Seam allowance
9. ___ Center front line
10. ___ Notch
SIMPLE ADJUSTMENTS

Record your measurements from page 19 on the chart below in column 1.

Enter the garment measurements for your size on the chart below in column 2. Find these on the back of the pattern envelope.

In column 3 note the changes that must be made.

Make the changes that are necessary.

<table>
<thead>
<tr>
<th></th>
<th>1. My measurements</th>
<th>2. Pattern measurements from envelope</th>
<th>3. Adjustment + or –</th>
</tr>
</thead>
<tbody>
<tr>
<td>Waist</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Hip</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Crotch</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Back waist length</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Finished length of garment</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

TO SHORTEN

1. Measure from the shortening and lengthening guideline the amount the pattern must be shortened.

2. Draw a new line across the pattern.

3. Fold along the shortening and lengthening line.

4. Bring fold to drawn line.

5. Pin or tape in place.
TO LENGTHEN

1. Cut the pattern piece on the shortening and lengthening guideline.
2. Tape one piece of the pattern to a piece of paper and pin or tape in place.
3. Measure from the cut edge the amount that must be added.
4. Draw a line across the pattern.
5. Place the remaining pattern piece on the drawn line.
6. Pin or tape in place.
7. Redraw the cutting and stitching lines in the area.

GETTING READY TO CUT

Layout

- Arrange the pattern pieces as shown in the cutting layout.
- Be sure that you have enough fabric for all the pieces.
- First, arrange large pattern pieces. Then arrange smaller pieces.
- Grainlines are laid in the same direction as the selvage or the lengthwise fold.
- Do not use the selvage as a seam finish.
- Have your project helper or someone at home check the way you have the pieces arranged before you begin to pin the pieces in place.
ACTIVITY 10: LEARN TO USE YOUR PATTERN

FOR SUMMER 2020

Pin

- Place pins through all the layers of pattern and fabric.

- Pin one end of the grainline arrow. Measure the distance from the end of the grainline arrow to the edge or fold of the fabric. Measure from the other end of the grainline arrow to the edge or fold of the fabric. If the measurements are not the same, move the pattern piece until it is.

- Next pin the “corners” of the pattern piece. Place pins at right angles to the cutting line. Be sure your pins do not extend over the cutting line. If they do, you will dull the edges of your shears when you hit them.

- Then pin the notches. The pin point can extend into the notch. This insures that you do not cut the notch.

- Continue to pin the pattern piece in place so that pins are 3 to 4 inches apart.

Cut

Use sharp dressmaker’s shears. Use your free hand to hold the edge of the pattern flat as you cut. Leave each pattern piece pinned to the fabric until you are ready to use it.
ACTIVITY 10: LEARN TO USE YOUR PATTERN

Marking

Once the pattern pieces are cut out, some pattern symbols must be transferred to the fabric. This process is called marking. Symbols that must be marked are:

- Dots.
- Fold lines for hems, pleats, or waistlines.
- Lines that mark the placement of details, such as pockets and buttonholes.
- Center front and back lines unless they are on a fold.

Marking should be done with disappearing fabric marking pens, pencils, chalk, or tracing paper and a tracing wheel.

Test marking pen, chalk, or tracing paper on a sample of fabric first to make sure it can be wiped off with a wet cloth.

To mark with tracing paper and a tracing wheel:

1. Place a magazine on the work surface to protect it from scratching or marking.
2. With right sides together, lay the fabric (with the pattern piece still attached) on the magazine.
3. Remove enough pins so that you can slip the tracing paper between the pattern and the wrong sides of the fabric.

4. Roll the tracing wheel over symbols that need to be transferred to the fabric. Follow the edge of a ruler to make straight lines. Make an X to mark dots.

Pressing

Pressing is an important part of sewing. It smoothes or manipulates a specific area of fabric in a controlled way. Pressing seams after they have been sewn controls the seam allowances. It also causes the thread to meld into the fabric. After sewing a seam, press the seam flat, then press the seam open or to one side. It's important to press a seam before sewing another seam that will cross it.

When you press, pick up the iron and set it down on a different part of fabric. Do not move the iron back and forth across the fabric. Test press a scrap of fabric before you start construction.

ACTIVITY 11
MAKE YOUR OUTFIT

You are ready to sew! Your pattern pieces are cut and marked. Follow the pattern instructions one step at a time. Ask your project helper or someone at home for help if you need it.

I will wear the following to complete my outfit:

______________________________

______________________________

______________________________

I will add the following accessories to achieve my total look:

______________________________

______________________________

______________________________

ACTIVITY 12
PICK ACCESSORIES FOR YOUR TOTAL LOOK

Select other items in your wardrobe to complete your outfit.

I will wear the following to complete my outfit:

______________________________

______________________________

______________________________

I will add the following accessories to achieve my total look:

______________________________

______________________________

______________________________
Good grooming means making yourself as neat and clean as possible. It only takes a few minutes each day. Here are five steps you can follow to keep yourself neat and clean:

**Step 1.** Take a shower or bath every day.
You need a shower, bath, or sponge bath every day to remove perspiration, body oil, and dirt. Don’t count on just a quick once over with water. Use plenty of soap, and scrub. Then rinse well with clean water and dry thoroughly.

**Step 2.** Check your hands.
Wash your hands often during the day. Use a nail brush to scrub fingernails. Gently push back the cuticles with a towel. A nail file helps to smooth rough edges of your fingernails.

**Step 3.** Keep hair clean.
Wash your hair at least once a week and more often if it is oily, or if you have been exercising a lot. Brush your hair often and have it cut regularly. A dirty brush and comb will make clean hair dirty, so wash them also.

**Step 4.** Take care of teeth.
Brush your teeth after every meal and before going to bed. Frequent brushing and flossing helps prevent cavities.

**Step 5.** Keep clothes clean and neat.
To be well groomed, your clothes need to be washed, pressed, and mended. Clean underwear and clean socks every day are important. Can you help do the laundry at your house?
Practice good grooming. Keep track of your grooming practices for one week. Place a “smiley face” on the line if you did the grooming step listed on the chart.

**GROOMING CLUE**
You will feel more confident and have a positive image when you practice good grooming habits.

<table>
<thead>
<tr>
<th>GROOMING PRACTICE</th>
<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Take a shower or bath every day</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2. Check your hands</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3. Keep hair clean</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4. Take care of teeth</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5. Keep clothes neat and clean</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
ACTIVITY 14

YOUR TOTAL LOOK

Model your outfit, including your accessories, in front of a mirror and rate how it looks using the Seven Clues Review below. You may also want to ask your project helper for input. List all the positive features for each category, then comment on what you could improve. Congratulations on making your new item!

<table>
<thead>
<tr>
<th>SEVEN CLUES REVIEW</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
</tr>
<tr>
<td>EXCELLENT</td>
</tr>
<tr>
<td>-----------</td>
</tr>
<tr>
<td>Fashion is something new in color, fabric, trim, style, and/or accessories. Your project outfit may have one or more of these.</td>
</tr>
<tr>
<td>Design refers to the line, color, and how the outfit looks on you. Do all the parts of your outfit look good together?</td>
</tr>
<tr>
<td>Fit relates to whether your garment is the right size for you—not too loose and not too tight.</td>
</tr>
<tr>
<td>Construction quality shows when seams are smooth, hems are even and neat, and outfit is well pressed.</td>
</tr>
<tr>
<td>Grooming is taking care that your appearance is clean and neat. Check your clothes, hair, fingernails, and make-up.</td>
</tr>
<tr>
<td>Posture and poise are how you stand, sit, and walk. The ease with which you model your outfit shows poise.</td>
</tr>
<tr>
<td>Personable qualities include your facial expression and your overall positive presentation.</td>
</tr>
</tbody>
</table>
ACTIVITY 15

SUMMARY OF YOUR PROJECT

Now that you’ve evaluated your outfit, it’s time to reflect on your project experience. Completing this summary will prepare you for the project review.

Describe what you made and the accessories you selected to achieve your total look.

________________________________________________________

________________________________________________________

________________________________________________________

________________________________________________________

________________________________________________________

________________________________________________________

Write a brief summary of your project. What did you enjoy?

________________________________________________________

________________________________________________________

________________________________________________________

________________________________________________________

________________________________________________________

Did everything work out as you had planned? Give an example of how you had to change your plans. Were you happy with the results?

________________________________________________________

________________________________________________________

________________________________________________________

________________________________________________________

________________________________________________________

What are some things you learned that will help you in other areas of your life? How could the skills you learned with this project help you in the future?

________________________________________________________

________________________________________________________

________________________________________________________

________________________________________________________

________________________________________________________
THE FINISHED PRODUCT

Attach a photo of you in your outfit. Add a fabric swatch and pattern sketch if you wish.
GLOSSARY

**accessories.** Articles such as a necklace, scarf, hair adornment, or a pair of earrings that add to the attractiveness of a basic outfit.

**apparel.** This is another word for the garments that you wear.

**backstitch.** Sew three to four stitches by machine then adjust the machine to stitch in reverse. Sew two to three stitches then adjust the machine to sew forward and continue sewing the seam.

**basting stitch.** Stitches used to temporarily hold together two or more layers of fabric. Basting stitches can be sewn by hand or machine and should be large enough to see and loose enough to be removed easily.


**crosswise grain.** The thread that runs from selvage to selvage on a piece of fabric. Most projects are cut with the crosswise grain going around the body.

**cutting line.** A solid dark outer line on a pattern piece. A pair of scissors is sometimes printed on this line to let you know this is where you should cut.

**fabric.** A pliable material usually made by weaving, knitting, or felting of natural or synthetic fibers.

**grain.** Indicates the direction of the thread in the fabric.

**grainlines.** Lengthwise grain runs in the same direction as the selvage. Lengthwise fibers are usually stronger than crosswise fibers or threads. Crosswise grain runs across the fabric, from one selvage to the other. Crosswise threads or fibers stretch; most garments are cut with the crosswise grain going around the body.

**grainline arrow.** A straight line with an arrow at each end. It is used to position the pattern on the fabric. The arrow must be parallel to the fabric selvage or lengthwise grainline.

**hems.** Used to finish the bottom edges on items such as skirts, slacks, sleeves, and jackets. The type of hem selected is dependent upon the fabric and the garment.

**layout.** The way pattern pieces should be placed on a piece of fabric for cutting.

**marking.** Transferring pattern symbols to fabric.

**napped.** Fabric with a texture or pile that lays in one direction when you glide your hand across it. Examples include velvet, corduroy, and terry cloth. Sewing with napped fabric takes a little extra care and attention. Check your pattern envelope for special directions.

**needles.** Hand sewing needles come in a variety of sizes. The higher the number, the finer the needle. Sewing machine needles also come in a variety of sizes. Use a size 10/70 or 12/80 for sewing most cotton and fabric blends.

**notions.** Items needed to complete a sewing project, such as zippers, buttons, elastic, and thread.

**one-way design.** Fabric with plaids, stripes, or other designs that need to align in a finished garment. Extra fabric may be needed so the pattern pieces line up correctly. Check your pattern envelope for special directions.

**pattern instructions.** An instruction sheet that includes cutting layouts, explanation of terms and symbols used in a pattern, illustrations of all pattern pieces, and general information.

**pattern pieces.** Very thin paper pre-printed with designs needed to make your selected garment.
**preshrink.** Prior to cutting and sewing, the fabric has been washed or dry cleaned according to care instructions from the fabric bolt. This reduces shrinkage of the final project, removes resins from fabric, and prevents skipped stitches while sewing.

**right side.** Side of fabric that shows on the outside.

**scissors.** A cutting tool with handles the same size. Used for clipping threads.

**seam allowance.** The fabric between the cut edge and the stitching line. Seam allowances are commonly ⅝ inch. The pattern should tell you what seam allowance is to be used.

**seam finish.** A process, usually a stitch, applied to the edge of fabric to prevent fraying.

**seam ripper.** A tool with a sharp point that fits under threads you want to cut and remove such as stitching mistakes.

**seams.** The amount of fabric between the stitching line and the cutting line.

**selvage.** The tightly woven finished edge on a piece of fabric. Selvages do not ravel.

**shears.** A cutting tool with one handle larger than the other. Used to cut fabric.

**shopping list.** This includes everything you need to complete your garment—pattern, fabric, and notions.

**stitching line.** On pattern pieces this usually appears as a broken line inside the solid cutting line. You will machine sew on this line when sewing a seam.

**tension.** Refers to the tightness of the thread as it goes through your sewing machine or serger.

**thimble.** A metal or plastic cap for your fingertip that keeps the needle head from poking your finger when sewing by hand.

**threads.** All-purpose threads made of cotton-covered polyester or 100% polyester are the type most often used for machine sewing. Available in a wide variety of colors. These threads work with all types of fabric for all-purpose sewing.

**wrong side.** Side of fabric that doesn’t show; it faces the inside.

**yardage.** Amount of fabric needed to complete a project. Fabric is measured in yards.
SEWING MACHINE DRIVER’S LICENSE

Awarded to

for mastering control of a sewing machine

Issued by

Date

REQUIREMENTS FOR THIS LICENSE

• Winding and inserting bobbin
• Threading machine
• Stitching straight and curved lines
• Turning square corners

• Backstitching
• Changing stitch lengths
• Using different speeds
• Sewing seams
FOR SUMMER 2020

PRACTICE STITCHING GUIDE

Stitch this pattern without thread in the sewing machine. Use 10–12 stitches per inch.

Start here.
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SUGGESTED RESOURCES

BOOKS

WEBSITES
Coats and Clarks makeitcoats.com
Look for free patterns.
Jo-Ann Fabrics joann.com
Prym Consumer USA Inc. dritz.com
Sewing.org sewing.org
Sulky Threads sulky.com
The Warm Company warmcompany.com
*Threads Magazine* threadsmagazine.com

PATTERN COMPANIES
Burda Fashion burdastyle.com
Butterick butterick.com
Kwik Sew kwiksew.com
The McCall Pattern Company mccallpattern.com
Simplicity Creative Group simplicity.com
Vogue voguepatterns.com

SEWING MACHINE COMPANIES
Baby Lock babylock.com
Bernina bernina.com
Brother brothersews.com
Elna elnausa.com
Husqvarna Viking husqvarnaviking.com
Janome America Inc. janome.com
Singer singerco.com
I pledge

My head to clearer thinking,

My heart to greater loyalty,

My hands to larger service, and

My health to better living,

For my club, my community, my country, and my world.