



# Sewing

## 4-H Project Newsletter

*This Project Newsletter contains references to County Shows/Exhibitions and 4-H Nova Scotia Provincial Show.*

- *Please be advised that the occurrence of County Shows/Exhibitions will be decided by local organizers and 4-H Nova Scotia cannot guarantee this opportunity for members in 2021.*
- *Nova Scotia Provincial 4-H Show will not be held in 2021. 4-H Nova Scotia has planned a unique year-end celebration which will provide opportunity for all members to participate in fun activities and challenges.*

*This Sewing Project Newsletter contains information specific to the Sewing Project. Please use it in conjunction with the General 4-H Information Bulletin, so that you are aware of Achievement Day completion requirements as well as general opportunities and information pertaining to all 4-H members. This Project Newsletter, as well as the General 4-H Information Bulletin, will be updated in December of each year, if necessary, based on changes made at the 4-H Nova Scotia Annual General Meeting.*

Welcome to the 4-H Sewing Project! Whether you are new to the project or an experienced sewing member, this project has lots to offer and provides a good opportunity to make clothing you will be proud to wear. This project newsletter is designed to guide you through the project year. Please read it carefully because it contains rules and project requirements, as well as ideas and resources available for project meetings. If you have any questions, contact your project leader or the Regional Program Coordinator. Enjoy your year in the Sewing Project and have fun!

### **The Sewing Project Work requirement is two (2) project items.**

- Each member's project work will be evaluated on how well they have completed the project requirements and the degree of difficulty in the item for their age and experience. One of the projects must have the potential to be modelled (4-H N.S. Council Annual Meeting 2012). Please note that members must complete a written commentary as part of their record sheet at Achievement Day
- As of the 2006 4-H N.S. Annual Council Meeting, modelling in the sewing project will no longer be required for Achievement Day Completion. Clubs/ project leaders may still encourage members to complete these activities at other events during the year if they wish to do so. The project has several other project work requirements and this activity is often not a high priority in project groups when preparing for Achievement Day.
- Members are reminded their projects should be age appropriate.
- A Sample Book is not required to complete your project on Achievement Day. If you choose complete a sample book there is a separate class for sample books at county shows/exhibitions. Leaders are encouraged to have their members practice the technique on a sample before they use it on their garment. There are details on how to prepare samples in the 4-H Leaders Resource Manual.

## **Judging Sewing....**

A sewing article is evaluated the following: (Note: Judging standards are the same for articles made on a conventional sewing machine and articles made on a serger or overlock machine)

- **General Appearance - 20%** - Choice of design, color, and materials that is appropriate for the pattern being utilized.
- **Workmanship Judged from the Outside of the Article - 50%** -This is determined on how well the project item is made, the techniques used are appropriate for the fabric and style and the techniques are done correctly based on the members age. Correct construction of all details from seams to pockets, cuffs, collars, facings, and zippers are all important in evaluating workmanship.
- **Workmanship Judged from Inside the Article - 30%** -The construction techniques used should be suitable for the wear or purpose of the garment. For example, sleep pants or pajamas made of woven cotton, are garments requiring much washing and need to be finished in a manner that allows for such care. On the other hand, if the pajamas are made from a knit and they do not ravel then a seam finish may not be required. Other considerations are such things as the tension of stitching, consistency of stitch length, proper construction and stitching of darts, facings, linings and application of notions such as elastic.

For more information on judging visit the 4-H Nova Scotia Website.

## **Selecting Projects to Create**

Be sure you select different more challenging projects each year which show an improvement in your quality of workmanship. Leaders are encouraged to teach members traditional sewing methods as well as time saving ideas. The type of hem and seam finish used should be appropriate for the fabric and style of garment.

We would encourage members to complete two (2) years in the sewing project before using a serger/overlock. It's important for members to become confident with a conventional sewing machine and to learn the basic sewing skills before attempting to use a serger. Completing a garment utilizing a serger rather than a conventional sewing machine will not necessarily mean a better educational opportunity or product.

Garments made using a conventional sewing machine with correctly made seam finishes and construction detail for the fabric used, are of equal quality in workmanship as those completed on a serger. The member's age and experience in sewing should be a guide for sewing leaders in advising members what patterns they should use as well as the fabric selected and the sewing machine which is utilized.

## **Members often ask what project I should make this year.**

This is a difficult question for both members and leaders. The first consideration would be that members choose a garment and material that they will like to wear when finished. Leaders need to find out what projects the members would like to make and then assess their skill level to ensure the member can complete the article. Members can become discouraged if they choose an item or fabric that's too advanced for them.

If you choose to complete a large item which requires an excessive amount of time or considerable costs, it can be taken under consideration as counting for more than one project completion. Please contact your Regional Program Coordinator (RPC) for approval prior to Achievement Day completion.

Here are some ideas to help you. Please remember they are only suggestions for guidance in selecting a sewing project.

## **First and Second Year members with no or minimum sewing experience:**

- Suggested Techniques - Hand Stitches- basting, hand gathering and hand stitch overcast seam finish; Machine gathering; Hem that's appropriate for the fabric and the article- plain (hand), Narrow machine, curved; Elastic or drawstring casing; Seam Finish that's appropriate for the fabric- pinked, turned and

*Last Revised: March 2021*

stitched, pinked and stitched, machine zigzag, knits-stretch seam; Dart- plain or double; Waistband application; Facing- interfacing and graded seam; Pockets - patch, inseam; Top stitching; and Buttons and Buttonhole.

- Suggested Garments - fabrics - woven with some body i.e., cotton, cotton polyester, twill, flannelette, etc. and jogging fleece; Garments with: elastic or drawstring casing at the waist, sleeveless tops or with cap, raglan or kimono sleeves, with rib binding- neck and cuffs, jogging pants, sweatshirts, pajamas.

**Three to Five Year members with a good understanding of basic sewing techniques:**

- Suggested Techniques - Hem that's appropriate for the fabric and the article - Catch stitch, Blind hem (hand or machine); Seam finish that's appropriate for the fabric - French seam, Flat felled seam, Serged seams; Curved dart; Princess seam- curved seam inward and outward; Hook and eye fastener; Snap fastener; Zipper- centered, lapped; Continuous placket (sleeve, neck opening); Piped seam.
- Suggested Garments - Fabrics (in addition to those suggested above) - denim, interlock knit, polar fleece, corduroy, plaids, Garments with: collars, set-in sleeves (short and long with cuffs or elastic), zippers, fly front zippers, T-shirts.

**Sixth Years and more.... members are capable of more advanced sewing techniques:**

- Suggested Techniques - Hems that are appropriate for the fabric and the article- lock stitch; Seam Finishes that are appropriate for the fabric- French seam, flat felled seam, serged seams; taped seam; tailoring- bound button holes, under collar with roll line, lapel with roll line stabilizing seam, tailor's hem; welt pocket; lining.
- Suggested Garments - Fabrics (in addition to those suggested above) - velvets, silk types, satin, etc.; Garments with: pleats, blazers, lined/tailored jackets.

## 4-H Class List

### CLASS 3: SEWING

<b>Section 1:</b>	Simple Seamed Garments and Articles (potholder, rod pocket curtain, apron, pillowcases, etc.)
<b>Section 2:</b>	All bags, Totes and Wallets
<b>Section 3:</b>	Skirts
<b>Section 4:</b>	Blouses, Tops, Shirts
<b>Section 5:</b>	Slacks, Shorts, Pants, Capris
<b>Section 6:</b>	Sleepwear
<b>Section 7:</b>	Dresses, Jumpers
<b>Section 8:</b>	Formal Wear
<b>Section 9:</b>	Two or Three Piece Outfits
<b>Section 10:</b>	Detailed or Tailored Garments (coats, costumes, etc.)
<b>Section 11:</b>	Sportswear (jumpsuits, overalls, vests, etc.)
<b>Section 12:</b>	Jackets and Blazers
<b>Section 13:</b>	Sample Books or Commentary
<b>Section 14:</b>	Decorative Household (drapes, bedspreads, stuffed animals, quilts, etc.)
<b>Section 15:</b>	Recycled Items
<b>Section 16:</b>	Fashion Design Portfolio (must include minimum of 10 sketches, each including colour, accessories and at least two different angles)
<b>Section 17:</b>	Design Fabrication (must include original sketched design, pattern and sewn item made by member)

**\*Please refer to Requirements listed in front of this newsletter**

### **SUGGESTIONS FOR GROUP ACTIVITIES:**

Why not try some group outings with your project members? It can be lots of fun and a great way to learn new ideas. Here are some suggestions; you may have some ideas of your own.

- *Attend a fashion show in the area.*
- *Plan a beauty culture evening - make-up demos, manicures, etc.*
- *Visit a textile company or clothing manufacturer - could be a large company or a small local business.*
- *Visit a fabric store to see what's new in fabrics.*
- *Invite a clothing designer to speak to the group.*

## FASHION SHOW COMPETITION

Clubs and counties may host a fashion show competitions following provincial COVID-19 protocols at the time of the event.

1. Garments to be modeled must be the ones made and judged on Achievement Day.
2. Commentaries should be as complete as possible, including member's name, age, number of years in sewing project, etc. Include a complete description of style, color, material, special features, etc. of the garment. The more details supplied, the easier it will be to make an overall commentary for the fashion show.

### **Writing Commentaries:**

The purpose of a fashion show commentary is to provide a brief but complete description of the garment. As a member, you want your outfit to sound very appealing to the audience, so it's important to construct your sentences very carefully. The commentary should flow well, be easy for the commentator to read and be pleasing to the ear. Use adjectives to make the outfit come alive and be imaginative.

### ***Your Commentary is More Than a Description of Your Garment.***

Commentaries provide clues for the entrance, exit and modelling gestures. The commentary will bring attention to garment details. When a hand gesture seems appropriate to accent any details or to add style to your modelling, be sure to practice it until it seems natural. The commentary should not be too long, but long enough to provide ample time for the model to show off the garment. A lengthy commentary may bore the audience so it is important that it is short, snappy and descriptive. An extra short commentary can also be a problem. Any model will agree that modelling in silence because of a short commentary is not much fun. Your commentary is worth spending time on. If you have spent hours making the garment, you should feel proud and want to show off your efforts to parents and friends. A well written commentary can help you feel good about participating in a 4-H fashion show and can be the difference between doing an all right or super modelling job.

### **Some points to help writing commentaries include:**

- The commentary should tell about the member as well as the garment. The more information and detail included, the more interesting the event.
- In the first couple of lines give the members name and club, then mention the garment that they are wearing.
- In the next paragraph describe the garment details. Be sure to include the type of sleeves, bodice style, collar, waistband, pockets, etc.
- Conclude with accessories and finishing touches.
- To effectively show off the garment to the audience the commentary should be about 3/4-page long. **Be sure to complete the commentary section of the record sheet for Achievement Day.**