DISCOVER
4-H SEWING CLUBS

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Description

The Discover 4-H Clubs series guides new 4-H volunteer leaders through the process of starting a 4-H club or provides a guideline for seasoned volunteer leaders to try a new project area. Each guide outlines everything needed to organize a club and hold the first six club meetings related to a specific project area.

Purpose

The purpose is to create an environment for families to come together and participate in learning activities that can engage the whole family, while spending time together as a multi-family club. Members will experiment with new 4-H project areas.

What is 4-H?

4-H is one of the largest youth development organizations in the United States. 4-H is found in almost every county across the nation and enjoys a partnership between the U. S. Department of Agriculture (USDA), the state land-grant universities (e.g., Utah State University), and local county governments.

4-H is about youth and adults working together as partners in designing and implementing club and individual plans for activities and events. Positive youth development is the primary goal of 4-H. The project area serves as the vehicle for members to learn and master project-specific skills while developing basic life skills. All projects support the ultimate goal for the 4-H member to develop positive personal assets needed to live successfully in a diverse and changing world.

Participation in 4-H has shown many positive outcomes for youth. Specifically, 4-H participants have higher participation in civic contribution, higher grades, increased healthy habits, and higher participation in science than other youth (Learner et al., 2005).

EXTENSION
UtahStateUniversity

Utah State University is an affirmative action/equal opportunity institution.

Utah 4-H

4-H is the youth development program of Utah State University Extension and has more than 90,000 youth participants and 8,600 adult volunteers. Each county (Daggett is covered by Uintah County) has a Utah State University Extension office that administers the 4-H program.

The 4-H Motto

"To Make the Best Better!"

The 4-H Pledge

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.

4-H Clubs

What is a 4-H Club? The club is the basic unit and foundation of 4-H. An organized club meets regularly (once a month, twice a month, weekly, etc.) under the guidance of one or more volunteer leaders, elects its own officers, plans its own program, and participates in a variety of activities. Clubs may choose to meet during the school year, only for the summer, or both.

Club Enrollment

Enroll your club with your local Extension office. Each member will need to complete a Club/member Enrollment form, Medical History form, and a Code of Conduct/Photo Release form (print these from the www.utah4h.org website or get them from the county Extension office).

Elect Club Officers

Elect club officers during one of your first club meetings. Depending on how many youth you have in your club, you can decide how many officers you would like. Typical officers will include a president, vice president, pledge leader, and secretary. Other possible officers or committees are: song leader, activity facilitator, clean-up supervisor, recreation chair, scrapbook coordinator, contact committee (email, phone, etc.), field trip committee, club photographer, etc. Pairing older members with younger members as Sr. and Jr. officers may be an effective strategy to involve a greater number of youth in leadership roles and reinforce the leadership experience for both ages. Your club may decide the duration of officers–six months, one year, etc.

A Typical Club Meeting

Follow this outline for each club meeting:

- ☐ Call to order–President
- ☐ Pledge of Allegiance and 4-H Pledge–Pledge Leader (arranges for club members to give pledge)
- ☐ Song–Song Leader (leads or arranges for club member to lead)
- ☐ Roll call–Secretary (may use an icebreaker or get acquainted type of roll call to get the meeting started)
- ☐ Minutes of the last meeting–Secretary
- ☐ Business/Announcements–Vice President
- ☐ Club Activity–arranged by Activity Facilitator and includes project, lesson, service, etc. These are outlined by project area in the following pages.
- ☐ Refreshments–arranged by Refreshment Coordinator
- ☐ Clean Up–led by Clean-up Supervisor

Essential Elements of 4-H Youth Development

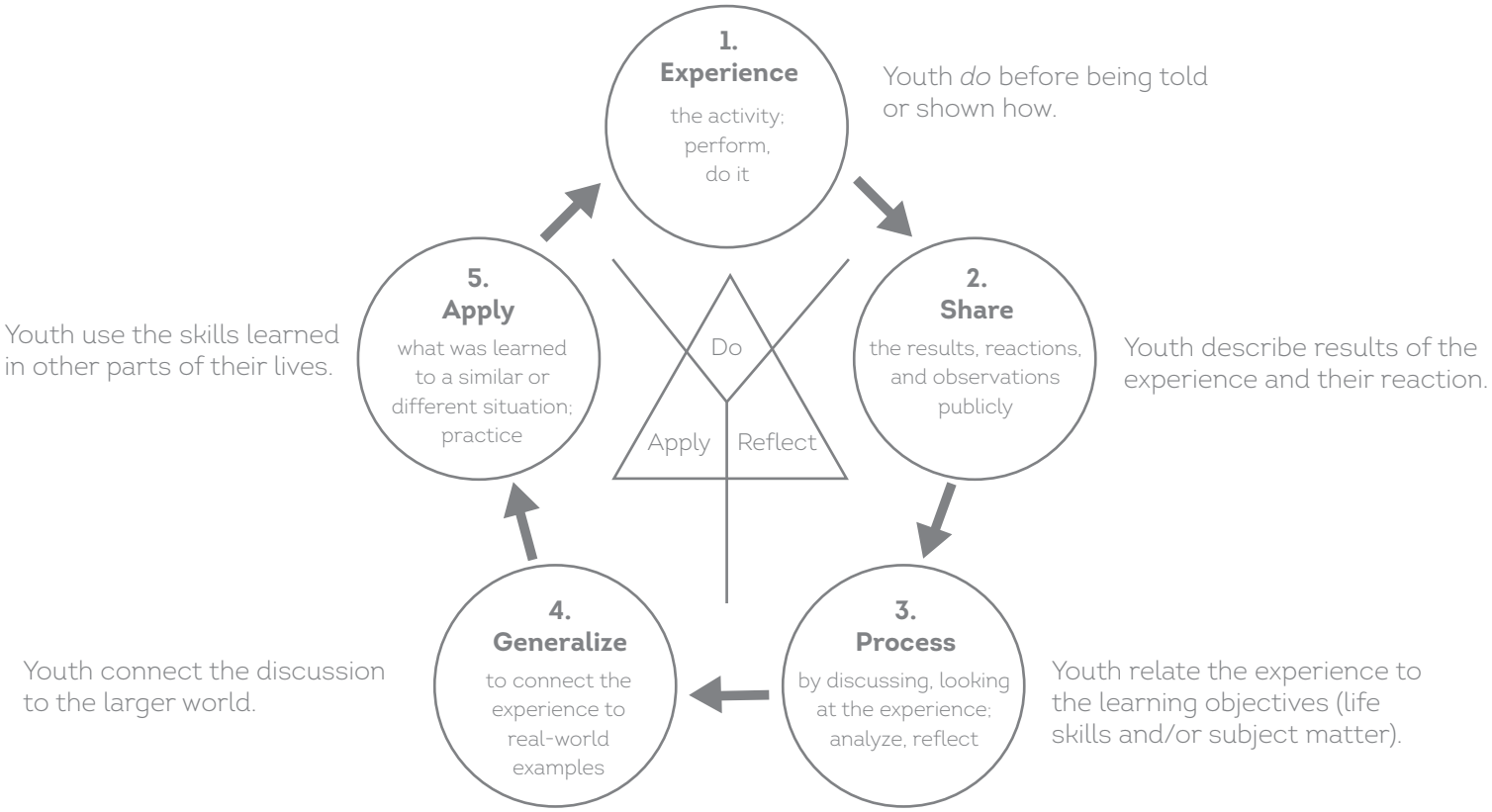
The essential elements are about healthy environments. Regardless of the project area, youth need to be in environments where the following elements are present in order to foster youth development.

1. **Belonging**: a positive relationship with a caring adult; an inclusive and safe environment.
2. **Mastery:** engagement in learning; opportunity for mastery.
3. **Independence:** opportunity to see oneself as an active participant in the future; opportunity to make choices.
4. **Generosity:** opportunity to value and practice service to others.

(Information retrieved from: http://www.4-h.org/resource-library/professional-development-learning/4-h-youth-development/youth-development/essential-elements/)

4-H "Learning by Doing" Learning Approach

The Do, Reflect, Apply learning approach allows youth to experience the learning process with minimal guidance from adults. This allows for discovery by youth that may not take place with exact instructions.



4-H Mission Mandates

The mission of 4-H is to provide meaningful opportunities for youth and adults to work together to create sustainable community change. This is accomplished within three primary content areas, or mission mandates, - citizenship, healthy living, and science. These mandates reiterate the founding purposes of Extension (e.g., community leadership, quality of life, and technology transfer) in the context of 21st century challenges and opportunities. (Information retrieved from: http://www.csrees.usda.gov/nea/family/res/pdfs/Mission_Mandates.pdf)

1. **Citizenship:** connecting youth to their community, community leaders, and their role in civic affairs. This may include: civic engagement, service, civic education, and leadership.
2. **Healthy Living:** promoting healthy living to youth and their families. This includes: nutrition, fitness, social-emotional health, injury prevention, and prevention of tobacco, alcohol, and other drug use.
3. **Science:** preparing youth for science, engineering, and technology education. The core areas include: animal science and agriculture, applied mathematics, consumer science, engineering, environmental science and natural resources, life science, and technology.

Getting Started

1. Recruit one to three other families to form a club with you.
    a. Send 4-H registration form and medical/photo release form to each family (available at utah4h.org)
    b. Distribute the Discover 4-H Clubs curriculum to each family
    c. Decide on a club name
    d. Choose how often your club will meet (e.g., monthly, bi-monthly, etc.)
2. Enroll your club at the local county Extension office
    a. Sign up to receive the county 4-H newsletter from your county Extension office to stay informed about 4-H-related opportunities.
3. Identify which family/adult leader will be in charge of the first club meeting.
    a. Set a date for your first club meeting and invite the other participants.
4. Hold the first club meeting (if this is a newly formed club).
    a. See A Typical Club Meeting above for a general outline.
        i. Your activity for this first club meeting will be to elect club officers and to schedule the six project area club meetings outlined in the remainder of this guide. You may also complete a-d under #1 above.
    b. At the end of the first club meeting, make a calendar outlining the adult leader in charge (in partnership with the club president) of each club meeting along with the dates, locations, and times of the remaining club meetings.
5. Hold the six project-specific club meetings outlined in this guide.
6. Continue with the same project area with the 4-H curriculum of your choice (can be obtained from the County Extension Office) OR try another Discover 4-H Club project area.

Other Resources

Utah 4-H website: www.Utah4h.org
National 4-H website: www.4h.org
4-H volunteer training:
To set up login: http://utah4h.org/htm/volunteers/get-involved/new-volunteer-training
To start modules: http://4h.wsu.edu/volunteertraining/course.html (password = volunteer)

References

Information was taken from the Utah 4-H website (utah4h.org), the National 4-H Website (4h.org), the Utah Volunteer Handbook, or as otherwise noted.

Lerner, R., M. et al., (2005). Positive youth development, participation in community youth development programs, and community contributions of fifth grade adolescents: Findings from the first wave of the 4-H Study of Positive Youth Development. Journal of Early Adolescence, 25(1), 17-71.

We would love feedback or suggestions on this guide; please go to the following link to take a short survey:
https://docs.google.com/forms/d/1v6lW_Jm7WFcCHj-XlEYu0tZ-4EBo-BOdvOv48Ri9bM4/viewform

4-H SEWING CLUB *Meetings*

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Club Meeting 1 Tools of the Trade

SUPPLIES AND EQUIPMENT

TOOLS OF THE TRADE

- Shears
- Tape Measure
- Scissors
- Seam Ripper
- Pins
- Seam Gauge

PIN CUSHION SUPPLIES

- 6" circle of fabric
- Needle
- Thread
- Small condiment cup
- Hand sewing needle
- Stuffing
- Hot glue gun and glue

Learning to sew can be a fun adventure. Sewing requires tools that may never have been used before such as a seam gauge and a seam ripper. Having the right tools and knowing how to use them will make sewing easier.

WHAT TO DO:

- Identify pieces of sewing equipment and their use
- Learn hand basting stitch to gather
- Make a pin cushion

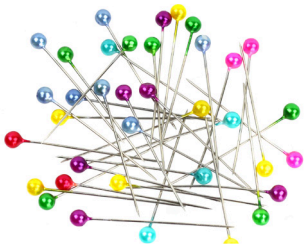
Sewing Tool Matching Game

Some of the basic tools needed to begin the sewing adventure are listed in the column under tools. Match the tools with the descriptions. Write the letter of the description on the line by the tool that fits the description.

____ 1. Pin cushion	A. Used mainly for cutting fabric, one handle is bent and larger than the other.
____ 2. Seam ripper	B. Used for hand sewing, the smaller the size number the larger the needle.
____ 3. Hem (seam) gauge	C. Used for removing stitches, has a sharp point that cuts thread.
____ 4. Shears	D. Used to press curved areas.
____ 5. Chalk or Marking pen	E. Used to store pins.
____ 6. Tape Measure	F. Both handles are the same size, used to trim threads or trim seams.
____ 7. Pressing ham	G. A piece of lightweight fabric placed between the iron and your fabric.
____ 8. Pins	H. Usually 6 inches long and used for smaller measuring jobs.
____ 9. Scissors	I. Long with glass heads are the easiest to use.
____ 10. Press cloth	J. Used to make pattern markings on the wrong side of fabric.
____ 11. Hand needles	K. Used for larger measurements, usually 60 inches long.

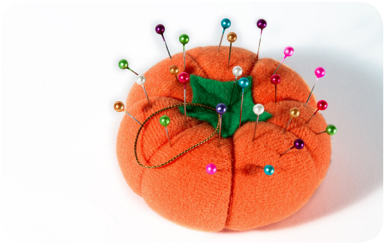
(1. E, 2. C, 3. H, 4. A, 5. J, 6. K, 7. D, 8. I, 9. F, 10. G, 11. B)

Basic Sewing Supplies



Straight Pins

Select steel pins that are sharp. Dull pins can damage fabrics. Ballpoint pins can be used on knitted fabrics. Long pins with flat heads can be used on fleece or open weave fabrics.



Pin Cushion

There are a variety of pin cushions available. A magnetic pin cushion helps hold pins in place. A wrist pincushion keeps pins accessible.

Dressmaker Shears

For best results, select bent handled shears that are sharp. Shears are used for cutting fabric as the lower blade lies flat on the fabric. Left-handed shears are available. Shears are available in a variety of blade lengths.

Tape Measure

A firm but flexible tape measure is a must for sewing. Select a non-stretching tape measure.

Seam Ripper

Select a ripper with a sharp, curved edge as it is used to remove unwanted stitches. When not in use, keep the cover over the point to protect the point.

Sewing Supply Container

Hem (seam) Gauge

Select a metal gauge with a double pointed slider. The gauge is six inches long and used to measure small areas such as hems and buttonholes.

Marking Pen/Pencil or Chalk

Select a marking device that can be easily removed from the fabric after sewing.

Small Scissors (for clipping threads)

These scissors are used for clipping threads. Keep them by your sewing machine and clip thread as you sew.

Hand Sewing Needles

Hand sewing needles come in a variety of sizes. Select a sharp needle that is a comfortable length for your hand.

Dressmaker Ham/Tailor's Ham

The ham is used when pressing shaped areas such a darts and curved seams. The curve of the ham helps to set the curve of the seam.

Press Cloth

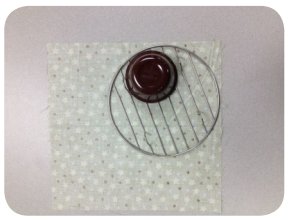
A press cloth is used between the iron's surface and the fabric. It helps to prevent shine and press marks on the fabric.

Pin Cushion

SUPPLIES

- Small cup or container
- Fabric (twice the diameter of the container
- Stuffing
- Needle
- Thread
- Glue gun and glue

DIRECTIONS:



1. Trace a circle on the wrong side of the fabric using something that is about twice the diameter of the small cup or container. Cut out the circle.

2. Hand stitch with a running stitch ½" in from the edge of the circle. Overlap the beginning and the end 1½". Leave needle threaded.

3. Place stuffing on top of fabric.

4. Pull threads and tie tightly. Make a knot with needle and thread so it will not come apart.

5. Place cushion inside cup and glue in place.

Reflect

- What tools are absolutely necessary to complete a sewing project?
- What other tools did you find you needed that are not on the list of tools?

Apply

- What other important tools do you use at school or home?
- What things would you consider when selecting new tools?
- Visit a store or select a website that features sewing tools.
- List tools you would like to have.

Belonging

Create a fun environment that is full of encouragement and praise. Set the tone for an inclusive environment. This type of environment creates a sense of belonging, and encourages and supports its members with positive and specific feedback.

Mastery

Help the youth master their skills by showing and sharing knowledge. Demonstrate proper cutting and sewing techniques. This will help the youth to see and experience firsthand the correct principles and techniques necessary for a quality outcome.

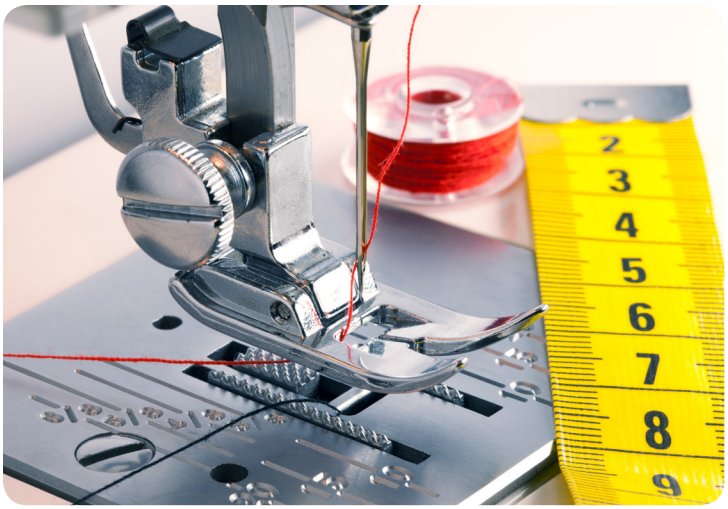
Independence

Provide opportunities for the youth to participate and facilitate in the meeting such as helping cut, measure, and hand sew. This will help to develop a sense of influence over their lives, exercising their potential to become self-directing, autonomous adults.

Generosity

Have the club members make and item for themselves and another for a friend or relative.

Club Meeting 2 Using Your Sewing Machine



SUPPLIES AND PREPARATION

SUPPLIES

- Sewing machine
- Sewing machine manual
- Thread
- 5" x 21" rectangle of fabric to practice sewing fabric

PREPARE BEFORE CLASS

- Copies of practice sheets: straight lines, inside and outside curved lines, turning corner
- 5" x 21" rectangles of fabric for each youth

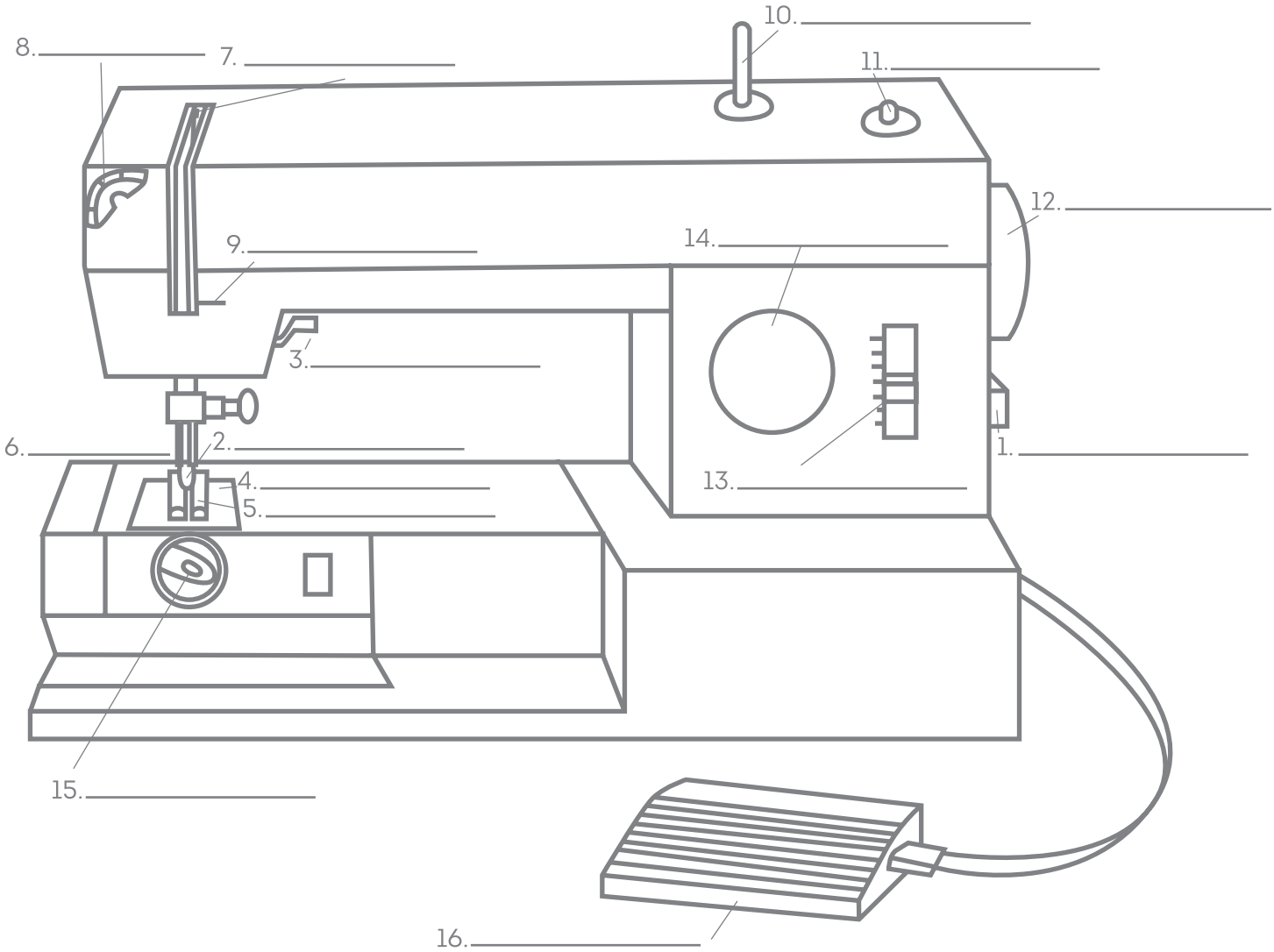
Operating a sewing machine is simple when you understand how to use it properly. Correct use of the sewing machine is essential to trouble-free sewing. Be patient and learn how to master your sewing machine. Check your instruction booklet and let your leader or parent help you as you learn.

WHAT TO DO:

- Identify parts of a sewing machine then thread and operate the machine.
- Practice stitching on Sewing Machine Practice Sheets.
- Thread the sewing machine.
- Practice sewing on fabric.
- Use the sewing machine to make a sewing bag to hold sewing tools.

Identifying the Basic Parts of the Sewing Machine

There are many different models of sewing machines, but the features and threading process are very similar. Identify the parts of the sewing machine or use your owner's manual to locate the parts on you sewing machine (Zieman, 1991).



Parts of the Sewing Machine

The names and functions of basic parts found on most sewing machines are listed below. Read about each part and place the correct number of the part from the sewing machine diagram (on previous page) next to the correct name and function.

_____ **Balance Wheel** - Turns to raise or lower the needle and thread take-up lever. Turn it toward you.

_____ **Bobbin Case** - Holds the bobbin and applies tension to the bobbin thread, which appears on the underside side of the fabric.

_____ **Bobbin Winder** - Winds the thread onto the bobbin.

_____ **Feed Dogs** -Moves the fabric under the presser foot.

_____ **Foot Control** - Controls how fast or slow the machine sews. It is like the gas pedal on a car.

_____ **Needle** - Moves up and down through the fabric to form a stitch

_____ **Power and Light Switch** - Turns on the machine.

_____ **Presser Foot** - Holds the fabric in place as the machine stitches.

_____ **Presser Foot Lifter** - Raises and lowers the presser foot.

_____ **Spool Pin** - Holds the spool of thread.

_____ **Stitch Length Regulator** - Adjusts the number of stitches per inch.

_____ **Stitch Width Regulator** - Adjusts the width of zigzag.

_____ **Thread Take-Up** - Moves up and down with the needle, pulling thread from the spool and through the tension regulator. Always have this lever at its highest point when you stop sewing. This prevents the thread from pulling out of the needle when you start sewing.

_____ **Upper Tension Regulator** - Adjusts and applies tension to the thread so it feeds at a constant rate.

_____ **Thread Guides** - Guides the thread from the spool to the needle. The number of guides and locations vary with different machines.

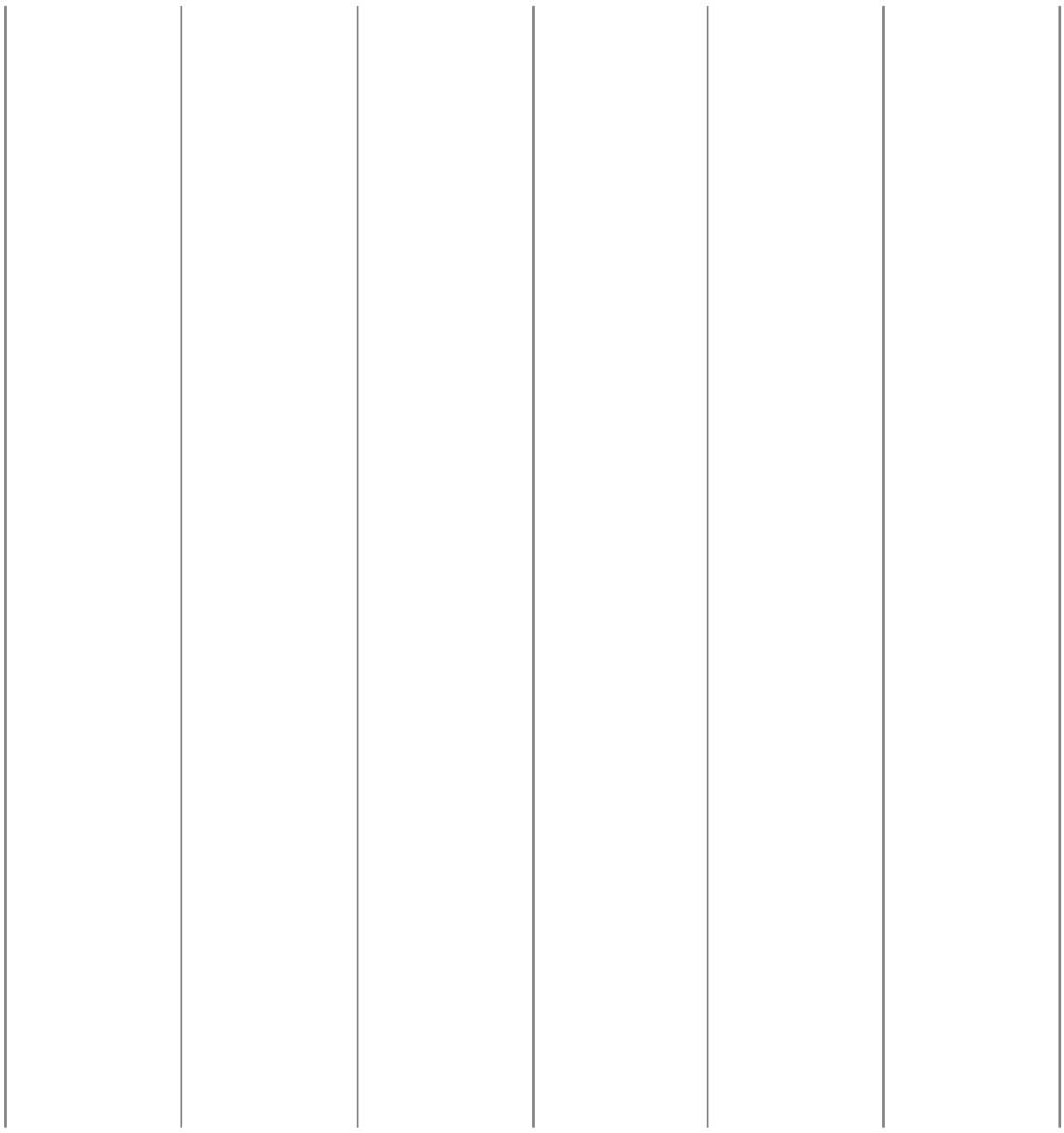
_____ **Throat Plate** - Covers the area around the needle.

(Correct answers: 12, 15, 11, 5, 16, 6, 1, 2, 3, 10, 13, 14, 8, 9, 4)

Practice using your sewing machine before starting your first project. This will give you experience in controlling the speed of the machine and your stitches will be straighter.

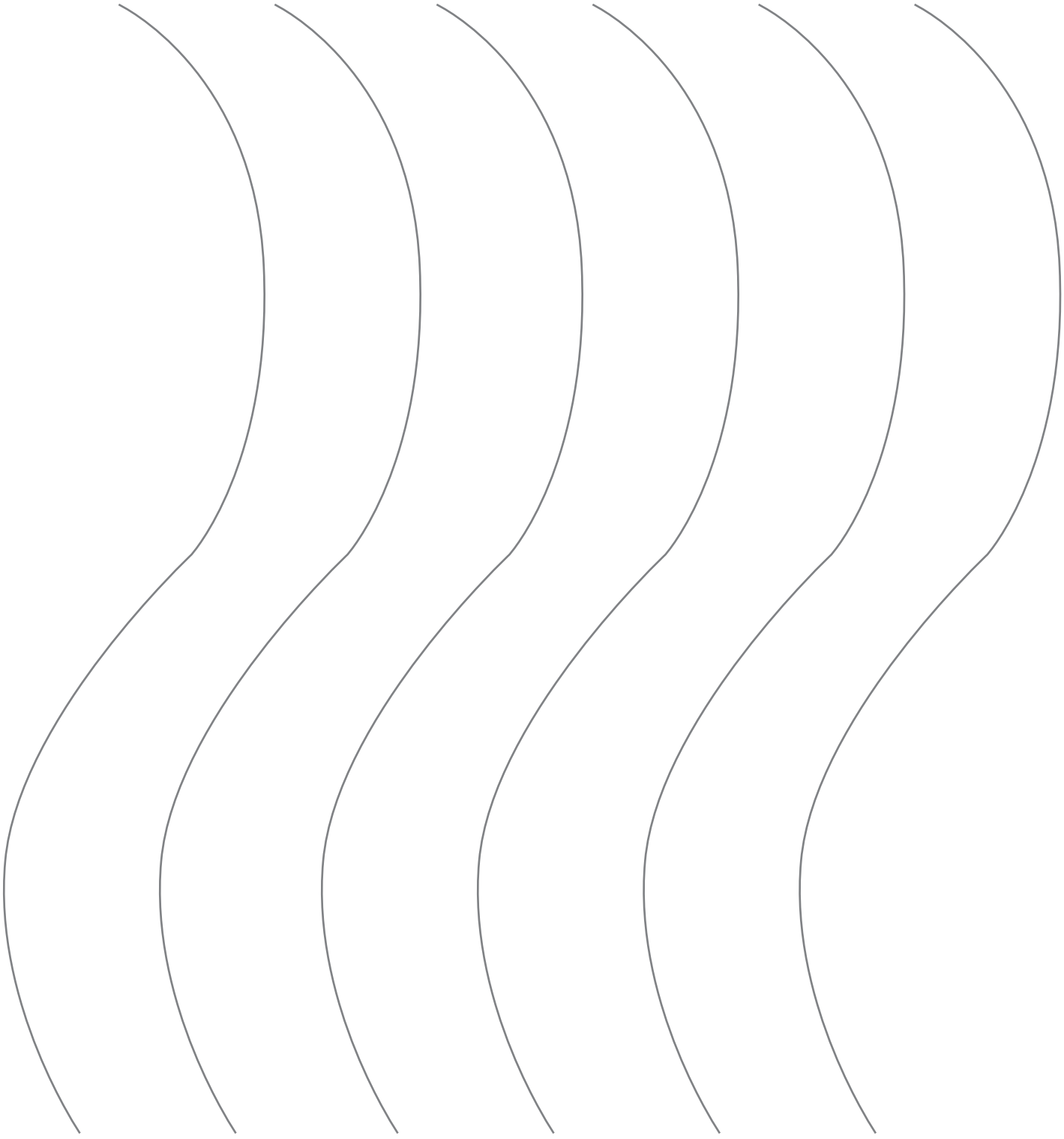
Starting and stopping:

- Remove the thread from your sewing machine.
- Practice stitching on the straight lines on below (or use a sheet of notebook paper with lines). Guide the foot of the sewing machine on the lines as you stitch.
- Practice until you can put the right amount of pressure on the foot control so the machine runs smoothly at medium speed. When you can sew straight down the lines smoothly, practice stitching backward and forward. Check your instruction manual to see how to stitch in reverse on your machine.



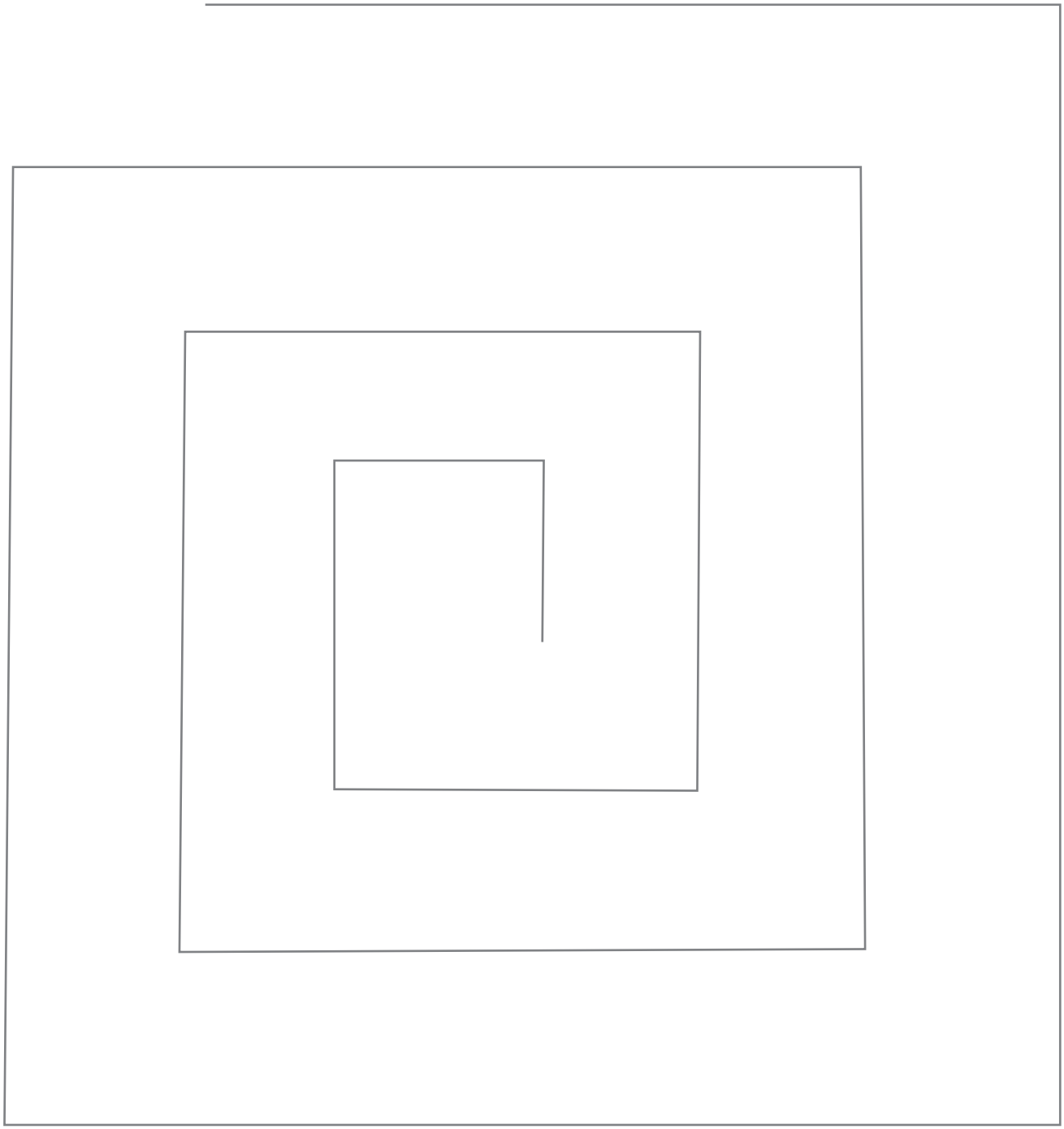
Practice inside and outside curved lines

- Practice stitching along inside curves and outside curves until you can guide the paper easily and run the machine smoothly. If you stitch slowly, it's easier to follow the curves.



Practice turning corners

- Practice turning corners. This is called Pivoting. Stitch to the corner. Stop with the needle down in the paper. Lift the presser foot. Turn the paper so the foot lines up with the next stitching line. Lower the presser foot and continue stitching. PRACTICE until it's easy to turn corners.



Threading the Machine

Check your instruction manual to learn how to thread your machine and wind your bobbin. Use the same kind of thread in both places. Practice until you can:

Check off when completed

- ☐ Wind the bobbin.
- ☐ Put the bobbin in its case and then insert it into the sewing machine. (Should also be able to remove the bobbin from sewing machine and case).
- ☐ Thread the top of the machine.
- ☐ Bring up the bobbing thread to get the machine ready for sewing.
    - Hold the needle thread in your left hand.
    - Turn the balance wheel with your right hand so the needle goes down and comes up once.
    - Gently pull the thread in your left hand to pull up a loop. This loop is the bobbin thread.
    - Hold both threads and bring them under the presser foot to the back of the sewing machine.

Sewing of Fabric

Now that you have prepared your sewing machine, try practice stitches on a scrap of fabric before you begin a sewing project.

1. Set the stitch length at 10-12 stitches per inch.
2. Make sure the upper and bobbin threads are at the back of the machine under the raised presser foot.
3, Be sure the needle is at its highest point.
4. Place the fabric under the raised presser foot with the edge of the seam on the right side of the presser foot.
5. The fabric should be placed so that when the needle is lowered it will be ½ inch from the top of the fabric on the stitching line.
6. Turn the hand wheel to lower the needle into the fabric. The needle should be into the fabric before you begin to sew your seam.
7. Lower the presser foot. Hold the thread ends. Set the machine for backstitching of the fabric. This will secure the end of your seams together. Stitch backwards.
8. Release the machine reverse and stitch forward.
9. Try to avoid sewing fast and slow. Uneven speed may cause problems in your stitching.
10. Watch the seam guide lines marked on the machine to help keep your seams straight.
11. Backstitch at the end of every seam like you did at the beginning.
12. Raise the needle and lift the presser foot before pulling the fabric from the machine. Clip the threads.

Check off when you can do each of these things:

- ☐ Identify the parts of your sewing machine.
- ☐ Stitch straight on a practice sheet without thread.
- ☐ Wind the bobbin and insert it into the machine.
- ☐ Thread the machine.
- ☐ Keep the threads from getting tangled at the start of a seam.
- ☐ Control the speed of the machine.
- ☐ Stitch a straight line on fabric with thread.
- ☐ Change the stitch to a zigzag stitch.
- ☐ Ask questions when having machine problems.

Congratulations! You have learned and demonstrated your knowledge of the above skills. Have the person who owns the sewing machine you are using and your leader sign your Sewing Machine Operators' License (Young, 1985).

You are now ready to come to the 4-H Sewing Camp. Please bring this notebook with you. See you there!

4-H Operator's License

_____

has successfully passed the requirements for operating a sewing machine.

_____

Sewing Machine Owner

_____

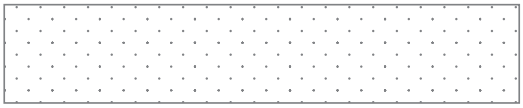
4-H Leader

Drawstring Bag

SUPPLIES

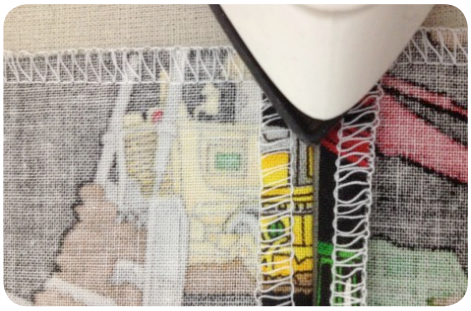
- 31" W x 13" H brightly colored, sturdy cotton fabric
- Sewing machine
- Iron and ironing board
- Shears or scissors
- Sewing pins
- 36" pair of shoe strings or cotton cording
- Large safety pin
- Thread

CUTTING INSTRUCTIONS:



1. Cut fabric 31" W X 13" H. For directional fabric cut two pieces 16"W X 13" H. The finished bag needs to be 14"W X 12" H

BAG CONSTRUCTION:

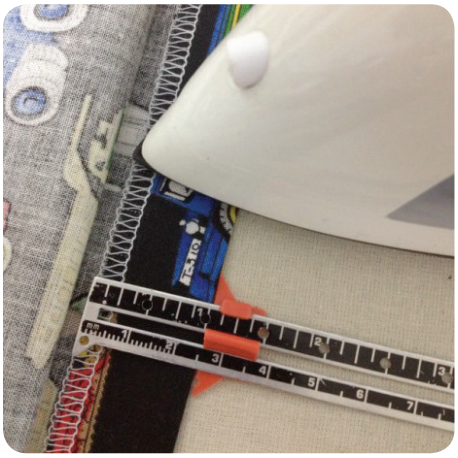


1. To prevent the edge from fraying use a seam finish as described in the Sewing Clue.
2. Fold your bag in half, right sides together. Pin side seams starting 2" down from the top of the bag. Sew sides using a ¼ inch seam.
3. Press seam allowance open on sides. Press ¼" on the top where the seam has been left open.

Sewing Clue

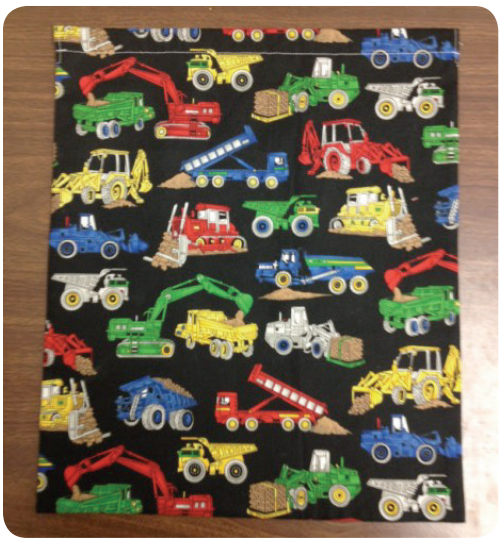
A seam finish is a way to prevent a seam from fraying. An easy finish is to zig-zag over the seam's raw edge. On a light weight fabric a three step zig-zag stitch can help prevent a puckered edge. A serged seam would also prevent the edge from fraying.

4. Topstitch seam opening down one side, across to the bottom and up to the top.



5. Lay your fabric right side down on the ironing board. Fold one of the shorter edges of your fabric up 1 inch and press. This fold will create your casing for the drawstring. Repeat on the other short edge.

6. Sew ¾" from the top of the casing.

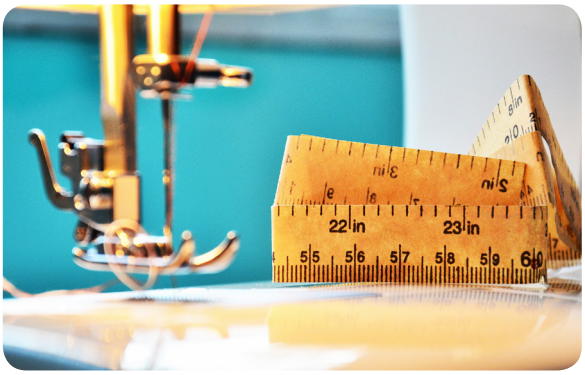


7. Turn bag right side out.

8. Cut 2 pieces of ribbon or cording 32" long. Put a safety pin through the ribbon or cord. If it is something that frays easily, wrap it with a little tape before inserting the safety pin. To make it easy to pass through the casing, use the biggest safety pin that will fit through your casing easily.

9. Using the safety pin to hold on to, thread your drawstring into the casing, passing it along inch by inch. Go in one side, through to the other side, and come out where you started. Do the same with the other ribbon, but start on the opposite side this time.

10. Tie a simple knot to secure your drawstring by holding the two ends of one string even, forming a loop in the ribbon and pulling the end through. You can make the knot quite close to the bag. Repeat on the other side.



Reflect

- Why do you think it is important to know the parts of the sewing machine?
- Why is it important to know what the parts of the sewing machine do?
- Why was it helpful to have a guide book for your sewing machine?
- Besides threading information, what other information does your sewing machine guide book contain?

Apply

- Why is it important to learn about a machine before using it?
- Tell a friend or helper about three important parts of the sewing machine.
- If your machine does not have a guide book, where could you obtain one?
- What did you learn about following directions from this activity that you can apply to another one?

References:

Young, L., Clothing Yourself!, Cooperative Extension Service Utah State University, Logan, Utah.

Zieman, N. 1991. Let's Sew! A Beginner's Guide, Nancy's Notions, Ltd., P.O. Box 683, Beaver Dam, WI 53916. ISBN 0-931071-54-2

Club Meeting 3 Pillowcase

SUPPLIES AND EQUIPMENT

- 1/4 yard border fabric
- 3/4 yard pillow body fabric
- Thread to match
- Pins
- Ruler
- Iron
- Pin cushion
- Scissors
- Rotary cutter
- Cutting mat
- Ironing board

Learning to sew can be a fun adventure. Sewing requires tools that may never have been used before such as a seam gauge and a seam ripper. Having the right tools and know how to use them will make sewing easier.

WHAT TO DO:

- Select border and body fabric
- Set up and thread sewing machine
- Learn how to pin layered fabric
- Learn how to make a rolled and wrapped border hem
- Learn how to sew a 5/8" seam
- Learn to sew a seam finish
- Learn how to press

CUTTING LAYOUT:

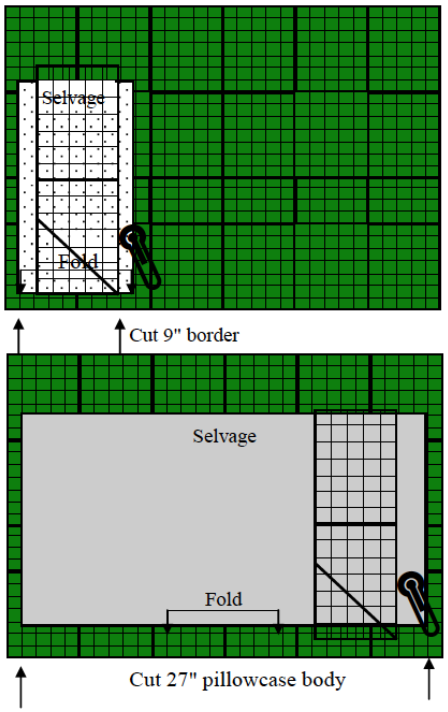
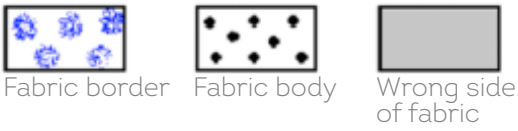
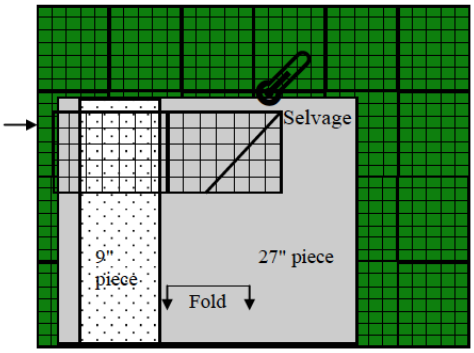


DIAGRAM KEY:



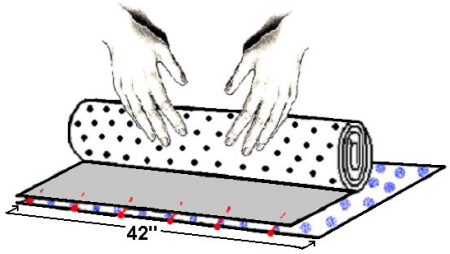
Stitching line ----------

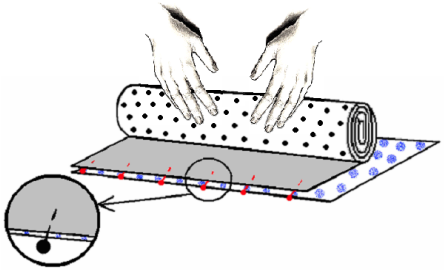


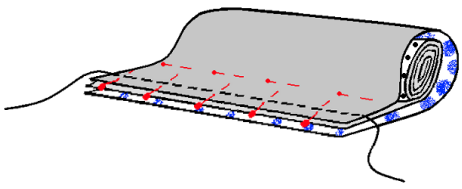
Place 9" and 27" pieces on top of each other with folds together. Cut 21" from the fold the full length of fabric (42" total width).

Note: Leader should cut out the pillowcase border and body pieces in advance.

PILLOWCASE CONSTRUCTION:







1. Lay coordinating border edge on a flat surface with right-side up. Place the right side of the pillowcase body on the right-side of the coordinating border edge matching raw edges. Pin edges together.

2. Roll the width of the pillowcase body toward the pinned edge. Stop rolling when you reach the center of the border fabric.

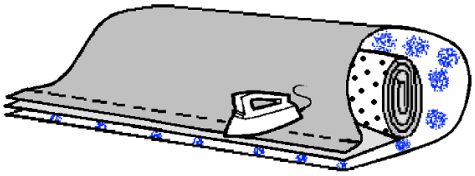
3. Wrap border fabric around rolled pillowcase body. Match raw edge and re-pin. Sew a ½" seam allowance along the pinned edge. Back stitch three or four stitches at beginning and end.

Sewing Clue

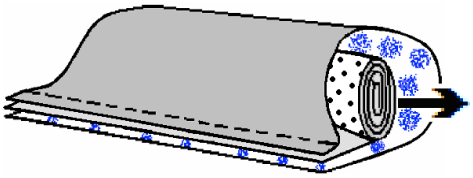
Becoming familiar with the markings in the Diagram Key will aid you in reading instructions. Most patterns have similar keys..

Sewing Clue

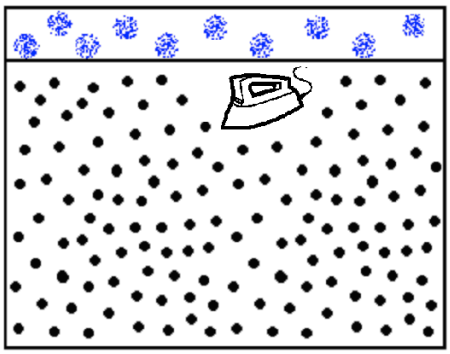
Place pins at a right angle to the cut edge of the fabric. The head of the pin should extend beyond the cut edge. This allows the pin to be easily removed just before the presser foot reaches the pin. Do not sew over pins; they can break or dull the needle.



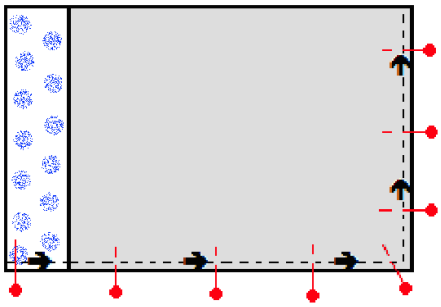
4. Press seam flat.



5. Reach into the sewn tube and pull the pillowcase body out through the side opening. The pillowcase and coordinating border edge is now right-side out.



6. Press seam flat on both sides until the seam lays flat eliminating wrinkles.



7. With right-sides together fold the pillowcase in half–matching the raw edges. Pin edges. Sew the side seam with a ½" seam allowance starting at the top of the coordinating border edge and back stitch three to four stitches. Sew to within ½" of the bottom of the pillowcase and put the needle in the down position through the fabric. Turn corner by raising the presser foot and pivoting the fabric on the needle. Put the presser foot down and continue sewing across the bottom of the pillowcase. Back stitch at the end.

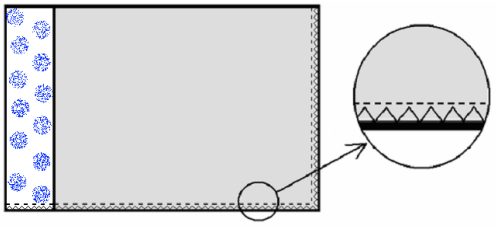
8. Press seams flat to set the stitches.

Sewing Clue

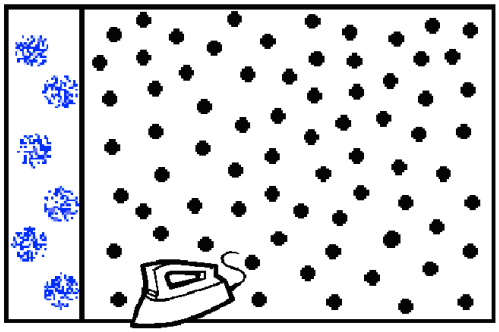
Press along the stitching line on both sides before pressing the seam open to set the stitches. This makes it easier to press the seam open and helps the seam lay smoothly. To press, raise and lower the iron as you move across the fabric; use a gentle up and down motion. This will keep the grain of the fabric straight. Pushing the iron back and forth on the fabric can stretch and distort the grain.

Sewing Clue

Pressing is an important part of sewing to shape and set the stitches. Press after stitching each seam. You will be able to stitch the next step smoothly and evenly, and your article will have a more professional look.



9. To prevent the edge from fraying, use a seam finish.



10. Turn, right-side out. Press the seam and give the pillowcase a final press.

Sewing Clue

A seam finish is a way to prevent a seam from fraying. An easy finish is to zig-zag over the seam's raw edge. On a lightweight fabric, a three step zig-zag stitch can help prevent a puckered edge. A serged seam would also prevent the edge from fraying.

Club Meeting 4 Layout and Cutout (Skirt)

SUPPLIES AND EQUIPMENT

- ¾ yard (XS) woven skirt weight fabric
- 1 yard (S, M) woven skirt weight fabric
- 1 ⅛ yard (L) woven skirt weight fabric
- ½ yard (all sizes) border fabric
- ¾" non-roll elastic fit waist
- 2 yard rickrack trim (width of skirt)
- Matching thread
- Safety pin or bodkin

A pattern gives you the pieces you need to create your garment. To make sure your garment will fit you after it is sewn you need to take your measurements.

WHAT TO DO:

- Learn to measure body
- Learn to fit a pattern
- Learn straight of grain
- Learn to lay out a pattern
- Cut out the article

Take the body measurements of youth to determine the correct pattern size. Skirt measurements needed are:

Waist _____

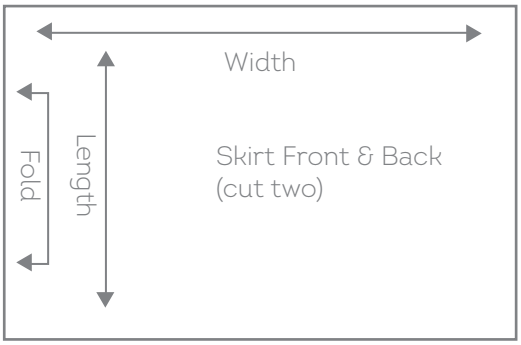
Hip _____

Length from waist to desired length of garment _____

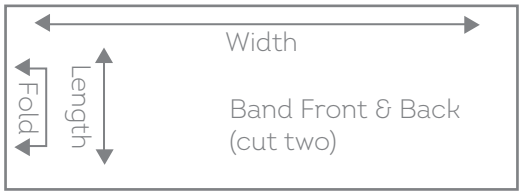
Determine pattern size. Extra Small, Small, Medium or Large. Lengthen or shorten as necessary by comparing the desired length of skirt and the finished length of pattern.

Make pillowcase skirt pattern pieces

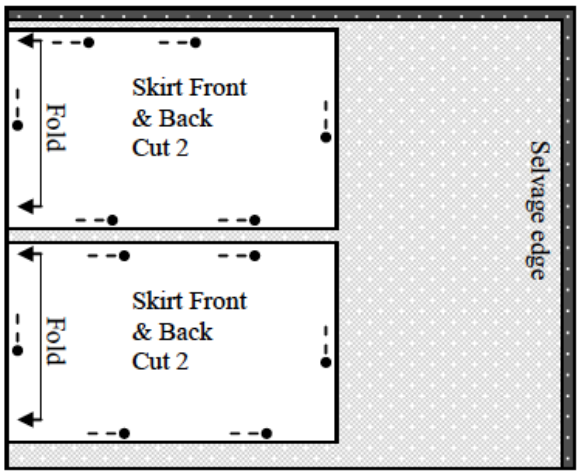
Child Pillowcase Skirt Sizes				
	Extra Small (4-5)	Small (6-8)	Medium (10-12)	Large (14-16)
Hip	24-25"	26-28"	30-32"	34-36"
Finished length from waist to hem	12 ½"	14 ¾"	17 ¼"	18 ½"
Finished width of skirt	44"	50 ½"	57 ½"	64"
Approximate height	38-44"	47-52"	56-58 ½"	61"
Pattern Dimensions				
Skirt front and back	11 ⅝" W x 10 ¾" L	13 ¼" W x 12 ¾" L	15" W x 15 ½" L	16 ⅝" W x 16 ¾" L
Band front and back	11 ⅝" W x 9" L	13 ¼ W x 9" L	15" W x 9" L	16 ⅝" W x 9" L

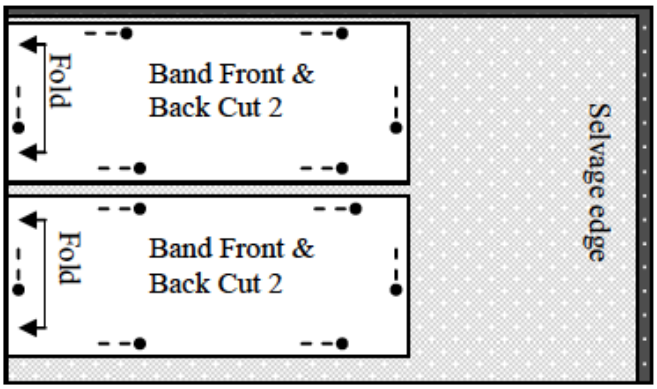


Measure the width and length of desired size. Mark fold line along the length on one side. Cut pattern pieces out of non-fusible, non-woven fabric (inexpensive non-fusible interfacing).



Lay the pattern pieces on the double layer of fabric, lining up the fold arrow with the lengthwise fold of the fabric. Use straight pins to pin the pattern to the fabric–stick the pin all the way through all thicknesses, pattern, and two fabric layers. Keep the pins parallel to the sides of the pattern pieces.





Club Meeting 4 Layout and Cutout (Shorts)

SUPPLIES AND EQUIPMENT

- 25" (youth XS), 1 yard (youth XS-S), 1 ¼ yard (youth M-L, adults S-L) woven fabric
- ¾" non-roll elastic to fit waist
- Matching thread
- Safety pin or bodkin

Caution:
Do not use directional fabric

A pattern gives you the pieces you need to create your garment. Measure the hips to make sure your garment will fit you after it is sewn. For this project, a one piece pattern with an elastic waist should be used. We used a Simplicity 2290 pattern, but any one piece pattern will work.

WHAT TO DO:

- Learn to measure body
- Learn to fit a pattern
- Learn straight of grain
- Learn to layout a pattern
- Cut out the article

Choosing the Correct Pattern Size

Take the body measurement of youth to determine the correct pattern size. The short pants measurements needed are:

Hip _____

Length from waist to desired length of short pants _____

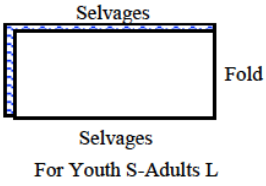
Using a tape measure, measure around the widest point, not too tight or too loose. Find the hip measurement that most closely matches your own measurement. Check the Garment Measurement, this is the actual measurement of the finished garment. It has extra room so that you can bend and move in the garment. Using the Garment Measurement, place the measuring tape around you again, to see if the finished garment size is comfortable for you.

Pants Measurements

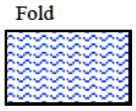
Trace the desired size of pattern on non fusible, non woven fabric (inexpensive non fusible interfacing). Cut out pattern on the solid drawn line. You should have one pattern piece.

For Simplicity 2290	Pants							
Sizes	Youth XS	Youth S	Youth M	Youth L	Adults XS	Adults S	Adults M	Adults L
Hip Measurement	24-25	26-28	30-32	34-35	30-32	34-36	38-40	42-44
Garment Measurement	28 ½	30 1/2	34	38	36	40	44	48

Laying Out the Pattern

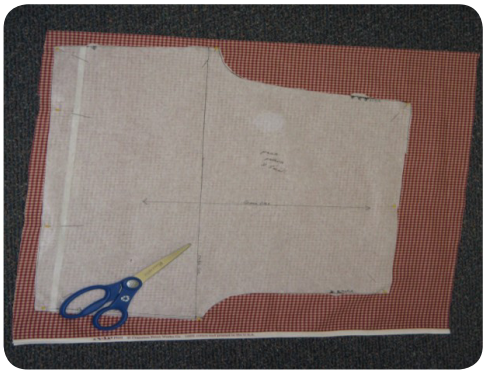


For Youth S-Adults L



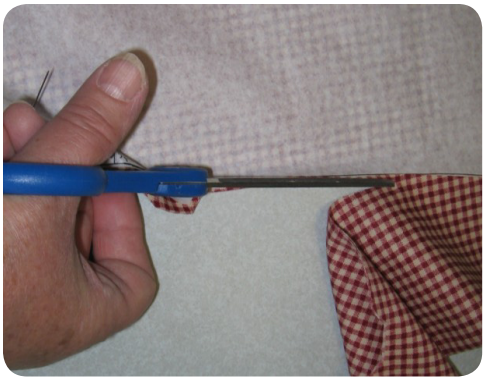
For Youth XS

1. For youth S – adult L lay the fabric open right side up on a large flat surface with the selvage edges on the top selvages and the bottom. Fold so that the two cut edges match up.

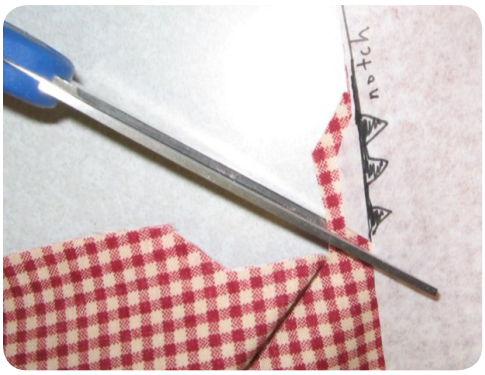


2. Lay the pattern piece on a double layer of fabric. The grain line should be parallel to the selvage edge. Measure from the selvage edge to grain line to check.

Use straight pins to pin the pattern in place on the fabric. Pin though the pattern and all layers of fabric. The pins are placed so that the sharp points are facing in.



3. Cut out pattern piece on the solid line.



When you come to a notch, remember to cut it out. Use long clean strokes with the scissors.

Club Meeting 5 Seams, Hem, Trim (Skirt)

WHAT TO DO:

- Sew 5/8" seam
- How to finish exposed seams
- Place right sides together
- Make a border with an enclosed seam
- Top-stitch trim on top of the border hem to close the opening in the hem

SKIRT CONSTRUCTION: SIDE SEAMS

1. Finish the side seam edges on the body of the skirt with a zigzag or serpentine stitch. The border pieces do not need seam finishes.

   Sew one side seam from top to bottom using a 5/8"seam allowance.

2. Press sewn side seam flat to set the stitches and then press the seam open.

3. Sew the short sides of the border pieces using a 5/8" seam. This seam will be enclosed so no seam finish is necessary.

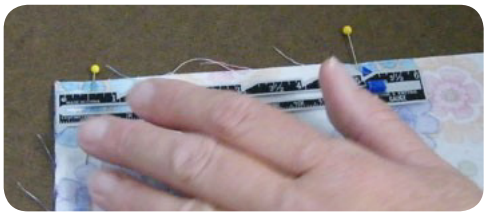
Sewing Clue

Press along the stitching line on both sides before pressing the seam open to set the stitches. This makes it easier to press the seam open and helps the seam lay smoothly.

4. Press the seam flat to set the stitches, and then press the seam open.

SKIRT CONSTRUCTION: BORDER HEM

5. Lay border on a flat surface with right-side up. Place the skirt on top of the border right-sides together, matching raw edges. Pin edges together.



6. Sew 5" in on each end with a ½"seam allowance. Mark the end of your seam with a pin. Back stitch at beginning and end.

7. Roll the width of the skirt toward the pinned edge. Stop rolling when you reach the center of the border fabric.

8. Wrap coordinating border fabric around rolled skirt body. Match the raw edges at the top of the border piece.

   Sew a 5/8" seam allowance along the pinned edge starting 5" in and stopping 5" from the end at the marked pin. Back stitch three or four stitches at the beginning and end.

Sewing Clue

Place pins at a right angle to the cut edge of the fabric. The head of the pin should extend beyond the cut edge. Do not sew over pins; they can break or dull the needle.

9. Press seam flat.

10. Reach into the sewn tube and pull the skirt body out through the side opening. The skirt and coordinating border are now right-side out.

11. Press border hem flat on both sides until the seam lays flat, eliminating wrinkles.

12. Pin the side seam, right sides together making a circle. Match the raw edges. Match the seam at the top of the border, pin in place, and continue to pin the length of the side seam and border.

Sew a 5/8" seam down the side seam of the skirt and the border.

Sewing Clue

Pressing is an important part of sewing to shape and set the stitches. Press after stitching each seam. You will be able to stitch the next step smoothly and evenly, and your article will have a more professional look.

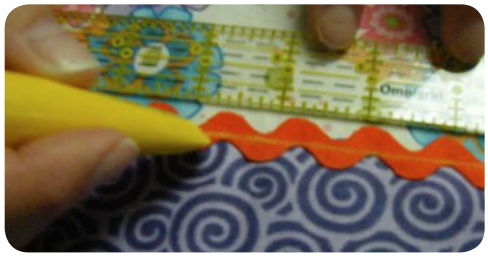
13. Press the seam flat to set the stitches and then press open as far down the seam as possible.

14. Check the inside of the seam to make sure it is open all the way to the bottom of the seam. Turn skirt right side out. Fold down ½" on the top edge of the border to the inside of the band.

15. Press the top of the border. Pin border in place matching the folded edge with the seam. Blind hem the opening closed or you can stitch in the ditch. If you plan to use a trim you can close this opening when you top stitch the trim.

SKIRT CONSTRUCTION: TRIM

16. Pin or use a water soluble glue stick to place rickrack or trim to skirt. Center over the seam between skirt and border.



17. Draw a line with a chalk marker (that will wash out) down the middle of the rickrack to help sew it on straight.

18. Sew rickrack or trim in place using a straight stitch. Fold under the raw edge when the rickrack or trim meets at the beginning.

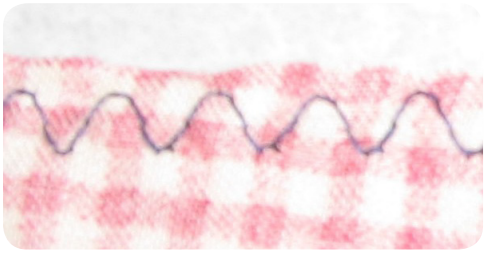
    Try to match the beginning.

Club Meeting 5 Seams, Hem, Trim (Shorts)

WHAT TO DO:

- Sew 5/8" seam
- Finish exposed seams
- Place right sides together
- Sew a crotch seam
- Reinforce a seam

SHORTS CONSTRUCTION: INSIDE SEAMS



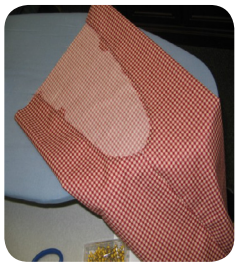
1. Separate the fabric pieces. Sewing on one layer of fabric, finish the seam edges and the crotch edge with a zigzag or serpentine stitch. The top edge and hem edge do not need a seam finish. Repeat on the other leg piece.

2. Match up the front and back leg seams from the crotch to the hem, pinning the finished edges together.
3. Sew a 5/8" seam from the crotch to the hem of both legs. Back stitch at top and bottom of the seam.

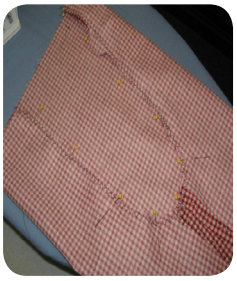
4. Press the sewn side seam flat to set the stitches and then press the seam open.

Sewing Clue

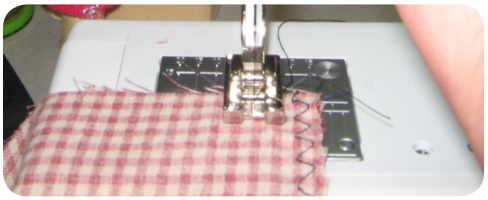
Press along the stitching line on both sides before pressing the seam open to set the stitches. This makes it easier to press the seam open and helps the seam lay smoothly.



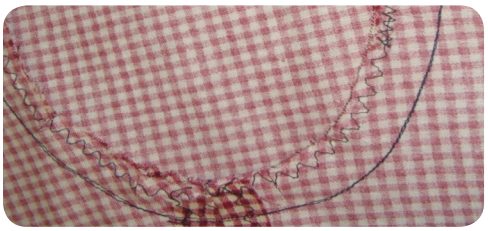
5. After the inseams are stitched, turn one pant leg right side out and insert it inside the other leg (Zeiman, 1994).



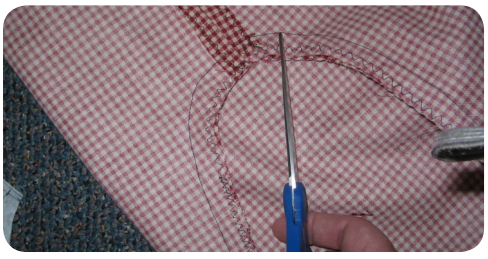
6. Align the notches, the seams, and the raw edges; pin. Stitch the crotch from the back waist edge to the front waist edge (Zeiman, 1994).



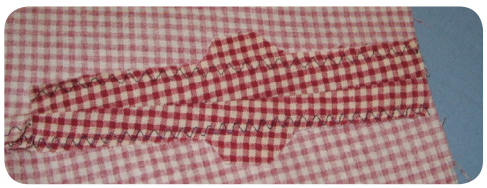
7. Sew a 5/8" seam from front to back backstitching at the beginning and end.



8. Restitch the crotch seam between the notches (Zeiman, 1994).



9. Trim the seam to 3/8" between the notches, clip at the notch allowing the seam to open flat (Zeiman, 1994).



10. Press the seam open from the waist down to the notch in the front and the back.

Sewing Clue

The crotch seam gets a great deal of stress. Reinforce a seam by adding an extra line of stitching.

References:

Zieman, N. 1994. Sewing Express, Oxmoor House, Inc. and Leisure Arts, Inc. ISBN: 0-8487-1402-4

Club Meeting 6 Elastic Waist Casing (Skirt)

WHAT TO DO:

- Learn to clean finish top edge
- Fold down top edge for elastic casing
- Edge stitch top fold of casing
- Sew casing
- Insert elastic into casing
- Sew opening closed
- Give the skirt a final press

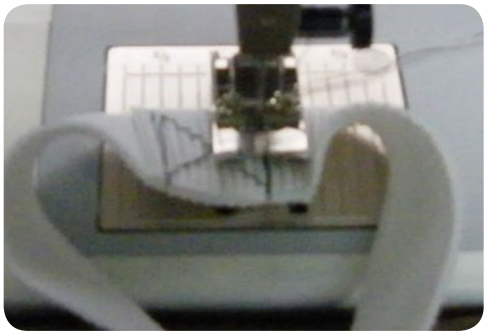
SKIRT CONSTRUCTION: ELASTIC CASING

19. Fold the top edge of the skirt down ½" and press flat. Turn down a second time 1¼". Pin and press flat.

20. Change the sewing machine foot to the top-stitching foot or the blind hem foot. Move the needle to the left position and sew next to the edge of the top fold. This helps to prevent the elastic from rolling.

21. Sew the bottom of the casing. Leave a 1" opening at a side seam and use the top-stitching foot or blind hem foot as a guide to sew next to the bottom fold. Move the needle to the right position. Back stitch three to four stitches at the beginning and end of the opening.

22. Pin a safety pin to each end of the elastic. Use one safety pin or a bodkin and thread the elastic through the casing of the skirt. Be careful not to twist the elastic. Pin the other safety pin to the skirt so it will not pull into the casing.



23. Change the presser foot back to the regular foot. Match up the two ends of the elastic, overlapping the ends making a complete circle. Overlap the elastic and sew an 'X' and back-stitch. Check to make sure the elastic is not twisted.

24. Change the sewing machine foot to the top-stitching foot or the blind hem foot. Move the needle to the right position. Tuck the elastic into the casing and sew the opening closed.

25. Give the skirt an all over press.

Club Meeting 6 Elastic Waist Casing (Shorts)

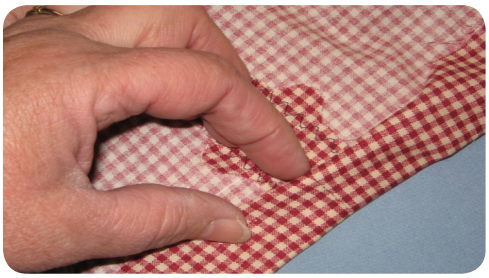
WHAT TO DO:

- Learn to clean finish top edge
- Fold down top edge for elastic casing
- Edge stitch top fold of casing
- Sew casing
- Insert elastic into casing
- Sew opening closed
- Give the shorts a final press

SHORTS CONSTRUCTION: ELASTIC CASING

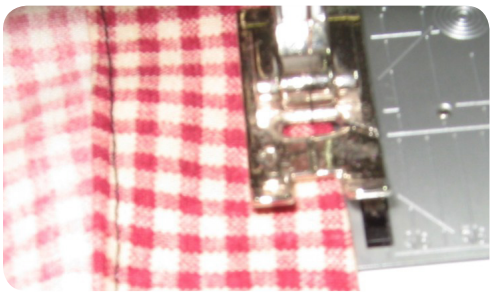
11. Fold the upper edge of the pants to the inside 1½" down from the top. This will make your casing.

Press in place.

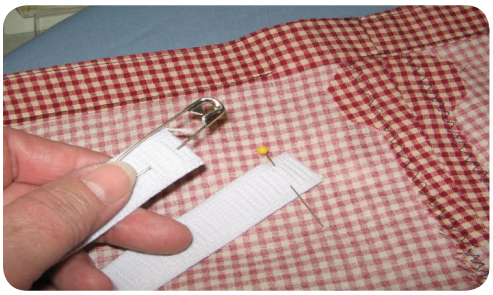


12. Fold the raw edge under ¼" and press again. Pin in place.

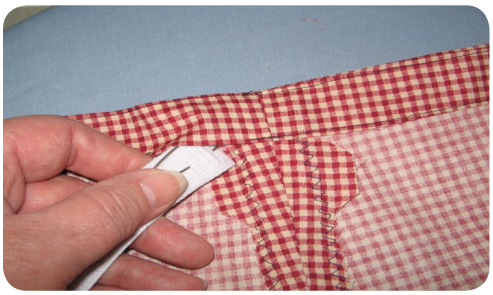
13. Starting at the center back seam, stitch close to the folded bottom edge of the casing, back stitching at the beginning and end. Remember to leave a 2" opening to insert the elastic.



14. Sew the top edge of the casing close to the fold, overlapping your stitches at the end.



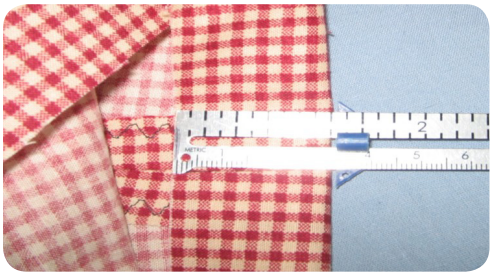
15. Cut a piece of elastic the length of your waist measurement plus 1". Place a large safety pin in one of the ends of the elastic and a large straight pin in the other. These will help you to thread the elastic through the casing.



16. Insert the safety pin into the casing and thread it through the casing until it comes out the other side. Overlap the ends of the elastic and pin with the safety pin. Try on the pants and adjust the elastic as needed.

17. Stitch the elastic together securely. Tuck the elastic up into the casing.

18. Sew closed the 2" opening.



19. Try on the pants and decide on the length. Fold the pants up until the fold is the desired length. Pin in place. Finished hems on pants are generally 1" in depth.

Measure 1¼"from the bottom fold of the pants . Fold up the fabric all the way around the leg. Check the seams to make sure that the legs are the same length.

20. Press the bottom of the hem, and pin in place. Turn the top edge of the hem under ¼" and press again. Pin in place. Sew next to the fold on the top edge of the hem. Do both legs.

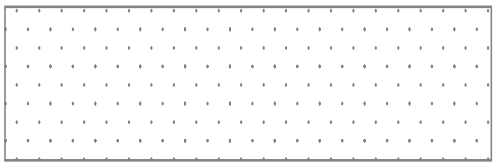
21. Press pants.

Club Meeting 7 Pillowcase Skirt for 18" Doll

SUPPLIES AND EQUIPMENT

- ¼ yard fabric for skirt
- ⅛ yard fabric for bordered hem
- ½" non-roll elastic to fit waist (approximately 11")
- 23" rick rack or trim
- Matching thread
- Safety pin or bodkin

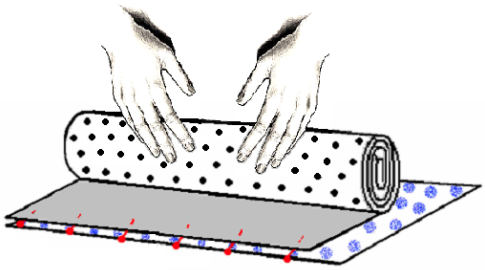
CUTTING INSTRUCTIONS:



1. **Skirt fabric:**
   Cut one rectangle piece 22" W X 6 ½" L

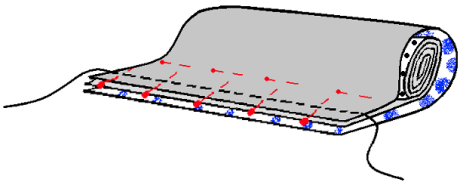
2. **Border fabric:**
   Cut one front piece 22" W X 5" L

SKIRT CONSTRUCTION:

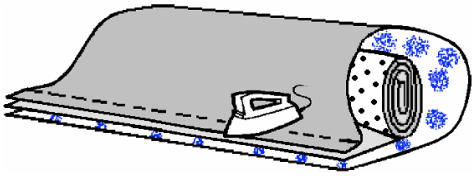


1. Lay border fabric on a flat surface with right-side up. Place the right side of the skirt on the right-side of the border matching raw edges. Pin edges together.

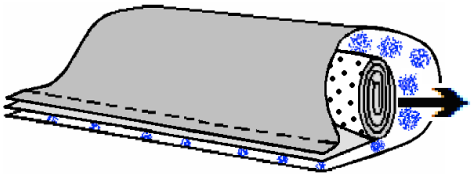
   Roll the skirt toward the pinned edge. Stop rolling when you reach the center of the border fabric.



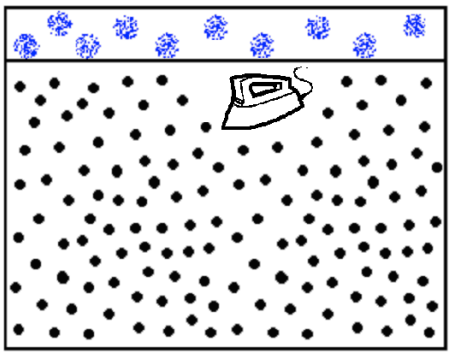
2. Wrap border fabric around rolled skirt fabric. Match raw edge and re-pin. Sew a ½" seam allowance along the pinned edge. Back stitch three or four stitches at beginning and end.



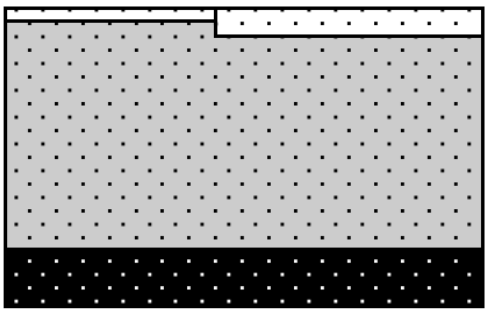
3. Press seam flat.



4. Reach into the sewn tube and pull the pillowcase body out through the side opening. The pillowcase and coordinating border edge is now right-side out.



5. Press seam flat on both sides of border until the seam lays flat eliminating wrinkles or folds.



6. Fold the top edge of the skirt down ½" and press flat. Turn down a second time 1". Pin and press flat.

Use the top-stitching foot or the blind hem foot. Move the needle to the left position and sew next to the edge of the top fold. This helps to prevent the elastic from rolling.

7. Sew the bottom of the casing. Use the blind hem foot as a guide to sew next to the bottom fold. Move the needle to the right position. Back stitch three to four stitches at the beginning and end.

With right-sides together, fold the skirt in half–matching the raw edges. Pin edges. Sew the side seam with a ½" seam allowance, across the elastic, and back stitch three to four stitches.