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4-H 224 Clothing : Level 2

Rose Marie Tondl

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CLOTHING
LEVEL 2

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## Clothing Level 2
### Project Planning and Evaluation Sheet

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<th>I plan to do these activities</th>
<th>From this activity, I learned:</th>
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Presentations or community service activities

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Name ____________________________ 4-H Age _______ Year _______.

Years in 4-H _______ Name of Club _______________________________________

Signature of leader or parent _______________________________________________

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WHAT YOU'LL DO IN THIS PROJECT

So far you have worked with the sewing machine, fabric, and patterns. You have made at least two different articles of clothing for yourself. Now it's time to learn other basic construction skills before you advance to a special interest project. In this project you will learn:

• How to take care of the sewing machine
• About planning your wardrobe
• About selecting a pattern and fabric with line, color and design in mind
• How to make simple pattern adjustments
• New construction
  set-in sleeves
  collars
  gathers and ruffles
  waistbands
  yokes
  pockets
  zippers
  pants
  sew on buttons
  plaid/stripe designs
  knit fabrics
  pile fabrics
  belts
  topstitching
  darts
  trims
  machine buttonholes
• More about grooming
• More about clothing care and laundering
• Keeping 4-H records using the Home Economics Project Planning Form

Share what you are learning with others by giving a presentation, exhibiting at the fair, and modeling in the fashion revue. Write down what you hope to learn and what you plan to make in your 4-H record book.

Use this manual to guide you as you continue to develop new skills. Select the fabric and pattern for your project after you consider the information about wardrobe planning, color, line and design. As you sew, continue to check the standards listed in SEWING BASICS.

PROJECT REQUIREMENTS

To complete CLOTHING LEVEL - 2 you should:
• Be able to check off 60 of the 75 skills listed on the 4-H Clothing Construction Skills Checklist
• Make at least two different garments for yourself using the checklist to plan what you want to learn and do in this project.
You may make something from this list:
- pants or shorts with waistbands
- tops
- shirts/blouses
- skirts
- jumpers
- dresses
- pajamas/nightgowns/shirts
- jogging outfit
- jumpsuit
- robe
- caftans

You can make those items from the list using the new construction skills to help you learn. Remember to try something new. It is recommended that you take this project for two or three years, then take the special interest projects - Challenging Patterns and Challenging Fabrics.

**FABRIC REQUIREMENTS**
A good fabric choice will help you make your project a success. When you buy, look for:
- Woven fabrics that will sew and press smoothly
- Knit fabrics that have a stable or moderate stretch.
- Fabrics that will not slip when you sew
- Solid color or a small overall print

Plaids and stripes that need to be matched may be used in this project. Even plaids and stripes are easiest to work with. Corduroy, a pile fabric, and single t-shirt knit fabric may also be used in this project.

Remember these fabrics may be more difficult to handle.
**Do not** use these fabrics until you understand how they differ and why they are handled differently.

**PLANNING YOUR PROJECT**

**What Clothes Do You Have Now?**
Before you decide what to make, take a good look in your closet and drawers. See what you already have that fits and is in good wearing condition.

**What Are Your Activities?**
Some activities need special clothing. Think about your activities and what clothes you already own. List what you have for:
- School
- Relaxing at home
- Church
- Dress-up occasions
- Sports such as bike riding, swimming, playing tennis, softball, etc.

**Make a List of Your Needs**
Now make a list of your clothing needs. Use it as your guide when selecting a pattern or buying ready-to-wear clothing. This is the beginning step in wardrobe planning.
LOOK AT YOURSELF

Whether you are planning to make or buy clothing, you will want clothing that looks good on you. Look at yourself in the mirror. You will see some things you cannot change. They are:

- Height
- Build or bone structure
- Skin coloring
- Other physical features

It is possible to change other parts of your appearance:

- Weight
- Hair style
- Skin condition
- Length of nails

Know what your physical traits are. As you plan your clothing, select styles, designs, and colors that will emphasize your good features.

Now, let's find out more about those lines, designs, and colors.

LINES AND YOU

Lines can play tricks. These tricks are called optical illusions. Vertical lines generally slenderize and lengthen. They carry the eye visually up and down. These vertical lines are all the same length; they appear to be different because of the lines that intersect them.

When vertical lines are used in clothing, the eye travels vertically over the figure giving the impression of greater height. In these garments, the vertical lines give the impression of different heights because the horizontal line stops the eye, the arrow sends the eye down again, and the Y continues to draw the eye upward.

The three rectangles are the same size. The farther apart the vertical lines, the greater the feeling of width.

Compare the feeling of width in these garments.

Now look at the illustration of the garments with horizontal stripes. Compare the feeling of height in these garments. Horizontal spacing places emphasis on different parts of the body. In these garments, the bust/chest, waist, and hips are accented with the use of a horizontal seamline.

Vertical and horizontal lines combined create different effects. All these vertical lines are the same length. You will see that the unbroken line looks longer. Several horizontal lines reduce height. They also clutter the effect of a garment. Contrasting colors, belts, yokes and two-piece garments will shorten the figure. Whenever a contrasting
color is placed, it creates a line where emphasis is placed.

Diagonal and curved lines can create more interest in the design. A diagonal line can slenderize and add height, if it is more lengthwise. Curved lines suggest grace and lend softness to the figure.

All lines affect your figure and how your clothes look on you. Use the design lines to emphasize your best features and camouflage others.

Both the silhouette of a garment and its inner design lines are important. The silhouette lines create an outline. The inner lines create the design. They include seamlines, necklines, belts and other decorative details such as buttons or trim.

**ACTION IDEA.** Using catalogs, magazines and/or old pattern books, find examples of garments illustrating the T-line, straight line, arrow line and Y-line.

**COLOR AND YOU**

Choosing and wearing the right colors can be fun and exciting for you. Begin by learning what these terms mean:

- **Hue** is the name of a color, such as red or blue.
- **Value** indicates lightness or darkness, such as light or dark green.
- **Intensity** is the brightness or dullness of a color.

Colors are often classified as being warm or cool. Red, yellow and orange are warm colors. Colors in the warm group are cheerful and lively and call attention to themselves. They make garments seem closer and therefore larger. Colors with blue, green and violet in them are cool colors and tend to be less noticeable. They appear further away and smaller. Learn how to use warm and cool colors to your advantage.

When you select colors for yourself, think about your hair, eyes and skin coloring. Some skin colors have a blue undertone; some have a yellow or golden undertone. Your leader may be able to help you decide what your skin undertones are.

Most colors are a blend of several different hues. For example, there are many shades of green including blue-greens and yellow-greens. The green with a hint of blue may be more attractive on a person with a pink or blue skin undertone; the yellow-green may complement the skin with a yellow or golden undertone. Both skin color types can wear green, but the shade may be different.

One way to find your best colors is to hold them up to your face and look at the effect in a mirror. Does your face disappear and fade away or does it seem to sparkle and stand out
against the color? The best color for you is one that complements and lets the real "you" shine through.

**ACTION IDEA.** Make a color aid to use when you shop. Match your skin, hair and eye coloring with swatches of fabric or paper; mount them on a cardboard strip. As you shop, place the strip on the garment or fabric and you’ll see how you might look in that color. Remember that different types of lighting change color.

**TEXTURE**

The look and feel of fabric is called its texture. Look at a variety of fabrics. Some are rough, some are smooth, some shiny and some dull. Some are stiff while others are soft.

The texture of a fabric can make a difference in how it looks on you. When choosing fabrics, keep the following points in mind:

- Rough, nubby or shiny fabrics can make a figure look larger.
- Smooth fabrics which are dull in color usually make a figure look smaller.
- Stiff fabrics stand away from the body and conceal the figure; they generally make the figure appear larger.

Look at the fabric you are wearing. What is its texture?

**ACTION IDEA.** Find examples of textures that tend to make a figure look larger and smaller. Bring them to a 4-H club meeting and discuss what you found.

**FABRIC FACTS**

Each year as you progress in 4-H, you learn new things about fabrics. Different types of fibers are spun or twisted into yarns and then made into fabric. Fabrics are made from yarns and fibers that have been woven, knitted, or made into non-woven fabrics.

Fabrics are made in different ways:

- Woven fabrics have two sets of yarns which cross over and under each other at right angles. They may be interlaced in different patterns called weaves.
- Knit fabrics are made with needles that loop yarns together. Single knits are made with one set of needles; double knits are made with two or more sets of needles.
- Non-woven fabrics are made directly from fibers. The fibers are webbed or matted together.

Finishes are added to fabric after it is woven or knitted to make it look better, add comfort, increase safety, or make
care easier. Some finishes found on fabric are:

- Shrink resistant
- Crease resistant, permanent press, etc.
- Stain and spot resistant
- Water repellent, waterproof
- Flame retardant
- Colorfast

**ACTION IDEA.** Use a magnifying glass or a microscope and look at the way fabric is made. Observe woven, knit and non-woven fabrics. Pull some yarns away and untwist them. Compare different fibers. Some are curly, some fuzzy, some straight.

**NATURAL FIBERS**

These fibers grow in nature. Natural fibers from plant (vegetable) sources are cotton and linen. Animal sources are wool and silk. Some characteristics of natural fibers are:

- Dry slowly
- May shrink or stretch during laundering
- Absorbent, comfortable in warm and cold weather
- May wrinkle, but can be pressed with a hot iron (cotton, linen)
- Easy to clean (cotton, linen)

**SYNTHETIC OR MAN-MADE FIBERS**

These are developed by chemists. Rayon and acetate are man-made from plant cellulose. Chemicals are the base of other synthetic fibers. Generic (family) names are used to classify synthetic fibers. Examples include names as nylon, polyester and acrylic. Some characteristics of these fibers are:

- Dry quickly
- Hold shape well, will not shrink or stretch during proper laundering
- Not absorbent, may be uncomfortable during warm weather
- Resists wrinkles
- Can be damaged by heat
- Strong
- Resists moths and mildew
- Easy care

**BLENDED FIBERS**

A blend is a fabric made of two or more different fibers. Blends take advantage of the good characteristics of each fiber. For example, a blend of polyester and cotton combines
the wrinkle and shrinkage resistance of polyester with the absorbency of cotton.

**FABRIC SELECTION**

Each fiber has advantages and limitations. There is no all-purpose fiber. You must decide what characteristics you want in a fabric and then look for the fiber content that will provide them. The fiber content will help you determine:

- Whether the fabric is a good choice for the intended use and style of the garment
- What methods of construction to use
- How to care for the finished garment

Textures may vary with the weave of the fabric. The **plain weave** is flat and strong. Crosswise yarns are woven over and under one lengthwise yarn. **Twill weaves** make firm fabrics because they have more yarns per inch. Crosswise yarns are woven over one and under two lengthwise yarns. This makes a diagonal pattern that you can see in the fabric. Jeans usually have a twill weave for durability. The **satin weave** is not as durable/serviceable because it has long floating yarns that catch easily and snag. It will not withstand wear as well as a plain or twill weave.

**ACTION IDEA.** Find samples of fabrics with the following weaves: plain, twill and satin. Mount and label them on a piece of paper and place them in the back of your manual.

Textures may also be created by using yarns that have been crimped, stretched, or twisted to add bulk.

As you work with new fabrics in 4-H, refer to NebGuide publications available through your local Extension office. They cover selection, construction tips, and care for specific fabrics. Your local fabric store and good commercial sewing books also have information about fabrics.

Now select a pattern and fabric, using what you learned about line, color, texture, and fabric. Use the skills you learned in Clothing - Level 1 to decide on pattern type and size. Choose a fabric that will be easy to work with when you construct detail items of your garment.

**CHECK THE FIT**

A well-fitted garment feels comfortable and looks attractive when you wear it. As you move, it adjusts naturally without sagging or pulling.

There are five clues to good fitting. Learn to recognize them and then find where the problem is.

**Grain.** Lengthwise grain should be perpendicular to the
floor. Crosswise grain should be parallel to the floor. The grainline should be the same for both sides of the garment.

**Line.** Silhouette lines on the garment should follow the silhouette lines on the body. The shoulder seams should be on top of the shoulders. Vertical seams should be perpendicular to the floor. Neckline, waistline, and armhole seams should follow the body circumference. Darts should point toward and stop short of the fullest part of the area they shape. Hems should be parallel to the floor.

**Ease.** The garment should be neither too loose nor too tight. A tight fit with too little ease will cause wrinkles that pull and draw the fabric. Wrinkles that lie in folds indicate too much ease.

**Balance.** The garment should be balanced from right to left, top to bottom, and front to back.

**Overall smoothness.** The garment should be smooth on the body and free from wrinkles.

**MEASURING FOR PATTERN ALTERATIONS**

Easy to sew patterns suggested for beginning sewers need very few changes. They may only require lengthening or shortening.

Take a few minutes to double check pattern measurements and your own.

Compare your body measurements plus ease with the actual pattern measurements. See "My Body Measurement Chart" (Girls) or (Boys) in back of this manual. Determine your necessary alterations. Make needed adjustments in the pattern before you cut out the garment. The amount of comfort ease and design ease needed will depend on the style of the garment, the fabric used and the personal preference of the individual. Commercial sewing books give directions for all types of pattern adjustments.

Try on the garment as you make it. Check fit, starting at the top. Fit of the shoulders and neckline affects fit everywhere else on a shirt, jacket, or dress. Fit at the waistline affects all other fitting areas on skirts and pants.

Your leader or parents will help you with fitting. When you fit clothes:

- Wear undergarments and shoes you will wear with the garment.
- Stand in your natural posture. Bend your arms, sit, and walk to be sure there is room for movement.
- Wear the garment right side out. The left and right side of your body may not be exactly the same.
- Use the five clues to good fitting for a well-fitted garment.
Do alterations in small amounts.

Alter affected pieces such as front-back, facings, collar, etc.

SEWING BASICS

Pretreat fabric and notions before you begin. Staystitch wherever necessary. Remember to press as you sew. Use the SEWING BASICS you learned before from Clothing Level - 1. New basics are listed below:

Belts should be flat and smooth. Interface if necessary to hold the shape. The closure should be durable and appropriate for garment and fabric.

Buttons, Buttonholes, Other Fasteners should be sewn on securely. Buttons come in two basic types - a sew-thru button which is usually flat with two to four holes, and a shank button with a built-in shank.

A thread shank must be made for all sew-thru buttons. This is to allow the buttonhole to fit smoothly under the fastened button.

Buttonholes should be all the same length, the same width, and on grain. They should be large enough to let the button go through easily, but small enough to hold the garment closed. Other fasteners such as snaps and hooks should be sewn on securely with small, even stitches. One example is the buttonhole stitch.

Collars should be interfaced on the undercollar for better shaping. Trim and grade inside seams and clip or notch if curved. The collar seam allowance is left widest. To keep the undercollar from showing, understitch it so upper collar rolls slightly under. Both left and right sides of the collar should be the same shape and size.

Cuffs and plackets should be flat and smooth. The outer layer of the cuff should be interfaced. Trim and grade inside seams. You may use any type of placket construction. The placket should be secure and durable. The cuff opening is usually on the outside of the arm with the front closing over the back. This location reduces wear on the cuff and places the buttons and opening where they do not interfere with arm movements.

Darts are used to make cloth fit smoothly over curved parts of the body. Darts should be smooth, free of puckers, and come to a tapered point. Stitch the last two or three stitches directly on the fold. Fasten the stitching securely. Bring chain of thread into fold of dart. Vertical darts should be pressed toward the center and horizontal darts pressed down.

ACTION IDEA. Practice sewing a tapered dart.
Interfacing is used between a facing and the outer fashion fabric. Interfacing can:
- Add strength
- Add body
- Provide shaping
- Control stretch
- Give a crisp feel and appearance

Sew-in and fusible are the two basic types of interfacing. The sew-in types are either woven or non-woven. The fusible types are woven, non-woven or knit.

Both types are manufactured in different weights and construction so that you can find interfacings that are suitable for many different fabrics and design. When buying sew-in interfacings, drape the fabric and interfacing over your hand. Ask yourself if it is too soft or crisp for the place being interfaced.

Fusible interfacings add extra body to the garment. Always test a fusible interfacing on a scrap of garment fabric to determine if it is the proper weight, adheres well and gives the desired results.

When selecting an interfacing:
- Choose one that is the same weight or lighter than the garment fabric itself.
- Choose one with the same care requirements as the fabric.
- Use light colored interfacing with light colored fabrics and dark colored interfacing with dark garments.

Read in Clothing - Level 1 how to preshrink interfacing. For additional information see NebGuide HEG 76-45 "Interfacings".

Gathers should be uniform in width and evenly distributed. Handstitching should be secure without pulling. Stitches should be even. Use the correct hand stitch for fabric and garment.

Pockets should be flat and smooth. Upper corners of patch pockets should be reinforced. Interface the pockets if a crisp shape is desired.

Seams and seam finish standards are found in the NebGuide HEG 81-147 "Seam Finishes." All seams including flat felled, should be flat, smooth, and even. The finish should be smooth and appropriate for the fabric. Always trim and grade enclosed seams. Inward curves need clipping; outward curves need notching. Reinforce seams that get stress when you move.

ACTION IDEA. Do the "Seams Crosswords" in the back of this manual.
Set-in-Sleeves should be smooth and without puckers. Fullness in gathered sleeves should be distributed evenly between front and back notches. Underarm seams need to be reinforced and trimmed, but not clipped. The seams should be finished if the fabric ravel. Match seams that join such as underarm seams. See NebGuide HEG 75-4 "Set-in Sleeves."

Stitch in the Ditch is machine stitching from the right side of a garment, through all layers, in the "ditch" or groove formed by the seam. The stitches are almost hidden from view on the outside. This method can be used to anchor facings, casings, pant cuffs, tab fronts, bindings, waistbands, sleeve cuffs, or collars. A Fact Sheet on Stitch in the Ditch is available from your local Extension office.

Trims may be functional, decorative, or both. Fabric should support the weight of the trim. Use trim with the same care requirements as the fabric. Trim color and design should enhance fabric and style of garment. Pretreat all trims before you apply them to the garment. Sew trims on securely with hand or machine stitching that does not detract from trim.

Waistbands should be even in width, on grain, interfaced, and not bulky. The overlap should be flush with the placket; the underlap should extend beyond the placket and under the band. Use a fastener to hold the underlap in place.

Zippers should match the fabric in color and weight. Pretreat the zipper so it will not shrink. The placket should cover the zipper unless you are using a decorative zipper. When the placket is closed, it should be flat and smooth, not puckered. Leave space at the top of a back neck zipper for a hook and eye, snap, or other fastener. It will lessen the strain on the zipper. Fact sheets on zippers are available from your local Extension office.

ACTION IDEA. Make samples of sewing on a sew-thru button making a thread shank and sewing on a shank button.

Practice sewing on hooks and eyes and snaps. Have your leader show you how to do the buttonhole stitch.

SEWING BASICS FOR PANTS

Select a fabric for pants that is firm enough to hold its shape. It may be knit or woven. Choose a pattern style that will compliment your body.

Measuring is very important. Wear the undergarments you usually wear with pants and have someone else take your measurements. Compare pattern measurements to your personal measurements plus ease.

Make any major adjustments on the tissue paper pattern
before cutting. Minor corrections can be made in the final fitting. Your leader or parents will help you with adjustments. Test the fit of the pants before they are completely finished. See that crotch depth is correct first. Then look at the waistline area. Watch for pulling or wrinkling in the crotch. Wrinkles point to the problem. Finally check the leg fullness and length.

The first pair of pants you make will show you what changes need to be made for a better fit next time.

Things to watch for in construction include:

- Crotch reinforcement. Body motion puts great stress on the crotch seam. Do not clip it, as that weakens the seam. If the seam is bulky, trim after reinforcing. Sew inner leg seams first; sew side seams; inset one leg inside the other (right sides together), then stitch the crotch seam.
- Seam construction and finishes should be appropriate for the fabric.
- Waistbands, zippers, plackets, and hems should all meet the same standards as listed previously.

SEWING BASICS FOR KNITS

Sewing with knits does not require special skills or equipment. Knits generally fall into three categories, according to the amount of stretch:

- Limited stretch, such as double knits.
- Moderate stretch, such as single knits like t-shirt knits.
- Very stretchy, such as swimwear knits.

Beginning sewers are to avoid working with very stretchy knits. Select a limited or moderate stretch knit.

Always pretreat knit fabrics. The lengthwise rib in knits is comparable to the lengthwise grain of woven fabric. Use pins with fine sharp points or ballpoints to prevent snagging. A new, universal machine needle or ballpoint needle will minimize snags and prevent skipped stitches.

Basic construction standards are the same for knits as they are for wovens. However, because the fabric stretches, it may be necessary to build extra stretch in some seams and stabilize others. See NebGuide HEG 76-37 "Knits Part I" or any commercial sewing book for these techniques.

SEWING BASICS FOR PILE FABRICS

Pile fabrics are fuzzy fabrics with brushed surfaces such as corduroy, brushed flannel and brushed denim. The words "with nap" on the back of a pattern envelope and in the cutting layouts refer to this type of fabric. The direction of the
“nap” will affect the color and wear of the finished garment. Beginning sewers in Clothing - Level 2 can work with corduroy. Since corduroy comes in different weights, select a lightweight fabric that would be easy to work with. When working with corduroy, consider the following:

- Decide which way the nap will run. The color appears lighter with the nap running down; the nap appears darker with the nap running up. Rub the fabric along the lengthwise grain.
- Choose a simple design to show off the texture of the fabric.
- Check the pattern envelope for “with nap” yardage.
- Follow the “with nap” layout.
- Stitch in the direction of the pile or nap using 10 stitches per inch.
- Use a self-fabric scrap as a press cloth when pressing on the right side.

For additional information see NebGuide HEG 76-39 “Pile Fabrics” or any commercial sewing book for these techniques.

SEWING BASICS FOR PLAIDS/STRIPES
Sewing with plaids and stripes requires a certain level of skill since they need to be matched when cut and stitched. Select a simple pattern so the plaid or stripe will dominate. It is important to determine whether a plaid is even, uneven, has a left and a right or an up and a down.

Even plaids and stripes are easier to work with, but care must be taken when the pattern is laid out so adjoining pieces will match.

For additional information see NebGuide HEG 76-36 “Sewing With Plaids” or any commercial sewing book for these techniques.

THE SEWING MACHINE
Your sewing machine can do many things that make sewing easier. You may have already used the zigzag stitch. Some machines have a blind hemming stitch, multiple zigzag stitch, stretch stitches and many others. Find out more about these stitches — what they look like and how they can be used. Learn to use the sewing machine to its fullest advantage by reading the sewing machine manual that came with the machine.
Use the different attachments such as the zipper foot and the one for buttonholes. What other attachments does your machine have?

The machine may need to be adjusted when you begin to sew. Decide what stitch length to use and set the control.

- Change the **pressure** of the presser foot if you are sewing on very lightweight or heavyweight fabric.
- Test thread **tension** on a small piece of your fabric before you begin. Learn how to adjust the upper tension to set a good machine stitch. Check your sewing machine manual for directions. A good stitch should look the same on both sides.

**SEWING MACHINE NEEDLES**

Needle size depends on the weight and type of fabric. The point of the needle should be straight and smooth, without any nicks or rough edges. Here is a chart to help you choose which needle to use:

<table>
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<th>TYPE OF FABRIC</th>
<th>EXAMPLE</th>
<th>SIZES</th>
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<tbody>
<tr>
<td>Light weight woven</td>
<td>batiste</td>
<td>9-11</td>
</tr>
<tr>
<td>Light weight knit</td>
<td>tricot</td>
<td>9-11</td>
</tr>
<tr>
<td>Medium weight woven</td>
<td>broadcloth</td>
<td>11-14</td>
</tr>
<tr>
<td>Medium weight knit</td>
<td>jersey</td>
<td>11-14</td>
</tr>
<tr>
<td>Heavy weight woven</td>
<td>denim</td>
<td>14-16</td>
</tr>
<tr>
<td>Heavy weight knit</td>
<td>doubleknit</td>
<td>14-16</td>
</tr>
</tbody>
</table>

**SEWING MACHINE CARE**

Keep your machine clean. Wipe the upper parts of the machine with a soft, damp cloth. Use a lint brush to clean hard-to-reach parts like the bobbin case. Unless your machine is a new self-oiling type, it must be oiled regularly using sewing machine oil. The machine manual has complete directions for this. After oiling, sew on small pieces of fabric to remove excess oil.

**THE SERGER MACHINE**

The serger machine or overlock sews faster than the conventional sewing machine. It can stitch at a top speed of about 1600 stitches per minute. The conventional machine averages about 800 stitches per minute. This means you can sew faster with less effort and time invested.

One of the most important things to remember when sewing a garment with a serger is to check the pattern for fit **before** you sew! A serged seam is trimmed and overcasted all in one step making alterations extremely difficult if at all possible.
The Three Thread Overlock
This type of machine can be used in the construction of garments made of knits where a narrow stretchy, secure seam is desirable. It is suitable for woven fabrics, but should not be used in areas of stress.
The Three/Four Thread Overlock
The four thread machine does not have as much give as the three thread machine stitch. It is excellent for clothes that get hard wear and/or frequent washings and where there are areas of stress. It is suitable for both woven and knit fabrics. Reminder: Adjust stitch width and stitch length for the different fabrics you are sewing. Make a test sample before sewing the garment.

BUYING CLOTHES
The kind of clothes people buy, as well as the numbers of dollars spent, varies with families. Few people have an unlimited amount to spend. You can help spend the family clothing budget wisely.
To learn more about buying clothes take the project called Teens $hopping $mart. It is a beginning level project to help teens purchase clothing. You will acquire knowledge and skills in making wise decisions using available resources when buying clothing.

YOU AND YOUR APPEARANCE
Clothing is only part of your total appearance. Grooming, posture, mannerisms, smiles, and frowns are also seen. Improve your image by:

- Taking a regular shower or bath
- Using deodorant
- Keeping your hair, teeth, and nails clean and neat
- Getting enough sleep each night
- Getting exercise every day
- Eating nourishing meals each day from a variety of food groups
- Walking and sitting with good posture

CLOTHING CARE
Your clothes will look nicer and last longer if you learn how to take care of them.
Storage. Some garments should be hung in a closet. Sweaters, underwear and other knitted garments should be folded to prevent stretching. Store them clean!
Repair. Mend broken seams, loose pockets, and hems and replace missing buttons and fasteners before you wear the garment again. Iron-on patches, appliques, or embroidery
can be used to cover a tear or hole in your garment. Iron-on patches can be pressed on the inside of the garment so it doesn't show, or it can be placed on the outside of the garment and made to look decorative. For best results, follow directions on the package very carefully.

**ACTION IDEA.** Volunteer your skills by mending and repairing the family's clothing over a period of time. As you become more skilled at mending clothing, you could earn some money by mending and repairing clothes for your neighbors, friends and relatives.

**Cleaning.** Put soiled clothes in the laundry. Know cleaning instructions for each item. The care label will tell you whether to machine wash, hand wash, or dry clean; washing and drying temperature; how to dry the item; if bleaching is not safe and whether it needs to be ironed with a warm or hot iron.

Get clothes ready by emptying pockets, closing zippers, and shaking out loose dirt. Check for stains and see that they are removed. Your parents or leader will help you. Refer to NebGuide HEG 80-129 "Stain Removal for Washable Fabrics."

Learn how to sort clothes for laundering. Wash white clothes separately so they don't pick up other colors. Also sort according to fabric, texture and amount of soil.

Learn how to use your washing machine and dryer. Follow directions in the use and care manual. Your parents or leader will help you with:

- Load size
- Washing time and temperature
- Amount and type of detergent and other laundry supplies
- Drying time and temperature

Clothes may be dried in a dryer or on a clothes line or drying rack. Dry lightweight and heavyweight things separately in a dryer.

**ACTION IDEA.** Play the "Sorting Game" found in the back of this manual.

**HOW DO YOU RATE?**

When your garment is finished, show others what you have made. Model your outfit for your club, enter the fashion revue, or exhibit in the local fair. Before doing this, model for yourself and family with a critical eye. Add to the garment any accessories you might wear. Then check each of the items listed below. Your parents, leader, or friends can help.
General Appearance

Posture. Do you stand tall in a flattering position with your weight balanced on both feet?

Poise. Are you at ease? Can you answer questions with confidence? Do you use too many gestures?

Grooming. Is your hair clean and neat? Are your nails well groomed? Is your footwear neat and clean? Is your garment clean and well-pressed?

Modeling. Do you walk and turn smoothly and slowly so garment details can be seen? Do you smile?

Fabric. Is texture, weight, and design of the fabric a good choice for the design of the garment? Is the fabric a good choice for the intended use? Is it becoming to you?

Style. Is the style a good choice for the use you plan? Is the style becoming to you?

Color. Does the color suit your personal coloring and your body type? Have you used pleasing color combinations in the garment and accessories?

Accessories. Do your shoes, jewelry, and other accessories suit the outfit and the use you plan? Are style, color, and texture of the accessories becoming to you?

Garment Construction and Appearance

Fit. Is there enough ease to permit body movement? Is the garment snug enough to stay in position on your body? Do garment design lines fall becomingly on your body?

Construction methods. Are construction methods a good choice for the fabric and the design of the garment?

Construction quality. Does quality of construction give a pleasing appearance to the garment?

Details. Are buttons, thread, zipper, and interfacings a good choice for the fabric and the garment design?

Pressing. Was the correct pressing method used during construction?

Clothing knowledge. Do you know the characteristics of your fabric and how to take care of it? Do you know why you selected the garment style you chose? Do you know why you used various construction techniques?

FOR MORE HELP WITH YOUR PROJECT

• Ask your leader or parents
• Look at your sewing machine manual
• Look at any commercial sewing book
• Refer to the following NebGuides:
  HEG 81-147 Seam Finishes
  HEG 75-4 Set-in Sleeves
  HEG 76-37 Knits Part I
  HEG 76-39 Pile Fabrics
HEG 80-129 Stain Removal for Washable Fabrics
HEG 76-45 Interfacings (revised July 1983)
HEG 76-36 Sewing With Plaids (revised January 1987)

- Refer to the following Fact Sheets:
  3.7 Lapped Zipper Application
  3.8 Stitch in the Ditch
  3.12 Attaching Fasteners at Top of Neckline Zippers
  3.13 Back Neck Facing with Lapped Zipper Application
  3.14 Exposed Zipper Application
  3.15 Fly Front Zipper
  3.16 Slot Seam or Centered Zipper Application
4-H CLOTHING CONSTRUCTION SKILLS CHECKLIST
CLOTHING - LEVEL 2

Be able to check off 60 of the 75 skills listed before you move to the next project.

<table>
<thead>
<tr>
<th>Skills to Learn or Improve</th>
<th>New Skills Learned</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Sewing Machine</strong></td>
<td></td>
</tr>
<tr>
<td>Adjust upper tension</td>
<td></td>
</tr>
<tr>
<td>Adjust presser foot pressure</td>
<td></td>
</tr>
<tr>
<td>Recognize and use special stitches if machine is this type:</td>
<td></td>
</tr>
<tr>
<td>stretch stitches</td>
<td></td>
</tr>
<tr>
<td>blind hem</td>
<td></td>
</tr>
<tr>
<td>multiple zigzag</td>
<td></td>
</tr>
<tr>
<td>decorative and other</td>
<td></td>
</tr>
<tr>
<td>Make machine buttonholes</td>
<td></td>
</tr>
<tr>
<td>Clean and oil machine, if necessary</td>
<td></td>
</tr>
<tr>
<td><strong>Fabric Knowledge</strong>, recognize:</td>
<td></td>
</tr>
<tr>
<td>Fiber-yarn-fabric relationship</td>
<td></td>
</tr>
<tr>
<td>Fiber content and characteristics</td>
<td></td>
</tr>
<tr>
<td>Differences between fiber, yarns, and fabric</td>
<td></td>
</tr>
<tr>
<td>Fabric finishes</td>
<td></td>
</tr>
<tr>
<td>Weaves - plain, satin, twill</td>
<td></td>
</tr>
<tr>
<td>Textures - soft, crisp, rough</td>
<td></td>
</tr>
<tr>
<td>Good fabric choice for pattern</td>
<td></td>
</tr>
<tr>
<td>Notions and trims needed</td>
<td></td>
</tr>
<tr>
<td>Differences between sewing withknits and wovens</td>
<td></td>
</tr>
<tr>
<td><strong>Construction</strong>, be able to:</td>
<td></td>
</tr>
<tr>
<td>Pretreat fabric and notions</td>
<td></td>
</tr>
<tr>
<td>Fit by making minor pattern adjustments</td>
<td></td>
</tr>
<tr>
<td>Staystitch with grain of fabric</td>
<td></td>
</tr>
<tr>
<td>Use interfacing:</td>
<td></td>
</tr>
<tr>
<td>woven</td>
<td></td>
</tr>
<tr>
<td>non-woven</td>
<td></td>
</tr>
<tr>
<td>knit</td>
<td></td>
</tr>
<tr>
<td>Use different seam constructions:</td>
<td></td>
</tr>
<tr>
<td>plain</td>
<td></td>
</tr>
<tr>
<td>flat felled</td>
<td></td>
</tr>
<tr>
<td>stretch stitch</td>
<td></td>
</tr>
<tr>
<td>Use seam finishes:</td>
<td></td>
</tr>
<tr>
<td>edge stitch</td>
<td></td>
</tr>
</tbody>
</table>
Apply fasteners:
- decorative snaps
- nylon hook and loop tape
- buttons with thread shank

Press as you sew
Final press

Sew pile fabric (corduroy)
- "with nap" layout
- seam finishes
- pressing

Sew plaids/stripes
- correct layout
- match seams

Care
Remove spots and stains
Repair seams, hems, replace missing fasteners/buttons
Sort clothes for laundry
Operate washer and dryer

**Additional Skills Learned** (such as interfacing types, seam construction, seam finishes, hem variations, application of fasteners, other skills)

<table>
<thead>
<tr>
<th>Skills to Learn or Improve</th>
<th>New Skills Learned</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

List:
- 
- 
- 
- 
- 

# MY BODY MEASUREMENT CHART (Girls)

<table>
<thead>
<tr>
<th>Measurements</th>
<th>My Measurements</th>
<th>Measurements + Ease</th>
<th>Flat Pattern Measurements</th>
<th>Alterations + or −</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Bust (chest)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>+ 2&quot;-3&quot; ease</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2. Bodice front length</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>+ 1/2&quot; ease</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3. Bodice back length</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>+ 1/2&quot; ease</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4. Waist</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>+ 1/2&quot;-1&quot; ease</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5. Hips</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>+ 1 1/2&quot;-2&quot; ease</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6. Arm circumference</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>+ 1 1/2&quot;-2&quot; ease</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>7. Skirt length</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>+ 2 1/2&quot; hem</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>8. Pant length</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>+ 2 1/2&quot; hem</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

1. Measure around the fullest part of the bust (chest). Tape measure should go high under the arm and across the back. Add 2" for minimum ease.

2. Measure by placing tape measure at the middle of the shoulder seam and letting fall over the fullest part of the bust (chest) to the waist. Add 1/2" for ease.

3. Measure by placing tape measure at the middle of the shoulder seam and letting it fall over the shoulder blade to the waist. Add 1/2" for ease.

4. Tie string around your natural waistline and measure. Add 1/2" for ease.

5. Place tape measure around the fullest part of your hip area. Add 1 1/2"-2" for ease.

6. Place arm at your side and measure around the fullest part of your arm. Add 1 1/2"-2" for ease.

7 & 8. Measure half-way between the center front and side seam to the desired length. Add 2 1/2" for the hem.
## MY BODY MEASUREMENT CHART (Boys)

<table>
<thead>
<tr>
<th>Measurements</th>
<th>My Measurements</th>
<th>Measurements + Ease</th>
<th>Flat Pattern Measurements</th>
<th>Alterations + or -</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Neck +1/2” ease</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2. Chest +1” ease</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3. Waist +1/2”-1” ease</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4. Back waist length +1/4” ease</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5. Front waist length + 1/4”</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6. Shoulder length</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>7. Hips +1-2” ease</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>8. Back width + 1/2”-1 1/2”</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>9. Arm length</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>10. Trouser inseam</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>11. Trouser outseam</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

1. Measure around the neck at the Adam’s apple. Add 1/2” ease.
2. Measure around fullest part of chest. Add 1” for ease.
3. Tie string around your natural waistline and measure. Add 1/2”-1” for ease.
4. Measure from base of neck to waistline in back. Add 1/4” for ease.
5. Measure from base of neck at shoulder to waistline in front. Add 1/4” for ease.
6. Measure from neck base to tip of shoulder.
7. Measure around the fullest part of the hips (seat). This is about 7” below waist for Teen-Boys. Add 1”-2” for ease.
8. Measure across shoulders between sleeve seams, 4 1/2” below base of neck. Add 1/2”-1 1/2” for ease.
9. Measure from tip of shoulder around elbow to wristbone with arm bent at a right angle.
10. Measure inside of leg from crotch to hem.
11. Measure outside of leg at side seam from bottom of waistband to hem. Add 2 1/2” for the hem.
THE SORTING GAME

Before you wash your own clothes or your family's for the first time, try sorting the following garments into the appropriate wash load. Write the name of the clothing item in the boxes provided.

<table>
<thead>
<tr>
<th>Whites/Light colored</th>
<th>Delicates</th>
<th>Laundry List</th>
</tr>
</thead>
<tbody>
<tr>
<td>pastel colored sheets</td>
<td></td>
<td></td>
</tr>
<tr>
<td>green bath towels</td>
<td></td>
<td></td>
</tr>
<tr>
<td>brown hand towels</td>
<td></td>
<td></td>
</tr>
<tr>
<td>blue jeans</td>
<td></td>
<td></td>
</tr>
<tr>
<td>denim jacket</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Colorfast Brights and Mediums</th>
<th>Sturdy Garments</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>beach towel - colored</td>
<td></td>
<td></td>
</tr>
<tr>
<td>polyester/cotton pink blouse</td>
<td></td>
<td></td>
</tr>
<tr>
<td>lt. blue acrylic sweater</td>
<td></td>
<td></td>
</tr>
<tr>
<td>white dress shirt</td>
<td></td>
<td></td>
</tr>
<tr>
<td>red terry table cloth</td>
<td></td>
<td></td>
</tr>
<tr>
<td>dark brown cords</td>
<td></td>
<td></td>
</tr>
<tr>
<td>light colored lingerie</td>
<td></td>
<td></td>
</tr>
<tr>
<td>canvas shoes</td>
<td></td>
<td></td>
</tr>
<tr>
<td>navy blue terry robe</td>
<td></td>
<td></td>
</tr>
<tr>
<td>pastel night gown</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Identify the seam construction in each picture and fill out crossword below:

1. across

4. across

7. across

8. across

3. down

5. down

2. down

6. down