

4-H Clothing Program

Guidelines for Leaders

The 4-H Clothing project is designed to help boys and girls develop as individuals and become responsible adults through their participation in the activities related to clothing. It offers 4-H members opportunities to develop decision-making ability, express creativity, and gain knowledge and skills in the area of clothing and personal appearance.

These guidelines outline nine progressive skill levels, each of which includes five learning areas: planning and evaluation; individual development and outreach; management, consumership, and wardrobe building; textiles; and construction.

A variety of activities are suggested within each learning area to maintain the interest of members. Some members may not have a great deal of skill in construction, but they need to develop responsibility for personal appearance and clothing management. To provide for individual interests and encourage breadth

within the program, more activities are suggested than can be accomplished during the project year.

The nine skill levels are not age restricted. Skill Level 1 is appropriate for members who have had no sewing experience. Others who have had some previous experience might pass through Level 1 quickly and enter Level 2, depending on the skills they have acquired. While a fourth-grader might spend one project year in Skill Level 1, an older member might progress through Levels 1 and 2 during the same year.

Member and leader materials are available for each skill level. Be sure that you have the materials appropriate for your project group. You also might want to request a copy of the 4-H Clothing Advancement Programs, 4-H 92101, 92102, and 92103, which consist of a series of activities for each skill level. Members, along with their leader and parent(s), select activities to be completed in

each skill level. When an identified activity has been accomplished, leader or parent(s) initials the member's worksheet. After all the activities have been accomplished for a skill level, the member receives an "Advancement Certificate" and is eligible to begin work at the next skill level. The advancement program is an optional program designed to supplement the 4-H Clothing Program.

All of the project materials are available at your county OSU Extension office. Check with your county Extension agent to find out what local activities, such as fashion revues, presentations, contests, and grooming workshops might be scheduled in your area. If your members choose to exhibit at the county fair, be sure to check the exhibit description appropriate for the skill level in which the member is enrolled. County OSU Extension offices have this information.

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EXTENSION SERVICE**

Skill Level 1

Planning and Evaluation	Individual Development	Management
<p>Throughout the year, every member should have the opportunity to:</p> <p>Plan for the project in cooperation with the leader and parent(s). The plan might include skills to be learned and supplies and materials needed. Members should plan and accomplish some work on their own projects in meetings, as well as participate in group activities.</p> <p>Contribute to the group at each meeting and assume some responsibility, such as:</p> <ul style="list-style-type: none"> Help prepare for the meeting Help put things away afterward Serve as host Take part in orderly group discussion <p>Informally discuss individual and group progress and accomplishments by thinking through some questions; for example:</p> <ul style="list-style-type: none"> What did I learn? Where do I need improvement? How do I feel about what I did? What shall I plan to do or learn next? 	<p>Members should become responsible for routine personal care, such as:</p> <ul style="list-style-type: none"> Washing hands and face Flossing and brushing teeth Bathing or showering Shampooing hair Cleaning and caring for nails on hands and feet <p>Discuss with members how personal care relates to overall appearances.</p>	<p>List available sewing equipment and consider the use and purpose of each item.</p> <p>Decide which items of sewing equipment will be needed for the first project.</p> <p>Decide which items will not be needed and why.</p> <p>Select and assemble sewing equipment from what is on hand at home.</p> <p>Learn to use sewing equipment safely and correctly, including the sewing machine.</p>
	Outreach	Consumership
	<p>Individual members can help with simple repairs on their own garments and those of family members by:</p> <ul style="list-style-type: none"> Sewing on buttons, snaps, hooks, and eyes Machine mending straight seams Hand repairing hems <p>As a group, collect usable old clothes for donation to a community organization or agency.</p> <p>Share a new skill in a simple presentation.</p>	<p>Purchase any equipment items and notions needed.</p> <p>Begin to think about important factors to consider when purchasing fabric, such as fiber content, care required, checking to see whether the yarns square with each other.</p>
		Wardrobe building
		<p>Discuss the value of hanging up and putting away clothing after it is worn.</p> <p>Share and discuss ways of simplifying clothing storage.</p> <p>List favorite colors and tell why these are favorites.</p>

Textiles

Learn about the information that is found on ready-to-wear labels and on the ends of bolts of fabrics:

- Fiber content
- Fabric name
- Shrinkage anticipated
- Care instructions

Discuss importance of permanent care labels.

Obtain permanent care labels for purchased fabrics.

Learn how to prepare fabric before cutting and why it is necessary:

- Laundering to preshrink and remove excess finish
- Checking straight yarn directions (grain)

Learn to tell the difference between the following:

Woven fabric (some examples might include plain, twill, satin, or pile weaves)

Nonwoven fabrics (some examples might include felt and interfacings)

Knitted fabrics (some examples might include single, double, and warp knits)

Construction

Medium weight, firmly woven fabrics such as cotton and cotton blend, or stable, nonbulky knitted fabrics work well for beginners. Check family, home, and craft magazines for inexpensive and easy pattern ideas appealing to beginners. Simple patterns with matching shapes and few details are best. Garments or articles with facings, gathers, zippers, and/or set-in sleeves are not appropriate at this skill level.

Skills

Basic hand sewing for "quickies" and simple garments:

- Threading a needle
- Knotting or securing thread
- Hand basting
- Whip stitch
- Slip stitch
- Sewing on fasteners such as buttons, snaps, hooks and eyes, hook-and-loop pressure tape

Pattern selection and use:

- Laying out a pattern
- Cutting and marking fabric from pattern

Cutting skills to remove bulk:

- Grading an enclosed seam
- Clipping an inward curve
- Notching an outward curve

Pressing skills:

- Selecting iron temperature
- Pressing seams open
- Pressing a fold an even width for hems and casings

Sewing by machine:

- Learning to identify major parts of the sewing machine and their function
- Starting, stopping, and reverse
- Sewing straight seams and square corners
- Sewing curved seams
- Sewing along a fold

Trims:

- Selection application

Possible Articles Using the Skills

Hand-sewn "quickies":

- Pin cushion
- Needle holder
- Eye glasses holder
- Book marker
- Replacing buttons, snaps, and hooks and eyes

Integrate pattern selection and use, cutting techniques, pressing skills, and sewing by machine into the construction of two or three articles.

Straight seams and square corners:

- Belt, tool kit, apron
- Poncho, headband
- Pot holder, pin cushion
- Book or notebook cover
- Tote bag, bicycle bag
- Chess, checker boards
- Pillows and pillowcases
- Simple patchwork
- Scarf or neckerchief
- Wrap skirts, pullover top
- Fabric wallets

Curved seams:

- Simple stuffed toy
- Barbecue mitt
- Tennis racket cover
- Slippers
- Golf club mitts
- Bean bag toy
- Christmas decorations

Casings:

- Pullover tops, sleep wear
- Pull-on pants or shorts

Skill Level 2

Planning and Evaluation	Individual Development	Management
<p>Throughout the year, every member should have the opportunity to:</p> <p>Plan for the project in cooperation with the leader and parent(s). The plan might include skills to be learned and supplies and materials needed. Members should plan and accomplish some work on their own projects in meetings, as well as participate in group activities.</p> <p>Contribute to the group at each meeting, and assume some responsibility, such as:</p> <ul style="list-style-type: none"> Help prepare for the meeting Help put things away Serve as host Take part in orderly group discussion <p>Informally discuss individual and group progress and accomplishments by thinking through some questions, for example:</p> <ul style="list-style-type: none"> What did I learn? Where do I need improvement? How do I feel about what I did? What shall I plan to do or learn next? 	<p>Members should become aware of certain factors in personal appearance, such as:</p> <ul style="list-style-type: none"> Unchangeable physical traits (height, build, color, features) Changeable physical traits (weight, hair style, length of nails, condition of skin) Wearing appropriate clothes Wearing clothes that are clean and in good repair Value (lightness or darkness) of hair, skin, eye coloring 	<p>Learn how to sort clothing for laundering.</p> <p>Decide which laundering pretreatment methods, if any, should be used; for example, close hooks and eyes and zippers to reduce snagging and rubbing; turn permanent press garments inside out to protect finish, use liquid detergent to loosen heavy soil on collars, underarms, etc.</p> <p>Learn about heat sensitivity of various fibers and decide on iron temperature settings for fabrics of various fibers.</p> <p>Learn when to use various pressing techniques for seams, flat areas, gathered areas, creases, etc.</p> <p>Discuss and evaluate ways to mend broken seams, replace buttons, snaps, and hooks and eyes.</p>
	Outreach	Consumership
	<p>Help with the family laundry.</p> <p>Help with simple garment repairs for the family.</p> <p>Sew a simple gift for someone else.</p>	<p>Review factors to be considered in purchasing fabric (Skill Level 1).</p> <p>Discuss coordination of pattern, fabric, and notions.</p>
		Wardrobe Building
		<p>Learn how to describe various fabric textures.</p> <p>List favorite textures and tell why they are favorites.</p>

Textiles

Learn to identify the following characteristics in fabrics:

Weight—lightweight wovens and knits, medium-weight wovens and knits, and heavyweight wovens and knits

Hand (the way a fabric feels)—crisp, soft, smooth, bulky, rough

Look—shiny, dull, sheer

Stretchiness—stable wovens and knits, stretchy wovens and knits, how to determine stretchiness

Review textile information from Skill Level 1.

Learn behavior of the three major fabric constructions:

Wovens—lengthwise yarn, little or no stretch; crosswise yarn, some stretch; bias, most stretch; tendency to ravel

Nonwovens—stretch may vary with individual products

Knits—wales (vertical rows of knit loops), courses (horizontal rows of loops); vary in stretchiness, ability to run

Construction

Firmly woven fabrics such as cottons or cotton blends or stable knitted fabrics work best for this skill level. Simple commercial patterns are appropriate. Straight pieces may be applied to shaped pieces, as in attached casings. Garments or articles with zippers and/or set-in sleeves are not appropriate for this level. Simple pattern alterations needed by members should be done with leader assistance.

Skills

Pattern selection and use:

Reading and understanding pattern envelopes, symbols, and construction guides

Cutting and marking a pattern

Fabric preparation:

Review textiles, Skill Level 1

Review cutting skills, Skill Level 1: grading an enclosed seam; clipping an inward; notching an outward curve.

Pressing skills:

Construction pressing

Fusing

Pressing a fold an even width for hems and casings

Sewing by machine:

Stay stitching

Simple seam finishes (such as turned and stitched or zig-zagged)

Casings:

See pressing skills

Insertion of drawstring or elastic

Enclosed seams such as facings:

Grading

Clipping

Notching

Understitching

Hemming skills:

Grading seam allowances within hem

Invisible handstitching

Machine hems, fusible hems

Possible Articles Using the Skills

Articles integrating fabric preparation, pattern selection and use, cutting and pressing skills, sewing by machine:

Simple tops: open slash neck, kimono or raglan sleeves, halter top, pullover top

Simple vests

Simple dresses and jumpers without zippers

Simple skirts, pants, or shorts with elastic or drawstring waist

Simple robes and sleep wear

Purses, backpacks

Aprons

Casings:

Pullover top

Skirts

Drawstring apron

Totebag, marble bag

Pull-on pants or shorts

Sleep wear

Bags, purses

Enclosed seams such as facings:

Blouse, shirt, pull-on pants or shorts or dress without attached collars or set-in sleeves

Jumper, vest

Pullover top

Simple dress

Hemming skills:

Simple dresses or jumpers without zippers

Simple shirts and blouses

Simple robes

Skill Level 3

Planning and Evaluation

Every member should have the opportunity to:

Plan for the project in cooperation with the leader and parent(s). The planning might include skills to be learned, supplies and materials needed, and time when goals will be accomplished.

Contribute to the group at each project meeting.

Plan, prepare, carry out, and discuss one group activity. Such activities might range from leading a game or giving a simple presentation to conducting parts of the meeting or helping with a more complex presentation.

Informally discuss what was learned, where improvement is needed, and what will be the goals for next time.

Individual Development

Become responsible for health as it relates to personal appearance:

Discuss role of good diet in personal appearance

Discuss role of adequate sleep and exercise in personal appearance (for skin, body carriage, muscle tone, energy level)

Discuss growth changes (height, strength, uneven rate of growth, changes in color and texture of hair)

Discuss how posture affects personal appearance

Outreach

Share with others a new skill (for example, care and maintenance of the sewing machine).

Meet with a foods club to exchange information on nutrition and personal appearance.

Management

Learn about maintenance of the sewing machine, including oiling and cleaning.

Consumership

Preparation for shopping:

Decide what you need and make a list

Decide how much money to spend

Decide what to look for, in terms of fabric and construction, when you shop for ready-to-wear garments

Compare a ready-to-wear item with a similar item you've made (consider construction techniques, fabric, cost)

Learn how to ask for help and discuss clothing needs with salespeople

Learn appropriate and inappropriate store behavior

Learn some style terminology.

Wardrobe Building

Become aware of silhouette lines (shapes resulting from long skirts, short skirts, full skirts, flared pants, straight pants, etc.) in patterns and ready-to-wear garments.

Become aware of design lines (such as pockets, yokes, tabs, and other seam details) in patterns and ready-to-wear garments.

Textiles

Learn to distinguish among the different types of knits:

Single knit—some examples include sweater knits and jersey fabrics

Rib knit—an example is the banding at edges of sweaters

Double knit—many dresses; pants, skirts, and jackets are double knit

Tricot—a warp knit used for lingerie, shirts, and blouses

Warp knit—Raschel, a lacy pattern knit that resembles crocheting

Learn to measure the stretchability of knits by comparing a section of fabric with a stretch gauge, such as those on patterns designed for knits.

Construction

Members learn such skills as how to apply straight shapes to curved shapes, as on waistbands, and how to use easing-gathering to join uneven lengths. Firmly woven fabric or stable to moderately stretchy knitted fabrics are appropriate. It's suggested that blouses, shirts, dresses, robes, etc. have raglan, kimono, or faced sleeves rather than set-in sleeves. Dresses might include tennis dresses, long or short dresses, and simple party dresses.

Skills

Pattern and fabric coordination:

By color

By stretch

By texture—soft, stiff, etc.

By design—plain, print, etc.

Darts:

Shaping darts

Finishing point of dart

Seam finishes:

Zigzag finish

Overcast finish

Overlock by serger

Controlling and joining of uneven lengths:

Gathers

Easing

Waistband application

Crotch construction:

Order of construction: inseam first, crotch seam last, finishing crotch seam

Simple sewing skills for woven or moderately stretchy knits:

Stitching to retain stretch in a seam

Taping to stabilize a seam

Applying ribbing

“Stitching in a ditch”

Suitable hems

Closures:

Centered zipper

Machine buttonholes

Using an attachment

Possible Articles Using the Skills

Darts:

Blouses, dresses, pants, vests, jumpers, skirts

Controlling and joining of uneven lengths:

Skirts, pants, shorts

Ruffled articles, shaped articles

Waistband application:

Pants, skirts, shorts

Crotch construction:

Pants or shorts

Simple sewing skills for wovens or moderately stretchy knits:

T-shirt tops

Sweatshirts

Simple dresses

Pants, skirts, shorts with elasticized waists

Closures:

Pants, shorts, shirts, blouses, skirts, dresses, jumpers

Skill Level 4

Planning and Evaluation	Individual Development	Management
<p>Every member should have the opportunity to:</p> <p>Plan for the project in cooperation with the leader and parents. The planning might include skills to be learned, supplies and materials needed, and time when goals will be accomplished.</p> <p>Contribute to the group at each project meeting.</p> <p>Plan, prepare, carry out and discuss one group activity. Such activities might range from leading a game or giving a presentation to conducting parts of the meeting or helping to arrange for a field trip.</p> <p>Informally discuss what was learned, where improvement is needed, and what will be the goals for next time.</p>	<p>Accept one's self and make the most of special qualities:</p> <p>List 10 words describing your appearance to a stranger</p> <p>List three skills that you do especially well</p> <p>Describe your best physical feature</p> <p>Recognize value (lightness and darkness) and intensity (brightness or grayness) of hair and eye coloring</p> <hr/> <p>Outreach</p> <p>Help with clothing repair for the family.</p> <p>Share with others a new skill.</p> <p>Become a junior leader (grades 7-12 eligible).</p>	<p>Compare various methods of clothing repair—for example, stitched patches vs. iron-on patches.</p> <p>Learn about caring for shoes and other accessories.</p> <hr/> <p>Consumership</p> <p>Learn about materials available for different types of accessories:</p> <ul style="list-style-type: none">ShoesStockingsSweatersScarvesBeltsJewelryHatsPurses <p>Learn about the advantages and disadvantages of various materials in terms of cost and care.</p> <p>Accessorize different outfits for different occasions. Tell why particular accessories were chosen. Discuss alternative accessories.</p> <hr/> <p>Wardrobe Building</p> <p>Decide on a plan to accessorize outfits you own. Decide how best to use accessories on hand.</p> <p>Develop a plan for obtaining additional accessories.</p>

Textiles

Learn about the different types of interfacing fabrics that are available by identifying examples of some of the following:

Woven, sew-in interfacings—examples include organdy, batiste, broadcloth, and hair canvas

Nonwoven, sew-in interfacings—examples include regular nonwoven, one-directional stretch, and all-bias

Woven, fusible interfacings—medium-weight and hair canvas

Knitted, fusible interfacing—tricot and weft insertion

Nonwoven, fusible interfacing—sheer-weight, light-weight, medium-weight, suit- or tailoring-weight, regular, one-directional stretch, and all-bias

Construction

In this level, one of the sewing skills that can be learned is the combination of nonmatching shapes like set-in sleeves or yokes. Members should be encouraged to make two or more articles, selecting appropriate skills for each, to gain experience in using a variety of fabric textures and weights.

Skills

Simple pattern alteration:

Add width or length

Pivot darts

Yokes:

Review easing and gathering skills

Shaped seams (review cutting skills from Skill Level 1)

Patch pockets:

Single-layer construction

Lined construction

Collar and cuff application:

Interfacing

Point turning

Bubbling

Review skills for enclosed seams (Skill Level 2)

Set-in sleeves:

Review easing and gathering skills (Skill Level 3)

Matching notches and dots

Sewing curved seams

Closures:

Invisible zipper

Lapped zipper

Fly front

Machine buttonholes using a zigzag machine

Hems:

Hemming techniques for a variety of fabrics, textures, and weights

Structural details:

Topstitching

Ruffles

Plackets

Pleats

Possible Articles Using the Skills

Yokes:

Shirts and blouses

Pants, jackets, and vests

Skirts and dresses

Patch pockets:

Pants, vests, shirts, blouses, jumpers, dresses, skirts, robes

Collar and cuff application:

Shirts and blouses

Jackets and windbreakers

Dresses

Pajamas and robes

Set-in sleeves:

Shirts and blouses

Jackets

Pajamas and robes

Dresses

Closures:

Backpacks, bicycle packs, etc.

Jackets

Pants

Vests

Shirts and blouses

Skirts, dresses, jumpers

Purses

Jumpsuits, warm-up suits

Hems:

Skirts, dresses, jumpers

Robes

Jackets

Structural details:

Shirts and blouses

Pants, jackets, and vests

Skirts and dresses

Pajamas and robes

Skill Level 5

Planning and Evaluation	Individual Development	Management
<p>Work with your parent(s) and leader to develop a personal plan of what you will do in the project. Your plan might include:</p> <ul style="list-style-type: none"> Skills, knowledge to be acquired Resources available and/or needed Time when goals are to be accomplished <p>At the end of the project year, evaluate your own progress by thinking through these questions:</p> <ul style="list-style-type: none"> What did I learn? Where do I need improvement? How do I feel about what I did? What shall I plan to do or learn next? 	<p>Help make good features more attractive:</p> <ul style="list-style-type: none"> Posture Hair care and styling Skin care and makeup Selecting clothing to minimize figure problems <p style="text-align: center;">Outreach</p> <p>Help someone else fit a garment.</p> <p>Share with others knowledge or skill learned, through a presentation, educational display, or by becoming a junior leader.</p>	<p>Learn about basic clothing care:</p> <ul style="list-style-type: none"> Permanent care labels and what the terms mean Basic types of laundry products (pretreatment sprays, water softeners, detergents, bleaches, and fabric softeners) and which ones should be used for various categories of laundry Various washing machine cycles (normal, permanent press, and delicate) and when to use a particular cycle Various methods of drying (tumble drying with various cycles and temperatures, line drying, hanger and flat drying) and when to use each Learn about fibers and fabrics requiring special care. Learn how special care adds to the cost of the fabric or garment and how special care requirements influence choice of clothing. <p style="text-align: center;">Consumership</p> <p>Plan, select, and purchase garments, accessories, patterns, and fabrics, keeping wardrobe plan in mind.</p> <p>Use consumership skills learned in Skill Level 3.</p> <p style="text-align: center;">Wardrobe Building</p> <p>Develop a wardrobe plan:</p> <ul style="list-style-type: none"> Inventory clothing and accessories on hand List activities to compare wearable clothing with accessories from inventory Decide which colors, textures, lines, and styles are most flattering Decide where gaps or needs exist in wardrobe Plan which additions to make, when to make them, and their approximate cost

Textiles

Read labels of fabric bolts and ready-to-wear garments to become aware of at least six different fibers listed below:

Cotton

Wool

Linen

Silk

Acetate

Triacetate

Acrylic

Modacrylic

Polyester

Nylon

Rayon

Describe the fabric made from these six fibers:

The weight, hand (how it feels), and look

The advantages, disadvantages, and care

Construction

Members are encouraged to use a variety of woven or knitted fabrics such as wool, wool blends, or heavy or bulky cotton or cotton blends (such as corduroy or terry cloth). Fabrics with stripes, checks, or plaids are acceptable. In this level, timesaving techniques can be applied to previously learned skills. Techniques should be appropriate to the fabric and garment style. Skills from previous levels not yet accomplished or which need improvement can also be explored.

Skills

Pattern fitting and alteration:

Shoulder area

Waist-hip area

Structural details:

Bias detailing

Front plackets

Pockets (bound, shaped, pleated, welt)

Handling stripes, checks, and plaids

Tab fronts

Pleat construction

Insets

Topstitching, complex seams, and seam finishes:

French seam

Flat fell seam

Self-bound seam

Welt or double welt seam

Lapped seam

Tucked seam

Topstitched seam

Timesaving techniques:

Organize sewing area

Quick-marking

Unit construction

Continuous stitching

Use of fusible webs

Use of fusible interfacings

Construction skills from earlier skill levels, not previously learned.

Possible Articles Using the Skills

Structural details:

Shirts and blouses

Jackets

Pants

Vests

Skirts, dresses

Jumpers

Complex seams and seam finishes:

Sport-weight pants and skirts

Robes and sleep wear

Garments from loosely woven, stretchy woven, or sheer fabrics

Skill Level 6

<p>Planning and Evaluation</p>	<p>Individual Development</p>	<p>Management</p>
<p>Work with your parent(s) and leader to develop a personal plan of what you will do in the project. Your plan might include:</p> <ul style="list-style-type: none"> Skills, knowledge to be acquired Resources available and/or needed Time when goals are to be accomplished <p>At the end of the project year, evaluate your own progress by thinking through these questions:</p>	<p>Discuss the influence of personal values on decisions about personal appearance. (To whom do you want to look attractive and why?)</p> <p>List five values or ideas you have about what is important in your life.</p> <p>Discuss the relationship of personal values, physical traits, and grooming habits to appearance.</p>	<p>Learn about spot and stain removal, including what chemicals and procedures to use and when.</p>
<p>What did I learn?</p>	<p>Outreach</p>	<p>Consumership</p>
<p>Where do I need improvement?</p>	<p>Become aware of the clothing problems of someone with limited mobility. Try to dress yourself while seated in a chair. Talk to a therapist or handicapped person about special clothing considerations.</p> <p>Become aware of the clothing problems of the elderly or others with limited manual dexterity. Tape the joints of your fingers to simulate stiffness, then try to use buttons, touch fasteners, zippers, and hangers.</p> <p>This activity might lead to a further outreach. You might make nonslip hangers, replace difficult to manipulate fasteners, or make simple style changes, such as moving the zipper from back to front, for someone with limited manual dexterity.</p>	<p>Learn about consumer rights and responsibilities.</p> <p>Learn how to make a consumer complaint.</p>
<p>How do I feel about what I did?</p>	<p>Become aware of the clothing problems of someone with impaired vision. Try selecting a coordinated outfit from a variety of garments while blindfolded.</p>	<p>Wardrobe Building</p>
<p>What shall I plan to do or learn next?</p>		<p>Make or update wardrobe plan.</p>

Textiles

Read labels of fabric bolts and ready-to-wear garments to become aware of at least four of the finishes listed below:

Permanent press

Soil release, stain resistant

Antistatic

Flame retardant

Water repellent

Shrinkage control

Learn about the care required by the special finishes.

Learn about the advantages and disadvantages of various finishes.

Construction

Members are encouraged to use wool or wool-like fabrics, stretchy knits, or heavy or bulky cottons or cotton blends (such as corduroy and denim).

Multiple layer coordination should emphasize fabric handling with simplified or dressmaker techniques rather than traditional tailoring. Skills from previous levels not yet accomplished or which need improvement can also be explored.

Skills

Multiple layer coordination:

Underlining

Interfacing

Lining

Knit and stretchy knit techniques:

Rib knit trim

Exposed zipper

Grograin application under buttons and button holes for cardigans

Stitching to retain stretch in a seam

Taping to stabilize a seam

“Stitching in a ditch”

Construction skills from earlier skill levels, not previously learned

Possible Articles Using the Skills

Multiple layer coordination:

Jackets

Coats

Vests

Pants

Sports coat

Skirts

Dresses

Jumpers

Capes

Handling of knit and stretchy knit fabrics:

Tops, blouses

Dresses

Sweater knits (pullovers, cardigans)

Skirts

Unlined jackets

Skill Levels 7, 8, 9

<p>Planning and Evaluation</p>	<p>Individual Development</p>	<p>Management</p>
<p>Develop a personal plan of what you will do in the project. Consider:</p> <ul style="list-style-type: none"> Skills, knowledge to be learned Resources available and/or needed Time when goals are to be accomplished <p>As each activity is completed, evaluate your experience by asking yourself:</p> <ul style="list-style-type: none"> What did I learn? Where do I need improvement? How do I feel about what I did? What shall I plan to do or learn next? 	<p>Explore special interests and develop new interests. Some options might include:</p> <ul style="list-style-type: none"> Clothing history Pattern design Clothing of other cultures How clothing affects behavior Fashion analysis Economics and marketing of clothing Development of a Personal Color Aid 	<p>Do a comparison study of clothing management products on the market. Compare features and cost of:</p> <ul style="list-style-type: none"> Washing machines Dryers Detergents and soaps Laundry additives such as water softener, fabric softener, bleaches <p>Plan and organize a sewing center for home, room, or apartment.</p>
	<p>Outreach</p>	<p>Consumership</p>
	<p>Investigate potential career options related to clothing, textiles, and personal appearance such as:</p> <ul style="list-style-type: none"> Education Merchandising—salesperson, buying Journalism, communications Art and design Museum curator Textile preservation and restoration specialist Sewing machine repair Cosmetologist, beautician Barber, hair stylist <p>Plan a fashion show.</p> <p>Become a teen leader (must have completed 9th grade in school).</p>	<p>Learn more about agencies for consumers, whom they help, what they do, and how the consumers can use them.</p> <ul style="list-style-type: none"> Better Business Bureau Credit bureau <p>Learn about methods of paying for clothing. Compare the features, advantages, disadvantages, and costs.</p> <ul style="list-style-type: none"> Lay away Cash Credit card, bank Credit card, store
		<p>Wardrobe Building</p>
		<p>Help plan a complete wardrobe for a person you know with special needs:</p> <ul style="list-style-type: none"> Infant Child Person with limited mobility <p>Plan a complete wardrobe for someone with a limited income. Set up a budgeted amount on a per week or per month basis. Develop the plan to include purchases during a year.</p>

Textiles

Design and conduct experiments to compare:

Supporting fabrics (underlinings, interfacings, and linings)

Fusibles (webs and interfacings)

Flame retardant and non-flame-retardant fabrics

Explore the process involved in the design and production of textiles.

Construction

Skill Levels 6-9 are designed to explore skills that have not yet been accomplished or skills that need improving. Skills from previous levels may be included. Learning how to handle special fabrics such as wool, lace, bulky fabrics, brocades, metallics, and plaids is recommended. Garments made from these fabrics might need to be underlined or lined.

Skills

Tailoring (garments with collars and lapels shaped by custom pad stitching, machine pad stitching, or fusible interfacing)

Swim wear, underwear (garments made from soft or stretchy knits)

Recycling techniques

Skills from previous levels not yet accomplished or which need improvement

Possible Articles Using the Skills

Tailoring:

Coats

Jackets

Suits

Swim wear and underwear:

Bikinis

One-piece suits

Swim trunks

Beach cover-up

Slips

Nightwear

Panties, bras

Robes

Recreational clothing skills:

Western wear

Camping gear

Hunting and fishing wear and gear

Ski clothes

Special occasion clothing:

Costumes

Party dresses

Wedding gowns

Garment for school, dress, or work

Children's wear

Self-help garments for the handicapped

Recycled garments:

Make-overs

Restyling

Alterations

Garment for school, dress, or work

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