

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

<p>Planning and Evaluation</p>	<p>Individual Development</p>	<p>Management</p>
<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"> Shoes Stockings Sweaters Scarves Belts Jewelry Hats Purses <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 <p>Learn about fibers and fabrics requiring special care.</p> <p>Learn how special care adds to the cost of the fabric or garment and how special care requirements influence choice of clothing.</p> <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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