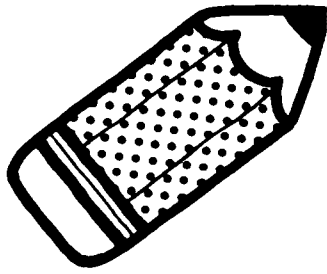


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# The 4-H Clothing Project

## Skill Level 3

B.J. Sawyer and A.W. Koester

### A note to members

Skill Level 3 of the 4-H Clothing project builds on some of the things you've already learned and adds some new skills. Here are some things you'll have a chance to learn about in Skill Level 3:

- Becoming responsible for good health habits related to personal appearance
- Sharing with others what you've learned
- Shopping for clothing
- Describing garments in terms of style, silhouette lines, and design details
- Telling the difference between specific types of knits
- Measuring the stretch of knits
- Coordinating patterns and fabrics
- Shaping fabric by sewing darts, easing, and gathering
- Using seam finishes
- Applying a waistband, sewing a crotch seam
- Inserting a zipper, making machine button holes

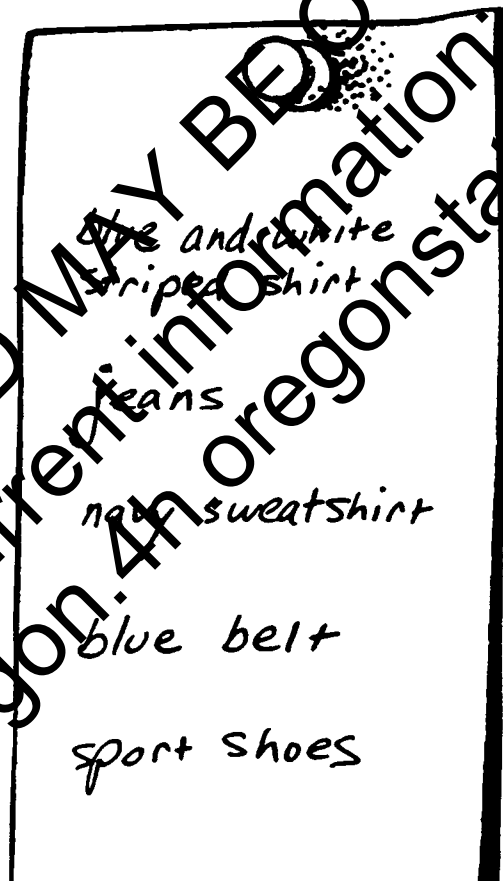
As you can see, the 4-H Clothing project is more than just learning about sewing. It includes learning about yourself, sharing what you've learned with others, and making decisions about buying and caring for clothes as well as making them. Other

important parts of the project are helping to plan what you want to do, then later evaluating for yourself how you feel about what you've learned.

You will also have a chance to participate in the group activities of your club. During your meetings, you will be getting some handouts that will help you learn about clothing. Keep them together so you can find them when you need them.

Please show this handout to your parents—there is a note for them on the back.

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## A note to parents

The 4-H Clothing project is more than just learning to sew. Activities are included in four learning areas:

- Planning and evaluation
- Individual development and outreach
- Clothing management, consumership, and wardrobe building
- Textiles

### Construction

Some of the specific knowledge and skills included in Skill Level 3 of the project are listed on the other side of this page. Skill Level 3 emphasizes consumership in order to acquaint members with shopping skills (deciding what to look for, how much to spend, how to ask for help and discuss clothing needs with a salesperson, etc.). Along with consumership activities, members will also have an opportunity to learn about wardrobe building by becoming aware of style terminology and design details.

In the construction area, members are encouraged to make more than one garment. If garments with sleeves are made, it's suggested that they be raglan, kimono, or faced sleeves, rather than set-in sleeves. Woven fabrics, stable, non-stretchy knits, or moderately stretchy fabrics are recommended.

Your child may need special help from you or another family member or friend when learning some of these skills, particularly those relating to construction. Encouragement and guidance will help members see progress, not just the end result. Perfection is not as important as developing an enjoyment of sewing.

By including a variety of activities in various learning areas, your child will have opportunities for:

- Planning and evaluating his or her work
- Learning to work and share with others
- Developing decision-making abilities
- Expressing himself/herself creatively



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Extension's 4-H Youth Development program assists young people, their families, and adult volunteers to become productive and self-directing by developing their practical skills and knowledge. Professionals and volunteers together provide educational projects and activities in animal science, home economics, engineering, natural science, horticulture, and expressive arts.

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