IT'S FUN TO SEW
for yourself and others---Advanced

COOPERATIVE EXTENSION SERVICE
OREGON STATE UNIVERSITY, CORVALLIS

PHASE 7
4-H CLUB SERIES L-91
Plan your 4-H clothing project

ADVANCED PHASES of clothing provide an opportunity for you to broaden your experience. The work is planned primarily for you who have already completed phases 1 through 6 in which you learned the fundamentals of clothing selection and construction.

You are now experienced enough to do a good part of the actual construction at home. Club meetings can be devoted to timely demonstrations, constructive suggestions on choice of clothing, helps on fitting and tailoring, and plans for service and community activities. You can take more responsibility for meetings than in earlier years. Your training and experience enable you to take over most of the demonstration work while your leader serves as counselor or adviser.

Plan a year-round schedule of interesting activities. Hold at least six meetings—more if you choose and if your time permits. At the beginning, plan the entire program of meetings for the season. Present your plan to your county home agent for her suggestions. She will help in getting literature and demonstration material for you.

Survey your community to see if there are persons whom you might invite into your club to lead you in interesting discussions: a beauty operator who might give you timely tips; a nurse or physical education expert to help you with posture and physical development; a well-groomed woman in your community to tell you her beauty routine. Visit a business establishment near you: see a factory, store, laundry, dry cleaning establishment, or a home that has a well-arranged sewing center.

Plan things you can do together as a club to make your community a better place. You will have interesting opportunities for service and for personal satisfaction if you work together for community betterment.

Some of you may want to help younger club members by serving as junior leaders. You have much to give and much to gain through junior leadership. Remember that younger 4-H members in your town may have been inspired by your achievements. They look to you to learn about 4-H.

What to study or do

1. Continue to study styles, fabrics, and better sewing methods.
2. Study line and colors to determine those best for you.
3. Revise the wardrobe plan you made last year.
4. Continue to study safety, health, and good grooming.
5. Become a junior leader for a younger club, if possible.
6. Plan a community project.
7. Plan tours to stores, factories, and other places that relate to your project.
8. Continue to take part in special events, exhibits, demonstrations, and judging.

Articles to make

Make two or more articles of your own choice for yourself, members of your family, or friends. Select something that is different and more difficult than anything you have made before. Make it a real learning experience.
You will find most of the instructions you will need for making the clothing articles in phases 1 through 6 of this series. Ask your extension agent for other bulletins that will help you with your project. Be sure you have these in your sewing kit at all times.

Extension bulletins available

EC 603 Patching & Mending Wool Garments
Plaids and Stripes
Fabric Buttonholes
Makeovers for Children
Accessories in Your Wardrobe
Removing Stains from Fabrics

Give a demonstration

Plan to give at least two demonstrations in your club meetings. Choose a subject that relates to your project. After you have worked up a demonstration and given it at your club meeting, plan to repeat it at other club and community meetings. This will give you experience and confidence that will help you when you take part in the demonstration activities at your county exhibit day.

Suggested demonstrations

- Tailored buttonholes
- Seam finishes I used this year
- How to set in a skirt zipper
- How to put on a skirt band
- Setting in a sleeve
- Making a perfect hem
- Use of the sewing machine and attachments
- Pressing and trimming seams
- Care of the sewing machine
- How to give your woolen clothes a professional looking press
- Tailored finishes
- Fitting a dress
- Color selection in dress
- Teen-age accessories

Add to your 4-H record book

You will be doing more as an advanced member than you have ever done before. Be sure to record in your record book all the things you do—clothing you make, repair, and care for. Keep it up-to-date. Keep a good record of all your special activities. They are important.

Judge what you make

After you have completed an article of clothing, judge it to see how successful you have been. Study your judging sheet. Check each item “well done” or “should improve.” Learn to improve the weakest parts. Compare this with the next thing you make. Can you see an improvement?

Take an active part in club, community, and county judging contests. They are fun and educational.

Judging sheet

<table>
<thead>
<tr>
<th>A. General appearance</th>
<th>Well done</th>
<th>Should improve</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cleanliness</td>
<td></td>
<td></td>
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<tr>
<td>Pressing</td>
<td></td>
<td></td>
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<tr>
<td>Color combinations</td>
<td></td>
<td></td>
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<tr>
<td>Trimming</td>
<td></td>
<td></td>
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<tr>
<td>Suitable finishes</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Outside stitching</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Matching thread</td>
<td></td>
<td></td>
</tr>
<tr>
<td>B. Selection</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Style</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Material</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pattern suited to material</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
C. Workmanship

Neck finish & facings
Sleeves—armscye
Waistline, belts, belt loops
Plackets and fastenings
Stitching, hand and machine
Pockets
Seams—proper finish and pressing
Hems and hem ends

D. Others

Show others what you have accomplished

You may want to exhibit your work at community and county fairs. This gives you a chance to compare your work with that of other members and helps you to learn how you can improve your next project. Be sure all of your articles are clean and well-pressed before you enter them for judging. Include your record book as part of your exhibit.

Plan to enter your dress in the county style revue. This is a special contest for all girls who have completed three or more years work in clothing.

Style revue score card

I. The girl

Posture
Poise
Grooming
Attitude

II. The outfit on the girl

Becomingness to girl—girl looks her age
Choice of texture, color, and style
Fit
Accessories—right for girl, her use of costume and local practice

III. Construction

Accurate cutting
Quality of work as it contributes to the "professional look"
(Use clothing check sheet for scoring construction)

TOTAL

Keep this bulletin. When you have completed all the 4-H clothing projects, you will have a complete sewing book.