



OREGON STATE LIBRARY
Document Section
OCT 26 1961

371.42
Or 31 cl
no. 91
C.3

EXTENSION
SERVICE

DISCARD

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

It's Fun to Sew --- For Yourself and Others

ADVANCED PHASES

Prepared by
THETA JOHNSON
Clothing Specialist, Extension Service
Utah State University
Logan, Utah

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 serv-

ice 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

	<i>Well done</i>	<i>Should improve</i>
A. General appearance		
Cleanliness
Pressing
Color combinations
Trimming
Suitable finishes
Outside stitching
Matching thread
B. Selection		
Style
Material
Pattern suited to material

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>Points</i>
I. The girl	25
Posture	
Poise	
Grooming	
Attitude	
II. The outfit on the girl	50
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	25
Accurate cutting	
Quality of work as it contributes to the “professional look”	
(Use clothing check sheet for scoring construction)	
TOTAL	100

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