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# 4-H Clothing Project

## Skill Level 5

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As you've gained experience in the 4-H Clothing project, you've seen that the project is more than just learning to sew. Each skill level of the project includes activities in five learning areas:

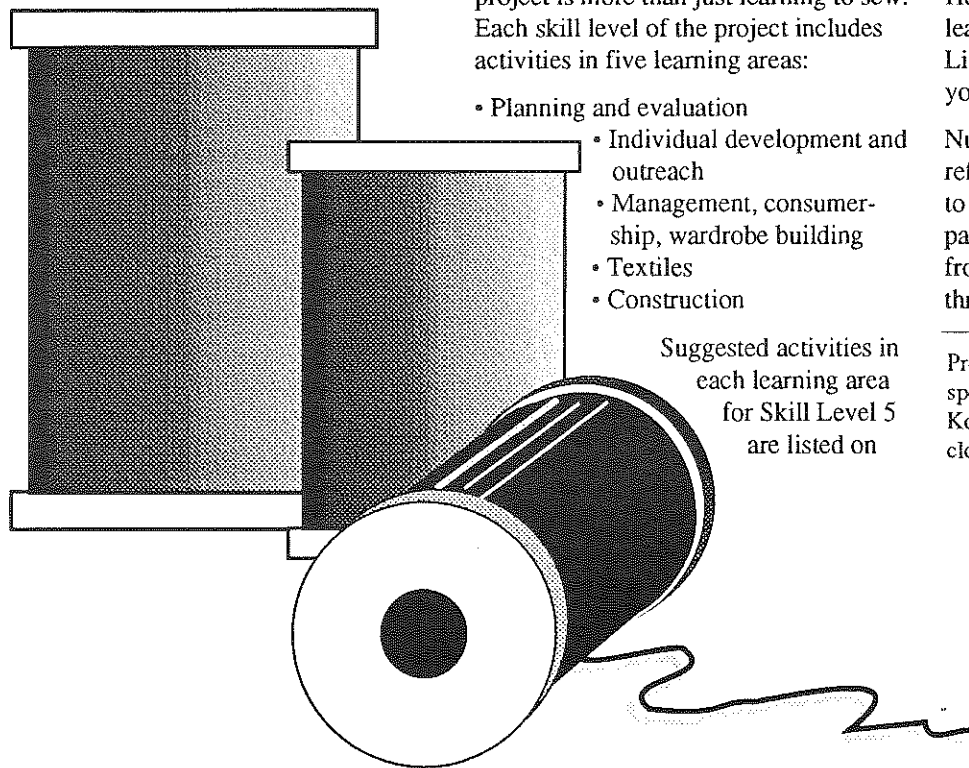
- Planning and evaluation
- Individual development and outreach
- Management, consumer-ship, wardrobe building
- Textiles
- Construction

Suggested activities in each learning area for Skill Level 5 are listed on

the inside pages. It's not expected that you complete all of these activities. However, you are encouraged to do at least one activity in each learning area. List your plans and accomplishments on your *4-H Clothing Record*, 4-H 921R.

Numerous sources can be used as references. These include books on how to sew, leaflets and catalogs from pattern companies, and written materials from companies that make zippers, thread, and other notions.

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# Skill Level 5

## Planning and Evaluation

Work with your parent(s) and leader to develop a personal plan of what you will do in the project. Your plan might include:

- Skills to be gained
- Knowledge to be learned
- Resources available and/or needed
- Time when goals are to be accomplished

At the end of the project year, evaluate your own progress by thinking through these questions:

- 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?

## Individual Development, Outreach

### Individual Development

Help make good features more attractive:

- Posture
- Hair care and styling
- Skin care and make-up

Selecting clothing to make the most of attractive features

### Outreach

Help someone else fit a garment he/she is making.

Share with others knowledge or skill learned through a presentation, educational display, or by becoming a junior leader.

## Management, Consumer-ship, Wardrobe Building

### Management

Learn about basic clothing care:

- Permanent care labels and what the terms mean
- Basic types of laundry products (pre-treatment 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 care influences choice of clothing.

### Consumer-ship

Plan, select, and purchase garments, accessories, patterns, and fabrics, keeping wardrobe plan in mind.

Use consumership skills learned in Skill Level 3.

### Wardrobe Building

Develop a wardrobe plan:

- Inventory clothing and accessories on hand
- List activities to compare with wearable clothing and 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 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 structure (woven, knitted, other)
- The weight, hand (how it feels), and look or texture
- The advantages, disadvantages, and care

## Construction

NOTE: In this level, time-saving techniques can be applied to previously learned skills. Techniques should be appropriate to the fabric and garment style.

### Skills

#### *Pattern alteration and fitting*

- Shoulder area
- Waist-hip area

#### *Structural details*

- Bias detailing
- Cuffs
- Top stitching
- Front plackets
- Pockets (bound, shaped, pleated, welt)
- Handling stripes and plaids
- Tab fronts
- Pleat construction
- Insets

#### *Complex seams and seam finishes*

- French
- Flat fell
- Slot seam

#### *Time-saving techniques*

- Organize sewing area
- Quick-marking techniques
- Unit construction
- Continuous stitching
- Use of fusible webs
- Use of fusible interfacings

### \*Possible articles using the skill

#### *Structural details*

- Shirts and blouses
- Jackets
- Pants
- Skirts
- Vests
- Dresses
- Jumpers

#### *Complex seams and seam finishes*

- Sport weight pants and skirts
- Pajamas, robes, and caftans
- Garments from loosely woven, stretchy woven, or sheer fabrics

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\*This does not mean that only those garments listed are acceptable. Select garments to make on the basis of your individual skills, knowledge, and preferences.



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