

# CLOTHING AND TEXTILES INTERMEDIATE PROJECT GUIDE

## Unit V. Creating Clothing and Accessories

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## Clothing and Textiles Intermediate Project Area Guide

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## Activity 13 – Selecting the Sewing Pattern that is Right for You

<b>Project Outcome:</b>	Select a pattern appropriate for body type and beginning sewing skill level.
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If you are learning to sew, you may be making accessories and items for your room. When you decide you want to start making your own clothes, the first thing to remember is to **KEEP IT SIMPLE**. For example, the fewer the seams the better. Elastic waist requires less fitting.

While simplicity is important, it is not the only consideration for selecting a pattern. Choosing a style that looks great on you is also important. You can make clothes all day long but if they don't look great on you, it is all in vain. In this activity, you will learn to consider styles that are appropriate for different body types as well as beginning sewing skills.



Look at the following images of styles that are relatively easy to make. Check the one(s) that you really like and would want to wear if you made them.



\_\_\_ Yes  
\_\_\_ No



\_\_\_ Yes  
\_\_\_ No



\_\_\_ Yes  
\_\_\_ No



\_\_\_ Yes  
\_\_\_ No



\_\_\_ Yes  
\_\_\_ No

After you learn about which styles look good on different body types and identify your body type, you will be able to see if you chose those styles from the images above that align with your body type.

### Determining your Body Type

In order to determine your body type, you will need to take your measurements. Using a tape measure, have someone take your measurements and record below. Be sure to wear something snug fitting like leggings and a fitted camisole or T-shirt.

#### MY MEASUREMENTS (Circumference):

Bust/Chest (fullest part) \_\_\_\_\_

Waist (over belly button) \_\_\_\_\_

Hips (at 7-9" from waist) \_\_\_\_\_

Use the above measurements to determine your body type using the information below. Let's review the various **body types** below. A full explanation of body shapes can be found in the Activity 2 in the Beginning Level (Level 1) of the Clothing and Textiles Project.

### Basic Shapes for Girls

**Apple** - If you have an undefined waist and your bust measurement is larger than your hip measurement, you have an apple body type. You probably also have slimmer legs and arms.

**Pear** - You have a pear-shaped body type if your hip measurement is larger than your bust measurement. This means you have broad hips and a defined waistline, with shoulders narrower than hips.

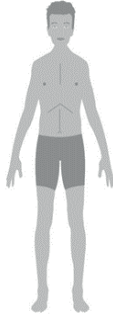
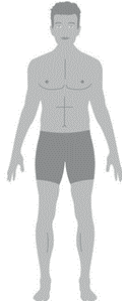
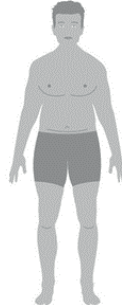
**Hourglass** - If your measurements are about the same for your bust and hips, with a well-defined waist, your body shape is an hourglass. This is a well-balanced figure type.

**Rectangle** - Your body type is rectangle if your measurements are about the same for bust, waist and hips. Your waistline is not well defined.





### Basic Shapes for Guys

Ectomorphic - slender/skinny, small shouldered, long body appearance	Mesomorphic - muscular, lean, large-shouldered body appearance	Endomorphic - body thick, heavy, soft/full in appearance
		

Based on the above information, what is your shape?

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### Simple Patterns for Different Shapes

If you have an **apple** body shape, want to wear a contrasting top and bottom that has a well defined waist to make the illusion that you have a waist. Here are two great skirts to make that will look great on you. For true beginners, try the elastic waistband skirt on the left. If you are a little more advanced try the skirt in the middle with a contrasting waistband and bottom and zipper.



If you are a **pear** shape, you want to emphasize the top part of your body and cover your hips and thighs. The above kimono-like top in patterned fabric draws the eye to the top part of your body.

If your shape is **hourglass**, you want to accent your waist to show off your balanced figure. In the pattern below (left), the capri and shorts with a draw string waist are easy to make and when paired with a contrasting top accentuate the waist. The sun dresses when belted with a contrasting belt or tie would definitely accentuate the waist. The blouse on the right with raglan short sleeves when paired with contrasting pants or skirt create a great outfit with waist emphasis!



Are you a **rectangle** shape? This is easy to sew but does require knit fabric. You will want to create the illusion of having a waist by wearing a fitted top and flared skirt or a contrasting top and bottom. The circular skirt below with an elastic waist, paired with a contrasting top will give your body a more hourglass look. The pants/capri/short pattern below are simple to make and when paired with a contrasting top will emphasize your waist.



## Patterns for Guys

Are you an **ectomorphic** shape? If so you want to emphasize the upper part of your body. Wearing shirts that contrast from your pants/shorts is one strategy that works. The khaki long short pattern below with an elastic waist is easy to make and with a bright colored contrasting T-shirt will do the trick.

You can also wear shirts with horizontal stripes as in the picture below or a fun shirt with raglan sleeves. This is easy to sew but does require knit fabric. So when selecting your fabric, make sure to get a nice heavy weight fabric that will sew easily. Making a sweatshirt with contrasting raglan sleeves would be a good first project since sweatshirt fabric is thicker.



If you are a **mesomorphic** body shape you want to emphasize that V-shape. So emphasis should be on the top part of your body. The above raglan sleeve T-shirt would be great!

If you're ready for a little more complicated pattern, you might try the elastic waist shorts with set-in pockets and contrasting cuffs. Wear a red shirt with this for a perfect look.

How about trying a pattern for a tank top. This is made with knit fabric, so you may need some help to learn to sew with knits but with a little practice you will do great! A tank top with horizontal stripes will emphasize the upper part of the body.



If you have an **endomorph**ic body shape, you want to create a vertical illusion. Wearing solid colors from head to toe will help slenderize you. For fall or winter, the raglan sleeve structured top below paired with similar colored cargo pants will make your eye go up and down.

Select patterns that are relatively simple. The jogging pants shown below (simple pattern with elastic waist band) paired with a similar colored top will also give you a slenderizing effect.

You might want to also try your hand at making the elastic waist shorts below again paired with a similar colored top.



**To Do:** Review the styles that you selected on the first page of this activity and compare your selections with what should be worn for your body shape.




How did you do?





## Test Your Knowledge

Examine the styles below and determine which body style can wear them. Include the reason for your answer. Note: Multiple answers could be correct depending on your explanation.

			
<p>1. Body Type:</p> <p>Reason for answer:</p>	<p>2. Body Type:</p> <p>Reason for answer:</p>	<p>3. Body Type:</p> <p>Reason for answer:</p>	<p>4. Body Type:</p> <p>Reason for answer:</p>

Answers: 1. Mesomorphic or Ectomorphic; 2. Rectangle or Hour Glass or Apple; 3. Pear or Hour Glass; 4. Endomorphic

## Activity 14 – How to Get the Right Fit When Making Your Own Clothes

<b>Project Outcome:</b>	Make minor adjustments to patterns for a better fit.
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Sewing your own clothes can be fun and in the meantime, you are creating garments that are unique! No one else will have one just like you.

Another advantage of making your own clothes is that you can get just the right fit for a great look!!! It all starts with the pattern. In order for what you make to fit, you need a few skills in pattern alteration.



### To Get Started

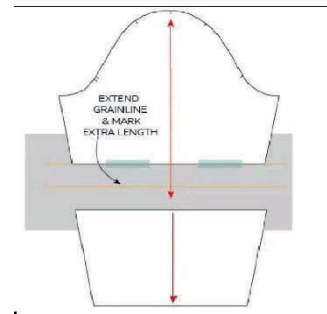
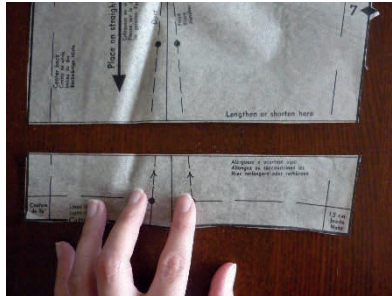
- Take your measurements (Chart is available at the end of this activity.) and compare them with those on the back of a pattern envelope for a garment you want to make.
- When differences are found (greater than 1/4 inch), some type of adjustment is needed.
- Mark the chart where there are differences and adjustments are needed.
- Also note whether you need to add to or subtract from your pattern.

Now you are ready to learn how to alter a pattern for a great fit!

To ensure accuracy in any alteration, be sure to follow these basic principles whenever you work with pattern pieces.

- Pattern pieces should be flat and free from wrinkles. Press with a cool iron before making any changes.
- All pattern pieces must be flat and remain flat when any alteration is done.
- Carefully pin-fit the pattern to you after making adjustments to check for fit.

Some simple pattern adjustments include adding or taking away width and lengthening or shortening a pattern piece.



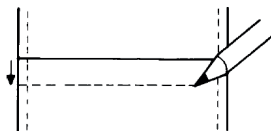
## HOW TO ALTER A PATTERN

### To Shorten a Pattern

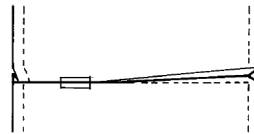
You may find you are short waisted, and the waistline of the bodice (top part) of a fitted pattern hits below your waist. Shortening the pattern will fix this problem.

Another challenge you may have is that you are shorter than average. You may need to shorten a pants pattern. In order to preserve the shape at the bottom of the pattern, follow this procedure.

- Measure from the lengthen and shorten line on the pattern the amount you want to shorten the pattern.
- Draw a line at that point.
- Fold the pattern on the lengthen and shorten line.
- Bring the folded edge to the marked line. Tape it in place.



Step 1 & 2



Step 3 & 4

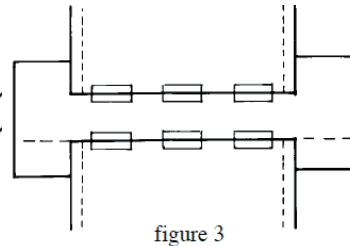
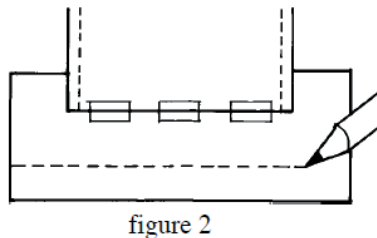
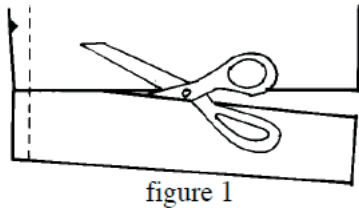
### To Lengthen a Pattern

This alteration is helpful if you are long waisted or are taller than average.

- Cut across the pattern on the lengthen/shorten line if there is one or draw a line across the pattern and then cut. (See Figure 1 below)
- Place a piece of paper under the pattern and tape it to one of the cut pattern edges.
- Measure the amount you want to lengthen the pattern. Draw a line along the added paper. (Figure 2)



- Place the second part of the pattern piece along the marked line, lining edges as close as possible with above pattern piece. Tape it in place. (Figure 3)
- Using a ruler, match and redraw cutting lines.



### Adding Width at the Side Seams

You may find that the pattern is smaller than you are at the waistline, so you will need to add to the width of the side seams.

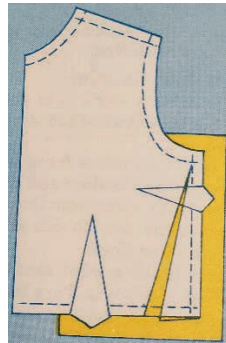
When you just need to add a small amount to the width of a garment, multi-size patterns will help you by simply using a ruler to gradually mark from one size to another as needed. However, when you need to add larger amounts, use the method described below.

**HINT:** You will need to do a little math to make sure you add the correct amount. Here is an example to follow: If you need to add a total of 1 inch to the waist of a skirt, add  $\frac{1}{4}$  inch to each of the four seam allowances at the waist. Most patterns have a front and a back as two pieces that are cut on a double thickness of fabric. So, you will be adding  $\frac{1}{4}$  inch to the side of the front and the back.

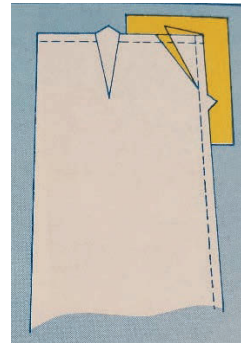
In order to preserve the curve in a fitted pattern, especially when adding more than a small amount, use the following instructions to increase the waist by splitting the pattern.

#### For the bodice:

- Start about 2 inches from the side seam, draw a line from the waistline to the intersection of the armhole seam and side seam (see illustration below).
- With tissue paper under pattern, spread pattern  $\frac{1}{4}$  the needed amount at the waist.
- Tape in place.
- Redraw the underarm dart (if there is one) on the front of the pattern.
- Be sure to make the alteration on both the front and back pattern pieces.



Bodice



Skirt

**For the skirt:**

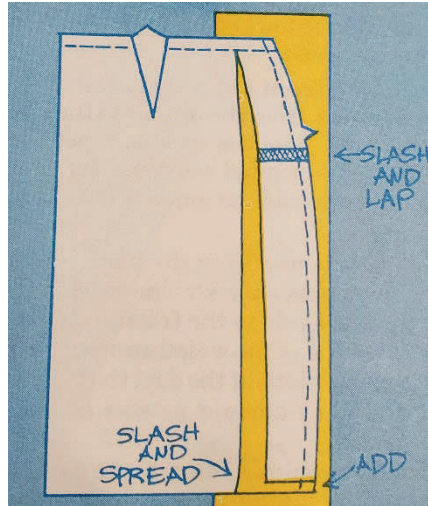
- Starting about 2 inches from the side, draw a line from the waistline to the side seam at the hip line (7 inches down from waist; see illustration above).
- Slash pattern on this line.
- With tissue paper under pattern, spread pattern 1/4 the needed amount at the waistline.
- Tape in place.
- Restore the proper curve in the waistline seam using a French curve.
- Be sure to make the alteration on both the front and back pattern pieces.

**Large Hips or Thighs**

You may have a pear-shaped body type where the bottom half of your body is wider than the top part of your body. If you are sewing a fitted skirt, you will find a pattern may fit in the waist but not in hips or thighs. The following is the best way to alter a pattern to preserve the overall style of the garment.

- Starting about 2 inches from the side seam, draw a line parallel to the straight grain line from the waistline to the bottom of the skirt (see image below).
- Slash on this line from the hem up to the waistline seam (but not through).
- Draw a horizontal line from the vertical slash at the fullest part of the hips or thighs over to the side seam. Slash on this line.
- With tissue paper under the pattern, spread the slash needed amount at the hip or thigh line (remember, this is 1/4 of the needed alteration). Continue this same amount of spread to the hemline. This causes the edges of the horizontal slash to overlap, thus shortening the side section.

- Add the needed length to the side section at the hemline. Redraw the side seam if a sharp curve forms as a result of the operation.
- Be sure to make the alteration on both the front and back pattern pieces.



Altering Pattern for Large Hips or Thighs

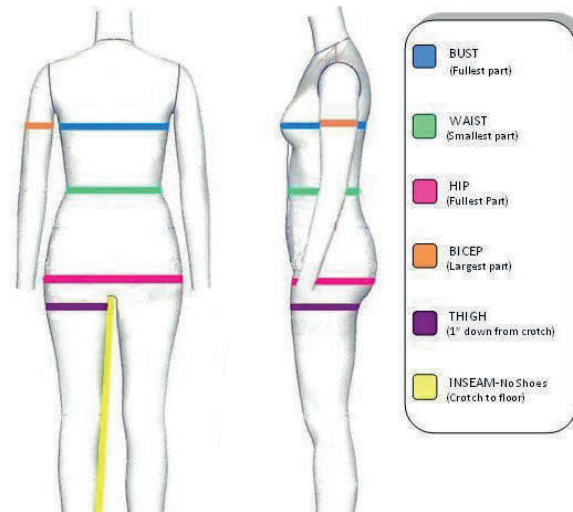
**Other Alterations:** There are many other alterations that you can do, depending on your pattern. Some include enlarging the sleeve for large arms, reducing the shoulder area for narrow shoulders, broadening the shoulder area for square shoulders and enlarging or reducing bust area. Seek help from your 4-H agent or volunteer leader for more information about altering patterns. Also explore: [https://www.threadsmagazine.com/assets/pdf-download/TH\\_FITTING\\_MEM\\_APR2014.pdf](https://www.threadsmagazine.com/assets/pdf-download/TH_FITTING_MEM_APR2014.pdf)

## To Do

Now that you have the basic tools to alter patterns, start simple with an elastic waist or fitted skirt, shorts, pants or simple top.

1. Take your measurements. Depending on what you are making, you will need to record the following measurements:

- Bust/Chest (fullest part)  
\_\_\_\_\_
- Waist (over belly button)  
\_\_\_\_\_
- Hips (at 7-9 inches from waist)  
\_\_\_\_\_
- Thigh (at fullest part)  
\_\_\_\_\_
- Bicep (fullest part of arm)  
\_\_\_\_\_
- Inseam (crotch to floor)  
\_\_\_\_\_



2. Compare your measurements with those on the pattern envelope to choose the correct size.
3. When differences are found (greater than 1/4 inch), some type of adjustment is needed. Mark the chart where there are differences and adjustments are needed and whether you need to add to or subtract from your pattern.
4. Determine the alterations you need to make in order for the garment to fit well and follow the instructions in this activity to make them.
5. Prepare your fabric and pin your pattern in place.
6. Cut out your garment.
7. Sew, sew, sew!!!!

Then enjoy!!!!

Be sure to take pictures of you making the alterations for your 4-H portfolio.

## Activity 15 – How to Sew a Fabulous Garment

**Project Outcome:** Sew a simple garment.

As you learn to sew, you are probably sewing some fun projects like home and fashion accessories. Once you have the basic skills, it's time to take the next step and make a simple garment.

In Level 1 of the Clothing and Textiles Project, Activities 18 and 19 include basic instructions for making an elastic waist skirt and pajama pants. If you haven't tried one of these, this would be a great way to start in sewing something you can wear with minimal steps.

In this activity, you will learn more about sewing a garment including the specifics of the preparation of fabric and pattern before sewing and tips for sewing a more structured garment.

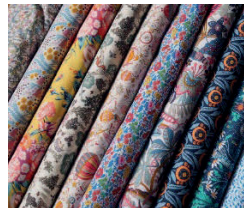


### Getting Started

To really enjoy sewing, you need to make sure that you select fabric that you really love and a pattern that matches your sewing skills.

#### *Fabric Selection:*

Until you have mastered basic sewing skills, it's best to choose medium weight woven fabric (fabric that doesn't stretch when pulled lengthwise). Review *Activity 1 in Level 1 of the Clothing and Textiles Project* for more information about different types of fabric.



Check the back of the pattern envelope for a list of *suggested fabrics* from which to choose.

The back of the envelope will also tell you *how much fabric to purchase* based on the width of the fabric and the size.

**FABRICS:** Designed for lightweight woven fabrics  
Suggested Fabrics: Cotton, cotton types, broadcloth, chambray, flannel.

**STANDARD BODY MEASUREMENTS:**


SIZES:	XS	S	M	L	XL
Waist	22½-23½	24½-26	27½-29	31-33	35-37
	57-60	63-66	70-74	79-84	89-94
					cm
Hip	32½-34	35½-37	38½-40	41½-43½	45-47
	82-86	90-94	98-102	106-110	115-120
					cm

**Finished inside leg seam**  
Pants 29" (73 cm) — All Sizes  
Shorts 4" (10 cm) — All Sizes

**MATERIAL REQUIRED:** Fabric requirement allows for nap, one-way design or shading. Extra fabric may be needed to match design or for shrinkage.

SIZES:	XS	S	M	L	XL
<b>FABRIC 58" (148 cm) WIDE</b>					
Pants	1½ (1.30)	1½ (1.40)	2½ (1.95)	2½ (2.10)	2½ (2.10)
					yd (m)
Shorts	¾ (0.60)	¾ (0.70)	¾ (0.70)	¾ (0.80)	1½ (1.05)
					yd (m)

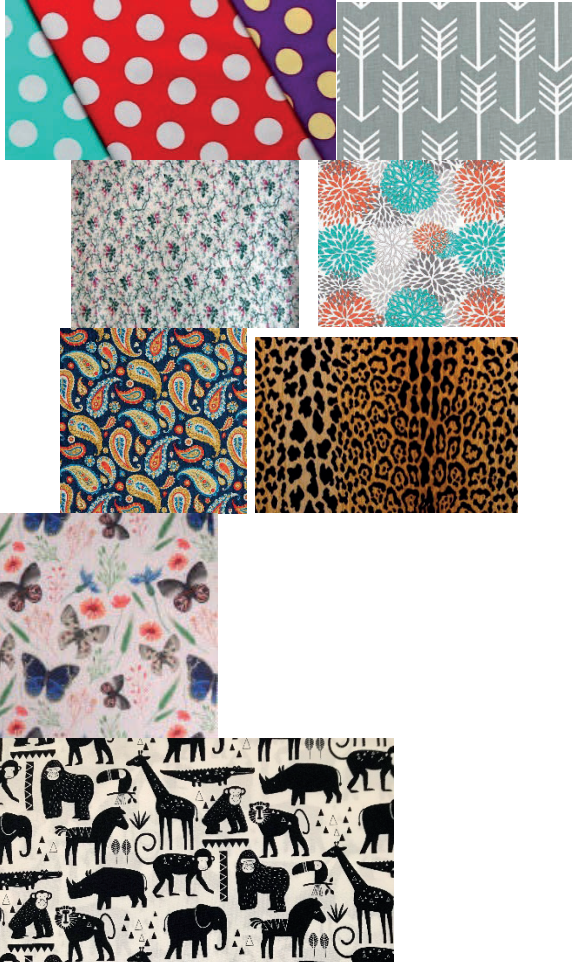
Shorts Back





## TO DO

What fabric will you choose? Complete the following to discover your fabric preferences.

<p>What is your favorite color?</p> <p>_____</p>	
<p>Do you like wearing solid colors or prints? _____</p>	
<p>If you were to choose a printed fabric, which of the following patterns would you like best on fabric? Rank each 1 being your favorite and 2 being your next favorite, etc.</p> <p>_____ Geometric shapes (dots, circles, triangles, stripes, etc.)</p> <p>_____ Small florals</p> <p>_____ Large florals</p> <p>_____ Paisley patterns</p> <p>_____ Animal prints (If so, what types of animals) _____</p> <p>_____ Other types (describe)</p> <p>_____</p>	<p>Examples of Prints</p> 



### Preparing the Fabric

After buying the amount of your favorite fabric you need for your sewing project, it will need to be prepared before laying the pattern on it. As fabric is produced, sometimes it is pulled off grain and when pinned together, does not lay flat. If this is the case, most of the time it can be straightened.

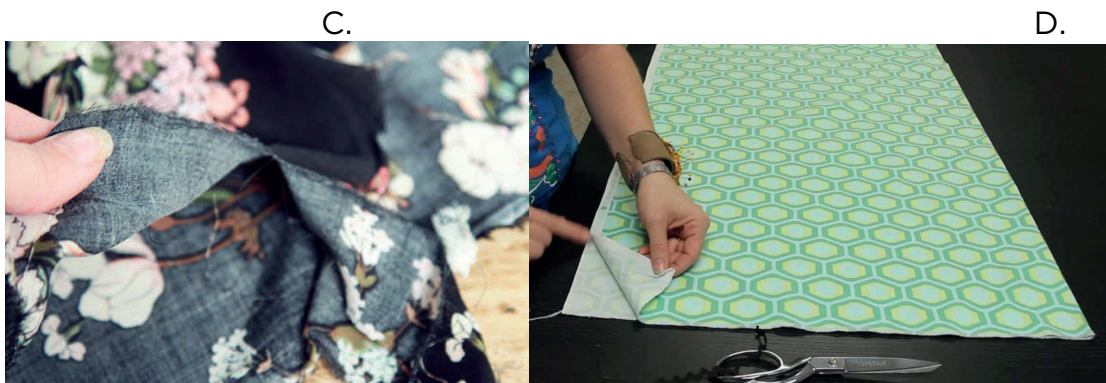
The first step in straightening the fabric is to make the cut ends of the fabric straight. There are two methods to do this as follows.

#### 1. Tearing the fabric.

- A. Fold your fabric in half lengthwise and match selvages so that they are flush. You will see that the cut edges are most likely a bit crooked and don't match up.
- B. Close to one cut end make a snip in your fabric a few inches away from the edge.



- C. Then start ripping it all the way across. Pull away any loose threads and this will give you a straight grain line across.
- D. Now fold the fabric again lining up the selvages and ends and pin together. Both the selvages and cut edges should line up and the fabric should lay nice and flat without any wrinkles. If they don't your fabric is off grain.

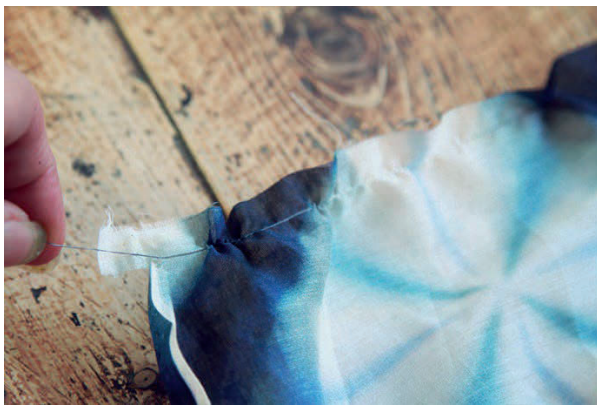


## 2. Pulling a thread

Some fabrics won't rip easily. If yours doesn't, you can try pulling out a thread.

- A. Close to one cut end make a snip and find one thread that goes all the way across (see below). Start pulling the thread out all the way across the fabric. If you're lucky it will come out in one try but it might bunch up a little while you are pulling it so just pull every few inches and then cut on the line it has created until you reach the end.
- B. When you pull out the single thread it will give you a nice straight line across the fabric. Using this line as a guide you can cut all the way across the fabric.
- C. Now fold the fabric lengthwise again and line up the selvages. Is your fabric lining up now? If not, it needs to be stretched.

A.



B.



## Stretching

When fabric does not line up when folded, you can stretch it on the bias as follows. Fold fabric in half with selvages together again. You'll notice that when the grain is off one of the corners is short.

- A. Holding the short corner in one hand, grab the opposite corner with the other hand and gently stretch the fabric on the bias. You may need help with this if you have a long piece of fabric.
- B. Then fold it in half again and see if the edges are lined up. Keep repeating alternating pulling on the opposite bias until they line up.

A.



B.



For more details go to: <http://sewthispattern.com/2017/09/02/straighten-fabric-grain/>

## Choosing a Pattern

Have you thought of a garment that you would like to make?  
Here are some things to consider in your selection. Your selection should match your skills.

1. Start with a pattern that has only a few seams. A gathered skirt or pajama pants work well but you may want to go with another garment.
2. Remember if you choose a pattern that is very fitted, you will need to either sew a zipper or button/buttonhole closures. So, check your pattern before buying.
3. Be sure to take your measurements and use the size listed on the back of the pattern envelope that most closely matches them.

## TO DO

What pattern will you choose?

Here are some ideas for garments that you might want to make as a first garment. Check the ones that you would like to make.

- ☐ Pajama  
pants/shorts
- ☐ Elastic waist  
skirt
- ☐ Simple dress
- ☐ Simple top



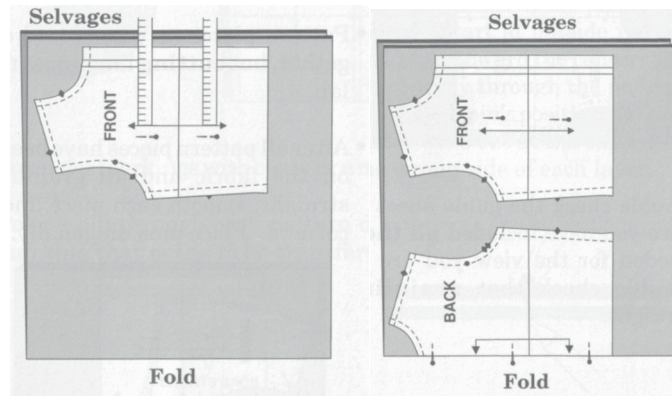
## Pattern Basics

Now it is time to determine how to layout the pattern pieces on the fabric. The guide sheet will indicate various layouts depending on the amount and width of your fabric. After you have determined this, make sure your fabric is folded properly, usually with selvages together (as below).

### Laying pattern in place

1. Start by placing the larger pattern pieces in place.
2. Locate the grainline arrow. Pin one end of the arrow to the fabric. Measure the distance to the fold or selvage (as shown below).
3. Measure the distance from the other end of the arrow to the fold or selvage. Both distances must be the same. Pivot the pattern until the two distances are equal. Pin the second arrow in place. Then pin the pattern in place smoothing the pattern from the grainline out. Place pins about 4 inches apart along all edges.





3. Measuring from Selvage

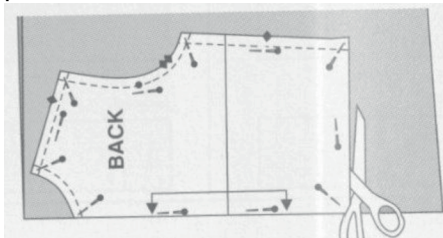
4. Back on Fold line

4. If the pattern piece has a “place on fold” line, place that line exactly on the fold of the fabric. Pin the pattern along the fold. Then smooth out the pattern pinning again about 4 inches apart along the other edges.

### Cutting out the Pattern

It is important to accurately cut out the pattern pieces after they are properly pinned to the fabric. Here's how:

1. Use sharp shears, cutting with long, smooth strokes.
2. Place your hand on the pattern piece while cutting, to hold the fabric flat on the table.
3. Move around the fabric rather than moving the fabric toward you.
4. Cut out each pattern piece, cutting along the marked pattern cutting line.
5. Where there are notches, either cut out the diamond shape or wait and mark them after the piece is cut.



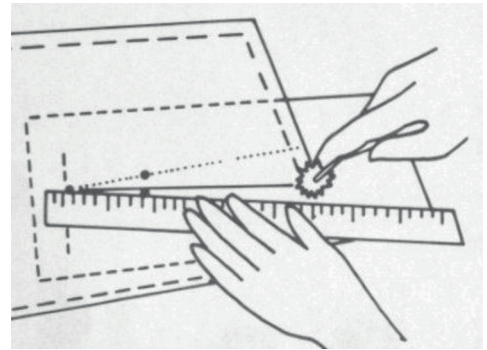
### Transferring Markings

There are certain markings that will need to be marked on the fabric. This includes darts, notches, button/buttonhole placement and pleats. There are several techniques that can be used to do this depending on the weight of your fabric.

For most medium weight fabrics, using tracing paper and a tracing wheel works best.

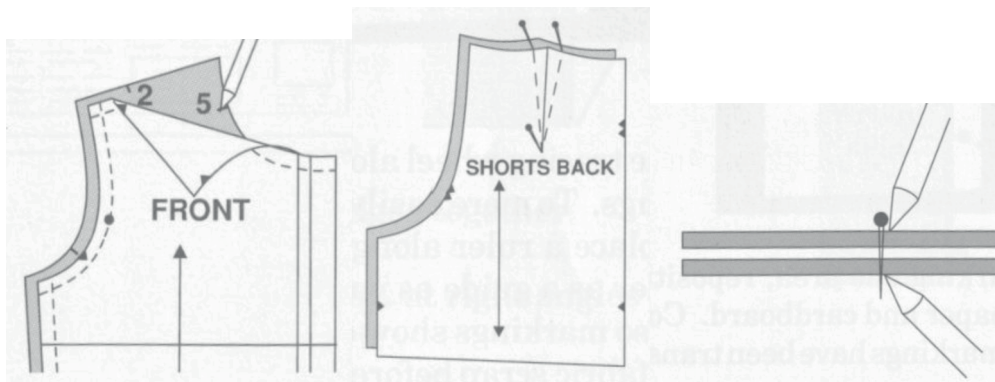
For this technique:

1. Use tracing paper that contrasts the fabric color and shows on the fabric.
2. Place the colored side of the tracing paper next to the wrong side of each fabric piece.
3. Run the tracing wheel along the pattern markings. Use a ruler for straight lines. Be sure to mark the notches. These will be used to match pattern pieces together.



You can also use a washable fabric marker or a chalk pencil.

1. Marking the notches can easily be done by lifting the edges of the fabric where the notches are located and making marks (see image below).
2. For a dart, poke a pin through each pattern dot.
3. Then carefully remove the pattern from the fabric and, starting from the outside edges, pull pins gently and place marking on the fabric (see image below).



1.

2.

3.

## TO DO

Now it's time to begin sewing!

Here's a check list to make sure you have followed all the steps to get you ready to sew.

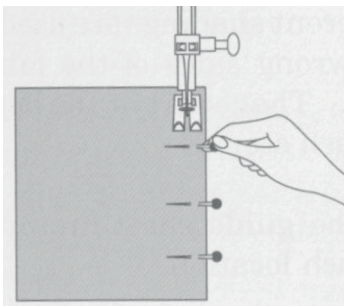
## CHECKLIST FOR BEGINNING YOUR SEWING PROJECT

- ☐ Measurements taken and recorded
- ☐ Pattern selected
- ☐ Alterations (use the information from the previous activity to make simple alterations for a better fit.)
- ☐ Fabric selected (woven medium weight)
- ☐ Fabric straightened
- ☐ Pattern correctly pinned on fabric according to guide sheet layout
- ☐ Pattern pieces cut out
- ☐ Markings (notches, darts, etc.) transferred from pattern to fabric
- ☐ Guide sheet instructions located
- ☐ Ready to sew!

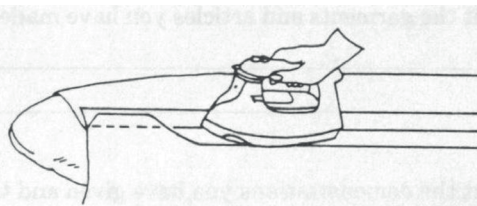
When you get to the point of actually sewing a garment, use the following tips for best results.

#### Tips for Sewing

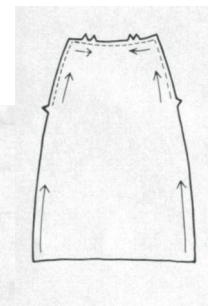
1. Follow your guide sheet as you are sewing for best results.
2. Pin together corresponding pattern pieces according to directions with right sides together. Pins should be perpendicular to the seam line.
3. Place the end of the seam under the presser foot. Lower the presser foot.
4. Lower the needle into the fabric by turning the balance wheel.
5. Begin sewing for about 1/2 inch. Then do a backstitch. This is done at the beginning and end of sewing a seam to keep the seam from unraveling at the end.
6. It's best to remove each pin as you come to it before it goes under the presser foot.
7. Press as you sew. To make a garment look its best when it is completed, pressing should be done after each seam is sewn.
8. To maintain the shape of the finished product, stitch in the direction of the grainline. This is called directional stitching.



6



7



8



## Activity 16 – Exploring the Serger

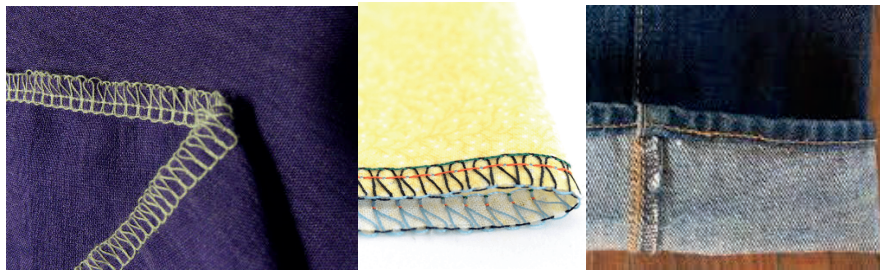
<b>Project Outcome:</b>	Use a serger (or serger-like stitch) to finish seams on sewn garment.
-------------------------	---

If you are learning to sew, you may be sewing on a regular sewing machine that may have a number of options for the kinds of stitches to use. Most of us only use a straight stitch or sometimes a zigzag. But if you look at a garment that is store bought and examine the inside seams, you may see a stitch that looks like the one below. This is called a serged seam. It is made using a serger.



**Serger**

Sergers are very popular now for home sewing, mainly because they sew a seam and provide a finish so the seam won't ravel, all in the same stitching process.



### Getting Started

**To Do:** Pull out five garments of different types listed below. Examine the inside seams and answer the questions.

ITEM	Does the item have a serged seam?
1. T-Shirt	___ Yes ___ No
2. Jeans	___ Yes ___ No
3. Dress or dress shirt	___ Yes ___ No
4. Knit shirt (other than T-shirt)	___ Yes ___ No
5. Undergarment	___ Yes ___ No

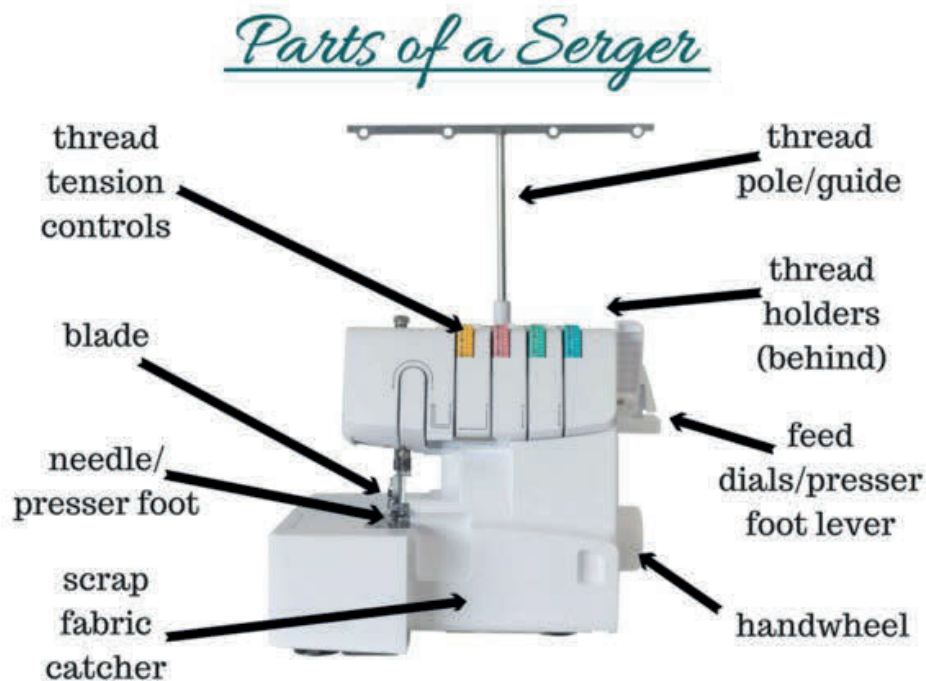
How many of the garments you examined have a serged seam? \_\_\_\_\_

Did your results indicate how much serged seams are used in making garments? \_\_\_\_\_

### What is a serger and how does it work?

A serger is a special type of sewing machine that uses three, four or five threads instead of the two threads used on a conventional sewing machine. Because of the extra threads, it is a little more complicated to thread but the extra effort is worth it! While the serger does not substitute completely for a regular sewing machine it can make your sewing easier.

A serger stitches a seam, finishes the raw edges and cuts off excess fabric all at the same time. It is especially helpful when sewing a fabric that ravels a lot or when sewing with knits. For knits, a serged seam provides stretch which is important so the threads won't pop as you move and stretch.



**To Do:** Many of the parts of the serger are the same as a regular sewing machine but they may be located in different places. Locate the following in the above diagram and check off as you find them:

- |  |                                       |
|--|---------------------------------------|
| <input type="checkbox"/> thread tension controls             | <input type="checkbox"/> presser foot |
| <input type="checkbox"/> needle (there are multiple needles) | <input type="checkbox"/> handwheel    |
| <input type="checkbox"/> feed dials/presser foot lever       |                                       |

The main parts of a serger that are different include:

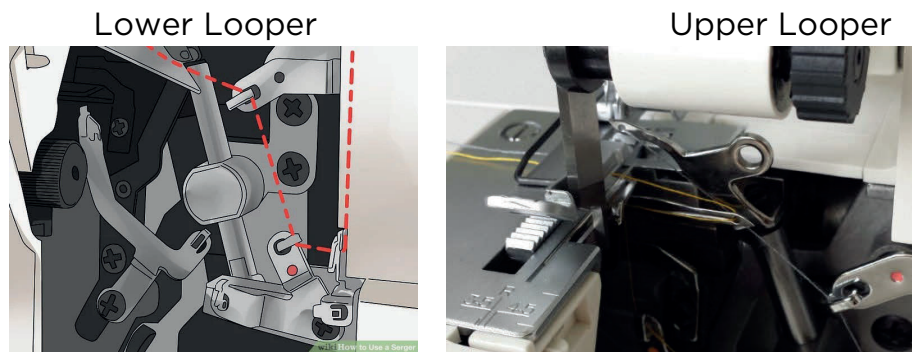
**Thread holders** – holds each large spool of thread.

**Thread pole/guide** – holds the thread out away from the machine.

**Blade** – is used to trim the seam as it is stitched.

**Scrap fabric catcher** – an area to catch the fabric that is cut off by the blade.

On the inside of the serger under the needles are **loopers** that help guide the thread from the underside instead of having a bobbin. The threads looped through these do not actually stitch through the fabric but interlock with each other to help form the serged stitch.

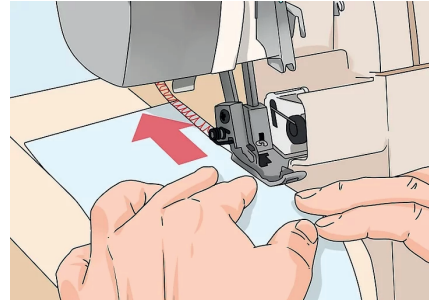
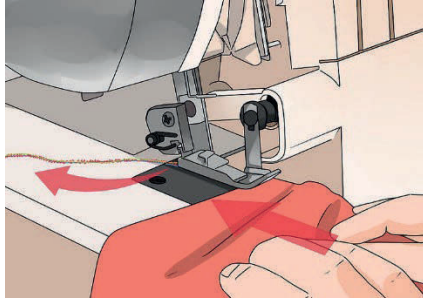


**Serger Thread** – Serger thread is a special thread made with two strands of thread twisted together, while thread made from a regular sewing machine is made of three strands.

## Serging

Sergers can make several types of stitches, but the one most often used is the overlock. So, before serging, make sure your serger is set for the overlock stitch. The following are basic steps to follow. Be sure to use your instruction manual and of course have someone to guide you through the process until you get the hang of it.

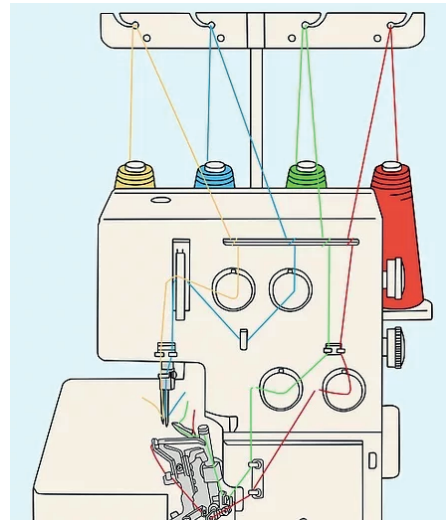
1. Make a thread chain about 2 inches long by holding the threads with your left hand and lowering the presser foot. Turn the wheel with your right hand and lightly press the foot control. Continue to hold the thread tight and press the foot control while the chain forms. (Be sure to practice on a scrap of fabric before serging a garment.)



2. Place your thread chain back and to the left of the presser foot. Lift your presser foot and slide your fabric in place. Lower the presser foot.
3. Use the foot pedal to control your speed while guiding the fabric so it will be straight. NOTE: the serged seam will be 1/4 inch to 3/8 inch wide. The blade will cut off the remainder fabric as you go if you have the standard 5/8 inch seam allowance. Make sure to line the fabric along the marked lines on your machine in order for your outfit to fit properly.
4. When you get to the end of your fabric you will need to sew off the fabric and create an approximately 5-inch tail (chain).

### Threading the Serger

The threading of a serger is more complicated than a standard sewing machine. If there are four threads, the two threads on the left will be threaded through the top tension guides and the needles. The two threads on the right will be threaded through the top tension guides, then through the loopers inside the machine. (There is usually a cover that flips open to expose this part of the machine for threading.) Long pointed tweezers will assist in this part of the threading. Be sure to follow the instructions in the serger's instruction manual. Sometimes the machine itself will have arrows that help in this process.



If you need to **change the color of the threads**, DO NOT remove the threads from the machine. Follow these instructions:

- 1) cut the threads from the current spools
- 2) tie knots connecting current threads with the new threads
- 3) lift the presser foot and raise the needles
- 4) note the tension settings then loosen all tensions to “0”
- 5) pull the threads through the machine
- 6) cut off knots and rethread the needles
- 7) reset the tensions.



### To Do:

1. Talk to someone who has a serger. Your 4-H agent or project leader is a good resource. Interview them and find out their main use of the machine and how they learned to use a serger.
2. Find someone who will teach you to use a serger. Practice serging seams putting two fabric pieces together.
3. Select a simple pattern for a skirt, shorts or other garment and use the serger to sew and finish the seams.
4. If you don't have a serger, examine your regular machine and see if it has a serger like stitch and use it for sewing and finishing your seams.
5. Be sure to take pictures of you doing all the above for your portfolio.

To learn more about the serger, use these resources:

<https://www.wikihow.com/Use-a-Serger>

<https://www.allfreesewing.com/Basics-and-Tutorials/What-is-a-Serger>

## Activity 17 – Sewing Finishes on Seams for the Professional Look

<b>Project Outcome:</b>	Use appropriate seam finishes according to fabric type and end use.
-------------------------	---

When sewing a garment, the inside of the garment is almost as important as the outside! Seams endure stress as you wear your clothes, so in addition to making sure you use a sturdy stitch when sewing seams, adding the appropriate seam finish will help your seam not fray or ravel.



In this activity you will learn how to make different types of seam finishes depending on the type of fabric you are using and the end use.

### TO DO

**Matching:** To review terminology that will be used in this activity, match the term with its description.

- |   |                          |
|---|--------------------------|
| ____ 1. Fabric that stretches easily made by interlooping yarns.  | a. Woven fabric          |
| ____ 2. Fabric that is firm without stretch that is made by interlacing yarns at right angles.  | b. Knit fabric           |
| ____ 3. Stitch that sews and finishes the seam at the same time.  | c. Regular stitch length |
| ____ 4. The place where you stitch when making a garment, usually 5/8 inch from edge.   | d. Basting stitch length |
| ____ 5. The stitch length used when sewing a permanent seam, with the setting between 2 and 3 on the stitch length indicator. Produces a seam approximately 10 to 12 stitches per inch. | d. Serging stitch        |
| ____ 6. The fabric that is left on the inside of a garment after sewing the seam, usually 5/8 inch.   | e. Seam allowance        |
|   | f. Seam line             |

Answers: 1-b, 2-a, 3-d, 4-f, 5-c, 6-e



**General rules for seam finishes:**

1. Most woven fabrics will ravel unless the edges are finished. This means additional stitching of some kind will need to be added to the seam allowance.
2. The majority of the seam finishes are done through a single thickness of the fabric on each side of the seam allowance.
3. Always try out a seam finish on a single thickness of fabric scraps before deciding which to use.

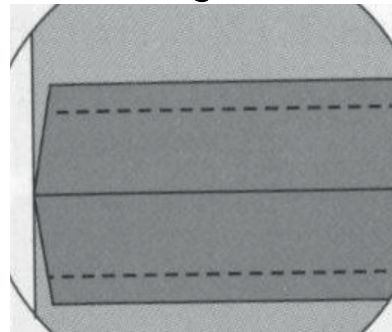
**Seam Finishes**

The edgestitch is a straight stitch that is performed close to the outer edge of each seam allowance.

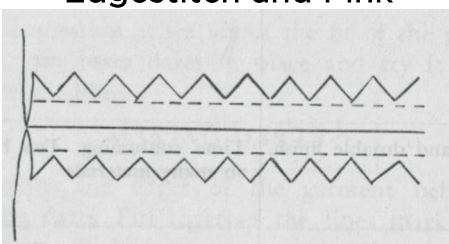
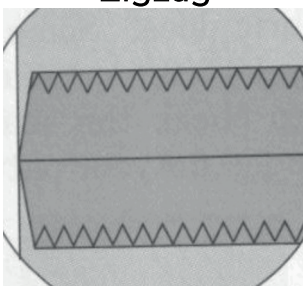
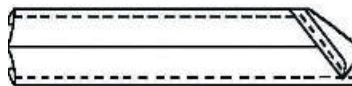
1. Make sure your machine is set on a straight stitch with a regular stitch length.
2. Place the fabric seam allowance under the presser foot, with the edge of the fabric lined up along the edge of the presser foot.
3. Stitch the length of the seam allowance.

This is best to use with medium to heavy weight fabric. Ex: gabardine, chambray, chino, corduroy, duck, canvas.

If you are not familiar with these fabrics, learn more in Activity 22 - *What's That Fabric?*



**Edgestitch**



<p>Follow the instructions for the Edgestitch. Then, with pinking shears, cut close to the stitching line but not too close! This additional step will help fabric that ravels a lot to appear neater on the inside.</p> <p>Most fabrics are suited for this finish. Ex: flannel, calico, seersucker, poplin, gingham, challis</p>	<p><b>Edgestitch and Pink</b></p> 
<ol style="list-style-type: none"> <li>1. Use a medium width zigzag and a medium to short stitch length.</li> <li>2. Stitch the “zig” in the fabric and the “zag” close to the cut edge.</li> <li>3. Note: If zigzagging draws in the seam edge and makes it pucker, you may want to choose another seam finish. This may happen on light weight fabric.</li> </ol> <p>This is best to use with medium to heavyweight fabric. Ex: gabardine, chambray, chino, corduroy, duck, denim</p>	<p><b>Zigzag</b></p> 
<ol style="list-style-type: none"> <li>1. On each side of the seam allowance, press the edge in 1/4 inch toward the back of the fabric.</li> <li>2. Using a straight stitch, regular length, stitch close to the pressed edge.</li> </ol> <p>This is best to use on light weight fabric where you want a clean look on the inside. Ex: organza, batiste, chiffon</p>	<p><b>Turned and Stitched</b></p> 

## TO DO

For the fabrics below, answer **true or false** to the statements for each.

<p>Denim</p> 		<p>_____ 1. (T or F) The turned and stitches seam finish is the best seam finish to use for denim.</p>
--	---	--

<p>Calico Print</p> 		<p>____2. (T or F) The edgestitch and pink stitch is a good seam finish to use for calico prints.</p>
<p>Chiffon</p> 		<p>____3. (T or F) The zigzag is the best stitch to use for a seam finish for chiffon fabric.</p>

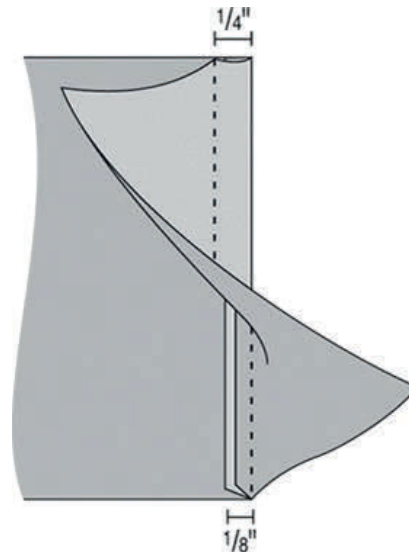
Answers: 1-F, 2-T, 3-F

## SPECIALTY SEAM FINISHES

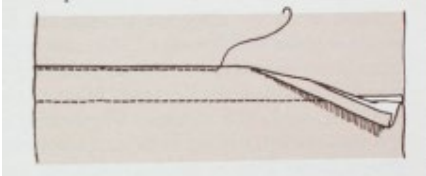
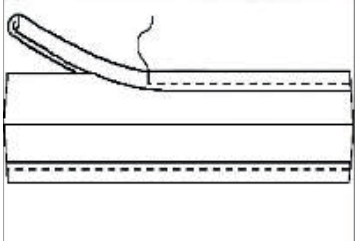
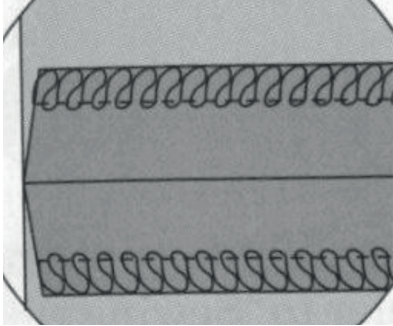
The French seam is a narrow seam with all the raw edges enclosed within the finished seam. It is done as part of sewing the original seam.

1. Place **WRONG SIDES** of the fabric together and pin along seam line.
2. Stitch 1/4 inch from the raw edge.
3. Press the seam open; then press the seam to one side.
4. Trim the seam to within 1/8 inch of the stitching line.
5. Turn the fabric so the **RIGHT SIDES** are together. Press the first row of stitching so that it is directly on the edges.
6. Pin carefully to prevent slipping.
7. Stitch 3/8 inch from the edge.
8. Press the seam flat, then press to one side.

### French Seam



It is recommended to use this when using sheer fabric or any fabric that is somewhat see through. Example: chiffon, silk, sateen, organza  
It is also a great finish for medium to light-weight fabric when you want a neat finish on the inside.

<ol style="list-style-type: none"> <li>1. With <b>WRONG SIDES</b> of the fabric together, stitch 5/8 inch along seam line.</li> <li>2. Press seam open, then to one side.</li> <li>3. Trim the inner seam allowance to 1/8 inch.</li> <li>4. Press under the outer seam allowance 1/4 inch.</li> <li>5. Stitch folded edge to garment.</li> </ol>	<p style="text-align: center;"><b>Flat-Felled</b></p>  <p>This is best to use on any garment of medium weight fabric such as chambray, gabardine, linen that you want the inside to look finished. Typically done on pants or jackets seams. Note: This is typically used on denim jeans which is a heavier fabric.</p>
<ol style="list-style-type: none"> <li>1. Stitch seam as usual.</li> <li>2. Press seam open.</li> <li>3. Encase the edge of each seam allowance with double fold tape.</li> <li>4. Pin in place. Stitch in place.</li> </ol> <p>Best to use when making an unlined jacket or skirt made of medium to heavy weight woven fabric. Ex. chambray, gabardine, linen, corduroy, duck cloth</p>	<p style="text-align: center;"><b>Bound</b></p> 
<p>If you have a serger or a serger-like stitch on your machine, “serging” each seam allowance prevents fraying and creates a neat look.</p> <ol style="list-style-type: none"> <li>1. Place the fabric seam allowance under the presser foot, with the edge of the fabric lined up along the edge of the presser foot.</li> <li>2. Stitch the length of the seam allowance.</li> </ol> <p>This is best used with medium to heavy weight fabric. Ex. chambray, gabardine, linen</p>	<p style="text-align: center;"><b>Serged Seam Allowance Edges</b></p> 

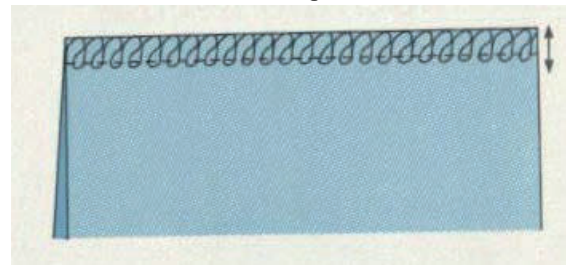
**Serged Seam and Finish**

Using a serger:

1. Pin right sides of the fabric together.
2. Sew on the 5/8 inch seam line.
3. Extra fabric will be cut off by serger knife.

If using a serger-like stitch on your regular machine:

1. Pin right side together on seam line.
2. Cut off 1/4 inch of the seam allowance.
3. Sew on the seam line.

**Serged**

This is a great seam and finish to use with knit fabric which doesn't ravel. It can also be used with light to medium weight woven fabric. However, this will produce a seam with no seam allowance. There is no room for altering.

**Note:** Knit fabrics do not need seam finishes since they do not ravel. When sewing with knits, use a small zigzag stitch to sew the seam (unless using a serged stitch).

**TO DO**

1. Examine clothes you have bought and find garments with the following seam finish.

Type of seam	Description of garment	Is fabric woven or knit?
Serged		
Flat-felled		
No Seam Finish		

2. Select a simple sewing project such as pajama pants or an elastic waist skirt and use the appropriate seam finish when making the garment. Take pictures of your seam finishes for your portfolio.

## Activity 18 - Refashioning Your Clothing by Adding Embellishments

**Project** Repurpose an existing garment through embellishments  
**Outcome:** and/or alterations.

Do you have items in your closet that you never wear but can't let go of them? Consider adding embellishments or altering them. Ornamental decorations such as ribbon, ruffles, buttons, ric-rac, lace, fringe, cording or other materials can be used to embellish garments to give them pizzazz and make old clothing look like new.



Think of sewing trims as a way to elevate your clothing and instantly transform a ho-hum garment and give it a rock star effect! By keeping a few tips in mind, you'll be able to create a beautifully embellished project any time you want.



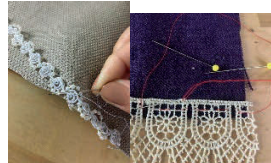

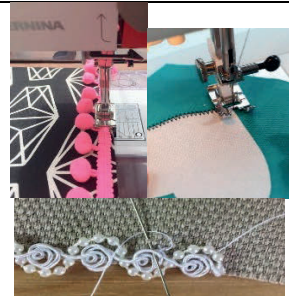
### TO GET STARTED

Look in your closet and find three garments that you can still wear but need a little updating. List them here:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_



## Tips for Adding Trim

<p><b>Choose Trim Carefully</b></p> <p>When choosing a trim for a sewing project, keep the mood, scale and color of your design in mind. Pick a trim that complements your design. For example, for a retro look, you may want playful ric-rac and cute eyelet lace. For a denim jacket, heavier braid, gold fringe or large buttons may be appropriate.</p>	
<p><b>Plan Your Design</b></p> <p>Think about what you have in mind for your design. Sketch it or take trim you have available and lay it on your garment in various places to see the effect.</p>	
<p><b>Baste Trim Before Sewing It</b></p> <p>In most cases, it helps to hand sew or machine baste your trim to the project before you permanently affix it with your sewing machine. This type of temporary sewing is a great way to keep the trim in place as you work with the project. It gives you greater control over the placement. To do this, pin the trim in place, and then use large hand stitches or a basting stitch on the machine to hold it there. Then use your sewing machine to sew over the trim again. Hint: you may want to baste using a different colored thread so you can take it out later.</p>	
<p><b>Use the Right Sewing Machine Foot</b></p> <p>For many trims, especially those with a flat edge on one edge but 3-D on the other, you'll want to use your sewing machine's zipper foot. This is usually the best choice for fringe, piping, ruffled or pleated lace, pom-poms and some other styles. For flat trim, like decorative ribbon or flat lace, you can use a standard sewing machine foot to maintain extra control over your project.</p>	
<p><b>Pick the Best Stitch</b></p> <p>Different types of trim require different sewing machine or hand sewing stitches. For some very delicate trims like elaborate beadwork or rows of sequins, you may have better results sewing the trim by hand. To keep your stitches hidden, try to slide the thread under the sequins or beads and catch the fabric on either side of the trim piece. For many other types of trim, machine sewing offers more durable and professional results. Experiment with an extra piece of</p>	

trim to find the stitch length that works best for these items. For some trims, like decorative cord or braid, you may want to use a zig-zag stitch to hold the trim to the fabric

### **Don't Forget the Ends**

When adding trim to a project, it's important to remember the raw edges of the trim. Some items, like braid or knitted lace, may unravel on the raw ends. To prevent this, use a dab of anti-ravel glue. Then fold the end under and stitch it in place. This will help your project remain durable and attractive for the life of the garment.



## **Techniques for Sewing Specific Trims**

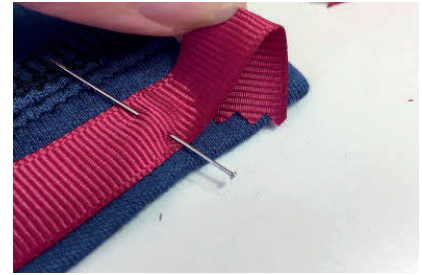
### **RIBBON**

Grosgrain ribbon is a popular trim that has visible ridges adding texture to a garment. When sewing ribbon onto a garment:

1. Be careful when ironing ribbons. Set the iron temperature to a lower synthetic setting. Before sewing any project, lightly press the ribbons with a steam iron to smooth them and prepare them for stitching.
2. Increase your machine's stitch length to a 3 (a little longer than a regular stitch).
3. Measure the amount of ribbon you will need and add 2 inches before cutting to ensure you have what you need.
4. Consider adding fabric fusion tape to the underside of the ribbon to stabilize it or be sure to pin ribbon in place.
5. On the end where you are beginning to sew, turn the ribbon inward 1/2 inch towards the wrong side of the ribbon in order to have a finished end.



6. On the end where you will finish sewing, make sure the ribbon meets (if sewing this in a place creating a 'circle' around a garment section) and trim the ribbon leaving an extra  $\frac{1}{2}$  inch. Fold the ribbon edge back  $\frac{1}{2}$  inch towards the wrong side of the ribbon (Note: You may also choose to open the seam of the garment and insert the ends of the ribbon in the seam, resewing it after ribbon is sewn in place).

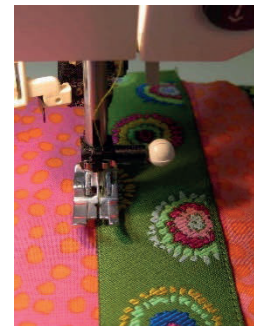


Turn under ends  $\frac{1}{2}$  inch from end

7. Replace dull needles to ensure that they will easily pierce through the textured ribbon during application.

8. Take the time to check the machine's tension and perform a stitch test on a piece of fabric scrap with a small piece of the ribbon.

9. Stitch in the same direction on both sides of the ribbon surface to secure the ribbon in place and prevent puckering.



Sew both sides in same direction

## LACE

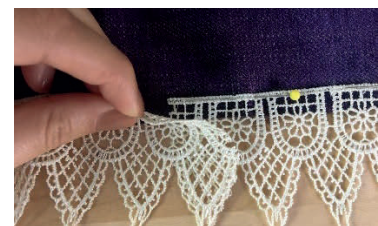
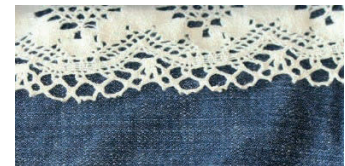
Lace is no doubt a wonderful trim. It can be delicate and strong. Lace trims are one of those accents which add a lot of femininity to a garment. There are many ways to add lace to garments.

### When sewing lace onto a garment:

1. Set the iron temperature to a lower synthetic setting. Lightly press the lace with a steam iron to smooth it and prepare it for stitching.
2. Increase your machine's stitch length to a 3 (a little longer than a regular stitch).
3. Measure the amount of lace you will need and add 2 inches before cutting to ensure you have what you need.
4. Pin lace in place. Continue pinning around the edge of the garment, keeping the alignment even throughout. If you look closely at the second image at the right, you will be able to see the edge of the fabric peeking from underneath the embroidered trim. That means there is a slight overlap of the lace. This will give you room to sew the lace in place. Sew just inside the top of the lace.
5. If you are applying the lace to the hem of a garment, you will eventually arrive at the area where you first started pinning. At this point, it is important to overlap the lace.

There are two ways to do this:

- a. If the trim doesn't fray when cut, cut it and overlap it such that the design match (shown to the right).
- b. If the trim frays/unravels, overlap it to blend. Then hand sew with matching color thread overlapped portion of lace.

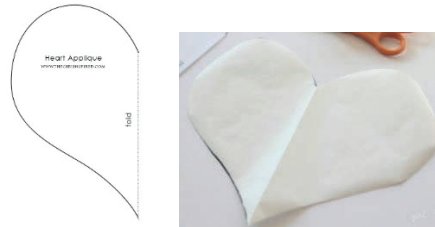




## APPLIQUE

Adding applique to a garment that needs sprucing up can create a whole new look! You can make your own applique by looking in coloring books, online or in many other resources. These instructions use a simple heart and cute fabric.

1. The easiest way to create your heart pattern is to fold a piece of paper in half and draw one half of the heart; then cut it out except for the fold line. When you open it up, you have your pattern.



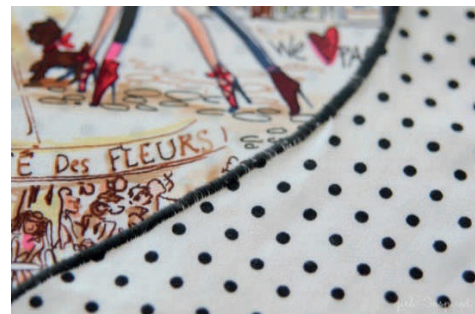
2. Using heat bond paper, cut out the heart pattern, peel off one side of the paper, place on the fabric you want to use, and follow instructions on bond paper to iron in place.



3. Cut out the heart shape, then peel off the paper back from the fabric.



4. Place the heart where you want it on your garment with adhesive side down. Follow instructions from bond paper and press in place.



5. Sew around the perimeter of the heart using a tight zig-zag stitch. (If your garment fabric is thin, you may consider adhering fusible interfacing on the back of your garment, overlapping where you are going to sew, to stabilize the area.)

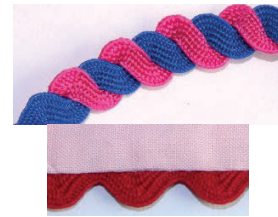
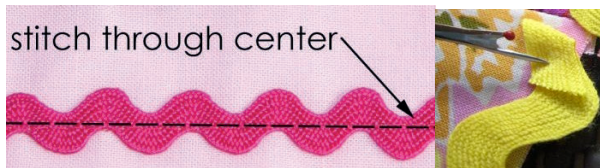


## RIC RAC



Ric rac can add a new look to any garment. Follow the same instructions for applying lace for applying ric rac except:

- 1) Instead of overlapping the ends, fold each back on itself, making sure the ends meet.
- 2) Sew down the middle of the ric rac to attach. (see pictures below).

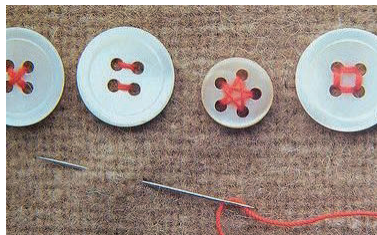
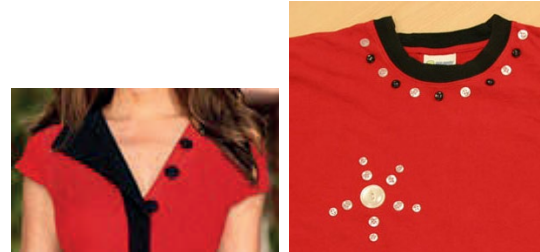


## BUTTONS AND OTHER TRIMS THAT NEED TO BE HAND SEWN

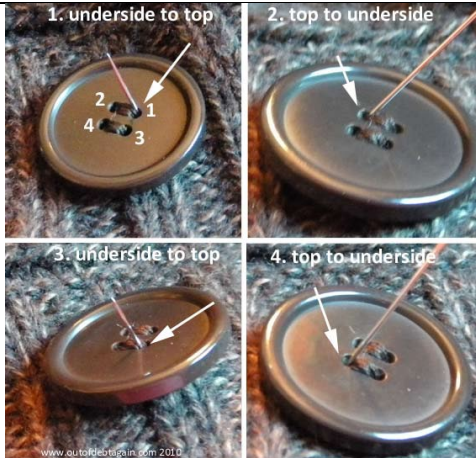
There are many trims that can be added to a garment to give it a totally new look. These examples require you to hand-sew trims in place.



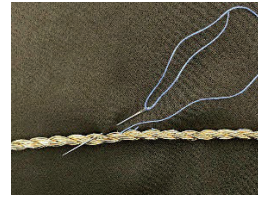
Decorating with **buttons** can be fun and you can use your creativity! Whether you use a button with a shank (above and below left) or a sew through button, you can mix color and kind of button to create fabulous designs. You can also use contrasting colors to sew on the buttons and create designs (as below) depending on how you sew on the button.



Use buttons as the center of handmade flowers; mix and match colors and textures for a unique look.



Sewing on a button



This *metallic cord* is a little chunky to sew on by machine, but if you sew it by hand, the stitches all but disappear behind the cord. Tassels can be used as part of a creative design. They will need to be sewn on by hand.

**TO DO:** Now it's time to look at those clothes you selected to embellish in the beginning of this activity and determine the trim you want to use. Use this handy chart to help you in the process:

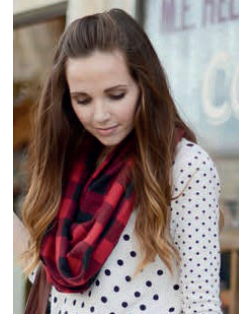
CLOTHING ITEM	DESCRIPTION OF EMBELLISHMENT DESIRED	TRIM NEEDED	TRIM ON HAND

## Activity 19 - Creating Accessories for that Perfect Outfit

**Project Outcome:**

Create jewelry or scarf to accessorize an outfit.

When you are sewing an item, think how neat it would be to have a coordinating accessory when you wear what you have made. This could be a scarf, head band, braided necklace, belt or other item. In this activity you will see examples of accessories in which you might be interested in making. You will also be given instructions for some of these to make that outfit special.

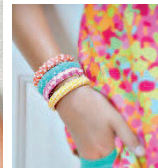


### To Get Started:

Look in your closet and find outfits that you would love to accessorize with something you can make. **Make a list of a few of those items and then list some colors of fabric that would be great to use to make accessories.** (Don't worry about identifying the type of accessory you want to make. You can identify that later.)

Description of Outfit (include color and patterns)	Description of colors and/or type of design of fabric that would go great with each item.
1.	
2.	
3.	

### Considerations when Accessorizing Outfits

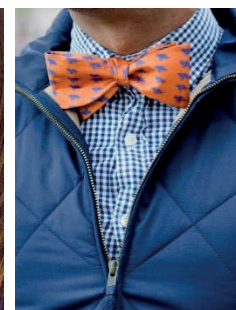
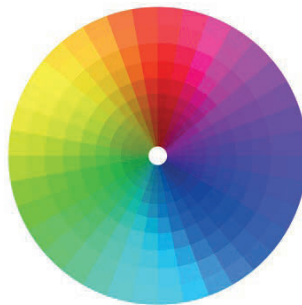
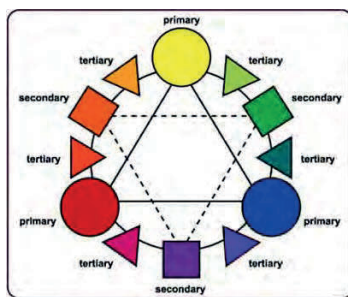
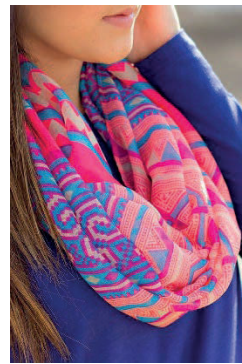


Accessories can give some pizzazz to that basic outfit. They really can give outfits that WOW look, using the same outfit with different accessories. This is



a great way to get the most mileage from your clothes – one outfit turns into a variety of looks. The following tips will help you as you think about what you would want to make to accessorize your outfits.

**1. Use your accessories to convey your personality!!** No matter what your accessory style, the goal is to add variety, interest and beauty. Think about your fashion personality (Review Activity 5 in Level 1 to identify your fashion personality.) You may be more of a natural person or perhaps you are dramatic. Your accessories should reflect your style. This is so important, and it's also so much fun.



Analogous

Complementary

Use the basics of the color wheel when determining your fabric. Primary and secondary colors that are side by side on the wheel are analogous to each other. They work very well together when they are matched on the same level of lightness or darkness.



If you want to make a big fashion statement, choose primary and secondary colors that are opposite of each other on the wheel. These are *complementary* colors. Pairing these colors is bold and adventurous, and some shades don't look as good together as others. Don't be afraid to mix patterns. Try repeating colors and designs in your outfit. Experiment to find which colors work best for you.



**5. Hair accessories** offer an easy way to show off your personal style. They can be a simple fabric flower attached to a hair clip, head band or complete hair scarf.

**To Do:** Look at the following hair accessories and mark the ones you would wear. Describe what colors and/or fabric design you would use to make those you chose.



\_\_\_\_ Yes \_\_\_\_ No



\_\_\_\_ Yes \_\_\_\_ No



\_\_\_\_ Yes \_\_\_\_ No

Fabrics you would use:

---



---



\_\_\_\_ Yes \_\_\_\_ No



\_\_\_\_ Yes \_\_\_\_ No



\_\_\_\_ Yes \_\_\_\_ No

Fabrics you would use:

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**6. Don't Forget the Scarf.** No, they're not just for the cold weather. If you've got a scarf on, just like a statement necklace, your look is instantly elevated and eye catching. Scarves tend to accentuate an outfit, adding a surprise element of cohesiveness. **The types of scarves you can make are endless!!!**

Mark which of the following scarves you would make.



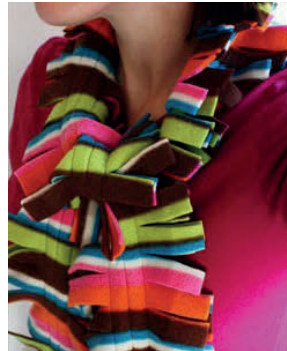
Infinity Scarf

☐ Yes ☐ No



Gauze Scarf

☐ Yes ☐ No



Fleece

☐ Yes ☐ No



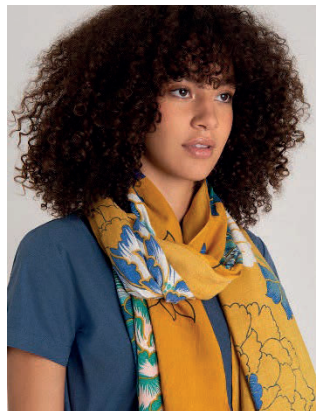
Gaiter (knit fabric)

☐ Yes ☐ No



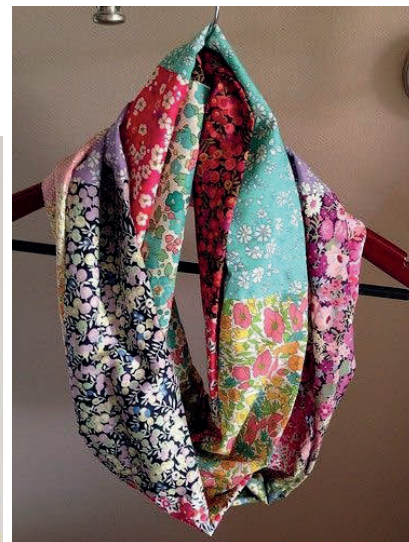
Animal Print with Tassels

☐ Yes ☐ No



Extra Long Scarf

☐ Yes ☐ No



Fabric Infinity Scarf

☐ Yes ☐ No

## 7. Additional Accessories that will Enhance Outfits

There are many accessories you can make from coordinating fabric to enhance an outfit. You are only limited by your imagination! Examine the following examples of necklaces, bracelets, and purses that are relatively easy to make and will really add pizzazz to your clothes! If you are interested in making any of these accessories you can go online and find instructions easily.



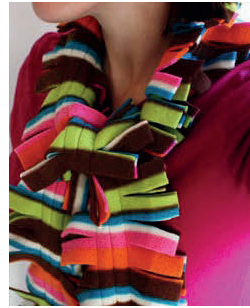


**To Do:** Now that you have explored the variety of accessories that you can make to enhance an outfit, go back to the very first list you made of outfits you have that need to be accessorized. Select an accessory that you can and will make. Here are instructions for a few of these accessories.

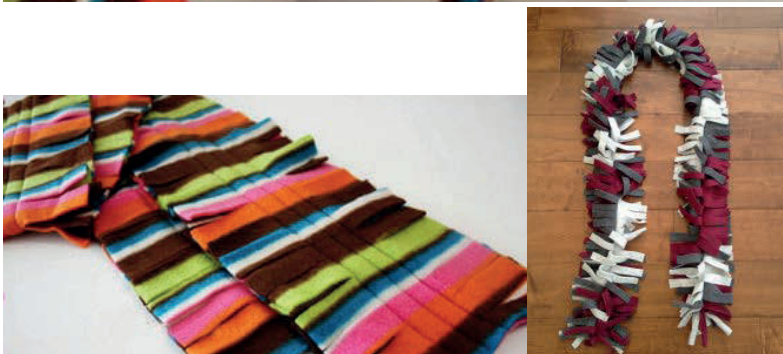
#### Fleece Scarf

##### Supplies needed:

- 1/4 yard of patterned fleece
- 1/4 yard of coordinating solid color fleece
- Clear ruler
- Fabric pencil/pen (optional)



1. Cut each piece of fleece 55 inches long and 6 inches wide.
2. Pin the two pieces together.
3. Sew three rows of stitches that are 1/2 inch apart down the middle of the 55-inch length. (You may want to use a disappearing pen to mark your sewing lines.)
4. Cut into the stitching line from each side with cuts 1/2 inch apart. Hint: place your ruler over the stitching so you won't cut through your stitching.



Here's an example that is made by sewing only one row of stitching down the middle.



## Scrunchies

Supplies needed:

- 3.5 x 21-inch fabric strip
- 1/4-inch elastic trimmed to 6-7 inches

See close up views at:

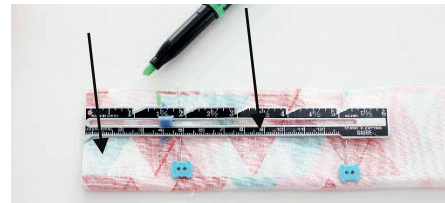
[www.positivelysplendid.com/scrunchie-pattern](http://www.positivelysplendid.com/scrunchie-pattern)



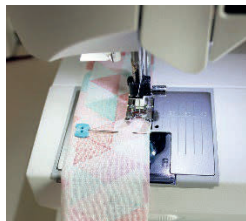
1. Fold the fabric strip in half lengthwise, right sides facing. Press. Pin along the long raw edges.



2. Make a small mark 1 1/2 inches from each of the top left and right corners of the pinned piece.



3. Starting at the mark on the left-hand side, stitch using a 1/4-inch seam allowance along the pinned edge of the fabric piece, stopping at the mark on the opposite side.



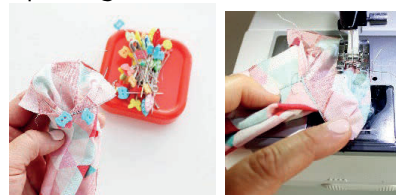
4. Secure a large safety pin through one open end of the piece and use it to turn the tube right-side out.



5. Fold the tube in half and carefully align the open top and bottom edges.



6. Pin these edges together and then stitch them with a 1/4-inch seam allowance to secure, as seen below. You will have a fabric tube with a 3-inch opening.



7. Secure the safety pin through one end of the elastic piece. Thread the elastic through the open seam and all the way around the fabric ring. Remove the safety pin and overlap the raw ends of the elastic, stitching them together.



8. Pinch the opening closed so that the side seams are aligned, as shown. Pin the opening shut. Edge stitch 1/8 inch from the edge of the opening to close.



## Activity 20 - Service Learning: Sewing Something for Others

<b>Project Outcome:</b>	Create a sewn product and donate to an international cause.
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Part of the 4-H experience is community service. What better way to put your sewing skills to use than to make something to give to people. Most of the time we think about community service as volunteering in your local community.

Have you ever thought of looking beyond your own community to the needs of individuals and communities in other countries?

In this activity you will learn about possible ways to provide community service to youth and families internationally as well as possible items you might sew as part of this project.



4-H'ers making pillowcase dresses

### TO DO

Let's start out by thinking of what you have made through sewing or would like to make that you think children and/or youth in other countries might like.

What I have made:	What I would like to make:



You may be thinking, where do I start finding an international cause that can use what I can make? Let's look first at well-known international community service organizations/groups of which you may be familiar.

You may have heard of the acronym **NGO** which stands for nongovernment organizations. These are voluntary organizations or institutions with a social mission that operate independently from governments. NGOs exist in all parts of the world. They are usually *nonprofit organizations* which means they do not exist to make money. Many NGOs are active in humanitarianism or the social sciences. NGOs perform a variety of services and humanitarian functions.

Cooperative for Assistance and Relief Everywhere (**CARE**) is an NGO that provides disaster response and fights poverty through long-term international development projects.

**Habitat for Humanity** is another NGO and works with communities to help families build and improve places to call home. They believe affordable housing plays a critical role in strong and stable communities. They work here in the U.S. and internationally.

**International Home Economics Services** (IHES) is a nonprofit organization of which you might not be familiar. Its mission is to work to strengthen programming in less developed countries that will ultimately improve the quality of life for individuals and families. Examples include providing training for women so they can earn money for their families in Sierra Leone and Honduras and providing textbooks in subject areas such as fashion and textiles, nutrition, etc. and school supplies in countries that have suffered disasters, such as hurricanes in Puerto Rico.

Now that you know that there are a lot of organizations reaching out to people in need internationally to improve various aspects of their lives, let's explore where you can contribute using your sewing skills.

**Operation Christmas Child** sends filled shoeboxes to countries around the world. This religious-based organization encourages churches, community and student groups to participate. As you might expect, the items needed must be small to fit in shoeboxes. Many 4-H groups across Tennessee are involved in this effort. Here are some ideas on what could be sewn to put in shoeboxes for this outreach: hair bows, scarves, pillowcase dresses, finger and/or hand puppets, and small stuffed animals.

You might consider leading this effort as part of a project for your 4-H sewing group. To find additional information go to:

<https://www.samaritanspurse.org/what-we-do/operation-christmas-child/>



**Little Dresses for Africa** provides humanitarian relief to girls in remote villages in developing countries. These home-sewn dresses serve as little ambassadors so girls will know they are important. As relationships are built in these communities, projects are completed through clean water, education and community. The dress patterns used are simple to make and are called pillowcase dresses. They can be made from pillowcases or using fabric and ribbon. (Instructions are at the end of this activity.) This would be a great project to do. For more information go to:

<http://www.littledressesforafrica.org/blog/>

### Other Places to look for International Project Ideas

Many local churches participate in **mission work** with groups from the church going to other countries to improve the lives of others. You may find that these groups want to take sewn items to distribute as part of their missions. Items as listed previously such as puppets, stuffed animals and pillowcase dresses would be great to make and send.

### School and University Groups

Many of your school clubs/organizations participate in international service projects. If you live near a community college or university, you may find many student organizations who are doing international community service. The University of Tennessee at Knoxville and Martin have Collegiate 4-H groups that would be great to work with when planning an international project.

See what UT Knoxville is doing at:

<https://utk.campuslabs.com/engage/organization/collegiate4h/events?showpastevents=true>

UTM Collegiate 4-H has a Facebook page where you can see their work.

**To Do with What you have Learned**

1. List individuals and organizations that you will contact/research to find out the type of international community service they provide:

- 1.
- 2.
- 3.
- 4.

2. Based on the information you have gathered of the needs and services provided, make a list of items you want to make that could be shared with others internationally through these services.

- 1.
- 2.
- 3.
- 4.

3. Get your fellow 4-H'ers who sew involved in an international community service project.

4. Take pictures of what you are doing for your portfolio.

5. Try your hand at sewing one of the following items to possibly use as part of your international service project.



## Pillowcase Dress Instructions

To make pillowcase dresses from fabric yardage:

- 1 piece of 44/45-inch wide cotton fabric (see below sizes for length needed)
- 24 inches length of single fold bias tape
- 2 yards of ribbon for ties

OPTIONAL TRIM: 45 inches of each trim (enough to go across the width of the fabric). There are two different trims used here.



1. Fold the fabric in half, selvage edges together. Cut off the selvage edges so it doesn't cause puckering in the finished dress.



2. Cut the fabric to the length needed, using the following measurements. These measurements include a 3/4-inch hem allowance. Adjust the length if you want a larger hem allowance.

6 months - 15 inches  
12 months - 17 inches  
18 months - 18 inches

2T - 19 inches  
3T - 20 inches  
4T - 21 inches

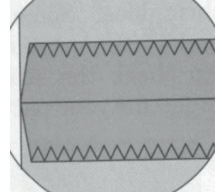
3. Finish the bottom edge by turning under 1/4 inch and then another 1/2 inch and pressing. You can add trim at the lower edge at this point.

4. Stitch the side seams. With right sides together, stitch the side seam with a 5/8-inch seam. Finish the seam with a zigzag or serged seam, or better yet do a French seam.

5. Cut out the armholes. Fold fabric in half lengthwise. Mark the top and the side edge depending on the dress size you are making:

- for 6 months to 2T: mark 1.5 inches in from the folded edge and 3 inches down from the top edge

- for 3T to 4T: mark 2 inches in from the folded edge and 4 inches down from the top edge



6. Draw a curved line to connect the two marked points. Cut both armholes with one cut so they will be exactly the same. Cut on the line, cutting through all four layers of fabric.

6.

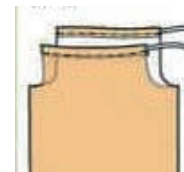


7.



8. Finish both top edges. Fold the raw edges at the top, first 1/4 inch, then 5/8 inch to form a casing. Stitch across from armhole to armhole. Repeat for second top raw edge.

9. Thread 1 yard of ribbon through each casing. Pull the ribbon out an equal amount at each armhole to create gathers in the front and the back. Tie small knots at the end of the ribbons to prevent raveling.



10. Tie bows on the shoulders with the ribbon, adjusting the gathers as needed to get the right fit for the child.



## Fleece Hand Puppets Instructions



### Follow These Steps:

- 1) Trace pattern onto the fleece using your hand as a guide (pinky and thumb out). Cut two bodies and whichever accessory you want for your puppet.
- 2) Stitch ears right sides together if your puppet has them. Turn and lightly stuff with batting or scrap fleece if desired.
- 3) If the animal has a “snout” zigzag stitch the snout pieces together and straight stitch the nostril lines.
- 4) Sew or appliqué face and/or snout pieces to the right side of the front of the puppet body. (Add the white body front if you are making the penguin.)
- 5) Attach the eyes or embroider eyes. You can hand sew buttons as the eyes. You can also use sequins, markers or fabric paint instead for your puppet design.
- 6) Take both body pieces and place them right sides together, sandwiching the ears between the layers for puppets that have ears. Pinning the ears is recommended as they tend to shift. Baste the head together and turn to check ears are positioned properly.
- 7) Stitch around the edge of the puppet.
- 8) Use pinking shears and cut the lower edge or cut very neatly.
- 9) Snip corners where the arm and head meet.
- 10) Turn puppet right side out and smile at your cute creation! Think how happy the child will be who receives it!

SPECIAL NOTES for making these HAND PUPPETS:

***For the DUCK:*** Stitch the duckbill like an ear, turning and lightly stuffing it. Zigzag stitch it to the face with the beak pointing up toward the top of the head. Push the beak down and stitch a couple of times at the corner of the beak to help it lay properly.

***For the BUNNY:*** Ears are pinched/folded at the base of the ear. I folded the rabbit ears where I wanted them and sewed across the bottom before I attached them to the head. The rabbit ears have one pink side and one body-colored side. He has a pompom tail glued to the back (let dry overnight and use Elmer's glue, not super glue).

***For the DOG:*** The tooth gets tucked under the muzzle for a rabbit.

***For the FROG:*** Place the frog eyes on top of the rounded head and cut out as part of the body. All other accessory pieces cut one each and appliqué to face.

***For the OWL:*** Place owl head over the rounded head and cut out as a complete body piece.

<https://joywithpurpose.com/make-hand-puppets/>

## Activity 21 - To Make or Buy Your Clothes?

<b>Project</b>	Calculate the actual cost of making and buying a garment.
<b>Outcomes:</b>	Determine the pros and cons of making versus buying a garment.

### STEM concepts you will learn:

- Using math skills to calculate the cost of making a garment.
- Economic decisions related to buying ready-to-wear instead of sewing.
- Understanding clothing investment buying.

**To buy or sew your clothes?** There are many things to consider when answering this question. When you go shopping and buy clothes, you may not realize that the actual cost of a garment is more than the price you pay for the garment.

- You have to consider the cost of keeping the garment you buy clean and wearable over the life of the garment.
- Of course, the cost of sewing your garment includes the cost of the fabric and notions, but it also includes the cost of your time as well as the cost of cleaning your garment.



During this activity you will learn what to consider and how to make this decision.

### TO GET STARTED

Think of the last garments that you bought and, if you sew, the last fabric you bought to make a garment. Make a list here of what you bought and how much it cost. You can use this information as you work through this activity.

Garment/Fabric	How much it cost	Garment/Fabric	How much it cost



*Let's first look at some considerations when deciding to buy or make your clothes:*

1. What financial resources do you have available? What is your clothing buying budget?

- Budgets can be stretched surprisingly far by looking at all available resources.
- Between 50 and 75 percent can be saved by the successful sewing of garments.



2. What supplies do you have available to you? Do you have a sewing machine and supplies for sewing?

- You may have a relative, aunt or grandmother who has the resources that you can use if you don't have them at home.



3. What are your sewing skills?

- If you are new to sewing, you may be limited in what you can make.
- If you have a passion for sewing, join a project group and increase your skills.
- If you decide to make your clothes, be sure not to tackle a sewing design beyond your skills.
- Always finish what you start.



4. How much time do you have available to make a garment?

- It takes time to sew clothing. This is a great hobby and can be very satisfying.
- Make sure you have the extra time needed.



## Sewing versus Buying

Let's look a little deeper into the advantages and disadvantages of sewing versus buying your clothes:

	Sewing	Buying
<b>Fit of your Garment</b> 	By sewing, you can make your clothes fit so that they are not too tight or loose, too long or short.	When buying clothes, sometimes you can't find garments that fit just right. And sometimes you will need to alter them after they are bought.
<b>Obtaining Unique Fashion Looks</b> 	By sewing, you can create a one-of-a-kind look and have unique fashions.	When shopping for clothes, you will see there are often lots of the same garment, which means you may see someone wearing the same garment that you have just bought.
<b>Time involved</b> 	Depending on the type of garment you are making, it takes a lot of time to sew a garment. Today's patterns are often made easy and quick-to-sew.	Shopping for and buying clothes usually takes less time than sewing them. With online shopping, the process can be even faster.
<b>Cost of your Clothing</b> 	The cost of fabric and notions for sewing vary. Most fabric stores offer discounts and sales which can make this cost fairly low. Generally making clothes that you will wear multiple times is less expensive than buying them.	The cost of store-bought clothes varies but are typically more than those sewn. With fast fashion (inexpensive clothes that you wear for one season), the cost of clothing has become lower.

## Calculating the Costs

As you consider sewing, consider a modified cost per wearing formula to calculate how a home-sewn garment would compare to a ready-made one. The cost of your garment includes the price of all supplies (fabric, notions and patterns), the value you place on your time, plus the cost of care.

### EXAMPLE: Dress if sewn

#### Supplies

Fabric: 1 1/2 yards of cotton/polyester fabric at \$8 a yard, **\$12**

Notions: Zipper, Thread, **\$5.50**

Pattern: **\$6.99**

Time: 8 hours at \$5 per hour, **\$40**

Care: \$.35 per washing/drying, 20 total cycles, **\$7**



Total cost = \$71.49

Total wears = 20 (once a week for four months)

**TOTAL COST PER WEAR = \$3.58 (Cost divided by wears)**

NOTE: Most of the time when we sew, we do it for many of the reasons you learned about: we want a good fit, we want a unique look and we enjoy creating something. So we don't take into consideration our time. (If you were sewing for someone else, you would want to make sure to include the cost of your time.) If **we recalculate the above without counting our time, the total cost would be \$31.49 and the cost per wear would be \$1.58.**

### EXAMPLE: Dress if purchased (Remember that a bought garment may not be a perfect fit and may not be unique.)

Cost of garment: **\$40.50**

Care: \$.35 per washing/drying, 20 total cycles, **\$7**

Total cost = \$47.50

Total wears = 20 (once a week for four months)

**TOTAL COST PER WEARING = \$2.38 (Cost divided by wears)**

### Comparison:

If you count the cost of your time in sewing, the bought garment costs less per wear. If you do not count your time, the sewn garment is less expensive. Your skill level and the value you place on your time are important factors in deciding whether sewing can save money for you. For some, the dollar value of the time involved is less important. A productive use of the time involved may be the most important factor. Many consider sewing a hobby or tension relieving activity also.

The best clothing plan is a balancing act between value and cost. Use the cost per wear formula and your wardrobe plan to keep your wardrobe versatile and efficient.

#### Cost of Care

1 load = approximately \$2.10 and includes such things as the cost of water, detergent, fabric softener, electricity, and equipment. Estimate washing six clothing items per load.

#### Sources:

<https://www.thesimpledollar.com/save-money/a-cost-comparison-of-home-laundry-and-laundromats/>

<https://www.purewash.com/blog/the-cost-of-doing-laundry/>

## TIPS TO MAKE THE CLOTHES YOU SEW OR BUY LAST LONGER THROUGH INVESTMENT DRESSING



When you spend time and money on your clothes, whether buying them or making them, there are ways to stretch the value of your time and money. This can happen through “investment dressing.” You may have heard of this. This is the process of investing more resources toward a particular item or items of clothing that you think will last for a long time.

So how do you figure out what to buy that fits into investment dressing?

1. Be sure you explore and understand fashion styles, trends, your personality and what fashion styles look good on you based on the lines, colors and shapes.
2. Do an inventory of what you have in your closet and what pieces are missing. Consider buying or making items that are classics (clothing items that will be popular for many years). Classic pieces include straight skirts, dress slacks, button-up solid-colored shirts, blazers, cardigan sweaters, a little black dress, navy blue jeans and zip up fleece jackets.
3. When shopping for fabric, keep these classics in mind related to color and style, and look for high-quality fabrics.

## TO DO

Now that you have learned how to calculate the cost of what you make and buy, use the cost per wear formula using a garment in your closet and a garment you are making or want to make.

### Cost Per Wear of Sewn Garment

Supplies	Price per Unit	Quantity	Total Supply Cost
Fabric			
Buttons/Zippers			
Other notions			
Thread			
Pattern			
Total			
Time	Total Hours	Price per Hour	Total Cost of Time
		\$5	
Care	Price per Wash/Dry	Total Washings/Dryings	Total Cost of Care
	\$.35		

Total Cost (Total for supplies + time + care) \_\_\_\_\_

Total Wears \_\_\_\_\_

Total Cost ÷ Total Wears (Total Cost per Wear) \_\_\_\_\_

Note: You should also figure the cost per wear without the value of your time spent sewing.

Total Cost (Total for supplies + care) \_\_\_\_\_

Total Wears \_\_\_\_\_

Total Cost ÷ Total Wears (Total Cost per Wear) \_\_\_\_\_

### Cost Per Wear of Purchased Garment

Garment			Cost
Garment cost:			
Care	Price per Wash/Dry	Total Washings/Dryings	Total Cost of Care
	\$.35		

Total Cost (Total for garment + care) \_\_\_\_\_

Total Wears \_\_\_\_\_

Total Cost ÷ Total Wears (Total Cost per Wear) \_\_\_\_\_

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Adapted from Kansas 4-H Clothing Leaders Notebook



## Congratulations!

You have now completed the fifth unit of the Intermediate Clothing and Textiles Project Area Guide. Throughout this project guide, you have learned about the most important things to get you started in the project.

More information can be found on the Tennessee 4-H Clothing and Textiles project page, including the project outcomes. Now move on to the sixth and final unit of this project, “Understanding Textiles (Fabrics).”



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