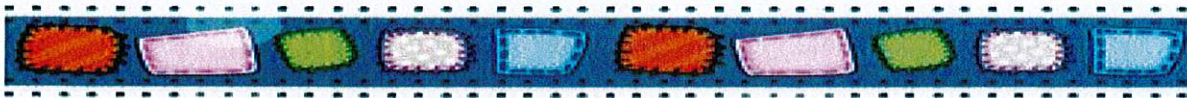


4-H FASHION REVUE

QUESTIONS THAT THE WORKMANSHIP JUDGE COULD ASK ABOUT YOUR SEWING PROJECT OR THE OUTFIT YOU HAVE MADE.

- 1) Why did you choose this project?
- 2) Why did you decide to use this fabric for your project?
- 3) What is the fiber content in your material?
- 4) How will you care for your clothing project?
- 5) What were the new techniques you learned while making this outfit?
- 6) What was the hardest part of constructing your garment?
- 7) Where are you going to wear your outfit?
- 8) Can you choose other things to go with it?
- 9) Do you like wearing your outfit?
- 10) What was your cost to make this outfit?
- 11) What would it cost if you bought it at a store?



During Modeling Judging, a judge will interview you about your knowledge of fibers, fabrics, and garment care. This is worth 15 points out of the possible 50 points. There are questions listed for each grade/age group project guides. The reference pages from project guides and/or Let's Sew are given after each question.

All Ages should be able to answer the following from Fun with Clothes

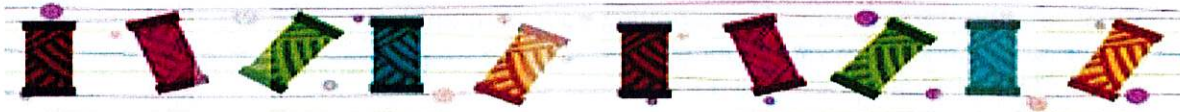
- 1) What is the selvage? (Let's Sew, page 26)
- 2) What is the "grain" of fabric? (Let's Sew, page 26)
- 3) What is the bias on woven fabric? (Let's Sew, page 26)
- 4) Which grain is stronger in woven fabric – lengthwise or crosswise? (Lesson 3, page 3)
- 5) What is the difference between a woven and knit fabric? (Lesson 3, pages 3 & 4)
- 6) What are cool and warm colors? (Lesson 4, page 2)
- 7) Where would you find a label that tells you how to care for a garment? (Lesson 5, page 3)
- 8) What can you do every day to be responsible for our own clothes? (Lesson 6, page 4)
- 9) What are at least two things you should do to clothes before they are laundered? (Lesson 6, pages 4-6)



In addition, Juniors, ages 8 – 10 should be able to answer the following questions from Clothing Capers.

- 1) What's the difference between natural and man-made fibers? Name two of each. (Lesson 3, page 4 & 5), or (Let's Sew, page 27)
- 2) What are two fibers we get from plants? (Lesson 3, page 4)
- 3) What are the two most common methods of making fabric? (Lesson 3, page 4)
- 4) If you chose polyester for your garment, what are at least two advantages it would provide for you? (Lesson 3, page 5)
- 5) If you chose rayon for your garment, what are at least two advantages it would provide for you? (Lesson 3, page 5)

- 6) If you selected a knit fabric for a garment, what advantages would it provide? (Lesson 3, page 6)
- 7) Other than plain weave, describe another weave used in making fabric and an example of it. (Lesson 3, page 6)
- 8) Name at least three parts that are on a clothing label? (Lesson 5, activity 1, page 8)
- 9) How do you decide how a garment you own should be cared for? (Lesson 6, page 4)
- 10) What information is included on a care label? (Lesson 6, page 4)
- 11) What are three things you should consider when sorting laundry? (Lesson 6, page 5)
- 12) What items would you put in a mini-mending kit? (Lesson 6, activity 1, page 10)
- 13) Name three types of fasteners used on garments. (Lesson 6, activity 1, page 11)



Intermediates & Seniors, ages 11 – 18 should be able to answer the previous questions as well as the following from **Clothes That Click**.

- 1) What is the purpose of interfacing in garments? (Lesson 1, page 8)
- 2) What factors should be considered when selecting interfacing? (Lesson 1, page 8)
- 3) Describe the stitch made using a twin needle. (Lesson 1, activity 1, page 10)
- 4) What three methods do you use to tell if fabric is colorfast? (Lesson 3, page 8)
- 5) What is the purpose of doing the wrinkle recovery test on fabric? (Lesson 3, page 8)
- 6) After selecting a pattern, what is the best way to help you decide what fabric to use? (Let's Sew, page 27)
- 7) If selecting a pattern for fabric you already have, what characteristics of the fabric should you consider? (Let's Sew, page 27)
- 8) How do you decide what water temperature to use when laundering clothes? (Lesson 6, page 5)
- 9) Why is it important to press as you sew? (Lesson 6, pages 11 & 12)
- 10) What is the difference between pressing and ironing? (Let's Sew, page 39)
- 11) What is the purpose of a tailor's ham? (Lesson 6, page 12)
- 12) What helps you determine the heat setting on a garment you are pressing? (Lesson 6, page 12)
- 13) When and why should you use a press cloth? (Lesson 6, page 12)
- 14) What is the advantage of pressing a sleeve on a sleeve board? (Lesson 6, page 12)



During interviews, the judges will take your previous 4-H clothing experience into consideration.

Let's Sew! TM Office Copy



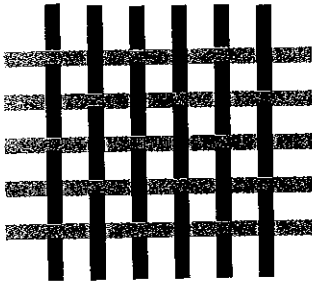
A Beginner's Sewing Guide

By Nancy Zieman

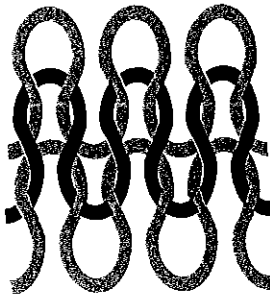
Types of Fabric Construction

Fabrics are made in three ways—woven, knit, and nonwoven. Learn to recognize all three.

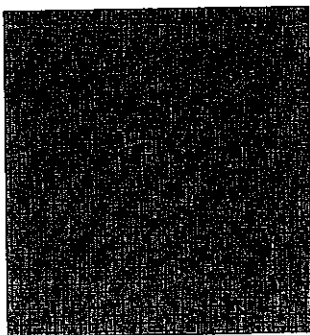
- **Woven**—Yarns go over and under one another. Denim, corduroy, and broadcloth are examples of woven fabrics.



- **Knit**—One loop of yarn is pulled through another loop. Most knits stretch. Interlock, sweatshirt fleece, and sweater knits are examples of knit fabrics.



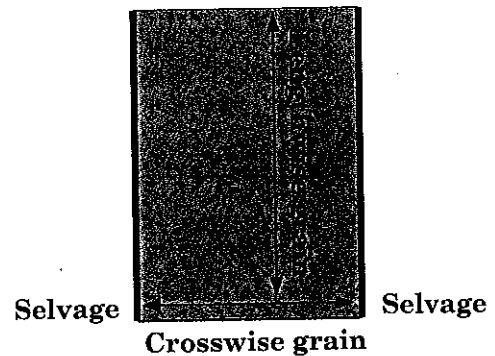
- **Nonwoven**—Heat, moisture, and pressure are applied to fibers, forcing them close together. Sometimes chemicals are added to hold the fibers together. Many interfacings, polyester fleece, and felt are examples of nonwoven fabrics.



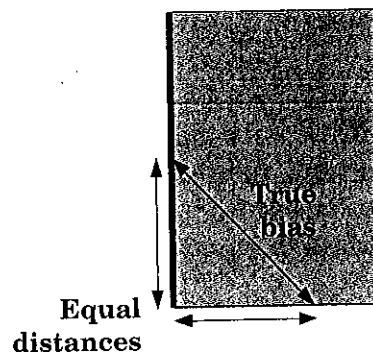
Fabric Dictionary

Fabric has a language all its own! Add these terms to your sewing vocabulary.

- **Selvage**—the tightly woven finished edges of a piece of fabric. Selvages do not ravel.
- **Lengthwise grain**—yarns that run the same direction as the selvages. Lengthwise yarns are usually stronger and heavier than crosswise yarns. Most garments are cut with the lengthwise yarns going up and down the body.
- **Crosswise grain**—yarns that run across the fabric from one selvage to the other. Crosswise yarns stretch more than lengthwise yarns. Most garments are cut with the crosswise yarns going around the body.



- **Bias**—a diagonal line between the lengthwise and crosswise yarns. To find a true bias, begin at a corner of the fabric. Measure the same distance along the selvage and across the crosswise grain. Connect those points. This makes a 45° angle; this is a true bias. Bias stretches!



Fiber Content

Fibers are the materials used to manufacture fabric. A fiber looks like a fine thread. Some fibers are materials which occur naturally. Other fibers are manmade. To make manmade fibers, special liquids are forced through tiny holes and hardened to form continuous threads.

Natural fibers

Natural fibers include cotton, flax, silk, and wool. These four fibers have been used for centuries.

- **Cotton** comes from the boll of a cotton plant.
- **Flax** comes from the stalk of the flax plant. Flax is used to make linen fabric.
- **Silk** comes from cocoons spun by silkworms.
- **Wool** comes from the fleece of animals like sheep, goats, alpacas, and camels.

Manmade fibers

- Manmade fibers are usually made from chemical solutions containing products made from oil. Some common manmade fibers are **nylon**, **acrylic**, and **polyester**. **Rayon** is a manmade fiber produced by adding chemicals to the natural cellulose found in wood.

Fabric blends

- Fabric "blends" are made by combining two or more different fibers. For example, a fabric may be a blend of 50% polyester and 50% cotton, or a blend of 75% rayon and 25% cotton. Combining several kinds of fibers to make a fabric gives the finished fabric some of the characteristics of each of those fibers.

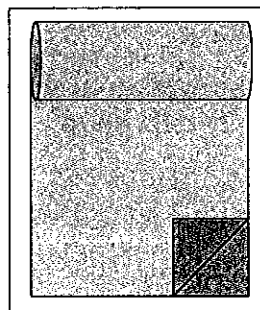
Selecting Fabrics

It's important to choose fabric carefully. If you select the wrong fabric, your project may not look, fit, or wear as you want it to.

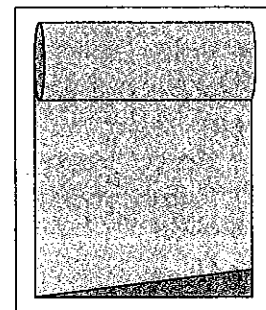
1. Refer to the list of "Suggested Fabrics" on the back of the pattern envelope to see what kinds of fabrics are recommended. Specific fabrics are suited for each pattern. Sometimes a pattern will also list fabrics which should NOT be used for that pattern.

Without Nap *With or Without Nap - Use With Nap Yardages and layouts for pile or one-way design fabrics. Additional fabric may be needed to match stripes or plaids.
SUGGESTED FABRICS: All Garments - Cotton - Cotton Blends - Chambray - Challis - Rip-stop Nylon - Supplex - Please; Hat (Brim Stiffener) - Soft to Medium Weight Buckram or Heavy Interfacing. NOTE: All Garments - Not Suitable For Diagonals.
NOTIONS: Thread; Sweatshirt - 7" Zipper; 3/8 Yds. of 1/4" Wide Cording; 2 or 4 Drawstring Stoppers (opt.); 1/2 Yd. of 1/4" Wide Elastic; Shirt - Six 1/4" Buttons; Pants or Shorts (Longer/Shorter Length) - 1 1/4 Yds. of 1/2" Wide Elastic; Hat - 1/2 Yd. of 1/2" Wide Elastic.

2. Look at the fabric. Check whether the fabric is straight.
 - Check that the ends of the fabric are square. Line up the ends of the folded fabric with the corner of a counter or table. Both ends should be even and straight with the corner.



Square



Not square

- If the fabric's cut edges are not straight, you may need to purchase extra fabric.

LESSON 3

CUTTING EDGE

BACKGROUND BASICS...Cutting Edge

Fibers are where our fabrics and apparel begin. They are made into yarn. There are two basic types of fibers -- *natural* (from plants and animals) and *man-made* (from chemicals). Sometimes more than one fiber is put together to make a fabric -- the fabric is then called a fabric blend. An example is cotton and polyester blended together.

The Federal Trade Commission (FTC) is responsible for approving new fibers. When they are approved they are given a generic (a family) name. All fibers with the same generic name have similar chemical structures, compounds, and characteristics. The manufacturer of a generic fiber may also use a trademark name to identify who made the fiber (such as Trevira® polyester, Celebrate® acetate).

TYPES OF FABRICS

Natural Fibers

Natural fibers come from plants and animals. The most common types of plant fibers are cotton, linen (flax), and ramie. The most common animal fibers are wool (from sheep) and silk (from silkworms).

- Cotton is a medium strength fiber and is very absorbent.
- Wool is the most resilient, is naturally absorbent, has a tendency to shrink, and is the most wrinkle resistant natural fiber.
- Linen has good absorbency, a natural slub, a natural luster, and is strong for a natural fiber.
- Ramie is very strong, has unusual resistance to mildew, but is a stiff fiber so if repeatedly flexed will break.
- Silk is a very fine fiber, moderately wrinkle resistant, and is weakened by sunlight.

☛ The use of tradenames in this publication is solely for the purpose of providing specific information. It is not a guarantee, warranty, or endorsement of the products' names and does not signify that they are approved to the exclusion of others.

LESSON 3

CUTTING EDGE

APPLY

Help youth learn to apply what they have learned to their daily clothing choices.

- ◆ Can you identify the generic fiber, their tradename, and whether the fabric is woven or knitted in garments you buy?
- ◆ How can you use the fabric characteristics you experimented with to evaluate fabrics in garments you make or clothes you buy?
- ◆ What are three examples of textile items in your room that are not clothing.
- ◆ How can you use other information you've discovered in these activities?
- ◆ Encourage youth to:
 - ◆ Go to the library to learn more about textiles in space or other protective clothing.
 - ◆ Prepare a demonstration/illustrated talk on one of the activities/topics in this lesson.
 - ◆ Prepare an exhibit on THE WORLD OF TEXTILES in our lives for the public.

LESSON 3

CUTTING EDGE

A *twill weave* is very strong, has good shape retention, and is durable. It is formed by the crosswise yarns going over one or more lengthwise yarns and then under groups of lengthwise yarns. It gives the effect of a tiny diagonal line on the right side of the fabric. Examples are: denim, gabardine, flannel. A variation of the twill weave is the *herringbone weave* which gives a chevron effect.

A *satin weave* creates a fabric with beautiful luster, but it is easily snagged. In this weave, the crosswise yarns cross the lengthwise yarns in a pattern of under one and over four or more. In reality, it is a variation of the twill weave, but the diagonal effect is not present because the point at which the yarns cross are more widely spaced. The smooth, shiny surface is caused by the right side being almost entirely composed of yarns that run in only one direction. Examples are satin (comes in a variety of different fibers both natural and man-made).

A variation of this weave is the *sateen weave*. In this weave, the process is reversed with the crosswise yarns showing on the right side. An example is polished cotton.

A *pile weave* interlaces three sets of yarns in such a way that one set forms loops or cut ends on the surface. There are two sets of yarns woven either in a plain or twill weave with another set of yarns woven in at the same time to form loops. These loops may be cut as in corduroy and velvet or left uncut as terrycloth. This weave makes a "soft to the touch" fabric that tends to crush and flatten with wear. Examples are: corduroy, velvet, velveteen, terrycloth.

Knits

The two basic methods for making knitted fabrics are *weft* and *warp* knitting. You can usually tell a weft knit from a warp knit by the way it stretches. Weft knits stretch both crosswise and lengthwise equally well. Warp knits stretch more crosswise than lengthwise. Another way to identify a warp knit is by the continuous line of W's on the wrong side of the fabric.

Warp knits have parallel yarns and are formed by loops running lengthwise of the fabric. These loops interlock and connect one lengthwise row with the next. Each needle makes a separate chain stitch and the chains are tied together by the zigzag of the yarns from one needle to the other. They are firmer than double knits and are less likely to snag. The two most common types are *tricot* and *raschel*.

Tricot (a type of warp) knits can be recognized by the fine vertical ribs (wales) on the right side and crosswise ribs (courses) on the back. The greatest stretch is across. It is runproof, snag resistant, and does not ravel. Variations of tricot include velour and a wet, leather-like look.

LESSON 3

CUTTING EDGE

Man-Made Fibers

Man-made fibers are made from chemicals or a combination of natural materials and chemicals. Rayon and acetate are the most common of these combinations of natural materials and chemicals. The most common manufactured fibers made from chemicals are polyester, nylon, spandex, and acrylic.

- Rayon is the most absorbent man-made fiber, is inexpensive, wrinkles easily, weakens when wet, and may water spot.
- Acetate is very sensitive to heat, wrinkles easily, is inexpensive, takes color easily, and is not very durable.
- Polyester is easy care, wrinkle-resistant, is heat sensitive, and is oil-loving.
- Nylon is lightweight, very strong, easy care, heat sensitive, and accumulates static electricity.
- Spandex has a high degree of stretch and resists abrasion.
- Acrylic is made to look and feel like wool, resists fading, is heat sensitive, and may pill.

FABRIC CONSTRUCTION

Fibers are made into yarns and yarns are made into fabrics. A yarn is a continuous strand of fiber. They may be twisted together, be small or large, rough or smooth, tightly or loosely twisted. Loosely twisted yarns make a fabric that will wrinkle easily and have a tendency to pill. Fabric is cloth made of textile yarns.

The two most common methods of making fabric are by *weaving* and *knitting*. The way a fabric is constructed affects its durability, use, warmth or coolness, and appearance.

Woven

A woven fabric is made by interlacing two sets of yarns. They go over and under, back and forth. Lengthwise yarns form the foundation of the fabric and are usually stronger (more tightly twisted), and there are more of them per inch. They run parallel to the selvage, which is the finished edge. Crosswise yarns are perpendicular to the selvage. The selvage is made by doubling the number of lengthwise yarns.

A *plain weave* is the most common method of making fabric. It is a basic one-under and one-over combination of a lengthwise and crosswise yarn. When yarns are woven closely together you will have a strong, dense fabric. Examples are: percale, broadcloth, seersucker, organdy. A variation of the plain weave is the *basket weave* which is two or more yarns that are carried together under and over weaving. An example is oxford cloth.

OBJECTIVES: For youth to:

- identify the parts of a label.
- discuss the importance of the information provided in labels.

LIFE SKILL: ○ Acquiring, analyzing and using information.

MATERIALS: LABEL PARTS CLUE Cards
 A picture of Mickey Mouse or a Mickey Mouse stuffed doll
 A globe or map
 A recipe (easily identifiable as such)
 A teddy bear
 A driver's license
 A LABEL LINGO card for each youth
 Tokens to mark bingo cards (buttons, beans, popcorn, candy)
 LABEL LINGO calling cards
 LABEL RATINGS, Workbook page 22

TIME: 45 minutes

SETTING: A comfortable room with tables and chairs

ADVANCE PREPARATION:

Cut out LABEL PARTS CLUE cards and LABEL LINGO calling cards. Make copies of LABEL LINGO cards for all youth in group. Place the items around the room before youth arrive.

INTRODUCTION

Most clothing items we wear has a label on it somewhere (or it had one when purchased such as socks). Take a look at the clothes you are wearing - can you find all the labels? Be sure to check you shoes. These labels provide us with information about the clothes. What kind of information do they tell us? Let's find out.

Do

Play LABEL LINGO!

- ◆ Discuss the parts of a clothing label using a label example. The parts of a label are:
 - name brand
 - registration number
 - country of origin (Made in...)
 - fiber content
 - care instructions
- ◆ Break the youth into teams for a scavenger hunt to locate items that symbolize parts of a label. Give each group a LABEL PARTS CLUE card.

- ◆ Using the LABEL PARTS CLUE cards, have the youth locate the described items that relate to a part of the label.
- ◆ After each item is found talk about how the item relates to the label part. (Example: the globe is a place where you can find other countries that might be noted on the label; the driver's license has an identification number that is used in many ways, it tells people who you are.)
- ◆ Play LABEL LINGO just as you would play bingo, calling out the letter before you call out the item.

REFLECT

After playing the LABEL LINGO game, review what youth have learned with these questions:

- ◆ What are the parts of a label or what kind of information can you find on a label?
fiber content; care instructions; country of origin; registration number; brand
- ◆ Why is this information important?
to properly care for the garment, helps determine quality
- ◆ Where can you find labels?
sewn into seam...usually neckline or side seams
- ◆ Does every item of clothing have a permanent label? What about shoes?
yes, every textile item has a label (socks - label is on package). On shoes, the information is printed inside or imprinted on bottom of sole.

APPLY

- ◆ Conduct LABEL RATINGS! Workbook Activity, page 22. Take a field trip to a local clothing store, choose 5 garments of the same type and rate the labels!

BACKGROUND BASICS...Care

Care Labels

Begin the care of your clothing by reading the labels and hangtags. Because of new fibers, fabrics, and finishes used on your clothing, you need to take the time to carefully read how to launder each time you purchase a new garment. By law, clothing must have a permanently attached label that tells you how to care for the item. This label is the manufacturer's guarantee. If you follow the directions and have a problem you should return to the manufacturer. If you do not follow the directions and have a problem -- then the problem is yours.

Care labels must be readable for the life of the garment. For fabric the care is given on the end of the bolt. It is your responsibility to copy the information for future reference.

As you shop for clothing, labeling should be used to help you in making a decision of whether to purchase. There are several factors that are considered in the care information you find on labels: fiber content of fashion fabric, interfacing, lining, fabric construction (woven, knitted) trims, notions, special fabric finishes, dye. Care labels list only one method of care for the garment. Other methods may be suitable, but you must assume all responsibility, if the garment is damaged.

Care labels will give only one type of care a garment or fabric needs. This will include washing, drying, ironing, drycleaning, and using bleach. They do not have to warn against cleaning procedures that would harm the garment. Care labels must be legible, permanent, and available to the consumer when purchasing a garment.

Notice that care labeling is based on the warning system. If the label says "machine wash" then any temperature of water can be used. Otherwise it will tell you to use hot, warm, or cold water. The Federal Trade Commission is responsible for checking to be sure that care labels are not misleading.

Terms Found On Label

For washing by machine: machine wash, machine wash, warm, machine wash cold, delicate or gentle cycle, durable press or permanent press cycle, separately, with like colors, wash inside out, warm rinse, cold rinse, rinse, no spin or do not spin, no wring or do not wring.

For washing by hand: hand wash, hand wash warm, hand wash cold, separately, with like colors, no wring or twist, rinse thoroughly, damp wipe only.

For drying, all methods: tumble dry, medium, low, durable press or permanent press, no heat, remove promptly, drip dry, line dry, line dry in shade, line dry away from heat, dry flat, block to dry, smooth by hand.

LESSON 6

CARE

Ironing or pressing: iron, warm iron, cool iron, do not iron, iron wrong side only, no steam or do not steam, steam only, steam press or steam iron, iron damp, use press cloth.

For bleaching: bleach when needed, no bleach or do not bleach, only non-chlorine bleach when needed.

For washing or drycleaning: wash or dryclean any normal method

Laundry Procedures

After reading the garment's label, then take the time to read the laundry product's label before washing. Frequently manufacturers are making changes to their product -- and still using the same name.

Careful sorting of clothes is essential for a clean, lint-free wash and for saving energy and money. If problems occur because they were not carefully sorted, you will need to do them again -- which will cost you in time, energy, and dollars. Also, sometimes you cannot "undo" the problem. Take time to sort your laundry according to:

Color - Whites with whites, lights with lights, darks with darks.

Soil - lightly soiled with lightly soiled, heavily soiled with heavily soiled.

Fabric type - delicates with delicates, heavy with heavy.

Tendency to lint - lint receivers from lint givers.

If whites are washed with pastels or heavily soiled whites they may look dingy after washing. Man-made fibers, such as nylon and polyester, are scavengers of color. Restoring to whiteness takes time, more water, detergent and energy.

Towels and cottons are lint givers. Man-made fibers, such as polyester are lint receivers. Permanent press fabrics and knits containing man-made fibers especially attract lint.

The general rule still holds true that the hotter the water the cleaner the clothes and the colder the water, the more difficult the cleaning job. Hot water is 130 degrees or hotter, warm water is 110-120 degrees, and cold water is 80 degrees or cooler. However, you must follow the care label in the garment as to the water temperature to use. All three temperatures have a place in today's laundering.

Most washers have at least two fills in relation to the size of the wash load. They usually have two or more water temperature selections. Most washers have more than one cycle for you to select such as normal, permanent press/knit, and delicate.

Always carefully check your garments while you are sorting. Check all pockets, zip all zippers, and close other fasteners. Check carefully for any stains and pretreat/remove before putting into the washing machine. Turn knits, napped, and man-made fibers wrong side out. Turn down any cuffs. Mend all rips and tears.

- OBJECTIVES:** For youth to:
- make a mini mending kit.
 - learn how to sew on buttons.
 - practice sewing on fasteners.
- LIFE SKILL:** ○ Demonstrate use of fine motor skills.
- MATERIALS:** For MINI MENDING KIT, each youth will need:
- Small pill or small film container
 - 2 inch x 5 inch strip of felt
 - Sewing equipment: 3 needles, 2 safety pins, 2 straight pins, 5 different colors of thread (white, black, beige, navy, red) 2 buttons (one sew-through button and one shank button)
 - 5 toothpicks
- For CLOSURE CREATURES, each youth will need:
- 2 snaps
 - 2 hooks and eyes
 - 3 buttons
 - Scissors
 - Needle and thread
 - Brown felt, 12 inches by 12 inches
 - Posters on Sewing on Fasteners
- NOTE:** Purchase the largest size of fasteners possible since this may be a difficult task for younger youth.
- TIME:** 45 Minutes
- SETTING:** A comfortable room with tables and chairs.
- ADVANCE PREPARATIONS:**
Collect supplies for mending kits and closure creatures.

INTRODUCTION

What happens when a button comes off your shirt? Where are the supplies for sewing it back on? Where can you learn how to do it? Right here, right now. You are going to put together your own personal mini mending kit. And, then you are going to learn how to sew on different fasteners.

Do

Make your own MINI MENDING KIT!

- ◆ Give each youth a strip of felt and five toothpicks.

- ◆ Demonstrate inserting toothpicks through the felt about ½ inch from the top and back through about ½ inch from the bottom. Have toothpicks about ½ inch apart.
- ◆ Give each youth one color of thread at a time to be wrapped around the toothpick.
- ◆ Place the needles, straight pins, and safety pin through the felt.
- ◆ Roll up your kit and place in the container.
- ◆ Place two buttons on top of the roll.
- ◆ Give each youth a kit containing felt for their bear, thread, and fasteners. They will use a needle from their mini mending kit.
- ◆ Post large illustrations of how to sew each fastener and demonstrate how to sew on each of these fasteners:
 - buttons
 - snaps
 - hook and eyes
 and how to fasten bear together.
- ◆ Make a Closure Creature.
- ◆ Demonstrate how to add a loop at top so they can hang their "Closure Creature."

REFLECT

- ◆ What were the items we put in your mini mending kit?
needle, thread, buttons, straight and safety pins
- ◆ What can you mend with this kit?
sew on buttons or other fasteners, repair a hem, mend a small hole in seam
- ◆ What is one additional sewing tool you would need?
scissors
- ◆ What types of clothing do you find buttons on?
shirts, pants, jackets
- ◆ Where do you find hooks and eyes?
waistbands of pants and skirts
- ◆ Where do you find snaps?
blouses, dresses, some jackets
- ◆ What did you like best about today's activities on mending?
- ◆ Are there other mending skills you need in order to keep your clothes ready to wear?