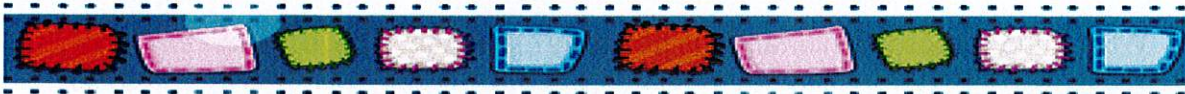


4-H FASHION REVUE

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**

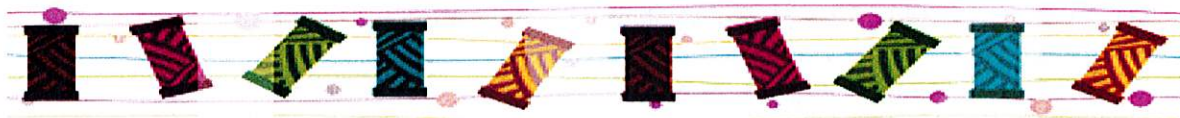
- 1) What is the selvage? (Let's Sew, page 26)
- 2) What is the "grain" of fabric? (Let's Sew, page 26)
- 3) What is the bias on woven fabric? (Let's Sew, page 26)
- 4) Which grain is stronger in woven fabric – lengthwise or crosswise? (Lesson 3, page 3)
- 5) What is the difference between a woven and 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**.

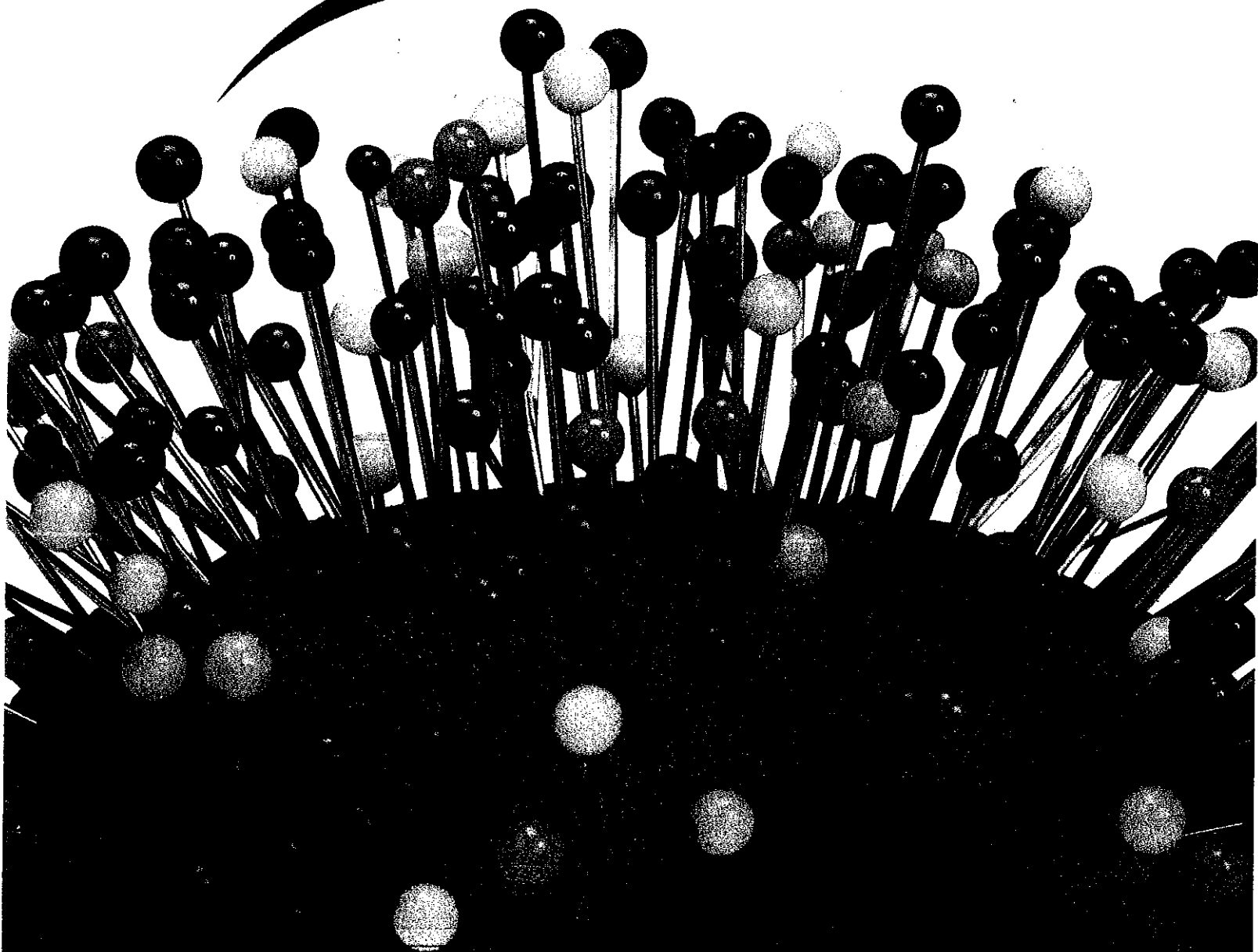
- 1) What is the purpose of interfacing in garments? (Lesson 1, page 8)
- 2) What factors should be considered when selecting interfacing? (Lesson 1, page 8)
- 3) Describe the stitch made using a twin needle. (Lesson 1, activity 1, page 10)
- 4) What three methods do you use to tell if fabric is colorfast? (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!

Office Copy



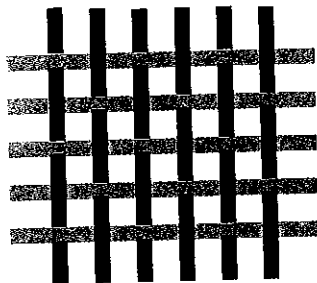
A Beginner's Sewing Guide

By Nancy Zieman

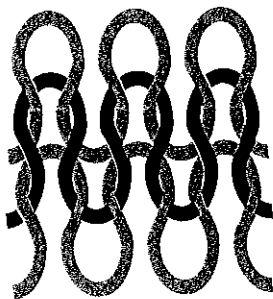
Types of Fabric Construction

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

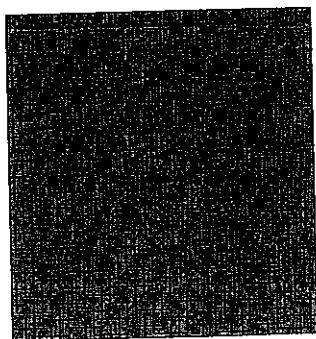
- **Woven**—Yarns go over and under one another. Denim, corduroy, and broadcloth are examples of woven fabrics.



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



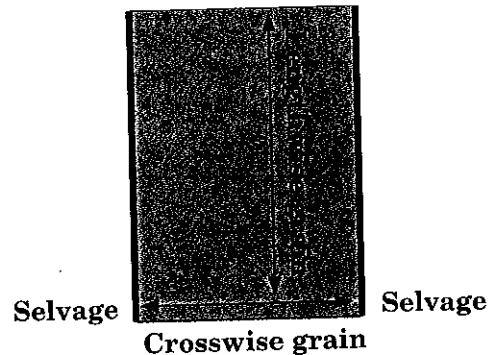
- **Nonwoven**—Heat, moisture, and pressure are applied to fibers, forcing them close together. Sometimes chemicals are added to hold the fibers together. Many interfacings, polyester fleece, and felt are examples of nonwoven fabrics.



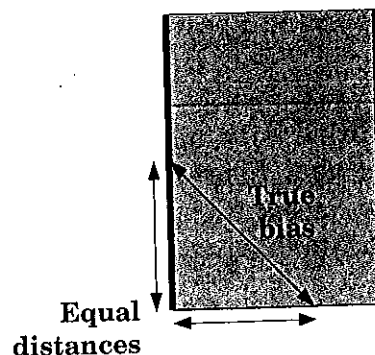
Fabric Dictionary

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.

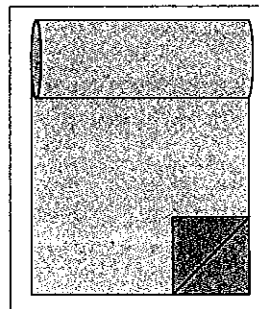
1. Refer to the list of “Suggested Fabrics” on the back of the pattern envelope to see what kinds of fabrics are recommended. Specific fabrics are suited for each pattern. Sometimes a pattern will also list fabrics which should NOT be used for that pattern.

****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.**

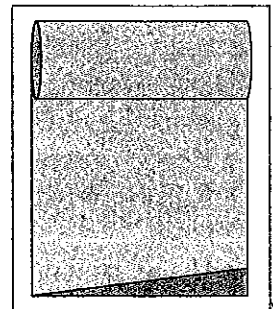
SUGGESTED FABRICS: All Garments - Cotton • Cotton Blends • Chambray • Challis • Rip-stop Nylon • Supplex • Plisse; Hat (Brim Stiffener) - Soft to Medium Weight Buckram or Heavy Interfacing. NOTE: All Garments - Not Suitable For Diagonals.

NOTIONS: Thread; Sweatshirt - 7"; Zipper; 3/4 Yds. of 1/4" Wide Cording; 2 of 4 Drawstring Stoppers (opt.); 1/2 Yd. of 1/4" Wide Elastic; Shirt - Six 1/2" Buttons; Pants or Shorts (Longer/Shorter Length) - 1 1/4 Yds. of 1/2" Wide Elastic; Hat - 1/4 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. The generic name is the key word you need to know and understand about textile products. There are two basic types of fibers -- *natural* (from plants and animals) and *manufactured* (from chemicals).

Natural fibers -- cotton, linen, silk and wool are usually water-loving (very absorbent, and are not heat sensitive). They tend to soil easily but are easily cleaned. Most manufactured fabrics (you may know them best as man-made or synthetic) are usually strong, heat sensitive, and susceptible to static electricity. They do not readily absorb moisture, so they are quick drying.

Any of the fibers, natural or manufactured may be made into a variety of fabrics. Today, there is not one best fiber. Each fiber makes a contribution to the world of textiles. Each has its own use.

A *fiber* is the basic unit of textile raw material such as cotton, wool, etc. A *yarn* is lots fibers twisted together to form a continuous strand which can be used in making fabric. A *fabric* is any woven, knitted, plaited, braided, felted, or non-woven material made of yarns. Yarns may be a single strand, or two or more yarns twisted together. They may be small or large, rough or smooth, and tightly or loosely twisted. Loosely twisted yarns make a fabric that will wrinkle. Tightly twisted ones do not wrinkle as easily. Yarn differences create changes in appearance, durability and texture.

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

Wovens

A woven fabric is made by interlacing two sets of yarns. This is where the lengthwise yarns and crosswise yarns cross each other at right angles. They go over and under, back and forth.

Lengthwise yarns form the foundation of the fabric and are usually stronger. They run parallel to the selvage, which is the finished edge. The selvage is made by doubling the number of lengthwise yarns. Crosswise yarns are perpendicular to the selvage.

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. Examples are taffeta, broadcloth, and organdy.

LESSON 3

CUTTING EDGE

The basket weave is a variation of the plain weave -- two or more yarns are carried together in a two under and two over weave.

Knits

Knitting is a method of fabric construction. Yarns are frequently texturized. This means that they have built-in crimps or coils that allow for some stretch in a fabric. Knit fabrics stretch. Some stretch in both directions, others will primarily stretch crosswise. Single knits are like hand knitting. They are sometimes called plain or jersey.

Texture

Sight, hearing, smell and touch are all sensitive in some way to texture. Texture is the surface appeal of an object. Clothing texture can create several reactions. Your eyes respond to the look of the fabric. Your ears respond to the sound as the person moves. Your hands respond to how a fabric feels when you touch it. The way a fabric is constructed and the type of yarn used determines its texture. Every fabric has its own texture of feel, look, and sound. Frequently we refer to the "hand" of a fabric. This refers to the weight, thickness, and how the fabric drapes.

Some comparison of fabrics could include terms such as coarse vs. fine, opaque vs. sheer, thin vs. bulky, soft vs. stiff, limp vs. crisp, cool vs. warm, shiny vs. dull, light vs. heavy, stretch vs. firm, spongy vs. firm, smooth vs. rough.

SUGGESTED AGE: 5-8 years old

OBJECTIVES: Youth will be able to:

- describe how fabrics are made
- express individuality in selecting colors
- strengthen psychomotor skills
- demonstrate skills in following directions
- demonstrate left-right orientation skills
- improve group cooperation skills

MATERIALS: 1 sheet of construction paper per child
2 colored sheets of bright 8½x11 paper per child
Scissors
Stapler
Various small scraps of fabric
Magnifying lens
MAKE A CHECKERBOARD Workbook page 12.

TIME: 45 minutes

SETTING: Room with tables for children to complete work.

ADVANCE PREPARATION:
Read Weaving Instructions for another easy method to use for a young child. Older children, may be able to cut paper and weave without attaching to a board. Test yourself first to know which method you want to use!

INTRODUCTION

The clothes we wear are made from different fabrics. Fabrics are made by several different ways. One way is by weaving yarns together. We are going to look at how fabrics are made and make a checkerboard to practice weaving.

Do

Make a CHECKERBOARD!

- ◆ Give each child a piece of scrap fabric for them to examine under the magnifying glass. Tell them to look for the "weave" (show and explain this new term to them).
- ◆ Give each child one piece of colored construction paper and two 8½ x 11 sheets of colored paper.
- ◆ For one sheet, cut the colored 8½ x 11 sheets into eight strips almost to the top of the sheet.
- ◆ Staple this sheet to the construction paper.
- ◆ Cut the other sheet into 8 strips to use to weave.

LESSON 3: CUTTING EDGE

Activity 1: Make a Checkerboard!

- ◆ Tell the child to weave the strips in and out of the stapled sheet like the fabric. Each strip should be stapled or glued at the end to hold it in place.
- ◆ The finished product should resemble a checker board.
- ◆ Cut paper scraps into small squares to be used as checkers.

REFLECT

- ◆ What is one way that fabrics are made?
weaving
- ◆ Was it easy to weave the paper back and forth? Why or why not?

APPLY

- ◆ Would it take you a long time to weave threads together to make a piece of fabric?
- ◆ Think about all the clothes we wear and the fabric used. How are fabrics woven today?
- ◆ Look at other fabrics using a magnifying glass to see how they are made.
- ◆ Play checkers on the woven checker board.

LESSON 4

CHOICES

Do

The following is suggested for using the activities in Lesson 4. Materials needed for each are listed within the activity.

- ◆ Demonstrate a positive attitude about clothes with **MY FAVORITE OUTFIT!**
- ◆ Identify appropriate uses of garments with **SEASONAL COLLAGE, SUITCASE RELAY, ALL MIXED UP, and PASS-IT-AROUND SONG!**
- ◆ Identify the effects of color in **COLOR MATCH, TALKING COLORS, COOL CARL AND WARM WANDA!**
- ◆ Identify vertical, horizontal, diagonal, and curved lines in **WHAT'S MY LINE!**
- ◆ Identify solids, stripes, plaids, and prints in **MATCH ME!**

REFLECT

After completing the activities in this lesson, help youth reflect on what they have learned with these questions:

- ◆ What are some reasons we like certain clothes?
color, fit
- ◆ Why is it important to wear clothing that is appropriate to the season or activity?
comfort, safety, health
- ◆ Why would we want to wear colors that compliment each other?
to look good, fashion
- ◆ What are the four types of lines?
vertical, horizontal, diagonal, curved
- ◆ What are cool and warm colors?
blue and green; red, yellow and orange
- ◆ What are the four general types of patterns of fabric?
solids, stripes, plaids, prints
- ◆ What are some ways that certain colors make you feel?

LESSON 5

CONSUMERISM

BACKGROUND BASICS...Consumerism

Labels

A label is written information that is attached to an item, such as a garment. It provides information you need and want to know about the clothing you buy. By law most apparel items (some exceptions are hosiery, gloves, hats, and reversible garments) must have a label or labels with the following:

- fiber content
- care
- country of origin
- registered identification number

Care, registered identification number, and country of origin must be permanently attached to the garment. Fiber content may be permanently attached or on a hangtag.

As you shop for clothing, labeling should be used to help you in making a decision of whether to purchase. The care instructions tell you how to properly clean the garment. Fiber content labels not only tell you what generic fibers have been used, but also in what percentage. Country of origin tells you the origin of the fabrics and where the apparel was made. The registered identification number is a number registered with the Federal Trade Commission, which tells you the name of the manufacturer.

Clothing labels are most frequently found at the neckline or waistline. However, in some instances they will be found on another seam.

Fibers

Fibers are where our fabrics and apparel begin. The generic name is the key word you need to know and understand when buying a textile product. It is the family name of the natural and manufactured fibers. The two most common cellulosic (plant) natural fibers are cotton and linen. The two most common protein (animal) natural fibers are wool and silk. The most common manufactured (cellulosic) is rayon. The most common manufactured (chemical) are polyester, nylon, and acrylic. These are the generic names.

Fibers may also have a trademark name that could be included on the label. A trademark (tradename) is a word or symbol copyrighted by the producer of the fiber. It serves to identify these products and to distinguish the textile product of one manufacturer from another. Trademarked fibers are protected by a quality control program. Examples are Acrilan® acrylic and Trevira® polyester.

BACKGROUND BASICS...Care

Did you know that proper care of clothing makes it last longer. **Caring for your clothing involves:**

- proper care when you undress -- fold or hang or if soiled then place in the laundry basket
- learning the steps in doing the washing of clothes
- learning how to sort clothes
- learning about hanging clothes outside to dry
- learning to identify clothing that has stains

When you undress and the clothing is unsoiled, then you can hang it back in the closet or you can fold and place on a shelf or in a drawer. If you just toss it on the floor, the clothing will need to be ironed to remove the wrinkles.

Washing Clothes...

The steps in washing your clothing are:

- carefully read labels found on the clothing to determine how to wash, water temperature, products to use and/or how to dry
- sort clothing into "like" piles
- check clothing carefully for "things" in pockets or a stain
- zip zippers, button buttons
- decide on water temperature
- decide on wash cycle
- read laundry product labels and use recommended amount
- fill washing machine, add laundry products
- add clothing to be washed, do not overload
- remove clothing promptly to prevent wrinkling

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 have to do it again. Sometimes you can't "undo" the problem. Take time to sort your laundry according to:

- color (whites with whites, lights with lights, darks with darks, brights with brights)
- 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)

Most clothing can be line dried. Line drying on a bright, clear day will give your clothing a fresh, clean smell. But some whites should not be line dried because of the optical

LESSON 6

CARE

brighteners used when manufacturing the fabric. Line drying saves wear and tear on clothing. Especially think about line drying garments you don't want to shrink, clothing with elastic, and older clothing. If line drying, remember to smooth and pull clothes into shape. Bright colors should be turned wrong side out and hung in the shade to prevent bleaching of the color.

To fold clothes lay on a flat surface, smooth and pull gently into shape. Make as few folds as possible, so the garment will fit the storage space. Rolling knits is another option.

Stains...

A stain is a spot on your clothing. It could be from spilling juice or other drink, mustard or other food item, oil or grease, candy or gum, dirt or grass. It is important to identify a stain on your clothing so the person doing the laundry will know to pre-treat before putting into the washing machine. Also, new stains are easier to remove. Sometimes an old stain cannot be removed. So it is better to remove stains soon.

If you have a stain on your clothing tell your mom right away. Remember that stains need to be treated immediately. Old stains sometimes cannot be removed. For washable garments blot off any excess stain and flush with tap water.

FOR WASHABLE GARMENTS -- Always read the garments care label and how to use products used in removing stains. Test on an inconspicuous seam to test colorfastness of the garment and the reaction to the products you will be using.

Grass -- Sponge then flush with drycleaning solvent. Rinse. Rub with detergent and launder with detergent and recommended bleach.

Ketchup -- Gently scrape off excess. Sponge or soak in cool water. Rub with detergent and launder with detergent and appropriate bleach in hottest water recommended for fabric.

Mustard -- Gently scrape off excess. Sponge or soak in cool water. Rub with detergent and launder with detergent and appropriate bleach in hottest water recommended for fabric.

Grape Juice -- Flush then soak in cool water. Rub with detergent and launder with detergent and appropriate bleach in the hottest water recommended for the fabric. Air dry, until you know stain has been removed.

Ice Cream -- Sponge/flush with drycleaning solvent. Air dry. Rinse in cool water. Rub with laundry bar soap and launder with detergent and appropriate bleach in the hottest water recommended for fabric.

LESSON 6

CARE

Paint, Oil Base -- Gently scrape excess. Immediately sponge, then flush with paint solvent. Repeat, if needed. Air dry. Sponge with water. Rub with detergent and launder as usual.

Mud -- Let dry, scrape/brush gently. Sponge with cool water. Rub with detergent. Launder with detergent and bleach, if not contrary to care label.

Mending Basics...

Steps for Teaching Sew-Through Buttons:

- Use a double thread or single thread of either all purpose, topstitching, or buttonhole thread.
- Hide knot or secure thread under button.
- Bring thread up through hole allowing for shank (use toothpick or pin).
- Go through second hole taking thread through fabric.
- Continue stitching in the same place for 6 stitches.
- If you used a toothpick or pin remove, wind thread around stitches under button.
- Secure thread.

SUGGESTED LITERATURE:

The following books are recommended for reading in conjunction with the various activities for *Care*. They should be available at your local public library.

Berry, Joy Wilt. **What to Do When Your Mom or Dad says--"Take Care of Your Clothes.** Chicago: Children's Press, 1982.

Children learn how to take proper care of their clothing so they will last longer, and so that their parents won't get upset.

Brown, Craig McFarland. **The Patchwork Farmer.** New York: Greenwillow Books, 1989. After ripping his overalls again and again in the course of his daily work, a farmer ends up with a colorful patchwork pair.

SUGGESTED AGE: 5-8 years old

OBJECTIVES: Youth will be able to:

- identify clothing parts
- develop classification skills

MATERIALS: Felt board with pin-ups of clothing garments & parts (sleeve cuffs, buttons, collars, pant cuffs, shirt pockets, zippers, and jean pockets)
Hook and loop fasteners
Blindfold

TIME: 30 minutes

SETTING: A large area cleared of tables and chairs

ADVANCED PREPARATION:

Cut out felt shapes of clothing parts and enlarged felt body shape. Attach hook and loop fastener to clothing parts. Attach clothing Pin-up Garments to felt board.

INTRODUCTION

Knowing the parts of clothing is necessary for proper care. By playing Clothing Pin-Ups, we will identify the different parts of the clothing in a fun and exciting way.

Do

Play "CLOTHING PIN-UPS!"

- ◆ Give a child one of the clothing parts cut-outs to identify. Blindfold that child and spin them around three times.
- ◆ The other children should stand back so not to be in the way of the blindfolded child.
- ◆ After spinning the child around, point him/her in the direction of the felt board with the Clothing Pin-Up Garments attached and tell them to go.
- ◆ The child should then attempt to find the felt board and put the clothing part on the garment in the right place.
- ◆ After the child has pinned the clothing part on the board, the blindfold should be removed for them to see how close they were to the actual location.
- ◆ The child should then move the part to the place where it belongs.
- ◆ After the group is satisfied that the clothing part is in the proper place, the part should be removed.
- ◆ Give a different part of clothing to another child and start over again.
- ◆ This should be continued until every child has had at least one opportunity to play the game.

REFLECT

- ◆ Why is it important to know the parts of our clothes?
To follow directions when caring for them
- ◆ What are the clothing parts we named today?
Sleeve cuffs, pant cuffs, shirt pockets, jeans pockets, zippers, collars, buttons

APPLY

- ◆ Name some other clothing parts it is necessary to know.
- ◆ Share what you learned with a friend.

Clothing Pin - Ups !

