



4-H CLOTHING & TEXTILES ACTIVITY PAGE

Developed by **Karen Nelms**, Extension Agent, Grainger County
and **Nancy Marshall**, Extension Agent, Hamblen County

Beginning
W138

Your 4-H CLOTHING & TEXTILES Project

This 4-H project will help you gain confidence in yourself by being able to plan, design and create your own sewing projects. Some of the skills you can learn and activities you can do in this project are listed below. Check your favorites and work with your 4-H leaders and parents to make a 4-H project plan of what you would like to do and learn this year.



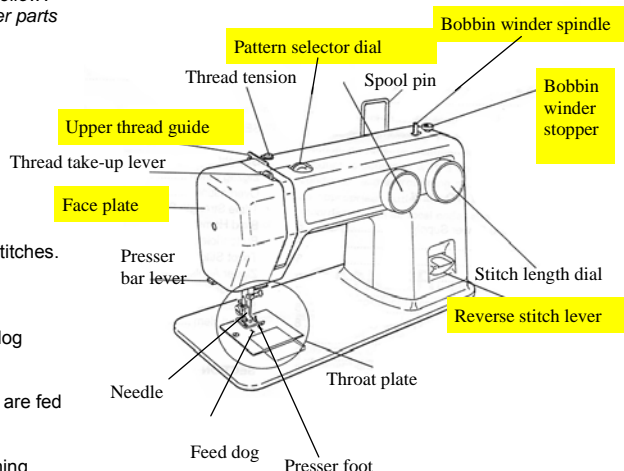
- Select and use sewing tools properly
- Learn the parts of a sewing machine
- Learn how to operate a sewing machine correctly
- Learn to select fabric and notions for sewing projects
- Make at least one sewing project
- Exhibit at least one of your projects for project competition
- Learn one new sewing skill
- Complete a service project related to clothing and textiles
- Identify different types of fabric
- Other _____



Sewing Machine Parts

Below are the descriptions to some of the sewing machine parts on the right side of the page. Can you find the definitions for the other parts of the sewing machine highlighted in yellow? Using the Internet, search other sewing machine Websites to figure out what the other parts of the sewing machine do. Write your answers on the back of this page.

- Presser foot** – holds your fabric in place as you sew.
- Presser bar lever** – raises and lowers the presser foot.
- Spool pin** – Holds the spool of thread in place while you sew.
- Feed dog** – small teeth or bars go up and down to move your fabric as you sew.
- Needle** – carries the top thread and goes up and down through your fabric to make stitches.
- Stitch length dial** - used to change the stitch length for regular sewing or basting.
- Throat plate** – directly under the needle, the needle passes through it and the feed dog operates through it.
- Thread tension** – controls increase or decrease the pressure on the threads as they are fed through the machine.
- Thread take-up lever** – takes up the thread for the next stitch. When you finish stitching make sure the take-up lever is at the top so it will not unthread your needle when you begin stitching next time.



MAKE YOUR OWN SEWING BOX

Use a shoe box (you can decorate the outside of the box) or a small, plastic storage container for your sewing box. Your box should contain the following basic sewing items:

Scissors are used for clipping threads, cutting corners and trimming seams.

Thimble is worn on the middle finger of your sewing hand to push the needle through the fabric.

Pin cushion helps you keep pins and needles within easy reach when you sew.

Pins are for used to hold things together temporarily.

Hand sewing needles are used for hand sewing.

Tape measure should be a 60-inch metal-tipped tape measure.

Hem gauge should be six inches long. It is used for measuring short lengths.

Seam ripper is a small tool with a blade to remove stitching.

4-H CLOTHING & TEXTILES

Fun Sewing Project—Make a CUDDLY BEAR

Material you will need to complete your project:

- One yard of fabric**
- Matching thread**
- Scissors**
- Polyester fiberfill**



1. Find a bear pattern from a coloring book and copy onto a piece of paper.
2. Cut out the paper pattern.
3. Fold the fabric with wrong sides together, creating a double thickness.
4. Pin your paper pattern on your fabric.
5. Cut out the pattern.
6. Remove the paper pattern and pin the fabric to hold the pieces together while sewing.
7. Stitch a one-half inch seam using a short stitch length around the outer cut edges of the critter leaving a 2- to 3-inch opening for stuffing. Be sure to backstitch at beginning and ending of stitching.
8. Stuff with polyester fiberfill until happy with fluffiness.
9. Stitch the opening closed either by hand or sewing machine.
10. Clip into the seam allowance every one-fourth inch around the bear. Do not clip through stitching. This will give your critter a frayed edge when laundered. If you clip into the thread, go back and sew over that stitch again to close the opening. Don't forget to backstitch at beginning and end.

If this project was fun, you may want to make another for a friend or a sick child in the hospital as a service project.

SERVICE IDEAS

- Donate outgrown clothing to shelters or Goodwill™.
- Make a cuddly bear for a gift.
- Make a cuddly bear for a child in need.
- Sew on buttons for friends or relatives.

Career Scavenger Hunt

By asking others, researching on the Internet, or reading a book or magazine, search for a job that uses sewing and clothing skills and knowledge. Look for the following:

1. Job Title _____
2. Job Description _____

3. Education Required _____

For more ideas
contact your
4-H office.



Don't forget to
submit your
project report
folder to your
4-H leader.

Additional Resources

This activity sheet has given you the opportunity to explore things to think about as you make decisions in clothing and textiles. You've made a sewing box, sewn a cuddly bear and learned lots of other things. But this is just the beginning! Use the resources listed below to continue learning about line and design.

- School and public libraries
- People who know how to sew
- Sewing machine manual
- 4-H project groups
- The 4-H clothing & textiles Web Page:
<http://www.utextension.utk.edu/4h/projects/clothingtextiles.htm>

Other 4-H Clothing & Textiles Activities

- 4-H Clover Style Show
- 4-H Demonstrations
- 4-H Table Top Exhibits
- 4-H Fashion & Design
Camp
- 4-H Camp crafts
- Fair Exhibits



Reviewed by Sue Byrd, UTM Professor FCS and members of the State 4-H Youth Development Staff;
Edited by Wanda Russell, Publications Editor