4-H CLOTHING CONSTRUCTION
Girls Level 1

Florida Cooperative Extension Service / Institute of Food and Agricultural Sciences
University of Florida, Gainesville / John T. Woeste, Dean for Extension
4-H Clothing Construction - Girls - Level 1

Use...
Cotton or cotton-like fabrics that are firm

Make at least one...
Tote bag
Apron
Simple poncho
Popover skirt

Make at least one...
Simple skirt
Simple nightgown
Simple blouse or shirt
Half-slip
Swimsuit coverup

Study...
Different cotton and cotton-blend fabrics
Basic weaves (fabric construction)

Learn and do at least two new construction techniques...
Use basic sewing tools
Use and care for sewing machine
Press cotton and cotton-like fabrics
Make simple seams and seam finishes
Use elastic in a casing
Select fabric
Do simple hand stitches
Straighten fabric
Measure, cut and mark accurately
Identify grain in woven fabrics
Hem by hand and machine
Baste
Preshrink fabric
Construction press
Use a press cloth

Show and tell...
At least one other person

Give...
At least one demonstration

Before you move on to the next level of 4-H Clothing Construction - Girls, you should complete all of the construction technique requirements listed above. In most cases, this means that you may stay in one level 2 years. During the second year you will improve the skills you have learned by making different garments, using new or different construction techniques.
Project Report

Year

Name ____________________________

Route or Street Address ____________________________ City __________ Zip Code __________

Parent’s Signature ____________________________

Club ____________________________ County ____________________________

Age ______ Grade in School ____________________________ Year in 4-H ______ Year in Clothing ______

*Attach additional pages, if needed*

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What did you learn on Garment 1?

_________________________________________________________________________________________________________________________________

Garment 2?

_________________________________________________________________________________________________________________________________

What sewing equipment did you learn to use?

_________________________________________________________________________________________________________________________________

What did you learn about cotton or cotton-like fabrics?

_________________________________________________________________________________________________________________________________

How did you help others?

_________________________________________________________________________________________________________________________________

What demonstrations and/or exhibits did you give?

Title ____________________________ Where ____________________________ Date ____________________________
4-H Story - Write a short paragraph about the things you learned, your problems, and what was the most fun about your clothing construction project.

Pictures and Fabric Samples - Attach a snapshot of your garments and fabric samples. Also, include other snapshots that relate to this project.

Construction Samples - Attach a sample seam.

Prepared by Nadine Hackler, Professor, Extension Clothing Specialist. Revised June 1988

This publication was produced at a cost of $110.94, or 7.5 cents per copy, to teach 4-H members how to make clothing. 11-1,470-89
4-H Clothing for Girls

Florida Cooperative Extension Service
Institute of Food and Agricultural Sciences
University of Florida, Gainesville
John T. Woeste, Dean for Extension
Use

Cotton or cotton-like fabrics that are firm

Make At Least Two

Skirt of any design
Top of any kind
Pants of any length
Simple dress
Jumper

Study

And identify different cotton fabrics and cotton blends. List their name, fiber content, weave, hand, texture, and design. Do at least 5.

Learn At Least Three New Construction Techniques

To select and use a commercial pattern
To follow a layout
To cut and mark fabric
To stay stitch
To use interfacing
To stitch and press darts
To put in a zipper
To make gathers
To make pleats
To attach a waistband
To apply snaps
To apply hooks and eyes
To hem a flared skirt
To clean-finish
To sew on buttons
To preshrink notions

Show and Tell

At least one other person

Give

At least one demonstration

Dear 4-H'er:

Before you move on to the next level of 4-H Clothing for Girls, you should complete all of the construction technique requirements listed above. In most cases, this means that you will stay on one level two years. During the second year you will improve the skills you have learned by making different garments, using new or different construction techniques.
Project Report
Year ____

NAME

Route or Street Address __________________________ City ______________ Zip Code ____________

Parent's Signature __________________________________________________________________________

Club __________________________________ County _______________________________

Age ___________________________ Grade in School __________________________________________

Years in 4-H _______________ Years in Clothing ____________________________________________

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What Did You Learn On

Garment 1

Garment 2

Garment 3

What new sewing equipment did you learn to use?

What did you learn new about cotton and cotton-like fabrics?

How did you help others?

What Demonstrations and Exhibits Did You Give?

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</table>
4-H Clothing Story -- Write a short story about your problems, the things you learned, and what was the most fun about your clothing project.

Pictures and Fabric Samples -- Attach a snapshot of your garments and fabric samples

Construction Sample -- Attach a zipper -- lapped application.

Prepared by: NADINE HACKLER
Clothing Specialist

This publication was promulgated at a cost of $311.98, or 6.2 cents per copy, to teach 4-H youth how to make clothes. 7-5M-81
4-H CLOTHING CONSTRUCTION

Girls Level 3
4-H Clothing Construction - Girls - Level 3

Use...
A napped fabric such as corduroy
A firm knit
A suitable fabric of your choice

Make at least two...
Dress with collar and/or sleeves
Pantsdress or jumpsuit
Skirt and top of any kind
Pants and top of any kind
Jumper and top of any kind
Pajamas or nightgown
Slip and panties

Study...
Labeling of fabrics
Effects of directional stitching on different fabrics
How to construction press different fabrics

Learn and do at least three new construction techniques...
Organize sewing tools and construction steps
Improve construction skills
Select becoming patterns and fabric
Follow a guide sheet
Make simple alterations
Work with a napped fabric
Work with a knit fabric
Attach a collar
Set-in sleeves
Apply fitting principles to your garments to grade enclosed seams
Understitch
Apply patch pockets
Adjust tension and pressure on the sewing machine

Show and tell...
At least one other person

Give...
At least one demonstration

Before you move on to the next level of 4-H Clothing Construction - Girls, you should complete all of the construction technique requirements listed above. In most cases, this means you may stay in one level 2 years. During the second year you will improve the skills you have learned by making different garments, using new or different construction techniques.
Project Report

Year ________________

Name ___________________________________________________________

Route or Street Address __________________________ City ____________ Zip Code ______

Parent's Signature ____________________________________________________________________________

Club ______________________________________________________________________________________________
County ______________________________________________________________________________________________

Age _______ Grade in School _________________ Year in 4-H _______ Year in Clothing ______

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What did you learn on Garment 1? ____________________________________________

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What did you learn on Garment 2? ____________________________________________

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What did you learn on Garment 3? ____________________________________________

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What did you learn on Garment 4? ____________________________________________

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_____________________________________________________________________________

What sewing equipment did you learn to use?

What did you learn about working with corduroy?

What did you learn about working with firm knits?
What techniques do you need to improve?

What demonstrations and/or exhibits did you give?

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How did you help others?

4-H Clothing Story - Write a short story about the things you learned, your problems, and what was the most fun about your clothing construction project.

Pictures and Fabric Samples - Attach a snapshot of your garments and fabric samples. Also, include other snapshots that relate to this project.

Construction Samples - Attach a sample of a collar that has been graded and understiched.

Prepared by Nadine Hackler, Professor, Extension Clothing Specialist. Revised June 1988

This publication was produced at a cost of $240.40, or 24.0 cents per copy, to teach 4-H members how to make clothing. 8-1M-88
4-H CLOTHING CONSTRUCTION
Girls Level 4

Florida Cooperative Extension Service / Institute of Food and Agricultural Sciences
University of Florida, Gainesville / John T. Woeste, Dean for Extension
4-H Clothing Construction - Girls - Level 4

Use...
A fabric that requires matching--stripe or large design
A single knit
A suitable fabric of your choice

Make at least three outfits...
Dress - one or two pieces
Jumper and blouse
Pants and top of any kind
Skirt and top of any kind
Bathing suit and coverup
Active wear
Unlined jacket and skirt or pants
Pullover shirt with skirt or pants
Pajamas and robe
Nightgown and robe

Study...
Working with stripes and large designs
Selecting appropriate accessories
Using and coordinating trims

Learn and do at least four new construction techniques...
Machine and hand sew more carefully
Use pressing equipment
Make machine and/or hand-worked buttonholes
Match stripes and/or large designs
Stabilize seams by taping
Finish seams
Underline a garment
Topstitch
Make pattern alterations for a good fit
Work with single knits
Put in a zipper by new method
Select suitable interfacings and linings for different fabrics
Learn more about the sewing machine - new stitches and/or new attachments
Make notched collars
Apply trim
Do different hem finishes
Use fusible interfacings

Show and tell...
At least one other person

Give...
At least one demonstration

Before you move on to the next level of 4-H Clothing Construction - Girls, you should complete all of the construction technique requirements listed above. In most cases, this means that you may stay in one level 2 years. During the second year you will improve the skills you have learned by making different garments, using new or different construction techniques.
Project Report

Year ________________

Name _______________________________________________________

Route or Street Address ___________________________ City ______ Zip Code ______

Parent’s Signature ____________________________________________

Club ___________________________ County ________________

Age _____ Grade in School ________________ Year in 4-H ______ Year in Clothing ______

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What did you learn on

Garment 1? ____________________________________________________

Garment 4? ____________________________________________________

Garment 2? ____________________________________________________

Garment 5? ____________________________________________________

Garment 3? ____________________________________________________

Garment 6? ____________________________________________________

What sewing equipment did you learn to use?
What did you learn about matching stripes and/or large designs?

What did you learn about working with single knits?

What techniques do you need to improve?

What demonstrations and/or exhibits did you give?

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How did you help others?

4-H Clothing Story - Write a short story about the things you learned, your problems, and what was the most fun about your clothing construction project. Include how your participation in the project contributed to your personal growth, management abilities, consumer habits, creativity and leadership.

Pictures and Fabric Samples - Attach a snapshot and fabric sample of your garments. Also, include other snapshots that show other activities in this project.

Construction Samples - Attach three different hem finishes and three different hemming stitches. Be sure they are on the appropriate fabric.

Prepared by Nadine Hackler, Professor, Extension Clothing Specialist. Revised June 1988

This publication was produced at a cost of $212.70, or 43.0 cents per copy, to teach 4-H members how to make clothing. 8-500-88
4-H Clothing for Girls

Florida Cooperative Extension Service
Institute of Food and Agricultural Sciences
University of Florida, Gainesville
John T. Woeste, Dean for Extension
Use

A plaid fabric
A "silk-feel" fabric
A two-way stretch fabric
A wool or wool-like fabric
A suitable fabric of your choice

Make At Least Three Outfits, one of which is for a child

Semi-tailed garment
Party dress
Child's garment or Layette
Lingerie or sleepwear
Bathing suit and coverup
Sports outfit
Garment with suitable pattern for fabric

Study

An item of clothing in relation to quality and price
Working with plaids
Working with two-way stretch fabrics

Learn and Do At Least Five New Construction Techniques

To improve construction skills
To make bound buttonholes
To hand-pick a zipper
To line a garment
To cover buttons
To cover snaps
To make thread eyes and belt loops
To reinforce an all-in-one sleeve
To make ruffles
To use cording
To sew on "party" fabrics
To match plaids
To work with two-way stretch
To appliqué
To miter corners
To make cuffs
To make a continuous bound placket
To learn different seams, seam finishes, and seam treatments
To cover buckles and belts

Show and Tell

At least three other people

Give

At least one demonstration

Dear 4-H'er:

Before you move on to the next level of 4-H Clothing for Girls, you should complete all of the construction technique requirements listed above. In most cases, this means that you will stay on one level two years. During the second year you will improve the skills you have learned by making different garments, using new or different construction techniques.
Project Report

Year ____

Name ____________________________________________________________

Route or Street Address __________________________ City ___________ Zip Code _____

Parent’s Signature ________________________________________________

Club __________________________ County __________________________

Age __________________________ Grade in School ____________________

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What did you learn on

Garment 1
Garment 2
Garment 3
Garment 4
Garment 5
Garment 6

What new sewing equipment did you learn to use?

What did you learn about matching stripes and/or large designs?

What did you learn about working with single knits?

What do you need to improve?
What did you learn about working with wool or wool-like fabrics?

What did you learn about sewing for children?

What do you need to improve?

What demonstrations and/or exhibits did you give?

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How did you help others?

4-H Clothing Story--Write a short story about your problems, the things you learned, and what was the most fun about your clothing project. How has your participation in the clothing project contributed to your personal growth, management abilities, consumer habits, creativity, and leadership?

Pictures and Fabric Samples--Attach a snapshot and fabric sample of each of your garments.

Construction Samples--Suitable seam and hem finishes for a wool or wool-like garment, a "silk-feel" garment, a two-way stretch garment, and a baby's garment.

Prepared by: NADINE HACKLER
Clothing Specialist

This publication was printed at a cost of $144.60, or 9.6 cents per copy, to teach 4-H youth how to make clothing. 8-1.5M-80
Florida Cooperative Extension Service
Institute of Food and Agricultural Sciences
University of Florida, Gainesville
John T. Woeste, Dean for Extension
Use

Suitable fabrics for designs

Make

Three outfits, which you have “changed” from a commercial pattern. One garment should reflect the current fashion trend. One garment should be copied from a picture or sketch of a ready-to-wear outfit.

Study

Current fashion trends of line, design, color, and accessories. Fitting and alterations of patterns.

Learn and Do at Least Six New Construction Techniques

To make simple design changes to commercial patterns

1. changing a neckline
2. moving darts
3. changing openings
4. changing sleeves
5. adding or changing collars
6. adding structural seam lines
7. changing silhouette lines

Give

At least one demonstration

Show and Tell

At least four other people
Name 

Route or Street Address _______________ City ___________ Zip Code _____

Parent’s Signature 

Club ___________________________ County __________________________

Age ___________________________ Grade in School __________________________

Year in 4-H _________________ Year in Clothing __________________________

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What did you learn?

Garment 1

Garment 2

Garment 3

Garment 4

Garment 5

Garment 6

What sewing equipment did you learn to use?

What did you learn about designing of garments?
Where do you need to improve?

What demonstrations and/or exhibits did you give?

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How did you help others?

4-H Clothing Story—Write a short story about your problems, the things you learned and what was the most fun about your clothing project. How has your participation in the clothing project contributed to your personal growth, management abilities, consumer habits, creativity and leadership?

Pictures and Fabric Samples—Attach a snapshot and fabric sample of each of your garments.

Construction Sample—Decorative finish using binding, lace or other trim.

Attach an Example—Of the “before and after” of one of your design changes (sketch with explanation).

Prepared by: Nadine Hackler, Associate Professor and Extension Clothing Specialist

This public document was promulgated at a cost of $114.50, or 4.6 cents per copy, to teach 4-H youth how to make clothes. 2-2.5M-81
Use

Suitable fabrics

Make

At least two outfits, one of which is a tailored suit or ensemble.

Study

Couturier finishes
Different methods of tailoring

Learn and Do at Least Seven New Construction Techniques

To tailor a garment
To pad stitch
To improve bound buttonholes
To hand finish a collar
To tape edges
To interface along hems
To mold and shape a garment

Give

At least one demonstration

Show and Tell

At least five other people.
Project Report

Year ______

Name ____________________________________________________________

Route or Street Address __________________________ City ____________ Zip Code ______

Parent’s Signature ________________________________________________

Club ___________________________ County ___________________________

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What did you learn?

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Garment 2
Garment 3
Garment 4
Garment 5
Garment 6
Garment 7
What sewing equipment did you learn to use?

What did you learn about tailoring?

What do you need to improve?

What demonstrations and/or exhibits did you give?

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How did you help others?

4-H Clothing Story—Write a short story about your problems, the things you learned and what was the most fun about your clothing project. How has your participation in the clothing project contributed to your personal growth, management abilities, consumer habits, creativity and leadership?

Pictures and Fabric Samples—Attach a snapshot and fabric samples of each of your garments.

Construction Sample—Attach two bound buttonholes in two different types of fabric.

Prepared by: Nadine Hackler, Associate Professor and Extension Clothing Specialist

SARASOTA COUNTY
COOPERATIVE EXTENSION SERVICE
2900 RINGLING BLVD.
SARASOTA, FLORIDA 33577,
955-6239 or 955-2966

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