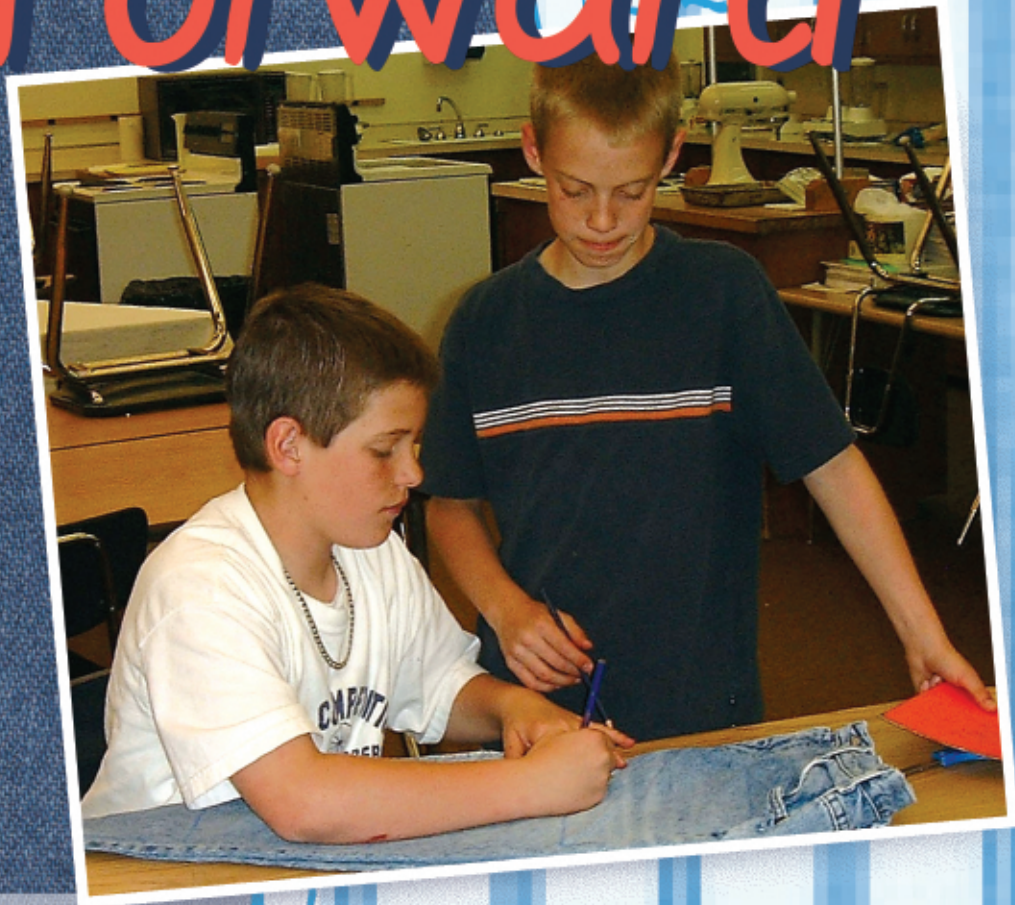




National 4-H Curriculum
BU-08061



Fashion Forward



Name _____

County _____

Sewing Project Activity Guide



REVIEWED & RECOMMENDED
National 4-H Curriculum

Note to the Project Helper

Thank you for helping young people develop and share their creative abilities in the sewing and textiles area. Your interest, enthusiasm, and time will help to make these experiences positive and successful.

By completing the activities in this guide, youth will:

- Gain project knowledge and skills related to beginning construction and care of textile items,
- Gain knowledge related to apparel and textile industry careers,
- Gain knowledge of technology use in the apparel and textile industry, and
- Learn how to apply their newly gained knowledge and skill to provide service to individuals and community support groups.

Sewing Expressions Series

There are three youth guides in this series. The guides include sections on creating, caring, teching, futuring and serving. The creating section is designed to assist youth in gaining experience in sewing; the maintaining section provides an opportunity for youth to experience caring for textile items; teching provides experience in technology applications in the apparel and textile industry; futuring provides experiences to give participants a sampling of potential careers; and serving provides youth an opportunity to use the knowledge and skills they have experienced to help others. Participants may work at the level most appropriate for them no matter what their age.

The activities are designed to meet the Family and Consumer Sciences Education National Educational Standards for Textiles and Apparel. The "Success Indicator" listed for each activity is an excellent way to evaluate the youth's success.

In each activity the young person has an opportunity to learn by doing before being told or shown how. Your challenge as a project helper is to "sit on your hands" while the youth explores and learns, even when things don't seem to work the way you expected. Listen to the youth as they consider the questions and draw conclusions. At times the activity may call for you to be a resource person for content or ideas.

The fourth publication in this series, *Group Activity Helper's Guide*, provides additional learn-by-doing activities that can be adapted for families, classrooms, after school programs, or other groups. You will find helpful hints about characteristics of youth, life skill development, teaching experientially, as well as club meeting ideas.



Acknowledgements

2004 Sewing Design Team: This rewrite of the four sewing and textile guides was accomplished by the 4-H Sewing and Textiles Design Team comprised of Karen Biers, UT, Coordinator; Carla Lee, UT, Liaison; Sharlene Woffinden, ID; Ronda Olsen, UT; Debra Proctor, UT; Tara Andrews, MT; Bernice Mason, MT; Kim M. Monk, ID; Stephanie Morsch, CO; Lynda Parson, NE; Ann A. Berry, LA; Bridgette Sloan, OH; Suzie Brown, NE; Mary Forster, OH; Ila Erickson, 4-H Youth Representative.

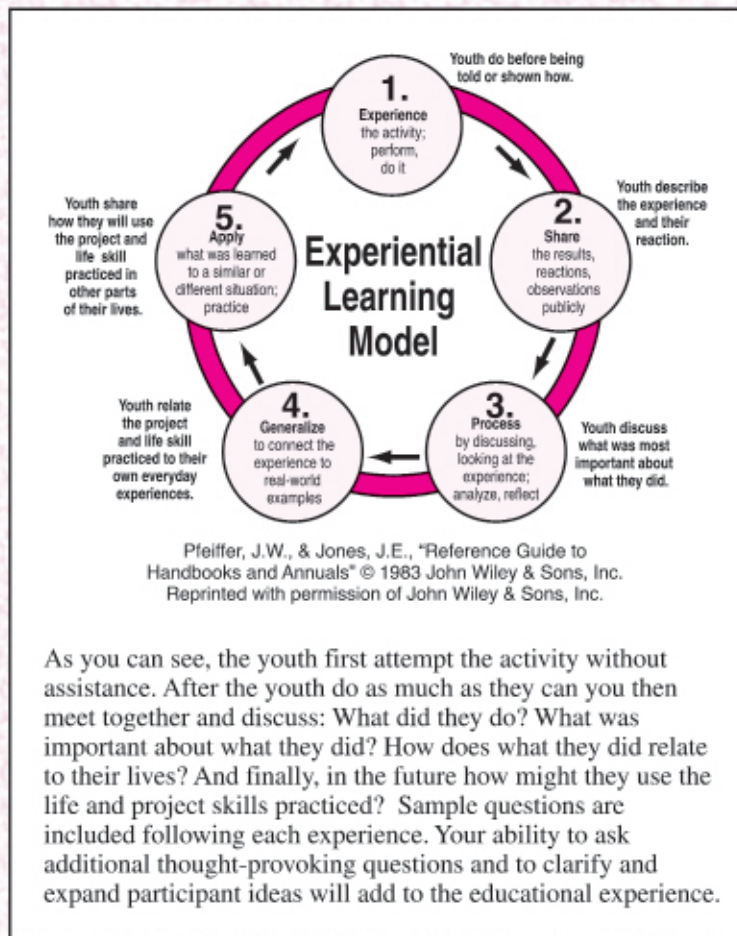
Sewing Project Online Website

The 4-H clothing and textiles web site serves as a supplement to this project. Visit www.4-H.org/curriculum/sewing.

Your Role

- Become familiar with the material in this activity guide and the *Helper's Guide*.
- Support youth in their efforts to set goals and complete each achievement program.
- Serve as a resource person to help connect youth with the community, resource materials and others who are knowledgeable about the project.
- Help youth learn to evaluate their work and progress.
- Encourage the use of the experiential learning cycle.

Many techniques used in sewing are appropriate for this project. There is NOT a 4-H way of construction. Youth need to be able to communicate why an application was used and to understand that other techniques may also be appropriate, depending upon the fabric, pattern and equipment.

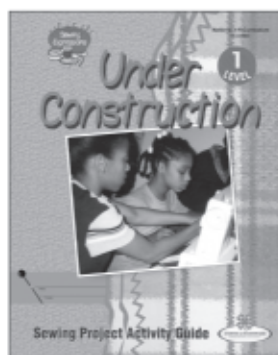


Design and Production: Northern Design Group, MN.

Writer/Editor: Karen Biers, UT

Financial Support: Funding was provided by National 4-H Curriculum

Under Construction



Level 1 BU- 08060

Chapter 1: Creating

Tools of the Trade
Get to Know Your Machine
Threading Your Way
Serge the Super Highway
On the Straight
To Ravel or Not to Ravel
How Do You Measure Up?
Pattern Particulars
Curves Ahead

Chapter 2: Maintaining

Sort It Out
Spot Check

Chapter 3: Teching

Sewing Techno Savvy

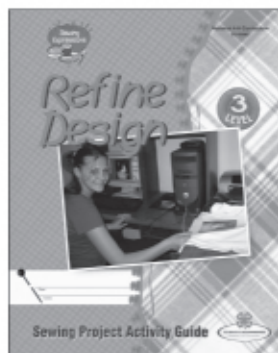
Chapter 4: Futuring

Fiber Detective

Chapter 5: Serving

Bags to Share

Refine Design



Level 3 BU- 08062

Chapter 1: Creating

Sleuthing Tools of the Trade
Combine and Design
"Out"rageous
Tailored Treasures
Embellish Your Ensembles
Stretchables
Follow the Weaving Pattern
Ultimate Makeover—
Bedroom Edition

Chapter 2: Maintaining

Hold the Color, but Take
the Wrinkles

Chapter 3: Teching

Click On!
Print Fabric, Not Paper

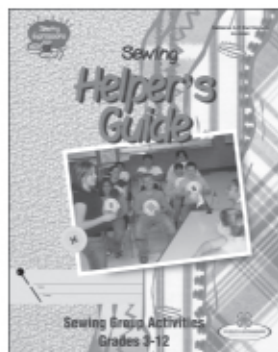
Chapter 4: Futuring

Designing Your Future

Chapter 5: Serving

Style is on Parade!
Share Some Warmth

Sewing Helper's Guide



Helper's BU- 08063

Youth Learning Characteristics
Developing Life Skills
Teaching and Learning Experientially

Chapter 1: Guide Sheets

Let's Make Plans
Sewing Skillathon Excitement
Fabric Scavenger Hunt
Conducting a Sewing Quiz Bowl
Tic Tac Sew

Chapter 2: Embellishments

Fiber Bingo
How Fast Can You Get Wet?
Fun with Sewing Pyramid

Chapter 3: Weaving Patterns

Bust Your Buttons
Be a Wise Judge
Experimenting with Textiles
Clothing Exchange
The Laundry Game

Sewing Project Meeting Ideas
Sewing Expressions Answer Key



Fashion Forward

Sewing Kit

Note to the Project Helper	----- Inside Front Cover
Sewing Kit (Contents)	----- 1
Welcome to <i>Fashion Forward</i>	----- 2
Planning Guide	----- 3
Achievement Program	----- 4
Completion Certificate	----- 5

Chapter 1: Creating

Fabric Construction Facts	----- 6
Fiber Facts	----- 8
To Dye or Not To Dye	----- 10
Patch Pocket Pizzazz	----- 12
To Zip or Button	----- 14
Perfect Fit	----- 16
Blue Dreams in Denim	----- 18
What's That Tool?	----- 20
Taming the Serger	----- 22

Chapter 2: Maintaining

Tag! You're It!	----- 24
Laundry Lingo	----- 26

Chapter 3: Teching

Shop the 'Net	----- 28
---------------	----------

Chapter 4: Futuring

Sewing Business Cents	----- 30
-----------------------	----------

Chapter 5: Serving

Sharing Polar Fleece Fun	----- 32
--------------------------	----------

Sewing Talk 2 Glossary	----- 35
Sewing Resources	----- 36



Welcome to *Fashion Forward*

Fashion Forward is Level 2, Intermediate, of the *Sewing Expressions* series. *Sewing Expressions* offers you challenges and opportunities to explore a wide range of activities in the sewing and textiles areas. You'll have fun expanding your interests and working individually or in groups to complete activities and projects.

An achievement program is included to guide your efforts and provide you an opportunity to be recognized for meeting your goals.

Sewing Expressions is divided into three project levels including Level 1, Beginner, *Under Construction*; Level 2, Intermediate, *Fashion Forward*; Level 3, Advanced, *Refine Design*.

Sewing Project Guidelines

- Do at least seven *Fashion Forward* activities and/or **More Challenges** each year.
- Complete this project level within three years.
- Keep the planning guide up to date by setting project goals and recording highlights.

Fashion Forward Youth Activity Guide

The activities will challenge you to explore areas of the project you perhaps haven't experienced before. Do your best to complete each activity and answer the questions. Work with your helper to complete each learning experience. You may need additional resources to do some of the activities. Sewing magazines, books, videotapes, Internet sites, and information from fabric stores and manufacturers are good sources. The library will also have resources to help you. Supplemental and reference materials for the Sewing and Textiles project can be found on the Sewing Project Online website at www.4-H.org/curriculum/sewing. Remember, this is your own personal project activity guide. As you complete the activities, answer the questions, and record your project highlights, you'll realize how much you have accomplished in the project. Have fun!

Your Project Helper

The choice is yours! The person you choose to be your project helper needs to be willing to support your efforts to complete *Fashion Forward*. Your helper will meet with you to help you set goals, plan activities, suggest resources, talk over each activity and date and initial your achievement program each time you have completed an activity. Write the name, and phone number and email address of your helper here.

Helper's name: _____

Phone: _____

E-mail: _____

Planning Guide

My Project Goals

1. _____

2. _____

3. _____

Project Highlights

Your sewing experiences are worth remembering! Write down the important and exciting things you do and learn, along with the date.

	Identify fit ease and design ease	1	2	3	1
	Sew three different seam finishes	1	2	3	1
	Use three pressing tools	1	2	3	1
	Thread a serger	1	2	3	1
	Read International Care Symbols	1	2	3	1
	Describe the purpose of three different laundry products	1	2	3	1
	Identify advantages and disadvantages of electronic fabric purchase	1	2	3	1
	Set a price for textile products	1	2	3	1
	Plan and organize a community service project	1	2	3	1

Before and After—What do you know?

Here is a great way to see if you learn something new and develop important skills in this project. Before you start doing the activities in this guide, indicate what you know **NOW**. Then when you complete the *Fashion Forward* Advancement Program, indicate what you know **AFTER**. You may be surprised what you learned. Share the results with your helper. Begin each skill with the words “*I know how to...*” then circle **1** (to a great extent), **2** (somewhat) or **3** (not at all).

<i>Fashion Forward</i>	<i>Before</i>	<i>After</i>
Identify three methods of fabric construction	1 2 3	1 2 3
Identify natural and man-made fibers	1 2 3	1 2 3
Identify two types of fabric coloration	1 2 3	1 2 3
Make a patch pocket	1 2 3	1 2 3
Insert a lapped zipper	1 2 3	1 2 3
Sew buttonholes	1 2 3	1 2 3
Identify fit ease and design ease	1 2 3	1 2 3
Sew three different seam finishes	1 2 3	1 2 3
Use three pressing tools	1 2 3	1 2 3
Thread a serger	1 2 3	1 2 3
Read International Care Symbols	1 2 3	1 2 3
Describe the purpose of three different laundry products	1 2 3	1 2 3
Identify advantages and disadvantages of electronic fabric purchase	1 2 3	1 2 3
Set a price for textile products	1 2 3	1 2 3
Plan and organize a community service project	1 2 3	1 2 3

More Challenges

[illegible]

Date_____ Helper's initials_____

Date _____ Helper's initials _____

Activities

Date completed

**Helper's
initials**

Chapter 1: Creating

Fabric Construction Facts

Fiber Facts

To Dye or Not to Dye, That is the Question

Patch Pocket Pizzazz

To Zip or Button, It's Up to You

Perfect Fit

Blue Dreams in Denim

What's That Tool?

Taming the Serger

Chapter 2: Maintaining

Tag! You're It!

Laundry Lingo

Chapter 3: Teaching

Shop the 'Net

Chapter 4: Futuring

Sewing Business Cents

Chapter 5: Serving

Sharing Polar Fleece Fun



Fashion Forward



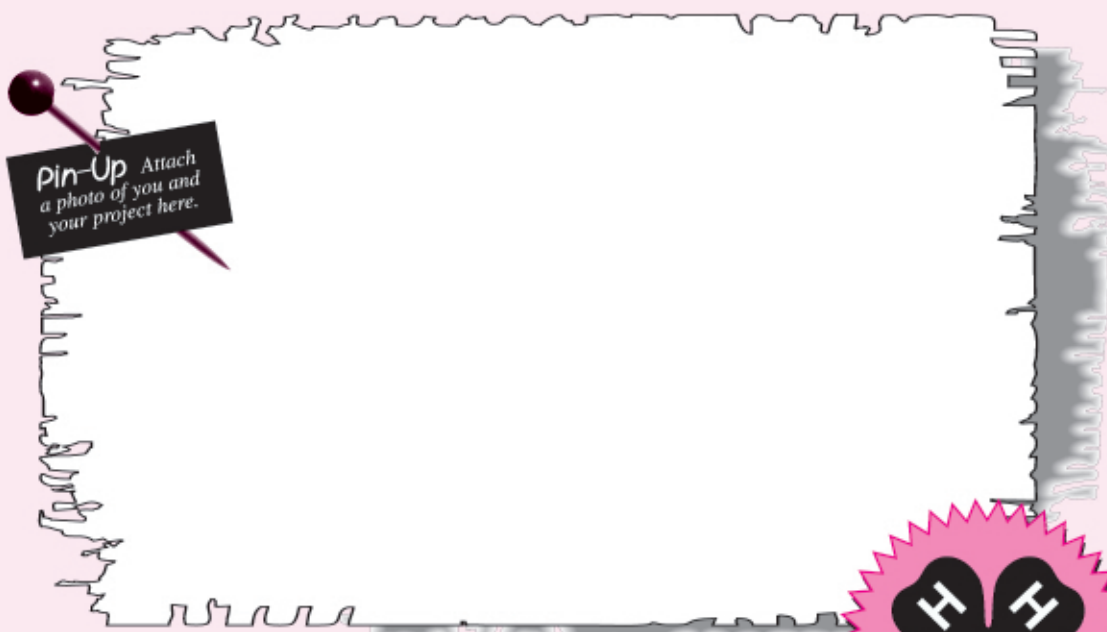
Completion Certificate

I certify that

has completed all the requirements in the
Fashion Forward Achievement Program.

Helper's signature _____

Date _____



Pin-Up

Attach
a photo of you and
your project here.





Fabric Construction Facts

The fabric store is full of different fabrics. Which fabric should you choose for your next project? The success of your projects depends a great deal on selecting the right fabric for each project. As a beginning sewer you may have selected a woven fabric for your early projects. As you continue your sewing experiences, you may want to try using knit fabrics. Selecting the right fabric for a sewing project takes a little practice. Refer to the back of your pattern envelope for ideas. In this activity you will identify different methods of fabric construction.

Sewing Project Skill: Knowledge of fabric construction

Life Skill: Acquiring and evaluating information

Educational Standard: Evaluate fiber and textiles materials

Success Indicator:
Describe three different methods of fabric construction.



Cutting Edge

You may be familiar with woven fabrics but fabrics are also constructed using a knitting process and a felting process. In this activity, you'll learn the difference between types of fabric construction. Go to your favorite fabric store and explore several fabrics. Look at the cut edge. Can you pull a loose thread across the grain? Gather information from the end of the fabric bolt. Ask the store manager if you can have samples for your project. Ask your helper to gather sample fabrics with you.

Pin-Up

Attach a 1 inch square of a sample of each type of fabric to this page.

Woven

Knit

Non-Woven
(Felted)

Other



Sewing Circle

Dyeing to Know

- What kinds of fabrics did you find?
- What information did you find on the fabric bolt?
- What fibers did you identify with the different methods of fabric construction?

Unravel What Is Important

- Why is it important to check the pattern envelope for suggested fabrics?

Fit It to Your Life

- What did you learn about gathering information?

Pin Down What You Have Learned

- What have you learned that will be helpful in the future?



Sewing Sense

Turning Yarn into Fabric

Fabrics are constructed in a variety of ways. They are grouped by how they are made. The most common types of fabric construction are woven, knit and non-woven.

Woven Fabric Construction

The weaving of fabric consists of interlacing yarns at right angles to one another. Interlacing is the point at which a yarn changes from one side of the fabric to the other side. The basic weaves include plain weave, twill weave and satin weave. In a plain woven fabric, weft yarns (crossgrain) pass over one and under one of the warp yarns (lengthwise grain). The plain weave varies in strength based on the weight of the yarn used and the closeness of the weave.

The number of warp yarns that the weft yarns pass over creates different type weaves. The simplest twill woven fabrics are created when the warp yarn crosses over two weft yarns, then under one, over two, etc. In the next row, the sequence is repeated, but begins one yarn over creating a diagonal line. When weft yarns pass over several warp yarns, this is called a float. Satin weaves have floating yarns and are easily snagged.

Fabric Count

Fabric count is the number of warp and weft yarns per square inch as the fabric comes from the loom. The count number may be given as the total of the weft and warp yarns. When written as two numbers the warp number is written first. The higher the count, the better the quality of the fabric.

Knitted Fabric Construction

In the knitting process, needles are used to form a series of interlocking loops from one or more yarns or from a set of yarns. Instead of two sets of yarns crossing each other as in the weaving process, the single knitting yarn is looped through itself to make a chain of stitches. Knitted fabrics have a wide range of stretch ability. This stretch may be in either one direction or both directions. Swimwear fabrics typically have two-way stretch.

Non-woven Fabrics

Although woven and knitted fabrics comprise the largest amount of fabric produced, there are other forms used to create fabric. These fabrics are referred to as non-wovens. Felt is an example of non-woven fabric. Several types of interfacings are also non-woven.

More Challenges

1. Give a demonstration on different types of fabric construction to your friends or to 4-H club members.
2. With your helper, take several patterns to the fabric store and practice choosing appropriate fabric for each of them.

Fiber Facts

Denim jeans may be your choice for school wear. Have you wondered why your jeans are so comfortable to wear? When you touch different fabrics, either in a fabric shop or when shopping for ready-to-wear, you have probably noticed a difference in how they feel. Oh, by the way, what is the fiber content of your jeans? In this activity, you will collect fabric samples that contain different fibers.



Cutting Edge

Visit a store that sells a variety of fabrics. Collect samples of at least six different fabrics. You can find the fiber content on the label attached to the end of the fabric bolt. Attach a one inch sample of each fabric in the space provided. If you select a blend, write the percent of each fiber's content. As you search for fabrics with different fiber content, feel and note the differences in the fabric's hand.

Sewing Project Skill: Knowledge of natural and man-made fibers

Life Skill: Acquiring and evaluating information

Educational Standard: Evaluate fiber and textiles materials

Success Indicator:
Describe the difference between natural and man-made fibers.

Pin-Up Attach samples below.



100% Cotton



Cotton Blend

Fiber content _____



Rayon/rayon Blend

Fiber content _____



100% Lyocell



Wool/wool Blend

Fiber content _____



Other man-made

Fiber content _____



Sewing Circle

Dyeing to Know

- What were some of the fabric blends you found in the fabric shop?
- Which of the four common natural fabrics did you find?

Unravel What Is Important

- Why is it important to know the fiber content of the fabric you select for your projects?

Fit It to Your Life

- What impact does the fiber content of fabric have on the environment when used clothing is sent to landfills?

Pin Down What You Have Learned

- Why is it important to select fabrics suitable for the style of your pattern?

Did you know?

Flax (linen) is considered the oldest natural textile fiber with its earliest use estimated at 5000 BC. Rayon is the oldest man-made fiber with production beginning in 1910 and lyocell is the latest man-made fiber with production beginning in 1992.



Sewing Sense

Textile Fibers

Fabric is constructed from fibers. Fabrics are made from two kinds of fibers: natural or man-made, sometimes referred to as manufactured fibers. Some terms used to describe fabrics include soft, stiff, fluid, crisp, rough, etc. The feel of fabric is referred to as the 'hand'.

Natural Fibers

The most common natural fibers come from plants or animals and include cotton, wool, silk and linen (flax). The mercerization process can increase cotton's strength. Linen is one of the strongest of the natural fibers. Linen fabric may feel stiff as the fibers have a high resistance to bending. Wool is a weak fiber, however, wrinkles will hang out of wool fabrics. It also has excellent insulating qualities.

Man-made Fibers

The term 'man-made fibers' refers to all fibers that are not found naturally. Man-made fibers can be subdivided into two categories. Those made from chemicals, such as petroleum, are referred to as synthetic fibers. The other category is referred to as regenerated fibers as they are made from natural occurring materials that cannot be used for textiles in their natural occurring form. For example, rayon is made from wood pulp. Man-made fibers include polyester, nylon, acetate, lyocell, spandex, and many others.

Fabric Blends

Many fabrics are a blend of two or more fibers. Through the blending process, characteristics of each fiber enhance the characteristics of the other fiber(s). For example, polyester is blended with cotton which incorporates 'ease of care' with the 'cool' cotton feature.

More Challenges

Present a demonstration on the differences between natural and man-made fibers.

To Dye or Not To Dye

When you purchase fabric, do you ever wonder how that wonderful plaid or flower design is created? Is it made with pre-dyed fiber yarns and then woven together to create the design? Or is it woven together as un-dyed fiber yarns and then printed with the design? Can you tell the difference?



Cutting Edge

In this activity you examine several fabrics to determine how the color and design were applied.

Gather some fabric pieces and examine them closely, using a magnifying glass if needed. Decide how the color of the design was applied to the fabric. Is the color the same on both sides of the fabric? For printed-on fabric designs evaluate whether or not the design is printed on grain. Does it follow the crosswise and lengthwise yarns? Label your printed samples as ON or OFF grain. Now have fun completing the fabric chart!

Attach at least four woven fabric samples; include a front and back view of each.

Sewing Project Skill: Evaluating fabric dye application

Life Skill: Decision making

Educational Standard:
Demonstrate apparel and textiles design skills

Success Indicator:
Identify two types of fabric color applications.



	Yarn-dyed Woven-in Design		Printed-on Design		Grain
	Front of fabric	Back of fabric	Front of fabric	Back of fabric	
Overall design, like plaids, stripes, etc.					ON OFF
Picture design, like flowers, animals, etc.					ON OFF
Solid color fabric					ON OFF



Sewing Circle

Dyeing to Know

- What helped you determine how the fabric design was applied?
- What assistance did you need to decide how the fabric designs were applied?

Unravel What Is Important

- How can the method used to apply the fabric design affect its end use?

Fit It to Your Life

- Why is it important to evaluate your options before making a decision?

Pin Down What You Have Learned

- What other fabric elements should be evaluated before making a decision on how best to use the fabric?

Did you know?

Natural dyes are extracted from plants, insects, and other natural items. One example is natural "indigo" which comes from a deep blue root.

Acknowledgement: Activity written by
Sharlene Woffinden and Ronda Olsen.

Sewing Sense

Coloration of Fabrics

Without color added to fabrics our world would be dull. Paying attention to how the color is added can reveal a lot about the fabric. Some fabrics are all one color; others are covered with art work and still others are striped or plaid.

There are two ways of creating colorful fabric, dyeing and printing, and there are several ways to do both. Yarn dyeing is when the yarn is dyed before being woven or knitted into the fabric. Piece dyeing is when the woven or knitted fabric is dyed. Printing is when a color or design is applied to the fabric surface, either by hand or machine.

You can tell a printed textile from a dyed one by the color saturation. In most cases, printed colors are clearer on the front than on the back. Dyed textiles are the same clear color on both sides.



Comparing different dye applications.

More Challenges

1. Design your own fabric. Apply a design (dyed or printed) on a plain piece of fabric.
2. Create a piece of fabric by weaving together yarn, ribbon or other types of fibers.
3. Use your personally designed fabric to construct a garment or other item.
4. Use a ready-made garment or item and add a design by dyeing, printing or another method.