

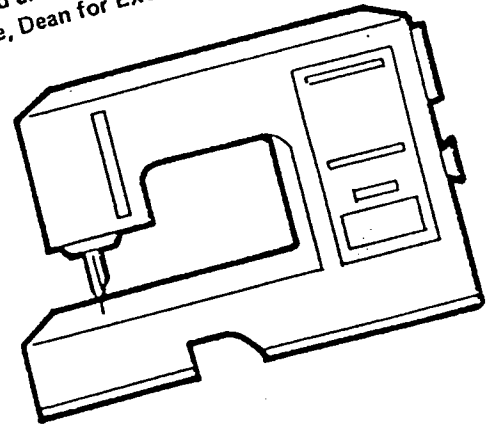
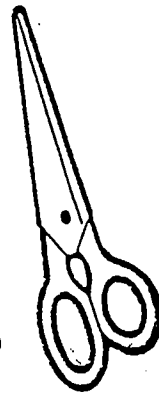
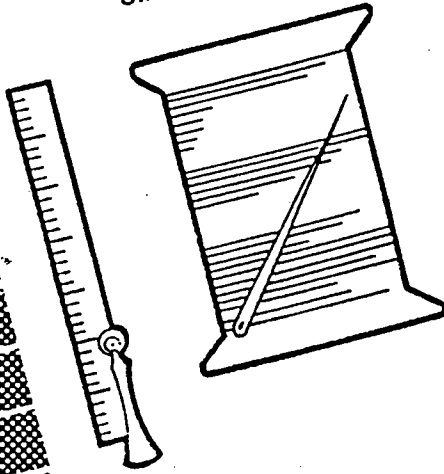
NAME \_\_\_\_\_  
CLUB \_\_\_\_\_

4H 221

# 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



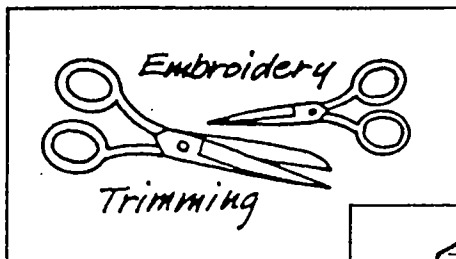
# 4-H Clothing Construction - Girls - Level 1

## Use...

Cotton or cotton-like fabrics that are firm

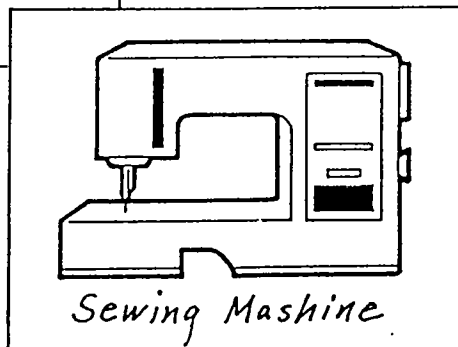
## Make at least one...

Tote bag  
Apron  
Simple poncho  
Popover skirt



## Make at least one...

Simple skirt  
Simple nightgown  
Simple blouse or shirt  
Half-slip  
Swimsuit coverup

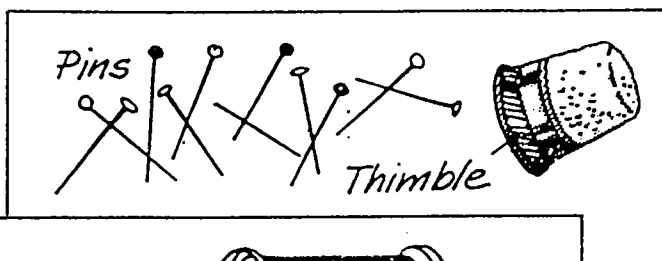


## Study...

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

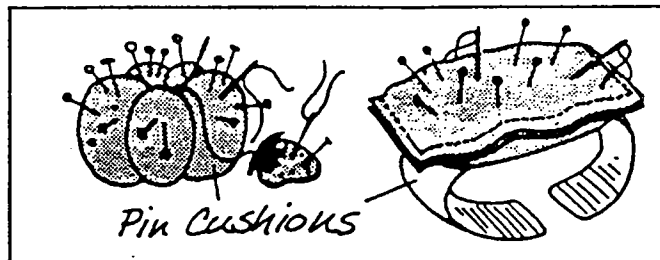


## Show and tell...

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*

Garments Made	Fabric	Fiber Content	Date Completed	Cost	Savings
---------------	--------	---------------	----------------	------	---------

1. \_\_\_\_\_

2. \_\_\_\_\_

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.

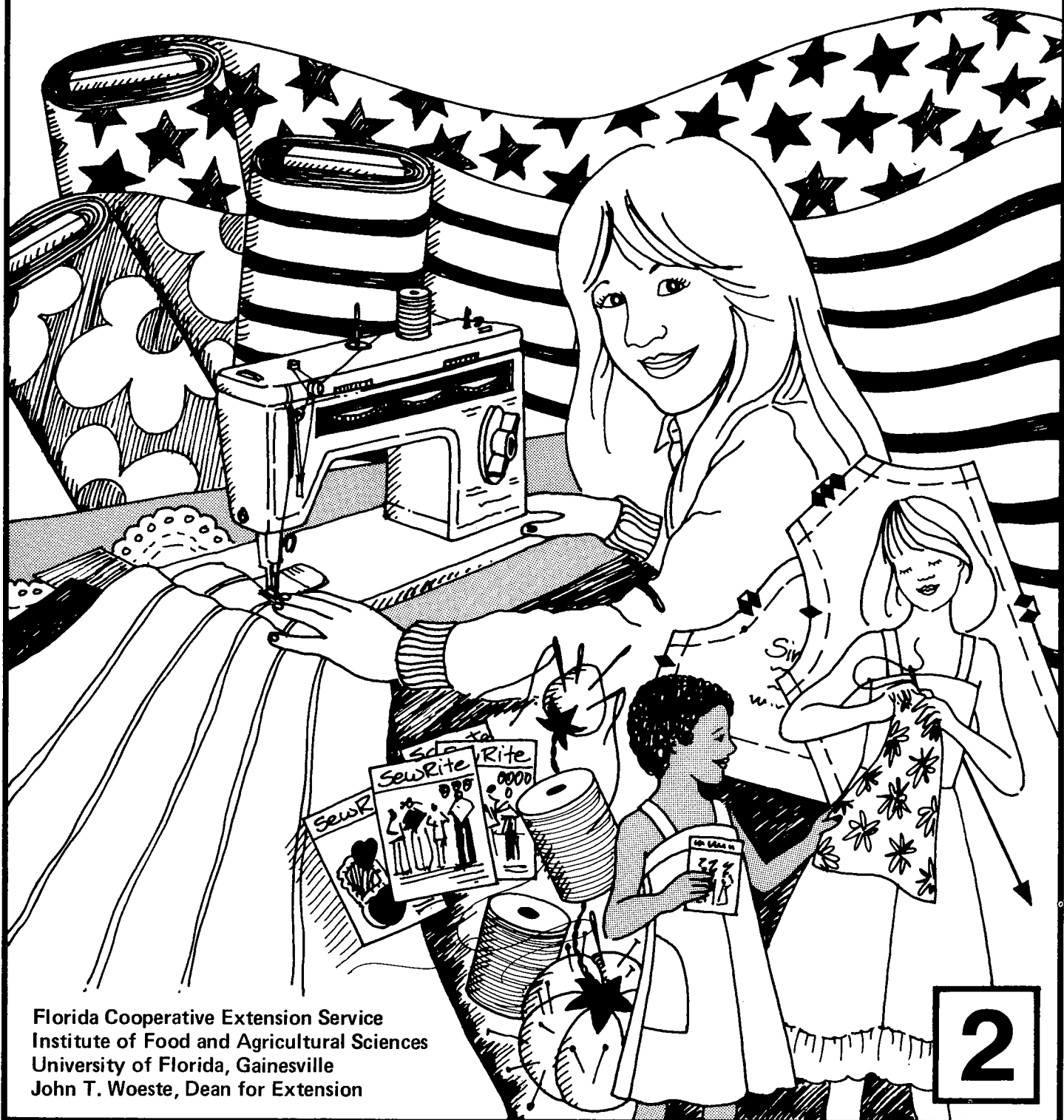
Prepared by Nadine Hackler, Professor, Extension Clothing Specialist. Revised June 1988

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

COOPERATIVE EXTENSION SERVICE, UNIVERSITY OF FLORIDA, INSTITUTE OF FOOD AND AGRICULTURAL SCIENCES, G.L. Zachariah, director, in cooperation with the United States Department of Agriculture, publishes this information to further the purpose of the May 8 and June 30, 1914 Acts of Congress; and is authorized to provide research, educational information and other services only to individuals and institutions that function without regard to race, color, sex, age, handicap or national origin. Single copies of extension publications (excluding 4-H and youth publications) are available free to Florida residents from county extension offices. Information on bulk rates or copies for out-of-state purchasers is available from C.M. Hinton, Publications Distribution Center, IFAS Building 664, University of Florida, Gainesville, Florida 32611. Before publicizing this publication, editors should contact this address to determine availability.



# 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

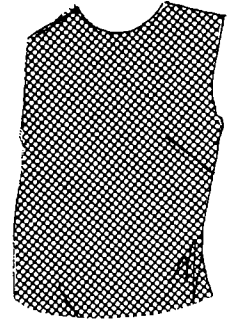
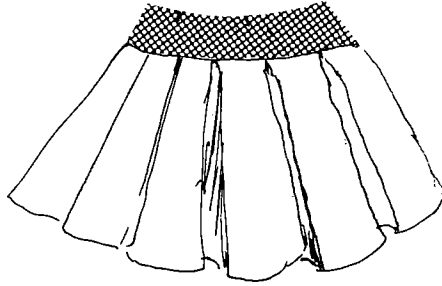
## 4-H Clothing II

### 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

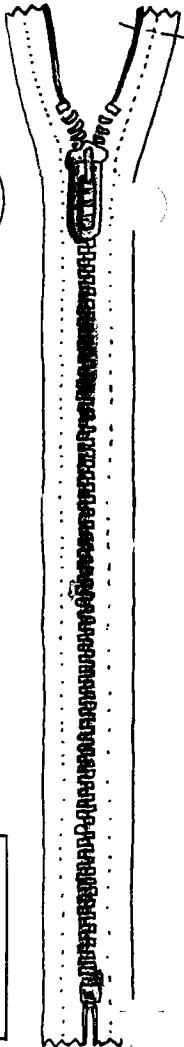
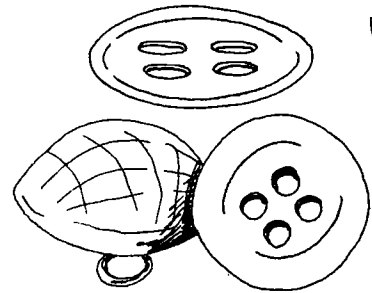
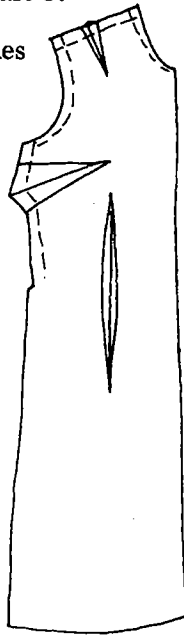


### Study

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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Attach additional pages, if needed

Garments Made	Fabric Name	Fiber Content	Date Finished	Cost
1.				
2.				
3.				

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?

Title	Where	Date

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

COOPERATIVE EXTENSION SERVICE, UNIVERSITY OF FLORIDA, INSTITUTE OF FOOD AND AGRICULTURAL SCIENCES, K. R. Tefertiller, director, in cooperation with the United States Department of Agriculture, publishes this information to further the purpose of the May 8 and June 30, 1914 Acts of Congress; and is authorized to provide research, educational information and other services only to individuals and institutions that function without regard to race, color, sex or national origin. Single copies of Extension publications (excluding 4-H and Youth publications) are available free to Florida residents from County Extension Offices. Information on bulk rates or copies for out-of-state purchasers is available from C. M. Hinton, Publications Distribution Center, IFAS Building 664, University of Florida, Gainesville, Florida 32611. Before publicizing this publication, editors should contact this address to determine availability.





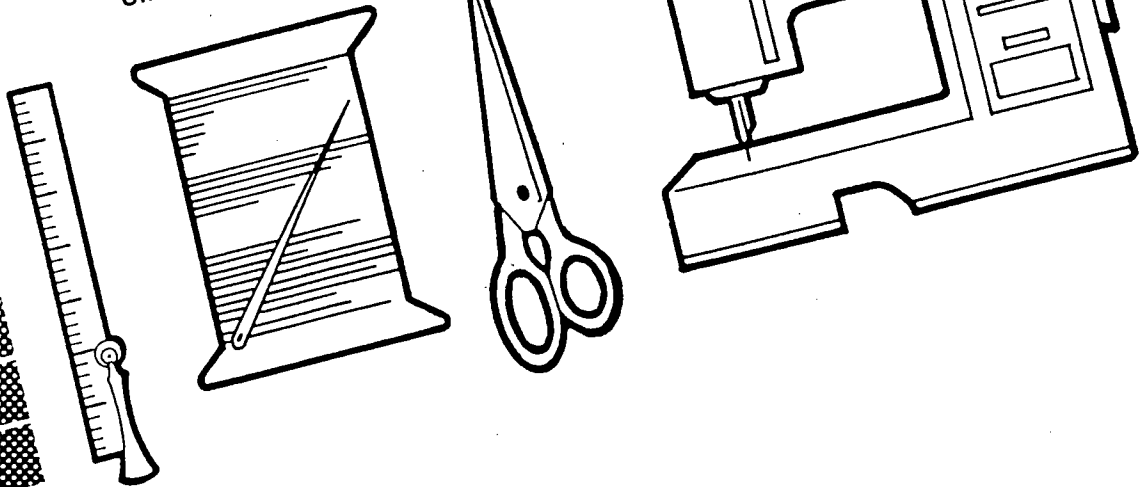
NAME \_\_\_\_\_  
CLUB \_\_\_\_\_

4H 223

# 4-H CLOTHING CONSTRUCTION

## Girls Level 3

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



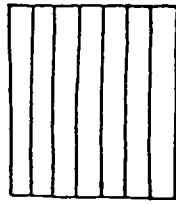
# 4-H Clothing Construction - Girls - Level 3

## Use...

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

## Make at least two...

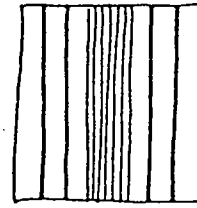
- Dress with collar and/or sleeves
- Pantsdress or jumpsuit
- Skirt and top of any kind
- Pants and top of any kind
- Jumper and top of any kind
- Pajamas or nightgown
- Slip and panties



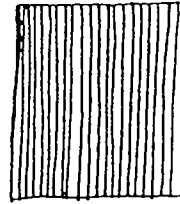
Wide wale



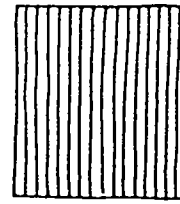
Cordless



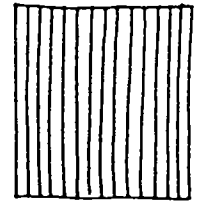
Thick and Thin



Finewale



Pinwale



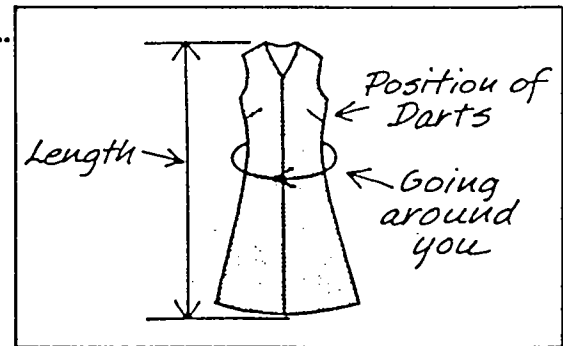
Midwale

## 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

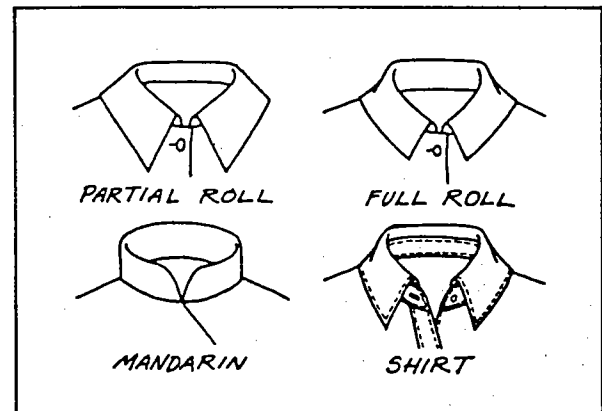


## Show and tell...

- 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 \_\_\_\_\_

*Attach additional pages, if needed*

Garments Made, Repaired, Altered, Recycled	Fabric Name	Fiber Content	Date Completed	Cost	Savings
--	-------------	---------------	----------------	------	---------

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

What did you learn on

Garment 1? \_\_\_\_\_ Garment 3? \_\_\_\_\_

\_\_\_\_\_

Garment 2? \_\_\_\_\_ Garment 4? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

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?

Title	Where	Date

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 understitched.

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

COOPERATIVE EXTENSION SERVICE, UNIVERSITY OF FLORIDA, INSTITUTE OF FOOD AND AGRICULTURAL SCIENCES, K.R. Tefertiller, director, in cooperation with the United States Department of Agriculture, publishes this information to further the purpose of the May 8 and June 30, 1914 Acts of Congress; and is authorized to provide research, educational information and other services only to individuals and institutions that function without regard to race, color, sex, age, handicap or national origin. Single copies of Extension publications (excluding 4-H and Youth publications) are available free to Florida residents from County Extension Offices. Information on bulk rates or copies for out-of-state purchasers is available from C.M. Hinton, Publications Distribution Center, IFAS Building 664, University of Florida, Gainesville, Florida 32611. Before publicizing this publication, editors should contact this address to determine availability.



NAME \_\_\_\_\_  
CLUB \_\_\_\_\_

4H 224

# 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...

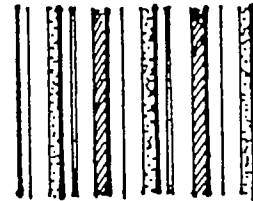
- A fabric that requires matching--stripe or large design
- A single knit
- A suitable fabric of your choice

## 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



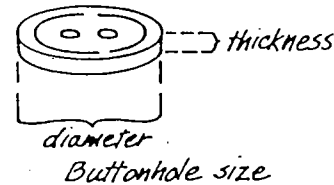
EVEN-VERTICAL



UNEVEN-VERTICAL

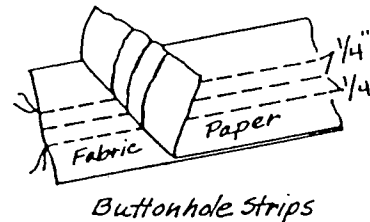
## Study...

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

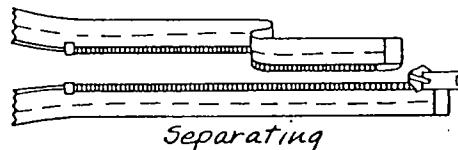


## Learn and do at least four new construction techniques...

- 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



Buttonhole Strips



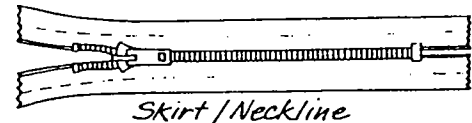
Separating

## Show and tell...

- At least one other person

## Give...

- At least one demonstration



Skirt / Neckline

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*

Garments Made, Repaired, Altered, Recycled	Fabric Name	Fiber Content	Date Completed	Cost	Savings
--	-------------	---------------	----------------	------	---------

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

6. \_\_\_\_\_

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?

Title	Where	Date

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

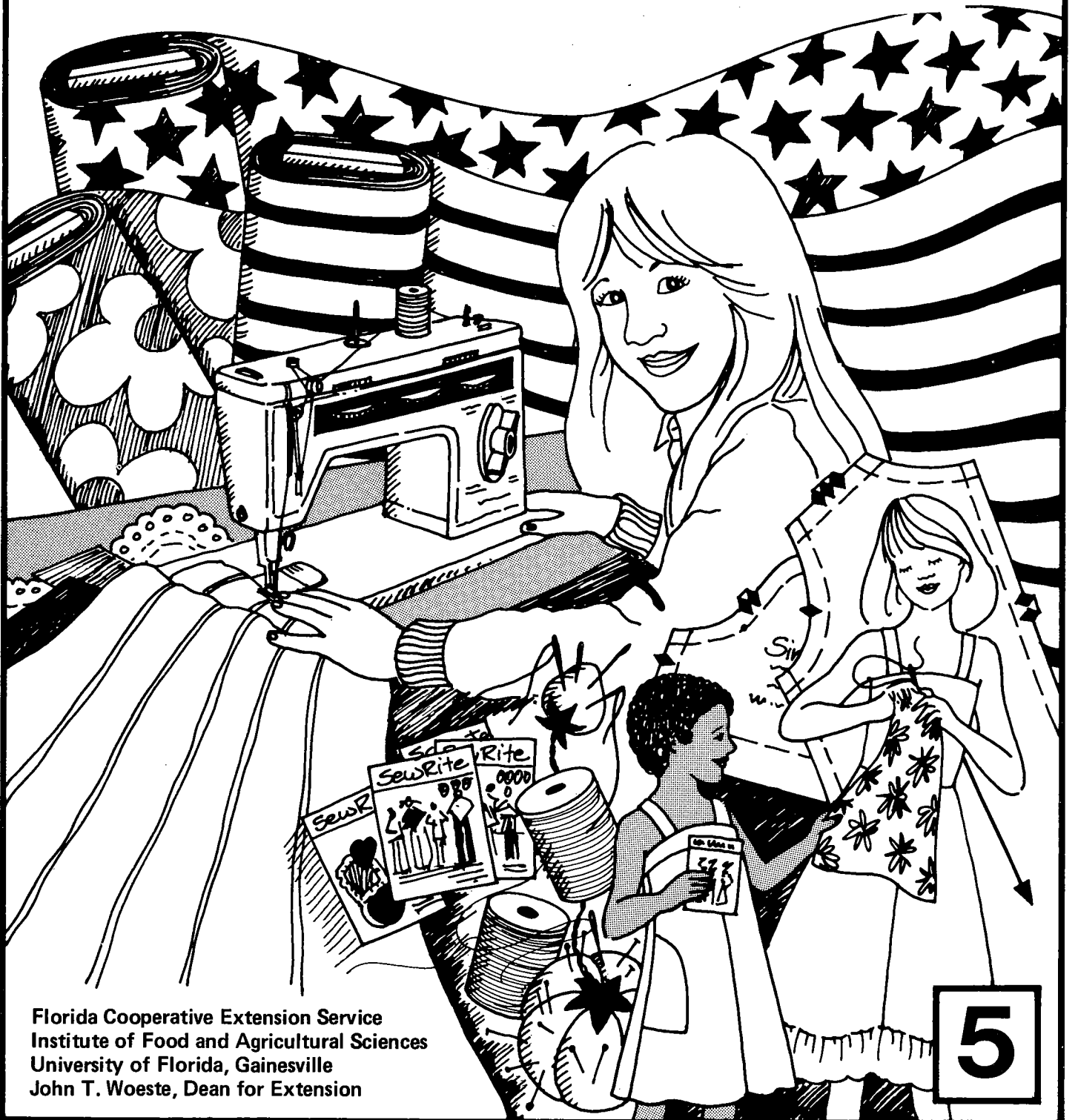
This publication was produced at a cost of \$212.70, or 43.0 cents per copy, to teach 4-H members how to make clothing. 8-500-88

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# 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

## 4-H Clothing V

### 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-tailored 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 applique
- 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

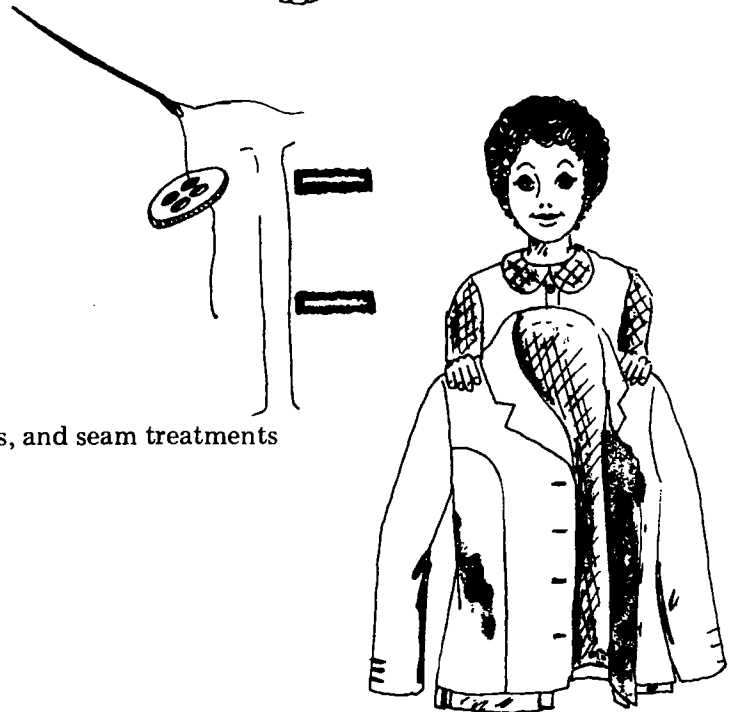
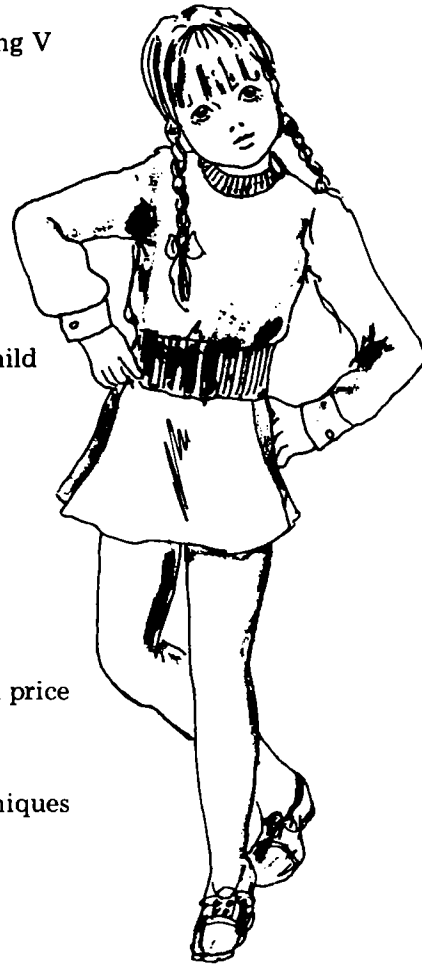
- At least three other people

### 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 \_\_\_\_\_

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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.

Garments Made	Fabric	Fabric Content	Date Finished	Cost
1.				
2.				
3.				
4.				
5.				
6.				

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?

Title	Where	Date

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



# 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

## 4-H CLOTHING VI

### 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

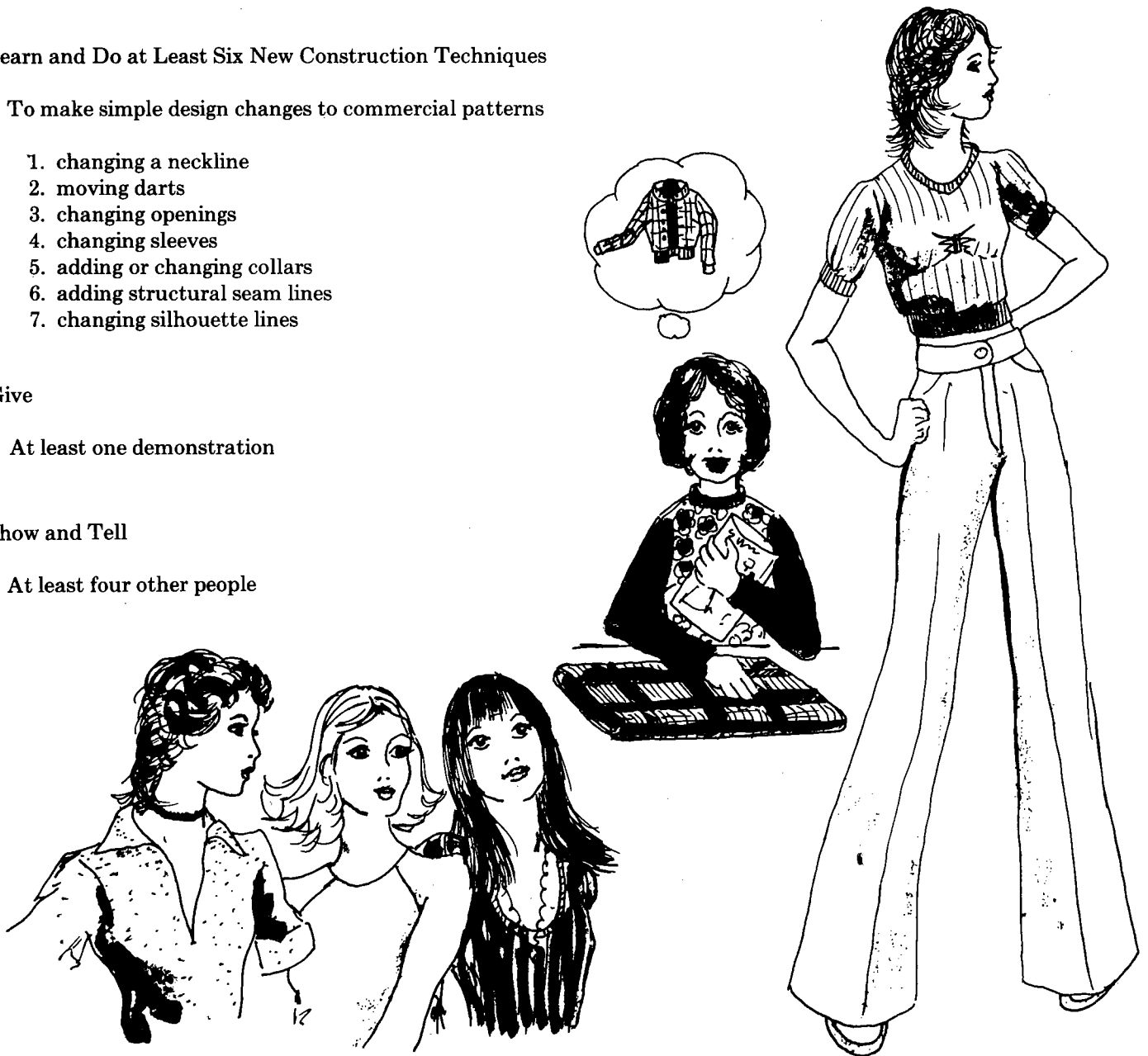
1. changing a neckline
2. moving darts
3. changing openings
4. changing sleeves
5. adding or changing collars
6. adding structural seam lines
7. changing silhouette lines

### Give

At least one demonstration

### Show and Tell

At least four other people



**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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Attach additional pages, if needed.

Garments Made	Fabric Name	Fabric Content	Date Finished	Cost
1.				
2.				
3.				
4.				
5.				
6.				

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?

Title	Where	Date
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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).

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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





