

Kalamazoo County 4-H

Needlework/Personal Appearance

Project Guidelines

Project Leader: Sections A - K- N/A
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Project Social Media: N/A

Project Objectives & Life Skills*

- Youth will learn a variety of techniques related to needlework, textiles, fashion and personal style depending on the project chosen. They will explore the basics of the projects, tools, equipment and techniques to complete a project.
- Become a knowledgeable consumer, showcase your fashion sense and explore current fashion trends
- **Head**
 - Wise use of resources
 - Planning/organizing
 - Critical thinking
 - problem solving
- **Heart**
 - Accepting differences
 - Social skills
 - Sharing
 - Communication
- **Hands**
 - Marketable skills
 - Self motivation
 - Leadership
 - Teamwork
- **Health**
 - Self-esteem
 - Character
 - Self-discipline
 - Stress management

**note these life skills are just some examples of what 4-H members will learn in this project*

Additional Resources:

<https://co4h.colostate.edu/projects/manuals/Heritage-Arts-Spinning.pdf>

<https://www.knittinghelp.com/>

<https://www.thesprucecrafts.com/basic-stitches-in-crochet-978516>

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Needlework Project

Guidelines:

- **No kits allowed for any of the projects in this department.** Patterns and guide sheets are allowed.
- If a pattern is used it must accompany the project in a notebook or folder.
- All needlework projects must be displayed as a finished project

Section A –Embroidery/Crewel

- **No kits allowed. Only patterns, guide sheets and original designs.**
- Beginner:
 - Complete a small (around 5x7 inch) project with 3-5 different simple stitches.
 - Example projects—articles such as doilies, 5x7 picture, bib, clothing pocket, etc.
- Intermediate
 - Complete medium (around 8x10 inch) project with 5-7 stitches.
 - Example projects—large picture (8x10") placemat, quilt squares, design on jacket, pillow, etc.
- Advanced
 - Complete a large (8x10 inch or larger) project with 7-10 different advanced stitches.
 - Example projects—picture pillow (8x10" or larger), clothing, picture in hoop, etc.

Section B—Counted Cross Stitch

Kits may be used by beginners only.

- Beginner: Using 11 count aida cloth, complete project at least 4x5 inches; like a pin cushion, jar lid, ornament, etc.
- Intermediate: Using 14 count aida cloth, complete a project up to 8x10" like a picture, purse front, hoop picture, etc.
- Advanced: Complete a project using 18 or 22 count cloth including back stitch (8x10" or larger) like projects listed above.
- Miscellaneous: Waste Cloth cross stitch. Complete project using guidelines from above.

Section C– Plastic Canvas/Needlepoint

- No kits allowed. Only patterns, guide sheets and original designs.

Plastic Canvas

- 1st Year Exhibitor
 - Exhibit 3 small or one 1 medium simple articles which required the use of 2 or more basic stitches
 - Example projects–bookmark(s), coaster(s), earring caddy, napkin rings, doorknob hanger, refrigerator magnets, etc.
 - No added decorations allowed
- 2nd Year Exhibitor
 - Exhibit 2 medium or 1 large article which requires the use of 3 or more basic stitches and 2 or more colors of yarn
 - Example projects–napkin caddy, tissue box holder, picture frame 5” x 7” or larger, etc.
 - No added decorations allowed
- 3rd Year Exhibitor
 - Exhibit 2 medium or 1 large, detailed article showing increase in skill development over previous year’s work
 - Example projects–Christmas decorations, centerpiece, wall hanging, wreath (base material must be plastic canvas), wrist purse, wallet, etc.
 - Added decorations are allowed (i.e. beads, sequins, silk flowers, metallic thread, etc.).
- 4th Year and Over Exhibitor
 - Exhibit article made from member’s own original design, or article cut out and constructed by member showing increase in skill development over previous year’s work.
 - Example projects–tote bag, handbag, knitting bag, set of place mats, three-dimensional centerpiece, etc.
 - Added decorations allowed.

Needlepoint

- Beginner: using #10 canvas and three different stitches. Complete project at least 6x6" in size such as key chain, pant pocket, coasters, or ornaments
- Intermediate: using #10, 12, or 14 canvas and using 4-6 different stitches, complete a project 8x10" or larger like a picture pillow or footstool cover, etc.
- Advanced: Using #12 or #14 canvas, complete a project with 6-8 or more different stitches such as a pillow, chair cover, tote bag, etc.

Section D–Miscellaneous Needlework Project

- No kits allowed. Only patterns, guide sheets and original designs are allowed.
- Can be any other needlework projects listed below
 - candle wicking, punch embroidery, smocking, hairpin lace, and tatting
- Complete project from above list according to age and difficulty of project, increasing difficulty of the project with each year in the project.

Section E–Quilting

- No kits allowed. Only patterns, guide sheets and original designs are allowed.
- Learn quilting skills for lifetime leisure and vocational pursuits.
- Learn how to select materials, thread and equipment.
- Learn different quilting patterns.
- Learn how to combine colors for harmony or contrast.
- There are fair classes for patchwork items, applique items, tied items and quilted items.
- Learn to adopt a pattern to the size of the article. Projects must be clean and neat.
- Quilting Rules and Tips: -
 - The selvage is never used in quilting. Cut it off.
 - In quilting, a 1/4" seam allowance is used.
 - The outside edge of the quilt block or unit should always be on the straight-of-the-grain.
 - Sashing or lattice strips are approximately 1/4 to 1/3 the size of the quilt blocks they separate. For example: 3" squares sewn into a 9-patch result in a 9" quilt block. 1/3 sashing=3", 1/4 sashing= 1/4 (round off to 2").
 - If it's necessary to piece the backing, don't use a center seam. A center panel of fabric with 2 side panels result in a stronger quilt backing.
 - Pre-wash all fabric in hot water with vinegar or salt added to set the dyes.
 - To determine the amount of a particular fabric needed:
 - Figure how many squares can be cut across the width of the fabric by dividing the fabric width by the square size (don't forget to include the seam allowances).
 - Divide the total number of squares needed of that fabric by the result of step 1.
 - Multiply the result of step 2 by the square size (including the seam allowances). The result will be the amount of fabric needed in inches. Divide by 36 to get the yardage needed.
 - To help keep fabric organized when working on a large project, stack similar pieces one on top of the others. With a needle and knotted thread, run the thread through the stack. Leave a long thread and don't knot this end. Remove the fabric pieces from the thread as you need them.
 - Work with the graph paper design in front of you as you sew. This helps prevent mistakes.
 - To hang a quilt on the wall, attach a hemmed tube of fabric across the back of the quilt 1"-2" from the top. Leave a little fullness to allow a wooden strip or dowel to be inserted. If the quilt is large, use several tubes to allow for openings for extra nails or screws to help support the quilt's weight.
- Beginner (1st year suggested project):
 - Potholder (6" - 8" square):
 - Use a single 9-patch block with each fabric square measuring 2" - 2 3/4".
 - For the filler, use Insul-Bright (a heat resistant batting), several layers of cotton flannel, toweling, cotton or wool blanket, or any heat resistant material.
 - The potholder should be hand or machine quilted, as the loose ends of the ties could present a fire hazard.

- Intermediate (2nd and 3rd year suggested projects):
 - Do not make the same project two years in a row.
 - Table runner (12" x 24" or Placemat (12" x 18")):
 - Enlarge the potholder design.
 - Use a thin batting or Pellon fleece as a filler.
 - It's probably best to machine or hand quilt these items as tying would result in an uneven surface to set glasses and dishes on.
 - Pillow (12" to 24" square):
 - Plan the design to fit a pillow form.
 - Use batting or Pellon fleece as a filler.
 - Can be either quilted or tied.
 - Add a border to frame the design.
 - Finish by adding a ruffle or cording and a pillow back.
 - Use either a zipper or a split back for pillow insertion.
 - Doll Quilt (15" to 25" square - varies with doll size):
 - This is an excellent project to start playing around with your own design.
 - Use batting for a filler.
 - Either tie or quilt.
- Advanced (4th year and beyond suggested projects):
 - Original designs are encouraged.
 - Wall hanging (24" to 48" square) or Crib Quilt (approx. 45" x 60"): -
 - These projects use the same principles as the doll quilt does, only they require more patience as the project is larger and the design possibilities more intricate.
 - Twin-sized Quilt (approx. 66" x 96"):
 - Measure the bed to plan the size as each bed is different. Measure the mattress and add the drop to the dust ruffle or floor on both sides and the foot of the bed.
 - Add 10"-15" for a pillow tuck, if desired. Complete a project of a larger size, using only pieced or appliqued quilt top.
 - NOTE: Quilt top that has been piece or applique may be sewed with a machine, quilting must be done by hand.

Section F–Knitting

- No kits allowed. Only patterns, guide sheets and original designs.
- If a wearable garment is made, the youth who made it is eligible to participate in the style revue.
- Wearable garments need to be exhibited with a hanger or way of displaying the 4-H members' work.
- Youth should **focus on the quality of the work, not the quantity** of work that they make.
- Listed below are guidelines for techniques that could be learned at various levels of experience. It doesn't mean that the member must learn all of the techniques during that time period since it depends on the individual and how much they can handle.
- Knitting skills, techniques or methods should be learned and advanced from year to year.
- The project selected each year should be made with regard to the member's interest, length of attention span and abilities.
- Members must select projects each year in which they will develop new skills.
- Knitting recommendations:
 - Clean hands and clean needles are a must to keep your project clean
 - Correct tension must be stressed from the beginning
 - Size 8 (10 inch) needles and knitting worsted weight yarn, are recommended for beginners.
 - White, black, and navy yarns are not recommended until knitter is advanced. White shows the dirt too quickly and black and navy are hard for beginners to spot mistakes.
 - Pattern and yarn selection should be suitable for the member's age and ability.
 - When casting-on/binding-off keep proper, even tension as well as keeping stitches close together but not too tight.
 - Seams should be finished smoothly, the suggested seam finishes are back stitch, single crochet, weave, and invisible stitch. Do NOT use the overcast method; this will add bulk and can sometimes produce uneven looking seams.
 - To keep your workmanship clean make sure you have the correct gauge by doing a test swatch to check your gauge.
 - Follow the pattern correctly throughout the item.
 - Make sure tension is uniform and proper finishing techniques are used to keep your workmanship clean throughout your piece.
 - Take measurements before starting a project to size correctly
 - Join yarn at edges whenever possible and weave ends into seam allowances
 - If yarn must be joined in the middle of a row, follow these steps:
 - knit old and new yarn together for 4-5 stitches and work ends in
 - Joining yarn by knotting is not recommended because it is difficult to hide knots and present a finished look and knots are sometimes not durable
 - leave ends long enough to be worked into the knitted object
 - make sure all ends are worked in so they are not visible
 - All knitted objects must be clean and dry when brought in for judging
 - Block all knitted objects where it is appropriate to do so
 - Make sure to know the care of the knitted object by looking at the yarn label
- Below is a link to a list of knitting and crocheting books. Exhibitors can copy and paste the book into another browser. Those who are blind can download a version from the NLS Bard (Braille & Audio Reading Download) service at the same link.

<https://www.loc.gov/nls/new-materials/book-lists/needlework/>

- **Beginners:** very simple and quick-to-do projects are recommended for the first-year members.
 - Members should be encouraged to increase their knowledge and skills according to their age and ability. Likewise, members should be discouraged from undertaking too difficult a pattern or making numerous items.
 - Suggested projects
 - 1st year projects (select 2 items)
 - Hat and scarf (counts as 2)
 - Simple purse
 - Potholder
 - Slippers
 - Simple amigurumi
 - 2nd year projects (select 1 item)
 - Mittens
 - Simple poncho
 - Sleeveless shell
 - Vest
 - Simple socks
 - Simple pillow
 - Basket
 - Amigurumi
 - Suitable yarn suggestions for projects: worsted weight acrylic, worsted weight acrylic/wool or cotton blend, worsted weight wool, some novelty yarns (not fussy with a lot of texture), DK weight, sport weight, NO boucle yarn.
 - Suggested skills to learn:
 - What is Knitting?
 - For the first project, stress simplicity.
 - Has a good grasp of the basics (i.e., holding needles and yarn, etc.)
 - Use of basic knitting tools
 - Yarns
 - Reading a yarn label and understanding fiber content, care, yardage vs ozs
 - Dye lots
 - How to substitute a yarn when pattern calls for another
 - Suitable yarn for type of pattern
 - Simple knitting terms and abbreviations
 - How to wind yarn (if necessary)
 - Casting on
 - How to knit, purl, ribbing, stockinette stitch and bind off
 - How to use correct tension to gauge correctly
 - How to join new strand of yarn
 - How to increase and decrease
 - How to recognize and correct mistakes
 - How to sew seams
 - Back-stitching and woven
 - Correct way to wash and care for knitted garments.

- **Intermediate:** as skills increase, members should use a pattern suitable to that skill level. Be sure to pick a new learning experience. Make sure to focus on quality, NOT quantity.
 - Suggested 3rd year project (select 1 item)
 - Simple cardigan sweater w/long or short sleeves–stockinette stitch
 - Simple pullover sweater w/long or short sleeves – stockinette stitch
 - Simple poncho – garter stitch
 - Simple cape – garter stitch or stockinette stitch
 - Simple skirt – stockinette stitch
 - Simple socks with ribbed leg
 - Large bag or purse with inner lining
 - Amigurumis with new techniques/stitches
 - Advanced pillow with multiple stitches and 2 or more colors
 - Suggested 4th year project (select 1 item)
 - Cardigan sweater with long or short sleeves using a pattern stitch
 - Pullover sweater with long or short sleeves using a pattern stitch
 - Poncho with a pattern stitch
 - Cape with a pattern stitch
 - Skirt with a pattern stitch
 - Mittens and hat with a pattern stitch
 - Socks with a pattern stitch
 - Amigurumis with new techniques/stitches
 - Small baby blanket
 - Granny square project
 - Suitable yarn suggestions for projects: Worsted weight acrylic, worsted weight acrylic/wool or cotton blend, worsted weight wool, some novelty yarns (not fussy with a lot of texture), DK weight, sport weight
 - Suggested skills to learn:
 - Yarns
 - reading a yarn label and understanding fiber content, care, yardage vs ozs
 - dye lots
 - how to substitute a yarn when pattern calls for another
 - suitable yarn for type of pattern
 - How to read more complicated patterns
 - Use of stitch holders, tape measure and markers
 - How to do knit-in buttonholes
 - How to set in sleeves
 - How to backstitch, crochet and invisible graft seams
 - How to do pattern stitches (cables, clusters, bobbles, twists, etc.)
 - Use of circular needles
 - How to launder and block garment

- Advanced: members are expected to make a more difficult type of garment. Be sure to pick a new learning experience. Remember it is quality, not quantity, and don't forget to keep up with your basics.
 - 5th year and beyond suggested projects: (should be more challenging)
 - Sweater with knit-in design using 2 or more colors (Fair Isle, Intarsia)
 - Gloves, tie and socks (all 3) with knit-in design using 2 or more colors
 - Suit with pattern stitch, knit-in design using 2 or more colors
 - Skirt with pattern stitch, knit-in design using 2 or more colors
 - Dress with pattern stitch, knit-in design using 2 or more colors
 - Coat with pattern stitch, knit-in design using 2 or more colors
 - Afghan with multiple pattern stitches, knit-in design using 2 or more colors
 - Advanced Amigurumis with multiple pattern stitches, knit-in design using 2 or more colors
 - Any other project that requires equal skill
 - Suitable yarn suggestions for projects: worsted weight acrylic, worsted weight acrylic/wool or cotton blend, worsted weight wool, some novelty yarns (not fussy with a lot of texture), DK weight, sport weight, boucles yarn, any yarn desired to complete project
 - Suggested skills to learn:
 - Work with more complicated patterns
 - How to interchange colors
 - Use of different types and weights of yarns
 - How to make machine sewn buttonholes
 - Pattern drafting
 - How to use multiple pattern stitches in a project
 - How to knit in hem
 - How to combine knitting with fabric

Section G–Crocheting

- No kits allowed. Only patterns, guide sheets and original designs.
- If a wearable garment is made, the youth who made it is eligible to participate in the style revue.
- Wearable garments need to be exhibited with a hanger or way of displaying the 4-H members' work.
- Youth should **focus on the quality of the work, not the quantity** of work that they make.
- Listed below are guidelines for techniques that could be learned at various levels of experience. It doesn't mean that the member has to learn all of the techniques during that time period since it depends on the individual and how much they can handle.
- Crocheting skills, techniques or methods should be learned and advanced from year to year.
- The project selected each year should be made with regard to the member's interest, length of attention span and abilities.
- Members must select projects each year in which they will develop new skills.
- Crocheting recommendations:
 - Clean hands and clean hooks are a must to keep your project clean
 - Correct tension must be stressed from the beginning
 - Size h/8 5mm or I/9 5.5mm hook and worsted weight yarn, are recommended for beginners.
 - White, black, and navy yarns are not recommended until crocheter is advanced. White shows the dirt too quickly and black and navy are hard for beginners to spot mistakes.
 - Pattern and yarn selection should be suitable for the member's age and ability.
 - Keep proper, even tension throughout your project. Extended breaks in the middle of the project can result in uneven tension
 - Seams should be finished smoothly, the suggested seam finishes are back stitch, single crochet, weave, and invisible stitch. Do NOT use the overcast method; this will add bulk and can sometimes produce uneven looking seams.
 - To keep your workmanship clean make sure you have the correct gauge by doing a test swatch to check your gauge against your pattern.
 - Follow the pattern correctly throughout the item.
 - Make sure tension is uniform and proper finishing techniques are used to keep your workmanship clean throughout your piece.
 - Take measurements before starting a project to size correctly.
 - Join yarn at edges whenever possible and weave ends into seam allowances
 - if yarn must be joined in the middle of a row follow these steps:
 - Crochet old and new yarn together for 4-5 stitches and weave ends in in opposite directions
 - Joining yarn by knotting is not recommended because it is difficult to hide knots and present a finished look and knots are sometimes not durable
 - Leave ends long enough to be worked into the crocheted object
 - Make sure all ends are worked in so they are not visible
 - All crocheted objects must be clean and dry when brought in for judging
 - Block all crocheted objects where it is appropriate to do so
 - Make sure to know the care of the crocheted object by looking at the yarn label
- Below is a link to a list of knitting and crocheting books. Exhibitors can copy and paste the name of the book and author into another browser to find a copy of the book. Those who are blind can download a version from the NLS Bard (Braille & Audio Reading Download) service at the same link.

<https://www.loc.gov/nls/new-materials/book-lists/needlework/>

- Crochet beginners: very simple and quick-to-do projects are recommended for the first-year member. Members should be encouraged to increase their knowledge and skills according to their age and ability. Likewise, members should be discouraged from undertaking too difficult a pattern or making numerous items. Focus on quality not quantity
 - 1st year suggested projects (select 2 items)
 - Hat and scarf (counts as 2)
 - Beret and scarf (counts as 2)
 - Simple purse
 - Potholder
 - Slippers
 - Simple amigurumi
 - 2nd year suggested projects (select 1)
 - Mittens
 - Simple poncho
 - Sleeveless shell
 - Vest
 - Simple socks
 - Simple pillow
 - Basket
 - Amigurumi
 - Suitable yarn suggestions for projects: worsted weight acrylic, worsted weight acrylic/wool or cotton blend, worsted weight wool, DK weight • Sport weight • NO boucles yarn.
 - Suggested skills to learn
 - What is Crocheting?
 - For the first project, stress simplicity. Make sure the member has a good grasp of the basics (i.e., holding hooks, yarn, etc.)
 - Yarns
 - reading a yarn label and understanding fiber content, care, yardage vs ozs
 - dye lots
 - how to substitute a yarn when pattern calls for another
 - suitable yarn for type of pattern
 - How to hold the hook so yarn can flow smoothly in order to make stitches of uniform size and tension
 - How to hold yarn and/or thread correctly
 - How to do a slip knot, chain stitch, single crochet, double crochet, treble crochet, slip stitch, increase and decrease
 - How to make a circle and square
 - How to read crochet abbreviations and follow directions
 - How to gauge correctly
 - How to turn work
 - How to sew seams or crochet together

- **Crochet intermediate:** as skills increase, members should use a pattern suitable to that skill level. Be sure to pick a new learning experience. Quality, NOT quantity, should be stressed! New skills should be learned each year. Reminder – stress basic skills.
 - 3rd year suggested project (select 1 item)
 - Simple cardigan sweater w/long or short sleeves – one of basic stitches
 - Simple pullover sweater w/long or short sleeves – one of basic stitches
 - Simple poncho – one of basic stitches
 - Simple skirt – one of basic stitches
 - Simple cape – one of basic stitches
 - Large bag or purse without inner lining
 - Amigurumis with new techniques/stitches
 - Advanced pillow with multiple stitches and 2 or more colors
 - 4th year suggested projects (select 1)
 - Cardigan sweater with long or short sleeves using a pattern stitch
 - Pullover sweater with long or short sleeves using a pattern stitch
 - Poncho with a pattern stitch
 - Cape with a pattern stitch
 - Skirt with a pattern stitch
 - Mittens and hat with a pattern stitch
 - Socks with a pattern stitch
 - Amigurumis with new techniques/stitches
 - Small baby blanket
 - Granny square project
 - Suitable yarn suggestions for projects: worsted weight acrylic, worsted weight acrylic/wool or cotton blend, worsted weight wool, some novelty yarns (not fussy with a lot of texture), DK weight, and sport weight
 - Suggested skills to learn:
 - Yarns
 - Reading a yarn label and understanding fiber content, care, yardage vs ozs
 - Dye lots
 - How to substitute a yarn when pattern calls for another
 - Suitable yarn for type of pattern
 - How to read more complicated patterns
 - Use of stitch holders, tape measure and markers
 - How to do double treble stitch, half double stitch, simple shell stitch, puff stitch, cluster stitch, reverse crochet (or crab stitch) and mesh crochet stitches
 - How to change colors at the beginning of a row
 - How to do button bands with crochet-in buttonholes
 - How to set in sleeves
 - How to launder and block garment

- Crochet advanced: members are expected to make a more difficult type of object. Be sure to pick a new learning experience. Quality, NOT quantity, should be stressed! Reminder – stress basic skills. Leader’s decision will be accepted.
 - 5th year and beyond, suggested projects: (should be more challenging than the previous year)
 - Sweater with pattern stitch, crochet-in design using 2 or more colors (Intarsia)
 - Gloves, tie and socks (all 3) with crochet-in design using 2 or more colors
 - Suit with pattern stitch, crochet-in design using 2 or more colors
 - Skirt with pattern stitch, crochet-in design using 2 or more colors
 - Dress with pattern stitch, crochet-in design using 2 or more colors
 - Coat with pattern stitch, crochet-in design using 2 or more colors
 - Cape with pattern stitch, crochet-in design using 2 or more colors
 - Large bag with cloth liner, pattern stitch, crochet-in design using 2 or more colors
 - Afghan with multiple pattern stitches, crochet-in design using 2 or more colors
 - Advanced amigurumis with new techniques/stitches using 2 or more colors
 - Any other project that requires equal skill
- Suitable yarn suggestions for projects: worsted weight acrylic, worsted weight acrylic/wool or cotton blend, worsted weight wool, some novelty yarns (not fussy with a lot of texture), DK weight, sport weight, boucles yarn, any yarn desired to complete project
- Suggested skills to learn:
 - Work with more complicated patterns
 - How to use different hook sizes
 - How to change colors
 - Use of different types and weights of yarns
 - How to make machine sewn buttonholes
 - How to use multiple pattern stitches in a project
 - Pattern drafting
 - How to do crocheted finished borders
 - How to combine crocheting with fabric

Personal Appearance

Section H–Wearable Art (personalization)

- Personalized items include garments that have been modified by the exhibitor to reflect their personal tastes. Techniques include fabric painting, applique, cross stitch, needlework, tie dye, photo transfer and other methods of personalizing an item. Exhibitors may personalize garments they have sewn or purchased.
- Jewelry
 - Exhibitors may exhibit in only one class.
 - No more than three items should be exhibited.
 - Jewelry must be exhibited on a card in a plastic bag or display case. The age of exhibitor and complexity of project will be considered during judging.
 - Beginner
 - Simple jewelry setting/design. Article(s) made such as necklaces, pins, bracelets, brooches, jeweled pencil cases, etc.
 - Intermediate
 - Jewelry made and/or shaped by the exhibitor
 - Advanced
 - Same as second year, but with emphasis on advanced work.
 - Other
 - Jewelry made from rocks or minerals
- T-shirt or sweatshirt
 - Any personalization of a t-shirt or sweatshirt allowed
 - T-shirts and sweatshirts must be exhibited on a hanger.
 - Age of exhibitor and complexity of project will be considered during judging
- Any other wearable art
 - Any wearable object that is not in the two sections above (for example pants, shorts, shoes, socks)

Section I–Sewing–

- 4-H members can exhibit a sewn garment and a creative sewing piece in the same year
- **The sewing project sheet (on page 27 of this document) must accompany a sewing project in a notebook, binder or a presentation folder.** If you do both a garment and a creative sewing project a separate sewing project sheet must accompany each project.

Garments

- Pattern and fabric(s) to be chosen based on exhibitor's sewing skills development
- This class is for personal garments only. 4-H members may enter only one exhibit in the appropriate year.
- Garment(s) should be clean, neatly pressed and on a hanger when presented for exhibition at the fair.
- All exhibits must have a pattern when presenting the project for judging.
- All garments must have finished seams except knits and non-raveling specialty fabrics.
- 1st Year–
 - Sewing skills and concepts to be learned include:
 - Basic hand sewing techniques
 - Basic sewing machine operation and safety
 - Fabric selection to match garment purpose and function
 - Proper fabric handling techniques
 - Pre-shrinking
 - Identification of grainlines
 - Keeping sewing materials clean during the construction process
 - Pressing techniques
 - Proper hemming techniques
 - Appearance of final product
 - Cleanliness
 - Correctly pressed
 - Loose threads removed
 - Proper fit.
 - Example garments–apron; skirt; shorts or slacks with elastic or drawstring or a drawstring purse
- 2nd Year–
 - Garment(s) made should show increased sewing construction skills development over previous year's work
 - Pattern and fabric(s) to be chosen based on member's sewing skills development
 - Strong emphasis should continue on pattern/guide sheet reading and interpretation skills, fabric selection and handling; sewing machine operation; sewing construction skills and pressing techniques. Continue to use and build on sewing skills development outlined in first-year guidelines
 - Garments made to be worn together should complement each other in terms of fabric selection and styling
 - Hems should be constructed according to the pattern guide sheet.
 - Recommended Sewing Construction Skills
 - Learn and develop one (1) or more of the following sewing construction skills that are new to you: casings; darts; facings; fasteners (i.e. hooks and eyes; snaps; Velcro; buttons/buttonholes; zipper); pockets; waistband.
 - Example garments–simple jumper, pullover blouse or shirt, vest or wrap-around skirt

- 3rd Year–
 - Garment(s) made should show increased sewing construction skills development over previous year’s work
 - Pattern and fabric(s) to be chosen based on the 4-H member's sewing skills development
 - Strong emphasis should continue on pattern/guide sheet reading and interpretation skills; fabric selection and handling; sewing machine operation; sewing construction skills and pressing techniques. Continue to use and build on sewing skills development outlined for first-year and second-year experience levels
 - Garments made to be worn together should complement each other in terms of fabric selection and styling
 - Hems should be constructed according to the pattern guide sheet.
 - Recommended Sewing Construction Skills:
 - Learn and develop 2 or more of the following sewing construction skills that are new to you: casings; collars; cuffs; darts; facings; fasteners (i.e. hooks and eyes; snaps; Velcro; buttonholes; zippers); gathers; pockets; sleeves; trims; waistbands.
 - Choose one of the suggested garments above made, not completed in the 1st or 2nd year.
- 4th Year–
 - Garments made should show increased sewing construction skills development over previous year’s work
 - Pattern and fabrics to be chosen based on the member's sewing skills development
 - Continue to use and build on sewing skills learned in previous years
 - Garments made to be worn together should complement each other in terms of fabric selection and styling.
 - Recommended Sewing Construction Skills:
 - Learn and develop at least 3 or more of the following sewing construction skills that are new to you: casings; collars; cuffs; darts; facings; fasteners (i.e. hooks and eyes; snaps; Velcro; buttons/buttonholes; zippers); gathers; hemming techniques; lapels; linings; pleats; pockets; seam finishes (i.e. flat felled; French; welted; topstitched); sleeves; trims.
 - No tailored suits or coats. A non-tailored jacket or blazer is allowed
- 5th year and beyond
 - Garments made should show increased sewing construction skills development over previous year’s work
 - Pattern and fabrics to be chosen based on member’s sewing skills development
 - Continue to use and build on sewing skills learned in previous years
 - Garments made to be worn together should complement each other in terms of fabric selection and styling.
 - Recommended Sewing Construction Skills:
 - Learn and develop at least 5 or more of the following sewing construction skills: collars; cuffs; darts; fabrics (i.e. selection of a garment(s) that requires sewing on a fabric type that is new to you, such as wool, silk, plaid, one-way directional fabric, knits, sheers, etc.); facings; fasteners (i.e. hooks and eyes; snaps; Velcro; buttons/buttonholes; zippers); lapels; linings; pleats; pockets (i.e. bound; set in sea; welt); sleeves; seam finishes (i.e. flat felled; French; machine stretch stitch; topstitched); waistband.
 - 4-H member will sew a two-piece outfit or ensemble (three or more pieces)
 - No purchased garments may be used as part of an outfit.
 - Garments made must have one or more of the following: zipper, button, inset pockets, cuffs, collars, lining, and any advanced sewing techniques

Creative Sewing

- Open to exhibitors of all ages
- Limited to sewn articles other than garments
- Exhibitors may enter only one exhibit in Creative Sewing
- No pre-stamped pillows, pre-stamped stuffed animals or kits allowed.
- A pattern(s) should be used where available and must accompany the project at judging
- Exhibitors making comforters and/or quilts must exhibit them under the Department 60, Section E–quilting
- Example projects include:Sewing for the home (i.e. place mats, dresser scarf, curtains, etc.); Tote/duffel/sport bag or purse; stuffed animal(s) or pillow(s); Holiday items, ect.

Section J–Buymanship

- The purpose of the buymanship project is to teach 4-H members to
 - Make wise selections in clothing and accessories.
 - Learn ways to comparison shop for good value (best sale prices and discounts)
 - How to choose appropriate clothing for an individual’s age, figure type and available funds.
- 4-H members will learn about color, lines and texture and how to use them to create their own personal style
- A poster or notebook must be included with the **Buymanship Project Notebook** (on page 21 of this document) when submitted for judging and exhibiting.
 - *It is a good idea to start a notebook (or binder) for your Buymanship Project so you can keep all of your previous worksheets together with current project information, such as receipts, style and design notes, while you work on your new project.*
- This project is eligible for the Style revue
- Skills to learn in this project include but are not limited to
 - Learn about body types, coloring, features, and their relationship to clothing
 - Learn the components of fashion: design, fabric, color and detail.
 - Learn about fibers, construction and care of clothing
 - Learn to choose clothes that are right for their body/figure type and lifestyle.
 - Learn to choose new clothes to mix/match with existing wardrobe.
 - Learn to spend clothes dollars wisely.
 - Learn consumer rights and responsibilities.
- Activities that can help with learning the above skills
 - Determine body types, coloring (seasonal palettes) and features
 - Determine design, fabric, colors and details which best fit personality and lifestyle
 - Inventory personal values and how they affect clothes you wear
 - Inventory present wardrobe
 - Practice shopping skills by comparative shopping trips
 - Visit the different “types” of stores available for shopping
 - Study and understand labels for care, etc.
 - Study natural and man-made fibers, their characteristics and care
 - Practice good day-to-day and laundering care
 - Learn to use the cost-per-wearing formula.
 - Be mindful of the following question:
 - Can this outfit/garment/accessory...
 - Only be worn during a specific season/part of the year?
 - Fit you the way you want it to
 - Look good on you
 - Will you grow out of it quickly?
 - Shrink or fade limiting the amount of times you can wear it
 - Require special care (see garment tags for care instructions)

- Requirements for Buymanship Project
 - Purchase a garment or outfit from the overall wardrobe plan. The outfit should be from a different category each year.
 - Everyday/casual
 - Sports
 - School or work
 - Dress up/Formal/special occasion
 - Complete the **Buymanship Project Notebook**
 - Prepare the exhibit poster or notebook to include
 - pictures of garment/outfit and accessories
 - write a full description of the garment/outfit
 - **Buymanship Project Notebook**
 - arrange an orderly display of
 - pictures to show potential combinations of outfits/accessories with your buymanship outfit
 - receipts from purchasing your buymanship outfit
 - costs– know what was spent, what was saved, and the value of what the outfit will bring to your current wardrobe.
 - Buymanship outfit should be neat, clean and pressed: ready for display
 - (Optional) model in the Style Revue Show at the Fair
- Suggested books to look at for more information
 - Hannah Kane, *The Style Thesaurus: A Definitive, Gender-Neutral Guide To The Meaning Of Style And An Essential Wardrobe Companion For All Fashion Lovers*, 2023
 - Allison Bornstein, *Wear It Well: Reclaim Your Closet And Rediscover The Joy Of Getting Dressed--2023*
 - Anuschka Rees, *The Curated Closet*, 2016
 - Alison Freer, *How To Get Dressed: A Costume Designer's Secrets For Making Your Clothes Look, Fit, And Feel Amazing*, 2015
 - Amanda Brooks, *Love Your Style: How To Define And Refine Your Personal Style*, 2009
 - Pat Henshaw and Veronique Henderson, *Color Me Confident*, 2008

Section K–Educational Exhibit

- Educational exhibits are posters, tri-folds, reports, notebooks, or displays with information about something the exhibitor learned through their sewing, personalization, buymanship, knitting, crocheting, or any other of the listed projects in this department. Should include personal photos taken while learning the new skill.
 - Examples include: Three types of seam finishes for a sewn garment; technique used for the personalization of a garment; cost comparisons of similar garment for the buymanship project; or basic knitting or crochet stitches.
- 4-H members will demonstrate what they have learned through the study of one of the topics below:
 - Personal appearance
 - Color analysis
 - Modeling
 - Personal grooming
 - Wardrobe care
 - Wardrobe coordination
 - Knitting
 - Crochet
 - Sewing
 - Personalizing wearables
 - Or any other topics in Department 60

Section L–Style Revue

- 4-H members who are registered in any still project area that has a wearable element may participate in the style revue
- All style revue participants must model something that is wearable on their body. Participants must model their own project and the outfit/project being modeled must be submitted on the day of still-project judging.
- Any 4-H members who want to participate are strongly encouraged to sign up in the fall (or during sign up) so as to not miss any crucial information about the project and any important project meetings.
- All 4-H members that are participating must have a short narration that aids the model in introducing themselves to the audience and gives a description of the garment and any special features. (Narration worksheet/tips and tricks start on page 24).
- Narrations should be completed by July 15th and 4-H members participating in the style revue should practice walking/modeling with someone reading the written narration so if you're talking about a special feature of the outfit the 4-H member is comfortable showing off that part of their outfit when the narrator comes to that part in their narration.
- The style revue show will be held during fair week (exact location, date, and time will be published in the 4-H newsletter and the fair brochure)
- **Style revue show requirements**
 - All participants are required to be dressed and ready for the style revue **at least 30 minutes prior** to the scheduled start time of the style revue show. The time of the style revue show will be in the 4-H newsletter and the fair book.
 - It is important for everyone participating to be punctual.
 - Members will be given a revue of the modeling pattern on the actual stage area prior to the start of the Style revue and will be allowed to practice as time permits before the Style revue show starts
 - All participants should have a physical printed copy of their narrative with them, unless specified by the Style Revue Leader.
 - Be appropriately attired to correspond with the project being modeled. Slippers required with a robe, gown or pajamas should be worn but may be carried. With a scarf, hat or mittens – it is suggested that a coat, jacket or sweater be worn.
 - Each member will have a number assigned to them pinned to their garment at the knee and that will be the order that the narrations will be read in.
 - To keep things moving 4-H members will wait near the stage in the designated area and after completing their modeling will be able to go and sit in the seating area unless accommodations are needed and have been talked over with the project leader.
 - 4-H members please remember to pause at the front of the stage so pictures can be taken
 - Style revue awards will be presented at the conclusion of judging
- **Criteria judges will be looking for at the style revue show**
 - Fit of the garment
 - Style and color suitability for member
 - Physical appearance, does the 4-H member appear polished
 - Appropriate accessories
 - Clean and pressed garment
 - Poise
 - Attire appropriately corresponds with the project (unless using buymanship outfit then does the whole outfit correspond together appropriately)

Buymanship Project Notebook

Name: _____

Club: _____

Age: _____ Years in project: _____

**Attach a color photograph of you wearing your
Buymanship project outfit**

Describe your garment/outfit:

Describe the situations and occasions in which you will wear or have worn this outfit:

Does this outfit coordinate with or extend your current wardrobe. How so?:

Calculating The Total Cost Per Wear Of An Outfit

Make an itemized list of the cost of your buymanship outfit, including garments, accessories, and shoes. If you purchased any item at a reduced price please put what you spent under actual cost and record the original price under the original price in the table below.

Garment and Accessories	Did you buy this piece?	Actual Cost	Original Price	Estimated # of times you'll wear this piece	Can the item be interchanged?
		\$	\$		
		\$	\$		
		\$	\$		
		\$	\$		
		\$	\$		
		\$	\$		
		\$	\$		
		\$	\$		
		\$	\$		

Total actual cost of outfit: \$_____ Total original cost of outfit: \$_____

Total times you think you will wear your complete buymanship outfit _____

$$\frac{\text{Actual cost of outfit}}{\text{\# of wearing}} = \text{Total cost per wear}$$

Thinking about the cost, the number of times that you will potentially wear the outfit and the care, do you still like your outfit as well now as when you first purchased it? Why or why not?

Writing Style Revue Narrations Tips and Tricks

- In general, it is a wise idea to write a light, lively and informative description. The following suggestions may be helpful in writing an imaginative 4-H narration.
- Remember that the commentary, which should have an opening, middle and conclusion. The 4-H members will be on stage for the whole narration so make sure to keep it between 5 sentences to half a page long, so the narration doesn't drag on.
- Descriptions of a style revue should begin with a lead sentence introducing the model by name, their 4-H club and is followed by a general description of the outfit. This first sentence is the most important and should be snappy to catch the audience's attention.
- Tell more than what the audience can readily see, however, people are usually more interested in what they can't see.
- Use questions as well as adjectives, words and catchy, active phrases like "Stepping out is . . ." and "Ready for . . ." to catch the audience's attention
 - A good example of this is by saying "Suzie has added a bright dimension to her wardrobe by choosing to make a scarlet red skirt. Her snowy white cowl neck sweater is color coordinated to accent the A-line skirt" . . . instead of "Suzie made a red skirt."
 - Other examples of catchy words and phrases can be found on the next page or by looking at magazines, fashion blogs, fashion advertisements, etc.
 - A few examples of color adjectives can be found on the next page or by looking at color charts from car, paint and/or yarn companies.
- Include what the model has learned about their selection or the construction techniques, the accessories that were selected, the original idea for this outfit, what techniques and/or trims were used and their 4-H background and special interest.
- Include information about the garment, for example, how it reflects the current fashion scene, its fiber and fabric content, the amount of money saved by sewing the outfit and the special advantages or features of the garment, such as where it could be worn, its versatility and ease of care, etc.
- If someone helped the 4-H member to create/learn certain techniques used, the narration could be a way to shout out your thanks.

Examples of Catchy Words

Appealing	Nostalgic	Seasonal
Neatly tailored	Practical	Smooth
Casual	Snappy	Rolled sleeves
Striking	Classic	Eye-catching
Complementary	Fresh	Versatile
Formal	Elegant	Jazzy
Soft	Multi-purpose	Creative
Finishing touch	Teamed with	Subtle
Crisp	Wearability	Flashy
Simple	Lavish	Focus on...
Mid-Calf	Textured	Separate Ways

Examples of Catchy Phrases

Your style, your story	Fashion that empowers	Wear your passion
Stride into style	Be trendy for every mood	Dazzle in your own way
Dress to express	New clothes, new passions	Trendsetting extravaganza
Fashion that commands respect	Dress to inspire	Stylish as can be

Examples of Color Adjectives

White	Feather White	Paper White	Pearl White	Vanilla	Snow White
Beige	Neutral	Fawn Colored	Khaki	Wheat	Camel
Brown	Chocolate Brown	Taupe	Cinnamon	Coffee Brown	Walnut
Orange	Copper	Burnt Orange	Brick	Ginger	Bronze
Blue	Royal Blue	Powder Blue	Teal	Aqua	Denim
Green	Mint Green	Emerald	Pistachio	Olive	4-H Green
Purple	Plum	Violet	Lavender	Orchid	Grape
Yellow	Maize	Goldenrod	Gold	Bumblebee	Honey
Red	Berry	Scarlet	Ruby Red	Burgundy	Crimson
Pink	Neon pink	Rose	Fuchsia	Magenta	Mulberry
Black	Ebony	Ink	Raven	Midnight	Obsidian
Blends	Tartan Plaid	Prismatic	Flecked	Spotted	Kaleidoscopic

Sewing Project Sheet

Name: _____

Club: _____

Place fabric swatch here

Age: _____ Years in project: _____ Year: _____

Types of Fabrics used: _____

Pattern(s) used: _____

Total cost for sewn object: _____

Sewn object description: _____

How will you care for your sewn object? _____

What did you learn from this project? _____

Creative sewing—Add photo of sewn object here.
Sewn Garments—Add photo of you in your garment