

4-H Fibres and Fabrics Series

Discovering Tops and Bottoms



Introduction


Sewing is a creative way to design and make your own style of clothing. Now that you have learned basic skills from Exploring Fibres and Fabrics, it is time to get creative and plan a sewing project. Learning to do by doing is the perfect way to learn new sewing techniques.

To be an expert at something you must always be continuing to learn more technical skills. The more skills you have the more interesting and the more creative you can be with your sewing. In this project you will learn about specialty fabrics and how to identify their fibre content, about interfacings, sewing machine needles, pressing tools, and fabric care.

You will be doing lots of interesting hands on activities that will teach you more sewing skills. You will complete this project by sewing your very own Top and Bottom.

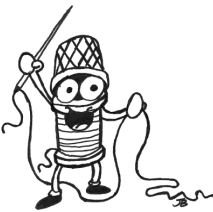
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- Revised 2020 -



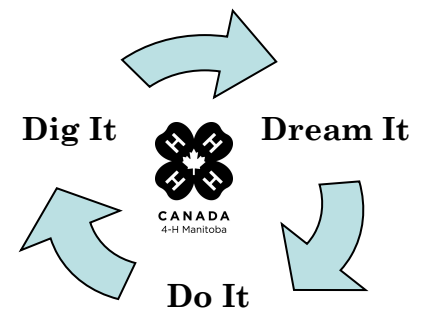
Meet Needles!

Needles knows lots of stuff! Needles will tell you neat and important information throughout your manual.



Sew Much Fun

This Sew Much Fun box will appear throughout the manual. Check out the great website link ideas wherever you see Sew Much Fun. These links will lead you to fun online content to help you with your 4-H project.



Learning is 3D!

To help you get the most out of your learning, each project meeting has the following parts:

- Dream it! Plan for success
- Do it! Hands on learning
- Dig it! What did you learn?

What Skills Will You Learn?

Each section or Skill Builder in this project has activities to do that will help your group *learn to do by doing* while learning new skills and having fun!

DISCOVER

To complete this project, you must:

- Complete the activities in each Skill Builder **OR** a similar activity that focuses on the same skills, as you and your leader may plan other activities.
- Plan and complete the Showcase Challenge.
- Complete the Portfolio Page.
- Participate in your club's Achievement (See the inside back cover for more information about 4-H Achievements).

	Members will be able to...	Activities	Page
Skill Builder 1	Ready <ul style="list-style-type: none"> • Identify specialty fabrics • Speak the language of fabric • Plan what you will sew—one top and one bottom 	<ul style="list-style-type: none"> • Testing 1,2,3 • Match It Up! • Let's Sew! 	4 4 5
Skill Builder 2	Set <ul style="list-style-type: none"> • Use interfacing • Cut out a pattern and transfer pattern markings 	<ul style="list-style-type: none"> • The Inside Story • Making The Cut! 	8 8
Skill Builder 3	Sew! <ul style="list-style-type: none"> • Identify how sewing machine needles and fabrics relate to one another • Sew a curved seam - Optional • Use a commercial pattern instruction sheet 	<ul style="list-style-type: none"> • Having a Ball - Optional • Time to Sew! I 	11 12
Skill Builder 4	Sewing Techniques <ul style="list-style-type: none"> • Identify pressing equipment • Demonstrate a new sewing technique 	<ul style="list-style-type: none"> • Time to Sew! II 	14
Skill Builder 5	Sew, Some More! <ul style="list-style-type: none"> • Identify and understand fabric care symbols • Demonstrate a new sewing technique 	<ul style="list-style-type: none"> • It's on the Label • Time to Sew! III 	17 18
Skill Builder 6	Voila! <ul style="list-style-type: none"> • Demonstrate hemming techniques • Add your own creative finishing touches to your garment • Determine your custom sewing rate 	<ul style="list-style-type: none"> • Time to Sew VI • What it Costs 	21 22
When you successfully complete your builders, you will showcase what you have learned.			
Showcase & Portfolio	<ul style="list-style-type: none"> • Explain success in using the skills listed above. 	<ul style="list-style-type: none"> • Showcase Challenge • My Portfolio Page 	25 27

Skill Builder 1: Ready



Needles Says...



There are many specialty fabrics available.

- Nap - corduroy, velvet, terry, fur, ultrasuede
- Stretch- lycra, spandex
- Transparent - chiffon, batiste, lace, organza, netting
- Shine- satin, taffeta, metallic, sequined
- Designs-plaid, stripe, checks, diagonal designs, print
- Specific Purpose-vinyl, oil cloth, pillow ticking

SKILLS CHECKLIST



- Identify specialty fabrics
- Speak the language of fabric
- Plan what you will sew - one top and one bottom



Important Words

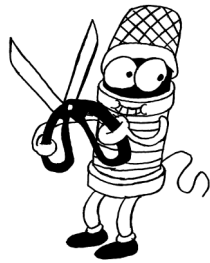
Watch for these important words throughout this Skill Builder:
Ease, Fitted Drape

Dream it!

One way to determine what the fibre content of fabrics is to do a burn test. Certain fibres have burning characteristics. The burn test works with both natural and man-made fibres. However, it cannot be used with certainty to identify blended fibres within a fabric.

Fibre Characteristics

Fibre	Burn Character	Smoke/Smell	Residue	Notes
Acetate	Melts and burns	Vinegar	Brittle dark bead	Persistent flame; drips
Acrylic	Melts and burns rapidly	Burnt fish/acrid	Hard black bead	Black smoke
Cotton	Steady flame/yellow flame	Burning paper	Soft dark ash	
Linen	Slow to ignite	Burning paper	Fine grey ash	
Nylon	Melts and burns	Celery odor	Hard black bead	Melted fibre drips
Polyester	Melts and burns	Sweet chemical	Hard black bead	Melted fibre drips black smoke
Rayon	Burns rapidly	Burning leaves	Soft grey ash	
Silk	Burns slowly/self extinguishing	Burning hair	Irregular soft bead	Doesn't shrink from flame
Spandex	Melts and burns	Burning rubber	Black ash	
Wool	Self extinguishing	Burning hair/feathers	Irregular hollow bead	Shrinks from flame



Do it!

Testing 1,2,3

Learn how to do a burn test to identify fabrics.

DISCOVER



Safety Precautions: You will be using fire to test the fibres. Be very careful not to burn your fingers. Do not place tweezers in the flame as they become very hot.

What will you need: tweezers, lighter or unscented candle, flat shallow non flammable dish, a variety of different fabric samples that have been washed

1. Hold the fabric sample with the tweezers. Gently move the swatch into the flame and quickly out of it. If the fabric is flaming blow it out. Test 3 different fabrics.
2. Make note of :
 - While in the flame does the fabric melt readily, smoulder, or extinguish itself?
 - What happens to the flame on the fabric when it is removed from the open flame?
 - Does the fabric form a melted bead or does it leave ash?
 - Does the burnt fabric produce a distinct odor or smoke colour?
3. Refer to the Fabric identity chart on page 3 to identify what the fabrics are.

Match it Up!

Match up the definition number with the word it represents in the box below.

EASE ____
 DESIGN EASE ____
 SIZING ____

FITTED ____
 LOOSELY FITTED ____
 DRAPE ____

SEMI FITTED ____
 MEMORY ____
 WEARING EASE ____

1. The fullness included in a pattern to create a fashion look, and a comfortable fit.
2. Clothing that follows the body's form.
3. The fullness added by the pattern designer. It can create a garment that is full and flowing or fitted.
4. The ease in a pattern that makes the garment possible to wear. Various pattern companies allow different amounts of wear ease to create their own fashion statements.
5. The starch or stiffening added to fabric to withstand the stress of weaving and to increase fabric weight.
6. The ability of a fabric to fold and flow when held loosely. These fabrics hang smoothly when sewn into garments with pleats. Ticks or gathers.
7. The ability of fabric to regain its original form after stretching or creasing.
8. A garment with wear ease and design ease. These garments often fit at the shoulder and flow over the rest of the body.
9. A garment with a lot of ease is often referred to as an unstructured

Let's Sew!

What will you need: commercial patterns, scissors, washing machine, fabric, notions

1. Building upon what you learned in Explore Sewing choose a commercial pattern you would like to sew for a top and a bottom. Pay attention to size, fabric type, interfacing required etc.
2. Use your creativity and select any buttons that depict your style and think about using trim (ribbon, braid, etc) that you will apply in builder 6 to give your garment finishing touches.
3. By following the instruction paper in the pattern you will learn new sewing techniques. Select patterns that include a minimum of 4 of the techniques listed below:
 - * Button holes
 - * Stay stitching
 - * Facings
 - * Interfacing
 - * Darts, gathers, pleats
 - * Zipper Closure
 - * Set in Sleeves
 - * Trimming, clipping, notching
4. Get ready for the next meeting by cutting out the tissue pattern pieces and pre-shrinking your fabric.

DISCOVER

Sew Much Fun



This fabric glossary contains detailed descriptions of many different fabrics, weaves, and manufacturing techniques.

<https://sewguide.com/fabric-glossary/>

Needles'



Fun Facts!

Corduroy was a name coined during King Louis of France's reign. The king insisted everyone around him be dressed in splendor. Even his servants were instructed to have a polished look.. So they traded in their cottons and woolens for a new cotton fabric with a more luxurious looking nap – dubbed “cord du roi”, or in English “Cords of the King?”



Dig it!

Think about this builder and the activities you did ...

Review the Skills Checklist on page 3. What skills have you developed? Do you need more practice?

Record it . . .

Discuss what you have learned with your leader so that the information can be recorded on your Portfolio Page.

Apply it . . .


How could you explain to others how a sewing machine works?

What's next?

In the next builder you will learn about interfacing. Also, you will learn how to adjust pattern pieces to fit your body and you will cut out the pattern pieces. Think about what you know about interfacing. What parts of a garment would require interfacing? Make a list of the supplies needed for the next meeting.

Skill Builder 2: Set





Needles Says....

Knowing about interfacing is an important next step. Interfacing helps give your garment the shape that you want. Get set to sew!



SKILLS CHECKLIST

- Use interfacing
- Cut out a pattern and transfer markings.



Important Words

Watch for these important words throughout this Skill Builder:
Interfacing, Nap

Dream it!

Interfacing

Interfacing is an important part of most garments. It is an additional layer of fabric placed between the outer shell and the facing or hem. Interfacings add support, body, and shape or eliminate stretch. Interfacings are used to prevent sagging at necklines and button closures; to add softness to hemlines; to add body, shape or wrinkle resistance to entire garments or garment sections; and to stabilize and emphasize details, such as collars, cuffs, and pockets.

Your pattern will tell you if you need interfacing and how much. It will tell you how to lay out your interfacing. Choose the type according to where it is going to be used and the effect you want.

There are two types of interfacing. Sew-in interfacings are stitched by hand or machine to your garment, while fusible interfacings have a resin coating on the back that fuses to the fabric when steam, heat, and pressure are applied.

When selecting an interfacing consider what type of fabric will be used, how will the finished garment be used and what are your sewing skills, time available and personal preference.

Fabric and Use	Interfacing	
	For a soft effect	For a crisp effect
Very light to lightweight fabrics. (voile, gauze, crepe, challis, calico, chambray, interlock knit, jersey, single knit, batiste) Blouses, shirts and dresses	Batiste, Organza, Sew-in sheer, regular or stretch very lightweight nonwoven; self fabric	Organdy; sew-in or fusible light weight or sheer (nonwoven or woven); fusible knit.
	Do not use fusibles on chiffon or seersucker	
Medium weight fabrics (linen, denim, poplin, flannel, gabardine, satin, duck, chino, velour, stretch terry, double knit, sweater knit.) Dresses, lightweight suits, active sportswear.	Sew-in or fusible medium weight woven; regular or stretch light to medium weight nonwoven; fusible knit	Sew-in or fusible lightweight hair canvas; Sew-in or fusible medium weight (woven or nonwoven).
	Do not use fusibles on rainwear fabrics.	
Heavyweight fabrics (corduroy, tweed, worsted, camel hair, melton, sailcloth, canvas, gabardine, coatings). Jackets, suits, coats	Soft, lightweight canvas; sew-in or fusible medium weight nonwoven	Sew-in or fusible lightweight hair canvas; sew-in or fusible medium weight (woven or nonwoven)
Leather types (suede, suede cloth) Do not use fusibles on real leather	Crisp or soft canvas; fusible or sew-in medium weight nonwoven or woven	
Waistbands	Fusible nonwoven precut strips; woven stiffener sold by the width; sew-in or fusible medium to heavyweight (woven or nonwoven)	
Crafts (belts, hats, bags, camping gear, home decorating items)	Sew-in nonwovens in all weights; fusible medium to heavyweight (woven or nonwoven)	

Pattern Layout and Marking

A section of the instruction sheet is devoted to cutting layouts. These layouts show you how to place the pattern on the fabric so the straight of grain of the fabric is in the correct position for every piece. To find your cutting layout, answer these questions:

- What style am I making?
- What size is my pattern?
- What width is my fabric?
- Am I using a fabric with a one-way design, nap or pile?

The term “with nap” and “without nap” are important to understand.

- Without nap means there is no up or down direction to the fabric. The pattern pieces can face in either direction.
- With nap means there is a definite up and down direction to the fabric in either design, weave or texture. Sometimes the up or down of the fabric is detected only by the way the light hits the material, so be sure to have a good look. When you place pattern pieces it is important that they face in the same direction. This usually requires extra material, but the pattern envelope will tell you how much more to buy.

Have a look at everyone's clothing. Do any of these fabrics have a nap? Can anyone think of clothes they have that are napped?

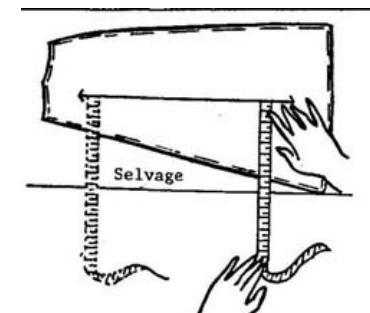
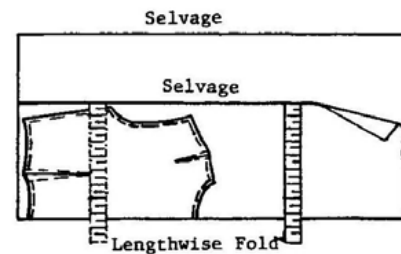
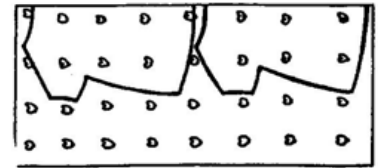
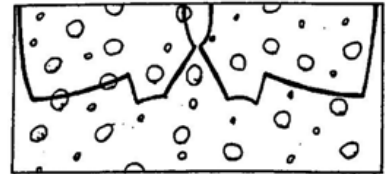
Pinning on the Straight of Grain - Be sure pattern pieces are placed exactly on the fabric's grain line. Using a tape measure, measure from the grain line to the fabric edge to make sure you have the pattern piece on the grain. All points along the grain line should be the same distance from the fabric edge.

Making Accurate Fabric Folds - Be sure “on-the-fold” lines are indeed on a fold and that the fold is exactly on the grain. The fold must be parallel to the fabric edge. A tape measure can help you make accurate folds.

Pinning the Pattern

When pinning, hold both the fabric and the pattern flat against the table. Place the pins at right angles to the pattern edge. Place the pattern pieces close together on the fabric.

DISCOVER



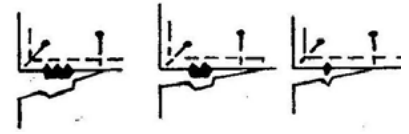
Have your leader check your layout before you begin to cut.

DISCOVER

Marking the Fabric - Transferring pattern markings to your fabric is an important step. It must be done before unpinning the pattern because you cannot get accurate markings after you start sewing. There are several good marking methods. These include chalk and pins, tracing paper and wheel, "wipe away with water" marking pens and tailors tacks.

When marking fabric remember:

- Not all methods will work on all fabrics;
- Test a "wipe away with water" pen on your fabric by first making a small mark then seeing if it comes out easily;
- Test carbon paper on a fabric scrap to make sure it will not show through to the right side;
- Markings only have to last until the garment is finished.



Do it!

The Inside Story

Finding the right interfacing for your sewing project

What You Will Need: Swatches of 2 sew-in interfacings one woven and one non-woven and 2 swatches of fusible interfacings. Each one should be a 10 cm square. Four 10 cm squares of the fabrics you're using for your top and bottom project and an iron.

1. While following the instructions that come with the interfacing, apply each interfacing to your garment fabric.
2. Observe the performance of each interfacing on the fabric. Would it be suitable for what you want it to do?



3. Attached the interfacing sample you will be using in your sewing project.

Name: _____

How to Apply: _____

Making the Cut

Time to cut out your pattern pieces!

What You Will Need: pattern, garment fabric, interfacing, pins, fabric scissors, measuring tape
Time to cut out your pattern pieces!

1. Hold the pattern pieces up to your body and make any adjustments to length that are necessary. The pattern piece will be marked where to make the adjustments.
2. Following the instruction sheet layout your pattern pieces and pin.
3. Cut out your garment being careful to cut around all notches.
4. Get ready for the next builder by winding the bobbin and threading the sewing machine with the thread that matches your fabric.

Needles'



Fun Facts!

In 1863, Ebenezer Butterick changed the face of home sewing forever by creating the first graded sewing pattern. Before the introduction of the graded pattern for home sewing, fashion was exclusive to ladies who could pay for the latest styles from Paris. Most women took apart old, worn out dresses to use as a model for a new one.

With the introduction of Butterick patterns, not only did dressmaking become easier, fashion became available to men, women and children of all classes all over the world.

DISCOVER



Medieval Scissors

Scissors were invented in Egypt around 1500 B.C. and were made from bronze. They were a single piece of metal.

Sew Much Fun



Interfacing Guide

<https://www.joann.com/on/demandware.static/Sites-JoAnn-Site/Sites-joann-project-catalog/-images/hi-res/project/pdf/P012982PellonInterfacingGuide.pdf>

Many fabric fibres come from agricultural products. Check out this interesting site on natural fabrics.

<https://sewguide.com/natural-fabrics-and-natural-fibers/>



Dig It!

How Did it Go? - Answer these questions:

What have you learned about the importance of using interfacing?

What is the proper way to pin a pattern to fabric?

How will these new skills help you in the future?

What's next?

In the next builder you will learn about sewing machine needles and what needle to use with what fabric. You will also begin to sew your garments. Discuss with your leader what the first steps will be to start to sew your project. How important do you think having the right sewing machine needle for the type of fabric is? What supplies do you need to bring to the next meeting. Make a list of supplies to bring to the next meeting.

Skill Builder 3: SEW!

DISCOVER



Needles Says...

It is time to get sewing! Knowing what size of sewing machine needle works best with different types of fabrics will ensure a well sewn project. Go one step further and use your sewing skills for a community service project. Have fun sewing and making cool balls for your local daycare or kindergarten class.

SKILLS CHECKLIST

- Identify how sewing machines needles and fabrics relate to one another.
- Sew a curved seam - *Optional*
- Demonstrates a community service activity - *Optional*
- Use a commercial pattern instruction sheet



Important Words

Watch for these important words in this Skill Builder:
Universal ballpoint needle,
Ballpoint needle, Sharp needle,
Wedge shaped needle



Dream it!

Sewing Machine Needles

Now that you may be choosing to sew with different fabrics it's important to recognize the differences in sewing machine needles. The size of needle used in the machine should relate to the fabric weight and type of thread you are using. The needle should be small enough to pierce the fabric without leaving a hole, yet have a large enough eye for the thread.

Fabrics	Needle Size
Light Weight Broadcloth, fine cotton prints or blends, interlock knits	Fine: 60, 70, 80 (9,10,11)
Medium Weight Flannel, corduroy, medium weight double knits, sweater knits, quilted fabrics, light-weight denims	Medium: 80, 90 (11 to 14)
Heavy Weight Denim, upholstery fabric, canvas, sailcloth	Coarse: 100, 110 (16,17,18)

Types of sewing machine needles include:

- **Universal ballpoint** – specially tapered for both knits and woven fabrics
- **Ballpoint** – A rounded point pushes aside fabric threads instead of piercing them. Used for knits
- **Stretch** – for sewing knits and knit fabrics containing lycra.
- **Sharp** – for general sewing on woven fabrics.
- **Wedge-shaped** – for leather and leather like fabrics.
- **Twin and Triple** – for decorative stitching on some machines; double needles are also ideal for hemming T-shirts and fleece skirts.

DISCOVER



Do it!

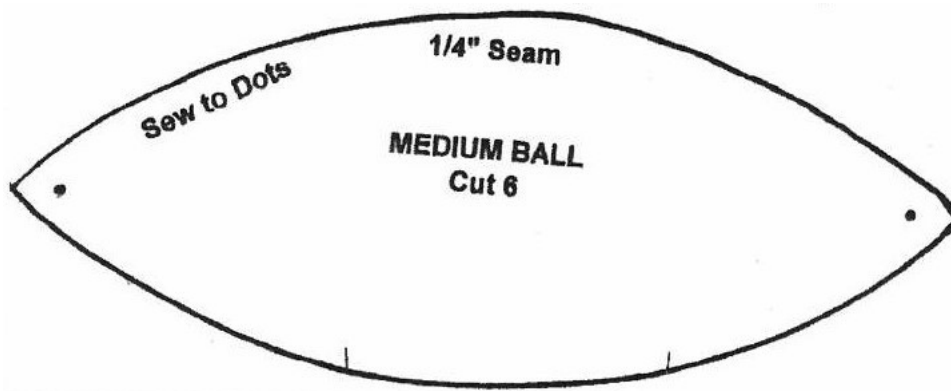
Having a Ball - Optional

Learn to sew curved seams while making balls to donate to your local daycare, preschool or kindergarten class.

What You Will Need: A variety of different medium/heavy weight fabric scraps, variety of sewing machine needles, thread, scissors, pins, sewing machine, polyester fibre fill

Let's Sew!

1. Following your leaders instructions cut out three balls using different kinds of fabrics. Experiment with different colour combinations and fabrics to get the look you want.
2. Select the appropriate needle to sew each ball based on the type of fabric.
3. Sew the balls as your leader instructs.
4. Keep one ball for yourself and give the others away to the local daycare of kindergarten class.



Sew Much Fun



Explore the textile history timeline.

<https://www.uen.org/cte/family/clothing-2/downloads/textiles/timeline.pdf>

Technical textiles are manufactured for non-aesthetic purposes such as for cars, protective clothing, safety equipment etc. Check out this site.

https://en.wikipedia.org/wiki/Technical_textile

Time to Sew! I

DISCOVER

Which will you sew first? The top or the bottom?

What You Will Need: cut out pattern pieces, notions, instruction sheet, sewing tools, sewing machine, iron and ironing board.

1. Learn as you sew by reading and following the instruction sheet.
2. Remember to backstitch, seam finish and to press as you go.
3. Your leader will guide you through the new sewing techniques you have chosen to learn in this project.
4. Have fun!

Sewing Machine Needle Used In My Project _____



Dig it!

Think about this builder and the activities you did ...

Review the Skills Checklist on page 10. What skills have you developed?
Do you need more practice?

Record it . . .

Discuss what you have learned with your leader so that the information can be recorded on your Portfolio Page.

Apply it . . .

What type of sewing machine needle would be suitable for a medium weight woven fabric?

What's next?

In the next builder you will learn about pressing tools and how they contribute to a well made garment. You will also continue to sew your top and bottom. What do you know about pressing tools. Have you seen other sewers use them? What sewing techniques will you use at the next lesson? Make a list of supplies to bring to the next meeting.

Skill Builder 4: Sewing Techniques

Needles Says....



Whether a garment looks home made or store bought often depends on how well it is pressed. Using the right tools for the job makes a big difference. Paying attention to detail helps as well. So press on in this builder as you work on your project!

DISCOVER



SKILLS CHECKLIST

- Identify pressing equipment
- Demonstrate a new sewing technique



Important Words

Watch for these important words throughout this Skill Builder:

Tailor's Ham, Sleeve, Roll, Press Mitt



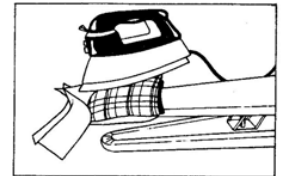
Dream it!

Pressing Equipment

Pressing is important at all stages of sewing to shape and set stitched lines. A steam iron and ironing board are essential. There are many types of pressing equipment that are useful as well.

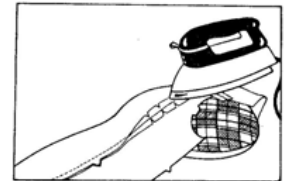
Press Mitt

- Used like a tailors ham for small areas. It has a pocket on one side or pockets on each side to fit over your hand or sleeve board.
- Wool on one side, cotton on the other
- Provides rounded surface to press curved areas



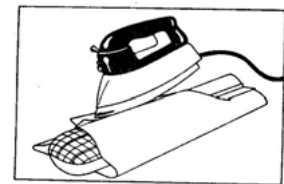
Tailors Ham

- Useful for pressing curved areas such as darts, princess seams and sleeve caps.
- Wool side retains steam cotton side is used when pressing fabrics at high temperatures.



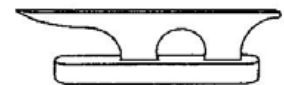
Sleeve Roll

- Used for pressing seams open on long cylindrical sections such as sleeves and pant legs.
- It allows the seam to be pressed open without marking the right side of the fabric.



Point Press or Tailors board

- A multi-edged surface that makes it possible to press seams open on detailed areas such as collars, cuffs and facings.



Press Cloths

- These prevent scorch marks and iron shine. Use any of the following: specialty treated press cloths, muslin in several different weights, a piece of your fashion fabric or a mans handkerchief.



Do it!

Time to Sew II

Continue to sew your garments.

What You Will Need: cut out pattern pieces, notions, instruction sheet, sewing tools, sewing machine, iron and ironing board.

1. Learn as you sew by reading and following the instruction sheet.
2. Remember to backstitch, seam finish and to press as you go.
3. Your leader will guide you through the new sewing techniques you have chosen to learn in this project.
4. Have fun!

Draw or insert a picture of the pressing tools you have used to make your project.

Flat irons or Sad irons were first forged in the late middle ages. They were heated by a fire or on a stove. Sad in sad iron or sadiron is an old word meaning solid. To use the sad iron two were needed. One to use and one heating on the stove. Years ago household chores took entire days.

Housewives would:
Wash on Monday
Iron on Tuesday
Mend on Wednesday
Market on Thursday
Clean on Friday
Bake on Saturday
Rest on Sunday



Needles'



Fun Facts!

DISCOVER



Dig it!

How Did it Go? - Answer these questions:

1. Why are pressing tools so important?
2. What new sewing technique did you learn in this builder?
3. What has been the easiest part of sewing your garments, what has been the hardest?

What's next?

In the next builder you will learn about clothing care and continue to sew your garments. What do you know about doing laundry? Do you check the tags to see how to wash clothes? Is it important to take note of how to wash a length of fabric purchased at the store? What sewing techniques will you in the next step of your project? Make a list of supplies to bring to the next meeting.

Skill Builder 5: Sew Some More!

DISCOVER



Needles Says....

After all the work you put into sewing a garment you need to know how to take care of it. A few simple steps will ensure you are wearing it for a long time.



SKILLS CHECKLIST

- Identify and understand fabric care symbols
- Demonstrate a new sewing technique



Important Words

Watch for these important words throughout this Skill Builder:
Washing, Bleaching, Dry Cleaning



Dream it!

Preparing Your Fabric

Whatever, fabric you choose, remember to “treat” the fabric before you begin sewing as you will once the garment is made. For example, if you pre-wash gabardine in cold water, hang it to dry and press it with a warm iron, it will not react the same after you make the garment if washed in hot water, dried in a hot dryer and pressed on a cotton setting.

If your fabric is washable, preshrink it by washing according to instructions from the fabric bolt in the store. If your fabric is dry cleanable only preshrinking is not necessary. It is important to preshrink notions as well.

Clothing Care

Easy Laundry - Keeping clothing in good condition involves fairly simple steps. Many people are not aware of these, so before your favourite white sweatshirt gets thrown in the wash with red socks, you need to learn the following steps:

1. **Know What is Washable** - How to wash a garment depends on fibre content, yarn and fabric construction, dyes, finishes and decorative details. The best guide on how to wash an article is on the care label sewn into the item of clothing. Learn what these labels mean and how to follow their instructions.
2. **Sort and Separate** - To keep that white sweatshirt white and those dirty jeans you wore to change the oil in good condition, you need to learn how to sort laundry. Laundry needs to be sorted according to colour, fabric weight and construction, and the amount of soil on a garment. Mending may be necessary at this stage as well.
3. **Removing Spots** - Whether it's ketchup or car grease, spots need to be removed to keep garments looking good. Learning how to pre-treat specific stains will keep garments great for many more wearing's.



- 4. **Detergent and Water Temperature** - Use the right amount of detergent and the best water temperature for your garments. Just follow the instructions on the laundry soap package. The temperature of the wash water affects cleaning, wrinkling and durability of colours and the fabric finish. Using the right water temperature for a particular article will help you get the best results.
- 5. **Do Your Wash the Right Way** - Learning to load and set the washer properly makes a difference in the results.
- 6. **Dry With Care** - Maintain the quality of your clothing by using the right drying method for the type of laundry you are doing.



Do it!

It's on the Label
 What do these symbols mean?

Learn to read these symbols and understand what they mean, so you can properly care for your clothes. Look at the label on 5 of your favourite items and learn how to launder them.

Guide to Textile Care Symbols

Wash Symbols						
Wash	Normal Wash Water Temperature & Symbols 95°C/200°F Near Boil	Permanent Press 70°C/160°F Extremely Hot	Gentle Cycle 60°C/140°F Very Hot	Hand Wash 50°C/120°F Hot	Do Not Wash 40°C/105°F Warm	Do Not Wash 30°C/85°F Cool
Bleach Symbols						
Bleach	Any Bleach When Needed	Non-Chlorine Bleach When Needed	Do Not Bleach	Do Not Bleach	Do Not Bleach	
Dry Symbols						
Dry	Tumble Dry Any Heat	Tumble Dry High	Tumble Dry Medium	Tumble Dry Medium, Permanent Press	Tumble Dry Low, Permanent Press	Tumble Dry Low, Delicate
	Tumble Dry No Heat	Do Not Tumble Dry	Line Dry	Lay Flat	Drip Dry	Dry In Shade
	Do Not Dry					
Iron Symbols						
Iron	Iron On High	Iron On Medium	Iron On Low	Do Not Steam	Do Not Iron	
Dry Clean Symbols						
Dry Clean	Dry Clean	Dry Clean Normal	Do Not Dry Clean	Do Not Dry Clean	Do Not Dry Clean	
Supplementary Care Symbols						
Do Not Wring	Wet-Clean	Do Not Wet-Clean				

<http://3.bp.blogspot.com/-0bCk1Ijc-H4/Tq5T4PyhHcl/AAAAAAAAABcE/ISIVRMCjmsA/s1600/textile+symbols+of+washing.jpg>

DISCOVER

Time to Sew! III

Continue to sew your garments.

What You Will Need: cut out pattern pieces, notions, instruction sheet, sewing tools, sewing machine, iron and ironing board.

1. Learn as you sew by reading and following the instruction sheet.
2. Remember to backstitch, seam finish and to press as you go.
3. Your leader will guide you through the new sewing techniques you have chosen to learn in this project.
4. Have fun!

Ancient peoples cleaned their clothes by pounding them on rocks or rubbing them with abrasive sands; and washing the dirt away in local streams. The Earliest washing "machine" was the scrub board invented in 1797. American, James King patented the first washing machine to use a drum in 1851. The drum made King's machine resemble a modern machine, however it was still hand powered.

Needles'



Fun Facts!



Dig It!

Think about this builder and the activities you did ...

Review the Skills Checklist on page 16. What skills have you developed? Do you need more practice?

Record it . . .

Discuss what you have learned with your leader so that the information can be recorded on your Portfolio Page.

Apply it . . .

How will you wash your new top and bottom?

What's next?

So far you have learned about specialty fabric, interfacing, sewing machine needles, and pressing tools. In the next builder you will learn how to finish a garment to make it your own. What unique sewing techniques would you like to try? What supplies are need for the next meeting? Make a list of supplies to bring to the next meeting.

Sew Much Fun



Stain Removal Guide - offers tips and uses normal household cleaning items.
<https://www.stain-removal-101.com/stain-removal-guide.html>

Skill Builder 6: Voila



Needles Says....

Finishing touches on a garment gives you an opportunity to create your own personal style. Do you like a lot or a little, fancy or plain, buttons or trim, topstitching or . . . Have Fun finishing your project!

DISCOVER



SKILLS CHECKLIST

- Demonstrate hemming techniques
- Add your own creative finishing touch
- Determine your custom sewing rate



Important Words

Watch for these important words throughout this Skill Builder:
Blind Hemming, Topstitching,



Dream it!

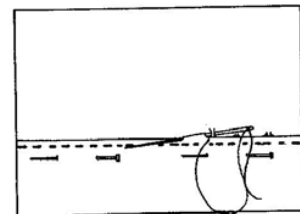
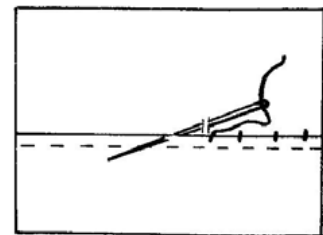
Finishing Touches

Paying attention to the finishing touches truly makes your garment your own. In addition to the fabric and pattern that you have used you can be creative with trim, buttons, top stitching, hemming techniques etc. How you choose to finish your garment determines how professional it looks. The quality is in the details. Making sure the garment is well pressed is important. This builder will look at how to hem, add decorative buttons and how to apply trim.

Hemming

Do the hemming in one of the following ways:

- **Narrow Machine Stitched Hem** - Turn the hem up and machine stitch. This hem is very durable and is used on tops, shirts, shorts, casual pants and casual skirts. The stitching will show on the right side of the garment.
- **Blind Hemming** - This is done by hand. Press hem up. Work from right to left with the hem held closest to you. Secure the thread. Pick up a single thread above the hem edge. Slant the needle to the left passing under the hem edge, picking up about a 5 mm stitch in the hem. The next stitch picks up a single thread again directly above where the needle came out of the hem, following the second stitch.
- **Slipstitch** - This hand stitch can be used if the hem edge has to be turned under 6 mm and machine stitched close to the fold. It is an invisible finish. Pick up a single thread above the folded edge of the hem. Slip the needle in the fold for about 6 mm. Bring out the needle and pick up a single thread above the fold. Again slip the needle into the fold edge and continue in this manner.

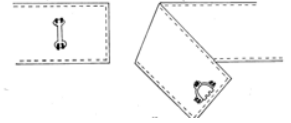


DISCOVER

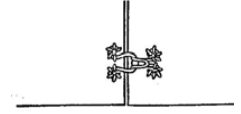
Fasteners

There are a variety of fasteners that can be used.

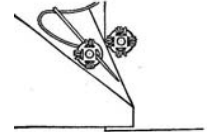
Metal fasteners can be used instead of buttons on skirt and pant waistbands.



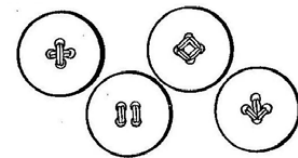
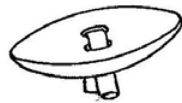
Hook and eye are used on fine fabrics and narrow closings; coarser ones for heavier fabric or large spaces.



Snap fasteners work in most locations where you do not want the stitching to show on the right side of the garment.



Buttons can be attached in a variety of ways for a decorative effect. Large hole buttons may be attached with fabric tubing, ribbon or tape.



Trim

Trim can be very decorative and gives you an opportunity to let your creativity shine. Trim includes such things as ribbon, braid, piping, lace and rickrack. Trim can be applied almost anywhere on a garment. Create borders by applying the trim in parallel rows, Create a checkered or woven effect by crisscrossing them on a bodice, yoke or cuff. Use narrow, flat trims such as braid or yarn, to create intricate curved designs. You can even create your own such as this braided rickrack.



Topstitching

Versatile and easy, topstitching is a popular finishing touch. By changing the size, colour and kind of thread; the number of topstitched rows and the stitch length, you can create an endless variety of decorative seams.

Topstitching is most often the plain straight stitch in a longer stitch length. The thread can be ordinary sewing thread or heavier thread, such as silk twist. A double thickness of regular thread can also be used in the needle. Thread colour can match or contrast, according to the effect you want. There are double and triple needles available so you can sew several rows of stitching at the same time.





Do it!



Time to Sew! IV

Complete your garments by adding the finishing touches!

What You Will Need: cut out pattern pieces, notions, instruction sheet, sewing tools, sewing machine, iron and ironing board.

Let's Sew!

1. Add any finishing touches -hems, buttons, trims and topstitching to your top and bottom.
2. Fill in the garment Cost Sheet and help determine what your custom sewing rate would be.
3. Take a picture of you modeling your final project. Try out different poses.

Needles'



Fun Facts!

During the 1800's in France and England, the use of ribbons represented nobility. At one point, English parliament reserved the wearing of ribbons by only nobility. At the height of their popularity as a fashion embellishment in the 17th and 18th century, ribbons were favoured by men and women. Garments were excessively embroidered and embellished with ribbons of silk and gold. In fact, one male garment in the Victoria and Albert museum in England is trimmed with 250 yards of ribbons.

Sew Much Fun



How to hem dress pants video

<https://www.youtube.com/watch?v=u2GiRf6iFu0>

How to sew a hem by machine video

<https://www.youtube.com/watch?v=QCPfnuQqZwA>

What It Costs



Garment Cost Sheet

Garment Constructed: _____

Date: _____

ITEM	COST
Pattern (company and number) _____	_____
_____	_____
Fabric(s) - (type and amount)	_____
_____	_____
_____	_____
Notions—thread, elastic, button etc	_____
_____	_____
_____	_____
Other	_____
_____	_____
_____	_____
TOTAL COST OF SEWING GARMENT	_____

If you were going to sew this top and bottom for one of your friends what would you charge to do the sewing? This is your custom sewing rate.

1. Number of hours needed to sew the Garments: _____

2. Cost per hour for your time to sew the garments: _____
(Base this on your sewing skills - will you charge the current minimum wage per hour or another rate?)

Cost of sewing garment total _____

Plus (+)

of Hours x Rate per hour _____

Equals (=)

Your Custom Sewing Rate _____

Total Cost of Sewing _____



Dig it!

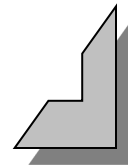
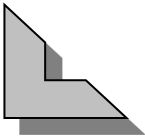
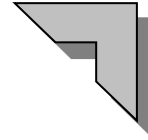
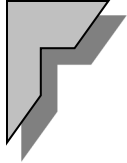
Think about this builder and the activities you did...

- Review the skills checklist on page 19.
What skills have you developed?
Do you need more practice?



Picture this...(Paste a photo of yourself modeling your outfit.

In this picture I am _____



Share your experiences with friends and family

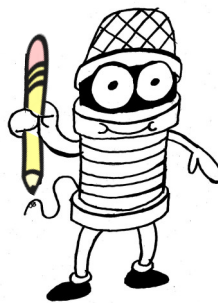
In this picture I want you to notice : _____

I want to explain to you : What interfacing is and how to use it.

What's next?

Now that you have finished all the builders in this project it is time to think about and plan for the Showcase Challenge. Be sure to complete your Portfolio Page where you can make sure your Discovering Tops and Bottoms Project Skills Chart is complete.

Member's Notes



A large, empty rectangular box with a thin black border, intended for writing notes.



Showcase Challenge

Bringing it all together!

Now that you have finished this project, it is time to think about how you will share your experiences and knowledge with others. You may put your new skills to work by helping at a community event or at your club Achievement or teaching others about your topic. The goal of the Showcase Challenge is to help highlight your new skills and help **you** understand how you can use them. It can be an opportunity to receive feedback from others on your project. So go back through your manual and find some highlights of your learning (what you are proud of) and think about how you will “showcase” it.

Dream it!

Here are some Showcase Challenge Suggestions:

- Demonstrate something you made or learned about
- Act out a play
- Create a game
- Use your new skills to help with the Club Achievement plans
- Make a poster or display
- Make a video or slideshow
- Compose a song
- Or come up with your own idea. It is up to you and your leader!



My Showcase Challenge Plan



My showcase idea: _____

What materials and resources do I need? _____

Who do I need to help me? _____

When do I need to have things done by? _____

Do it!

Insert or attach your finished product or a photo of you sharing your skills in your Showcase Challenge.

DISCOVER

Dig it!

Now that you have showcased your project skills;

- How did your Showcase Challenge go?
- What would you do differently next time?
- How will you use your new skills in the future? (*in different situations?*)





My 4-H Portfolio Page

Name: _____ Date: _____ Year in 4-H: _____

Club: _____ Hours Spent on 4-H: _____ (Project and Other 4-H Activities)

Discovering Tops & Bottoms Skills Chart

To be completed by the leader and the member based on observations and conversations throughout the project.

Skill Builder	Members will be able to... Each Skill Builder had a Skills Checklist which identified the skill you will learn.	We know this because... Identify activities completed and record observations and information from discussions about activities.
1	<ul style="list-style-type: none"> Identify Specialty Fabrics Speak the Language of Fabric Plan What You Will Sew— One Top and One Bottom 	
2	<ul style="list-style-type: none"> Use Interfacing Cut Out a Pattern and Transfer Pattern Markings 	
3	<ul style="list-style-type: none"> Identify How Sewing Machine Needles and Fabrics Relate to One Another Sew a Curved Seam - <i>Optional</i> Use a Commercial Pattern Instruction Sheet 	
4	<ul style="list-style-type: none"> Identify Pressing Equipment Demonstrate a New Sewing Technique 	
5	<ul style="list-style-type: none"> Identify and Understand Fabric Care Symbols Demonstrate a New Sewing Technique 	
6	<ul style="list-style-type: none"> Demonstrate Hemming Techniques Add Your Own Creative Finishing Touches to Your Garment Determine Your custom Sewing Rate 	

Additional Comments/Activities:

Leader Point of Praise!

I am most impressed by...

I acknowledge that the member has completed the 4-H project requirements.

Leader's Signature: _____



Above and Beyond!

In addition to project skills, 4-H also increases skills in meeting management, communications, leadership, community involvement through participation in club, area, or provincial 4-H events or activities. List below any activities you participated in this year in 4-H.

(Some examples include Executive Positions Held, Workshops, Communication, Community Service, Rally, Bonspiels, Conferences, Judging, Camps, Trips, Awards, Representation to Area or Provincial Councils, etc)

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

**Feel Free to add additional pages that include awards, certificates, new clippings, photos or other items that describe your 4-H involvement.

Member Point of Pride!

What I learned...

What I need to improve on...

What I want others to notice...

Member's Signature: _____



Point of Praise! Another's perspective on your achievements in 4-H.

(community professionals, 4-H club head leader, friends of 4-H)

I am most impressed by...

I believe that you have learned...

In the future I encourage you to...

Signature: _____





CANADA
4-H Manitoba

4-H Achievement

4-H Achievement is... a 4-H club celebration when members have completed their projects. Achievements are planned by the club to give recognition to members and leaders for their accomplishments in their 4-H projects and club activities.

A 4-H Achievement can take many different formats: from choosing a theme, to member project displays, to members using their new skills for the event (entertainment, food, decorating, photographer, etc.), to members presenting their project to the whole group, the options are endless and open to the creativity of the members and leaders in each club!

Clubs may also plan their Achievement to promote 4-H to the community or to recognize sponsors and others who have helped the club.

Members and leaders - be sure to check your project books for the project completion requirements, so you will be ready for your club's Achievement celebration!

If you have any questions, comments or suggestions for this or other 4-H projects contact:

Manitoba 4-H Council
Phone: 204-726-6136
Fax: 204-728-9040
Email: learns@4h.mb.ca
www.4h.mb.ca

This manual is for educational use only and is not intended as professional advice.

CANADA
4-H Manitoba

For more information about 4-H and the many 4-H opportunities available please visit

www.4h.mb.ca



What is 4-H?

4-H is an international youth organization involving more than 7 million members in 80 countries around the world.

In Canada, 4-H began in 1913 in Roland, Manitoba as a community-based organization dedicated to growth and development of rural youth. Today's 4-H program reaches both farm and non-farm youth across Canada. The motto of "Learn To Do By Doing" is embodied in the program, as 4-H focuses on skill development as well as personal development of life skills such as communications, leadership and citizenship.



CANADA
4-H Manitoba

4-H Motto

"Learn To Do By Doing"

4-H Pledge

I pledge,
My HEAD to clearer thinking,
My HEART to greater loyalty,
My HANDS to larger service,
My HEALTH to better living,
For my club, my community, my country and my world.

All project materials are available in
alternate format upon request.

4-H Manitoba project material is developed by
Manitoba Agriculture