Year-By-Year Guide
Vermont 4-H Clothing Project

1st. Year -- KEEP IT SIMPLE

_ Practice using a sewing machine and sewing on buttons.
_ Learn about pattern envelopes.
_ Finish seams with a zigzag stitch on the edge of the material, not in the middle.
_ Don't use a straight stitch to finish seams.
_ Wash fabric before cutting, if appropriate.
_ Cut out patterns carefully. Learn to measure from each arrow point to selvage edge. Press as you sew.

THINGS TO DO:
_ Make a sewing box.
_ Measure yourself for pattern size.
_ Choose a simple pattern -- elastic skirt, shorts, pants or lined vest.
_ Get started early -- no later than February 1.
_ Do a little every week. Remember this is a project and projects take time.
_ Machine stitch a hem.

NOT RECOMMENDED:
_ Zippers
_ Buttons and Buttonholes
_ Gathers
_ Sleeves
_ Collars

2nd. Year -- DO SOMETHING NEW

_ Again start early -- February 1 or earlier.
_ Do a little every week.
_ Do some or one of the following:
  _ Zippers
  _ Top-stitching
  _ Gathering -- always do a double gathering line.
  _ Darts
  _ Sleeves
  _ Alter and fit patterns.
2nd. Year, cont’d.

THINGS TO DO:
_ Remember what you learned in 1st year sewing.
_ Remember to finish every seam with zigzag stitch or another method to fit the fabric.
_ Try hand stitching hem, using a blind, medium length stitch.
_ Stay stitch.
_ Use a simple pattern: gathered skirt, jumper, nightdress, sleeveless blouse, shorts, etc.

NOT RECOMMENDED:
_ Plaids
_ Silks, velvets, thin or thick fabrics
_ Buttonholes

3rd. Year -- LOOK FOR A CHALLENGE
_ Keep building on what you have already learned.
_ Try some of the things on the 2nd year list that you haven't already done.
_ Look for ways to improve what you are already doing.
_ Remember to finish all of your seams.
_ Try something new:
  _ An entire outfit
  _ Collars
  _ Pockets
  _ Matching plaids or stripes
  _ Choosing accessories

4th. Year and Beyond -- ADD A SKILL
_ Evening dress
_ Coat or jacket with lining
_ Special dress
_ Special fabrics
_ Sewing for your figure
_ Planning a wardrobe
_ Sewing for profit

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