

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.

(over)

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