



# Family and Consumer Science 4-H Clothing and Textiles

## North Dakota 4-H Project Sheet

This 4-H project is designed to help you explore the world of sewing and buymanship. Use your creativity to construct and purchase items for your wardrobe.



- Learn to create clothing or other items for yourself and others.
- Learn about fabrics.
- Apply design elements and art principles to your constructed item.
- Learn how to use sewing equipment safely.
- Learn how to purchase garments and accessories.

## Here's what you can do all year!

Starting Out Basic/Level 1	Learning More Intermediate/Level 2	Expanding Horizons Advanced/Level 3
<ul style="list-style-type: none"> <li>• Organize a sewing box.</li> <li>• Learn to stitch by hand.</li> <li>• Learn how to sew on buttons.</li> <li>• Identify sewing machine parts.</li> <li>• Learn to use a sewing machine.</li> <li>• Learn to select patterns, fabric and notions.</li> <li>• Learn to read pattern markings and cut fabric.</li> <li>• Learn about fads and fashion trends.</li> <li>• Understand the impact of color and fabric on clothing design.</li> </ul>	<ul style="list-style-type: none"> <li>• Identify specialized sewing tools.</li> <li>• Combine two or more patterns to create a design.</li> <li>• Design and embellish a garment.</li> <li>• Compare different fabrics, yarns and finishes.</li> <li>• Discover how to take part in a fashion show.</li> <li>• Learn and use tailoring skills.</li> <li>• Analyze cultural influences in clothing.</li> </ul>	<ul style="list-style-type: none"> <li>• Use advanced sewing skills.</li> <li>• Identify clothing styles that enhance figures.</li> <li>• Sew fabric containing spandex.</li> <li>• Plan and conduct a fashion revue.</li> <li>• Plan and organize a community service sewing project.</li> <li>• Conduct a clothing inventory and identify your clothing needs.</li> </ul>

### Pass it on!

Now that you know how, share it with others. Here are ideas to get you started.

### Communication

- Design a poster identifying sewing machine parts and proper care of a sewing machine.
- Create a 4-H video demonstrating how to sew on a button.
- Teach others how to use a sewing machine to create decorative pillows.

### Citizenship

- Organize your group to sew something for a community facility (for example: curtains, pillows).
- Organize a community clothing drive.

### Leadership

- Volunteer to take responsibility for washing your family's laundry.
- Organize a club field trip to a fabric store to learn about appropriate fabrics for various sewing projects.
- Teach your club or other group about embellishing techniques.

### Entrepreneurship

- Job shadow a seamstress/tailor.



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### Here are other opportunities to explore clothing and textiles:

- Contact your county Extension office to participate in local clothing camps, workshops or county fairs/achievement days.
- Create your own sewing/tailoring business.
- Demonstrate proper clothing care (laundry, repair and alterations) with friends and family.
- Help family members shop for clothing that best fits their different body types.
- Attend the Extension Youth Conference and attend workshops, listen to motivational speakers and participate in a community service project; bring ideas back to your club and community.
- Interested in a college education in the area of apparel merchandising, design and production? Schedule a visit with North Dakota State University's College of Human Science and Education at [www.ndsu.edu/hse](http://www.ndsu.edu/hse).



### Exhibit Ideas

- Exhibit an item such as a pin cushion, pillow or tote bag.
- Choose a fabric and explain what it is made of, how to care for it and how it is used.
- Exhibit a garment or accessory that you have decorated.
- Create a poster showing patterns designed for two or more figure types.
- Design a poster showing some new sewing tools/equipment and how they can be used.
- Create a personalized pattern for a garment with a computer or Internet program.
- Create a display on some new fabrics and why they were made (bulletproof vests, antibacterial, wicking, etc.).
- Describe the laundry process and special considerations.
- Create a display on detergent use and how stain removers work.
- Create a display on how to make simple repairs using only a needle and thread.
- Construct a soft furnishing (pillow, quilt, comforter, curtains, etc.).
- Develop an educational exhibit on clothing buymanship.

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### 4-H Resources

- Pillows, Totes & More (CB100)
- Sew Fun! (CB107)
- Shopping in Style (CB108)
- STEAM Clothing: Beyond the Needle (CB165)
- Patterns
  - [Polar Fleece Hooded Scarf](#)

### Other Resources

- [Sewing and Craft Alliance](#)
- [Butterick-McCall's-Vogue](#)
- [Sew-What's-New](#)
- [Fabric Link](#)

### Recordkeeping

- [Planning for My Project Adventure](#) (PA093)
- [ND 4-H Project Plan](#) (PA095)
- [ND 4-H Plan of Action](#) (PA096)
- [ND 4-H Participation Summary for 11- to 19-year-olds](#) (PA098)

### Contests

- [Clothing Revue Contest](#)

Learn more at [www.ndsu.edu/4h/](http://www.ndsu.edu/4h/) or contact your county NDSU Extension office.

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