

LESSON 1

CREATIVITY

9-11 YEAR OLDS

PURPOSE

To develop personal creativity and learn basic clothing construction skills, building on previous knowledge.

OBJECTIVES

Youth will be able to:

- ◆ identify the parts of a sewing machine and serger.
- ◆ use the sewing machine/serger to make a simple item, garment or accessory.
- ◆ select appropriate fabric for item/garment construction.
- ◆ read, comprehend and use a pattern for a finished garment.
- ◆ read, comprehend and follow written instructions for any creative construction project.
- ◆ prepare fabric and notions for sewing.

LESSON TIME

45 Minutes - 1 Hour

LEARNING ACTIVITIES

SETTING THE STAGE...

BEAN BAG TRIVIA

FIND THAT INFO

SCRIPT READING . . . PATTERN MARKINGS AND LAYOUT

ACT I: SEW SOME JAMS

ACT II: SEW SOME JAMS

CHOOSE YOUR OWN

ADVANCE PREPARATION

1. Read the BACKGROUND BASICS on Creativity.
2. Review activities and choose appropriate one(s) to use.
3. Secure and prepare necessary materials as described.

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Do

The following is suggested for using the activities in Lesson 1. Materials needed for each are listed within the activity.

- ◆ Identify sewing machine/serger parts and their functions with **SETTING THE STAGE**.
- ◆ Practice machine stitching and control with **BEAN BAG TRIVIA**.
- ◆ Identify information on pattern envelopes with **FIND THAT INFO**.
- ◆ Select and prepare pattern pieces and fabric with **PATTERN MARKINGS AND LAY OUT**.
- ◆ Construct a simple pair of jams with Acts I and II: **SEW SOME JAMS**.
- ◆ Express creativity, practice techniques, and learn to follow written steps to project completion with **CHOOSE YOUR OWN**.

REFLECT

After completing the activities in this lesson, help youth reflect on what they have learned with these questions:

- ◆ Describe what you did to thread the machine.
- ◆ What are the steps in completing an item/garment from start to finish?
selecting pattern, figure type and size, fabric, notions, construction, fitting, and pressing
- ◆ What was your favorite project? Tell why.
- ◆ What sewing activities did you enjoy the most?
- ◆ What did you learn from these activities?
- ◆ What are the items on the pattern envelope you need to know before beginning a project?
your size, suggested fabric, fabric length and width, the view you chose, garment description, pattern difficulty and notions needed

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APPLY

Help youth learn to apply what they have learned.

- ◆ How can you use some of your new sewing skills?
- ◆ What are some other projects you can now complete using your sewing skills?
- ◆ Was it hard to follow written directions? Will you be able to follow instructions for other projects in the future?
- ◆ Show and tell a friend how to make one of your projects!
- ◆ Create your own pattern pieces for a simple project.

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BACKGROUND BASICS... Creativity

Are you ready to have fun and to teach creativity? One of the first things the youngsters will need to learn is how to use a sewing machine/serger. It can be an exciting, creative, and rewarding time.

To prevent frustration and disappointment for first-time sewers there are some guidelines to help them have an enjoyable experience. Knowing the parts and purposes of the sewing machine, as well as how to thread is the first step in the process.

Sewing Machine Parts and Basic Threading Guides

The basic parts of the sewing machine are:

Hand wheel - used to get the needle in position

Spool pin - used to hold spool of thread

Take-up lever - used to pull the thread from the spool

Presser foot - used to hold the fabric against the machine

Presser foot lifter - used to lift the presser foot

Tension - used to put tension on the thread so the stitches are formed securely

Stitch length control - used to select length of stitches

Bobbin - holds the lower thread

Bobbin winder - used to hold the bobbin in place for filling

Thread guides - guides to use in threading upper thread

Feed dog - moves the fabric at an even speed

Throat plate - encloses the feed dog and provides an opening for the needle

Foot control - controls the speed of the machine

Slide plate - slides or tilts to expose the bobbin area

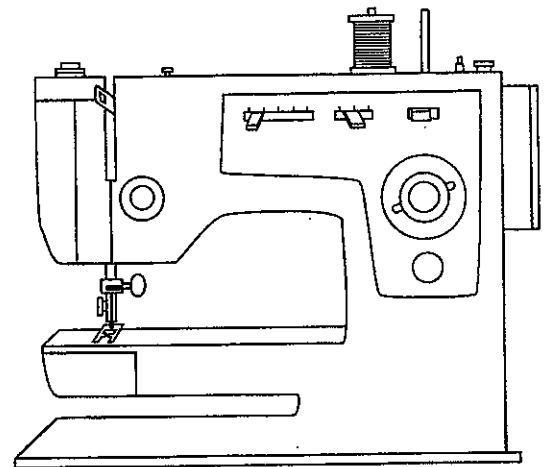
Stitch width control - used to select width of stitch

Reverse stitch - lever or button which allows you to reverse direction of stitch

Check spring - used to soften the sharp tugs of the take-up lever on the thread

Built-in light - illuminates the needle area

Power switch - used to turn the sewing machine on and off



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How To Thread The Sewing Machine

When you learn how to thread a sewing machine, you should be able to thread all sewing machines. Remember to follow the thread guides.

1. Be sure presser foot is up.
2. Place the thread spool on the spool pin.
3. Draw the thread through the thread guide(s) (there may not be a thread guide).
4. Lead the thread through the tension discs making sure the check spring is in action.
5. Next, there will be one or more thread guides.
6. The thread guides lead to the take-up lever where the thread slips or is threaded through the hole.
7. There will usually be one or more thread guides between the take-up lever and the needle.
8. The last thread guide is the key to threading the needle. It indicates the side of the needle through which you will draw the thread through the eye -- front to back, right to left, or left to right.

Remember upper threading always follows: 1) tension; 2) take-up lever; 3) needle.

Proper placement of the needle is very important. The needle is placed so the long groove is on the same side as the thread guide.

Bobbin

Refer to the machine's instructional booklet on how to thread a bobbin. Then consider these general suggestions:

- Put the presser foot up.
- Do not wind thread on top of another thread.
- Always check bobbin for rough spots. These will cause stitching problems.
- When winding thread on the bobbin, place thread in the threading hole from inside to outside.
- As you begin winding, grasp thread end until it breaks.
- Be sure the bobbin winds evenly. If it does not, adjust (check instruction booklet) until it does.
- If the sewing machine does not stop automatically when filling the bobbin, stop before it overfills. It will not slip into the bobbin case or area if it is overfilled.
- Use the same type of thread - top and bottom.
- Do not wind polyester thread too quickly, as it will stretch. When you sew, it relaxes and may cause puckered seams.

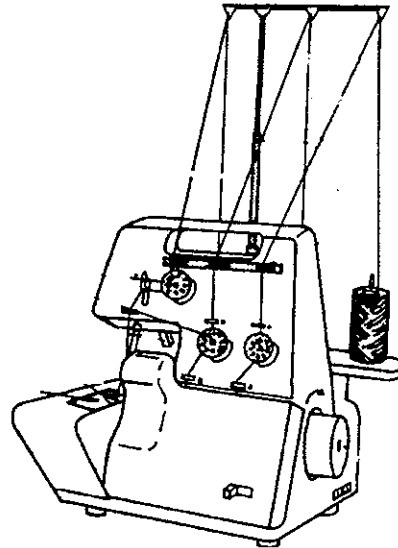
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Sergers

Sergers are also called overlock machines. They trim, stitch, and overcast a seam in one operation. A serger does not have a bobbin. Instead, it uses loopers that secure two to five multiple threads to form stitches. A pair of very fine, sharp cutting blades located to the right of the needle(s) trims the seam allowances neatly right before the fabric is stitched.

The presser foot and feed hold the fabric firmly and evenly. DO NOT stitch over pins, because they will be cut and soon dull the trimming blades. Usually you can gently lift the end of the presser foot and slip under the fabric just under the end (about 1/4 inch) and begin stitching by pressing on the foot control. Sometimes you can just place to the end of the presser foot.



Always carefully follow the serger's manual on how to thread. Pull all threads under the presser foot and lower the presser foot. Hold the ends as you begin to stitch. Serge at least two inches after you go off the end of the fabric. To begin and end stitching it is not necessary to lift and lower the presser foot lifter.

Getting Ready To Sew

After the sewing machine is threaded - top and bottom, you need to bring the bobbin thread to the top of the throat plate. Grasp the upper thread loosely and turn the hand wheel one complete turn. REMEMBER that the take-up lever should be in the highest position, so the machine will not be unthreaded when you begin stitching.

Pull the thread to the back and right of the presser foot when you begin stitching. Hold the thread ends until three or four stitches are formed. This will eliminate bunching of thread and unevenness in stitching at the beginning of a seam.

Stitch Length

If a sewing machine has numbers similar to 7-20 the machine's stitches are measured in inches. Number 0-5 means that the stitches are measured by the metric system. For a medium stitch this would be 10 - 12 stitches per inch or 2.5 if in metric measurements.

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Ready To Sew

You are now ready to begin sewing, be sure to:

- Raise the presser foot and needle.
- Position the fabric.
- Lower needle into fabric using the hand wheel.
- Lower the presser foot.
- Position hands to hold (guide) the fabric.
- Guide fabric and press foot control gently.
- At end of seam, release foot control, bring needle up by turning hand wheel until the take-up lever is in the highest position.
- Lift presser foot and pull until thread is about two inches long.
- Clip thread and remove fabric.

Securing Ends Of Thread

You can either leave enough thread (about two to three inches) to tie a knot at the end of stitching or you can backstitch. To backstitch, you use the reverse stitch. To backstitch at the beginning of a seam, place the needle in 1/4 inch from edge of fabric, stitch back three stitches, release and stitch seam. To backstitch at the end of seam, stitch to end of seam, reverse stitch three stitches.

Things To Consider

- ☞ If a participant's legs are too short to reach the foot pedal, place it on a box and tape in place.
- ☞ Remove pins before stitching across them - you can break a needle or create a burr on the needle that will cause pulls in the fabric.
- ☞ Never pull the fabric - guide it.
- ☞ Never have hands close to the needle when holding fabric.

Patterns

It is important to always take body measurements before purchasing a pattern, so you can select the correct size and figure type. Sizes in pattern companies are similar to each other, BUT they have no relation to ready-to-wear sizing. For greatest accuracy in measuring use a plastic coated tape measure and keep it snug, but comfortable.

Determining Pattern Size. Take the following measurements over inner garments to determine pattern size:

- bust/chest - over the fullest part and around the back parallel to floor.
- waist - natural curve of waistline.
- hip - highest part of seat and thickest part of thighs (record how far down from waist).

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Determining Figure Type. Take the following measurements in order to determine figure type:

- height
- back waist length - measure from the prominent bone at your neck base to your waistline.

Selecting Pattern by Type and Size. Select the figure type that most nearly fits your vertical measurements, then the pattern size that most nearly fits your horizontal measurements.

Read The Pattern Envelope. Taking the time to read the front and the back of the pattern envelope will help you better understand your pattern.

The front will show you:

- different styles
- whether the pattern is suitable for plaids or stripes
- the general silhouette of the garment

The back will give you:

- a description of the garment
- a sketch of the structural lines in front and back
- a suggested list of fabrics for achieving the picture on the front
- information as to suitability for napped, plaids, or stretch fabrics
- yardage requirements based on view, fabric width, and pattern size
- a list of notions needed

Steps of Construction

Pattern Markings

In order to understand the markings on patterns you need to learn the pattern symbols.

Adjustment lines - (for lengthening and shortening) are two lines close together.

Arrows - on the seamline indicate the direction to stitch, so you are stitching with the grain.

Cutting line - is the dark line on the edge of the pattern that is sometimes marked by small scissors.

Darts - are a combination of circles and broken lines.

Circles, Squares, Triangles - are matching points on the inside or at seamline.

Grainline - refers to the lengthwise grain and is a line with arrows at each end.

Notches - are pattern extensions used for matching pieces together.

Stitching line - is the seamline. It is a broken line and is usually at 5/8 inch from pattern edge. It is sometimes marked with a presser foot.

Fold line - is a line with arrows that curve to the pattern edge. It indicates that the pattern piece is to be placed on the fold of the fabric.

Closures - (buttons, buttonholes, zippers) are sketched on your pattern piece.

Center front and Center back - are marked with a line.

In addition, there will be printed on the piece: 1) the name of the pattern; 2) size of pattern; and 3) the pattern number.

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Layout

Inside your pattern envelope you will find a sheet that tells you how to do your layout. This refers to how to fold fabric and how to place the pattern pieces. A layout is a plan for the placement of pattern pieces on fabric. Each layout given is based on pattern size and width of fabric.

Press fabric if needed. Check carefully to see how the fabric is to be folded. Be sure to fold fabric on-grain. Now select the pattern pieces needed to make your project. Fold fabric with right sides together, since this makes marking easier.

Place pattern pieces on the fabric, pinning **ONLY** on the grainline until all pattern pieces are in position. Always start with the large pieces first. To pin on grain, place one pin at the end of the grain arrow. Measure the distance to the selvage or the fold line. Now move to the other end of the arrow and measure the same distance. Pin. If a pattern is to be placed on the fold, be sure to place pattern piece exactly on the fold.

Cut

Cut using sharp scissors or shears, making long smooth cuts, cutting out on notches and holding pattern flat with one hand as you cut with the other.

Marking

How and where you mark the project will aid you in putting it together. Be sure to be accurate. No one method of marking is suitable for all fabrics. Be sure to mark on the wrong side of the fabric. Soap slivers and marking pens are easy to use. Masking tape is great for labeling pieces as patterns are removed.

Seams and Seam Finishes

Seams need to be finished if the fabric ravel or runs. Remember to finish and press seams before crossing with another seam. Here are four seam finishes to choose from:

- ◆ A plain seam is made with two pieces of fabric (right sides together) with the edges even and used on fabrics that do not ravel.
- ◆ A double stitch seam is used for added durability in stress areas, such as crotch seams. First make a plain seam, then add a second row of stitching 1/8 inch from first stitching. Trim seam to 1/4 inch.
- ◆ Machine over-cast (zigzag or blind stitch) is used on lightweight to heavier fabrics.

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- ♦ Seams turned under and stitched is used as a finish for light to medium weight fabrics. Turn under 1/8 inch and machine stitch close to edge. Be sure to work from the top side and not fight with the narrow turned under edge. Seams need to be finished if the fabric ravel or runs. Remember to finish and press seams before crossing with another seam.

Interfacing

Interfacing is an inner construction material that lies between layers of fashion fabric. It adds shape, strength, and body. Woven interfacing have lengthwise and crosswise grain. Be sure to cut on the same grain as your fabric. Nonwoven interfacing does not have "yarns". They are made by bonding or melting fibers together.

Interfacing (woven, nonwoven, knit) may also have a fusible side. They are applied to the wrong side of your fabric using heat, moisture, and pressure. Always test on a scrap before applying to a garment. Follow package directions carefully as to temperature of iron and length of time needed to get a good bond. Be sure to carefully follow manufacturer's directions for using a fusible interfacing.

There is no ONE interfacing that is suitable for all fabrics. An interfacing should be similar in weight to your fabric. It should not greatly change the character of the fabric.

Pressing

Pressing will make your project look better. Pressing is bringing pressure down onto construction details to flatten or smooth the fabric. It is a lifting and lowering of the iron. It is NOT pressure exerted across the fabric (that is ironing). Ironing can stretch the fabric out of shape if you go against the grain.

Pressing is usually done with steam, either a steam iron or with a wet press cloth. Be sure to test first on a scrap of the fabric, as some will water spot. Construction pressing is used to flatten edges, form crease lines, and/or shape and mold a garment to fit the body. It is pressing as you stitch. Never cross a seam with another until it has been pressed.

- OBJECTIVES:** For youth to:
- identify the parts of the sewing machine/serger.
 - practice threading the sewing machine.
 - identify the steps to filling the bobbin.
 - practice controlling the sewing machine on curves and corners.
- LIFE SKILLS:** ○ Following directions.
- MATERIALS:** Sewing machines or serger
Thread
Bobbins
Copies of SEWING PRACTICE SHEETS for each youth
SETTING THE STAGE, Workbook Page 2
PARTS INSTRUCTION GUIDE (for leader)
- TIME:** 45 Minutes
- SETTING:** A comfortable room with tables and chairs for set-up of sewing machines and sergers.
- ADVANCE PREPARATION:**
Set up machine(s) in work stations.
- NOTE:** This activity is best suited for a group no larger than 12. It is best to have another volunteer assistant if you have a large number of machines/youth to supervise.
- BACKGROUND INFORMATION:**
If your group has not been involved in previous 4-H projects, we recommend that this first activity be adapted to include identifying and gathering basic sewing supplies, in addition to teaching sewing machine basics! Activities 1-3 in Lesson 1 of *Fun with Clothes* (5-8 year olds) are still appropriate introductory games and activities for this purpose.

INTRODUCTION

Learning to use a sewing machine or serger is the major skill to be acquired in completing a lot of creative sewing projects. Learning to use and maintain these pieces of equipment requires special care and should be given special attention. How many of you have used a sewing machine? What is the difference between a sewing machine and a serger? Has anyone ever used a serger? Setting up your sewing machine (or serger) correctly is the key to success while sewing. A serger trims, stitches, and overcasts a seam in one operation.

Do

- ◆ Gather the group around one sewing machine (or serger) and identify the parts of the machine. See PARTS INSTRUCTION GUIDE. Be sure to discuss the function of each of the parts.

- ◆ While the group watches, thread the machine, narrating the steps as you go along. (OR you might ask a youth to thread the machine as you narrate the steps.) Be sure to properly name the parts that the thread goes through and around. Answer any questions the participants might have.
- ◆ Have the participants break up into groups of two or three and gather around their own machines. Call out a part of the machine that you previously identified. Instruct the groups to point to the part on their machines. Check to see if they have identified the part correctly. Review all the parts in this manner.
- ◆ Sewing Machines: Gather the participants around one of the sewing machines. Identify the bobbin case, the bobbin and show the proper placing of the bobbin (if this has not already been done). Ask one youth to follow the steps as you explain how to fill the bobbin and bring bobbin thread up. Have the participants go back to their machines and fill the bobbin. Be sure to help them to do this properly. Discuss common mistakes and the problems that will occur if this is not done correctly.
Serger: Gather the participants around the serger. Identify the thread guides, tension discs, lower looper and upper looper. Ask a youth to follow the steps as you explain how to thread.
- ◆ Now the participants should be ready to thread their own machines. Let the youth attempt to thread the machine and help them if necessary. Discuss common problems or mistakes that they made while trying to thread the machines. Discuss what happens if the machines are not properly threaded.
- ◆ Hand out the SEWING PRACTICE SHEET and instruct the participants to practice sewing on the sheet, following the lines and curves. Be sure to demonstrate the correct way to turn a corner.

REFLECT

- ◆ Name the parts of the sewing machine.
bobbin, bobbin case, needle, presser foot, thread guides, tension disc, feed dog, stitch length control, stitch selector, take-up lever, stitch width
- ◆ Name the parts of a serger.
thread guides, tension discs, lower looper, upper looper, stitch length, stitch width, cutting blades, feed dog

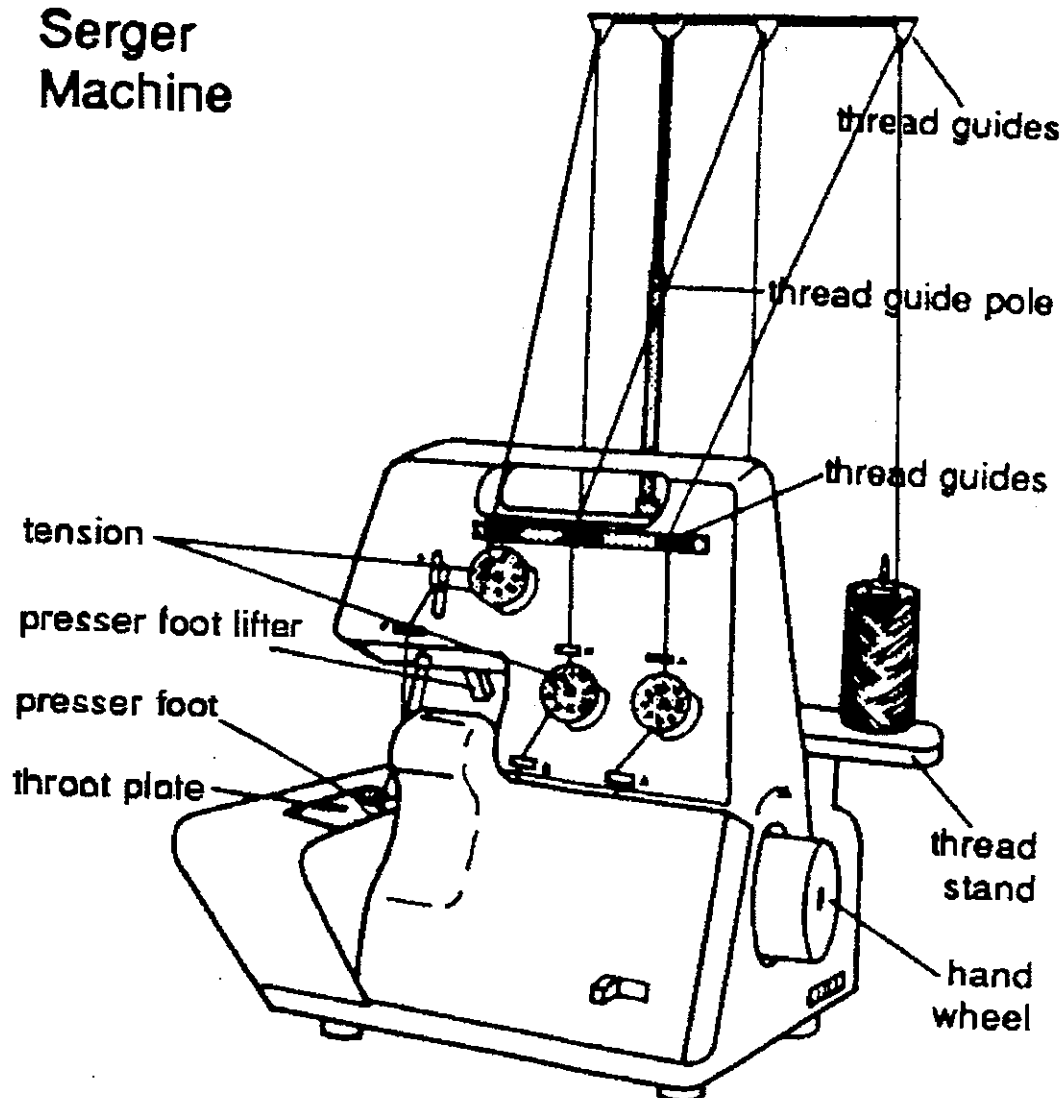
- ◆ Describe what you did to thread the sewing machine.
- ◆ Describe what you did to thread the serger.
- ◆ Describe the steps you followed to fill the bobbin.
- ◆ What are some of the problems that occur if threading is not done correctly?
**the stitches will not be even, the thread might be too loose or break;
your stitching will not be a good quality**
- ◆ Was it hard to control the sewing machine around the curves and corners on your practice sheet? What helped you to follow the lines?
stitching slowly
- ◆ Describe the difference in the stitches of a serger and a sewing machine.
**a sewing machine uses 2 threads, a serger uses 2 to 5 threads and
cuts, and sews over edge**

APPLY

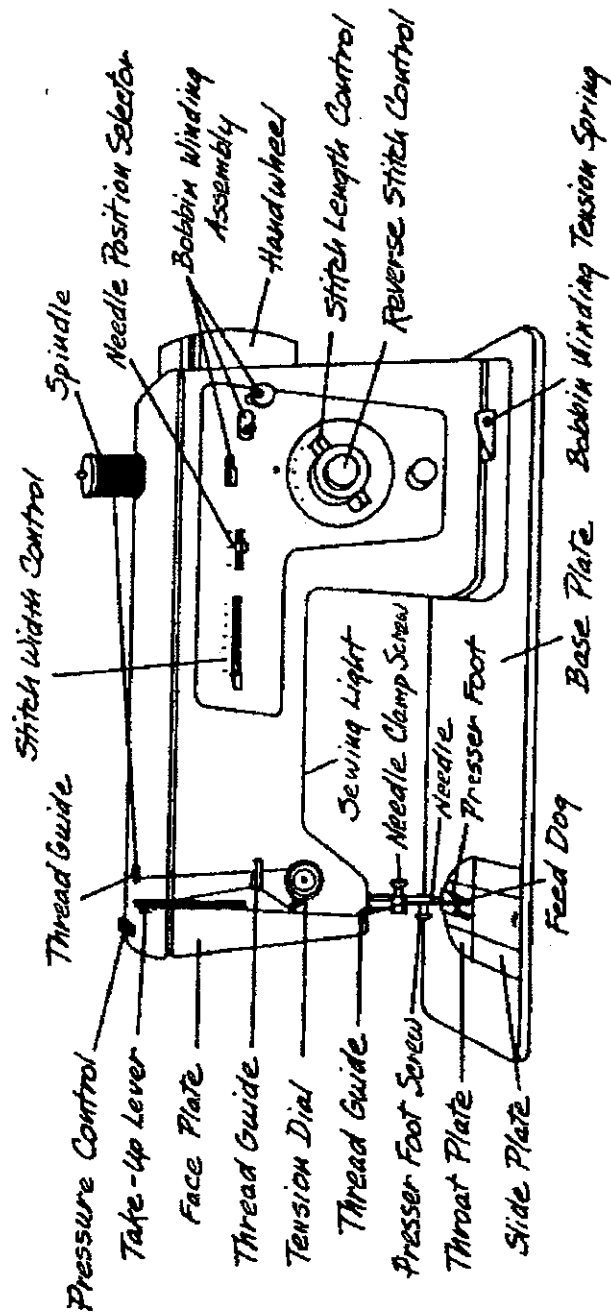
- ◆ Practice sewing more at home or at your extension center.
- ◆ Complete the SETTING THE STAGE, Workbook page 2, to demonstrate your knowledge of threading a sewing machine.

PARTS INSTRUCTION GUIDE

Serger Machine



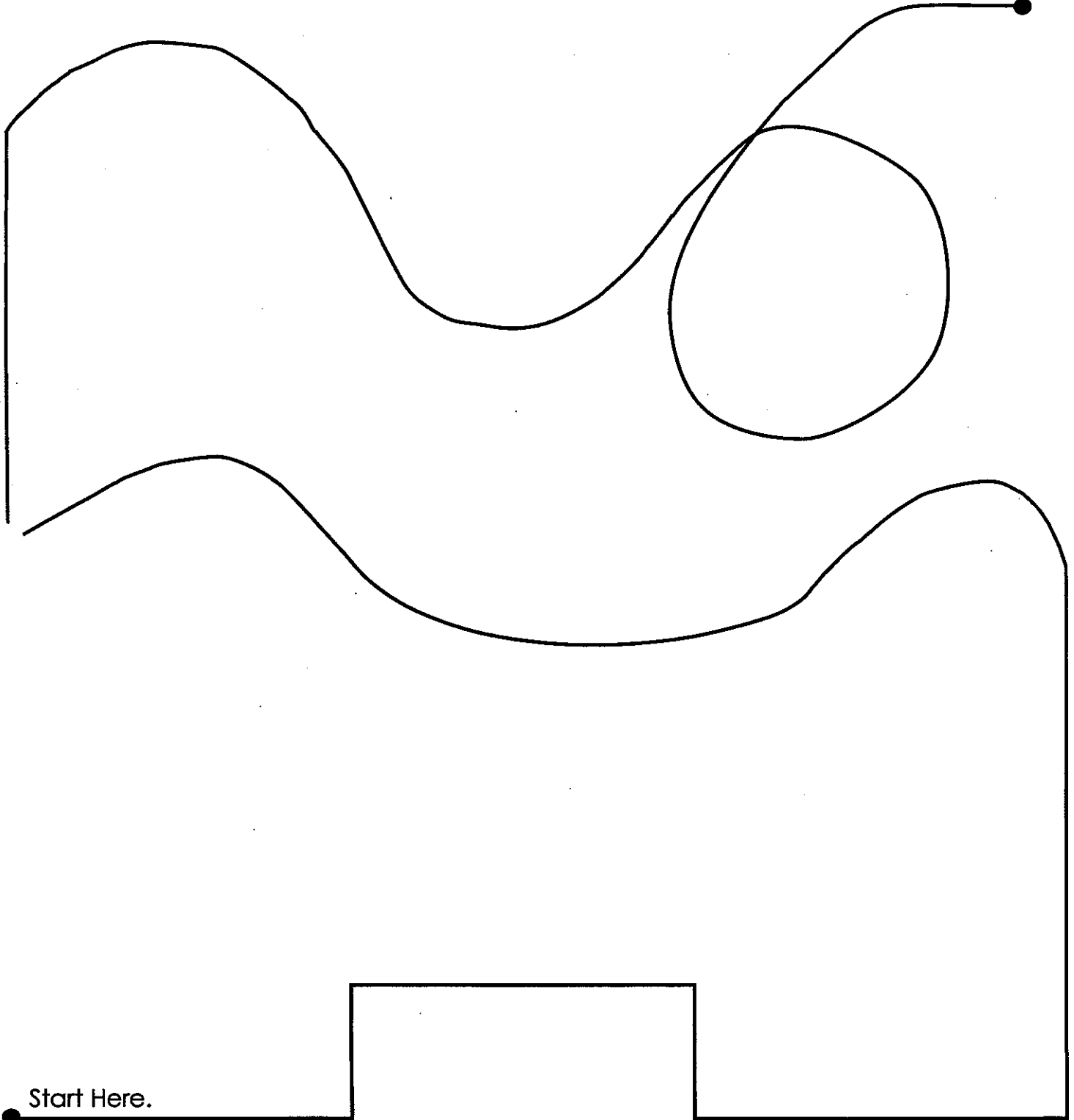
PARTS INSTRUCTION GUIDE SEWING MACHINE



SEWING PRACTICE SHEET

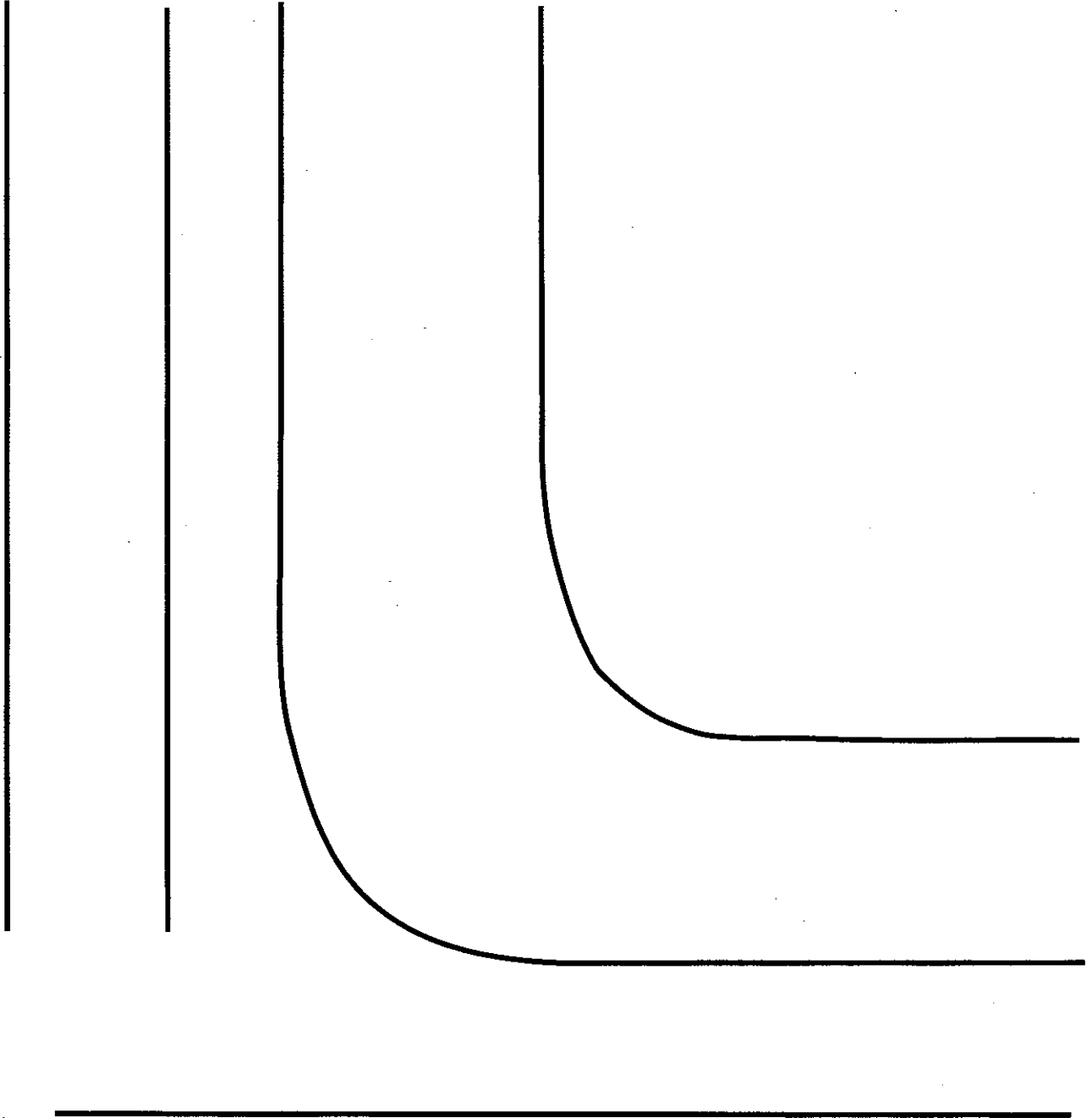
Practice on your corners and curves
on your sewing machine!

End Here.



SEWING PRACTICE SHEET

Practice your lines and curves on your serger!



OBJECTIVES: For youth to:

- practice machine stitching and control.
- practice machine stitching straight, curves, corners, and hand stitches.

LIFE SKILL: ○ List and execute the steps needed to construct a project.

MATERIALS: Sewing machine or serger
Pins, pin cushion
Needles, thread, scissors
BEAN BAG PATTERNS AND INSTRUCTIONS
BEAN BAG TRIVIA INSTRUCTIONS and Game Sheet
Dried peas
Felt, crewel needles, colored embroidery thread
Scraps of fabric to make bean bags, such as broadcloth or denim
Iron and ironing board

TIME: 1 Hour

SETTING: A comfortable room with tables and chairs.

ADVANCE PREPARATION:
Set up machines or sergers in advance.

INTRODUCTION

Simple sewing techniques need to be mastered before moving to more complicated steps. Today, we are going to practice simple sewing techniques to improve our skills. Bean bags are fun for everyone. They can be used to play many games. Let's use our sewing skills to create bags to play with.

Do

Make a BEAN BAG!

- ◆ Let the youth decide which bean bag pattern they are going to use. Have them lay out the pattern, following the instructions on the bean bag pattern.
- ◆ Using the felt, let youth cut out shapes to decorate the front of each bag. Use the embroidery thread to hand stitch the decorative shapes to the bags. Use a short running stitch.
- ◆ Place the bean bag pieces right sides together and pin. (Basting is optional for this project depending on the skill level of the participants.) Stitch a $\frac{1}{4}$ seam in the designated areas, not between the special markings.
- ◆ Turn the bean bag right side out and press, turning the open portion down $\frac{1}{4}$ inch.

- ◆ Fill the bags with dried peas. Pin the opening closed. Stitch. Baste this portion closed for easier handling. Hand stitch the opening closed. Remove the basting stitch.
- ◆ Play BEAN BAG TRIVIA following the instruction sheet. Have the youth fill out their worksheet as a tally when playing the game.

REFLECT

- ◆ Describe the steps you took to complete this project.
deciding on a pattern; cutting out the pattern; decorating the bag; pinning (and basting); machine stitching or serging; trimming and clipping; pressing and filling; hand stitching the bag closed
- ◆ What are two hand stitches you used in completing this project?
running stitch, basting stitch

APPLY

- ◆ Make more bean bags for you and your friends. Play other games with the bean bags such as throwing contests and tic-tac-toe.

BEAN BAG TRIVIA**Instructions**

1. Tape nine trivia spots to the floor approximately 20 feet away from the starting line (or use a piece of poster board with nine sections as illustrated on the floor as the Trivia Board). Provide each youth with the BEAN BAG TRIVIA worksheet.
2. Tape a line about 20 feet away from the trivia spots and have the youth stand behind the line.
3. Have the participants take turns standing with one foot on the starting line and tossing their bags to the trivia spots. If the first bag lands on a trivia spot then the participant will try to answer the question to receive credit for it. If they answer correctly, the participant can enter the answer on his/her worksheet.
4. The goal of the game is to land on each of the trivia spots and respond with a correct answer. The game continues until each participant has hit all of the trivia spots.

OPTIONAL: Raise the number of items that the youth have to name to make the game harder.

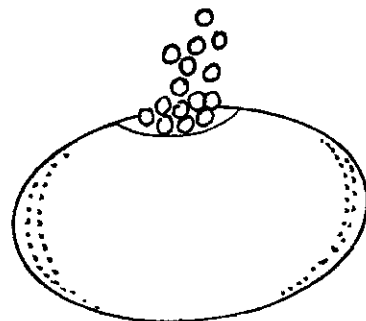
TRIVIA SPOTS

1	2	3
4	5	6
7	8	9

LET'S MAKE A BEAN BAG!

What You Will Need:

- ✓ pins, pin cushion
- ✓ scissors
- ✓ needle and thread
- ✓ scraps of fabric
- ✓ bean bag patterns and instructions
- ✓ dried peas
- sewing machine/serger (optional)

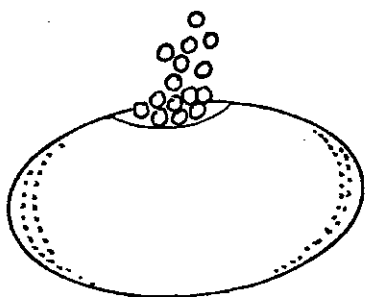
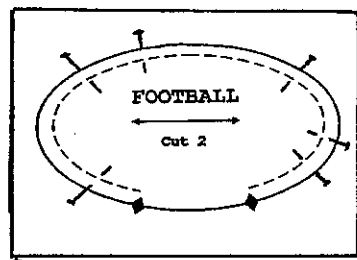


What You Do:

- ☐ Gather your supplies.
- ☐ Read the instruction guide sheet before beginning.
- ☐ Select the pattern you wish to use. Cut it out.
- ☐ Follow the steps on your guide sheet to complete your bean bag.

BEAN BAG INSTRUCTION GUIDE

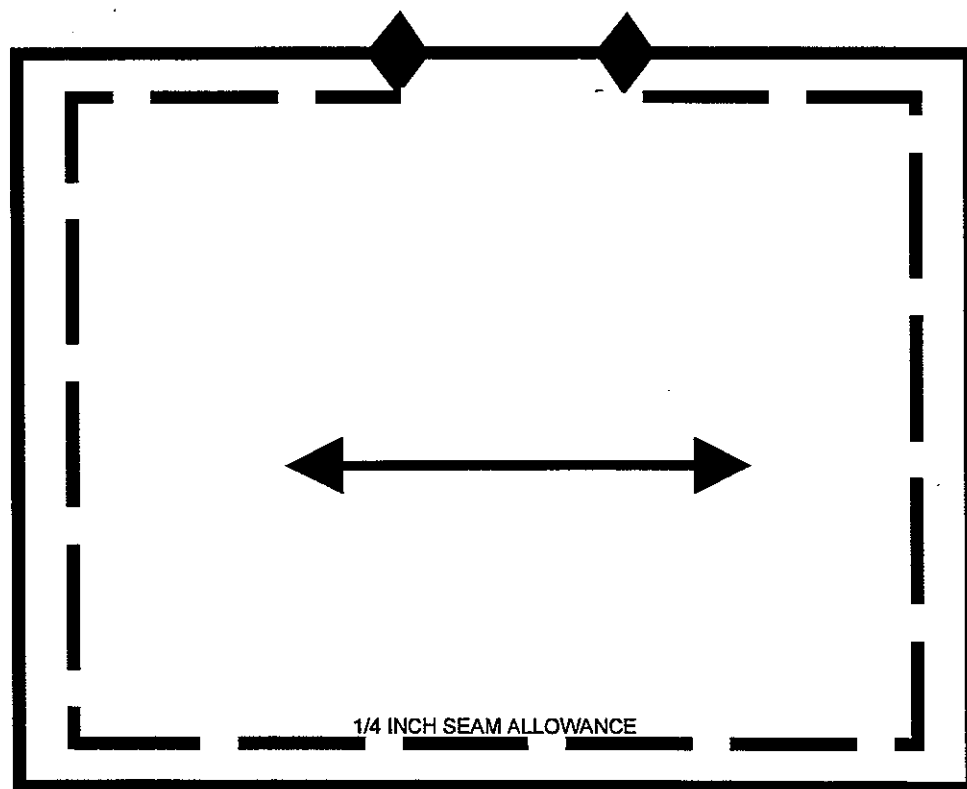
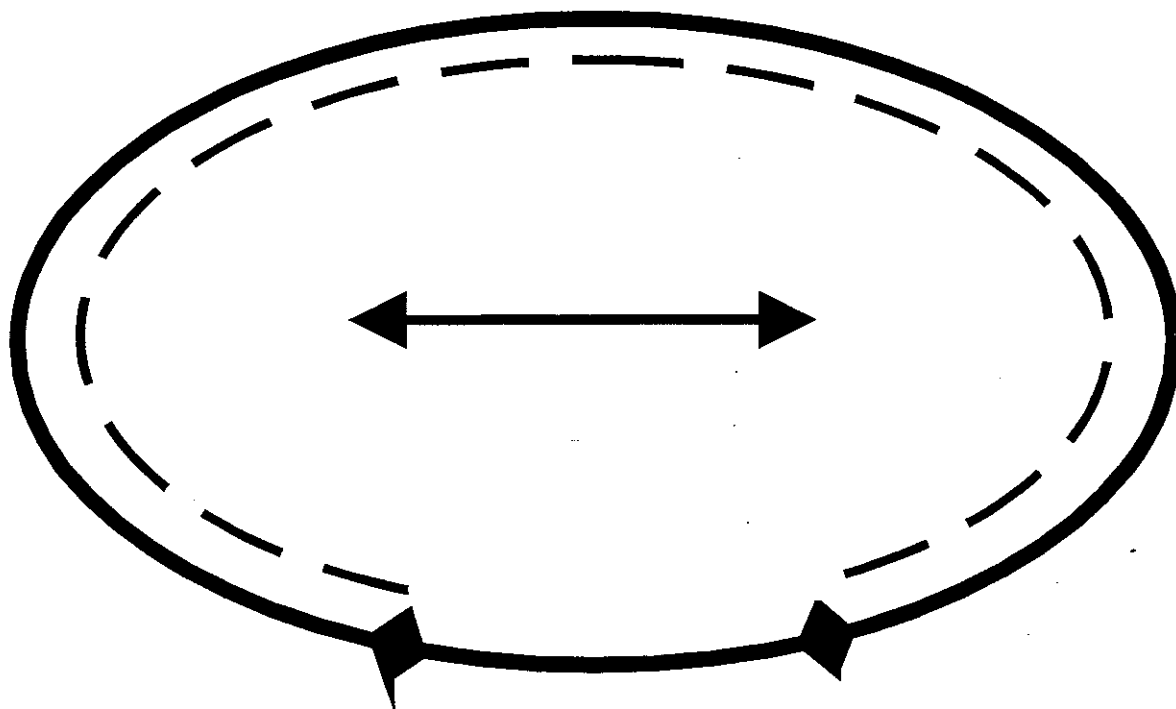
- ☐ Fold your fabric. Make sure fabric "grain" is straight.
- ☐ Layout and pin the pattern pieces to your fabric as shown.
- ☐ Following the pattern cut the fabric pieces.
 - Be sure to cut "notches" on your pattern.
- ☐ Place the fabric pieces right sides together and pin.
- ☐ Stitch a $\frac{1}{4}$ inch seam starting at one notch and continuing to the 2nd notch, as shown on your pattern piece.



- ☐ Turn the bag right side out and press, turning the opening in $\frac{1}{4}$ inch.
- ☐ Fill the bag with dried peas. Pin the opening closed. Baste the closing for easier handling. Remove pins.
- ☐ Hand stitch the opening closed using an overcast stitch. Remove basting.



BEAN BAG PATTERNS



BEAN BAG TRIVIA WORKSHEET

1. Name 2 parts of a sewing machine.

2. Name 2 steps in completing a sewing project.

3. Name 2 hand stitches used in sewing.

4. Name a non-clothing (apparel) item that you can sew.

5. What is the purpose of the presser foot? _____

6. Why do we press our garment after each sewing step? _____

7. What are 2 pieces of information that can be found on the back of a pattern piece? _____

8. Which direction is it best to stitch in when making an item? (up, down, left or right)
9. Name two parts of a serger.



- OBJECTIVES:** For youth to:
- identify the information on the back of a pattern envelope.
 - use each piece of information correctly.
 - select appropriate size according to their measurements for jams.
- LIFE SKILLS:** ○ Acquiring, analyzing and using information and math measurement skills.
- MATERIALS:** Pattern envelopes
Copies of PATTERN INFORMATION SHEET for each youth
Measuring tape
Pencils or pens
Tape or chalk to designate a starting line
INFORMATION CARDS (one set per team)
JAM PATTERN INFO (one per team)
PATTERN DIRECTING Workbook page 3.
- TIME:** 45 Minutes (Time will vary for individual measurements.)
- SETTING:** A comfortable room with tables and chairs.
- NOTE:** Be sure to have some patterns that are unisex or specifically for males if they are participating in this activity.
- SUGGESTION:** It is recommended for this first sewing project that you select the jams' patterns you wish the youth to use and have a sample of each for them to use to accurately measure and determine size. You may wish to limit this to only 1 pattern, without choice.
- ADVANCE PREPARATION:**
Cut out Information Cards and copy JAM PATTERN INFO if needed.

INTRODUCTION

Getting started on a sewing project requires some important information. Patterns provide us with the "script" and the right pieces to the puzzle of making a garment. When looking through a pattern book you will see the information presented on the pattern "envelope." This information helps you determine the right size along with lots of other important information. Learning to read and understand a pattern envelope is the first step in being a good director of your sewing projects. Today, we are going to learn how to find some of this information and how we can use this information correctly.

Do

Play PATTERN DIRECTIONS RELAY (20 minutes)

- ◆ Pass out pattern envelopes to each participant or group of two or three. Ask the participants to identify a piece of information that they think is listed on the envelope. Have them identify the information and discuss why the information is important to know when beginning a sewing project. Do this for all the information on the envelope. The items that should be discussed are: size, fabric

information on the envelope. The items that should be discussed are: size, fabric length and width, suggested fabric, options (views), notions, garment description, and pattern difficulty.

- ◆ Conduct a relay. Divide into teams of five. Have the teams stand behind a designated line. Place one pattern envelope (sample JAM PATTERN) or use 2 real pattern envelopes for the same garment) for each team about 20 feet from the starting line. Hand out one INFORMATION CARD to each participant. The first person on each team runs to their designated envelope and locates the information on their card. They must call out the information and the leader must approve it. Then they run back to tag the next member of their team. The process continues until all the members of the team have located their information. The first team to have all its members seated after finding their information is the winner.

REFLECT

- ◆ What are the items on the envelope that you need to know before beginning a sewing project? Why is each of these important?
your size, the suggested fabric, fabric length and width, which view you have chosen, the difficulty of the pattern, the garment description, notions needed
- ◆ What might happen if you do not use a suggested fabric for a sewing project?
the garment might not hang properly when completed, it will not look right; the fabric might be too heavy or light for the style of the pattern
- ◆ What is important about purchasing the proper fabric length and width?
you might run out of fabric and not be able to complete the project; or you might purchase too much material and waste some; (Remember to always save your scraps, they are useful!) Also, for plaid and napped fabrics you have to allow more to match the designs.

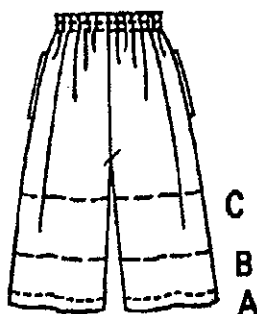
APPLY

- ◆ Introduce youth to the garment construction project, MAKING JAMS, and assist them in applying the information they learned in this activity to complete PATTERN DIRECTING Workbook page 3.
- ◆ The participants will be required to identify their size. Instruct them on proper measuring techniques and determine their figure type and pattern size.
- ◆ Instruct youth to be sure to read the information on the pattern envelope carefully before purchasing materials for their jams sewing project. Review the materials they will need. OR, if you have chosen the pattern they are to purchase, then, using the sample you provide, let them complete page 3 completely, taking home instructions of pattern number, size, notions, fabric type and amount to purchase. Complete PATTERN INFORMATION Take Home Sheet with information to purchase pattern and supplies.

SAMPLE JAM PATTERN* INFO

5982 MISSES', MEN'S OR TEEN BOYS' BOXER SHORTS IN THREE LENGTHS: Very loose-fitting, pull-on boxer shorts in three lengths have front mock fly, fold-back waistline casing with two rows of elastic and side seam pockets.							SHORT A TAILLE ELASTIQUE, EN TROIS LONGUEURS, POUR JEUNE FEMME, HOMME ET JEUNE HOMME: short large en trois longueurs avec fausse braguette devant, deux rangs d'élastique coulissé à la taille et poches dans les coutures de côtés.						
Misses' or Men's / Teen Boys'							Jeune femme / Homme / Jeune homme						
SIZES	X-Small	Small	Medium	Large	X-Large		TAILLES	Toute petite	Petite	Moyenne	Grande	Très grande	
Hip	32½-33½	34½-36	38-40	42-44	46-48	Ins.	Tour de hanches	83-85	88-92	97-102	107-112	117-122	cm
VIEW A - Shorts							MODELE A - Short						
44/45" **	1½	1½	1¾	1¾	2½	Yds.	115cm**	1.50	1.50	1.60	1.70	1.90	m
58/60" ***	1¾	1¾	1¾	1¾	1¾	"	150cm***	1.20	1.20	1.60	1.60	1.60	m
VIEW B - Shorts							MODELE B - Short						
44/45" **	1½	1½	1½	1¾	1¾	Yds.	115cm**	1.30	1.30	1.30	1.60	1.60	m
58/60" ***	1½	1½	1½	1½	1½	"	150cm***	1.00	1.00	1.30	1.30	1.40	m
VIEW C - Shorts							MODELE C - Short						
44/45" **	1½	1½	1½	1¾	1½	Yds.	115cm**	1.00	1.00	1.10	1.10	1.30	m
58/60" ***	1	1	1½	1¾	1¾	"	150cm***	0.90	0.90	1.10	1.10	1.10	m
FINISHED GARMENT MEASUREMENTS							MESURES DU VETEMENT FINI						
Measurement at hipline							Mesure aux hanches						
Shorts A, B, C	43½	46	50	54	58	Ins.	Short A, B, C	111	117	127	137	147	cm
Without Nap *With or Without Nap - Use With Nap Yardages and layouts for pile or one-way design fabrics. Additional Fabric may be needed to match stripes or plaids.							**Sans sens ***Avec ou Sans sens - Utilisez le métrage à sens pour les tissus pelucheux et les imprimés à sens. Il faut davantage de tissu pour raccorder les rayures ou les écossais.						
SUGGESTED FABRICS: Cotton • Cotton Blends • Chambray • Seersucker • Challis • Gingham • Rip-Stop Nylon • Cotton Knits. NOTE: All Garments - Not Suitable For Diagonals.							TISSUS CONSEILLES: Coton • Cotonnade • Chambray • Seersucker • Etamine • Vichy • Toile de Nylon • Jersey de coton. N.B. Tous vêtements - Les diagonales ne conviennent pas.						
NOTIONS: Thread, 2½ Yds. of ½" Wide Elastic.							MERCERIE: Fil, 2.30m d'élastique de 1.3cm.						

3
PATTERN
PIECES



3
PIECES
DE PATRON

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* Used with permission from McCall Pattern Company.



CLOTHING CAPERS

INFORMATION CARDS

Pass one card to each participant before the relay.
Each member of a team should have a different card.

Size Measurement for Medium (12-14)	Fabric Length and Width for View A, Smallest Size
Name Two Suggested Fabric Types	Name Two Notions
Read The Garment Description	Determine the hip measurements for X-Small
Fabric Length and Width View C Largest Size	What measurement is used for the finished garment? Small Size
Locate the size and amount of elastic needed	Read what the pattern recommends about nap fabrics



Name of 4-H'er: _____

PATTERN INFORMATION SHEET

Pattern Company _____

Pattern # _____

Figure type and size to purchase: _____

View that you would like to sew: _____

Two suggested fabrics: _____

Required notions: _____, _____, _____

Meeting date you will need all materials: _____

NOTE FROM YOUR 4-H LEADER:



OBJECTIVES:	For youth to: <ul style="list-style-type: none">○ identify markings on pattern pieces.○ list the purpose of the pattern markings.○ identify the right and the wrong side of fabric, grain, fold, and selvages.○ lay out a pattern properly on fabric.
LIFE SKILL:	○ Critical thinking and problem-solving skills
MATERIALS:	Pattern pieces for jams for each participant Pins Fabric (cotton/polyester blend) Measuring tape Marking pen or soap slivers Guide sheet Masking tape Scissors READING THE SCRIPT Workbook page 4 HOW GOOD A DIRECTOR ARE YOU? Workbook page 5
TIME:	1 Hour
NOTE:	Have participants begin layout of their jams as the lesson progresses. Be sure that they use the right size! (Activity 3 discusses sizes.)
SETTING:	Tables are necessary for laying out the patterns.

INTRODUCTION

Getting ready to sew starts with preparing pattern pieces and reviewing pattern markings. Laying out your pattern pieces can be the most important part of your sewing project. If this step is not done correctly, your jams could look very funny. It is important to match the pattern grainline to the grainline on your fabric so your jams will be on-grain. (Demonstrate this concept to youth explaining fabric grain, selvedge and fold to layout fabric/pattern correctly.) Let's find out how to do your jam's layout.

Do

"Script Reading"...Pattern Markings and Symbols

- ◆ Gather the group to discuss the markings on the pattern pieces and to identify the pattern pieces. First hold up one piece. See if the youth can identify it. Show them where the name is located. Ask them to look at the other pattern markings. Identify the pattern markings one by one, explaining the information they provide. Hold up each piece of the pattern identifying what part of the garment it is. Be sure to locate any special markings such as dots, hem lines, or pocket placement marks.

LESSON 1: CREATIVITY

Activity 4: Script Reading...Pattern Markings and Layout

- ◆ Instruct each youth to check their knowledge of "READING THE SCRIPT" by identifying the pattern symbols and markings on page 4 of the Workbook. Check to see if everyone understands the pattern markings and review again, if necessary, before moving on to Pattern Layouts.
ANSWER KEY: 1) Cutting Line; 2) Stitching Line; 3) Notches; 4) Grainline; 5) Crotch Length Adjustments; 6) Crotch Line; 7) Pocket Opening; 8) Name of Pattern Piece; 9) Different Lengths; 10) Fold Line

"HOW GOOD A DIRECTOR ARE YOU?". . .Pattern Layout

- ◆ As a group, layout one pattern, then split up into groups of two (or this can be done individually) to layout patterns. Have the group identify the right and wrong side of the fabric, lengthwise fold, and selvages. Identify the top and bottom of the fabric design if there is one.
- ◆ Begin laying out the large pattern pieces, pinning on the grainline first. Narrate what you are doing or have a volunteer layout the pattern as you describe the steps. Use the measuring tape to be sure that the grain markings are equal distances from the selvages. Now show how to complete pinning of the pattern.
- ◆ Have the participants layout their patterns. Pin on grain only. Check, then have them complete pinning. Be sure to have several assistants to help the youth. Check for mistakes as they continue.
- ◆ Cutting out the pattern can take place now or at another time. Be sure to cut notches outward, not into the pattern piece. Once the pattern has been cut from the fabric, use a marking pen or soap slivers to transfer any special markings to the fabric. Label the pieces on the right side of the fabric using masking tape. Write the name of the piece and youth's name on the tape. This will help the youth identify the pieces as they are sewing.

REFLECT

- ◆ Name pattern markings and their function.
 - grainline and straight grain arrow - shows you where to place the pattern piece on the fabric's lengthwise grain**
 - place on fold - identifies the fold**
 - solid line - outlines the pattern piece and is the cutting line**
 - special dots and markings - will help you as you sew**
 - pattern number or name - identifies the pattern piece**
 - notches - helps match pattern pieces as you sew**
- ◆ Why should all the grainline arrows on the pattern and fabric grainline match?
so garment is on-grain and will hang correctly

LESSON 1: CREATIVITY

Activity 4: Script Reading...Pattern Markings and Layout

- ◆ How did you make sure the pattern pieces were even on the grain?
fabric was folded on-grain and the distance from the selvages to the grainline arrow was measured
- ◆ What is a handy way to identify the garment pieces after the pattern pieces have been removed?
mark them with masking tape
- ◆ Name some of the pattern pieces that make up your jams?
left and right front, left and right back, and pockets (optional)
- ◆ Was it hard to follow the layout instructions?

APPLY

- ◆ Test "HOW GOOD A DIRECTOR ARE YOU?" by completing the Workbook Activity on page 5.

KEY: The three mistakes were: 1) unevenly folded fabric; 2) back pattern piece is not on the straight grainline of fabric; and 3) pocket also is not on-grain.
- ◆ Create your own pattern pieces for a simple doll, pillow or stuffed animal. Be sure to add the necessary pattern markings and follow layout instructions.

OBJECTIVES: For youth to:

- practice stitching straight and curved seams.
- clip and press seams after machine stitching.
- improve sewing machine operation skills.
- finish seam edges.

LIFE SKILL: ○ Follow verbal and written directions**MATERIALS:** Jams Pattern pieces (previously cut out in Activity 4)

Pattern guide sheet

Sewing machine or serger

Pins, pin cushion, seam gauge, hand sewing needles

Scissors

Iron and ironing board

Thread

SEAMS REFERENCE Poster

TIME: 1 hour**SETTING:** Table and chairs with machines set up comfortably for youth.**ADVANCE PREPARATION:**

It is best for you to demonstrate each step and to have samples prepared in advance of the

INTRODUCTION

Now we are going to begin sewing your jams. Remember to do your best because each step builds on the previous steps to create a whole garment. First, we have to prepare the sewing machines.

Do

SCENE 1: SEAMING THEM UP!

- ◆ Have the youth prepare the sewing machines by threading the machines properly and checking to see if the bobbin is full. Have them test sew a seam on a scrap of fabric (double thickness) to be sure the stitches are in good tension and 10-12 stitches per inch.
- ◆ Review the steps to completing the seams using the SEAMS REFERENCE Poster.
- ◆ Finishing the Raw Edges - If you are using a serger, you may skip this step. If you are using a conventional sewing machine you will need to finish the edges of your garment pieces to improve the quality of our garments and prevent raveling. This may be done by zig-zag stitches over the edge of the pieces. Each machine is different so check to see if your machine has a special stitch for finishing edges.

- ◆ Side Seams - Locate the left front and the left back garment pieces. Place the right sides (the pretty sides) together. Pin together the side seam. Baste the seam and then machine stitch at $\frac{5}{8}$ inch toward the waist. Remove the basting stitch. Press the seam open.
- ◆ Stitching the Inseam (inner leg seam) - Place the two pieces right sides together matching the inseam. Pin the inseam, baste and then machine stitch $\frac{5}{8}$ inch. Remove the basting stitch. Press the seam open.
- ◆ Now do the right front and right back leg seams.
- ◆ Turn one leg right side out. Slip inside other leg, so right sides are together. Pin crotch (curved) seam. Baste this seam. Then machine stitch $\frac{5}{8}$ inch. Remove basting stitch. Stitch again at $\frac{1}{2}$ inch. Trim seam to $\frac{1}{4}$ inch. Press to one side.

REFLECT

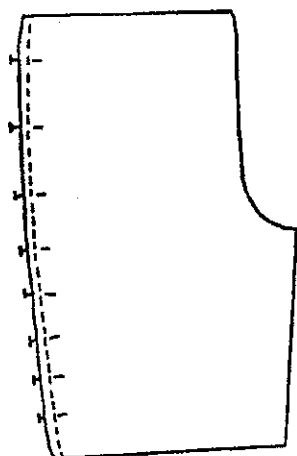
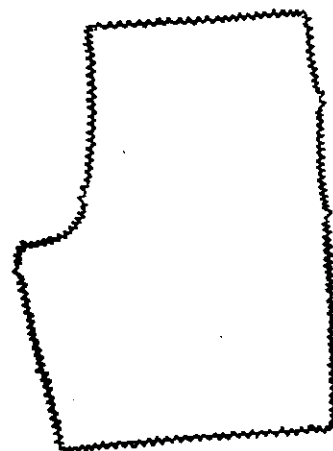
- ◆ How did you finish the seam edges? Why?
zig-zag stitch or special finishing stitch; finishing keeps the fabric from raveling when washed and improves the quality of your garment
- ◆ At what measurement did you stitch the seams?
 $\frac{5}{8}$ inch
- ◆ Why do we press after sewing each seam?
pressing helps us manage the garment better; it improves the quality of the finished product
- ◆ Why do we sew from bottom up?
to stitch with the grain of the fabric
- ◆ What seams did you sew today?
the side seams, the inner leg seam, and the crotch seam
- ◆ What is the purpose of hand basting?
basting helps to hold the garment pieces in place for machine stitching.

APPLY

- ◆ Practice sewing straight and curved seams on scraps of material. Use scraps to make a simple pillow.
- ◆ Practice pressing skills by ironing wrinkled clothing or scraps of materials.

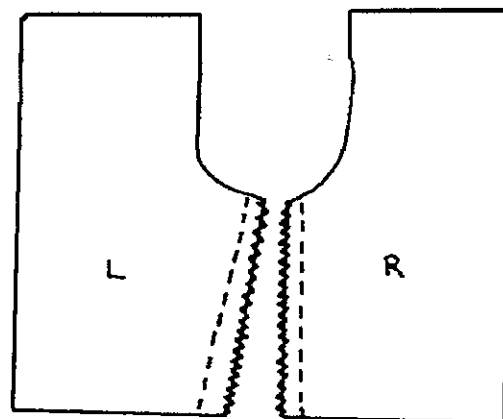
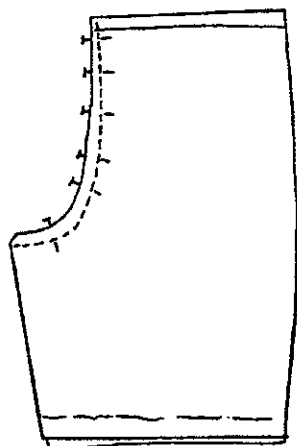
JAMS SEAMS

Finish Raw Edges →



← Pin and Stitch Side Seams

Stitch Inner Leg Seams →



← Pin and Stitch Crotch Seams



OBJECTIVES:	For youth to: <ul style="list-style-type: none">○ learn how to hem a garment.○ learn how to make casing for elastic.○ practice machine control skills and pressing skills.
LIFE SKILLS:	<ul style="list-style-type: none">○ Measurement skills○ Follow written and verbal directions
MATERIALS:	Jams Sewing machines or sergers Pins, scissors, pin cushion, seam gauge, thread, hand sewing needles Measuring tape Non-roll elastic Large safety pins Ironing board and iron JAMS CASING Reference
TIME:	1 Hour
SETTING:	Area with tables and sewing machines.
ADVANCE PREPARATION:	Prepare samples for demonstration.

INTRODUCTION

Now we are going to finish sewing your jams. The last steps deal with customizing the garment to fit you. We will be doing the casing and the hem.

Do

SCENE 2: CASING AND HEMS!

- ◆ Review steps to completing the casing using the JAMS CASING Reference Poster.
- ◆ Casing - At the top of the jams press under $\frac{1}{4}$ inch. Baste. Machine stitch. Remove basting. Press. Now turn down on fold line for casing. At center back seam place a 1 inch piece of fabric. Baste and then machine stitch leaving a 1 inch opening. Remove the basting stitch.
- ◆ Cut a piece of non-roll elastic 1 inch shorter than the measurement of your waist. Attach a safety pin to the end of the elastic and push it through the waistband. Be sure to hold the other end of the elastic. Once the elastic has been pushed all the way around the waistband, using straight pins, lap the ends $\frac{1}{2}$ inch. Pin. Try on the shorts to see if the elastic fits properly. Machine sew the ends of elastic together securely. Machine stitch the 1 inch opening.

LESSON 1: CREATIVITY

Activity 6: Scene 2: Sew Some Jams

- ♦ Hem - Try on your shorts to check for length. If necessary, cut evenly from the bottom excess fabric.
- ♦ Press under $\frac{1}{4}$ inch around each leg. Baste. Machine stitch. Remove basting stitches. Turn up 1 inch and pin. Press a crease and then baste. Machine stitch the hem. Remove basting stitches.
- ♦ Finishing Up - Check your garment for any loose threads. Give your jams a final press. Wear and enjoy!!!

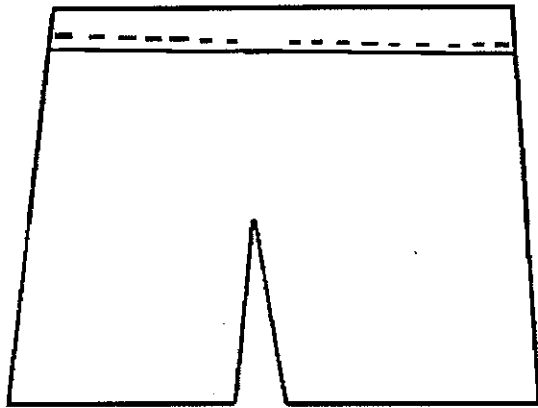
REFLECT

- ♦ What were the steps you completed today?
making a casing; measuring and inserting the elastic; hemming
- ♦ Describe how you created a casing for the elastic.
folded down top edge, inserted elastic
- ♦ What kind of elastic did you use? **non-roll**
- ♦ What do you think would have happened if you had not pressed between each step?
the garment would have been harder to handle; it would have been hard to cross seams over other seams; harder to see what you were doing.
- ♦ Why is it necessary to turn up the hem $\frac{1}{4}$ inch before turning it up 1 inch?
so that there is a finished edge at the hemline; it makes the hem finish neater

APPLY

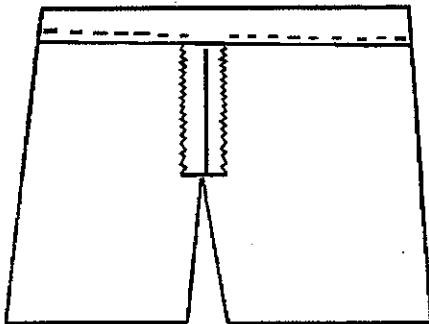
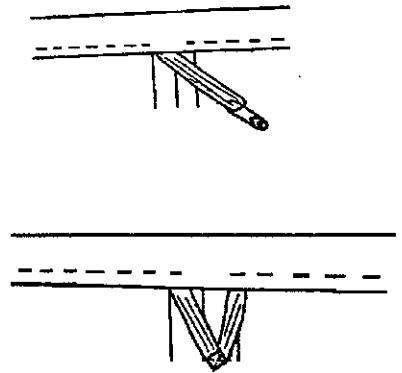
- ♦ Repair any torn hems in your wardrobe.

JAMS: CASING REFERENCE



TURN DOWN INSIDE CASING AND BASTE.
MACHINE STITCH LEAVING OPENING.

ATTACH A SAFETY PIN AND PUSH THROUGH
THE CASING. LAP ELASTIC ENDS AND
STITCH.



TRY ON JAMS. IF THEY FIT PROPERLY,
MACHINE STITCH OPENING.



OBJECTIVES:	For youth to: <ul style="list-style-type: none">○ design their own pattern from a picture of the finished product.○ learn to follow directions to complete simple sewing projects.○ demonstrate creativity in sewing simple projects.○ practice basic sewing skills.
LIFE SKILL:	<ul style="list-style-type: none">○ Express individuality and creativity○ Read and follow written instructions to complete a task.
MATERIALS:	Materials will depend on the project youth choose. CHOOSE YOUR OWN Handbook for each youth
TIME:	1 Hour
SETTING:	A comfortable room with tables and chairs.
NOTE:	These projects should be done under the guidance of an adult.
ADVANCE PREPARATION:	Copy the Handbook pages front-to-back to make booklet. Have youth review and select project they wish to complete and gather supplies as needed.

INTRODUCTION

Simple sewing projects can be just about anything. When you sew, you do not always have to sew clothing. It is fun to sew simple items for others. Organize a group to make some simple projects and donate them to your local nursing home or another charity. Use your skills to help others!

Do

- ◆ Choose a simple project from "CHOOSE YOUR OWN" Handbook that you think you could sew.
- ◆ Visualize the pattern pieces that make up the item. Construct your own pattern out of paper. Be sure to include important pattern markings so that your project will be a quality project.
- ◆ Make a list of the items that you will need to sew the project. You might want to ask for the help of an adult for this step.
- ◆ Be creative in sewing your project. Maybe add some decoration or make the item seasonal. Remember this is your own project and it should turn out how you want it to. You can vary some from the initial idea.

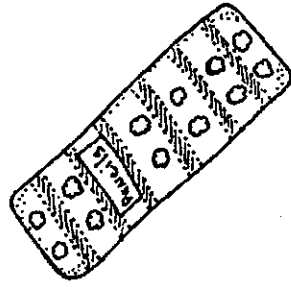
REFLECT

- ◆ What item did you choose to make?
- ◆ What were the pattern pieces you created?
- ◆ What were the steps you took to complete the project?
- ◆ Was it hard to visualize the creation of the project from a picture?
- ◆ What are some other examples of times you might want to create just from looking at a picture?
often times you might see crafts, clothing, or other simple items in a catalog or store that you think you can make instead of buying

APPLY

- ◆ Choose another item to create or look in craft magazines or catalogs to find an item you think you can make.
- ◆ Teach someone else how to complete the simple sewing project you constructed. Maybe you both can come up with some new ideas to improve the item.
- ◆ Give the items you made away as presents or to charity. It is good to use your skills to benefit others.

PENCIL CASE



Materials Needed:

- Fabric 10 inches x 11 inches, cut in half
- 14-inch nylon zipper
- Thread

How to Make:

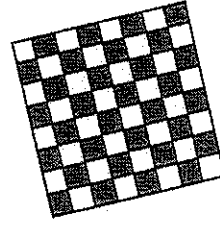
1. Place closed zipper with teeth down (tape flush with edge of fabric) on one edge of fabric. Extend the zipper 1-½ inch on each end.
2. Machine stitch or serge.
3. Bring other side of fabric to other long side of zipper. Machine stitch or serge.
4. Open the zipper about halfway.
5. Fold so zipper is at top or you can have it 1 inch below. Carefully match edges.
6. Starting at bottom machine stitch or serge each side.
7. If you used a sewing machine, trim off ends of zipper.
8. Turn to right side.

OPTIONAL: Make in different sizes and fabrics to use as grooming bag or tool bag

CHOOSE YOUR OWN PROJECT HANDBOOK



CLOTHING CAPERS



CHECKER BOARD

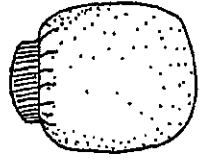
Materials Needed:

- Felt, 8 inches x 8 inches
- Felt, 9 inches x 4 inches in a contrasting color
- 2 colors of flat, ½ inch buttons, 12 of each
- Heavy fusible interfacing 8 inches x 8 inches
- Glue

How To Do:

1. Place fusible (rough side) interfacing to felt. Fuse following package directions.
2. Cut 32-inch squares from contrasting color of felt.
3. Position on large piece to create a check board.
4. Lift, dot with glue. Press back in place.

/ASH MITT



Materials Needed:

- Old towel large enough to cut two pieces 8 inches x 8 inches
- Ribbing or ½ inch elastic
- Thread

How to Make:

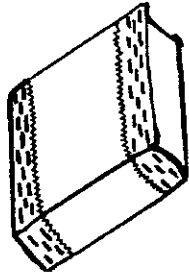
1. Place the two pieces together. Pin.
2. Machine stitch or serge 3 sides, remembering to remove pins and turn right side out.
4. To use ribbing:
 - Measure wrist plus ½ inch for a ¼ seam. Be sure it stretches enough to slip over hand.
 - Machine stitch or serge ¼ inch seam to make a circle.
 - Fold in half and divide in fourths, ribbing and mitt.
 - Match mitt to ribbing.
 - Stretch ribbing as you machine stitch or serge. If using a sewing machine, do a second row of machine stitching.

5. To use elastic:
 - Fold 3/4 inch casing.
 - Machine stitch leaving a 1 inch opening.
 - Pull elastic through the casing with a safety pin.
 - Lap elastic and machine stitch.
 - Machine stitch opening.

Use to take a bath, wash a car or dishes.

3. Add appliques, patches, trims or decorative stitches to fabric, if desired.
4. Place fabric wrong side up. Position fleece (batting), so fabric extends 1 inch at top, bottom and each side. Pin to hold in place.
5. Fold fabric over fleece (batting) on sides and stitch. Use a decorative machine stitch, if desired.
6. Stand fabric right side up on table and center notebook on it. Fold side edges over notebook snugly, pin and mark seams with soap sliver or marking pen.
7. Remove notebook and stitch seams.
8. Trim seams and clip at end of stitching.
9. Trim polyester fleece or batting away, in line with notebook edge, between clips.
10. Fold fabric over polyester fleece or batting and stitch.
11. Turn right side out.
12. Slip notebook into "pockets" by bending the notebook back.

NO BOOK COVER



Materials Needed:

- Notebook with stiff cover and no clip on top
- Amount of fabric determined by size of notebook
- Polyester fleece or lightweight polyester batting
- Thread
- Marking pen or soap slivers

OPTIONAL: Trims, appliques, patches, decorative stitches.

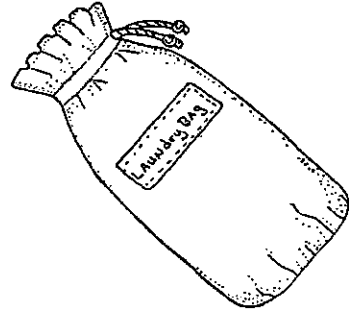
Measuring Notebook:

1. Open notebook out flat on newspaper with rings facing up.
2. Trace around notebook.
3. Add 1 inch to top and bottom edges and 8 inches larger on each side. This is your pattern.

How To Make:

1. Cut fabric.
2. Cut polyester fleece or batting 1 inch shorter at top, bottom and each side.

LAUNDRY BAG

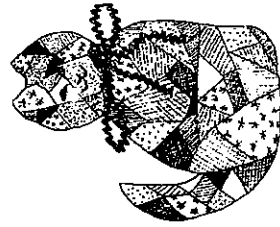


Materials Needed:

- 1 yard of 45 inch cotton or cotton blend fabric
 - Thread
 - 1-3/4 yard 1/4 inch cording
- OPTIONAL:** Small pieces of fabric to make appliques

How To Make:

1. If adding appliques, do them now.
 - Using a fusible paper, place to wrong side of fabric and fuse following directions.
 - Cut out desired shape.
 - Position applique on fabric, again following directions to fuse.
 - Finish edges with fabric paint or machine zigzagging.
2. Fold fabric lengthwise with right sides together. Pin.
3. Stitch (sewing machine or serger) across one end and up the side, stopping 2 inches from the top. Remember to pull pins out as you come to them. **DO NOT** stitch over them. Press seams open and turn right side out.
4. At the top edge use one of these finishes:
 - machine zigzag edge
 - serge edge
 - turn under 1/4 inch and stitch
5. Now fold over 1 inch and stitch 3/4 inch from folded edge to make the casing. Insert cording using a large safety pin. Knot the two ends of cording together.



CRAZY PATCHWORK

*Be creative with crazy patchwork.
Make an ornament (leave flat or stuff)
or make a pillow or animal (stuff).*

Method A

Materials:

- Fabric scraps of lightweight cotton or cotton/polyester blend
- Two pieces of solid color fabric measuring 12 inches by 12 inches
- Fabric glue
- Matching thread or contrasting thread
- Polyester fiberfill

How To Do:

1. Decide which fabric scraps to use. Cut in irregular shapes.
2. Place scraps (right side up) on wrong side of solid fabric to your liking.
3. Starting at bottom, lift each piece and dot with fabric glue and hand press in place.
4. Hand or machine stitch around edges, using matching or contrasting thread.

Method B:

Materials:

- Fabric scraps of lightweight, cotton or cotton/polyester blend
- One piece of solid color fabric measuring 12 inches x 12 inches

- Fusible interfacing 12 inches by 12 inches
- Matching thread or contrasting thread

How To Do

1. Decide which fabric scraps to use. Cut in irregular shapes.
2. Arrange scraps on fusible (rough side) interfacing to your liking. Follow label directions describing how to fuse. Fuse.
3. Hand or machine stitch around edges using matching or contrasting thread.

Complete Your Project:

Pillow

1. Pin right side of solid fabric to right side of "patched" fabric, matching edges.
2. Begin stitching in center of one side. Continue stitching, stopping 3 inches from where you began.
3. Trim seam to ¼ inch and turn right side out.
4. Stuff with polyester fiberfill. Bring opening edges together. Hand stitch closed.

Animal

1. Place solid fabric and "patched" fabric together. Pin an animal pattern. Cut.
2. Pin right sides together. Stitch (do not begin at a corner) leaving a 2 to 3 inch opening.
3. Stuff with polyester fiberfill. Bring opening edges of together. Hand stitch closed.
4. With scraps, make small ornaments.