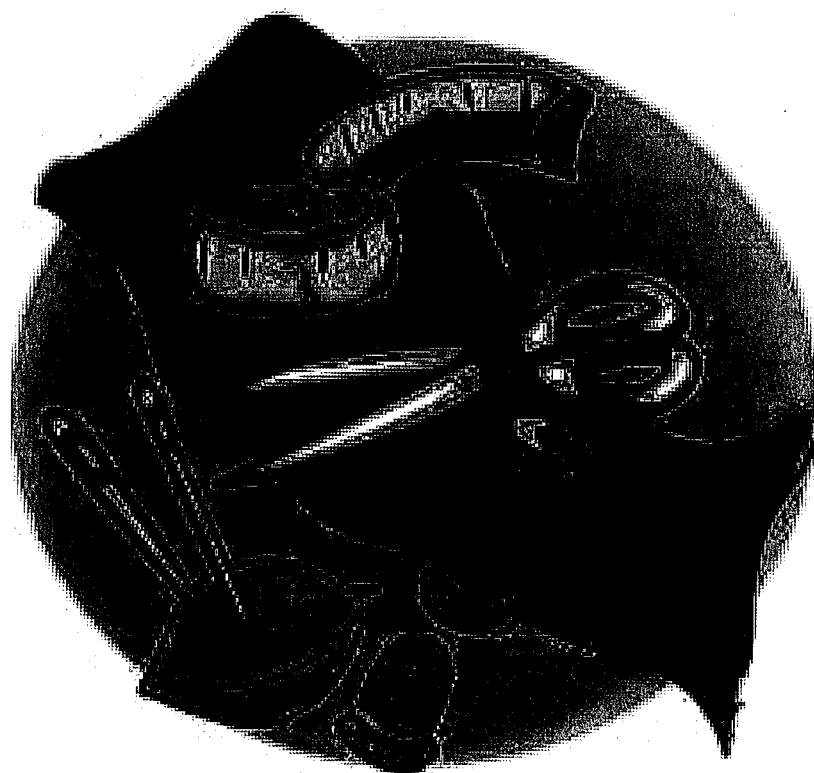
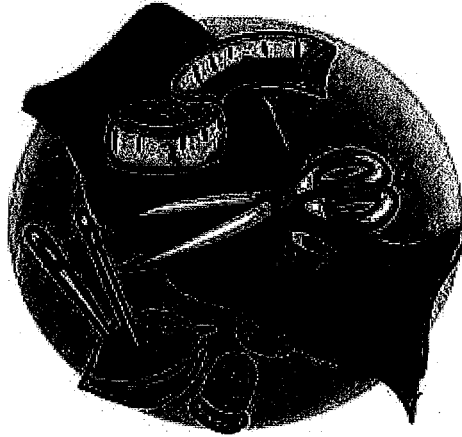


UC
CE

Sewing



It is the policy of the University of California (UC) and the UC Division of Agriculture & Natural Resources not to engage in discrimination against or harassment of any person in any of its programs or activities (Complete nondiscrimination policy statement can be found at <http://ucanr.edu/sites/anrstaff/files/169224.pdf>). Inquiries regarding ANR's nondiscrimination policies may be directed to Linda Marie Manton, Affirmative Action Contact, University of California, Davis, Agriculture and Natural Resources, 2801 Second Street, Davis, CA 95618, (530) 750-1318.



This We Believe:

- The boy and girl are more important than the projects.
- The member should be their own best product.
- No award is worth sacrificing the reputation of a member or leader.
- Competition is a natural human trait and should be recognized as such. It should be given no more emphasis than other fundamentals.
- Learning how to do the project is more important than the project itself.
- Many things are caught rather than taught.
- A blue ribbon member with a red ribbon project is more desirable than a red ribbon member with a blue ribbon project.
- To learn by doing is fundamental in any sound educational program.
- Generally speaking, there is more than one good way of doing most things.
- Every member needs to be noticed, to feel important, to win, and to be praised.
- Our job is to teach members *how* to think, not what to think.



CLOVER SAFE

AGRICULTURE AND NATURAL RESOURCES
ENVIRONMENTAL HEALTH AND SAFETY



#39

SAFE SCISSOR USE

Clover Safe notes are intended primarily for 4-H volunteers and members nine years and older.

Information available from the U.S. Consumer Product Safety Commission indicates about 5,000 youth aged five to 19 years were treated in hospitals for scissor injuries during 2006. Of this total, approximately 2,800 (almost 60%) of the injuries were lacerations to fingers. Many of the injuries were caused by the scissor user being careless or inattentive and could have been prevented by taking several simple precautions.

Safe Scissors Use

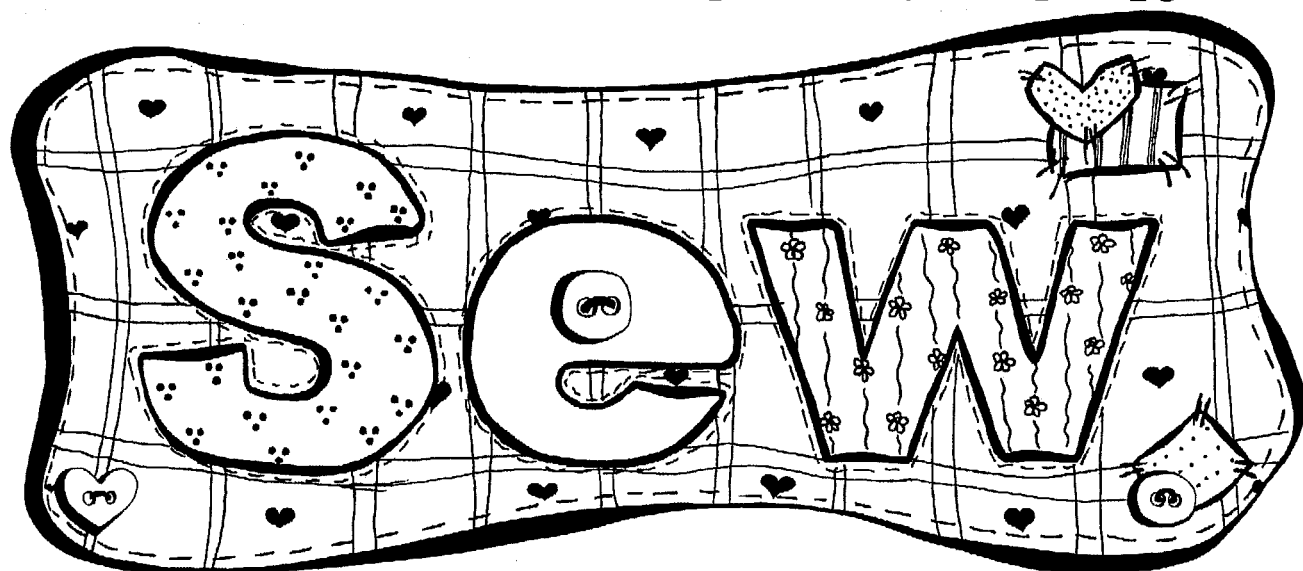
- Focus on the task at hand when using scissors. Stop using the scissors if you want to look up.
- When using scissors, cut in a direction away from your body and fingers, hands, arms, and legs.
- Do not attempt to catch a dropped pair of scissors. Let the scissors fall and then pick them up.
- Use scissors in well-lighted work areas.
- Never engage in horseplay with scissors.
- Only use scissors for their intended cutting purpose. Do not use scissors for prying, screwing, scraping, or pounding.
- Do not run or climb while carrying a pair of scissors.
- Use the proper type of scissors for the task at hand. For example, use fabric scissors or pinking shears for cutting cloth and trimming scissors or a thread clip for cutting loose threads.
- Always pass a pair of scissors handle first to another person.
- When using shears, cut away from your body in regular, small strokes. Resting the shears against a table allows for better cutting control. It is easier to cut from right to left when you are right handed and from left to right when left handed.
- Practice good posture when using scissors. Avoid bending over a table when cutting with scissors.
- Whenever possible, use scissors with your wrist held in a neutral position and not bent at awkward angles or positions.
- A good practice is to keep your scissors sharp so they require less hand force to use.
- When necessary, have scissors sharpened by a professional scissors sharpener.
- Regularly clean dust, fluff, and cut fragments from the scissor cutting edges and blades.
- Periodically oil the screw slot and hinge area with a drop of fine oil.
- When finished, clean the work area (including the floor) and return scissors to their assigned storage space.
- If you suffer an injury while using a pair of scissors, tell your group leader, parent, or guardian. Seek medical attention if the injury is serious.



*Photograph Courtesy of
Tolune County 4-H Program*

Mini 4-H

Before You



Acknowledgements:

We would like to thank the following people for their dedication to positive youth development:

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The Zaner-Bloser font used in this manual was chosen because it most closely resembles children's current writing style.

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A debt of gratitude is owed to the following people for their persistence and foresight in compiling the initial project activity manuals:

David Caldwell, Rich Chalupa, John Crites, John Ferris, Jeanette Findley, Brian Gauck, Dan Kirtley, Leanne McGiveron, Anita Krug, Carolyn Miner, Rae Ann O'Neill, Sue Provost, Scott Ripberger, Debra Searcy, and Susan Trutner

Contact your local Extension office for a list of available project activity manuals.

Mini 4-H Helper's Page

Welcome to the Mini 4-H Program! Mini 4-H is designed for children in grades K-2 to explore a variety of project activity areas and to interact with caring adults and other children.

Children receive this project activity manual when enrolling in Mini 4-H. This manual, and the manuals on various other topics, will provide fun, age-appropriate learning activities throughout their year(s) in Mini 4-H.

As a Mini 4-H adult helper, your job will be to guide and encourage each child through the activities. A wide range of activities are provided to allow you to choose the ones most appropriate for the children you are working with. It is strongly suggested that you do not complete the activities for them. Instead, help them, guide them, work with them, and let them do all that they possibly can. 4-H believes in allowing children to learn by doing. The Mini 4-H project activities are hands-on learning opportunities designed to provide a meaningful educational experience for youth.

Additionally, the Mini 4-H program is set up to allow children to display a project activity that is based upon information within this manual. Some children may want to exhibit at the 4-H Fair. The 4-H Fair is an exciting week that allows community youth to showcase their enthusiasm for learning. Children may choose to display a project activity they did by themselves or one they did with a group. Other children may choose to showcase their work in other ways such as displaying it in a special place in their own home.

Mini 4-H is fun! Children will certainly enjoy it. You can have fun, too, by guiding and helping as children participate in the program. Encourage and praise the children as they have fun learning and sharing with you. If you have any questions regarding Mini 4-H or other 4-H programs, please contact the local Extension Office in your county.

Helper's Tips

The Mini 4-H program can be used with individual children, but it works best when used in a group of two or more children. Children working cooperatively in groups develop positive images of themselves and their ideas. Other ways adult helpers can maximize the benefits of Mini 4-H are to:

- **Work on a subject interesting to the child by encouraging children to choose the content area.** Look through this manual and choose the project activities to work on based on the interests and skill levels of the children.
- **Relax and have fun.** Some children will want to finish their activities, others may not. There is no need to pressure children of this age to finish an activity because the real learning takes place while they participate in the activity and interact with others. The finished product should not be the main focus. The knowledge children gain while they explore new areas and experiment with new ideas should be the primary goal.
- **Remain flexible and adapt to the changing needs of the children.** Restlessness or boredom may indicate a need to stop the activity and come back to it later.
- **Encourage children to talk and work with each other.** Children learn best when they are encouraged to freely share their reactions and observations. You may want to ask the children about what they did during an activity, what happened, what was the most difficult, what was the easiest, and what they liked the most.

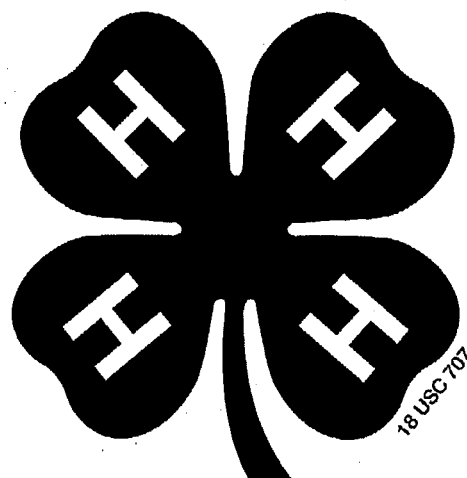
This manual contains activities for children that allow for a wide range of abilities and provide practice for developing a variety of skills. Many of the projects list additional things to do after the activity in the **STRETCHERS** section. This section provides ideas to adapt the activity to better match children's individual skill levels and also provides additional skill practice.

Mini 4-H Member Page

Mini 4-H members have lots of fun! There are many activities for you to explore. You can try new things. You can share them with your friends and family.

Here are some things to know about 4-H.

The 4-H symbol is a four-leaf clover with an "H" in each leaf. Clover is a plant that grows in fields, yards, and along roadsides. Most clovers have three leaves. Sometimes, if you look very carefully, you may get lucky and find a special clover with four leaves. A four-leaf clover is used as the symbol for 4-H to let everyone know 4-H is a special kind of group.



The 4-H colors are green and white. The four-leaf clover is green and the "H" in each leaf is white.

A group motto is a saying that tells people what is important to the group. **The 4-H motto** is "To make the best better." When something is better than all of the others, it is the best. Think about a time when you did your best. Maybe you threw a ball farther than you have ever thrown it before. Now, think about some ways you could do better. You may be able to throw farther by practicing for a while or by watching someone who can throw farther than you to see how they throw so far. Even if you throw the ball farther than you have ever thrown it before, there are still ways that you can do better the next time. 4-H encourages you to always try to do better, even if you are doing the best you have ever done.

The 4-H Pledge

A pledge is a promise you make to yourself and to the people around you. The 4-H pledge is in bold print below. Under each line of the pledge there are words telling what the pledge means.

I pledge my Head



to clearer thinking.

I promise to use my head to make good choices,

my Heart



to greater loyalty.

to use my heart to be a good friend.

my Hands



to larger service, and

to use my hands to do helpful things for others.

my Health



to better living.

to take care of my body and to show others how to live in a healthy way.

for my club, my community,



my country, and my world.

to help my group, my community, my country, and my world be happy and safe for everyone.

Important Information about This Manual

There were several challenges to creating this sewing related activity guide for children ages kindergarten through second grade. Because of these challenges, this activity guide may be a little different from many of the other "sewing guides" you have seen or used in the past.

Most sewing activities focus primarily on the end product. However, children of this age are process oriented, meaning that they are interested in participating in the activity far more than they are interested in what the final product is or how it looks. Art has a variety of materials that invite children to enjoy and explore the creation process. Did you know that sewing is a form of art? In fact, art and sewing have many things in common. Color, line, shape, and texture are just a few of the ideas that are important in both art and sewing. *Before You Sew* uses art activities to introduce sewing skills and concepts. Children are encouraged to explore the art activities. By doing so, the children practice sewing skills like following a pattern, cutting, lacing, measuring, stitching, stuffing, and weaving.

Sewing requires good eye-hand coordination and refined fine-motor skills in order to use the necessary sewing tools. There is a wide range of skills and abilities within any group of children ages kindergarten through second grade. Some children of this age are highly skilled in handling small objects, cutting along a given line, and/or manipulating several objects at one time. However, some children are far less skilled and may become frustrated if asked to perform at a level where they are not yet comfortable. This activity guide is designed so the activities that require the least skill and that allow the successful participation by most children of this age are toward the front. The activities toward the end of the guide generally require a higher skill level to accomplish.

Before You Sew can be used to encourage children to explore art activities, to share with children important sewing concepts, and to invite children to practice important sewing skills. A positive experience with this guide can help ensure that children are ready to participate in and enjoy future sewing-related activities.

Note:

Children of this age are generally not practiced in measuring techniques or in using measuring tools. For many of the activities in this guide there are two measurements given. The standard measurement ($1/2$ ") is given as well as a non-standard measurement (such as 2 fingers). This allows the child to participate in measuring without all the skill required in using standard measuring tools and techniques.

Hint: Remember, the finger widths given are for child-sized fingers.

How Long? Where? How We Know

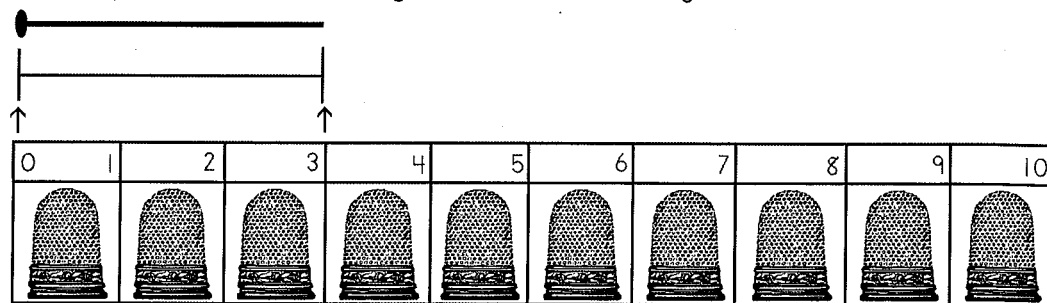
How much fabric will I need to make this project? Where do I place this button before I sew it on? Measuring to find out the size of something or where to place something is just one of the many skills you will need to practice to become good at sewing.

One of the tools you may use to measure is a ruler. For this activity you are going to use a ruler made of thimbles. You need to remember the following things when you use this ruler.

First, place the ruler just below the line you are measuring. Place the "0" end of the ruler even with the end of the line you are measuring.

Second, find the place on the ruler where the end of the line you are measuring ends. Put your finger here to mark the spot.

Third, count the number of thimbles from the beginning of the ruler to the place where your finger is on the ruler. If you count 3 thimbles between the beginning of the ruler and the place where your finger is then the line you are measuring is 3 thimbles long.





Activity 1 – Measurement



Things you need:



- Thimble Ruler
- Measure These Activity Page 1
- Measure These Activity Page 2
- scissors
- pencil

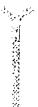

What you do:

1. Cut out the Thimble Ruler on this page.
2. Use the Thimble Ruler to measure each of the sewing items on the Measure These Activity Page 1 and the Measure These Activity Page 2.
3. Use the pencil to write the number of thimbles long each item is.

The  (button) is _____  's long.

The  (scissors) are _____  's long.

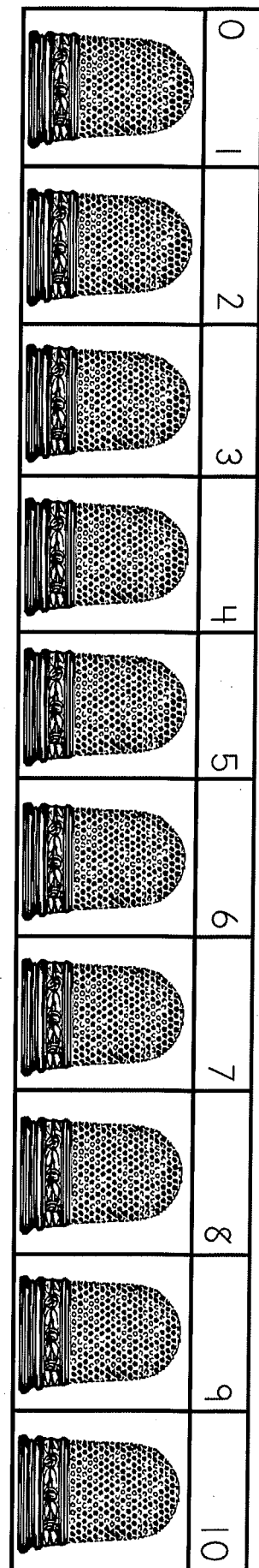
The  (spool of thread) is _____  's long.

The  (zipper) is _____  's long.

STRETCHERS

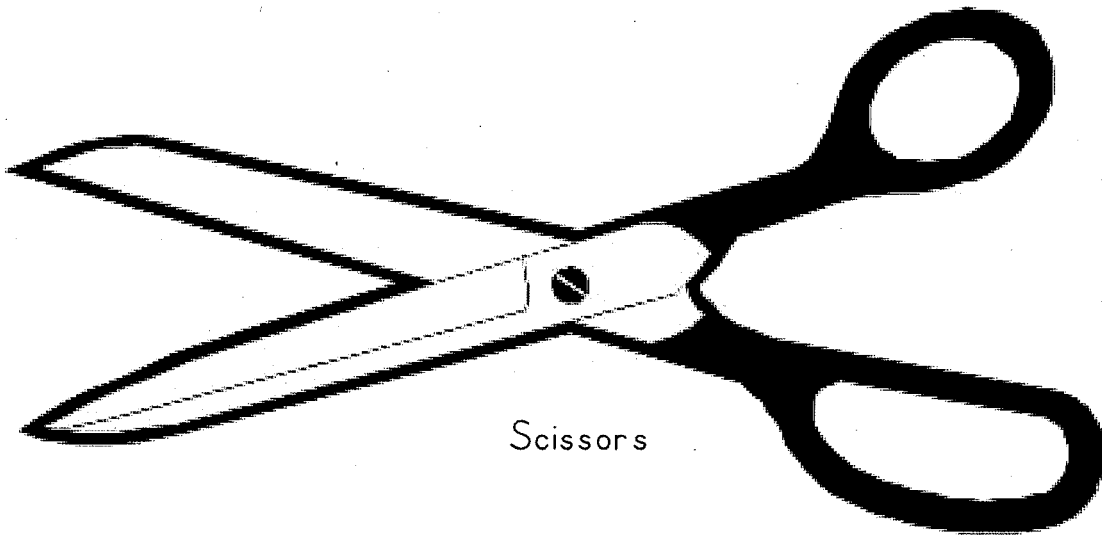
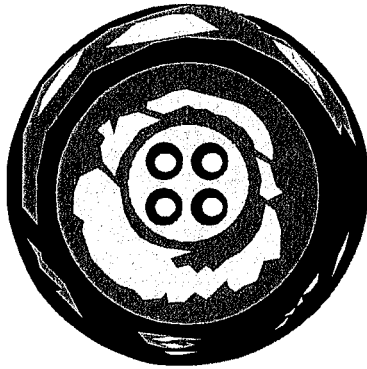
1. Use the Thimble Ruler to measure other things. Find something that is the same length as each of the sewing items you measured.

Thimble Ruler →

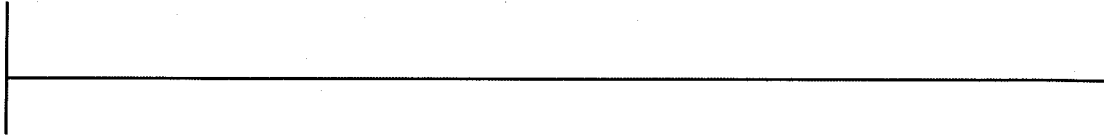


Measure These Activity Page 1

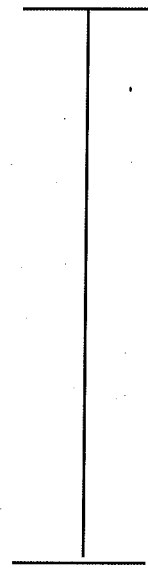
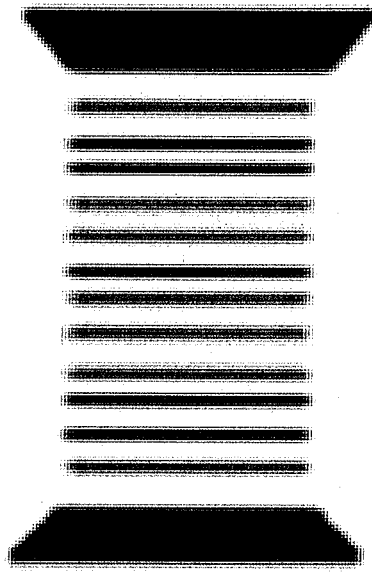
Button



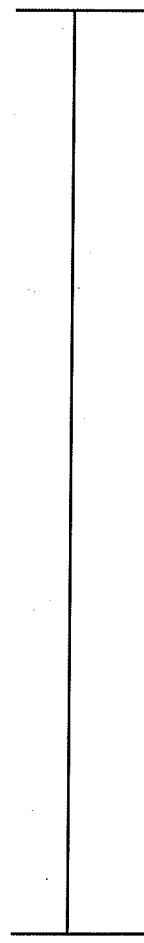
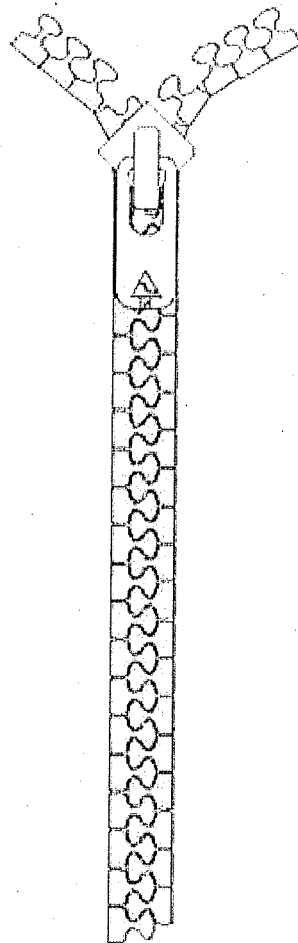
Scissors



Measure These Activity Page 2



Spool of thread



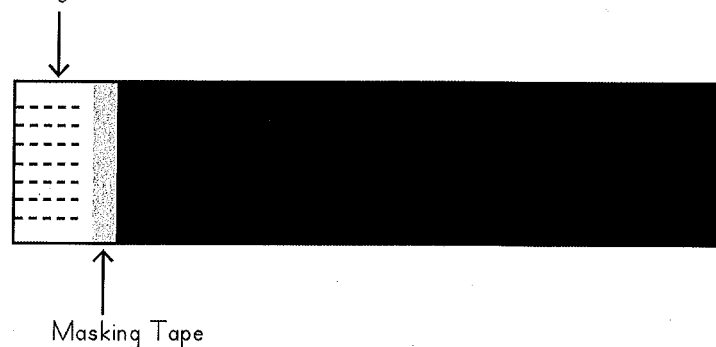
Zipper

Activity 2 – Fringe a Scarf

Things you need:

- 1/4 yard of fleece material by width of fabric (i.e., 45 to 60 inches). Be sure to use fleece that is the same on both sides so either side can show.
- 2 **Fringe Pattern Pieces**
- masking tape
- scissors

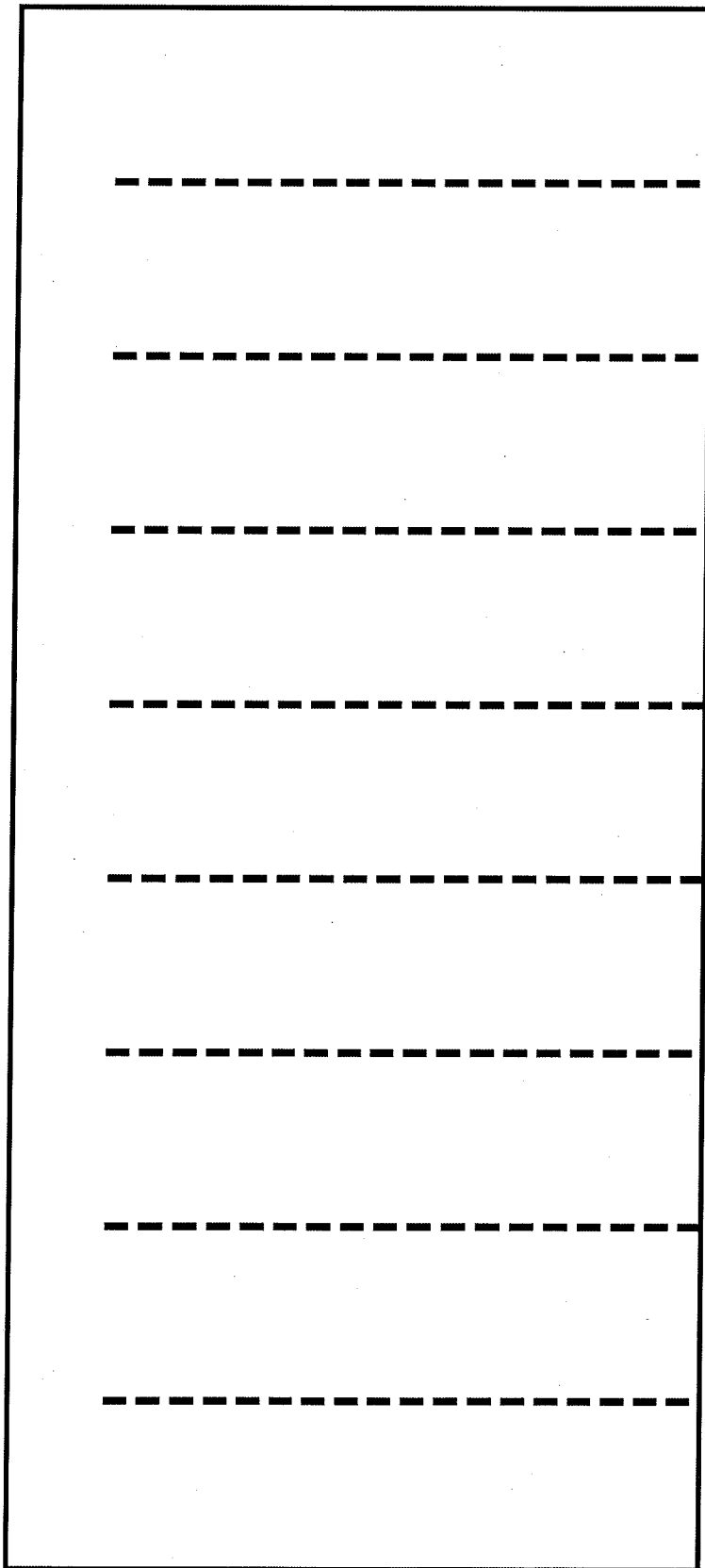
Fringe Pattern



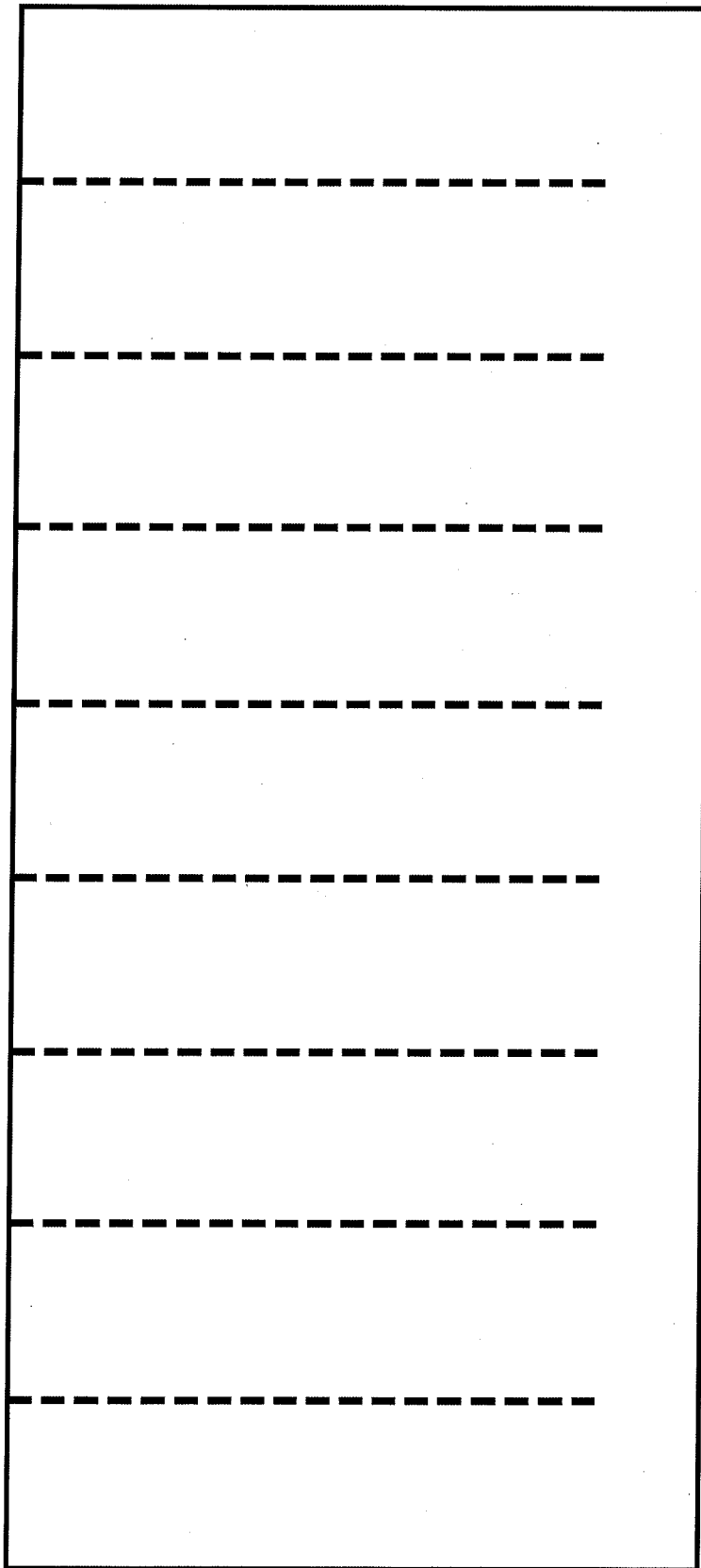
What you do:

1. Cut out the 2 **Fringe Pattern Pieces** on pages 13 and 14.
2. Lay the piece of fleece out flat.
3. Lay one of the **Fringe Pattern Pieces** along the short edge of the piece of fleece, as shown. This is marking the place where the fringe will be.
4. Use the scissors to cut a piece of masking tape about 9" long. The tape should be the same length as the fleece is wide. Put the edge of the tape along the edge of the paper that is on the fleece, as shown. The masking tape is helping to hold the **Fringe Pattern** in place.
5. Use the scissors to cut along the dotted lines on the **Fringe Pattern**. Start cutting from the short edge of the fleece and stop cutting at the edge of the masking tape.
6. Repeat on the other end of the piece of fleece using the other **Fringe Pattern**.
7. Remove the masking tape. The scarf is ready to wear!

Fringe Pattern Piece



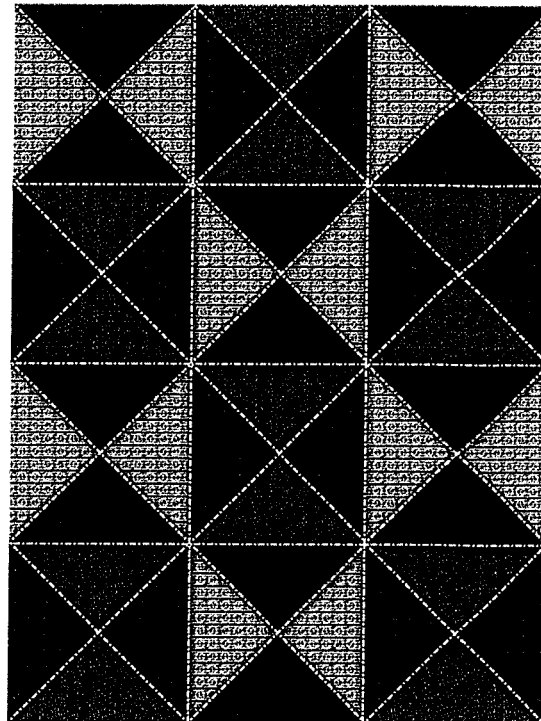
Fringe Pattern Piece



Quilts = Art and Family Stories

Have you ever looked closely at a quilt? The colorful designs are like some of the pictures you may have seen hanging in an art gallery. Many people collect and display quilts just like pieces of art. Making a quilt takes a lot of planning and many hours of work.

Most quilts are made from pieces of fabric or material that is cut into shapes. Some of the most common shapes are rectangles, squares, and triangles. The shapes are sewn together to make small squares called **quilt blocks**. The quilt blocks are then sewn together to make a quilt.



Many years ago, fabric was hard to get. The fabric from clothes that were worn out or that were outgrown was saved so it could be used again. One of the things it was used for was to make quilts. Sewing all of the pieces together with a needle and thread took one person many hours. To save time and to share the workload, women started getting together to have **quilting bees**. A quilting bee is when several women got together to work on one quilt. The women could talk and share news while they worked. Usually they could finish the quilt during their time together.

Some quilts are still made by sewing many pieces of fabric together, but today some quilts are made using **cheater's cloth**. Cheater's cloth is one piece of fabric printed with a design that looks like a quilt, rather than many pieces of fabric sewn together. Today, many quilts are made using a sewing machine, but there are some quilts that are still made the old-fashioned way, with a needle and thread by hand.

Activity 3 – Quilt Square Initials

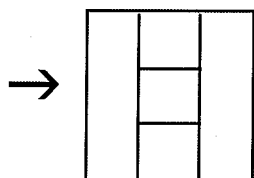
Things you need:

- 2 – 6" X 6" pieces of white poster board
- several colors of construction paper or craft foam
- Square Shape Patterns
- Triangle Shape Patterns
- glue stick
- scissors
- pencil
- hole punch
- yarn

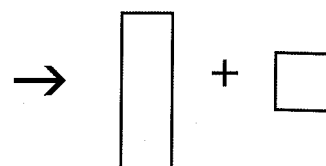
What you do:

1. Use the pencil to write your name on the back of both pieces of white poster board. Set the poster board aside.
2. Find the quilt square on the **Quilt Squares Activity Page** (page 21) that matches the first letter of your first name. Choose the shapes from pages 18 and 19 that are in this quilt square. **Example:**

To make
this quilt
square



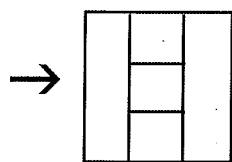
use these
shapes from
the manual



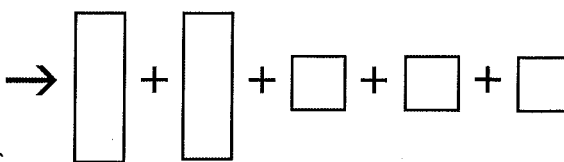
3. Use the scissors to cut out the shape patterns you need to make your first quilt square.
4. Use the pencil to trace the shape patterns onto any color of construction paper you want. (Hint: Be sure to trace the right number of shapes you will need to make the letter square.)

Example:

To make
this quilt
square



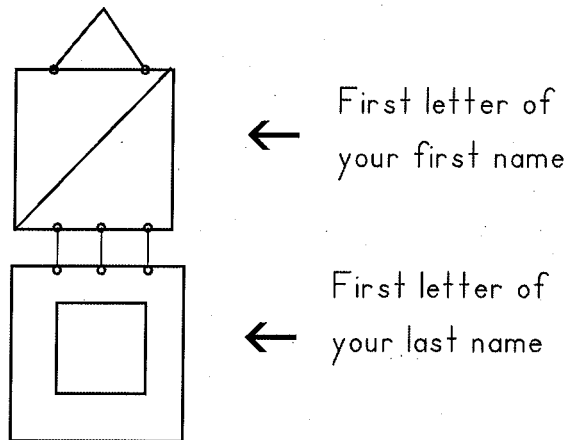
trace this
number of
shapes from
colored paper



5. Use the scissors to cut out the shapes you traced.
6. Glue the shapes onto one of the pieces of white poster board. Be sure to make your quilt square look the same as the quilt square for the first letter of your name. Lay this quilt square aside.

7. Make another quilt square but this time make it look like the quilt square for the first letter of your last name.
8. Use the hole punch to punch 3 holes in the bottom of your first quilt square (the square that matches the first letter of your first name) and to punch 3 holes in the top of your second quilt square (the square that matches the first letter of your last name).
9. Use yarn to tie the two squares together by tying a loop through each set of holes.

Example:

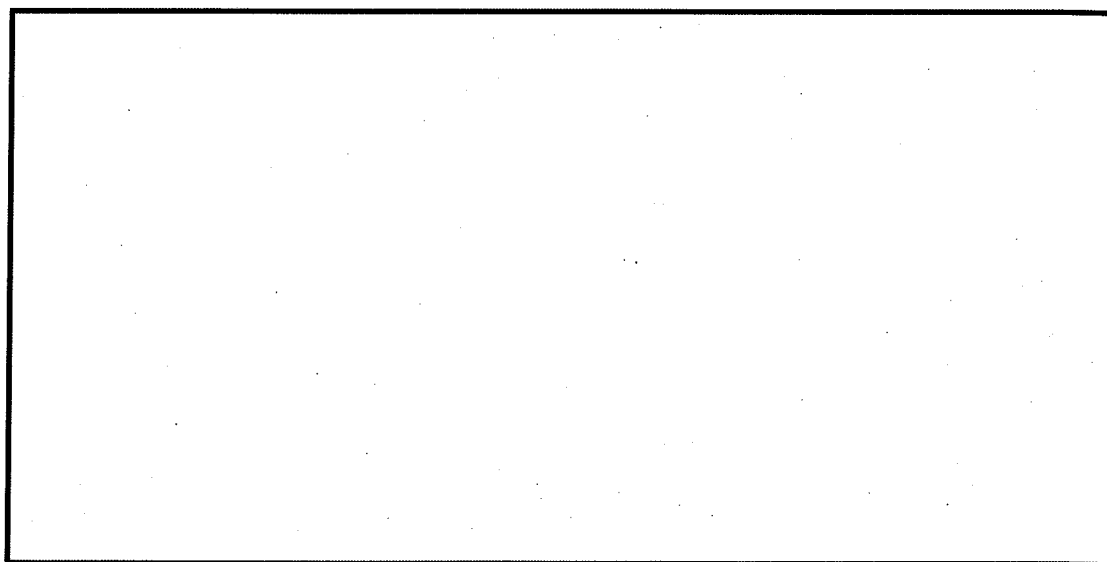
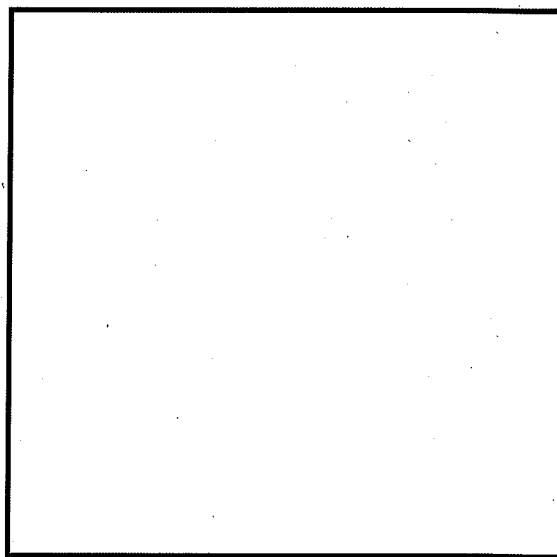
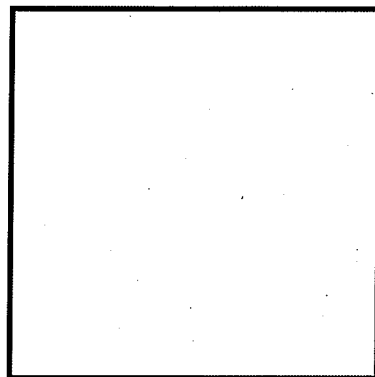
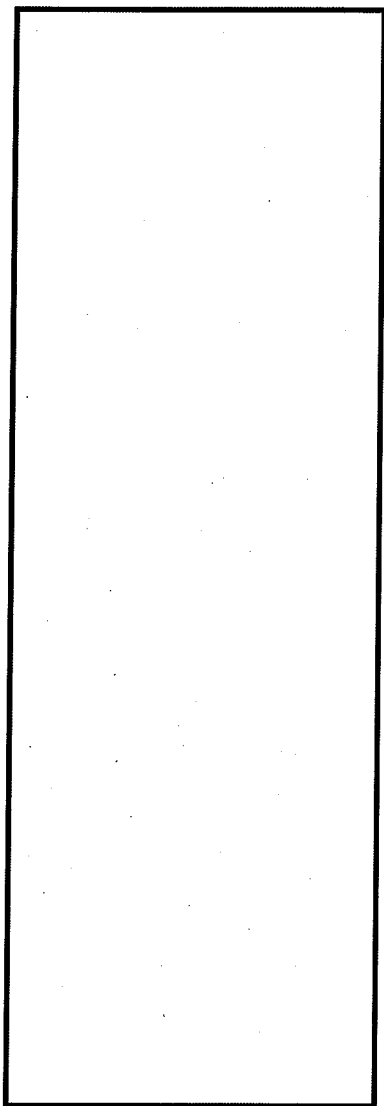


10. Punch 2 holes in the top of your first quilt square.
11. Use yarn to make a hanger for your quilt square initials.

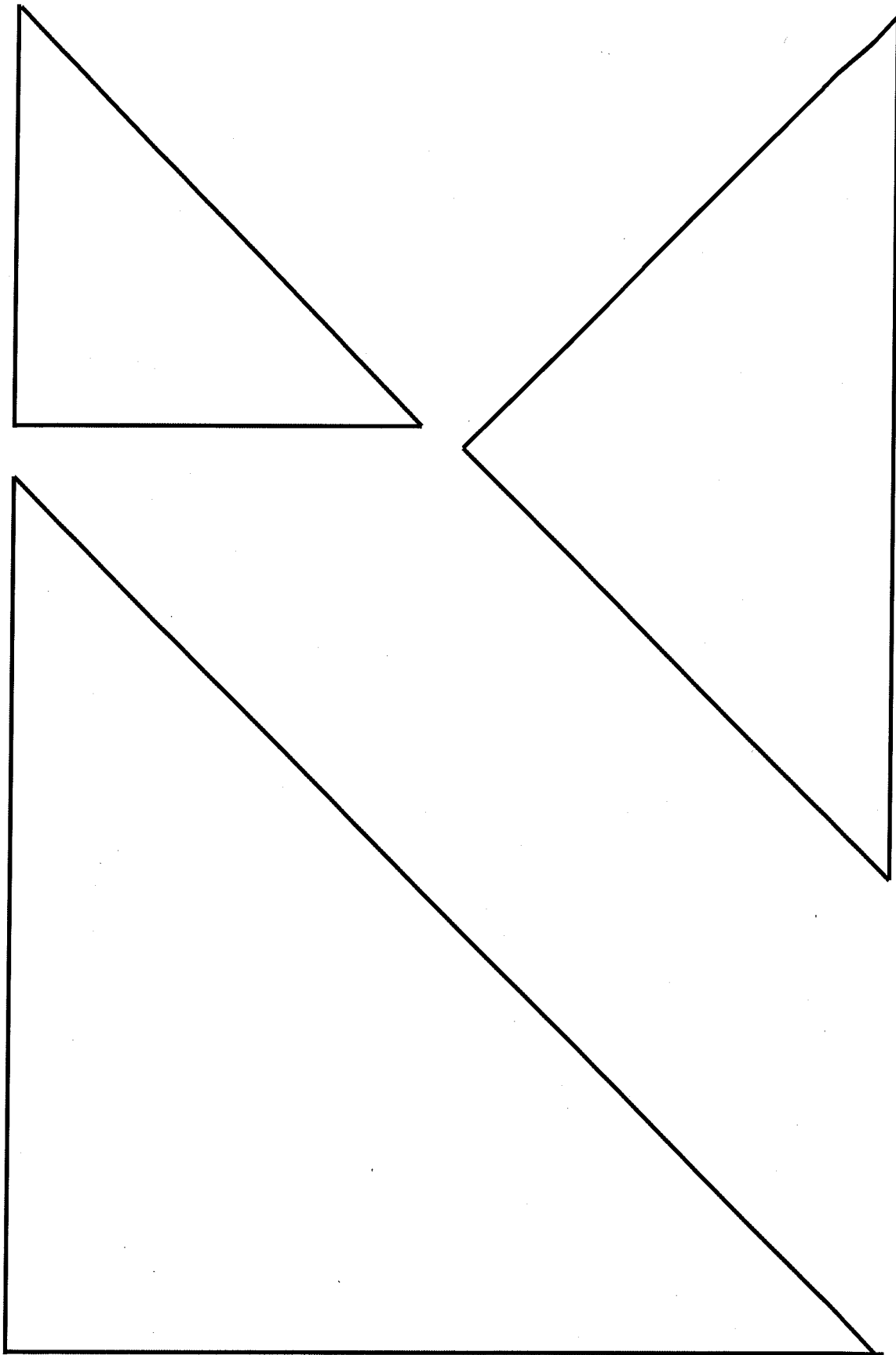
STRETCHERS

1. Use yarn to lace several sets of "Quilt Square Initials" together to make a group quilt.
2. Find someone who used one of the same quilt squares as you did.
Compare the squares. How are they alike? How are they different?
Was there anyone who made a quilt square that looked exactly like one of your quilt squares?
3. Use the shapes to design your own quilt square.

Square Shape Patterns



Triangle Shape Patterns



Activity 4 – If Quilts Could Talk

If quilts could talk, what would they say? This may sound funny, but did you know that quilts really can tell a story? Many families have quilts that were made by the people in their family a long time ago. Sometimes the pieces of fabric used to make the quilt are from clothes someone wore when they were a baby, or from an apron someone wore when they baked, or from an outfit someone wore at a very special occasion. The special pieces of fabric help people remember the stories about the people who used the fabric. Adults tell the stories to their children. The children remember the stories and tell them to their own children. In this way, stories about people and times of long ago are told by a quilt.

Things you need:

- pencil
- Quilt Squares Activity Page
- Quilt Message Activity Page

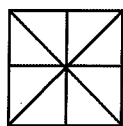
What you do:

1. Match and copy the letters from the **Quilt Squares Activity Page** to the **Quilt Message Activity Page** to find out what the message says. (Answer on bottom of page 37.)

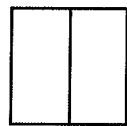


Quilt Squares Activity Page

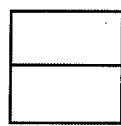
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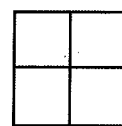
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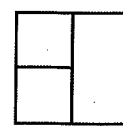
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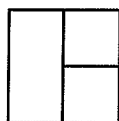
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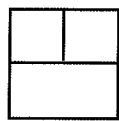
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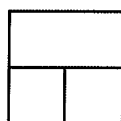
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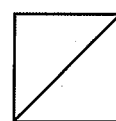
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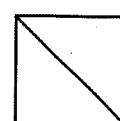
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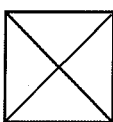
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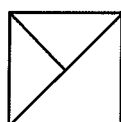
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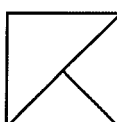
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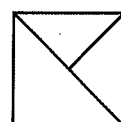
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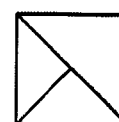
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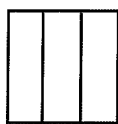
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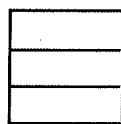
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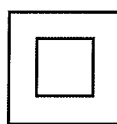
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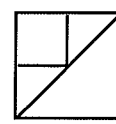
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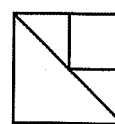
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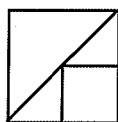
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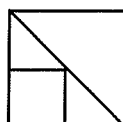
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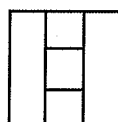
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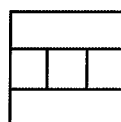
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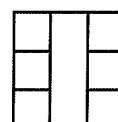
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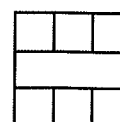
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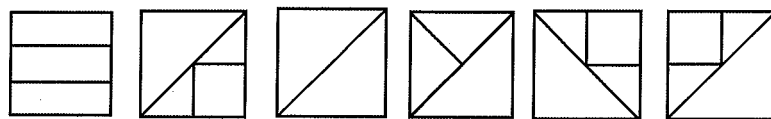
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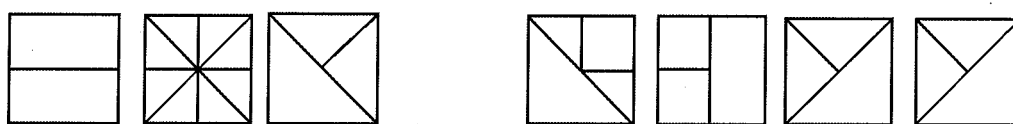


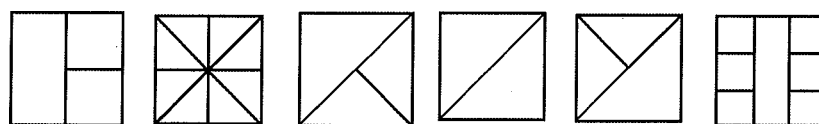
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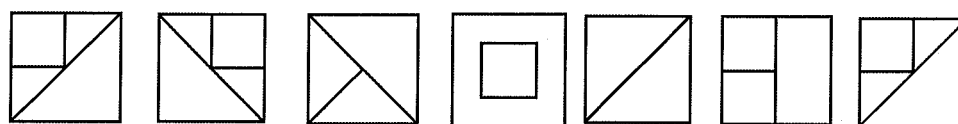


Quilt Message Activity Page









Activity 5 – Tic-Tac-Toe Weaving

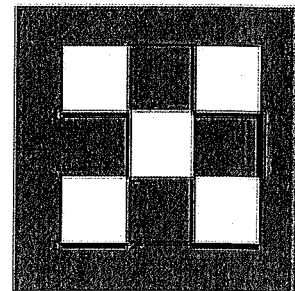
Have you ever looked closely at a basket? Most baskets are made by weaving material together. Weaving is done by crossing one piece of material over and then under another piece of material in a pattern. The weave or pattern in a basket is usually easy to see.

Take a close look at the fabric of your clothes. What do you see? Most fabric is also made by weaving, just like baskets are. You may have to look very closely at some fabric to see the weave. Threads are put over and under each other in a pattern to make the fabric.

In this activity you will weave strips of paper to make a game.

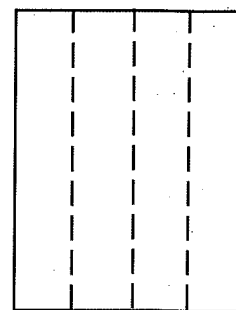
Things you need:

- 1 – 8 1/2" x 11" piece of colored card stock
- 2 – 8 1/2" x 11" pieces of paper colored paper
- 1 piece of poster board that is a different color on each side (These colors should be different from the two paper colors.)
- scissors
- glue
- 1 letter-size envelope
- Tic-Tac-Toe Pattern page



What you do:

1. Fold one of the 8 1/2" x 11" pieces of colored paper in half lengthwise. Fold this folded paper in half again so when it is opened there are 4 sections.
2. Use the scissors to cut along the folds so there are four paper strips. Lay the strips aside. (Hint: Only three of the strips are used for this activity.)
3. Lay the Tic-Tac-Toe Pattern page on top of the second 8 1/2" x 11" piece of colored paper. Cut off the bottom portion to create a square. (Be sure to keep the portion you cut off, because it has the marker pattern on it.)



4. With the pattern still on top of the colored paper, fold the papers in half on the fold line. (Hint: **Be sure the pattern is on the outside so you can see the cut lines.**)
5. Starting at the fold, cut along the dotted line. (Hint: **Be sure to cut only as far as the pattern shows.**) Unfold both papers and lay the pattern piece aside.
6. Weave the first strip through the square with the cuts in it. Weave the strip first under one and over one, continuing to the opposite side of the paper. The next strip is woven first over one and then under one, continuing as before. Push the first strip to the top of the cuts and push the second strip close to the first strip. Weave the last strip through the square using the under one, over one pattern the first strip used. The square should look like a tic-tac-toe board.
7. Glue the woven tic-tac-toe board to the card stock and cut off excess strip paper.
8. Lay the tic-tac-toe board so the card stock side is facing up. Glue the envelope onto the board. (Hint: **Be sure the flap of the envelope is facing up so you can open it.**) Lay the completed tic-tac-toe board aside.
9. Cut out the pattern piece for the markers. Trace the round pattern piece onto the colored poster board nine times.
10. Cut out the markers and store in the envelope on the back of your tic-tac-toe board. You are ready to play!

STRETCHERS

1. Provide children with ribbon, feathers, fabric, lace, sticks, etc., and encourage them to experiment with different kinds of weaving materials.
2. Encourage children to weave using strips of different widths or using a variety of patterns.

Example: Under 1, Over 2, Under 1, Over 2
 Over 1, Under 1, Over 2, Under 1
 Over 2, Under 1, Over 2, Under 1
 Under 1, Over 2, Under 1, Over 2

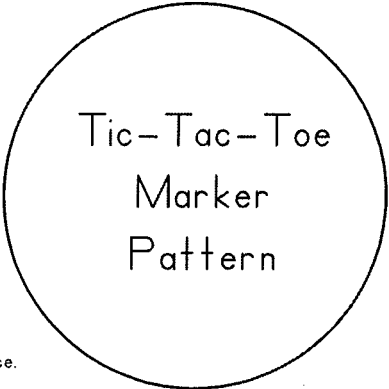
Tic-Tac-Toe Pattern

Cut

Fold

Cut

Cut



Patterns, Patterns Everywhere

Have you ever wondered how people make things? First, a person has to think of something to make. Next, the person tries to find a way to make it. The person may have to try many times before they can find the best way to do it. Finally, the person makes a model or a pattern that shares the important parts of the idea so other people can make the same project.

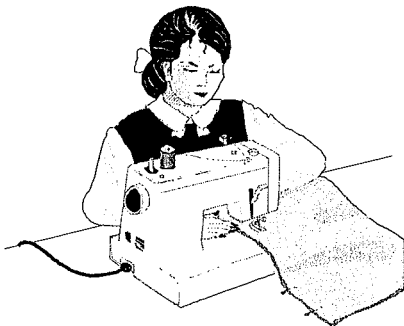
People make and do things every day that require them to use patterns. A recipe is a pattern for making food. Chefs share their ideas about the way food should be prepared by writing their ideas down in a recipe. A



blueprint is a pattern for building a house. Architects share their ideas about the way a house should be built by drawing plans called blueprints. Sheet music is a pattern for playing music and singing songs. Composers share their ideas about the way a song should be played or sung by writing



sheet music. Sewing patterns are also used to share ideas about how to cut and sew many things. Some of the things made that use sewing



patterns are hats, shoes, blankets, pillows, clothes, and toys.



Recipes, blueprints, sheet music, and sewing patterns are just a few of the types of patterns that people use to make doing things easier.

Activity 6 – Straight-Line Patterns

There are several patterns in this activity guide that share an idea or are an example of a way to do an activity. Be sure to read the directions and study the pictures carefully. When you take the time to look over the pattern and plan for each activity, you are more likely to get the result you want.

Things you need:

–pencil
–ruler

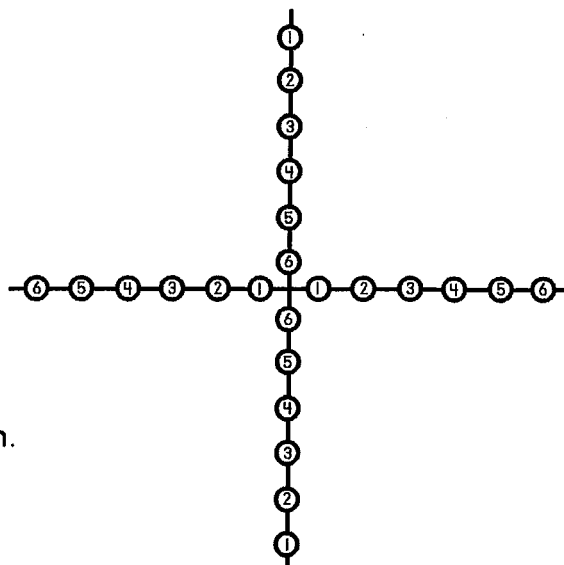
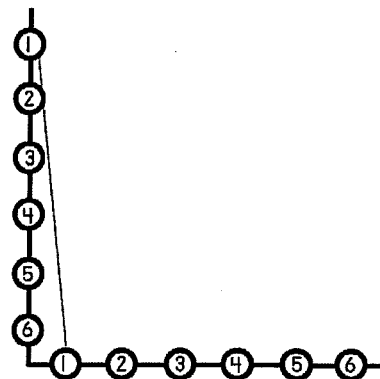
–Corner Pattern
–Star Pattern

What you do:

1. Choose the **Corner Pattern** on page 29.
2. Use the ruler and pencil to draw straight lines to connect the circles that have the same numbers in them as shown.

What do you notice about the shape you made with all straight lines? There is a picture on page 28 of how your pattern might look with all the lines drawn.

3. Now, choose the **Star Pattern** on page 30. The **Star Pattern** is really just 4 of the **Corner Patterns** put together.
4. Use the ruler and pencil to draw straight lines to connect the circles that have the same numbers in them like you did with the **Corner Pattern**. Be sure to do each **Corner Pattern** separately. There is a picture on page 28 of how your **Star Pattern** might look when you are done.



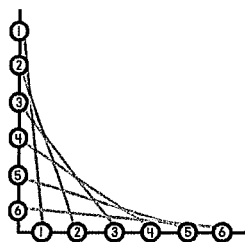
STRETCHERS

Things you need:

- 2 - 6" x 6" pieces of craft foam
- yarn
- plastic craft needle
- scotch or masking tape
- pencil
- Corner Pattern
- ruler
- Star Pattern

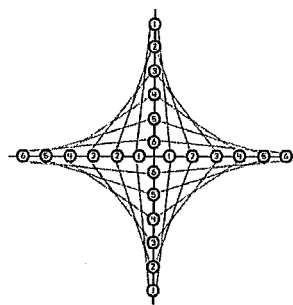
1. You can make these same designs using craft foam and yarn. Use the ruler and pencil to draw the pattern you choose onto craft foam. First, use the ruler to make the pattern lines. (Hint: Draw only the lines that were on the pattern. Do not draw in all the lines you drew with your pencil.)
2. Next, use the pencil to mark where the holes should be.
3. Cut a piece of yarn about 40" long. Thread the yarn into a plastic craft needle. Tape the other end of the yarn to the back of the craft foam.
4. Start in the back and push the needle up through the place where one of the number 1 circles should be. Use the yarn to connect the two number 1 circles by pushing the needle through the craft foam from front to back.
5. Continue to connect the numbered circles with the yarn just like you did when you drew lines with the ruler and pencil.

Answer to Corner Pattern (Page 27)

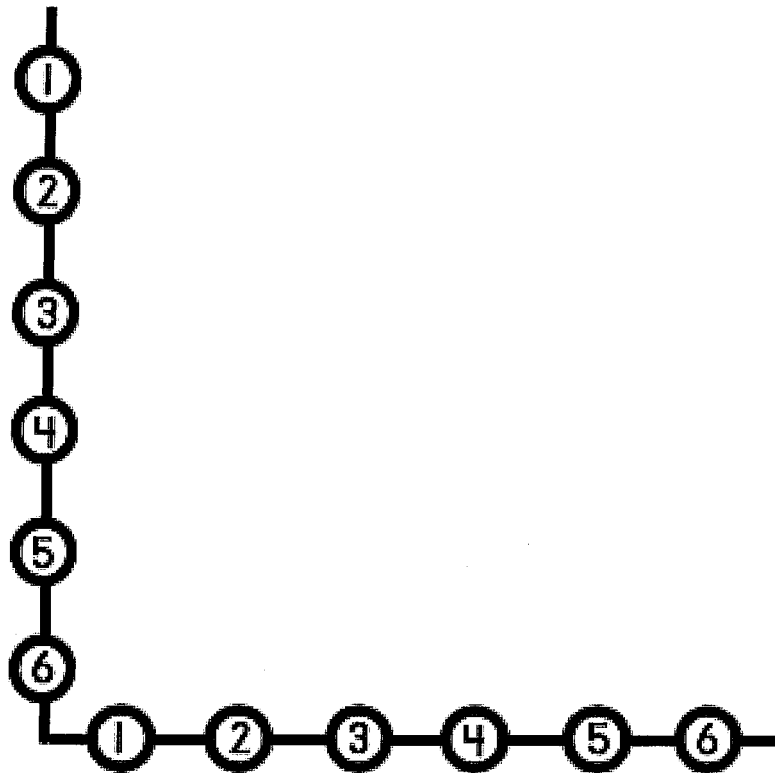


Even though this is made with all straight lines, it creates a curve.

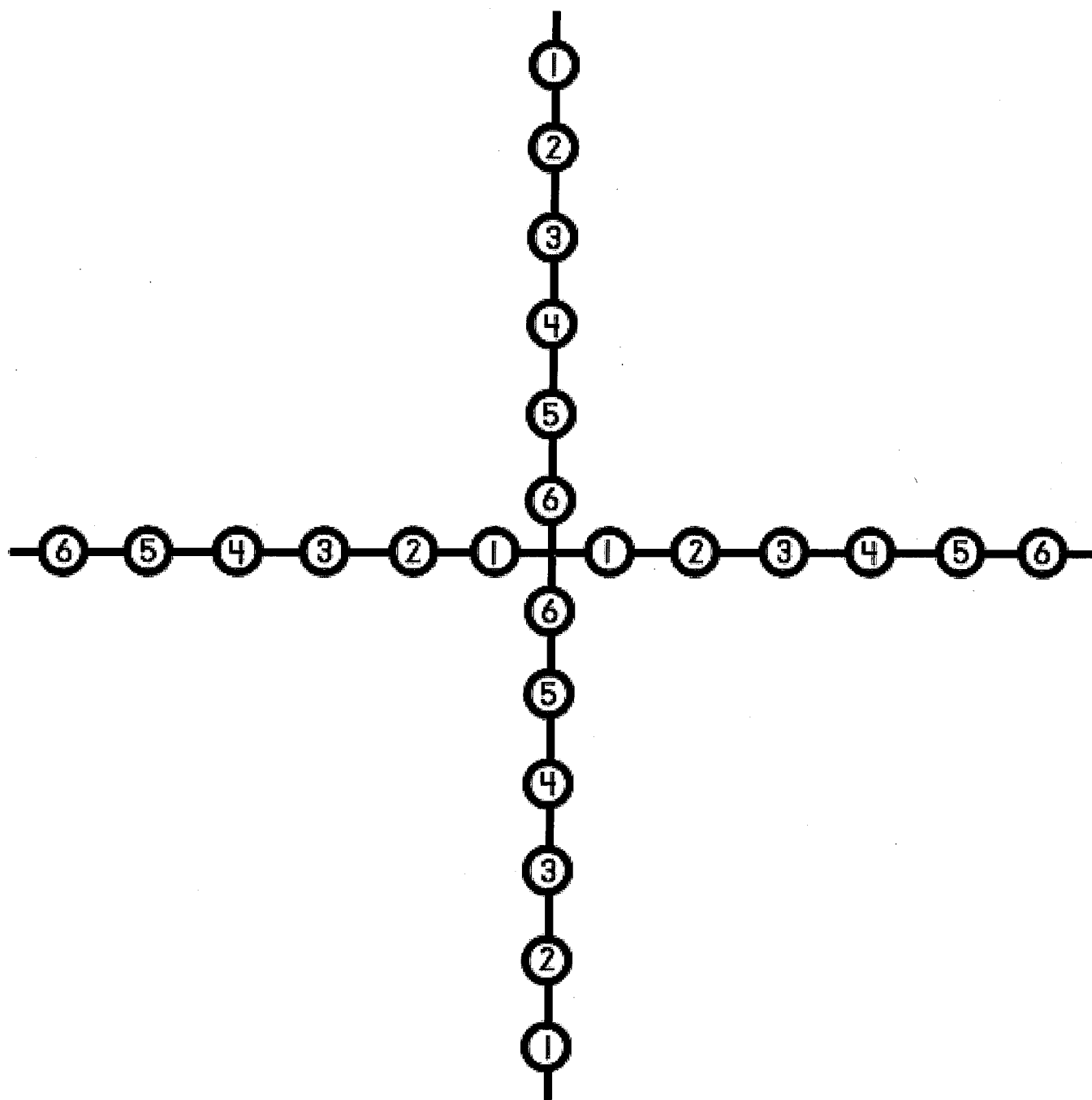
Answer to Star Pattern (Page 27)



Corner Pattern



Star Pattern



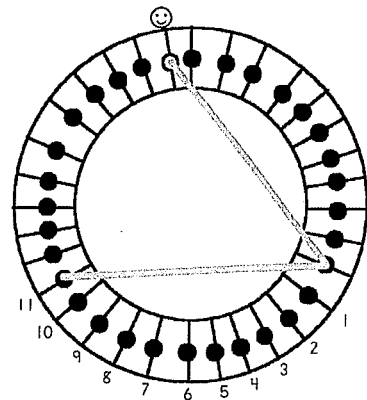
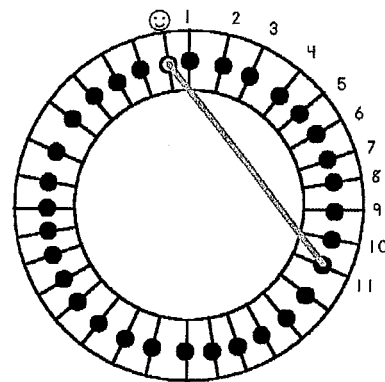
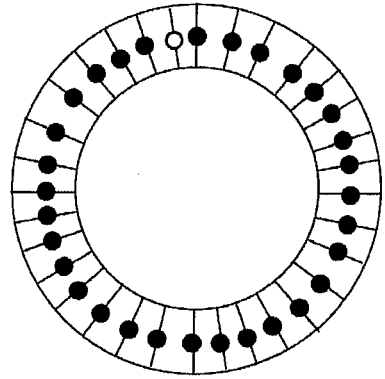
Activity 7 – Connect-a-Pattern

Things you need:

- 9" paper plate
- colored pencils
- ruler

What you do:

1. Write your name on the back of the paper plate.
2. Use a colored pencil to make dots around the outside edge of the paper plate, as shown. Make your first dot one color and make all of the other dots a different color from the first dot.
3. Starting with the first dot you made (the one that is a different color than the rest), count 11 (eleven) dots. Use the ruler to draw a straight line between the dot you started with and the number 11 dot.
4. Continue to count and to draw lines from the last dot you counted to the number – 11 dot until every dot has a line running to it.
5. What do you notice about the shape in the center of the paper plate? See page 33 for a picture of a finished paper plate.



STRETCHERS

1. Try drawing lines on the paper plate using every 7th dot. What happens to the shape in the center?
2. Use a hole punch to punch holes around the paper plate. Connect the dots using yarn rather than just drawing lines with a pencil.

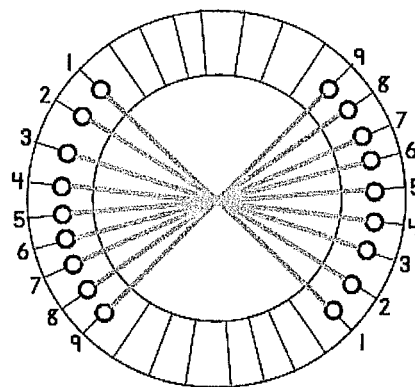
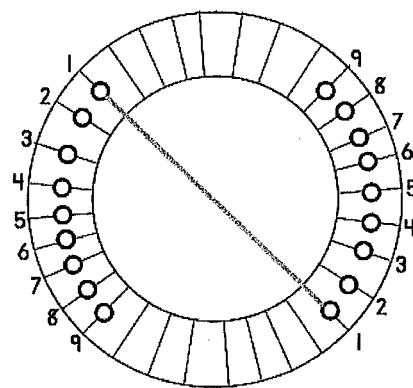
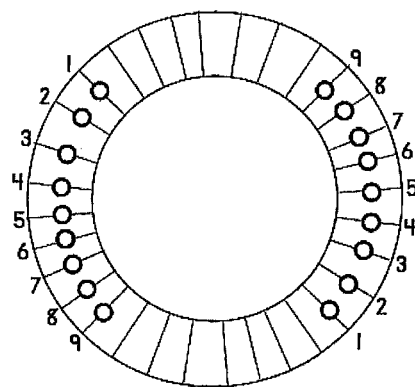
Activity 8 – Flight Pattern

Things you need:

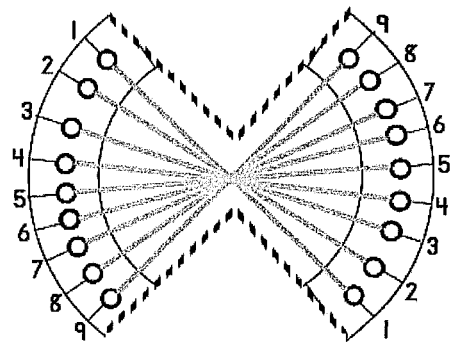
- 9" paper plate
- hole punch
- scissors
- yarn
- transparent or masking tape
- craft stick
- chenille stem
- markers or crayons
- glue

What you do:

1. Use the hole punch to punch 9 holes along the edge of a paper plate on both sides as shown. (Hint: Be sure to punch the holes equal distances apart and as far toward the middle of the plate as the hole punch will allow.)
2. Cut a piece of yarn about 50" long. Wrap a piece of tape around one end of the yarn to make an end like the end of a shoestring. Tape the other end of the yarn to the back of the paper plate.
3. Starting in the back, push the yarn up through the #1 hole, which is the top hole on one side of the plate. Next, find the #1 hole on the opposite side of the plate, which is the bottom hole, and put the yarn through it.
4. Continue to lace the yarn through the holes in an "X" pattern until all the holes have yarn through them. The yarn is going to be butterfly wings. If you need additional yarn, be sure to end the piece you are working with by taping it to the back of the plate. Measure out additional yarn, tape one end to the back of the plate and continue.



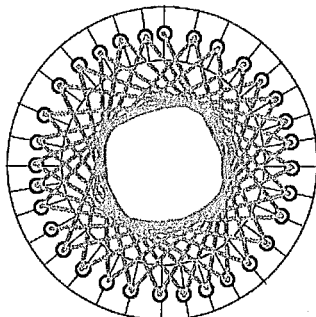
5. Use the scissors to cut a triangle shape from the top and the bottom of the plate. Be sure to only cut a small triangle from the plate. Do not cut the yarn.
6. Color the craft stick and glue it to the center of the plate under the yarn to make a body for your butterfly. Tape a chenille stem to the craft stick to make antennae.



STRETCHERS

1. Have children stand in a circle. Tie or tape one end of a ball of yarn (the thread) securely to a long-handled spoon (the needle). Start the timer. Each child, in turn, laces the "needle and thread" through their own clothes. They can lace through their belt, shirt sleeves, buckles or any other thing they are wearing. They then pass the "needle and thread" to the next child who will do the same thing until everyone has had a turn. Check to see how long it took for everyone to be "stitched" together. Next, reverse the process and see if the group can unlace themselves from one another faster than it took to lace themselves together.

Answer to Connect-a-Pattern (Page 31)



Activity 9 – Stitch the Mouse

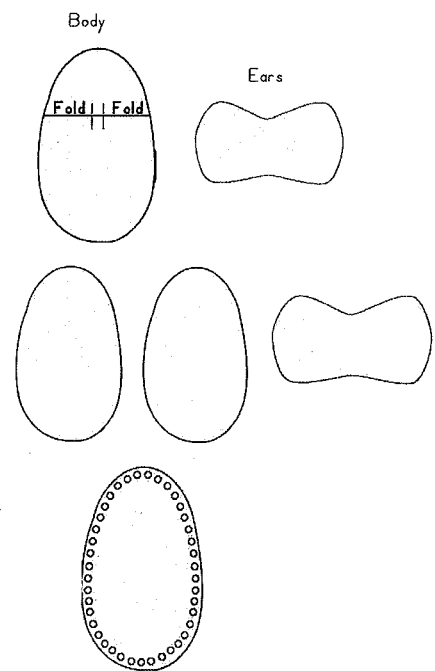
The shapes that are sewn together to make quilts are flat pieces of fabric. However, sometimes people sew things that they don't want to just lay flat. They want them to be 3-dimensional and stand up away from the table. In this activity you will use some flat shapes to make a mouse that is not flat.

Things you need:

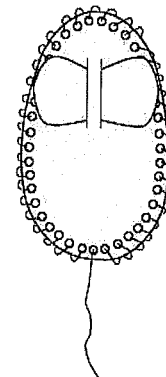
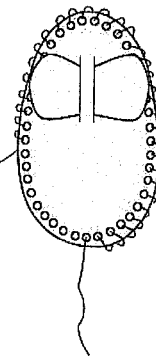
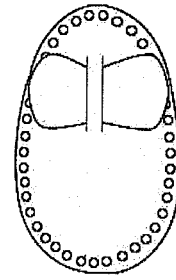
- 1 – 9" x 12" piece of craft foam
- yarn
- scissors
- hole punch
- transparent or masking tape
- ruler
- pencil
- fiber fill
- glue
- 2 wiggle eyes
- 1 small pompon
- Stitch the Mouse Pattern

What you do:

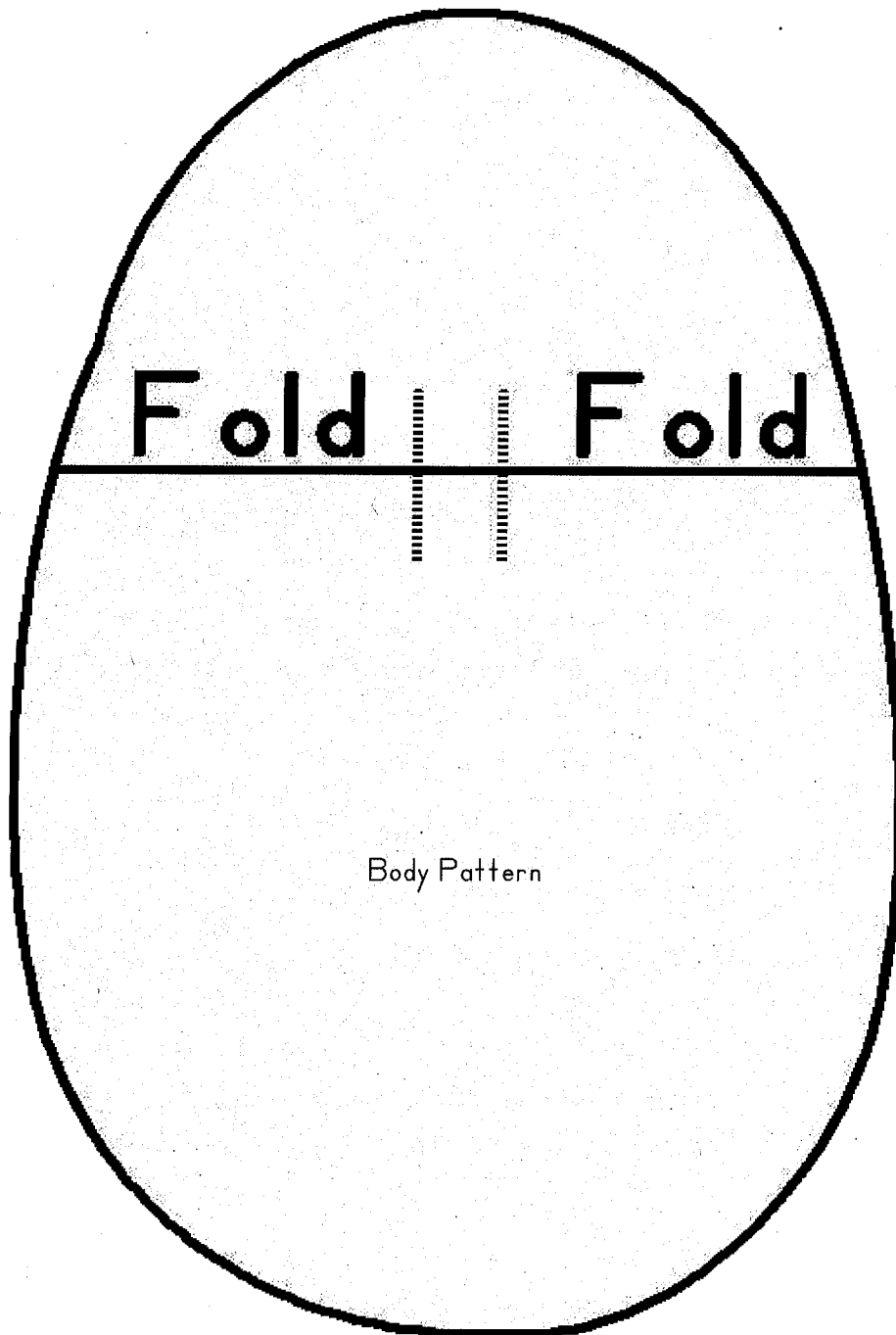
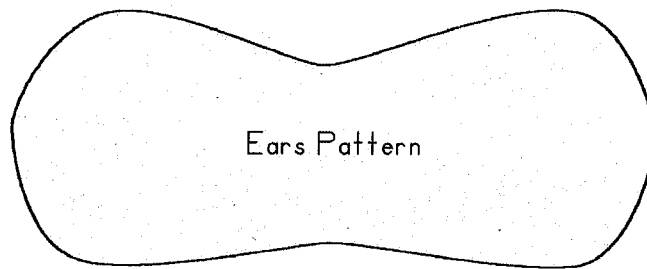
1. Use the scissors to cut out the paper body pattern and the paper ears pattern on page 36. Be sure to do your best cutting.
2. Use the pencil to trace the body pattern 2 times and the paper ears pattern 1 time on the craft foam. Cut out all three shapes.
3. Use the hole punch along the edge of one of the foam body shapes. (Hint: Be sure to punch the hole as far into the body shape as your hole punch will allow.) Punch holes all around the foam body shape. Leave a 2 finger space (1/2") between each hole.
4. Lay the foam body shape with the holes punched in it on top of the foam body shape without the holes. Use the pencil to make a mark on the bottom body shape to show where each of the holes are in the top body shape.



5. Use the hole punch to punch holes around the edge of the bottom foam body shape where each of the pencil marks are.
6. Place the paper body pattern on top of one of the foam body shapes. Fold over both the foam shape and the paper pattern on the FOLD line. Be sure the paper pattern is on the outside. Use the scissors to cut on the dotted lines shown on the paper pattern. Insert the foam ears shape through the cuts on the foam body shape. Be sure the foam ears shape goes under the cut strip of foam. Lay both foam body shapes aside.
7. Use the scissors to cut a piece of yarn 5 rulers long (5 feet).
8. Wrap a piece of tape around one end of the yarn to make an end like the end on a shoestring.
9. Lay one of the foam body shapes on top of the other foam body shape. Be sure the holes match up.
10. Start lacing at the bottom of the body shapes. Put the yarn through the hole at the bottom. Do not pull all the yarn through the hole. Leave a piece of yarn the length of a ruler hanging from the bottom. Bring the yarn around the edge of the foam body shape and go through the next hole from the same side of the foam as the first one. This is called an overcast stitch.
11. Continue to lace the foam body shapes together. Be sure to keep the yarn from getting tangled up when pulling it through the holes. Leave enough space unlaced so you can stuff the foam body shapes. See picture.
12. Stuff the foam body shapes and finish lacing the edges.
13. Tie the ends of the yarn together in a knot. Leave one side of the yarn hanging to be the mouse's tail.
14. Glue wiggle eyes and a pompon nose on the top side of the mouse.



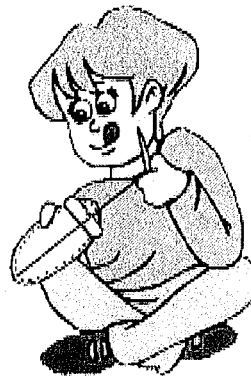
Stitch the Mouse Pattern



What to Exhibit

This is a list of project activities that can be shown at the 4-H Fair or other places. Pick a project activity you would like to try. You do not have to make them in any order. If you have any questions, please call the County Extension Office. There are people there who can help you.

- Make a project activity as a group and take it to the Fair to show the kinds of things your group has been doing.
- Make a scrapbook of pictures showing your group having fun while making the project activities in this manual.
- Make a group quilt by lacing several sets of the quilt square initials together.
- Make one of the project activities in this guide.
 - Fringe a Scarf
 - Quilt Square Initials
 - Tic-Tac-Toe Weaving
 - Stitch the Mouse
 - Straight-Line Patterns
 - Connect-a-Pattern
 - Flight Pattern



For information on when to take your project activity to the Fair and where it needs to go, please contact your County Extension Office.

Answer to Quilt Message Activity Page (Page 22)

Quilts can tell family stories.

More Places to Look

Abuela's Weave (Lee and Low Books, 1993) by Omar S. Castaneda and Enrique O. Sanchez is a book about a grandmother and granddaughter, in Guatemala, who explore their talents in the creation of beautiful woven material while also sharing many loving experiences.

Charlie Needs a Cloak (Sagebrush Bound, 1999) by Tomie De Paola tells the entire story of how Charlie makes himself a cloak, starting with shearing the sheep and ending when the cloak is sewn together.

Eight Hands Round: A Patchwork Alphabet (Harper Trophy, 1996) by Ann Whitford Paul is an alphabet book where each letter represents a different quilting block pattern and the patterns possible origin.

Joseph Had a Little Overcoat (Scholastic Inc., 1999) by Simms Taback is a book relating the sequence of how a tattered overcoat is remade several times into something useful.

Quilting Now and Then (Now & Then Publications, 1994) by Karen B. Willing and Julie B. Dock is a rhyming book that tells the story of quilting from long ago to today.

The Goat in the Rug (Aladdin, Reprint Edition, 1990) by Charles L. Blood and Martin Link is a step by step story about cooperation between friends when a Navajo weaver named Glenmae decides to make a rug out of a goat named Geraldine.

The Memory Quilt (Aladdin, Reprint Edition, 2001) by Patricia Polacco tells the story of a family quilt that is passed from one generation to the next along with the unique stories and traditions that families share.

The Talking Cloth (Orchard Books, An Imprint of Scholastic Inc., 1997) by Rhonda Mitchell is the story of a young girl discovering a part of her heritage through an understanding of a piece of fabric.

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Nebraska Cooperative Extension Service 4-H 168

Leader's Guide



Issued in furtherance of Cooperative Extension Work, Acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture, Leo E. Lucas, Director of Cooperative Extension Service, University of Nebraska Institute of Agriculture and Natural Resources.



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Sewing for Fun

Introduction

Congratulations on assuming the role of a 4-H sewing project leader. Teaching young people to sew is a satisfying activity in which you can take part. Like most 4-H leaders, you will probably learn as much as, or more than, the young people in your project group.

This 4-H sewing project gives members opportunities to:

- Make decisions.
- Be creative.
- Gain knowledge and skills.
- Work and share with others.

Your role as a leader is to help set the stage for these opportunities.

This 4-H sewing project is designed for young girls and boys as an introduction to basic sewing techniques and skills. Sewing for Fun may be taken for one or two years depending on the skills of the members. After completing this project the 4-H member may want to continue in Clothing Level I and Level II to learn to make clothing. For the 4-H'ers who do not want to make clothing, but want to continue to sew, they may take projects in Home Environment, Child Development and Sewing for Your Animals.

The focus for Sewing for Fun is on:

- Tools and equipment necessary for sewing.
- Fabric characteristics and construction.
- Preparation of fabric.
- Reading and following directions.
- Making non-garment items.

It was developed with the idea that sewing is a skill. To become skillful at something, it takes practice. Practice makes perfect! This project is to be fun and interesting for the 4-H'ers.

Use the Skills Checklist to:

- Determine what skills 4-H members already know and what skills they need to learn or improve.
- Help members plan their projects. The skills for each project can help members select their goals for the year.
- Review accomplishments at the end of the year.

The purpose of this project is to teach the knowledge and skills of sewing. This project does not include taking body measurements and sewing garments that fit. Therefore, there are no items to be modeled in a fashion revue. The sewing projects are all non-garment items. Garments to be modeled begin in the Clothing Level I and Level II projects.

Four-H'ers enroll in sewing projects because they want to learn to sew. They want articles they can use and enjoy. If leaders always expect perfection, members may be discouraged and lose interest. Rather than demanding perfect items, teach members to evaluate their own work. Help them see how a mistake or poor workmanship will look and let them decide to "rip" or not. Teach members to accept good standards and to be proud of work well done. Encourage members to informally evaluate their progress by having them ask themselves the following questions:

What did I learn?

Where do I need improvement?

How do I feel about what I did?

What shall I plan to do or learn next?

Characteristics of Pre-teens

Members involved in this project are usually ages 8-10 and are considered as pre-adolescents or pre-teens.

However, remember that each child develops at his or her own pace. These general characteristics will not be observed in all children at the same age or at the same stage of development. Each person is a unique individual.

Pre-teen characteristics:

- Interest is high in making things.
- Large muscle control is fairly well developed.
- Fine finger control is beginning to develop.
- Peer group is of increasing importance.
- Independence from adults is important.
- Have limited decision-making abilities.
- Have abounding energy.
- Find it hard to sit still for long periods of time.
- Need to experience early success.
- Need to feel loved and accepted.
- Attention span is good for short periods of time.
- Active participation increases attention span.
- They are searching for self-identity and need assistance in building a strong sense of positive personal confidence.
- Need help in managing their time.

For further information read in the 4-H Leader Handbook 4-H 69 Understanding Youth.

Special Members

Some 4-H members will be experiencing developmental patterns that vary from the "normal member." The gifted, mentally or physically handicapped or socioeconomically deprived can find personal success and

growth through 4-H activities. Extra help from the leader, parents, guardians, and resource people in the community can guide the member through 4-H experiences. Leaders should network with teachers in school and with the parents to share thoughts and ideas about the member's ability. Even the smallest completed step in a project or activity means success to that person. Take one step and break it down into smaller parts. The flexible learning that occurs in non-traditional settings such as 4-H groups is often the key to healthy development and learning for these special individuals.

Responsibility of the 4-H Leader

1. Attend leader training meetings when possible to receive information on teaching sewing and sewing related activities.
2. Provide space and equipment for work meetings. This will encourage the 4-H'ers to participate. You need good lighting, a sewing machine and good tools.
3. Explain what the program can offer. Encourage 4-H'ers to pursue areas of individual interest and share their findings with others.
4. Help individuals evaluate their projects.
5. Encourage participation in presentations, and exhibits for growth in poise and confidence.
6. Learn and grow with the members. Broaden your own background in the sewing area.
7. Ask your Extension Agent-Home Economics for help in providing bulletins, materials and added resources listed in this guide.
8. Involve parents in your 4-H club. Begin by encouraging 4-H'ers to discuss their project plans with their parents. Parents can take part in 4-H and relieve you of some of the responsibilities. For example they can help with transportation; work out details for a tour or field trip; have meetings in their homes; or serve as resource persons for games, activities, or lesson presentations.

Teaching Tips For Leaders

As a 4-H club leader you are concerned with teaching youth. The way you teach is just as important as what you teach. The following tips will guide you in helping 4-H'ers achieve success and feel good about themselves.

1. **Cooperation** - Be certain that the child wants to learn to sew.
2. **Participation** - Let the 4-H'er make some choices about the projects to be made, but limit the field of selection.
3. **Explanation** - Define terms. Four-H'ers need to know what they mean. Don't assume they know.
4. **Division** - Break down the learning process into small distinct tasks.
5. **Flexibility** - Remember there is no such thing as "the 4-H Way." You may be shown a better way or several ways.
6. **Reconstruction** - Never redo the 4-H'ers work. If the 4-H'er is happy with the results, leave it be. By redo-

ing their work you are saying, "Your work isn't good enough for me." What 4-H'er wants to keep trying if a parent or leader feels that way.

7. **Pace** - Learning takes time and practice requires even more. Be patient! Watch for the "STOP" signs such as boredom, disinterest, fidgeting.

8. **Share** - Share ideas and feelings with each other: Leaders with 4-H'ers, 4-H'ers with 4-H'ers, parents with 4-H'ers.

9. **Criticism** - Some positive suggestions are constructive, repeated negative comments are destructive. Criticism tends to come easier than praise.

10. **Praise** - Give it out frequently and generously. There is always something worthy of a compliment in everyone's work.

Teaching Techniques

Using various teaching techniques can help stimulate and maintain interest in the project. Members learn most when they receive information through as many of their five senses as possible. Some of these techniques are:

Demonstrations - To demonstrate is to show by doing. Encourage members to give demonstrations to help them develop poise and self-confidence. Give each member an opportunity to speak in front of the group. Begin by having each person give an informal mini-demonstration, such as showing how to fill and thread a bobbin, use a seam gauge, straighten fabric, sew square corners, or do different hand stitches. Later members can make a more formal, planned presentation. The 4-H Sewing Skills Checklist and the list in the project manual of what members should learn are good sources of demonstration topics.

Field Trips - Store personnel usually welcome visits from 4-H groups, if notified in advance. Before you go, plan the particular things you want to see and do. Let the store personnel know the purpose of your trip.

Games - Games can be an enjoyable way to learn. Adapt the games to your group according to age, size of group; available space, and the particular learning you wish to reinforce.

Audiovisuals - The use of a set of slides does not in itself guarantee a successful meeting, but it can help in presenting ideas if used skillfully. Select the audiovisual aids from the 4-H loan library on Form 0-41-79 by contacting your Extension office. Be sure these materials are consistent with what you want to teach or show your group. Preview the audiovisual aid before using. Plan how it will be introduced and prepare discussion questions at the close of the presentation.

Exhibits and Displays - Exhibits and displays are optional and may be a part of project meetings, fairs, or other community display or "showcase" opportunities. Generally, young people like to show others what they have learned. Exhibits and displays may also offer opportunities for both formal and informal evaluation.

Fair Exhibits

Exhibiting items made by the 4-H'er provides needed recognition. It is a way to let others see what has been done. Four-H'ers have the opportunity to choose their best work, evaluate their work against standards and experience.

Basic Construction

Sewing for Fun

This project introduces 4-H members to sewing. They learn to use the sewing machine, understand fabric, and make simple projects. Each 4-H'er is expected to read the information provided in the member manual. Have members volunteer to read parts of the lesson at a meeting. Cover one or two concepts at a time. How much you accomplish at a meeting depends on you, as the leader, the ability of 4-H members, the time available, and available resources.

To complete this project, members should be able to check off 40 of the 52 skills listed in the Sewing Skills Checklist in the back of Sewing for Fun manual. They should make at least four items for themselves or others using those skills. Encourage members to continue to sew after completing the project requirements. The

more items made, the more experience the member will gain.

A firm, woven, medium-weight fabric of cotton or cotton blend and felt is best for this project. A list of suggested items to make is in the member's manual and the Sewing For Fun Packet. Members may choose from this list or make other similar items. Encourage them to start with something simple. Any item can be made which helps teach:

- Use of basic equipment.
- Use of the sewing machine.
- Basic construction techniques.
- Selection of fabric for item sewn.
- Basic pressing.
- Reading and following directions.

The Sewing For Fun Packet has directions for several projects. Each project lists what supplies will be needed and what sewing skills will be learned. Projects build in the number of things to learn and the difficulty of the project. They are organized from simple to more complex learnings. Don't push 4-H members into projects that will cause frustration. Remember to recognize and allow for individual differences.

MEMBERS SHOULD LEARN

SEWING TOOLS

Identification and use of sewing tools.

Shears, scissors
seam gauge
tape measure
pins, pincushion
needles
point turner
thimble
iron, ironing board.

TEACHING IDEAS

Display sewing tools. Name each one and tell how it is used. Ask members to repeat identification and use. Use member manual as a guide. Play "Equipment Lingo" game.

Encourage members to make sewing boxes for their sewing tools.

Do "Sewing Tools" crossword puzzle in member's manual. Answers are at the end of this guide.

RESOURCES: Sewing tools, sewing boxes, "Equipment Lingo", and Sewing Tools Crossword Puzzle in members manual.

USE AND CARE OF A SEWING MACHINE

Control of speed and placement and guiding of fabric.

Threading the machine.
Filling and inserting bobbin.
Stitching with thread:
regulation stitch
baste stitch

Name the parts of the sewing machine and explain their function. Play "Pin the Parts on the Sewing Machine" in back of this guide. Do "Sewing Machine Parts" crossword puzzle in member's manual. Answers are at the end of this guide.

Show 2 different models of sewing machines. Discuss differences and similarities.

Show slides "You and Your Machine"

MEMBERS SHOULD LEARN

TEACHING IDEAS

backstitch
stitching over pins
pivoting at corners
stitching a shallow curve
using a seam guide.

Recognize good machine stitching.

Stitch on lined paper without thread in the machine. Have 4-H'ers put samples of a regular stitch and a baste stitch in their manual.

Always change the needle before sewing on fabric because sewing on paper will dull it.

Demonstrate threading the sewing machine. Ask each member to practice threading.

Demonstrate and practice stitching with thread. Each type of stitching could be a mini-demonstration by member.

Show slides "Straight Stitching".

Show samples of good and bad stitching to teach recognition only. Parents or leader should make necessary adjustments on machine.

Care of sewing machine:

how to change needle
importance of cleaning lint.

Ask members to bring their sewing machine instruction booklet.

Discuss care required.

Good habits at sewing machine:

adequate light
posture
disposal of waste

Demonstrate good habits.

Check members as they work at the machine.

Sign a Sewer's License in member's manual.

RESOURCES: Sewing machines, "Pin the Parts on the Sewing Machine" game, Sewing Machine Parts Crossword Puzzle in member's manual, 4-H 125 "You and Your Machine" slide set, sewing charts found in the back of the member manual, fabric scraps, 4-H 124 "Straight Stitching," instruction booklet, lint brush, and Sewer's License in member's manual.

FABRIC FACTS

woven, knit, felt

Introduce the difference between woven, knit and felt fabrics. Have members sort a variety of samples.

Fabric terms

grainline
lengthwise
crosswise
on grain
off grain
bias
selvege
raw edge
folded edge

Show slides on "Fabric Construction."

Have 4-H members identify type of construction they are wearing.

On a piece of checkered cloth label and identify sewing terms.

Discuss terms.

Members fill in "Fabric Lingo" chart.

Plan a trip to a fabric store. Check ahead to see if store will provide a reliable tour or organize tour yourself with store's permission.

MEMBERS SHOULD LEARN

TEACHING IDEAS

Show members information to be found on the end of a fabric bolt. Explain the information given (fiber content, care instructions, manufacturer, width, price).

Encourage members to write down fiber content and care label for fabric when purchased.

Show the notions area and discuss selection; thread, buttons, ribbon, etc.

RESOURCES: Samples of woven, knitted and felted fabric; 4-H 105 "Fabric Construction" slide set; 1/2 yd. of checkered fabric; fabric lingo chart in member's manual; fabric store; and bolts of fabric.

FABRIC SELECTION projects

Discuss and show samples or pictures of projects. Identify different fabrics for the types of projects to be made. Discuss the best types of fabric to select for each project. Have members work with firm, woven fabrics.

RESOURCES: Examples of projects and Sewing For Fun Packet.

SEWING BASICS

Pretreat fabric (preshrinking)

Have members pretreat fabric in the same way they will care for it before cutting out the item to be sewn.

Straightening fabric.

Demonstrate two ways to straighten crosswise threads - cut and tear and pull a thread and cut on guideline. Some fabrics are difficult to tear and may need to be cut. Demonstrate how to straighten a piece of fabric by pulling on the bias; press with heat and steam to reset fibers.

Let 4-H members experience straightening fabric.

Layout and cutting.

Demonstrate how to use a pair of shears in cutting out fabric. Have members practice cutting around a simple design.

Construction techniques:

- measuring
- pinning
- trimming seams
- clipping corners
- reinforcing
- hemming
- pressing seams

Have members do activities from Learning To Measure in manual. Check their work.

A good method for teaching construction techniques is to demonstrate the technique to a small group. First, show completed example of the technique and tell why it is done. Second, show the step-by-step procedure. Then ask a member to repeat your demonstration for the others.

Each technique could be explained in a mini-demonstration by members.

MEMBERS SHOULD LEARN

Correct pressing.

TEACHING IDEAS

Demonstrate the difference between pressing and ironing. Show and discuss the different fabric settings on an iron. Use different temperatures on different fabrics.

Demonstrate how to fill steam iron with water.

RESOURCES: Fabric, shears, design patterns such as circles, squares, and triangles; ruler or tape measure; iron - ironing board; and distilled water.

HAND SEWING

threading needle
making a knot
simple hand stitches:
 running stitch
 slip stitch
 overhand stitch
 whip stitch

Display various types and sizes of hand needles and sewing thread. Discuss differences.

Demonstrate threading a needle and tying a knot or secure thread with 2 or 3 small stitches in fabric.

Measure length of members elbow. Have them cut a piece of thread twice its length to use for hand sewing.

Demonstrate hand stitches. Explain why using a thimble is a good idea.

RESOURCES: Various hand needles and different types of sewing thread.

STANDARDS FOR CONSTRUCTION

Seams
Machine sewing
Hand sewing

Demonstrate the standards to look for in a good seam, hand and machine sewing. Explain why these standards are important.

PROJECT DIRECTIONS

Read and follow directions.

Have 4-H'ers make needle book at meeting. Directions in Sewing For Fun Packet. Let members decide what they should do.

RESOURCES: Sew Time Packet, sewing machine, shears, measuring tool, felt and thread.

Equipment Lingo Game

Number of Players In teams or individual players.

Materials needed: Sewing equipment listed in member manual.

Game Set-Up: Tape a number to each piece of equipment. Write each number on a piece of paper and place them in a container (sewing box, hat, basket).

Objective of the game: One player draws a number. The player names the piece of equipment corresponding to

the same number. The player explains and demonstrates how to use the equipment. Players receive 5 points for each correct answer. If played in teams, the team receives 5 points for each correct answer. If a player or team cannot name a piece of equipment, the number drawn is given to another individual or team. Total the scores to see who knows the equipment lingo best.

Pin the Parts on the Sewing Machine

Players: Individual or as a group.

Materials needed: Print names of machine parts on arrow shaped tags.

Objective of the game: Leader tapes a tag to the appropriate part of the sewing machine. Members

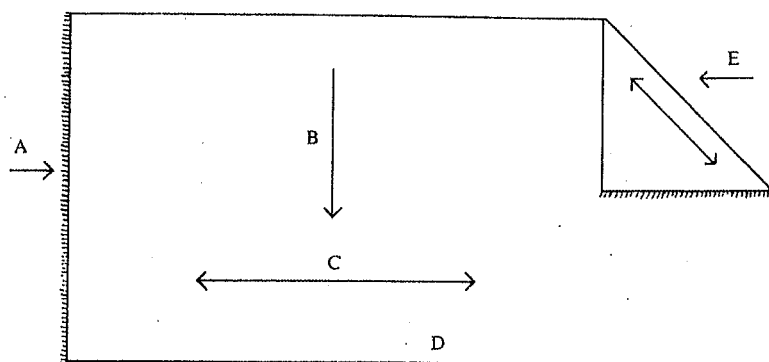
must then state the function of each part.

Alternative method: Have each member draw for a tag.

The member places the tag to the appropriate part and states the function of that part.

Fabric Lingo

Identify the different parts of woven fabric.



- A. RAW EDGE
- B. CROSSWISE YARNS
- C. LENGTHWISE YARNS
- D. SELVAGE
- E. BIAS

For Your Information Common Causes of Sewing Machine Trouble

1. **Thread Breaking**
 - a. Machine improperly threaded.
 - b. Thread is caught in slit of spool or under spool.
 - c. Thread is dry or of poor quality.
 - d. Tension is too tight.
 - e. Starting the machine with take-up lever in wrong position - always start and end sewing with take-up lever in highest position.
 - f. Needle is bent, blunt, or has a burr on it.
 - g. Needle is not inserted correctly.
 - h. Thread too coarse for needle being used.
 - i. Needle plate has been nicked by the needle, thus is sharp and cuts the threads.
2. **Needle Comes Unthreaded**
 - a. Take-up lever is not in correct position as you start sewing.
3. **Needle Breaks**
 - a. Pulling on fabric while sewing bends the needle, then it may break if it hits the plate.
 - b. Needle is inserted incorrectly.
 - c. Needle is too fine for the type of fabric.
 - d. Bobbin was not wound evenly.
 - e. Thread is too thick for needle being used.
4. **Uneven Stitches**
 - a. Pulling or holding material while sewing.
 - b. Unbalanced tension.
 - c. Thread is of poor quality or uneven thickness.
 - d. Hitting pins.
 - e. Hitting improperly fastened presser foot.
 - f. Pressure foot pressure too light.
5. **Insufficient thread pulled through needle to start seam.**

5. **Seam Puckers**
- Tensions are too tight.
 - Improper threading.
 - Thread is too heavy for fabric.
 - Stitch is too long for fabric.
 - Needle is dull or it is difficult to pierce fabric.
 - The presser foot being used is not holding the fabric taut enough.
6. **Threads Jam at Start of Sewing**
- Hold the threads to the side for the first few stitches.

- Be sure the presser foot is down on thick fabrics.
7. **Machine is Noisy**
- Clean and oil it.
 - If it is a punching sound, change the needle.
8. **Motor Runs/Machine Doesn't**
- Hand wheel knob loose (set for bobbin winding).

Answers for Sewing Puzzles

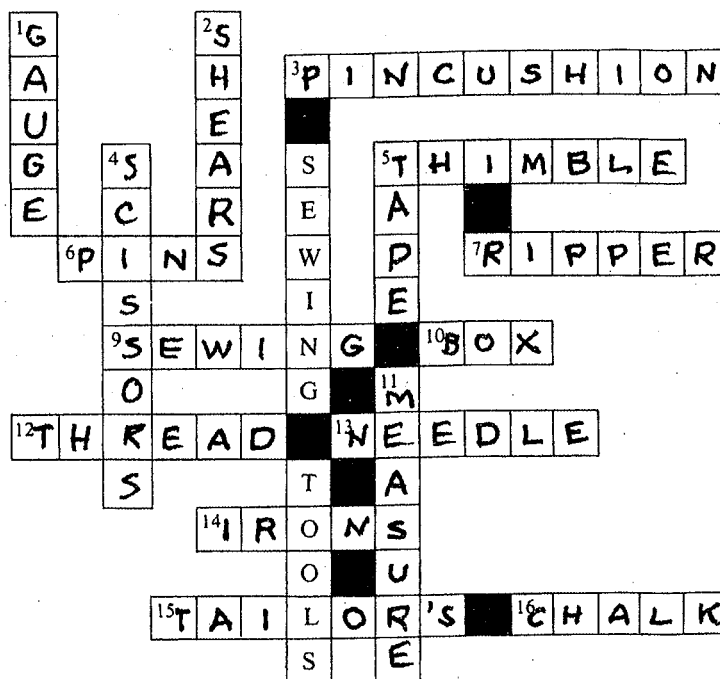
Sewing Tools Crossword Puzzle

Across

- Pincushion
- Thimble
- Pins
- Ripper
- & 10. Sewing box
- Thread
- Needle
- Irons
- & 16. Tailors chalk

Down

- Gauge
- Shears
- Scissors
- & 11. Tape measure



Sewing Machine Parts Crossword Puzzle

2 across

4 across

3 across

6 down

7 across

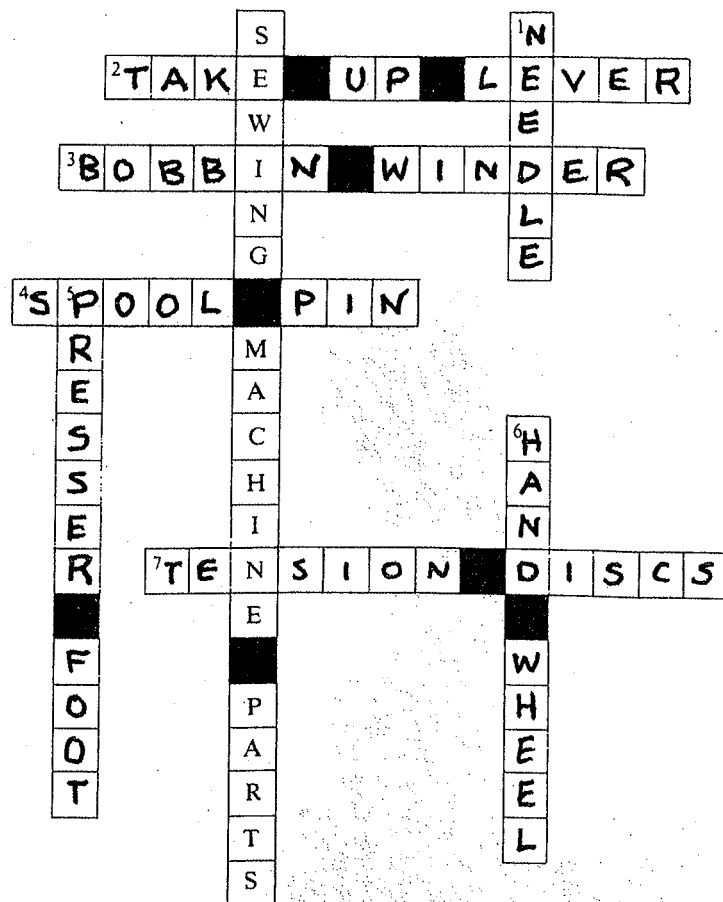
1 down

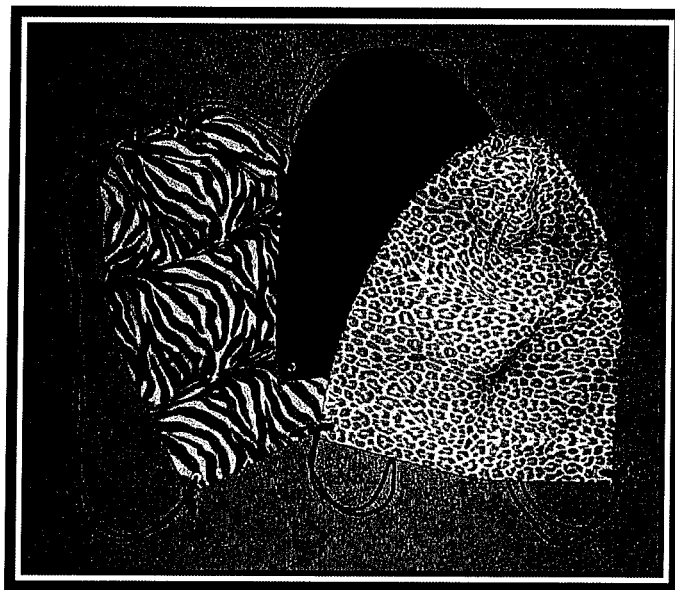
5 down

Across

- Down*

1. Needle
5. Presser foot
6. Hand wheel





Drawstring Backpack

2-3 Hours

What will you learn?

How to:

Make and use a paper pattern
Use interfacing to reinforce a high stress area
Zigzag or serger finish seam allowances to prevent raveling (loose threads)
Insert grommets

What will you need?

A sewing machine and basic sewing tools
½ yard decorator weight fabric, cotton or cotton-polyester, 45 inches wide or more
All-purpose thread to go with your fabric
12 inches of ¼ inch wide paper-backed permanent bond fusible web (find this product on the roll or cut strips from a sheet of fusible webbing)
3 inch square fusible interfacing

Two grommets large enough for two cords to go through (buy a package of grommets with the tool to install them if you don't already have one)

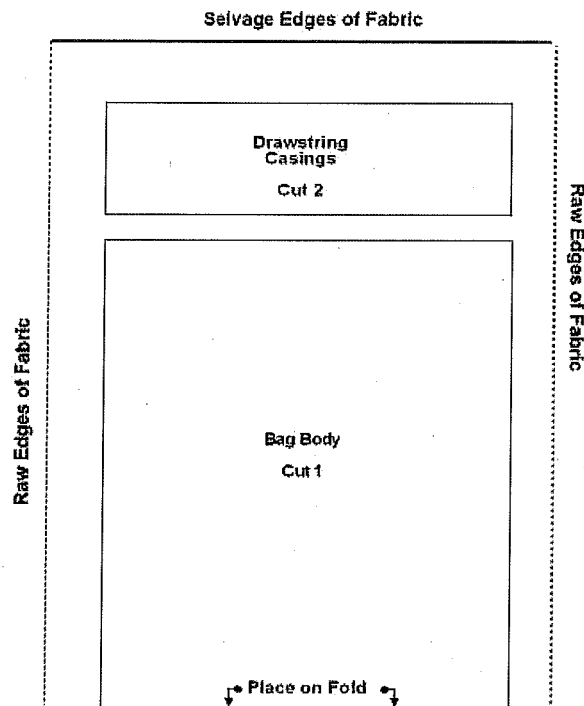
4 yards of nylon or polyester cord* ($\frac{1}{4}$ or $\frac{3}{4}$ inch wide flat cord or lacing is nice but round cord will work well if it is not too big to slide easily in the casing)

2 decorative wood beads with a hole big enough for two cords to go through (other options: 2 cord locks/toggles, 4 beads if you use round cord that is too thick to go through the hole two cords at a time, or knotting technique requiring no toggle or beads)

Seam Allowances: $\frac{1}{4}$ inch or use the right edge of your presser foot as a seam guide (a standard presser foot on most sewing machines makes a $\frac{3}{8}$ inch seam allowance)

Directions to make this project:

1. Make a paper pattern.** Cut a rectangle 15 inches by 17 inches from heavy paper. Label this piece the "**Bag Body**." Along one 15 inch side, write "**Place on fold**." Cut another rectangle 3 inches by 15 inches. Write on this piece, "**Cut two**." These will be the "**Drawstring Casings**."
2. Carefully press your fabric flat. With right sides of fabric together, line up the selvages of your fabric and smooth toward the fold. If there are wrinkles, keep the selvege edges together but shift your fabric sideways until there are no wrinkles.
3. Pin your large pattern piece on the fold of the fabric as marked. Pin the smaller pattern piece above the large pattern piece.

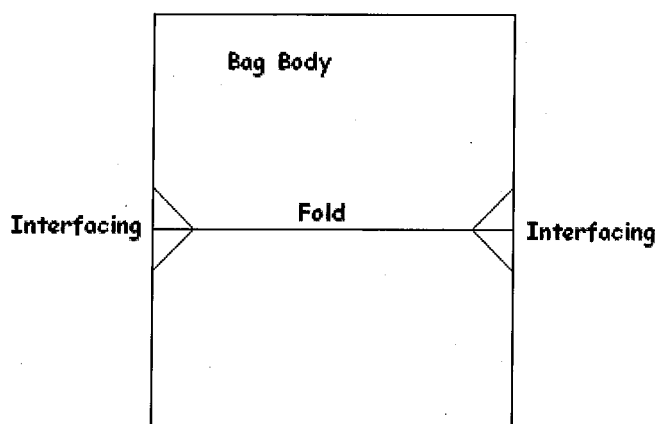


4. Cut out fabric pieces by cutting carefully next to your paper pattern pieces with sharp fabric shears.

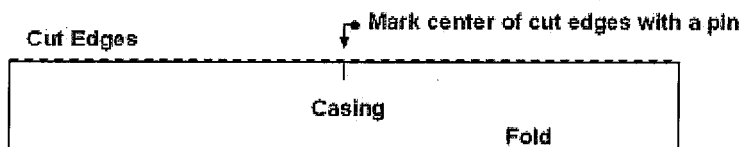
5. Cut the square of fusible interfacing in half diagonally.



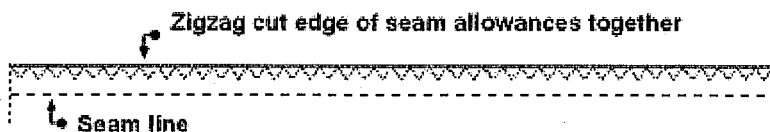
6. Open the bag body and lay it flat on the ironing board with the wrong side up. Follow the package instructions to fuse one piece of interfacing on each side of the bag, matching the right angle point with the fold and the diagonal cut edge to the side of the bag.



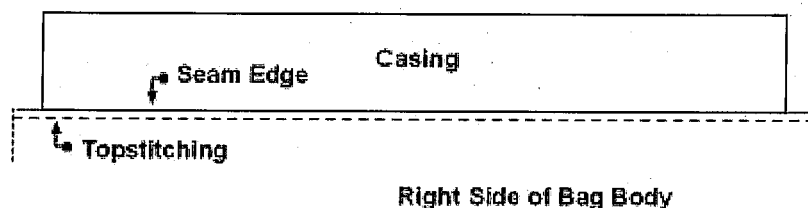
7. Separate the two drawstring casings. Fold over each short end to the wrong side, $\frac{3}{8}$ inch if you are using $\frac{1}{4}$ inch seam allowances or $\frac{1}{2}$ inch if you are using the right edge of a standard presser foot. Press to mark. Fuse in place with a $\frac{1}{4}$ inch wide strip of fusible web or secure by sewing in place, if desired.
8. With wrong sides of fabric together, press each of the drawstring casings in half, matching the 15-inch long raw edges. Fold each to mark the center of each casing on the raw edge with a pin.



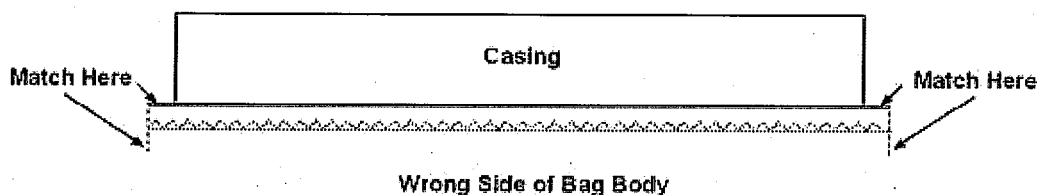
9. Use pins to mark the center point on each short end of the bag body.
10. Matching cut edges and center marks, pin the casings to the right side of the bag body. Stitch the casings to the bag body. Backstitch at the beginning and end of each seam. Zigzag or serge the seam allowances of each seam to prevent fraying.



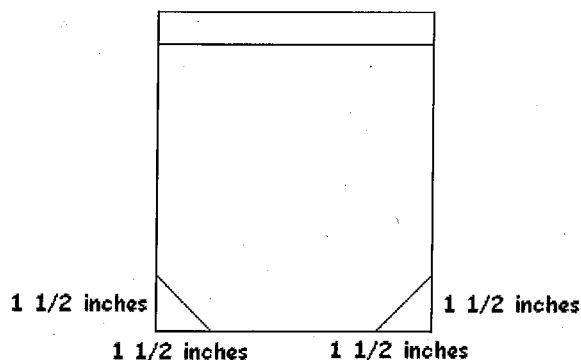
11. With the bag body right side up on an ironing board, press against the edge of each of the casing seams so the seam allowances will be pressed towards the center fold of the bag body.
12. Topstitch (stitch from the right side) near the edge of the seam, securing the seam allowance to the top of the bag body. This step is similar to understitching a facing on a garment.



13. With right sides of fabric together, fold your bag body like you cut it. Match the cut edges and the top edge of the seam where you attached the casings. Start stitching the side seams at the top next to the casing and finish at the fold. Backstitch at the beginning and end of each seam. This step makes a bag.



14. Zigzag or serge the seam allowances together to prevent raveling.
15. Turn the bag right side out and use a point turner to push out the corners at bottom of the bag. Press the seams of the bag to one side by putting the bag over the end of the ironing board and pressing against each seam. Take the backpack off the end of the ironing board and press the corners flat.
16. Draw a diagonal line across the corner; start and finish line 1 1/2 inches from the corner. Stitch on the line, backstitching at the beginning and end.

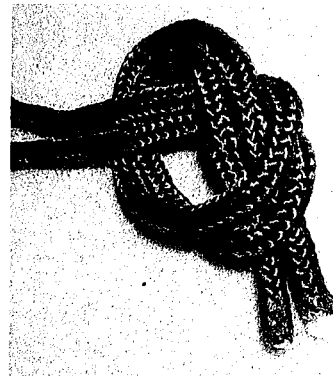
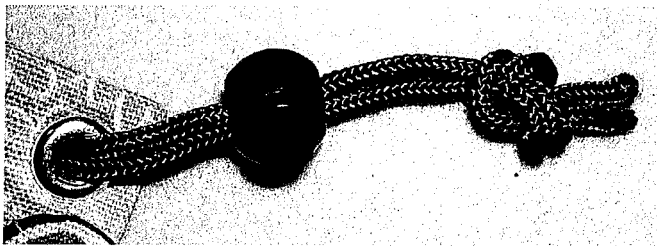


17. Mark a dot in the center of each of the corner triangles. Create a hole with a fabric or leather punch*** (or poke holes with an ice pick, small sharp scissors, or a small Phillips screw driver) through all layers of the fabric where you placed the dot. Install a grommet in the hole according to the package instructions.

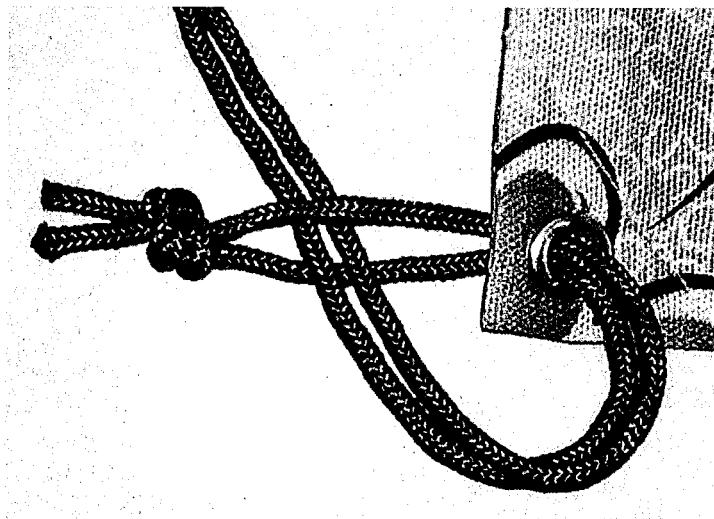


18. Cut the cord in half. Melt the ends of nylon cord on a stove burner set on medium heat to fuse the fibers together to prevent fraying. Thread each half of the cord in opposite directions in the casings. It is easy to thread the cord through the casings if you put a large safety pin in a knot near the end of the cord so you can push it through.

19. Put both ends of one cord through a grommet. Repeat with the second cord and try on the backpack for fit. Insert both ends of the cord through a bead (or cord lock) and make an overhand knot to secure. If the overhand knot is not large enough to keep the bead from falling off, make another one over the top of the first.



Or option below for no beads or toggle:



Insert both cord ends through front side of grommet. Separate cords on the back side and put cord section from the front side between the cord ends. Tie an overhand knot to hold them in place.

20. Use and enjoy!

21. Make another backpack and try adding a pocket to the front or use medium weight denim and stamp designs on the denim with a gel bleach cleanser (not liquid bleach). Try making the pattern smaller so the backpack will fit younger children in preschool or kindergarten.

Notes:

Grommets with tools can be found at **Jo-Ann** fabric stores. Stores like **REI**, **Seattle Fabrics**, and **The Rain Shed** also have kits with tools and grommets. **REI** had a kit for about 10 dollars that included the grommets, a fabric punch, and the tool to attach the two parts of the grommet.

<http://www.rei.com>

<http://images.rei.com/media/602141Prd.jpg>

* **Jo-Ann** fabric stores carry a round polyester cord that works well for this project. Round nylon cord can be found at **REI** stores. The flat version is available at **Seattle Fabrics** and **The Rain Shed**:

<http://www.seattlefabrics.com/webbing.html> and <http://www.therainshed.com/>

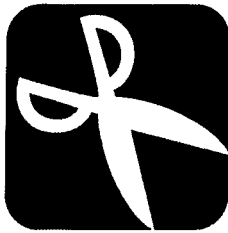
You can use cotton drapery cord or make your own drawstring from fabric but nylon or polyester will hold up to the wear and tear of the friction from pulling on the drawstring. Nylon slides easily in the casing. You can try hardware stores for heavy string and cords, also.

** This backpack finishes about the same size as the famous Nike packs (about 14 inches by 18 inches, flat finished measurements).

*** Fabric punches for creating holes for eyelets are found in the sewing notion section of **Jo-Ann** fabric stores. Use small sharp scissors to make the hole bigger, just large enough for the shaft of the grommet to fit. Nancy's Notions carried a fabric punch that is packaged with a buttonhole cutter and small mat.

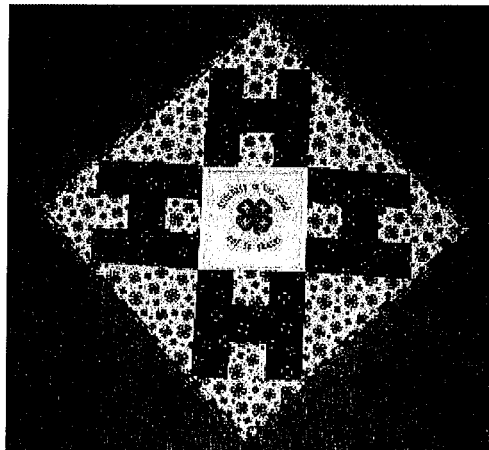
<https://www.nancysnotions.com/>

<https://www.nancysnotions.com/NNProdImages/BHCK2.JPG>



Quick Projects To Do

2005 Sewing and Stitchery Expo Table Mat



Goal: What will be learned by this project?

How to maintain a scant $\frac{1}{4}$ inch seam allowance for accurate quilt blocks
How to cut and set triangles for an on-point quilt block arrangement with straight of grain edges
How to apply binding to a quilt

Materials Needed (all fabric is quilting weight 100% cotton):

$\frac{1}{2}$ yard white with green print
 $\frac{1}{2}$ yard blue with green print
1 - 8 inch square block of white fabric for center embroidery
 $\frac{1}{4}$ yd. green with white print (binding)
 $\frac{5}{8}$ yd. backing fabric
 $\frac{5}{8}$ yd. of thin batting (like Warm and Natural, Pellon Fleece, etc.)
Stabilizer for embroidery
Embroidery thread (green, white, and blue are suggested)
Neutral color thread
Green thread to match binding fabric
Rotary Cutter, Mat, and Ruler
Embroidery sewing machine with an accurate $\frac{1}{4}$ inch foot for piecing quilt blocks

Test your presser foot for a scant ¼ inch seam allowance:

- 1) In quilting you need to be able to sew a scant ¼" seam to produce accurate patchwork blocks. The thread and roll of the cloth take up space, so a scant ¼" seam allows for this factor. Use any quilting weight fabric to test your presser foot for ¼" inch seams.
- 2) With a rotary cutter, ruler, and mat, carefully cut two strips of dark fabric, 3 ½ inches long and 1 ½ inches wide. Cut one strip of light fabric the same size as the dark.
- 3) Carefully sew the strips together placing the light strip in the middle. Press your seam allowances toward the dark strips. Measure the block you made. The block should be exactly 3 ½ inches on all sides.
- 4) If your block does not measure 3 ½ inches on all sides, you may need to adjust your seam guide, move your needle, or purchase a ¼ inch foot from your dealer to produce a scant ¼ inch seam allowance on your machine.

Directions to make this project:

Directions are given for a combination of two colors, a dark (blue with green print) and a light (white with green print).

All seam allowances are ¼".

After construction the finished block for the table mat will be approximately 18 ½ inches square.

Cutting Directions:

Dark Fabric – (blue with green print)

5 strips – 2 ½ inches wide X 18 inches long (trim off one selvage edge and cut the strips on the lengthwise grain)

Light Fabric – (white with green print)

2 strips – 2 ½ inches wide X 18 inches long (trim off one selvage edge and cut the strips on the lengthwise grain)

2 squares – 5 ¼ by 5 ¼ inches cut diagonally into half square triangles (total of 4 **corner triangles**)



One square – 9 ¾ by 9 ¾ inches cut diagonally into quarter square triangles (4 **side triangles**)

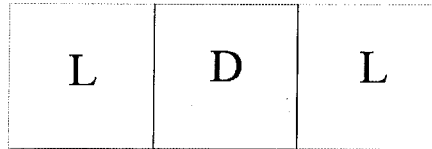


Prepared by: Sally Walter, Melinda Dahl, and Cheri Jones-Nelson Washington State University Cooperative Extension

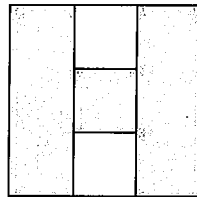
Original 4-H Quilt Block Design from: University of Nebraska 4-H Quilt Quest,
<http://4h.unl.edu/programs/curriculum/quilt.htm>

Sewing Directions (Using $\frac{1}{4}$ inch seam allowance):

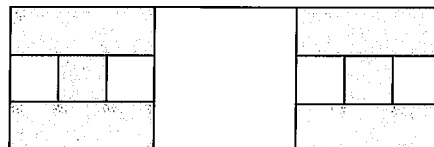
1. Sew three strips together: Light (white print) – Dark (blue print) – Light (white print).



2. This will make a band $6\frac{1}{2}$ inches wide by 18 inches long. Press the seam allowances towards the center blue strip. Squaring up one end, cut 4 strips $2\frac{1}{2}$ inches wide from the L-D-L band. These will be the center strip of the "H" block.
3. Cut 8- $6\frac{1}{2}$ inch strips from the remaining blue strips.
4. Sew a dark strip to each side of the L – D – L strips that you cut in step 2. You should have a block that looks like the one below. Press the seam allowances toward the blue strips.

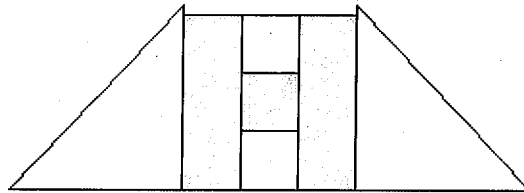


5. Stabilize the plain white center block well and embroider with the embroidery design available from: <http://4-h.wsu.edu/projects/clothing.htm> Remove excess stabilizer when finished. Center the embroidery design and trim block to $6\frac{1}{2}$ by $6\frac{1}{2}$ inches.
6. Sew 2 "H" blocks to the opposite sides of the center embroidered (light) block ($6\frac{1}{2}$ inches square). Note the placement of the "H" block. Press seam allowances towards the "H" block. This is the center block row.

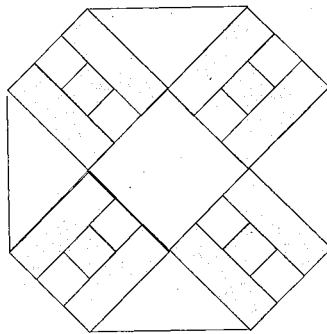


7. On the remaining two "H" blocks, sew the light fabric triangles (side triangles cut from the $9\frac{3}{4}$ inch square), along the dark sides of the "H" square. Work carefully; you are working with bias edges. The diagonal

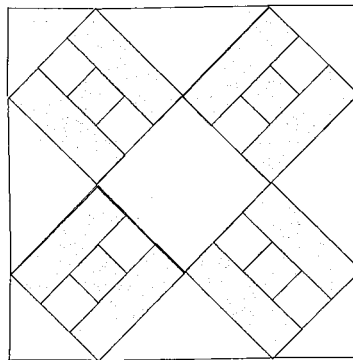
edge of the triangle is on the straight of grain. Press seam allowances towards the "H" block. (Note: Bottom of "H" and short side of the triangle need to be even. Some extra fabric will be on the top of the "H". See Diagram below. This extra fabric will be trimmed later.)



8. Sew the two side rows to the center row as illustrated below. Press seam allowances towards the side rows.



9. Attach the corner triangles from the 2-5 1/4 inch squares to the top of each "H" block. Center the diagonal of the triangle over the top of the "H" block. There will be some extra fabric at the beginning and end of the seam. It will be trimmed off in the next step. Press seam allowances towards the corner triangle. The table mat block should look similar to the diagram below.



10. Square up the table mat block to approximately 18 1/2". Be sure you have 1/4" seam allowances on all 4 sides so you don't cut off the points of the "H's" when you put the binding on.

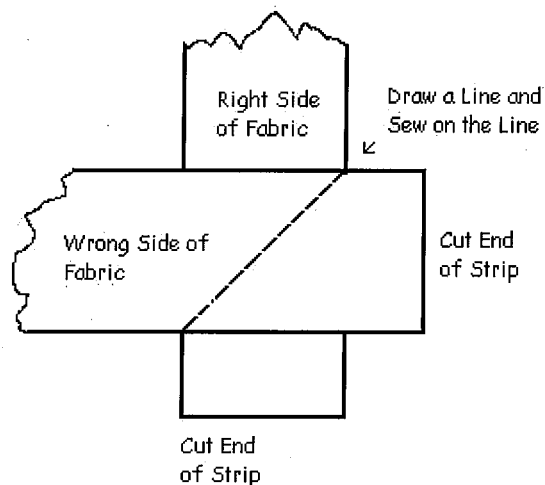
11. Layer, quilt, and bind table mat as desired; or use the following instructions. You may also choose to make a pillow or use more blocks to make a quilt.

Instructions for Layering and Quilting your Table Mat:

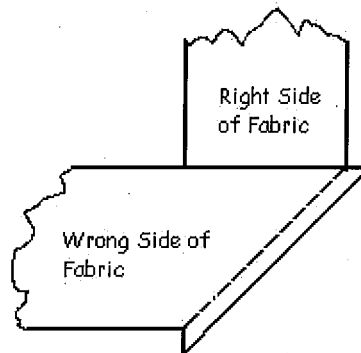
1. Cut a 20" square from your backing fabric. Press.
2. Cut a 20" square from your thin batting.
3. Tape the backing fabric wrong side up to a smooth surface (your cutting mat will work if it is large enough). Use masking tape to secure the edges of the fabric. The fabric must be smooth (free from wrinkles), straight, and slightly taught. Do not stretch the fabric.
4. Place the square of thin batting on top of the backing fabric. Center and smooth the batting.
5. Place the table mat block right side up on the batting. Center the block.
6. Smooth the top layer and pin with 1" safety pins, securing all three layers (backing fabric, batting, and table mat block). Start pinning in the center of your block; smooth and pin, working from the center out to the edges, until the layers are secure. Your safety pins should be no more than 3 to 4 inches apart.
7. Check to make sure your block is still centered over the batting and backing fabric.
8. Carefully remove the tape from your backing fabric and the smooth surface to which it was pinned.
9. Determine your quilting pattern and begin quilting your table mat. The project pictured was machine quilted in the ditch of the seams using a stitch length of 3.0 mm. with transparent thread in the needle and all-purpose thread in the bobbin. If you sew carefully, you can't see your stitches on the top. If you wish, you can quilt right on the edged of the clover. You can also quilt inside of the center block, $\frac{1}{4}$ " from the seam line.
10. Remove the safety pins when you have finished quilting your table mat. You may wish to secure the edges of the table mat top to the batting and backing with straight pins.
11. You are now ready to bind your table mat.

Instructions for Joining your Binding Strips for your Table Mat:

1. Cut two 2 ½" by 42" strips of the green with white print fabric on the crosswise grain (from selvage edge to selvage edge; also called WOF for width of fabric). Trim off the selvages.
2. Place strips at a right angle as illustrated below. Draw a line and sew as pictured.



3. Trim cut ends leaving a ¼" seam allowance as illustrated below.



4. Press seam allowance open and trim points as needed.
5. Fold the joined strips in half lengthwise and press.
6. You are ready to follow the instructions for: **Continuous Mitered Corner Binding** to bind your table mat.

Continuous Mitered Corner Binding

Do not trim away the excess backing and batting. Wait until the binding has been attached. You want your binding full of batting.

For bias binding. Cut the strip 2-1/2" wide on the true bias. Sew the strips together, along the straight of grain edges, to make a long enough strip to go completely around the quilt. Press the seam allowances open and then fold in half and press. You will have a folded strip 1-1/4" wide with raw edges together. Straight binding can also be used.

1. Open the strip at the left end, lay right side down on the table and fold the corner up to form a 45 degree angle. Figure #1

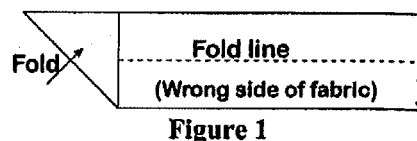


Figure 1

2. Starting at this folded end, place the binding along the edge of the quilt top. (Start in the center of one side of the quilt, not near a corner) Start sewing at the 45 degree fold, and sew about 4" with a 1/4" seam allowance. Pull the quilt out from under the presser foot leaving about 6" of thread. Figure #2

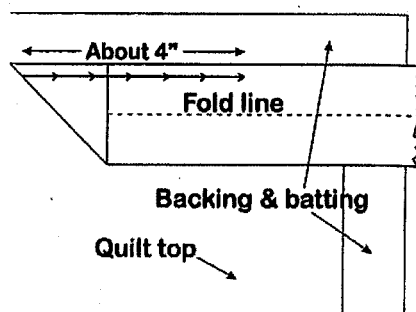


Figure 2

3. Refold the binding on the fold line and start sewing again at the same point. Figure #3

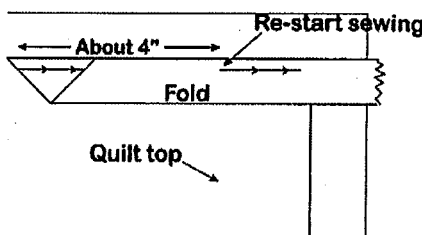


Figure 3

4. Stop sewing EXACTLY 1/4" from the corner, have the needle stop down in the fabric, turn the quilt and sew off the corner, onto the top and backing, at a 45 degree angle, to help make the mitered corner. Figure #4

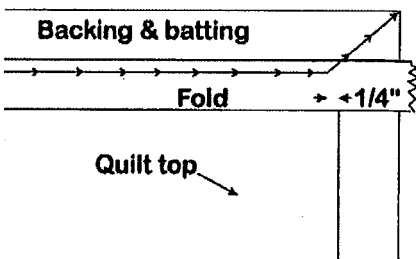


Figure 4

5. Fold the loose binding strip back and up off of the top of the quilt. This will create a 45 degree angle following the sewn seam. It should be parallel with the next side of the quilt to be bound. Figure #5

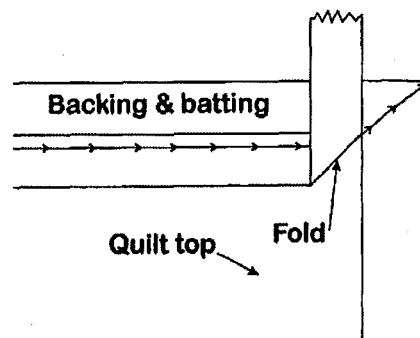


Figure 5

6. Fold the binding strip straight down to make it look like it is a square corner. Figure #6

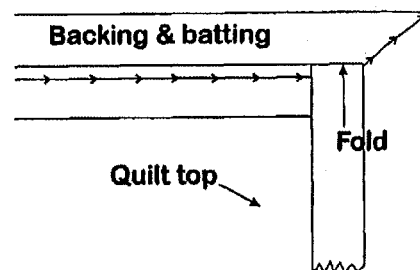


Figure 6

7. Begin sewing at the fold. Sew until you come to the next corner and repeat steps 4, 5 and 6. Repeat on remaining corners. Figure #7

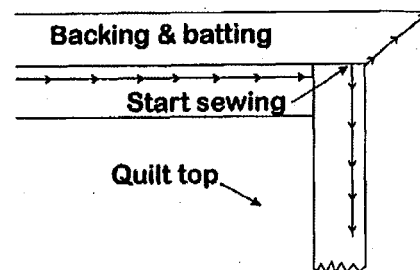


Figure 7

8. When you return to the starting point, have the needle stop down in the fabric. Place the loose end of the binding strip over the beginning line of stitching and cut off just before you get to the stitching that you began in step #3. Figure #8

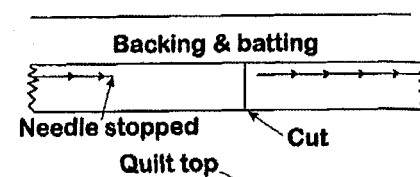


Figure 8

9. Tuck the loose cut end inside the doubled binding at the 45 degree angle. Continue sewing through all the thicknesses until you reach the starting point of step #3. Stitch a few more inches along the same line.
Figure #9

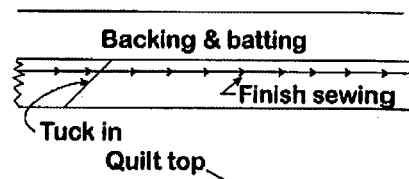


Figure 9

10. Cut the batting and the backing of the quilt 1/8" larger than the quilt top. That will help fill the binding when you are finished.
11. Turn the quilt over, right side down on the table. Roll the folded edge of the binding over the edge and match the fold to the line of machine stitching.
12. By hand, stitch the binding down to the backing with a blind applique stitch. When you come to a corner, continue stitching all the way to the cut edge. Then fold the binding back to make the mitered corner. You can start stitching from the inside corner of the miter. Work your way around the quilt, stitching it all down.



Note Worthy Fabrications

Stationery and Cards with Fabric Decorations

1-2 Hours

What will you learn?

How to:

Pre-wash fabrics before using them

Use an iron and fusible web for iron-on
appliqués (decorative fabric shapes)

What will you need?

Appliqué pattern sheet, cookie cutters and/or stencils

Pinking and/or scalloping shears for cutting fancy edges on fabric

Small sharp scissors for cutting fabric

Scraps of quilting weight cotton fabric; look for fabric with pictures and themes for seasonal cards

Buttons, sequins, ribbons, lace, and other flat trims (optional)

Thick craft glue

A paper-backed fusible web like **HeatnBond® Lite by Therm O Web*** (an iron-on, paper-backed fusible web or adhesive, this product may be cheaper by the roll in the plastic bag than by the yard on the bolt, it is a relatively low-temperature bonding film that requires no steam to activate the glue)

Card stock or heavy 24 weight bond paper (8 1/2" x 11") in a selection of colors

Size 5 1/2 envelopes (these measure 4 3/8" by 5 3/4") for small cards made from a half sheet of paper folded in half and/or size CO298 envelopes (these measure 5 3/4" X 8 3/4") for large cards made from a sheet of paper or card stock that has been folded in half (see [US Postal Service link**](#) for mailing information)

Iron and ironing board or pressing mat

A collection of fancy paper cutting scissors (scrapbook scissors) for cutting fancy edges and corners on the cards

Old greeting cards for ideas and sayings

Corner cutting punches (these may stick and work best on the paper but not the card stock)

Nails or large pins to score the paper backing on the fusible web

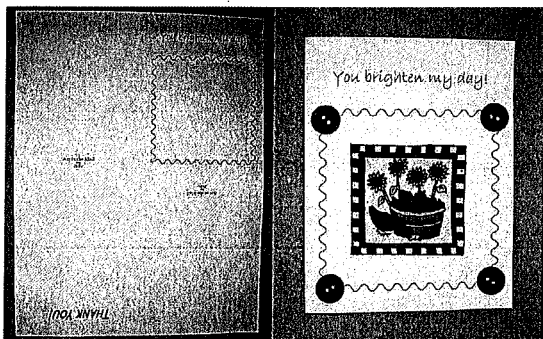
Muslin (plain off-white fabric), a piece just large enough to cover your card to use as a pressing cloth when fusing the fabric pictures in place

Directions to make this project:

1. You will need to pre-wash your fabrics without fabric softener. The chemicals left in by the manufacturer and those in fabric softener may prevent the paper-backed fusible web from sticking to your fabric. Pre-wash all your fabrics in warm water on a gentle cycle with laundry detergent, rinse with cold water, and dry on warm until dry. High heat and over-drying your fabrics will cause wrinkles to form that will be difficult to remove.

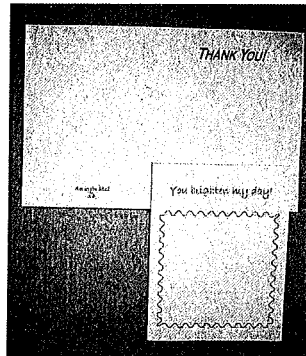
2. Trace shapes on the paper side of the fusible web or select pictures from printed fabric. Fuse the paper backed fusible web to the wrong side of your fabric.

3. Cut out the pictures and traced designs **before** removing the paper. You will need to use fabric cutting scissors and shears to cut through the fabric and paper. Scrapbook scissors will shred the fabric.

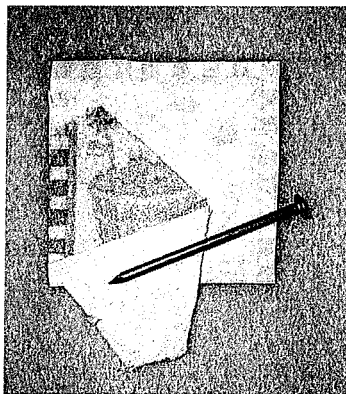


4. Plan the arrangement of your fabric pictures and the greeting on your card. You can use a computer to print greetings on the card stock and/or heavy paper. Greeting card software will make it easy to plan the layout of a card but you can use word processors and art programs, too. Look at old greeting cards for ideas or look on the internet at e-card sites for sayings and greetings.

5. If you need to cut your card stock or paper, use a paper cutter or rotary cutter with a mat and ruler. One sheet of paper folded in half makes a large card. You can get two small note cards if you cut the paper in half (5 1/2" by 8 1/2").



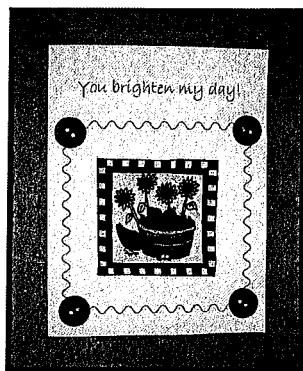
6. Score the paper on the back of your appliques to make it easier to remove it. You might make the fabric fray if you peel off the paper backing from the edge.



7. Place the fabric designs on your card and carefully place the small piece of muslin over them. Set the iron on the muslin and fuse according to the manufacturer's instructions. Don't wiggle or move the iron and don't press too long. If you press too long and use too much heat, you may ruin the glue on the fusible web. Lift the iron and let your card cool.
8. Use the scrap book scissors and punches to decorate the edges and corners of your card, if desired.



9. Attach other flat decorations on your card as desired with the craft glue or use strips of fusible web on ribbon, rick-rack, etc.

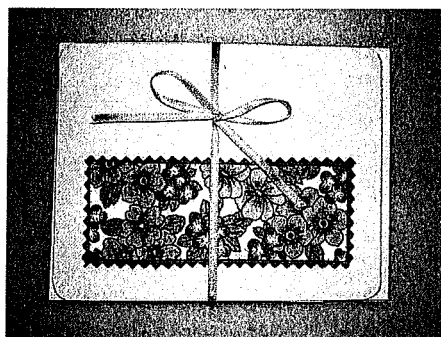


Buttons



Ribbon

10. If you are giving a set of note cards as a gift, include some envelopes and tie them in a bundle with a pretty ribbon.



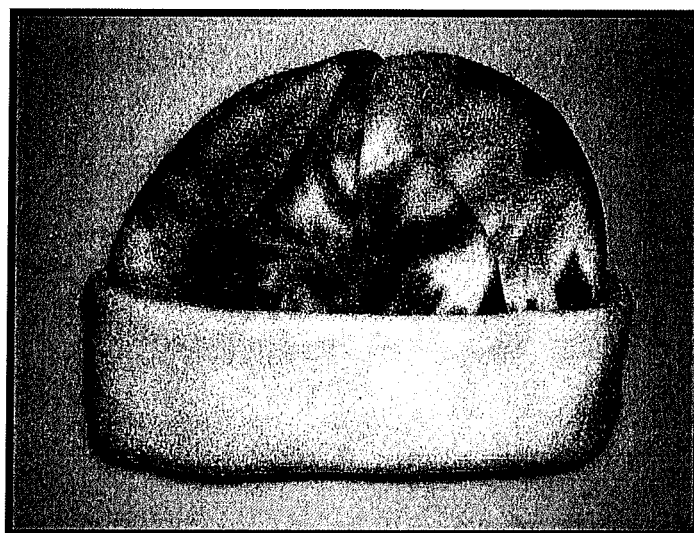
11. You can re-cycle the old greeting cards by gluing them on gift sacks. Add additional fabric decorations, ribbons, and buttons as desired.

Notes:

Pre-washing your fabric will take out chemicals left from manufacturing, remove excess dyes, and shrink the fabric.

* For manufacturer information: <http://www.thermoweb.com/cpd-lite.html>

** Information on envelope sizes and mailing restrictions: <http://postcalc.usps.gov/mailpiecedimensions.asp>



Sarah's Fun Fleece Hat¹

1-2 Hours

What will you learn?

How to:

Use a paper pattern

Recognize and use the attributes of a stretch knit fabric to make a hat to wear or give to charity

What will you need?

A sewing machine and basic sewing tools

¼ yard of fleece fabric with the greatest stretch along the cross grain (some fleece fabrics may not have any stretch on the cross grain, avoid using them)

Coordinating all-purpose polyester thread

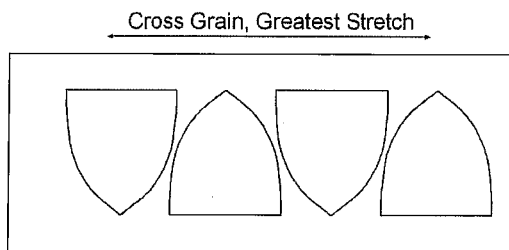
Optional: A button, pom-pom, or decoration of your choice for the top of the hat

¹ Project pattern was created by Sarah Kane. The digital version was developed by Sally Walter.

Seam Allowances: The seam allowance on this pattern is 3/8". Most standard presser feet will make a 3/8" seam allowance. You may use a 1/4" seam allowance for a slightly larger hat. Remember to backstitch at the beginning and ends of your seams!

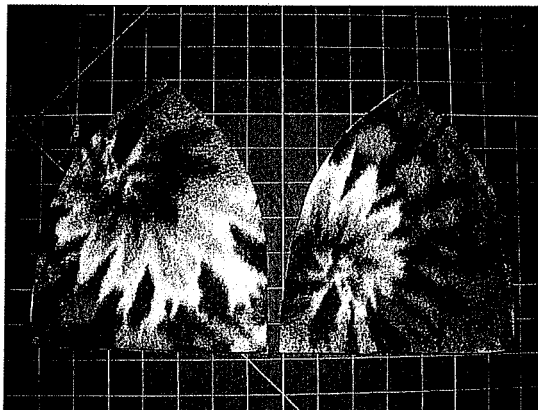
Directions to make this project:

1. For this project, you don't need to pre-wash the polyester fleece.
2. To find the "right" side of the fleece, stretch the fleece along the cut edge running from selvage to selvage (crosswise grain edge); it will roll to the wrong side.
3. Using the pattern provided, cut 4 of the wedge shaped hat sections. Remember the stretch of the fabric must go around your head for the hat to fit properly. The base of the wedge must be along the grain with the greatest amount of stretch. See pattern layout for best use of fabric.

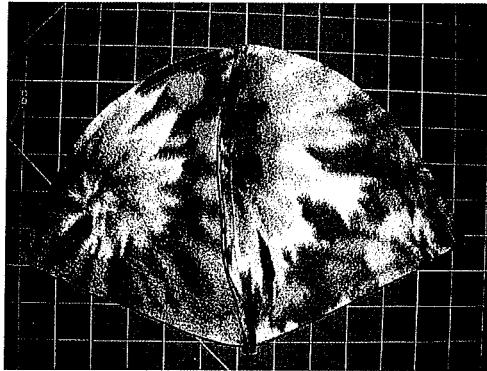


Pattern Layout

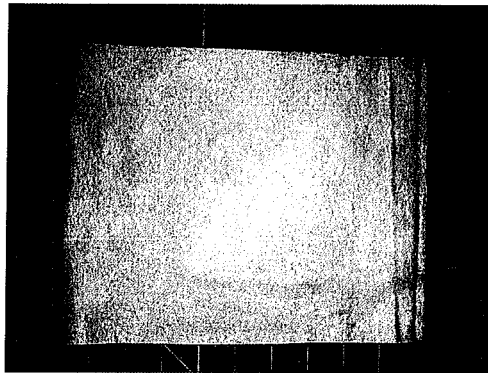
4. Cut a rectangle: 8" x 22" with the stretch of the fleece going the length of the piece. This will be the band for your hat. You may want to exchange band sections with someone whose fabric coordinates with yours so you can have contrasting bands as shown in the picture of the finished hat.
5. Before you start sewing, check to make sure your machine has a universal 90/14 needle inserted. You may also use stretch or ball point needles when sewing on knit fabrics. Sew 2 of the wedge shaped pieces together from tip to base with the right sides of the fabric facing each other. Use the right edge of your presser foot as a seam guide for a seam allowance of 3/8". Make sure to backstitch to secure the ends of your seams. Repeat for the remaining 2 wedge shaped pieces.



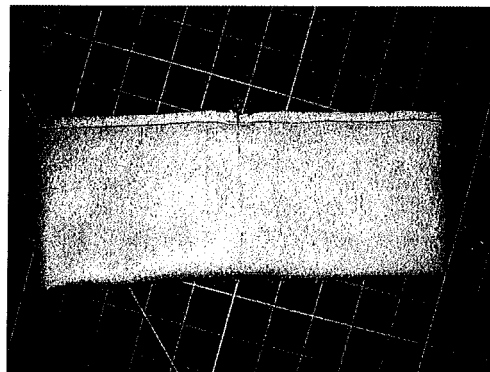
6. With right sides together, sew the 2 hat sections together. (Optional decoration: If you would like to have a fabric loop at the top of your hat, you may wish to insert it where the seams meet before you sew the two hat sections together.)



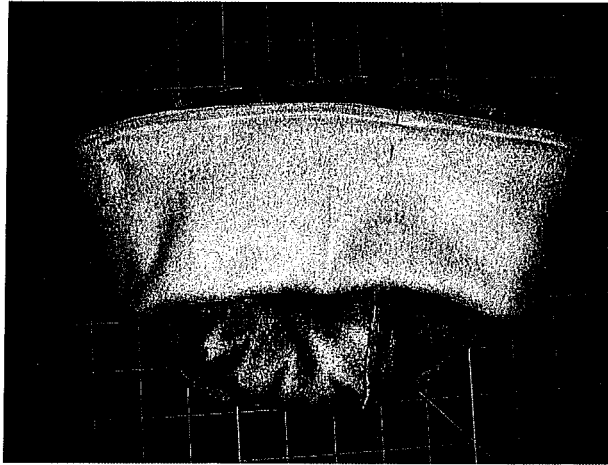
7. Fold the rectangle for the band in half, matching the two 8" sides; sew together with a 3/8 inch seam allowance to make a circle.



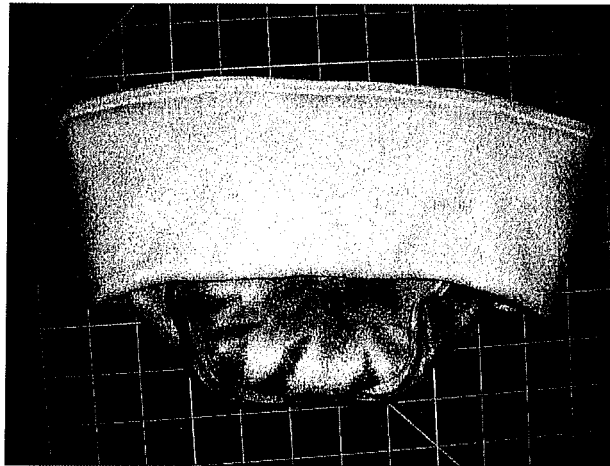
8. Fold the band in half lengthwise wrong sides together matching the cut edges. Sew the cut edges together with a scant 1/4 inch seam allowance. Divide the band into quarters and mark with pins along the cut edge.



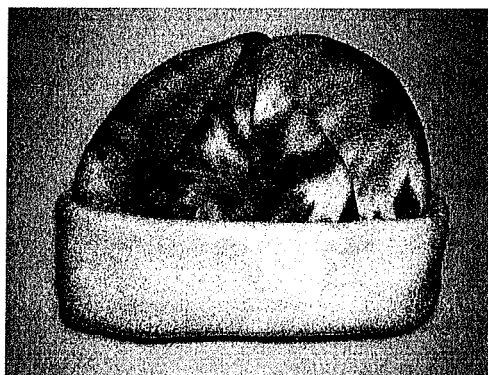
9. Place the band on the wrong side of the hat, matching the quarter mark pins on the band to seams of the hat. Pin band in place. The band will cover the seam when it is rolled to the right side.



10. Sew the band to the hat with a 3/8 inch seam allowance. When you sew, place the band on top and the hat sections next to the feed dogs. Stretch the band slightly to fit the hat as you sew.



11. Turn the hat right side out and roll up the band approximately 2 1/2 inches to the right side of the hat to make a cuff. You are done! ☺



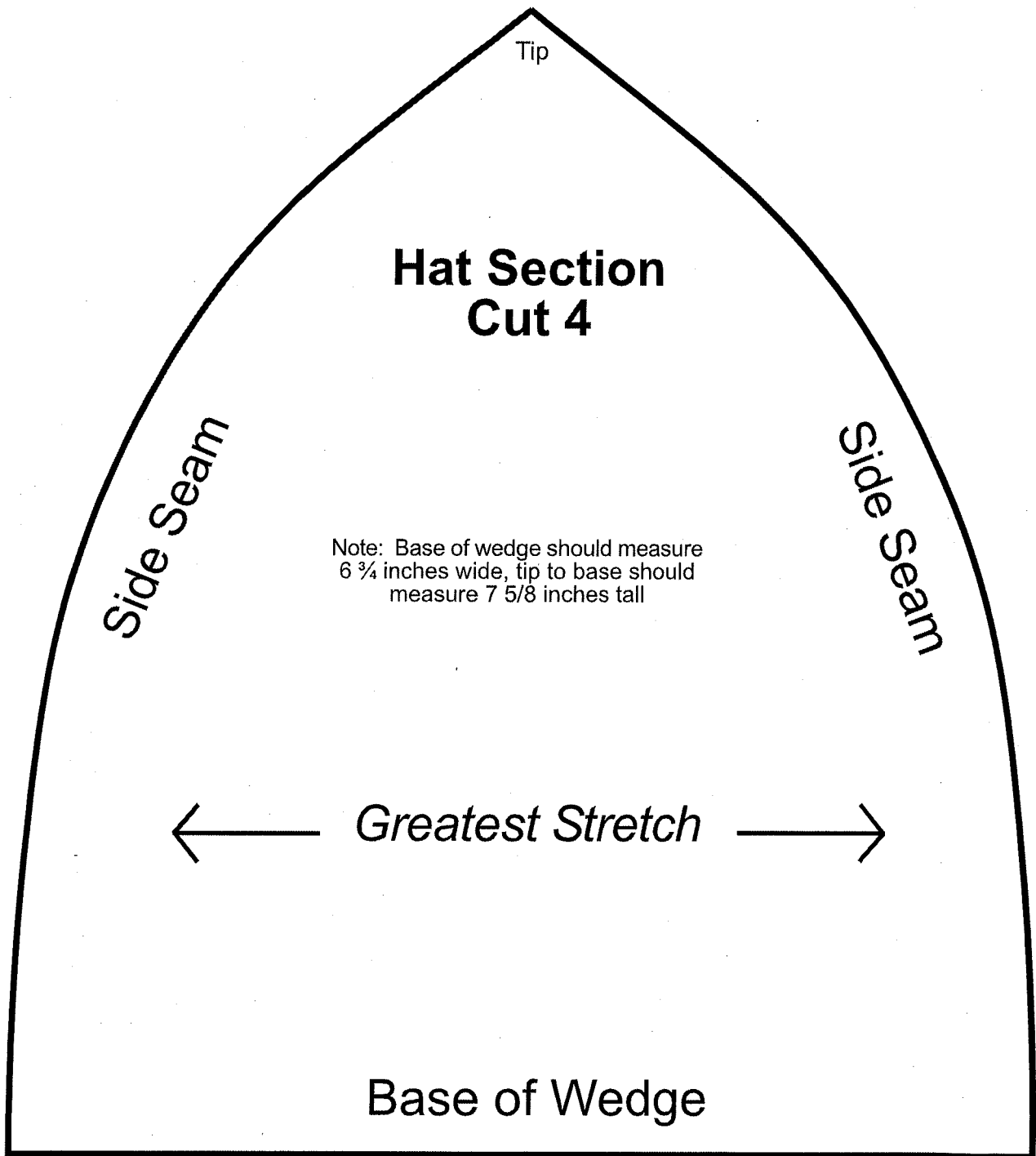
12. You can add a button, a loop, pom-pom, flower, or decoration of your choice to the top of the hat or to the band.

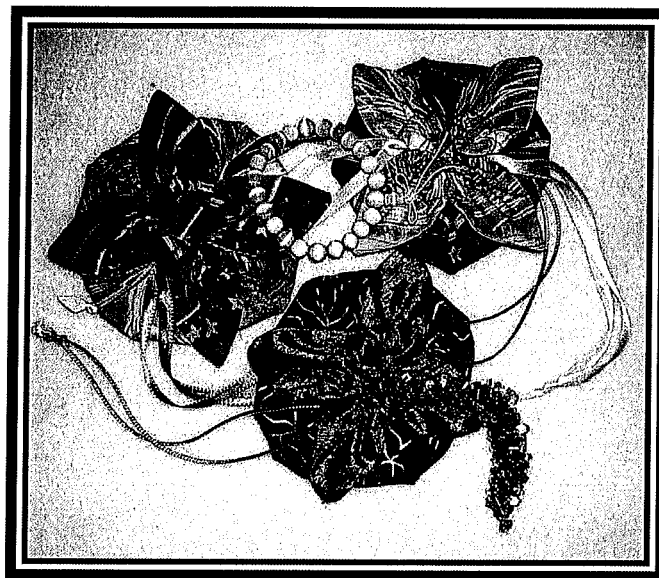
13. You may want to make a hat in your favorite team's colors or your school colors.
14. Plan a community service event to make hats to give to local charities to distribute during the winter.

Notes:

You might like to design your own hat pattern from the instructions and measurements at Martha Stewart's site:
<http://www.marthastewart.com/page.jhtml?type=content&id=channel1403>

Pattern Page





Flower Power Jewelry Bag

1-2 Hours

What will you learn?

How to:

Pre-wash fabrics before using them
Sew square and rounded corners
Use fusible web for a quick seam closure

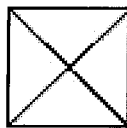
What will you need?

A sewing machine and basic sewing tools
2 coordinating cotton fabric* prints (quilting weight cottons, may use fat quarter cuts of fabric, 18" by about 22")
40 inches of 1/4 inch ribbon or 1/8 inch diameter rat-tail cording
3 inches of 1/4 inch paper-backed fusible web
Thread to go with your fabric

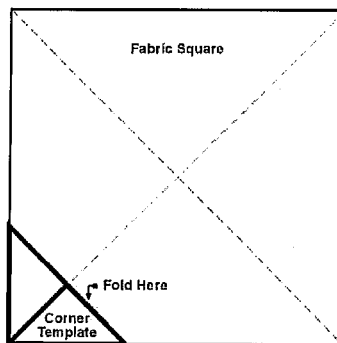
Seam Allowances: ¼ inch or use the right edge of your presser foot as a seam guide (a standard presser foot on most sewing machines makes a 3/8 inch seam allowance)

Directions to make this project:

1. Pre-wash all your fabrics in warm water on a gentle cycle with laundry detergent, rinse with cold water, and dry on warm until dry. High heat and over-drying your fabric will cause wrinkles to form that will be difficult to remove.
2. Press your fabrics with a hot iron and steam, if necessary.
3. Cut 2 **squares** of fabric, 8 1/2 or 9 inches on each side. Sew the two squares of fabric together, right sides facing each other using a 1/4 inch seam allowance (or the right edge of the presser foot). Remember to leave your needle in the down position when you lift your presser foot to turn a square corner. Leave 3 inches open on one side for turning right side out. (See pattern page if you want rounded corners on your petals.)
4. If you are making rounded corners, trim seam allowance around corners with pinking shears. Square corners can be trimmed with a straight cut diagonally across seam allowance at the corner. Before turning right side out, press on the stitching line and then press one seam allowance open to the side.
5. Turn fabric right side out through opening. Reach inside opening and use a point turner to push the corners and seams out. Press seam edges carefully.
6. Use 1/4 inch wide fusible web tape to close opening. (If you use fusible web with a paper backing, you can fuse it to the edge of one square of fabric before you start sewing. Remove the paper backing only when you are ready to seal your seam.)
7. Fold and press square on diagonals.

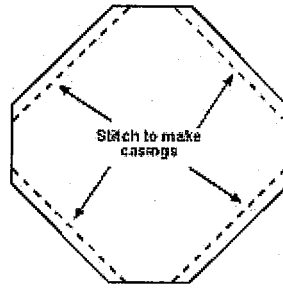


8. Fold corners back about 2 inches, matching diagonal folds. Use corner template on pattern page as a guide.

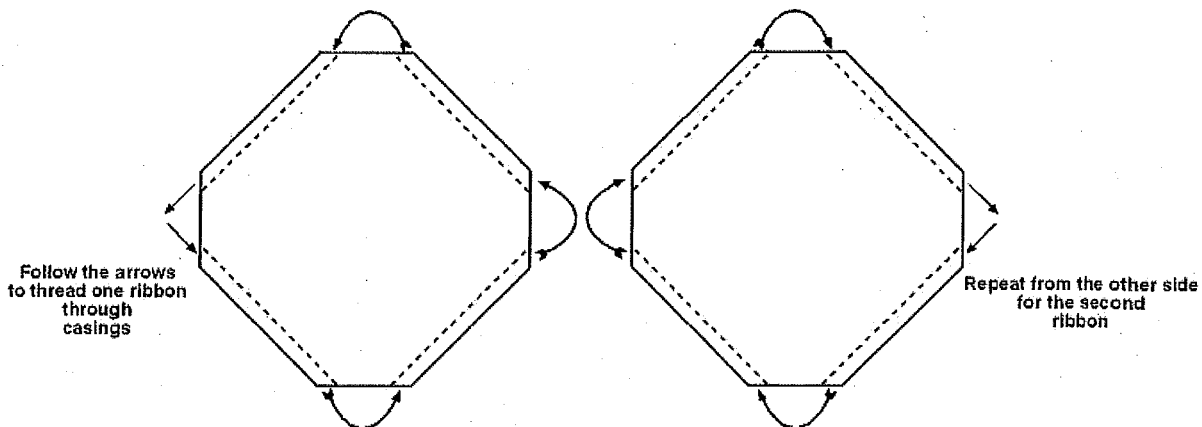


Use template for all four corners.

9. Stitch casings across the folded corners with a scant 5/8 inch wide seam allowance.



10. Use ribbon or fancy cording, 20 inches for each tie, to make a drawstring closure. Thread each ribbon** through the casings from opposite sides. Knot the ends of each ribbon together. When you pull the ribbons, they will pull up the fabric to make a bag. The corners that were folded back and stitched down become the flower petals.



11. Use and enjoy your jewelry bag or give it as a present.
12. Try larger squares of fabric to make a bigger bag. Adjust the size of your corner template accordingly.

Notes:

Pre-washing your fabric will take out chemicals left from manufacturing, remove excess dyes, and shrink the fabric.

* If your fabric is too stiff, it will be difficult to pull the drawstrings tight.

** To thread your ribbon through the casings, attach a small safety pin to the end of the ribbon and push the safety pin through the casings. You may also use a yarn needle with a large eye.

Pattern Page

Pattern should make fabric
squares

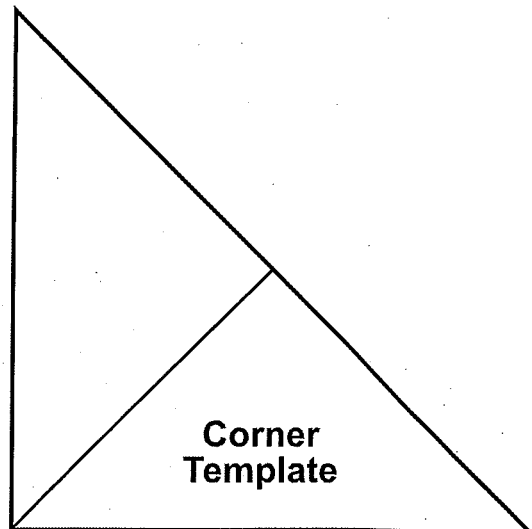
8 1/2" by 8 1/2"

1/4" seam allowance

Place of Fold of Fabric

Cut 2 of coordinating
cotton prints

Flower Power Jewelry Bag





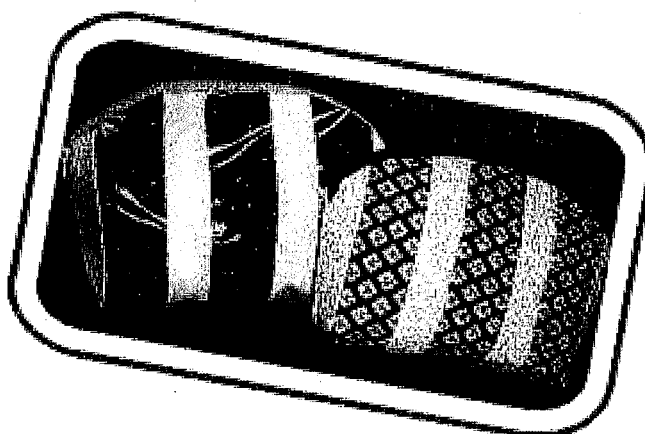
Quick Zip Makeup Bag

1-2 Hours

What will you learn?

How to:

Select coordinating printed fabrics
Pre-wash fabrics before using them
Strip quilt (stitch and flip quilting)
Put in an exposed zipper



What will you need?

A sewing machine and basic sewing tools

Quilting weight cotton fabric: 2 fabrics that look nice together, $\frac{1}{4}$ yd. of each will make several bags, you can also use fat quarter cuts of fabric (fat quarters are 18" by about 22")

11"x14" piece of fusible fleece, **Pellon**TM Fleece, or cotton batting (these products will take the heat of an iron, most polyester batting will not)

11"x14" piece of cotton muslin fabric (this will be the lining, you may use cotton quilting fabric if you wish)

14 inch polyester dress zipper to go with your fabric

6 inches of $\frac{1}{4}$ " ribbon to go with your fabric

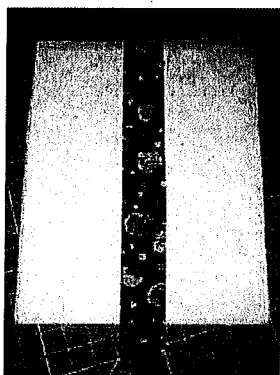
Thread to go with your fabric

Seam Allowances: $\frac{1}{4}$ inch or use the right edge of your presser foot as a seam guide (a standard presser foot on most sewing machines makes a $\frac{3}{8}$ inch seam allowance)

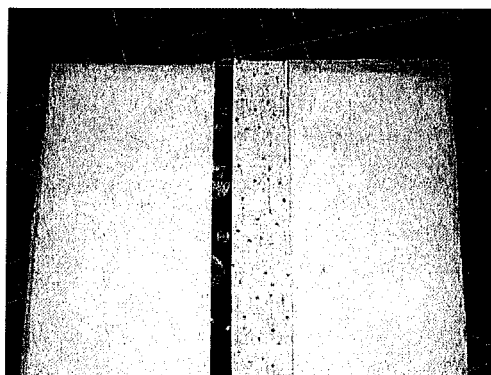
Directions to make this project:

1. Pre-wash all your fabrics in warm water on a gentle cycle with laundry detergent, rinse with cold water, and dry on warm until dry. High heat and over-drying your fabrics will cause wrinkles to form that will be difficult to remove.

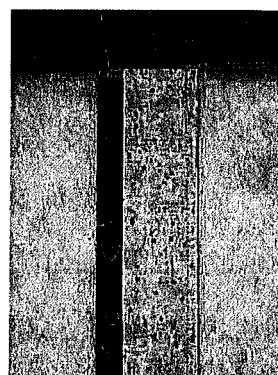
2. Carefully press your fabric flat. Use steam if necessary. With right sides of fabric together, line up the selvages of your fabric and smooth toward the fold. If there are wrinkles, keep the selvedge edges together but shift your fabric sideways until there are no wrinkles. If you are using fat quarter cuts of fabric, just fold the fabric in half so you have a rectangle 9" by about 22".
3. Square up one end of your fabric so you can cut straight strips. From your favorite print; cut 3 strips 2 ¼ inches wide by 14 inches long. From the other fabric; cut 4 strips, 1 ¾" wide by 14 inches long. (If your machine has a ¼" presser foot, you may cut your strips 2" and 1 ½" wide to make them look like the makeup bags in the picture.)
4. Fuse-baste the lining fabric to the piece of fusible fleece following the manufacturer's instructions. Make sure you fuse to the side of the fleece that has glue on it. If you are using **Pellon™** Fleece or cotton batting, use scraps of fusible web to baste your fabric to your fleece or cotton batting. Sometimes the polyester fleece or cotton batting has a type of glue on the surface that will hold the backing fabric without using the fusible web. You may also fuse-baste with a spray basting glue like **Quilt Baste**. If you have a printed fabric for lining, fuse-baste the wrong side of the fabric to the fleece or cotton batting.
5. Place one of the wider strips right side up on the center of short side of the fleece side of your fleece and lining fabric unit. Use a couple of pins on the left side of the strip to keep it straight and hold it in place while you position the next strip of fabric. Take a narrower strip and place it wrong side up with one cut edge aligned with the right edge of the wider strip. Stitch down the aligned edges, using the edge of your presser foot as a guide.



Center first strip.

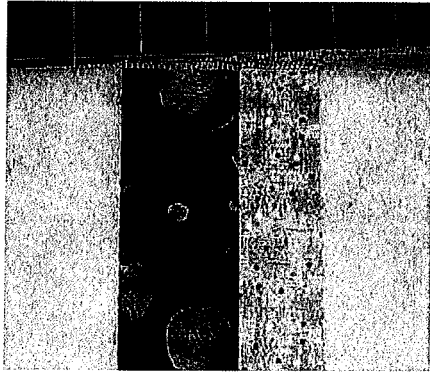


Position next strip on top.

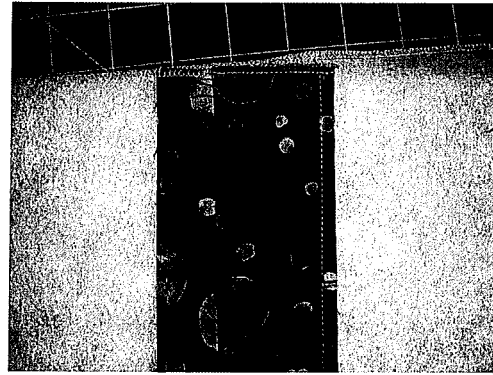


Stitch strips.

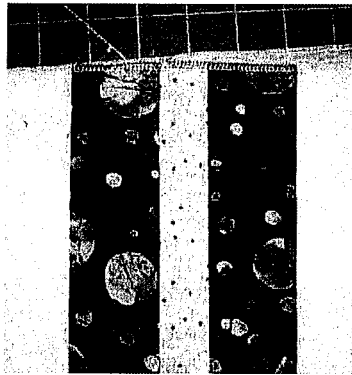
6. Flip the narrower strip to the side so you can see the right side of both fabrics and press it carefully to the side. Now take a wider strip and place it right side down so it is aligned with the cut edge of the last strip you stitched down, flipped, and pressed. Repeat the stitching, flipping, and pressing with a wide strip. Then, repeat again with a narrower strip.



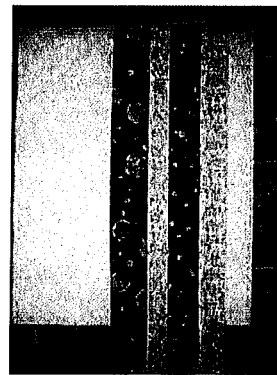
Flip and press.



Add next strip and stitch.

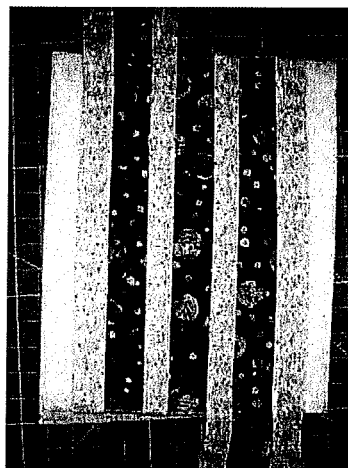


Flip and press again.

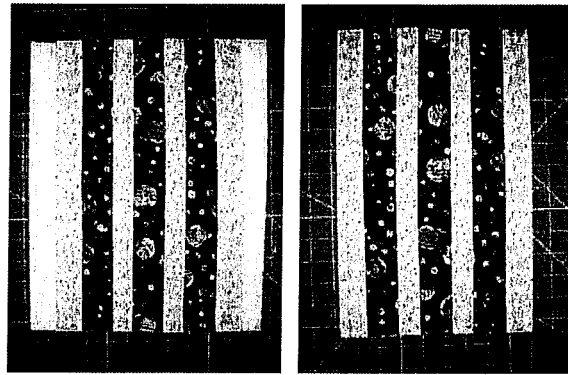


Add last strip.

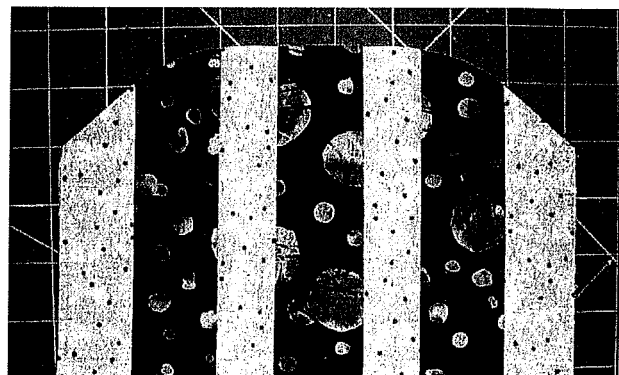
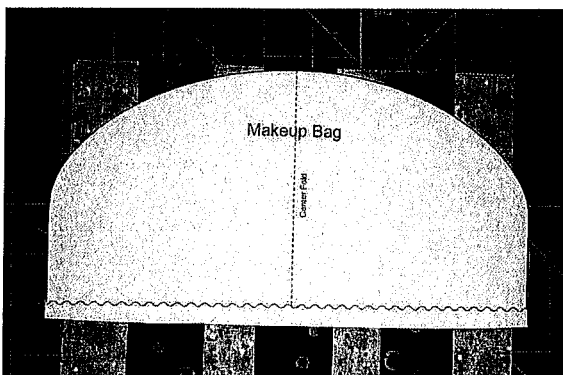
7. Rotate the fleece/backing fabric so you can repeat the flipping and stitching process with your remaining strips. You should have three wide strips and four narrow strips stitched down on your fleece and lining fabric unit.



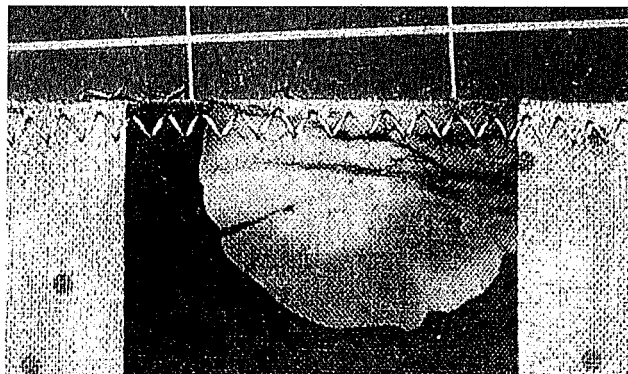
8. Trim the strips even with the fleece and backing then trim the fleece and backing even with the last strip of fabric on each long side. Next, square up each short side so you have a rectangle about $9\frac{1}{2}$ " x $12\frac{1}{2}$ ". It is important that the short ends are the same width and that the long sides are trimmed to equal lengths.



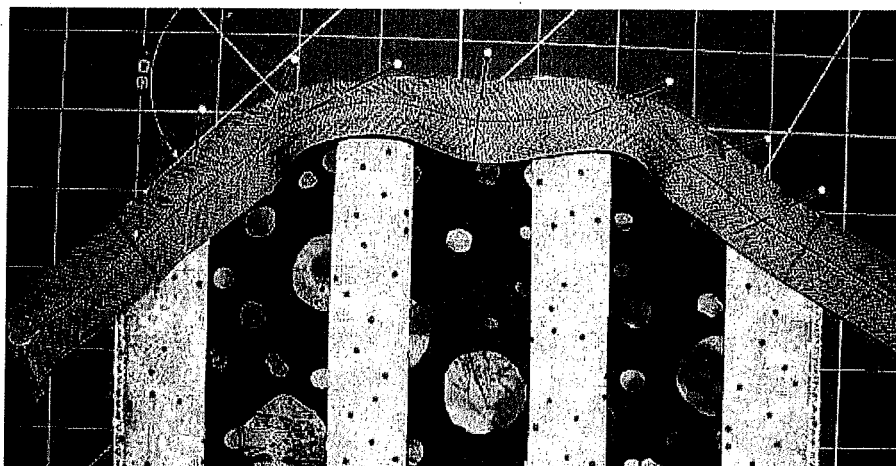
9. Shape each short end with the curved pattern piece provided. Use the center fold line to match to the center of each short side.



10. Serge or zigzag around all edges. The zigzag stitching should be right on the edge to hold the layers together and prevent raveling. Use a zigzag stitch with a stitch width of 3.5 and a length of 3.0.

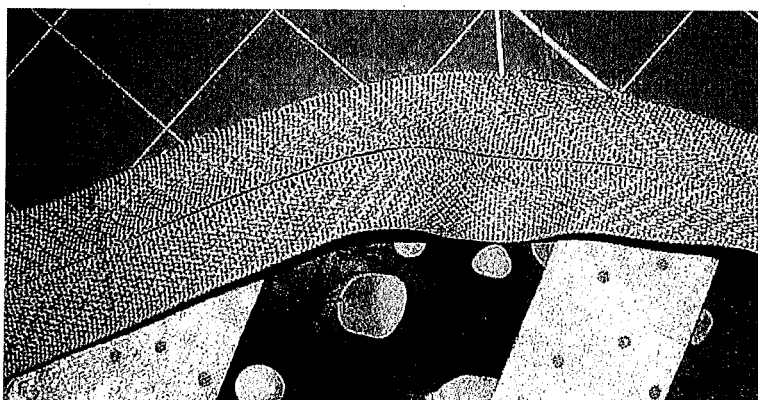


11. Apply the zipper to the curved ends of your strip-pieced rectangle using the exposed method. Center the zipper face down along the curve, aligning the edge of the curve with the edge of the zipper tape. Pin. Find where the zipper tape will start and end on the curve. Mark both sides of the zipper teeth as a reference at both the starting and ending point.

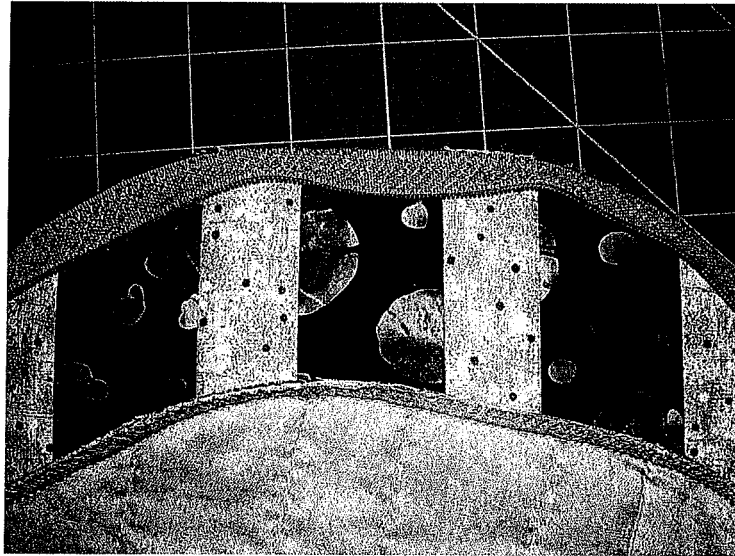


Pin and mark where the zipper tape matches the curve at the beginning and end.

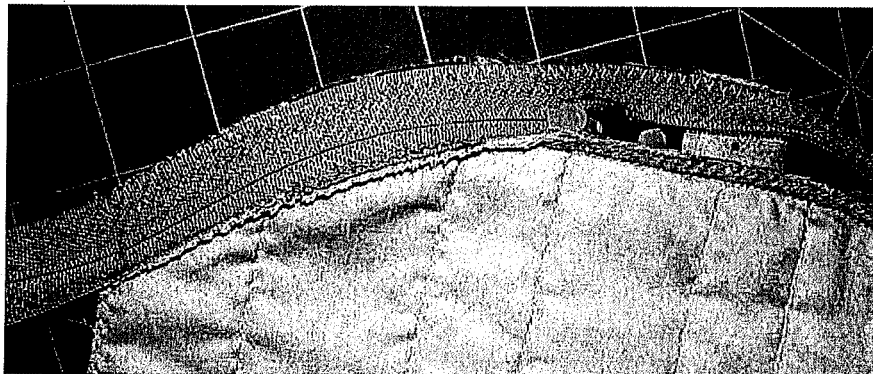
12. Put a zipper foot on your sewing machine and stitch with the needle making a seam line a scant $\frac{1}{4}$ " from the zipper teeth or the edge of the zipper tape, whatever is easiest to do with the type of zipper foot you have for your machine. If it is easier to follow the zipper teeth, you may want to open the zipper for this step. If you don't have a zipper foot, you can do this step with the multi-purpose foot or an open toe foot appliqué/decorative stitching foot. Backstitch at the beginning and end of this seam.



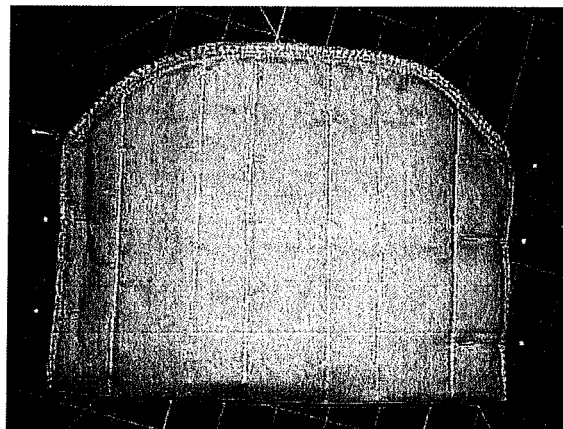
13. Close the zipper. Center and pin the other side of the zipper tape to the other curved edge of your stripped pieced rectangle using the marks you made in step 11. It is important to have the zipper tape start and end at the same points on both sides. Repeat step 12 for the second side of the zipper.
14. Zigzag the edge of the zipper tape to the curved edge of the stripped pieced rectangle on each side of the zipper. This will keep the zipper from catching the zipper tape or quilted fabric.



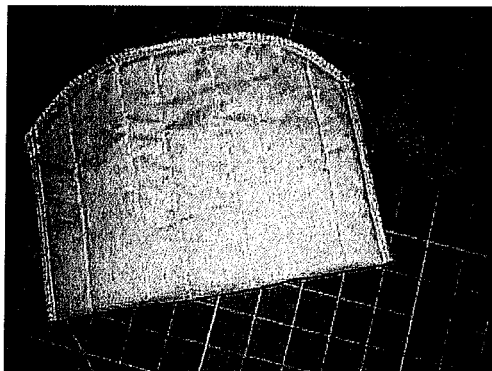
15. To make the sides of the bag, open (or close) the zipper only half way. This is a **very** important step.



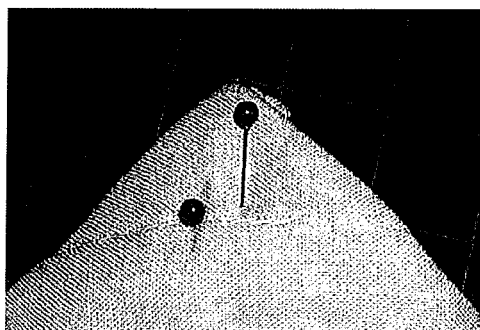
16. Fold the bag in half, right sides together and the zipper inside. Match the top edges of the quilted fabric (and the sides). Pin. You will want to start stitching where you matched the top edges (**NOT** at the fold that is the bottom of the bag). Stitch each side, using the edge of the presser foot as a guide. Back stitch at the beginning and end of the seams.



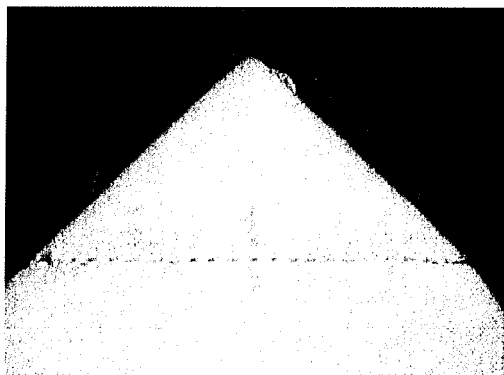
17. Check to make sure you have the zipper pull between the side seams. If so, you can trim off the ends of the zipper that extend beyond the side seams at an angle. It is best to use an old pair of sharp scissors that you would use for cutting paper or kitchen utility shears. Cutting through the zipper teeth will dull a good pair of fabric shears.



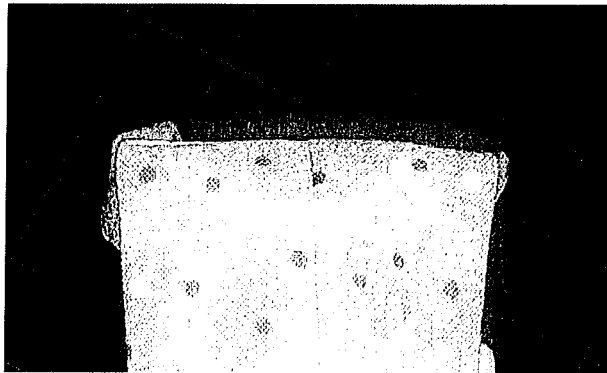
18. Square the bottom of your bag by stitching across the triangle formed by matching the side seam to the bottom crease. Mark the bottom crease with a pencil, chalk, soap scrap, or fabric marking pen. Insert a pin straight down through the mark and the seam line to temporarily hold the position of the corner while you insert another pin that will secure the corner when you begin stitching.



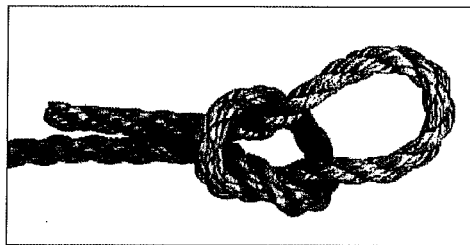
19. The base of this triangle should be about 2". If you stitch from the side where you can see the seam line where you stitched the last strip, you can follow it for a guide. Remember to backstitch at the beginning and end of your seams so your seams don't fall apart.



20. Turn your bag right side out. Check your corners to see if they are square and straight.



21. Insert ribbon in zipper pull and secure with slip knot.

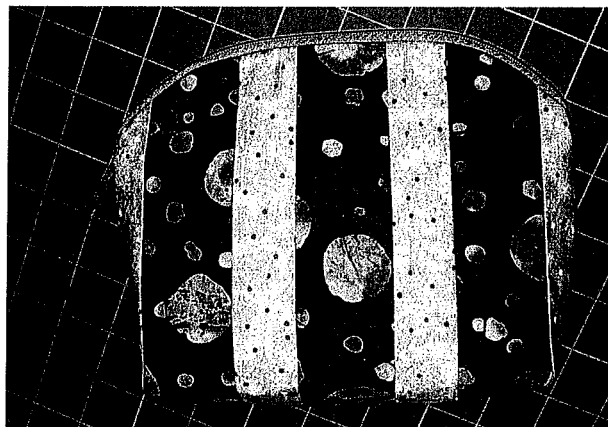


Slipknot

adam.com

Image: http://www.humc.com/humc_ency/outdoor_health/images/Knots_1Slip.jpg

Trim and seal ends of ribbon with seam sealant or clear finger nail polish. You could also thread some small beads on the ribbon and knot the ends.

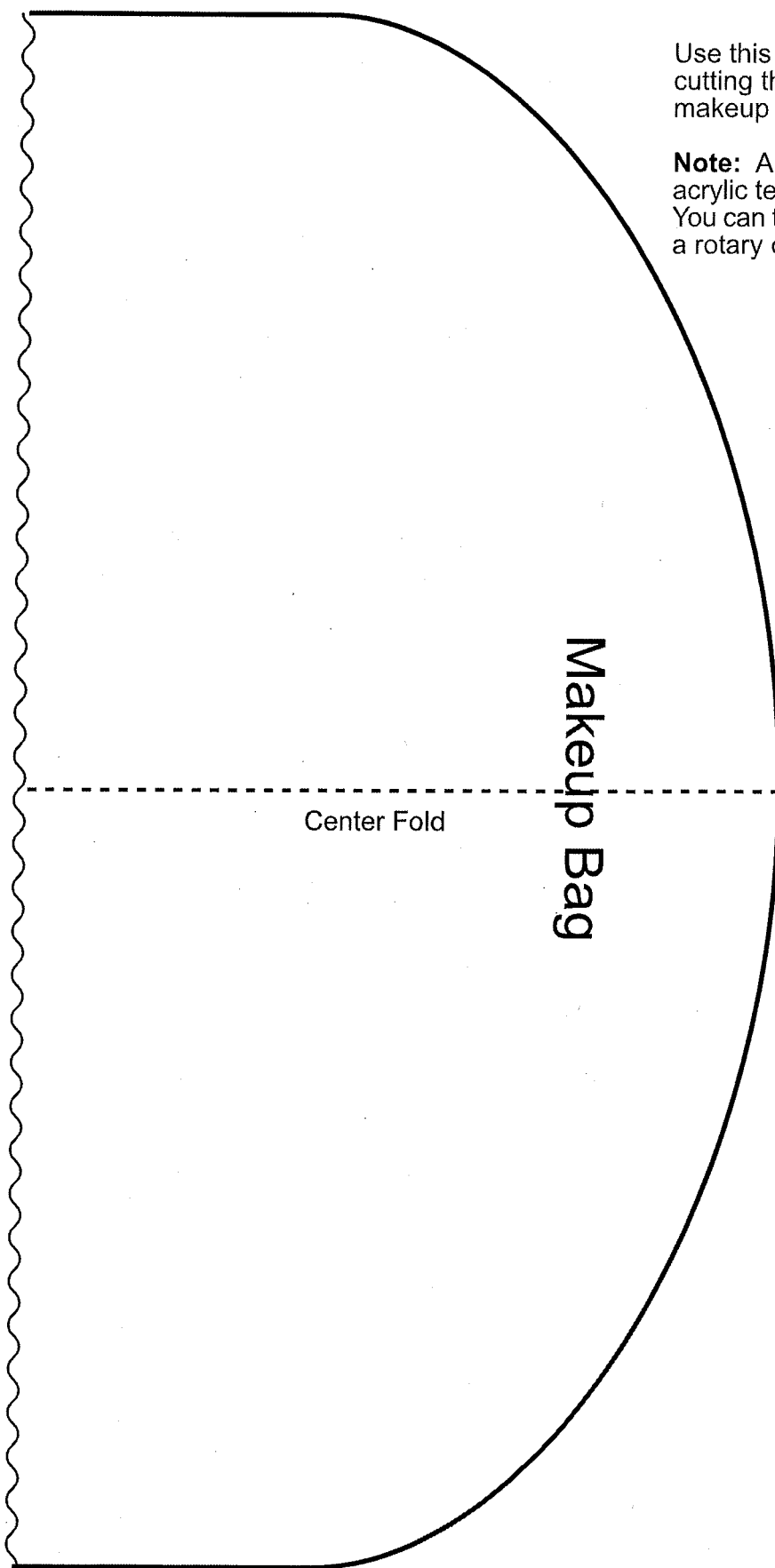


22. Enjoy your makeup bag. If you are making bags as gifts, you may want to stuff them with clean plastic grocery sacks so they will hold their shape. Try making a larger bag using pre-quilted fabric or try squiggle and waves quilting to make your own pre-

quilted fabric. You can also try using 4 different print fabrics. Cut your strips 1 $\frac{3}{4}$ " wide (1 $\frac{1}{2}$ " if you have a $\frac{1}{4}$ " presser foot). You can use the technique for making square corners for other styles of bag. Maybe you would like to design a denim grocery sack.

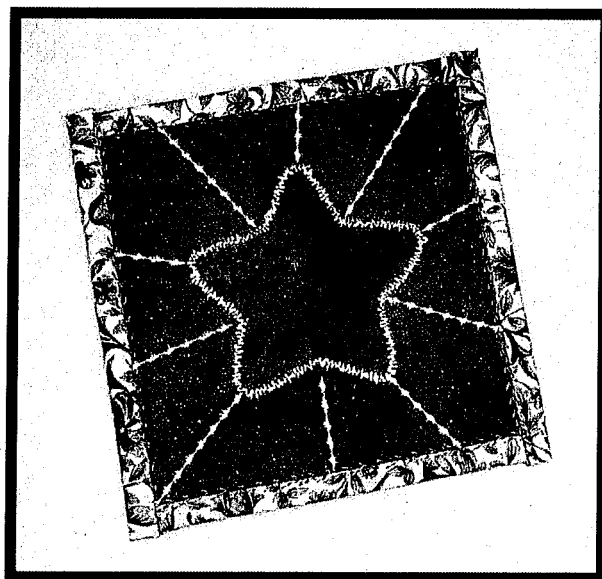
Notes:

Pre-washing your fabric will take out chemicals left from manufacturing, remove excess dyes, and shrink the fabric.



Use this pattern as a guide for cutting the curved edges of the makeup bag

Note: A glass shop can cut an acrylic template using this pattern. You can then use the template with a rotary cutter and mat.



Mug Mats

2 Hours

What will you learn?

How to:

Pre-wash fabrics before using them

Use an iron and fusible web to apply iron-on appliqués (decorative fabric shapes) to fabric

Use the sewing machine for straight seams and decorative embellishments

Apply a butted quilt type binding to enclose a raw edge

What will you need?

A sewing machine and basic sewing tools

Scraps of cotton quilting weight fabric

Scraps of cotton batting or polyester fleece, at least 6 inches square

Thread to go with your fabric

A sew-through paper-backed fusible web like **HeatnBond Lite®** by **Therm O Web*** (an iron-on, paper-backed fusible web or adhesive, this product may be cheaper by the roll in the plastic bag than by the yard on the bolt, it is a relatively low-temperature bonding film that requires no steam to activate the glue)

A tear-away stabilizer like **Pellon® Stitch-n-Tear** (paper can work in a pinch but a tear-away stabilizer will be easier to manage due to the slight texture on the surface)

¼" wide strips of paper-backed fusible web, you will need four about 5 inches long

A collection of different colored all-purpose thread or decorative rayon or polyester threads

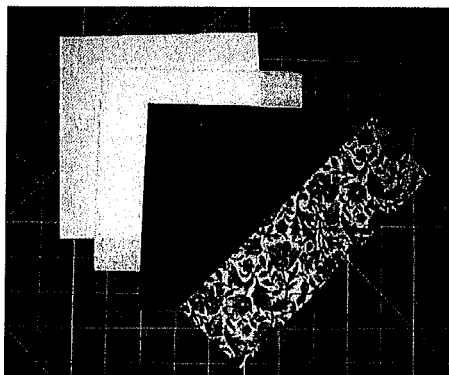
Cookie cutters and/or coloring books with simple shapes and pictures for appliqué designs; some are provided on the pattern page for this activity

A small piece of muslin (plain off-white cotton fabric) to use as a pressing cloth, an 8 inch square will be large enough

Seam Allowances: ¼ inch or use the right edge of the presser foot as a seam guide (a standard presser foot on most sewing machines makes a 3/8 inch seam allowance)
Remember to backstitch at the beginning and end of your seams!

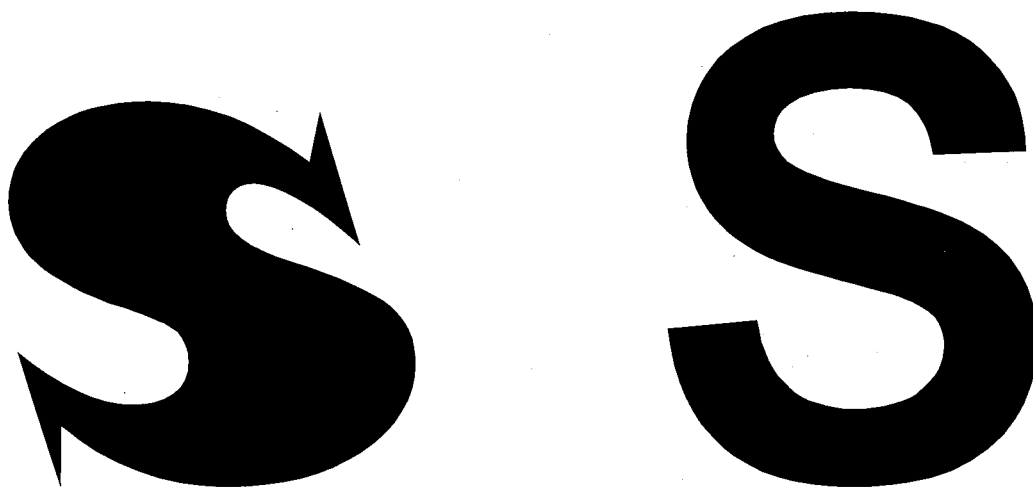
Directions to make this project:

1. You will need to pre-wash your fabrics without fabric softener. The chemicals left in by the manufacturer and those in fabric softener may prevent the paper-backed fusible web from sticking to your fabric. Pre-wash all your fabrics in warm water on a gentle cycle with laundry detergent, rinse with cold water, and dry on warm until dry. High heat and over-drying your fabrics will cause wrinkles to form that will be difficult to remove.
2. Carefully press your fabric flat. Use steam if necessary.
3. Plan which fabrics you will use for your mug mats. You will need one 6 inch square for the front and one for the back, plus a square of fleece or batting. You will need four 7 inch strips of 2 ½" wide fabric for binding the edge of your mug mat.



4. Select the fabric for your appliqués. Trace simple shapes on the paper side of the fusible web (see **Appliqué Shapes** for ideas, draw your own, or search for them on the internet; key words: "appliqué shapes", appliqué).

5. If you choose to make an initial, remember to reverse the letter when you trace it on the fusible web. You can make large initials easily by selecting a letter from a favorite font on the computer and enlarging it. The first example below is the letter "S" from the font **Snap ITC**. The size is 200. Type the letter you want. Highlight it and select your favorite font. Then type 200 in the "**Font Size**" box of the word processor and hit the "**Enter**" key to change the size of the letter.

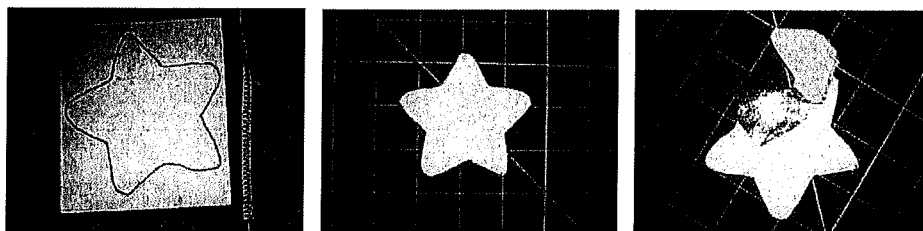


The second letter "S" is from Arial. The font size is 250 and it was typed in bold.

If you have a **WordArt** function in the word processor, you can flip letters of any size horizontally or make your initials in an art program where you can mirror image the letters so you can easily trace the reverse image onto the fusible web.

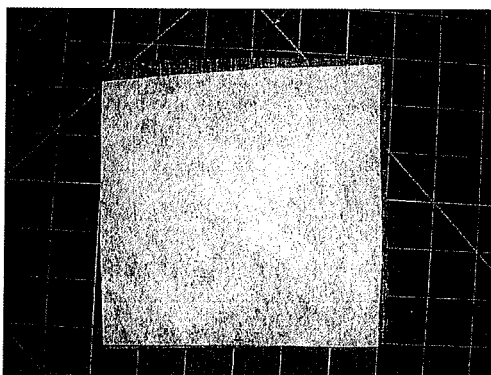


6. Fuse the paper backed fusible web to the wrong side of your fabric. Cut out the pictures or traced designs **before** removing the paper. You will need to use fabric cutting scissors and shears to cut through the fabric and paper.



7. Plan the arrangement of your appliqué. Score the paper on the back of your appliqué to make it easier to remove it. Use a nail, a needle, or the tip of your scissors. You might make the fabric fray if you peel off the paper from the edge. Place the fabric designs on the fabric you have selected for the top side of your mug mat and carefully place the small piece of muslin over them. Set the iron on the muslin and fuse according to the manufacturer's instructions. Don't wiggle or move the iron and don't press too long. If you press too long and use too much heat, you may ruin the glue on the fusible web. Lift the iron and let the fabric cool.

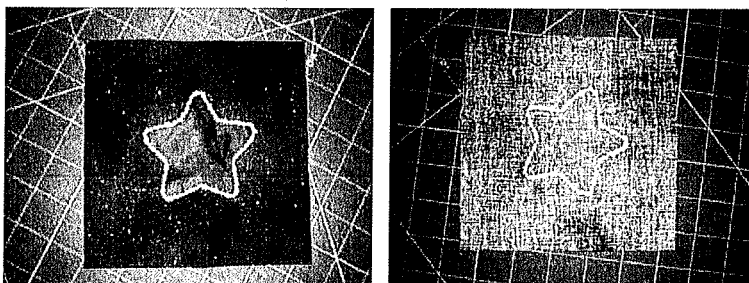
8. Sometimes, you will want to stitch around the fabric appliqué before you layer the top of the mug mat with the batting and back fabric. If you save some of the stitching for after you layer the fabrics and batting or fleece, it will be like quilting a quilt. When you stitch around the shapes, you can use the fancy polyester or rayon threads. Layer the fabric on top of a tear-away stabilizer like **Pellon® Stitch-N-Tear** to prevent puckers and ripples.



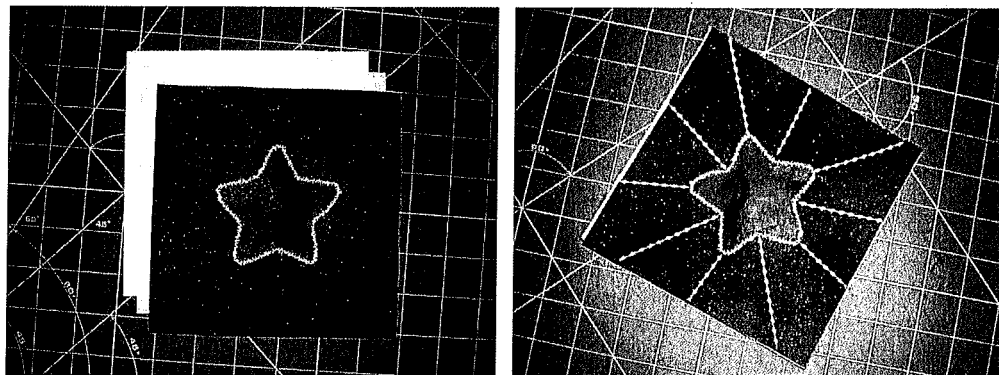
Stitch-N-Tear on back side of fabric

9. You can use the fancy stitches on the machine or a regular zigzag stitch set for about 2.5 wide and 1 long. Position the presser foot so the needle falls mostly on the appliqué design and then swings just off the edge. Let the feed dogs move the fabric. Sew slowly and guide the fabric around gentle curves with just a little help from your hands. If you have to turn the fabric for a sharp corner, position the needle in the fabric, lift the presser foot, and then turn. If you have an inside corner, the needle should be in the appliqué when you lift the presser foot. If you have an outside corner, put the needle in the base fabric but not the appliqué; lift the presser foot to turn the fabric. Remember to lower the presser foot before you continue around the appliqué.

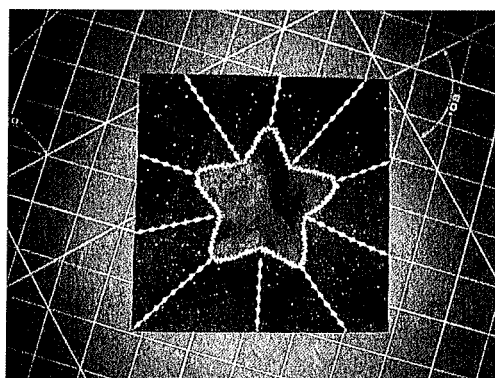
10. When you have finished stitching around the appliqué shapes, carefully tear away the stabilizer from the back. It will be alright if you don't get all of it.



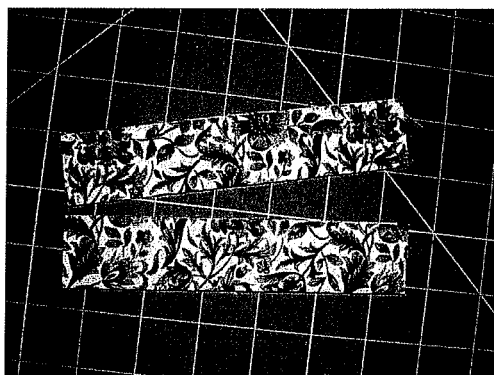
11. Place the back fabric face down, next layer the square of batting or fleece, and then the top fabric face up. Put a few pins around the edges or secure the layers with scraps of fusible web. Now you can stitch around the appliqué to quilt the layers together. You won't be able to set the zigzag stitch as closely as you did in step 7. If you finished stitching down the appliqué, just use a straight stitch around the outside to quilt the layers together. You won't need the stabilizer paper for this step.



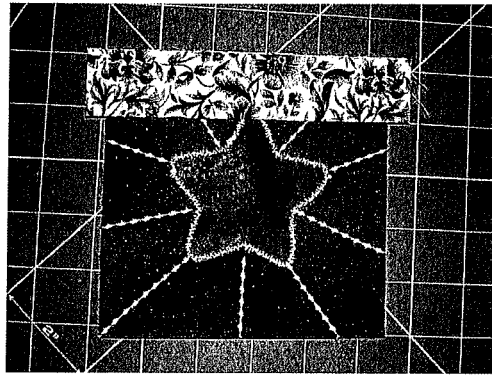
12. Square up your layers so that they are even. The mug mat should be about 5" by 5".



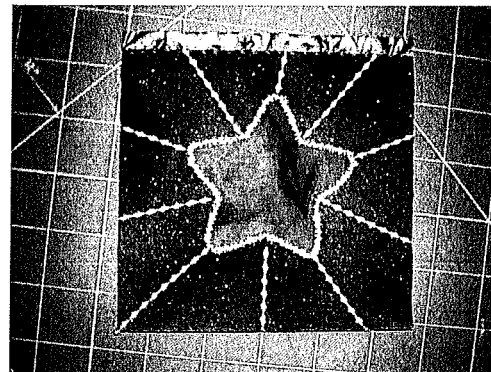
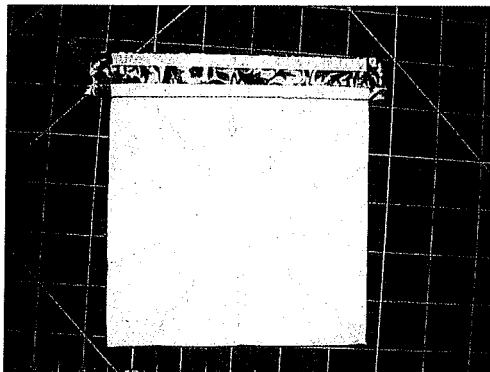
13. Fold the binding strips in half, wrong sides together and press.



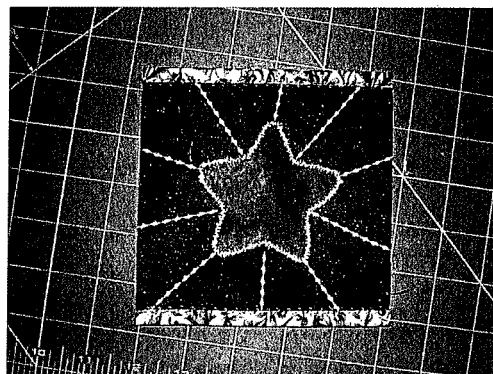
14. Working from the right side of the mat, center a strip on one side, aligning the cut edges of the folded strip with the cut edges of the mug mat. Sew the strip to the mug mat following the edge of the presser foot as a guide.



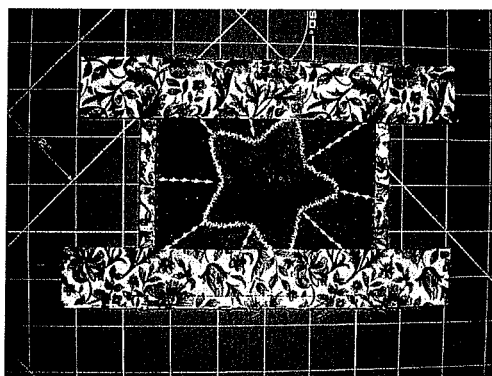
15. Fold the strip over the edge of the mug mat and press. Use the strips of fusible web to secure the strip on the back side of the mug mat. From the top side stitch in the ditch of the seam with matching thread or top stitch with a zigzag or decorative stitch and fancy thread. Trim the binding strip even with the bottom and top edges of the mug mat.



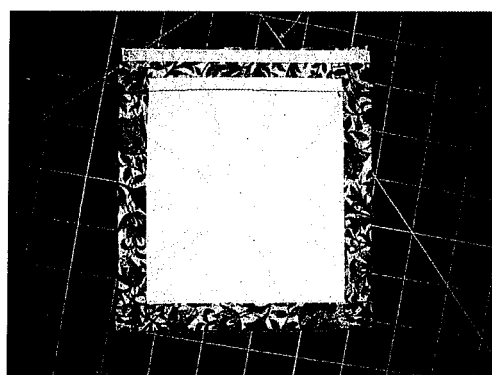
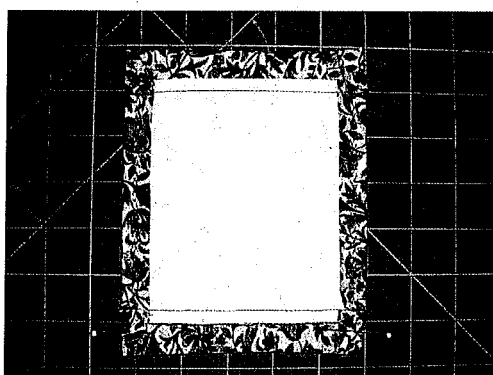
16. Repeat steps 14 and 15 for the other side of the mug mat.



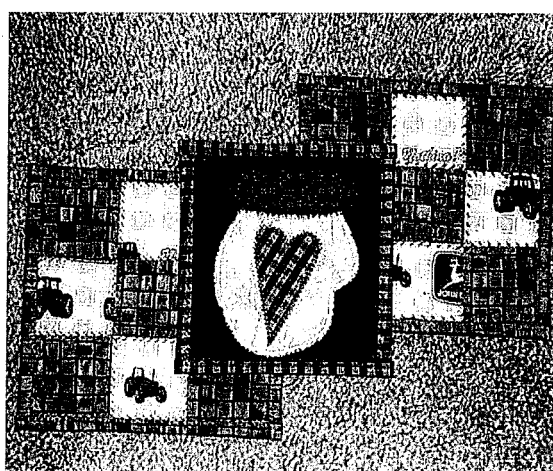
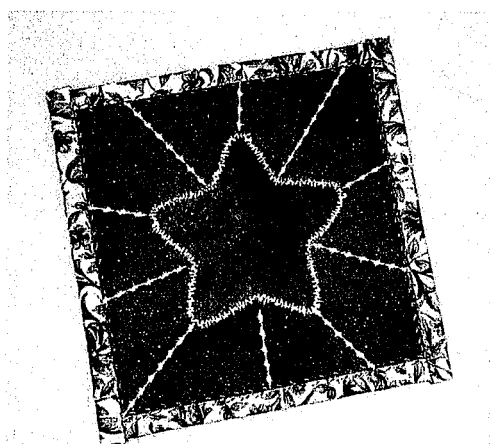
17. Repeat step 14 for the remaining edges of the mug mat.



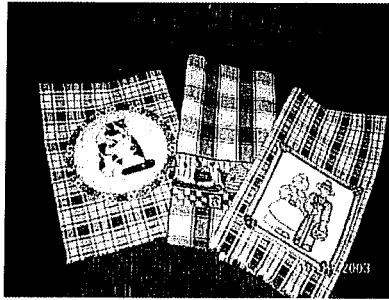
18. Before you fold the strip to the back, fold the end over the edge, secure with a pin, and then continue with step 15.



19. Your mug mat is finished! You can use the same technique to make potholders for a family member who likes to cook. Old washed wool blankets and sweaters will make nice heat resistant batting in potholders. Old cotton towels will work, too. You don't want to use regular polyester batting because it melts with heat and polyester will transfer warmth faster than cotton batting or wool blankets. You might like to try sewing simple patchwork blocks for your mug mats and potholders.

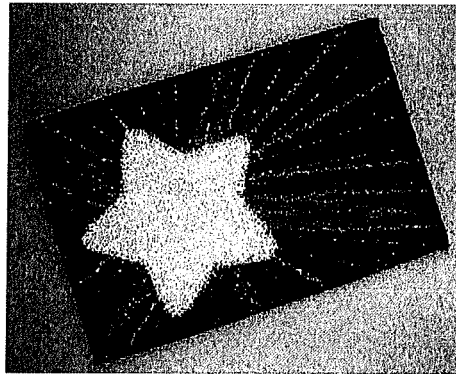


You can also use your appliqué skills to decorate matching cotton dish towels or placemats. You can make the towels or purchase them. Sometimes the dollar stores will have nice dish towels for less than you can find them in other stores.



The towels on the right and left were made from 100% cotton plaid decorator fabrics. The towel in the center was purchased at the store and decorated with a band of printed quilting weight fabric. Look for fabrics with fun pictures to appliqué on your projects.

Try using the appliqué shapes for other projects. You may want to decorate a backpack with appliqués or use them in place of strip quilting on a postcard.

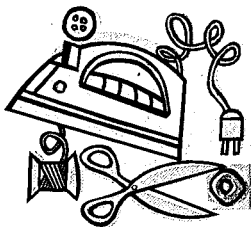


Notes:

Pre-washing your fabric will take out chemicals left from manufacturing, remove excess dyes, and shrink the fabric.

* For manufacturer information: <http://www.thermoweb.com/cpd-lite.html>

Choose a fusible web that you can sew through, some permanent types are not intended to be sewn through because they will gum up the needle with glue.



QUICK PROJECTS TO DO

Pillowcase

Goal: What will be learned by this project?

The instructions for this project are a compilation of instructions from various pillowcase kits purchased from quilt shops and the instructions from the Hoffman California Fabrics site.

This project teaches color and fabric selection, straight stitching, and finger pinning. The skill of finger pinning is needed for piecing the large log cabin blocks. This project also serves as practice on cutting with a rotary cutter, ruler and mat.

Materials Needed: See directions below

Directions to make this project:

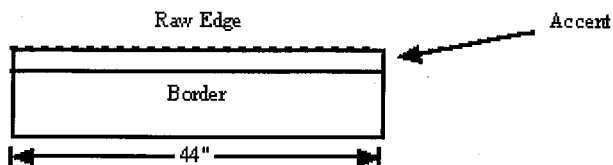
Instructions are for 44/45" wide fabric. Pre-wash fabric to eliminate shrinkage. All seams are 1/4 inch (or the width of the presser foot on a standard machine, which will be closer to 3/8 inches). Fabric pieces are cut along the crosswise grain of the fabric.

Cut one - 28" X 44/45" strip for body of pillowcase

Cut one - 2 1/2" X 44/45" strip for pillowcase accent (you may prefer to use a very narrow piece here as it will look more like the commercially made pillowcases, try 1 1/2").

Cut one - 9 1/2" X 44/45" strip for pillowcase border.

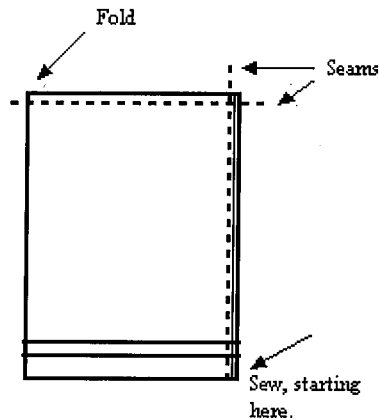
Fold the accent and the border of the pillowcase in half lengthwise with the right sides to the outside. The accent will be 1 1/4" x 44/45" (or your choice) and the border will be 4 3/4" x 44/45" after folding. Press. Place the folded accent on top of the folded border, with the raw edges of each aligned, and sew (no need to backstitch as there will be selvages to trim off). Don't worry if the ends of these pieces don't line up. They will be trimmed later.



With the accent side down, place the border/accent strip on top of the right side of a 44" side of the body fabric, align the raw edges, and sew (no need to backstitch as the ends may not match and will be trimmed later). To prevent fraying, finish this seam edge. Serge or zig-zag the raw edges together. Press the seams toward the body of the pillowcase.

Trim off selvages and any excess fabric that may result from differences in fabric width. Fold pillowcase in half, right sides of fabric together, matching edge of border and seam between pillow case body and border/accent. Pin. Sew the side seam starting at the folded edge of the border so they will match nicely. Sew the seam across the end of the pillowcase. Be sure to backstitch these two seams and finish them by serging or zig-zag.

Turn right side out and press.



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Sleepy Heads Pillowcase

Construction Time:

2-3 Hours

What will you learn?

How to:

Select coordinating printed fabrics

Pre-wash fabrics before using them

Sew straight seams

Zigzag or serger finished seam allowances to prevent raveling (loose threads)

What will you need?

A sewing machine and basic sewing tools

3 coordinating quilting weight cotton fabrics, 44-45 inches wide to make a standard size* pillowcase:

7/8 yd. for the large section or body of the pillow case

1/3 yd. for the wide band or border

1/8 yd. for the narrow accent trim

Thread to go with your fabric

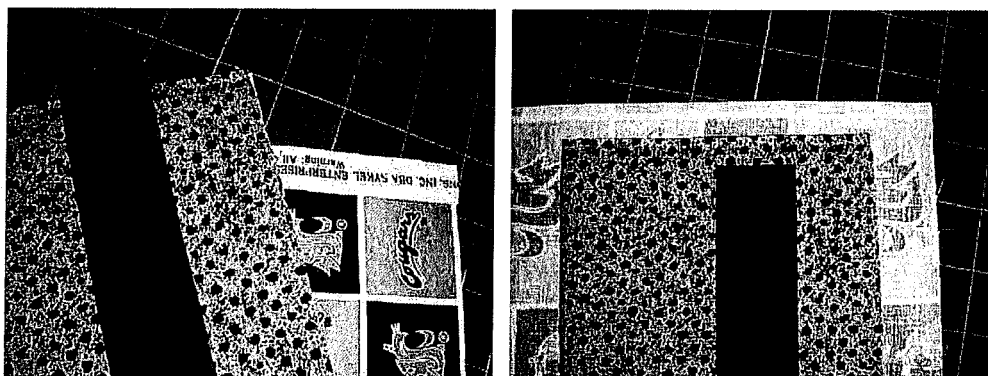


Seam Allowances: 1/4 inch or use the right edge of your presser foot as a seam guide (a standard presser foot on most sewing machines makes a 3/8 inch seam allowance)

Directions to make this project:

1. Pre-wash all your fabrics in warm water on a gentle cycle with laundry detergent, rinse with cold water, and dry on warm until dry. High heat and over-drying your fabrics will cause wrinkles to form that will be difficult to remove.
2. Carefully press your fabric flat. Use steam if necessary. With right sides of fabric together, line up the selvages of your fabric and smooth toward the fold. If there are wrinkles, keep the selvedge edges together but shift your fabric sideways until there are no wrinkles.

3. Square up the raw edges of the fabric for your pillowcase body and wide band so they are straight and perpendicular (at right angles) to the selvage edges. Unless the selvage edges are puckered and they became smaller than the rest of the fabric during washing, do not cut them off. They will be trimmed later.
4. Cut the small accent trim 2 ½" inches wide. If you can sew really straight, you may want to try cutting the accent trim narrower. If you cut it 1 ½ inches wide, it will look like the trim on a ready-made pillowcase.
5. Fold the accent and the border of the pillowcase in half lengthwise with the right sides to the outside. The accent will be 1 ¼" wide (or your choice) and about 42" long and the border will be about 4 ¾" by about 42" after folding. Press well with steam.
6. Now, arrange all of the fabric pieces next to the sewing machine so that the selvage edge with little or no printing is at the top and the cut edge is on the right. The large body section of the pillowcase should be placed on the sewing table first wrong side up, the wide border next, and the narrow accent trim piece on top. You are going to always start sewing with the smallest selvage edge at the beginning of the seam. The wide printed selvage will be different on each fabric. If you sew from the smallest selvage to the largest, you will be able to trim all the wide uneven selvages off at once without wasting any of the fabric.¹

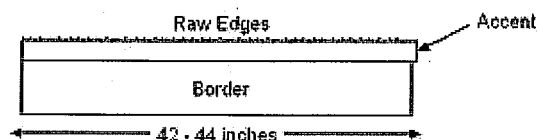


In the above samples, there was no difference in the selvages on either edge of the red and gray prints. The WSU print has a narrow and a wide selvage. The WSU fabric also has directional pictures but when it is placed as desired for the appearance of the pictures, the smaller selvage is at the top as shown by the picture on the right (the picture on the right also shows the stacking order of the fabric as it should be next to the machine).

7. Place the folded accent fabric on top of the folded border, with the cut edges of each lined up together and the narrow selvages on the end where you will begin your

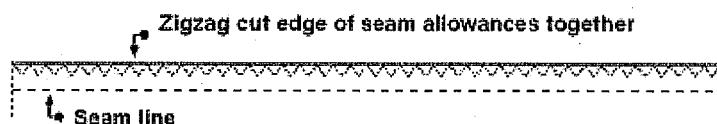
¹ **Note to Helpers:** We are using the selvage edges like a quilter uses a starter or anchor scrap to start stitching. If there are directional picture fabrics, you may have to help determine how they will be placed to have the pictures appear as desired in the finished pillowcase. This may not allow all of the smaller selvages to be placed at the beginning of the seam. If there are 2 or more picture fabrics involved, trim off all selvage edges but don't make the fabric pieces the same width. The pushing action of the presser foot makes it difficult for inexperienced sewers to match them without sewing in puckers and tucks.

seam. Don't worry if the other ends of these pieces don't line up. They will be trimmed later.

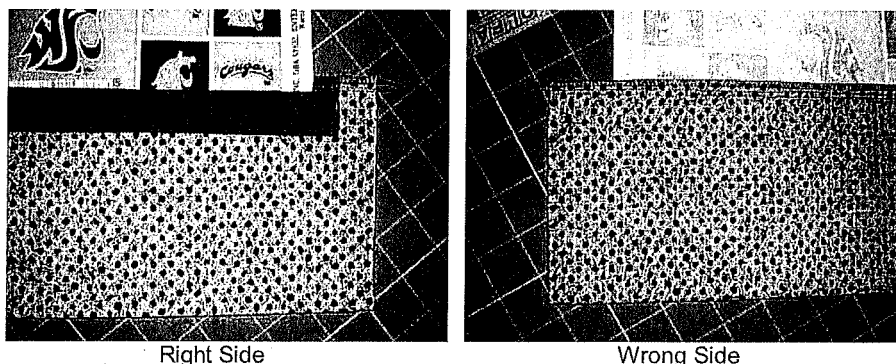


8. With the accent strip on top, sew it to the border using a $\frac{1}{4}$ " seam allowance or follow the right edge of your presser foot. You don't need to backstitch because the selvage edges are going to be cut off later. Check to make sure you caught all 4 of the cut edges evenly in the seam and that the accent strip has no tucks or ripples. Press with steam.

9. With the accent strip sandwiched between the border and the pillowcase body, place the border/accent strip under the right side of one of the 42" sides of the body fabric. Line up the narrow selvage ends where you will begin sewing and the long cut edges. If you can change the position of the sewing machine needle by moving it to the left to take a slightly larger seam allowance than you did in step 2, you can avoid having any of the previous line of stitching show. Sew a straight seam (no need to backstitch as the selvage ends may not match and will be trimmed later). To prevent fraying, finish this seam edge. Zigzag or serge the seam allowances together.

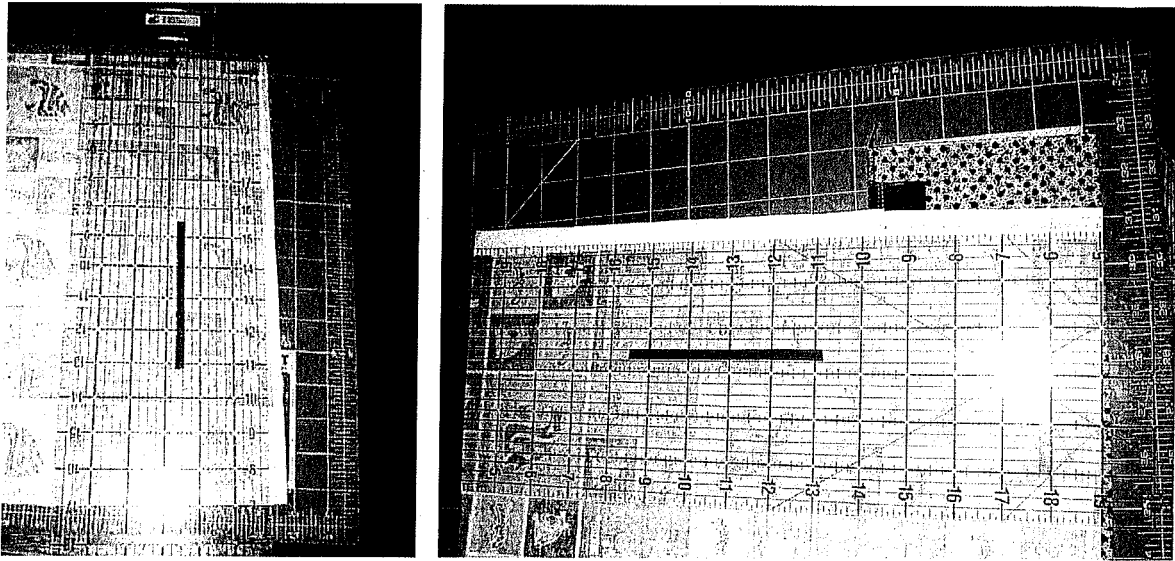


10. Put the pillowcase on the ironing board wrong side up. Press the seam allowance flat. Open the pillowcase so you can see the right side of the fabric. Push against the seam edge so the seam allowance is pressed toward the body of the pillowcase and the narrow accent strip is pressed flat on top of the border.



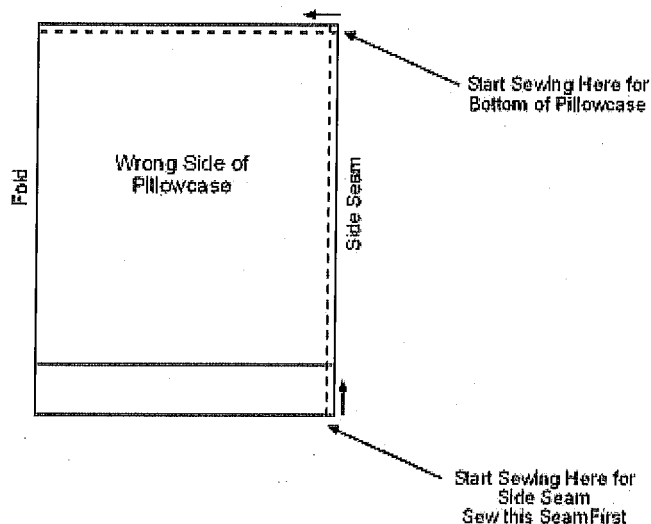
11. Carefully square up the uneven edges by trimming off all selvages and excess fabric that may result from differences in fabric width. Cut off just enough to make the edges straight. You can make this easy to do if you fold the pillowcase body on the cross-grain so that the selvage edges come together on the side you began your seam.

Make your cut(s) to trim the selvages and uneven ends perpendicular (at a right angle) to the fold.



Line up one of the lines on the ruler with the fold of the fabric on the cross grain.
Trim with a rotary cutter or draw a line and trim selvage with sewing shears.

12. Now that the lengthwise grain of your pillowcase body is straight, fold the pillowcase body in half with the right sides of the fabric together, matching the edge of border and the seam between pillow case body and border/accent. Pin at the border edge and the seam where the accent trim is sewn. Sew the side seam first, starting at the folded edge of the border so the edges will match nicely. Then sew the seam for the bottom of the pillowcase. Start from the side seam and sew towards the fold.
Backstitch at the beginning and end of both seams.



13. Zigzag or serge seam allowances to prevent fraying during use and laundering.

14. Turn right side out and use a point turner to push out the corners of your pillowcase. Slide the point turner along the seam and push out gently on the corners.

15. Press your pillowcase. You are finished!

16. Try making another pillowcase in a different size or do the **Benjamin Smiles Pillowcase**** project for community service.

Notes:

Pre-washing your fabric will take out chemicals left from manufacturing, remove excess dyes, and shrink the fabric.

* If you want to make a bigger pillowcase, buy a larger amount of fabric for the body of the pillowcase:

1 yard for a queen size pillow
1 1/8 yard for a king size pillow

There are small rectangular travel pillows at the fabric store. Can you figure out what the measurements for your fabric should be if you make a pillowcase for one of these pillows?

** **Benjamin Smiles Pillowcase** project for community service:

https://www.nancysnotions.com/NNVia/CustomPages/Ben_smiles.htm

Postcard

Art in the Mail from Fun with Fabric

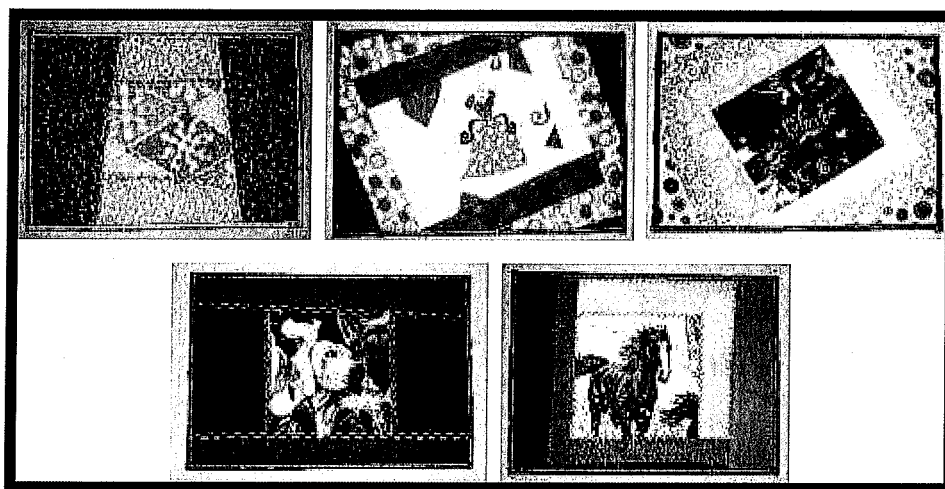
Postcard

Art in the Mail from Fun with Fabric

Backs for standard postcard: 4 by 6 inches

<p>Postcard</p> <p>Stamp</p> <p>Art in the Mail from Fun with Fabric</p>	<p>Postcard</p> <p>Stamp</p> <p>Art in the Mail from Fun with Fabric</p>
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<p>Postcard</p> <p>Stamp</p> <p>Art in the Mail from Fun with Fabric</p>
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Art in the Mail: Quilted Postcards

1-2 Hours

What will you learn?

How to:

Pre-wash fabrics before using them

Fuse fabrics and cardstock with fusible web

Use the stitch and flip method of strip quilting

What will you need?

A sewing machine and basic sewing tools

Scraps of cotton quilting weight fabric (pre-washed without fabric softener)

Plain muslin for the postcard backing

Scraps of a very firm interfacing like **Pellon® Peltex** or **Timtex™*** (a piece 6" by 8 ½" for large postcards)

A paper-backed fusible web that can be sewn through like **HeatnBond® Lite** by **Therm O Web**** (an iron-on, paper-backed fusible web or adhesive, this product may be cheaper by the roll in the plastic bag than by the yard on the bolt, it is a relatively low-temperature bonding film that requires no steam to activate the glue)

Card stock, 8 ½" by 11"

A permanent bond paper backed fusible web like **HeatnBond® Ultra** by **Therm O Web**** (**Caution** - this permanent bond product cannot be sewn through.)

A collection of different colored all-purpose threads or decorative rayon or polyester threads (optional)

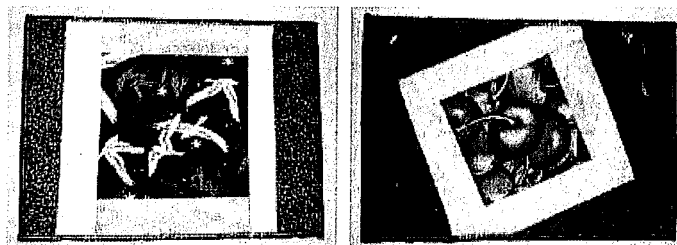
A small piece of muslin (plain off-white cotton fabric) to use as a pressing cloth, an 8 inch square will be large enough

Postcard back pattern to print on cardstock (See **Table of Contents** for back options)

Envelopes to protect your postcard in the mail (manila envelopes come 6 inches by 9 inches that will be perfect for large postcards, 5 ½ inches by 8 inches)

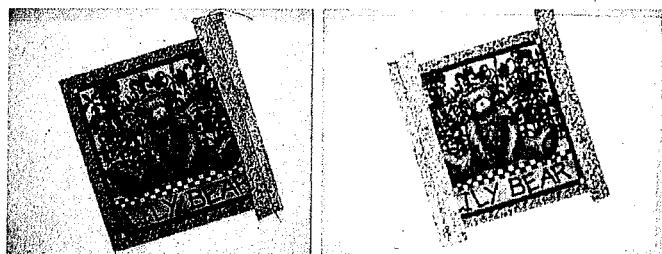
Directions to make this project:

1. Pre-wash all your fabrics in warm water on a gentle cycle with laundry detergent, rinse with cold water, and dry on warm until dry. High heat and over-drying your fabric will cause wrinkles to form that will be difficult to remove. It is best not to pre-wash or dry your fabrics with fabric softener because some of the glues used to make fusible webbing will not adhere to fabrics washed with fabric softeners. You will be using fusible web in this project.
2. Carefully press your fabric flat. Use steam if necessary.
3. Plan how you will arrange your fabrics. You may want to start by positioning a piece of picture fabric on the firm interfacing. You can have the picture fabric sitting straight on the interfacing or you can set it at an angle. Arrange strips of fabric around the picture block. Don't cut any strips narrower than 1 ¼" because the seam allowance will take up space and you want to see the fabric.



4. Once you decide on an arrangement, take a small piece of paper backed fusible web and fuse it to the back of your picture fabric. A small piece will work because you just want to hold your fabric in place. Follow the instructions written by the manufacturer. Peel off the paper and position your picture on the interfacing.
5. Place the muslin press cloth over the front of your postcard. Set the iron on the muslin and fuse according to the manufacturer's instructions. Don't wiggle or move the iron and don't press too long. If you press too long and use too much heat, you may ruin the glue on the fusible web. Lift the iron and let your fabric cool.
6. You will use the stitch and flip method of strip piecing to sew strips of fabric around your picture fabric to frame it and fill up the white spaces of the interfacing.
7. Start by placing your first strip face down on your picture fabric. Line up the cut edges of both fabrics. Make sure the strip is a little longer than the picture block on both ends. Using the edge of the presser foot as a guide, sew your strip to the

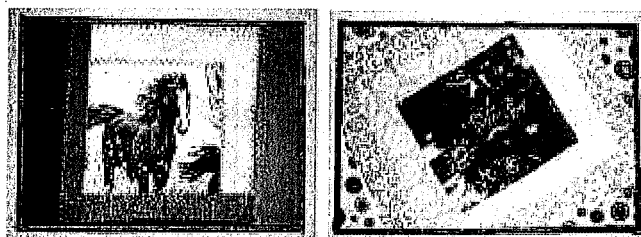
postcard, following the cut edges. Flip the strip to reveal the right side and press it flat. Position the next strip to repeat sewing, flipping, and pressing.



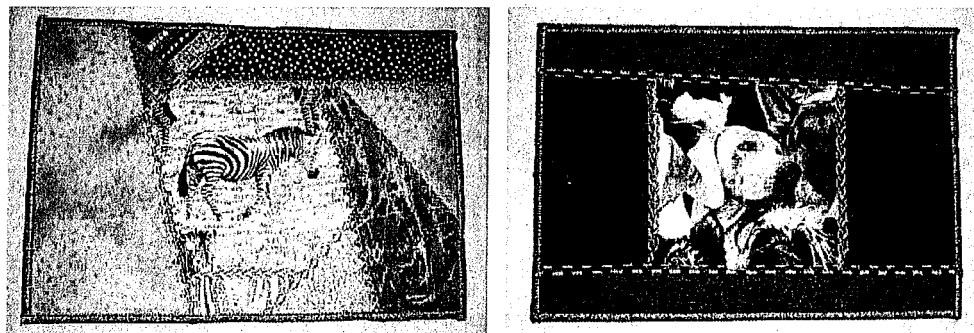
8. You can frame your picture block by sewing strips to opposite sides of your picture block:



Or you can make "L's" and "7's" as you sew strips around the center square:



9. When you have filled in all of the white spaces of the interfacing, press the front of your postcard carefully. If you have decorative stitches or interesting utility stitches on your sewing machine and you are able to sew really straight, you can use decorative thread to sew over the seams at this point (optional). Decorative and utility stitches are difficult to take out so don't make any mistakes.



10. Cut a piece of muslin and a piece of fusible web (light bond, you need to be able to sew through it without getting glue on your sewing machine needle) 6" by 8 1/2". Fuse

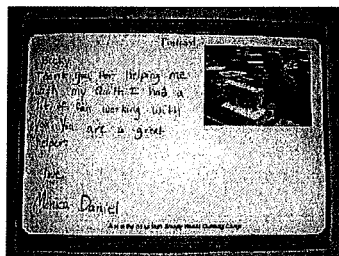
the fusible web to the muslin and then fuse the muslin to the back of your postcard following the manufacturer's instructions.

11. Next trim your postcard to 5 ½" by 8" with a rotary cutter, mat, and ruler.

12. Now you are going to zigzag the edges of your postcard. You can use all-purpose thread or fancy decorative thread in a color that goes with your fabrics. Wind a matching bobbin. Practice stitching to see what width and length of zigzag you like. Use scraps of the interfacing when you practice. The postcard should be positioned under the presser foot so the needle goes through the postcard and then swings over the edge without going through it as it picks up the bobbin thread. You will need to do a little bit of straight backstitching when the needle is in the postcard so the zigzag stitching does not come out when you cut your threads. You can go around the postcard with a 2.5 wide and a 2.0 long zigzag to start with and then make your stitch width wider and the length shorter. A zigzag of 4.0 width and .5 to 1.0 length will cover the edges nicely. You can go around the postcard several times to get nice coverage with the zigzag stitching if desired. Remember to do a straight backstitch like you did in the beginning when you finish zigzagging around your postcard.

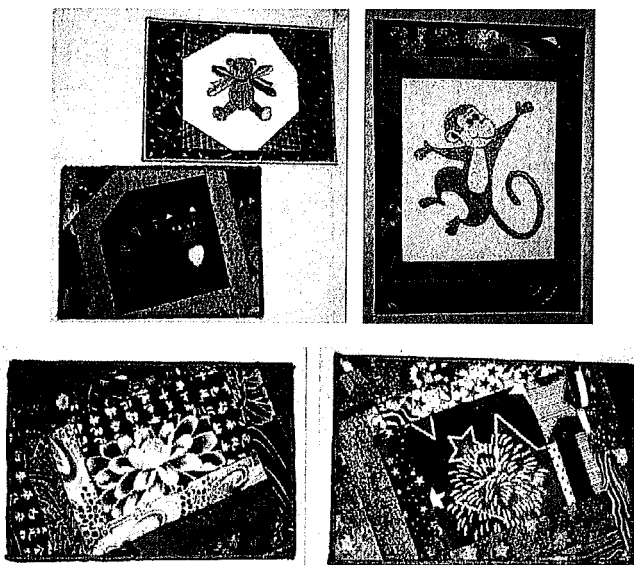


13. You will need to use the computer with a printer to print the pattern template for the postcard-like back where you will write your thank you note. If desired, add a picture of yourself to the postcard template where the stamp would be positioned for mailing (see **Table of Contents** for links to template options). Print the pattern sheet for the postcard backs on card stock. Fuse a piece of permanent bond paper-backed fusible web to the back of the card stock. Be sure to cut it just a little smaller than 8 ½" by 11". Cut out the postcards, remove the paper backing, and fuse the card to the back of your postcard. When you fuse the card stock to the postcard, cover it with your muslin press cloth to protect the printing. The ink or toner in the printing may smear with the heat of the iron.



14. Write a nice message on the card. You may want to look at greeting cards for ideas for what you want to say.

15. Your postcard is done! Try some more. Be creative. These are little pieces of art. If you have access to an ink-jet printer, you might like to try printing pictures on fabric*** for the front side of your postcard. Someone special might like to have a picture postcard of you! ☺



Notes:

Pre-washing your fabric will take out chemicals left from manufacturing, remove excess dyes, and shrink the fabric. Don't use fabric softeners because some glues in fusible products cannot bond to fabrics treated with fabric softener.

* If you would rather work with a product that is fusible on both sides, **fast2fuse**™ is an alternative product:
<http://www.timtexstore.com/fastinfo.html>

You will need an appliqué pressing sheet with a non-stick surface.

** For manufacturer information: <http://www.thermoweb.com/cpd-lite.html>
The **Lite** version can be sewn through. The **Ultrahold** permanent version cannot. It will gum up your needle. You need the **Ultrahold** to glue the card stock to the back of your postcard: <http://www.thermoweb.com/cpd-ultrahold.html>

*** The fabric store has special sheets of fabric that have been prepared for printing with ink-jet printers. You can also make iron on picture decals with especially prepared paper. Read the directions on the packages carefully. Use your computer to position pictures on the prepared sheets so you don't waste them. To eliminate waste, you may have to print the whole sheet.

There are lots of sites with fabric postcards on the internet (if you do your own search use "fabric postcards"). Have fun looking for ideas and more tips for making your postcards:

<http://www.joycehartley.com/postcards.htm>

<http://dollmakersjourney.com/fabricpostcards.html>

<http://www.art2mail.com/>

<http://www.virginiaspiegel.com/NewFiles/ACSFundraisersoldR.html>

<http://www.postmarkdart.com/>

<http://www.ctpub.com/productdetails.cfm?PC=989>

<http://www.watsonguptill.com/detail.html?session=68ab13931d3c03c17d8231fd725c6866&id=1-57120-332-X>

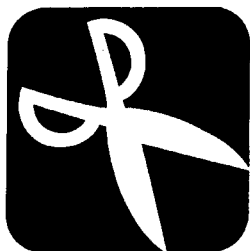
<http://www.quiltbug.com/postcards.htm>

<http://www.needlepointers.com/ShowArticles.aspx?NavID=1516>

Magazine: Fons & Porter's Love of Quilting, January/February 2006, **Be Mine** article:

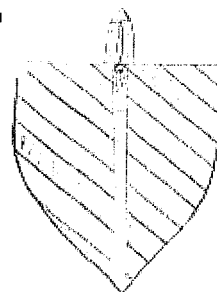
<http://www.fonsandporter.com/fp/ourmagazine/backissues.asp>

Information on postcards and mailing restrictions: <http://postcalc.usps.gov/mailpiecedimensions.asp>



Quick Projects To Do

Quilted Triangle Bag



Goal: What will be learned by this project? This project will teach fabric coordination, sewing straight, inserting a zipper flat, as well as measuring, stitch & flip sewing, and following directions.

Materials Needed:

3/8 yard pre-shrunk cotton Fabric for Lining (inside)

3/8 yard Batting

Several different coordinating fabrics (pre-shrunk cotton preferred) for the outside of bag: Cut fabrics into 2" wide strips. You will need enough to cover a 12" X 18" rectangle, remember you need to allow for seams (total of at least 3/8 yd.).

5" X 6" strip of Fabric for handle

14" zipper to coordinate with fabric

Thread to match your lining fabric

Directions to make this project:

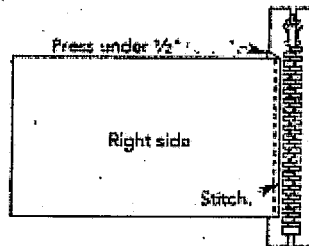
1. Cut both the lining fabric and the batting into a rectangle about 13 " X 19". This will be trimmed to finished size of 12" X 18" after strip quilting.
2. Baste the batting to the wrong side of lining around the outside edges.
3. Decide layout of fabric strips. (There are numerous ways that the strips can be laid on the batting and backing.) These directions will discuss the layout where the 2" strips are laid on the diagonal from corner to corner.
4. To sew the strips on diagonally from corner to corner, start with the batting facing up (lining down). Lay the first strip across one corner of the batting, right side up.
5. Lay the second strip next to the first making sure that the strip covers out to the edge. Flip it over the top of the first, right sides together, lining up the cut edges. Pin in place. Sew through all layers along the inner edge using a 1/4" seam.
6. Fold the strip over to the right side and press.
7. Place the next strip on top of the last, right sides together, stitch with 1/4" seam, flip, and press. Continue with additional strips until the rectangle is covered.
8. Trim the rectangle to 12" X 18".
9. Fold a 4" X 6" piece of fabric for the handle in half right sides together (becomes 2" X 6" piece). Sew 1/4" seam along the 6" edge. Turn right side out and press. Fold handle in half matching the cut edges.
10. Find the middle of one of the long edges. To do this, fold the quilted rectangle in half along the long edge (becomes 12" X 9"). Mark the fold on one end. Place

the handle at this marked center. Align the cut edges of the handle and the rectangle together. The handle fold will be toward the center of the rectangle. Baste in place.

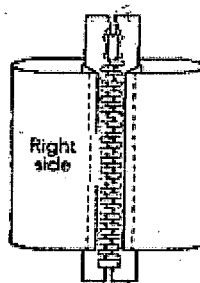
11. Finish the edges of the 12" (short) side of the rectangle with a zigzag or overcast stitch.

To insert the zipper:

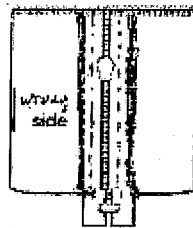
12. Fold and press under $\frac{1}{2}$ " on both of the 12" sides of the rectangle.
13. With the zipper facing up, place one of the folded edges along one side of the zipper's teeth. Topstitch the fold to the zipper.



14. Place the other folded edge (opposite of one just stitched) to the other side of the zipper teeth and topstitch.

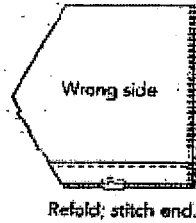


15. Turn bag inside out. Check that the zipper pull is inside the bag. Position the center of the zipper to the top center back of the bag, where the handle is basted. Stitch $\frac{3}{8}$ " seam along this top edge. Check to be sure the zipper center is matched to the handle center. Finish the seam with a zigzag or an overcast.

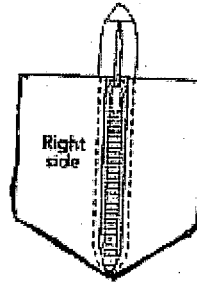


Center zipper, stitch end.

16. Open the zipper about 4", then refold the bag so that the center of the zipper is placed along one edge. Stitch the remaining open edge with a $\frac{3}{8}$ " seam. Cut off the extra zipper tape. Finish the seam with a zigzag or overcast stitch.



17. Turn the bag inside out. Enjoy.



Prepared by: Melinda Dahl, Benton/Franklin Clothing and Textile Advisor, and Kay Hendrickson, Area Extension Agent, Washington State University Cooperative Extension



Quick Zip Bag

1-2 Hours

What will you learn?

How to:

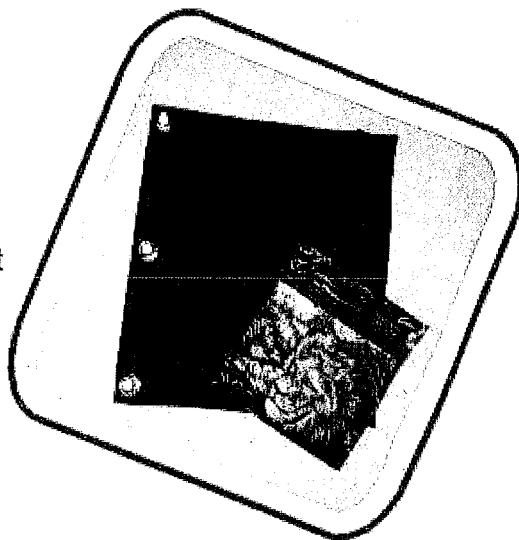
Pre-wash fabrics before using them

Zig-zag or serger finish seam allowances to prevent raveling (loose threads)

Put in an exposed zipper

Use interfacing to reinforce a high stress area (optional, notebook pencil case version)

How to insert grommets (optional, notebook pencil case version)



What will you need?

A sewing machine and basic sewing tools

¼ yard of medium weight denim, poplin, cotton or cotton-polyester blend decorator fabric will make 2 pencil bags (or a scrap of fabric 16 ½" by 10" will make one bag to hold pencils, pens, and other school supplies)

14 inch or larger polyester dress zipper to go with your fabric (contrasting zippers look nice with plain fabrics, you might like to make your bag in your school colors)

Thread to go with your fabric

Fusible interfacing (optional, for notebook pencil case version)

Three grommets (optional, for notebook pencil case version; buy a package of grommets with the tool* to install them if you don't already have one)

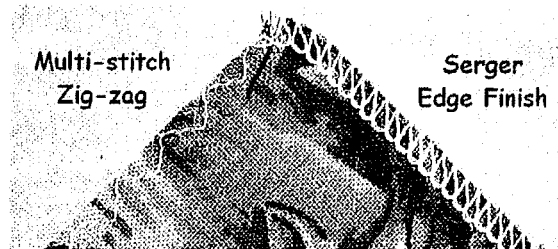
Seam Allowances: ¼ inch or use the right edge of your presser foot as a seam guide (a standard presser foot on most sewing machines makes a 3/8 inch seam allowance)

Directions to make this project: (Remember to backstitch at the beginning and end of your seams!)

1. Pre-wash all your fabric in warm water on a gentle cycle with laundry detergent, rinse with cold water, and dry on warm until dry. High heat and over-drying your fabrics will cause wrinkles to form that will be difficult to remove.

2. Carefully press your fabric flat. Use steam if necessary.

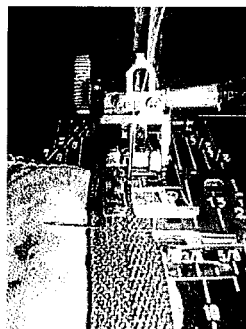
3. If your zipper has been folded, the zipper tape may need pressing. Polyester zipper teeth may melt under the heat of the iron. Carefully press just the zipper tape with the edge of your iron. If the zipper tape is really wrinkled, you can soak the zipper in warm water and smooth out it on a flat surface to air dry. You can speed up the drying process with a hair dryer but watch the heat.
4. Cut a rectangle of fabric, 16 1/2" by 10". Zig-zag or serge the edges of the fabric to prevent raveling (loose threads). If you use a zig-zag stitch, the multi-stitch zig-zag is a good choice for quilting weight cotton fabrics (Settings: 1.5 long and 3.5 wide). The multi-stitch zig-zag will keep the edge of the fabric from curling.



5. With the right side of your fabric up, open your zipper and place one edge of the zipper tape face down along one of the 10-inch sides. If you center the zipper, you can avoid running into the zipper pull and metal stop with the presser foot of your machine.



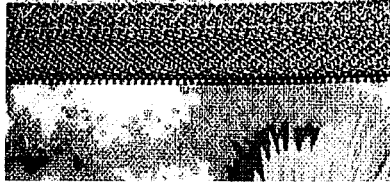
6. If your machine has a multi-position needle, move the needle to the left position. Make sure you have on the multi-purpose presser foot if you move the needle from the center position. With the zipper on the top, position the presser foot so the left edge is riding along the zipper teeth and sew.



If your machine does not have a left needle position use a zipper foot so you can sew along the zipper teeth. The stitching line needs to be a scant 1/4" from the zipper teeth.

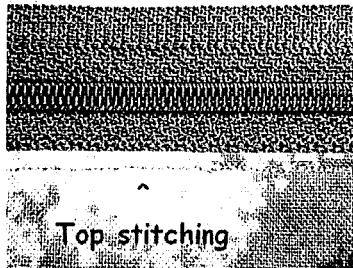
7. Zig-zag the edge of your zipper tape to the fabric. This will help to keep the fabric and the edge of the zipper from becoming stuck in the zipper teeth.

Zig-zag edges
together

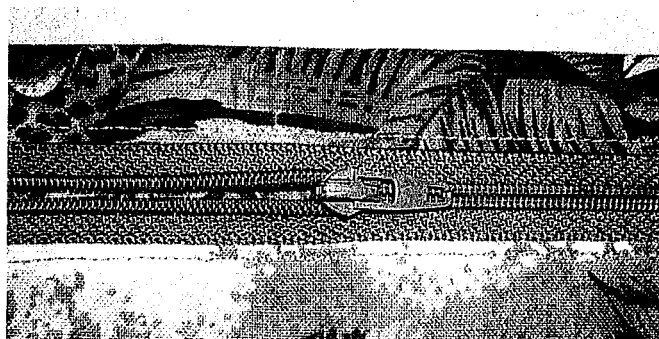


Zig-zag stitching should not cross over the straight stitching you did previously.
(Settings: 3.0 long and 2.5 wide)

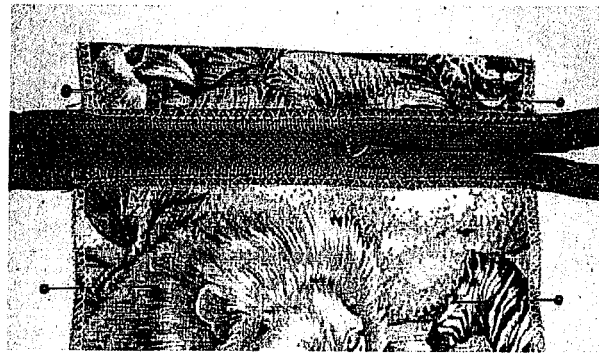
8. Fold the fabric back so you can see the top side of the fabric and the top of the zipper. Top stitch from the right side so that you stitch through the fabric and the zipper tape.



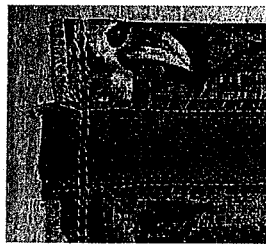
9. Repeat steps 5-8 for the other side of the zipper. Close your zipper to help position it on other side of the fabric, pin it in place, and then open it so it will be easier to sew close to the zipper teeth.



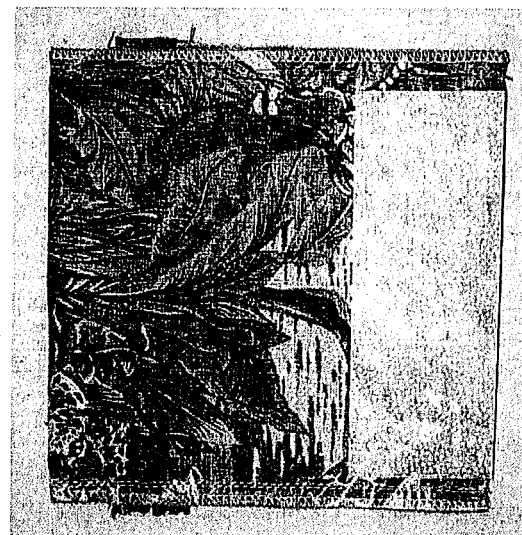
10. Close the zipper so you can position the zipper teeth about 1 inch from one side of your bag. With the bag fabric wrong side out, pin the open sides of your bag together. Be sure to open your zipper halfway before you sew the sides of your bag. When you go over the zipper teeth, sew slowly. Sew again to reinforce the seam.



11. Trim the zipper even with the fabric with kitchen shears or an old pair of fabric shears. Cutting through the zipper teeth will dull a good pair of fabric shears.



12. If you will be adding grommets to your pencil bag so you can put it in your notebook, fuse strips of interfacing as shown in the pictures. Cut the interfacing 1 1/2" wide and just long enough to fit between the side seams of your bag.



13. Turn your bag right side out and push the corners out with a point turner. Press and add grommets if desired.

14. Make more bags in different sizes. A zipper is easier to put in if you select one longer than your fabric and then trim it to fit after you have sewn it in. If you have small pieces of fabric, you can use two to make this bag. Using two pieces of fabric makes the zipper easier to put in, especially if the zipper is close to the size of your fabric. Cut one piece about 2 1/2 inches shorter than the other. Example: For the pencil bag, cut

the top piece 7 1/4" by 10" and the other 9 3/4" by 10". You will put one side of the zipper on each of the fabrics and then seam them together.

Try different fabrics for your bags. Scraps of nylon and even fiberglass screening from a hardware store will make great pencil bags. Plastic coated fabrics are a challenge to work with so avoid them unless you have a **Teflon®** coated presser foot. You can use quilting weight cotton fabrics for your bags but if you intend to use your bag as a pencil case you may want to reinforce the entire piece of fabric with interfacing. Stitch a **Quick Zip Bag** in a tote bag or the **Drawstring Backpack** for a secure pocket for money and an ID card.

Notes:

New zippers in discontinued colors may be found at second-hand shops like **St. Vincent's**, **Goodwill**, or **Salvation Army Stores**. A friend of the author found a bag of 30 unused zippers for 99 cents. Remember it is easier to use a zipper longer than the edge of your fabric.

* Fabric punches for inserting eyelets and grommets with tools can be found at **Jo-Ann** fabric stores. Stores like **REI**, **Seattle Fabrics**, and **The Rain Shed** also have kits with tools and grommets. **REI** had a kit for about 10 dollars that included the grommets, a fabric punch, and the tool to attach the two parts of the grommet.

<http://www.rei.com>

<http://images.rei.com/media/602141Prd.jpg>

I'm a 4-H Project Leader: Now What Do I Do?

How do I know who is in my project?

- Your club organizational leader will provide you with the names, addresses and phone numbers of the members enrolled in the project for which you are the leader.
- If you are working on the county level, contact the UCCE for the list of project members.
- The organizational leader may indicate to you if any of the youth have special needs. At your first project meeting, note any other youth that may have special needs.
- You may wish to consult with the parent or your 4-H Youth Development Agent as to how to work with a special needs child.

How often should I hold project meetings?

It is recommended you hold 4-6 meetings that each last 1½ to 2 hours in length. Some projects require more meetings or a longer meeting time to accomplish your goals. Some projects, such as leathercraft, may lend themselves to individual project work as members progress on their projects. In this case, you should hold several introductory meetings for all members and then set up a schedule of time for them to sign up for individual help.

When do I start?

Get started as soon as possible! Members' interest in a project is most keen when they are signing up for a project and when they get their project books.

How do I cover the cost of project meetings?

- There is a wide variety of means for covering the cost of project meetings. Some methods used include:
- Each member pays for their share of the expenses or provides a portion of the supplies.
- The club agrees to cover expenses using funds from their treasury. Approval in advance is needed for this.
- Members and leaders can solicit donations/supplies from area businesses.
- Sometimes funds from sources outside your club may be available to cover your project meeting costs.

How do I establish a project meeting schedule?

First, determine when you are available to work with project members. Then determine an initial project meeting date by consulting with your project members.

Publicize the date using one of the following means:

- County and/or club newsletter
- Club meeting or leader association meetings
- Postcards or phone calls to project members

You may not be able to schedule an initial meeting that everyone can attend. Establish a time to meet with those unable to attend before you hold your second project meeting.

Where do I hold project meetings?

Typically project meetings are held at project leader homes, schools, or community buildings. For more information on facility adaptability and liability concerns contact your 4-H Youth Development Agent.

What safety precautions do we need to consider?

Consider the type of safety issues your particular project involves. Request and secure necessary safety items such as ear protection, eye protection and head protection.

How do I let others in my club or other clubs know I am a project leader?

Prior to enrollment ask for time on your club's meeting agenda to let families in your club know you're a project leader and to share some things the kids could do in the project if they enrolled in it. When the project materials are handed out, take the opportunity to inform or remind members that you are their project leader and set an initial meeting date with the group. If no one in your club is in your project, you may wish to offer your services to a neighboring club. Talk to your club organizational leader or county 4-H Youth Development agent about this opportunity.

How do I prepare for the first meeting?

You may want to establish a 4-H resource box where you keep your project materials and any additional resources you will be using. Take time to become familiar with your project literature and talk to others who were project leaders for this project to find out what activities the members enjoyed.

What should I do at the initial project meeting?

- At the initial project meeting, here are some ideas of what you might want to cover:
- Find out what the members want to learn and accomplish in the project. The project literature is an excellent source of ideas.
- Review the safety practices that members will need to follow.

- Do an introductory activity related to the project so the members get to know one another
- Have a small project the members can complete and take home
- Talk about how the project meeting supplies will be paid for. Experienced leaders have found it easiest to charge a small fee to cover the cost of the expenses.
- Assess when members are available for additional meetings. You may wish to ask the parents or members to bring along their calendars of family activities.
- Encourage parents to participate in project meetings, especially the initial meeting.

What does a typical project meeting look like after the initial orientation?

Use the experiential learning model (found in the introductory pages of your Helper's Guide) to plan your project meeting. The project helper's guide will provide suggestions for designing a project meeting. Here are some suggestions for each section of the model:

Do

- Plan an activity to focus the project members on what they'll be doing today. Work on the project for that meeting.

Reflect

- Review the process completed
- Discuss what worked and didn't work.
- Talk about how any problems that arose were solved.
- Assist members in documenting their project work for inclusion in their record books/portfolios.

Apply

- Ask the project member the following questions:
- What else have you seen that is similar to this?
- How can you apply what you learned today to other situations?

What resources are available to help me?

- 4-H Project Literature – You will receive project literature through your 4-H club or the UW-Extension office. Typically there is a helper's guide and member literature for three to four levels.
- Other People in my Club & County – There are a number of people in your county who would be willing to share project ideas and tips with you.

These include:

- Project leaders in other clubs
 - County Staff
 - Older youth who have been involved in the project
-
- **Media Collection & Public Libraries** – Additional resources can be obtained from the Cooperative Extension Media Collection. They have videos, skillathons, displays and resource packages available to support a variety of projects. There is a user fee per item you or your club will be responsible for. You can view their catalog at their website <http://www.uwex.edu/ces/media/>. Check with your local public library to find out what resources they may have or that you can obtain through inter-library loan.
 - **4-H Website** – Wisconsin 4-H is continually adding more information and activities to their website. Visit this site at www.uwex.edu/ces/4h/onlinepro/. You may wish to check out websites from other state 4-H programs also.
 - **Volunteer Leaders Conferences** – Review each issue of your county's newsletter to learn about training sessions for project leaders offered by your county, district or at statewide events. Sessions focusing on new project literature are typically offered at the State 4-H Volunteer Leader Conference held every other year. Periodically statewide conferences focusing on specific project areas are offered in addition to sessions at the volunteer conferences. You can also exchange ideas with other leaders at statewide Field Day.
 - **Field Trips** – Youth always enjoy the opportunity to see firsthand how things are done and how they work. Consider taking your project group on a field trip or tour of a local business or company to enhance their project experience. An example would be taking your dairy members to a cheese factory or your foods group to a local bakery.
 - **Local Experts** – Bring in a local "expert" to share their ideas and experiences with your group. One example would be asking a Master Gardener to share information on choosing perennial or trimming shrubs at one of your project meetings.
 - **Magazines** – Many leaders have found creative ideas to supplement those in the project literature in magazines they have or those at the public library.

How can I incorporate activities not included in the project guide?

We encourage you to use the ideas in the project literature as they have been successfully used with youth. If you have some additional activities you would like to incorporate, consider the following criteria:

- Of interest to kids
- Developmentally appropriate
- Incorporate the experiential learning model
- Youth and adults are involved in determining what will be done
- Enhances the development of member life and project skills
- Research based source of content utilized

What is the relationship between project work and the county fair?

The County Fair is an opportunity for an independent evaluation of life and project skills a member learned through completing a project. County fair entries typically match the activities included in the project literature and may include other activities that are being emphasized in your county. One of your roles is to help maintain the focus of members and parents on the goal of 4-H, which is to develop blue ribbon kids. Talk with members about what they learned about each of their fair entries from the judging process. Help members celebrate their accomplishments regardless of the color of ribbon each project member received at the fair. This may be done through individual encouragement or at a meeting following the fair. While entering and displaying a project at the County Fair is the traditional method of public affirmation, there may be other means of exhibition such as a club tour, open house, community celebrations or others.

Who can I go to if I need someone to help me during the project meetings?

If you are leading beginning level project meetings, ask older members in the project to help you. This is a great leadership experience for them! Parents are another excellent source of help. Don't hesitate to ask them to stay for the meeting and be actively involved in their child's project work.