

SEW EASY

Leaders' Guide

Ontario 4-H Council

*Leadership & Organization Development,
Agriculture & Rural Division*

4-H 2080 93 LE

*The primary purpose of the 4-H program is
the personal development of youth in rural Ontario.*

THE 4-H PLEDGE

"I pledge:
My Head to clearer thinking
My Heart to greater loyalty
My Hands to larger service
My Health to better living
For my club, my community and my country."

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Agriculture and Food and Agriculture Canada.

BE A "GREEN" 4-H CLUB

The 4-H program uses a lot of paper. Please help us to reduce our costs, and save a few trees, by remembering these tips.

- Only 4-H members (10-21) and leaders should receive 4-H resources.
- If your club plans to do this project again, keep the resource materials so you don't need to reorder.
- If your club has extra resources, please return them promptly to the Ontario Ministry of Agriculture and Food office so they can be used by someone else.

WELCOME TO 4-H

It is often said that, "Volunteer 4-H leaders are a blend of friend, teacher and parent." What a big order to fill! But you will discover that you have many talents as a 4-H leader. Having an interest in young people and their development and being willing to take up the challenge of 4-H leadership is the first step to success.

This project focuses on sewing. However, the development of members as individuals is your real goal. You will get to know the club members and where their interests lie very well. Use this knowledge, your own expertise and imagination to plan a fun, interesting and challenging club program for your members. And enjoy being a 4-H leader!

WHAT ARE MY RESPONSIBILITIES AS A 4-H LEADER?

Before your club begins:

1. Attend a leader training session;
2. Advertise the project and organize a club with a minimum of six members;
3. Review available resources and begin planning the club program; and
4. Familiarize yourself with current provincial and local 4-H policies.

During the club:

1. Attend each meeting and the Achievement Program;
2. Assist members in planning and presenting the club program;
3. Provide a FUN, learning atmosphere;
4. Have members complete enrollment cards and the club membership list and forward to the Ontario Ministry of Agriculture and Food office by _____;
5. Help each member to set and reach goals for personal development;
6. Encourage members to work together as a group;
7. Provide guidance in choosing and completing an Achievement Program; and
8. Evaluate the club program.

4-H CLUB PROGRAM PLANNING

WHY DO I NEED TO PLAN THE CLUB PROGRAM?

A successful 4-H club doesn't just happen! Careful planning is necessary and very important. As a 4-H leader, you have a responsibility to do the best job you can in providing a fun, learning experience for the 4-H members. Planning will make this a reality. Some other benefits of planning include:

- setting goals to strive for;
- sharing the workload;
- ensuring that club time will be productive;
- providing better communications;
- avoiding calendar conflicts;
- providing a role for each person;
- knowing who will be responsible for what part of the program;
- making the best use of available resources; and
- learning planning skills.

O.K. ... HOW SHOULD I PLAN?

You will want to make some initial plans before the club starts. Remember to involve 4-H members early in the planning process. Achieve this by one or more of the following.

- hold a general meeting and have the entire membership suggest ideas
- meet with the elected club officers
- form a planning committee of members and leaders (parents and sponsors could also be included)

It doesn't matter which approach you take but there are some basic steps to follow.

1. Look at the club's situation.
 - ages, interests and locations of members
 - successes and failures of past clubs
 - county/regional/district activities
 - available time
2. Identify the club's goals.
 - base these on the club's situation
3. List possible activities.
 - how goals can be met
 - brainstorming is a good technique at this stage
4. Determine activities.
 - keep goals and the club's situation in mind
 - balance business, learning and social recreation
5. Prepare the Club Program Plan.
 - when will activities take place, where will they be held, what will they be, who will do them
 - share and discuss the plan with the entire membership

HOW CAN I MAKE THE BEST USE OF RESOURCES?

There are many resources available to 4-H leaders. Awareness of these resources and how to use them will help in planning the club program.

1. 4-H MEMBERS' RESOURCE and LEADERS' GUIDE

The Members' Resource has been developed as a reference for information that can be covered during the 4-H meetings. The information on the sheets covers three skill levels — beginner, intermediate and experienced. **IT IS NOT NECESSARY TO COVER ALL OF THE INFORMATION THAT IS IN THE INFORMATION SHEETS.** Remember your club's situation and select topics that will be of greatest interest. Only use the information that is at the right level for your members and suits your geographic location. The key here is to **BE FLEXIBLE** and meet the needs of your members.

The Leaders' Guide suggests possible activities, presentation ideas, discussion questions and time guidelines for meetings. Use this as an aid in planning the club program. Again, **USE ONLY THE ACTIVITIES YOU HAVE TIME FOR AND THOSE THAT FIT YOUR PROGRAM PLANS.** You will have ideas from the members and ideas of your own to use too.

USE READING ALOUD SPARINGLY as a method of sharing information. Daydreaming, fidgeting, whispering, and perhaps even snoring are sure to follow this type of presentation.

When selecting activities and methods keep this chart in mind.

Method	Retention	Examples
Reading	Members will retain 10% of what they read.	Members' supplement
Hearing	Members will retain 20% of what they hear.	Lectures, speakers, being read to
Seeing	Members will retain 30% of what they see.	Exhibits, posters, illustrations
Hearing and Seeing	Members will retain 50% of what they see and hear.	Observe videos, demonstrations, films, slides, tours
Saying	Members will retain 70% of what they personally explain.	Discussion groups, judging, expression ideas
Saying and Doing	Members will retain 90% of what they are personally involved in saying and doing.	Practice, explore, demonstrate, build

2. CLUB MEMBERS

The ages of the members in your club may cover a span of several years. This means that your members will have many different needs, strengths and abilities. Although it is important for the club members to learn to work together you must also recognize individual differences.

Junior Members - These members will be active and full of energy.

Capitalize on this energy by providing lots of variety in the meeting to hold their interest.

Senior Members - This group is striving for increased freedom from adult controls. When the junior members need some undivided attention, have the seniors plan and/or carry out an activity on their own. For times when the whole club must be together, encourage senior members to share their skills and experience with juniors by guiding them through an activity.

Youth Leader - If there is a senior member in the club who has completed several projects this may be the challenge he/she is looking for. You can help this member put leadership skills into action by having him/her assist with delivery of the club program.

Club Executive - Make sure this group is aware of its responsibilities and then **LET THE MEMBERS LEARN BY DOING**. The executive is responsible for the business portion of the meeting; chairing, taking roll, and recording minutes, etc. The club might consider pairing a junior and senior member together for some of these positions.

3. PARENTS AND SPONSORS

Members will learn and enjoy more if their parents are interested in what they are doing. Likewise, sponsors will be more willing to continue their support if they can see the value of the 4-H program.

INFORM - Many parents and sponsors don't know what the goal of the 4-H program is or how it benefits the members. Talk to them about 4-H at every opportunity.

INVITE - Parents and sponsors should be invited to a 4-H meeting to see the club in action.

INVOLVE - Once parents and sponsors are more aware of the 4-H program they are more likely to accept your requests for help (hosting a meeting, being a guest speaker, arranging for a tour). Recognize parents and sponsors for their support with thank you notes, newspaper articles, etc.

4. OTHER LEADERS, THE 4-H ASSOCIATION AND THE OMAF CONTACT

Don't feel that you are walking this road alone. Other 4-H leaders, the 4-H Association and the OMAF Contact are willing to lend an ear for your ideas or offer suggestions.

5. GUEST SPEAKERS

Be sure to give a speaker lots of notice. Be specific about what you would like discussed and how much time he/she will have. As with your club program planning, the guest should be aware of the club situation, ages of members, attention span and interests. Encourage the guest to involve the members in hands-on activity rather than just lecturing to them. If the number of possible speakers is limited, consider holding joint meetings with other clubs to make efficient use of the speaker's time.

6. SOCIAL RECREATION

4-H should be FUN! Using a variety of social recreation activities at each meeting adds enthusiasm and enjoyment. The age, sex and size of the group determine the kinds of activities. Possibilities include games, relays, active sports, picnics, singing, puzzles and refreshments. Involve members in planning and carrying out the activities.

These are just some of the resources available to you. Become familiar with your community and what it has to offer. The possibilities are endless.

HAS THE 4-H CLUB PROGRAM BEEN A SUCCESS?

Taking time to evaluate your 4-H club program is just as important as the initial planning. Ask everyone who was involved (members, other leaders, parents, sponsors and guests) for comments and suggestions. Their ideas will be very helpful in planning the program for your next club.

Here is a check list that may stimulate your thinking as you try to measure the success of the club program.

1. Did members and leaders enjoy coming to meetings?
2. Did each member have a chance to actively participate?
3. Did each member receive praise or encouragement in some way?
4. Did I plan for the differences in age level, abilities and interests of the members?
5. Did I give each member a chance to assume responsibility when it was appropriate?
6. Did members learn at least one new thing at each meeting?
7. Did all members feel they were "a part of" or "belonged to" the group?
8. Did I involve the parents and sponsors in some way?
9. Did all members and leaders have fun?

Always	Sometimes	Never

Some of the material in this section on "4-H Club Program Planning" was adapted from, "Managing a 4-H Club" and "Managing a 4-H Project" from the Manitoba 4-H program, and "Home Study 4-H Advisor Course" from Ohio Cooperative Extension Service.

4-H CLUB PROGRAM PLANNING CHART

MEETING OR EVENT	DATE	TOPIC ACTIVITY OR TASK	PEOPLE WHO COULD HELP	PRESENTATION IDEAS TO CONSIDER

WHAT IS AN ACHIEVEMENT PROGRAM?

- An opportunity for members to share the knowledge and skills they have gained during this 4-H project.
- Each member should be involved in some way.
- Informs the public about the purpose and goals of the 4-H program.

Achievement Program ideas specific to this project are suggested below. Involve club members in selecting a suitable idea and making the necessary preparations.

Some clubs have their Achievement Program during a local fair, while others will want to put on a separate event at a mall, local craft fair, charity auction or other community event.

1. Put on a fashion show of items made by club members or display craft items made by home sewers in your area.
2. Members could choose to use their new sewing skills to make items for a craft sale. This could be a fundraising activity for your club or the proceeds could be donated to a charity.
3. Offer a mending service either at a nursing home or at a booth set up in a suitable location.
4. Organize a sewing class for parents, friends, a school class or other community group. You might want to focus on a few techniques or have everyone make a special project.
5. Display completed projects at a fabric store and be prepared to answer questions about how they were made and about 4-H.
6. Donate completed projects to a local charity, such as Children's Aid, Red Cross, or a shelter program in your area. Before members select patterns, check with the charity to see what kinds and sizes of clothing are most needed.

A NEW LOOK FOR SEWING IN 4-H

Welcome to the new 4-H sewing project! This is different from any other sewing project you've ever done - a challenge for leaders and members alike.

This project is designed to teach members who have never sewn before some basic sewing skills and to improve the sewing skills of intermediate and experienced sewers. Helping members achieve these objectives will depend on the versatility and creativity of the leaders.

ORGANIZING YOUR CLUB

This project is organized on the basis of members' skill levels, not on age. There are no junior members or senior members. Instead we talk about beginning sewers, intermediate sewers and experienced sewers.

- Beginning sewers have not sewn with a sewing machine before. All they have at this point is enthusiasm.
- An intermediate sewer has probably completed a couple of projects, knows how to thread a machine, sew a simple seam, has probably mastered a few other simple sewing techniques and is ready for more.
- An experienced sewer is ready to tackle a more fitted garment or a challenging craft project. This member would have completed individual projects in a variety of materials.

It is not necessary to organize a club for all three levels of sewing experience at once. You may decide to have a club for beginning sewers only. That's fine. You might want to take a group of beginning sewers and lead them through the three skill levels over a few of years — one or two projects for each skill level. Or you may want to have a club just for intermediate or experienced sewers. Or you might try a combination of beginners and intermediate sewers or intermediate and experienced. Even if the club has all levels you could meet as one group for the business and social recreation and split into skill levels for sewing activities.

The more skill levels you combine in one club, the more leaders or volunteers you will need to help. Likewise, a club of beginners will need more leaders to give guidance than a club of experienced sewers. The decision is yours to make.

A Note On Beginning Sewers: Beginning sewers are enthusiastic about learning to sew but easily frustrated if they are asked to learn too many new tasks. Remember what it's like to be a beginner. You must work to maintain their enthusiasm while teaching them some basic sewing skills. Keep the emphasis on fun rather than accuracy. Keep in mind that if the beginning sewers are older, they will most likely be able to move on to more advanced techniques faster than a young group of beginners.

The emphasis in this project is to learn by doing and members will be sewing right from Meeting One. Don't be too concerned with teaching members how to thread their machines or having them learn the parts of a machine before they begin to sew. Instead teach them how to use the machines.

CHOOSING A SEWING PROJECT

The members' skill levels will determine the type of sewing project chosen. Beginning sewers might consider sewing simple clothes for toddlers or children and selling or donating them for a good cause. A vest might appeal to these members, as would a pair of shorts, ties or hair accessories. There are easy craft ideas such as a windsock or beach bag that are suitable for sewers at this level, too.

Intermediate sewers could consider a loose fitting jacket, a quillow (quilt that folds into a pillow), a cloth bag, jumper, baggy trousers, overalls or a number of other craft items.

For experienced members, the sky is the limit. Budget and time become their only considerations when choosing a project.

When you are choosing projects, keep in mind that not everyone has to buy a pattern. Many patterns come with three sizes in one envelope, or as one size fits all (although not always!). Craft patterns can be shared among members, too. Experienced sewers may have patterns on hand that they would be willing to loan.

There's lots of space for individual creativity even if members make the same garment or craft, even if it's out of the same fabric. Meeting Six offers a great opportunity to give a garment or craft that personal touch with some great decorating techniques.

HOW TO USE THE INFORMATION SHEETS

All the meetings cover the same skills but at different levels. Beginning sewers may only be interested in basic stitches and sewing techniques while those with more sewing skills will want more advanced instructions. In some meetings the information for intermediate and experienced sewers will be included under "Optional Activities."

The "Member's Manual" for this project appears in a new format but one that is very simple to use. The information for members has been divided up according to sewing skills or techniques and put on individual sheets of paper. For example, the sheet entitled "Seams Alright" has lots of great information and tips on sewing seams, right from a simple straight seam to a French seam. If your club is made up of all beginning sewers, you would probably only use the information on the simple straight seam. But if your club was made up of intermediate and experienced sewers, you would use the information on French seams or the other seams on the page.

To make it easier to figure out which sheets you need for each meeting, they will be listed, along with suggestions for ways of presenting the information, in each meeting.

Since the information in this resource applies to almost any sewing activity, please encourage members to keep the envelope and information sheets to reuse in future 4-H sewing projects.

SCHEDULING MEETINGS

There will be members who will only sew on their projects during meeting times. Meeting Four, Five and Six have been organized as short meetings for this reason but you will likely need some additional sewing sessions in order for members to complete their projects if they are not doing any sewing at home. You could have these extra sessions either at the end of meetings or on special days.

The Judge's Corner is an optional activity in Meeting Four, although it is not necessary to have it during this meeting. You may move it to any meeting you like. Each member should have a 4-H Judging Handbook (4-H-1550-91) and be encouraged to use it. These can be obtained from your OMAF contact.

A note on the Roll Call: The roll call activity will be the same for each meeting. A team of members will bring a piece of sewing equipment. Each team member will give an explanation for its use. It is not necessary to be truthful, just convincing. Each presentation can last for one minute. At the end of the minute, each club member votes for the explanation he or she thinks is right.

Divide the club into teams at the first meeting and make sure they are able to bring a suitable piece of equipment. It would be best to have a mix of sewing experience on each team but if you have a club of beginning sewers, you will need to supervise this activity a little more closely.

RESOURCES

It is important to have enough sewing machines available for everyone, even if two or three people have to share. You may be able to hold your club in the sewing room of your local school. This will solve all your problems about access to machines.

If you cannot arrange to hold your club in the sewing room of your school, try to make arrangements to have some machines at the meetings. Instruction booklets for the machines should also be brought along. Members will want to practice their new sewing skills. Remember, beginning sewers may not have sewing machines of their own that they can bring to a meeting.

You will need a box of fabric remnants in order to complete the exercises that are an important part of every meeting. Before the club starts ask family members, club members, sewers in your community or even a fabric shop for donations to your remnant box. As part of your remnant box you should have a selection of notions, too, such as bias tape, twill tape, fabric glue, lace, beads, buttons, sequins, ribbon, fancy trim and whatever else strikes your fancy.

Consider having some old patterns, too, for members to practice altering. You can sometimes buy old patterns very cheaply from public libraries, thrift shops, secondhand bookstores or at auctions.

You will also need at least one steam iron, an ironing board, press cloths, hand sewing needles, extra thread in a variety of colours, lots of straight pins, scissors in all shapes and sizes, a seam ripper and marking tools.

Remember to refer to your 4-H VOLUNTEERS' HANDBOOK. You will find lots of useful tips and ideas covering topics such as program planning, successful meetings, parliamentary procedure, effective communicating and presentation methods. Refer to your 4-H Volunteers' Handbook before you begin planning meetings. If you do not have a handbook, please contact your local OMAF office.

INFORMATION SHEETS

Here is a guideline for determining what information is best for each skill level. The sections that are noted as suitable for all levels can most likely be covered more quickly with the experienced sewers. It will probably be a review rather than new information for them.

Welcome (White Sheet)

Preparing to Sew (Yellow Sheets)

Measuring Up

How to Measure	Beginner, Intermediate, Experienced
Fine Tuning the Fit	Experienced

Pattern Power

Selecting a Pattern	Beginner
Reading a Pattern	Beginner

Fabric Facts

Natural, Man-made and Blended Fabrics	Beginner, Intermediate
How Fabric is Made	Beginner, Intermediate
Patterned Fabric	Beginner
Interfacing	Intermediate
Buying and Preparing Fabric	Beginner, Intermediate
Knits	Beginner
Fabric Terms	Beginner, Intermediate, Experienced

Inside the Envelope

Pattern Piece Pictures	Beginner
The Cutting Layout	Beginner
Folding the Fabric	Beginner, Intermediate
What is Nap?	Beginner, Intermediate
Matching the Fabric Pattern	Intermediate, Experienced
Laying Out	Beginner
Sewing Directions	Beginner

Making Your Mark

Pattern Markings	Beginner
Cutting Out	Beginner
Making Your Mark	Beginner, Intermediate, Experienced

Sewing Basics (Blue Sheets)

Machine Matters

Machine Parts	Beginner, Intermediate, Experienced
Fill the Bobbin	Beginner
Raise the Bobbin Thread	Beginner
How Stitches are Formed	Beginner
Needles	Beginner, Intermediate
Cleaning and Oiling	Beginner, Intermediate, Experienced

A Stitch in Time

Tension	Beginner, Intermediate
Stitch Lengths	Beginner
Plain Seams	Beginner
Guiding the Fabric	Beginner
Straight and Narrow	Beginner

Seams Alright

Seams	Beginner, Intermediate, Experienced
Perfect Corners	Intermediate, Experienced
Stitching Terms	Beginner, Intermediate, Experienced
Basting Methods	Beginner, Intermediate, Experienced

Seam Finishes

Finishing Plain Seams	Beginner, Intermediate, Experienced
Self-enclosed Seams	Intermediate, Experienced
Serged Seams	Intermediate, Experienced
Seams in Interfacing	Intermediate, Experienced

Pressing Points

What Is Pressing?	Beginner, Intermediate
Pressing Equipment	Beginner, Intermediate, Experienced

Sewing Extras (Green Sheets)

Essential Extras

Sewing With Your Iron	Beginner, Intermediate, Experienced
Thread	Beginner, Intermediate
Design an Applique	Intermediate, Experienced
Creative Mending	Beginner, Intermediate, Experienced
Sewing With Flair	Beginner, Intermediate, Experienced

Closing Details

Beautiful Buttonholes	Intermediate, Experienced
Buttons	Beginner, Intermediate, Experienced
It's a Snap	Beginner, Intermediate
Hooks and Eyes	Beginner, Intermediate
Velcro®	Intermediate, Experienced
Let 'er Zip	Intermediate, Experienced

Serging Basics	
Standard and Optional Features	Intermediate, Experienced
Buying a Serger	Experienced
Thread, Threading and Tension	Intermediate, Experienced
Serge Ahead	Intermediate, Experienced
Beware of Pins	Intermediate, Experienced
Securing Tail Chains	Intermediate, Experienced
Oops	Intermediate, Experienced

Pattern Discount

Butterick Canada Inc. will provide 1/2 price Butterick or Vogue patterns to Ontario 4-H members for use during this project. To obtain this discount use the partnership letterhead attached to the end of this Guide and send the following information to the address below. (If the letterhead is missing, you can get another sheet from the OMAF office or letterhead from your local 4-H Association may also be used.)

- the names of the 4-H members in the club
- the name and address of the store where the club would like to buy the Butterick or Vogue patterns
- the start and finish dates for the club

You will then receive a 1/2 price card for each member. The card will have the member's name and an expiry date on it. Members will receive an immediate discount when purchasing the patterns and Butterick will reimburse the retailer.

Butterick Canada Inc.
Customer Service
P.O. Box 4001, Station A
Toronto, Ontario
M5W 1H9
(416) 259-5061

Attention: Tracy Karkheck

The 4-H Resource Development Committee of the Ontario 4-H Council reviews and evaluates 4-H resources. Comments and suggestions about 4-H manuals and guides are always welcome. They may be sent to the following address.

4-H Resource Development Committee
c/o Guelph Agriculture Centre
P.O. Box 1030
Guelph, Ontario
N1H 6N1

At the bottom of the table of contents page in the Members' Manual you will see the Kids Help Phone logo and number. Kids Help Phone is available to over 7 million children and teenagers throughout Canada.

It is a national, bilingual, confidential, toll free helpline staffed by paid, trained professionals. In response to the problems and concerns of our youth, Kids Help Phone provides a listening ear, emotional support, counselling, information and referrals. Children and teens from anywhere in Canada can call anonymously 24 hours a day, 365 days a year.

Children and teens can call about anything that is bothering them including — abuse; drugs; alcohol; conflicts with parents, friends or teachers; pregnancy; sexuality; suicide; or parental separation and divorce.

Please mention this number to your members and explain what it is for. Make sure they know that it is free and they don't have to give a name or address.



The Kids Help Phone gets 1000 calls a day... 2000 more get a busy signal. If you or your club or someone you know would like to make a donation to the Kids Help Phone, call 1-800-268-3062.

MEETING ONE

SEW RIGHT

OBJECTIVES

1. To introduce members to the basics of sewing.
2. To allow members to test their sewing skills.

PREPARATION AND EQUIPMENT

- Paper and envelopes for the Meeting Mixer.
- An unusual piece of sewing equipment for the Roll Call activity.
- Beginning sewers will be making a scissors case. For this you will need a 30 cm x 35 cm piece of felt for each beginning sewer. Pattern pieces are included at the back of the Leaders' Guide.
- Intermediate sewers will be making a small drawstring bag they could use for notions. This can be made out of remnants from the club box. Pattern pieces are included at the back of the Leaders' Guide.
- Experienced sewers will be making a surprise project, the pieces for which are in the back of the Leaders' Guide. Photocopy a set of pattern pieces for each member. They will cut them out of material found in the remnant box.
- Tape measure for taking proper body measurements. You may want to ask a member to volunteer to have his or her measurements taken or you may want to use a large doll, such as a Cabbage Patch doll or stuffed animal.
- 4-H materials you will need for this meeting include:
 - membership list and/or enrolment cards
 - Members' Resource Envelopes
 - "4-H Club Member Lives Here" signs.

TIME GUIDELINES

A time guideline has been provided for each section of the meeting. Please remember that this is only a guideline. The number of members, their maturity, specific interests and the way the meeting is structured will all influence the duration of specific activities.

IN A NUTSHELL

Meeting Mixer	5 min.
Getting Started	15 min.
Roll Call	5 min.
A Road Map to Good Meetings	20 min.
Sewing Machine Savvy	15 min.
Sew Right	40 min.
Measuring Up	15 min.
Before the Next Meeting	5 min.
	<hr/>
	120 min.

MEETING MIXER

At this first meeting you should consider having a short activity to get your members talking to one another. Sometimes it is very difficult to get new members to contribute to the meeting, but if you make a game out of it right from the beginning, somehow the ice is broken. Here's a suggestion.

Divide your club into teams of about 3 members each. Take the 4-H pledge and write each word on a separate piece of paper. Put the pieces of paper into an envelope. You will need to do this for each team.

When the start signal is given, the teams are to try to put the words in the right order. The first team to do it correctly wins.

GETTING STARTED (15 minutes)

1. Begin with the 4-H PLEDGE. Teams can refer to their pieced together version for the words.
2. WELCOME the members. Introduce leaders. Have members introduce themselves. Introduce the youth leader (if this has been decided). Ensure that everyone has a name tag.
3. Complete ENROLLMENT CARDS and MEMBERSHIP LIST.
4. Give a brief INTRODUCTION to the project.
5. Outline the OPPORTUNITIES members have such as taking part in the local fairs and shows, "4-H Go For the Gold", 4-H Members' Conference, etc.
6. DISTRIBUTE "4-H Club Member Lives Here" signs if available.
7. DISTRIBUTE the Members' Resource Envelopes.
8. Discuss the members' REQUIREMENTS for the project. See "Welcome" information sheet. Outline any expectations you have of the members.
9. Briefly discuss the ACHIEVEMENT PROGRAM - type, date, time, location.

The remaining time is used for activities related to the meeting material. Try to keep the members interested and involved by using a variety of techniques and activity coordinators - leaders, youth leader, guest or senior members.

ROLL CALL (5 minutes)

Divide the club into teams. At each meeting one or more of these teams will try to convince other members of the function of an unusual piece of sewing equipment. They have a one minute time limit. At the end of that time, each member votes for the explanation he or she believes is right. Truth is not the issue in this exercise — the powers of persuasion are.

For this first meeting, the leaders will supply the piece(s) of sewing equipment.

A ROAD MAP TO GOOD MEETINGS (20 minutes)

It is important for everyone to become familiar with the basics of running a good meeting. Review with members the purpose of an agenda and the executive's responsibilities. Have the club members elect an executive. You may find the 4-H Volunteers' Handbook and the OMAF Factsheet, Procedures for Meetings (89-095) helpful.

SEWING MACHINE SAVVY (15 minutes) Info. Sheet: Machine Matters

The most important tool for any sewer is the sewing machine. There are tags on pages 39-41 of the Leaders' Guide. The names of the parts of a conventional sewing machine and their functions are listed. Cut them out. Let teams of beginning sewers attach the name labels to the sewing machine as they see fit, while intermediate or experience sewers can attach the function labels.

You can divide your club into teams and make this a timed activity if you like.

If you are running a sewing club for beginning sewers only, have them attach the name labels then, as you go over the machine checking the labels, you or another leader can match the function labels to the parts of the machine. Make it brief so it doesn't get boring. All this will be new to beginning sewers.

SEW RIGHT (40 minutes) Information Sheets: Making Your Mark, A Stitch in Time, Seam Finishes

This club is a real hands-on club and we are going to have all members sew right from the first meeting.

Beginning sewers: These members will sew a simple scissors guard. Pattern pieces are at the back of the Leaders' Guide. These guards should be made out of felt, which has no grain. Each member will lay out, pin and cut out their own pattern, following the leaders' instructions. They will then sew the guard and pink the seams. If there is the time, and the inclination on the part of members and leaders, they can decorate their guards with material from the remnants box.

Beginning sewers often make the mistake of laying out their pattern in the middle of the fabric and wasting a lot of fabric. To drive home the point about efficient pattern layout, divide the club into teams and, using larger squares of felt, see which team can get the most pattern pieces out of a single square.

Do not expect beginning sewers to thread the machines this time. Have the machine(s) already set up and ready to go. You may take this opportunity to show members how to thread a machine, but it is not necessary that they practice it. It is more important to demonstrate how to sew a simple seam, secure off edges and pink the seams.

You may choose to have members pivot at the apex of the triangle or sew two intersecting lines of stitching. Whichever you choose to do, make sure you demonstrate it slowly.

Intermediate sewers: These members will sew a small drawstring bag. The pattern is at the back of the Leaders' Guide, along with sewing instructions. They can choose fabric from the remnant box, mixing and matching the pieces. Each member will also need cording, ribbon or heavy string to use for the drawstrings.

These members can thread the machines themselves. If your club has all three levels, let the more experienced sewers help with threading machines and supervising beginning sewers.

Experienced sewers: These members have a mystery project to sew — a hand puppet. Pattern pieces are included at the back of the Leaders' Guide. There are no sewing instructions other than those written on the pattern pieces. Experienced sewers should be able to figure out to match notches, circles and other markings. Members can be as creative as they wish in finishing the puppets. Leave as it is for a fish. Add a tongue for a lizard. Add a beak for a chicken. Add teeth for a dinosaur. Completed puppets could be given to a daycare, mothers' shelter, Children's Aid, etc.

Before they start, ask members what they think they are going to be making. Keep note of their replies and compare the answers to the final results.

MEASURING UP (15 minutes) Information Sheet: Measuring Up

To show how to take measurements properly you can take a member's measurements or use a large doll or stuffed animal. (If a member volunteers there isn't any need to say what the measurements are, just show how to take them.) If you have beginning sewers in your club, you will want to demonstrate how to take the six basic body measurements. Experienced sewers will want to know how to take a more complete set of measurements.

BEFORE THE NEXT MEETING (5 minutes)

Each member is to bring in his or her favourite shirt or blouse. You might ask someone to bring in a garment that he or she is unhappy with.

Members are to choose their sewing projects — clothing, accessories or a craft. If they select a clothing item they will also need to take measurements.

MEETING TWO

FANTASTIC FABRIC

OBJECTIVES

1. To improve members' knowledge of fabric, especially regarding its purchase and care.
2. To teach members how to access the information contained in a pattern envelope.

PREPARATION AND EQUIPMENT

- This would be an excellent opportunity to visit a fabric store. Failing that, bring in samples of as many different types of fabric as possible.
- If you can't get to a fabric shop, borrow some pattern catalogues or pattern magazines for members to use. You might also consider ordering fabric through the mail.
- As a test of members' knowledge of fabric, have 5 bags with remnants of fabric in them. Have 5 samples of interfacing (different weights, fusible and sew-in, woven and non-woven) to match to these remnants after.
- If members are going to purchase a pattern and fabric at this meeting you may want to invite parents/guardians.

IN A NUTSHELL

Roll Call	5 min.
Fantastic Fabric	20 min.
Show and Tell	10 min.
Pattern Power	20 min.
Sewing Scavenger Hunt	15 min.
Before the Next Meeting	5 min.
	<hr/>
	75 min.

Optional Activities:

Selecting a Pattern and Fabric

ROLL CALL (5 minutes)

Now is the time for another team to try and stump the rest of the club on the name and use of a particular piece of sewing equipment. A fabric store, if you do visit one, is a great source for unusual sewing equipment. A brochure from a sewing and notions mail order service will provide pictures that could be used.

FANTASTIC FABRIC (20 minutes) Information Sheet: Fabric Facts

If you are not visiting a fabric shop lay out the samples of cloth you have brought. Pass them around and let members feel them.

As you pass the material around, describe how the different types of material were made. When showing a piece of woven fabric, unravel a few threads and show how the material is put together. Knitted fabric will have to be stretched to show the different stitches. If you have a number of knits, show the members the different amount of stretch in each. Beginning sewers can take a closer look at the scissors guard they made last meeting and see how a laid fabric looks compared to others (assuming they did use felt).

Emphasize the different uses of fabric: cotton and denim are used for more rugged or casual clothing, while silks and jersey are used for more dressy garments. While you are talking about different types of material, ask members what they would use a particular piece for.

At the end of the demonstration, bring out your 5 bags with fabric samples in them. Members are not to look but are to feel the fabric and guess whether it is a cotton, wool, knit, silk or whatever.

Once members have identified the fabric, have them match the fabric to the interfacing. Generally, a light weight interfacing is used with a light weight fabric, a sturdy interfacing is used with a heavy fabric, and so on.

SHOW AND TELL (10 minutes)

Members will have brought in their favourite shirt or blouse. Have them give a reason as to why they like it so much. Is it the colour, the styling, the fit, the fabric? Have them read the labels to find out what the garment is made of. Tabulate the results on a flip chart.

A large part of the skill of sewing is putting the right fabric with the right pattern. If you are in a fabric store you will probably see a number of different patterns already sewn up. If not, use the clothing members have brought in as examples.

There are only so many ways you can put together a shirt. What can make the difference is the choice of fabric and notions. How similar are the shirts or blouses the members have brought in? How different are they?

Have members evaluate the garments they brought in terms of how difficult they would be to sew. One quick way is to count the number of pieces. Have intermediate and experienced sewers count how many pieces have interfacing in a shirt or blouse.

If someone brings a garment that he or she doesn't like, have him or her explain why. Is it the fit? Fabric? Design? Quality?

PATTERN POWER (20 minutes) Information Sheets: Pattern Power, Inside the Envelope

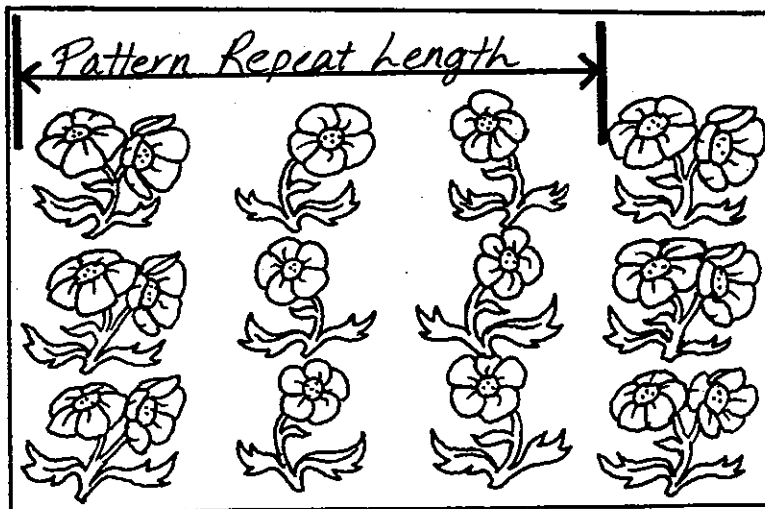
Patterns are like road maps. They give you directions on how to turn a piece of fabric into a wonderful garment or craft. But you have to know how to read a pattern, just like you have to know how to read a map. Take the members through the pattern catalogue and the pattern envelope and show them what information you can find out from these sources. There will be a test afterwards!

You will be looking for information on:

- price
- size(s) contained in pattern
- views of garment/craft
- level of difficulty
- brief description of fit
- type and amount of material needed
- necessary notions

Members will have had their measurements taken after the last meeting. Armed with this information, have them figure out their size by comparing their measurements with those on a pattern envelope. You may do this with the pattern they have chosen for their project (if they have decided to make a garment) or just pick a pattern style at random. Once members have purchased a pattern, have them highlight their size (if it is a garment) and the fabric requirements.

Remind them that if the fabric is patterned they will need extra fabric to match the design. An easy way to figure out how much extra fabric to buy is to measure the pattern repeat length and then multiply that by the number of garment lengths. Sleeves would be one length and the body would be two lengths (one for the front piece and one for the back piece).



SEWING SCAVENGER HUNT (15 minutes)

Here's how we can find out how much members' remember of all this! This exercise can be done in a fabric store or wherever you are holding your meeting, if you have been able to bring along some pattern catalogues or pattern magazines.

If you are holding your meeting in a fabric store, you might want to set a price limit on each situation. For example, Melissa has to make her vest for \$20 or less, pattern and notions included. Mark has \$15 to spend, while Joan has \$80. Be sure you set a time limit, too.

Beginning sewers would probably be able to do Situations 1 and 2, while Intermediate and Experienced sewers would be able to tackle Situation 3. Have members determine the answers in small teams.

Situation #1: Melissa, who is 10 years old, wants to make herself a vest. She has sewn a few other items of clothing before and thinks she would find a vest easy to do. Choose a pattern for her and suggest some fabrics she might use. What will she need to buy?

Situation #2: Mark wants to make an apron to use when he barbecues in the summer. What pattern would he use? What type of fabric and how much should he buy?

Situation #3: Joan desperately needs a new basic wardrobe for school. She has a lot of experience sewing and likes to try new things. What four items would you suggest Joan make to give herself a basic wardrobe? What fabric(s) should she use?

BEFORE THE NEXT MEETING (5 minutes)

Clearly establish what members will be sewing for their projects. Members are then to buy their patterns and fabric. If this meeting has been held at a fabric store members might purchase these items before leaving.

If this is being done as a group project, with members sharing patterns and perhaps all using the same material, arrangements should be made for everything to be ready for the next meeting. If the material has to be pre-washed this should be done before the next meeting.

Have members cut apart their tissue pattern pieces and press them with a cool iron. If members are sharing patterns, have them share the work.

MEETING THREE

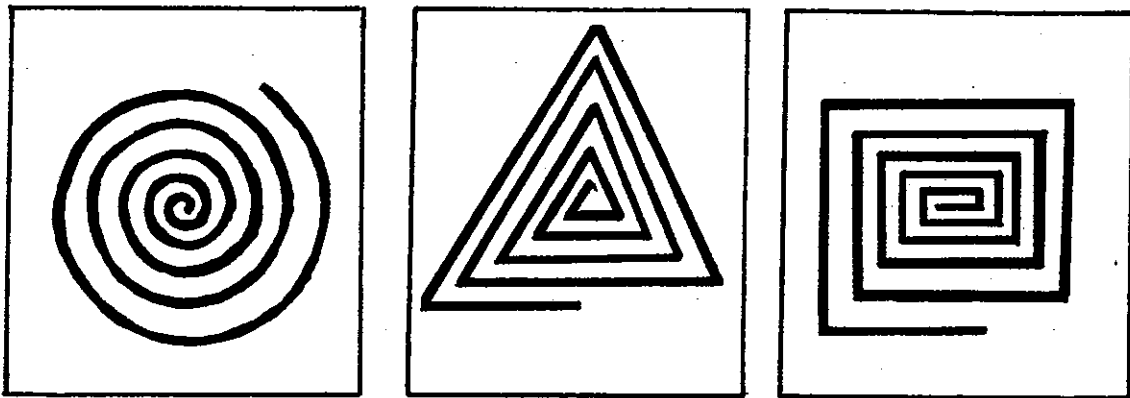
THE CUTTING EDGE

OBJECTIVES

1. To teach members the basics of pattern layout.
2. To teach members about basic construction of a garment.

PREPARATION AND EQUIPMENT

- Make sure your club sewing basket has several tracing wheels and lots of tracing paper. Members will need some plain bond paper or another lightweight plain paper as well as short plastic rulers.
- Reproduce these patterns on 8 1/2 x 11" paper for members to practice tracing. Simple illustrations from colouring books might also be used. You will also need tracing paper and tracing wheels.



- Members will be straightening a piece of fabric, laying out pattern pieces and cutting them out. They could do all these things on their individual projects. If not, you will need pieces of cloth for them to straighten (woven for beginners, woven or knit for intermediate or experienced sewers).
- If members are not laying out their patterns, you will need some plain paper on which to draw shapes for the members to lay out and cut out.
- Have scissors for members to use to cut out their patterns. Intermediate and advanced sewers may want to try using a rotary cutter. Don't forget the mats!
- Intermediate members may want to practice altering a pattern using old patterns from the club sewing box.
- Invite an experienced seamstress or tailor to show members how to achieve a better fit with patterns. They may be able to bring along a tailor's form to demonstrate fitting.

IN A NUTSHELL

Roll Call	5 min.
Tricky Tracing	10 min.
Layout Logic	30 min.
The Cutting Edge	20 min.
Making Your Mark	15 min.
Before the Next Meeting	5 min.
	<hr/>
	85 min.

Optional Activities:

Intermediate and Experienced Sewers —
Improving the Fit. (This activity would be
completed before "Layout Logic.")

Everyone — lay out project pattern, cut it out
and mark.

ROLL CALL (5 minutes)

Can the team stump the club at this meeting?

TRICKY TRACING (10 minutes) Information Sheet: Making Your Mark

Tracing pattern marks onto a piece of fabric takes a steady hand. Beginning sewers and perhaps some intermediate sewers will need some practice. Use two sheets of plain bond paper and pretend that they are two pieces of fabric. Have members trace the patterns that you enlarged, or simple illustrations from colouring books, onto their "fabric."

Once members have traced the patterns, have them sew along the traced lines using an unthreaded sewing machine.

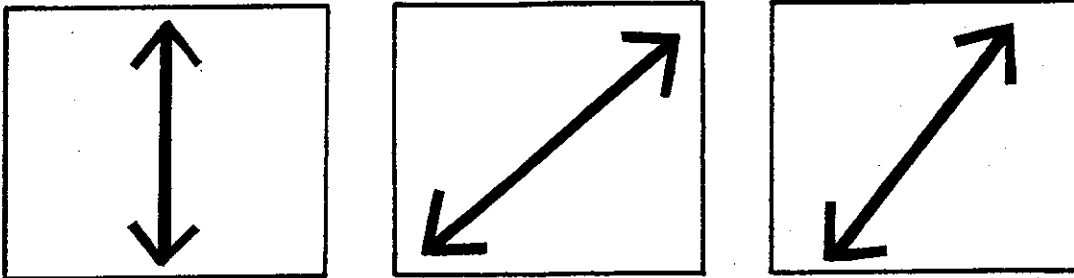
LAYOUT LOGIC (30 minutes) Information Sheet: Inside the Envelope

Members should straighten their fabric before laying it out.

If members are not working on their projects, have them straighten fabric from the remnant box. Preparing a woven piece of fabric is a good exercise for beginning sewers. A bigger challenge for intermediate or experienced sewers would be to have them find the grain on pieces of fabric with their selvages cut off. You can get these from the remnant box. They can mark the grainlines on the fabric with a piece of tailor's chalk or pins. They could then pull a thread to establish grainline.

Beginning sewers can identify the grainline arrows on their patterns and then, with other members, lay out their pattern on the fabric. With a lot of pattern pieces in the room, it would be wise to have members initial each piece.

If members are not laying out their project patterns, cut three 10 cm (4-inch) squares out of paper. Mark grainline arrows like this:



Members are then to lay out these paper squares on fabric. Beginning sewers may only want to lay out the first square.

THE CUTTING EDGE (20 minutes) Information Sheet: Making Your Mark)

Take a deep breath. This is the scariest part of any sewing project. Check and doublecheck that all pattern pieces are laid out correctly and that everyone is ready. Then hand out the scissors or the rotary cutters and let 'em go.

If people are sharing pattern pieces, make sure they mark and label the cut out fabric pieces before they pass the tissue pattern to the next member.

If members are not cutting out their project patterns, have them practice by cutting out the squares shown above.

MAKING YOUR MARK (15 minutes) Information Sheet: Making Your Mark

Members should transfer the marks from their pattern onto their cut out pieces of fabric. Have them use the tracing wheel or tailor's tacks. Intermediate or experienced sewers could try the clip and snip method of transferring marks.

If members are not working on their projects, have them put two squares together and make a tailor tack in each of the four corners. They are then to separate the squares, cutting the tacks in half.

BEFORE THE NEXT MEETING (5 minutes)

If members are not sewing on their projects at meetings, have them bring in 10 cm (4-inch) squares of fabric in three different weights: light, medium and heavy. A cast-off pair of jeans could provide a sample of heavyweight material, an old tea towel or shirt could be a light- or medium-weight fabric. You may even have enough fabric in the club remnant box.

IMPROVING THE FIT (15 minutes) Optional Activity for Intermediate and Experienced Sewers.

For information on pattern alteration, check the Pattern Information Guide in a pattern for basic instructions. For more specific and detailed information refer to a sewing/alteration book.

For the purposes of this project, we are assuming that the project chosen by the beginning sewers will require no adjustment, although there will always be special circumstances.

However, intermediate and experienced sewers may well have chosen a pattern that requires a closer fit. They may wish to check their measurements (taken as part of Meeting One) against those on the pattern and make any alterations necessary. If it is not a tailored pattern, members may just want to hold the pattern pieces against their bodies and take rough comparisons. These should be done before the pattern is laid out and the fabric cut.

If members are not working on their projects, have them alter some of the extra patterns you have collected for the club sewing box. Have one team make the pattern pieces smaller, and one team make the pattern pieces larger.

MEETING FOUR

SEAMS ALRIGHT

OBJECTIVES

1. To show members the different kinds of seams and their possible uses.
2. To demonstrate basic finishing techniques, such as grading and pressing seams.

PREPARATION AND EQUIPMENT

- An experienced seamstress or tailor could demonstrate the different types of seams.
- Bring in some extra irons, ironing boards and other pressing accessories to let all members practice some pressing techniques.
- Have four samples of one seam type if the members will be doing the judging activity.

IN A NUTSHELL	
Roll Call	5 min.
Seams Alright	15 min.
Making the Grade	10 min.
Pressing Affairs	10 min.
Before the Next Meeting	5 min.
	<hr/>
	40 min.
Optional Activities:	
Judging	20 min.
Sew Project	

ROLL CALL (5 minutes)

If the teams need an idea on how to stump the rest of the club, have them make a seam roll from a magazine and a tea towel. You will need a magazine, a length of cotton about the size of a tea towel or use a cotton tea towel, 2 elastic bands. Lay the magazine on the cotton, near the top, and roll the magazine and the cloth up tightly. Secure the ends with elastics.

SEAMS ALRIGHT (15 minutes) Information Sheet: Seams Alright

Members may have already been working on their projects at home, in which case you will be demonstrating seaming techniques. If members are working on their projects at the meetings, they can begin now with their first seam. Discuss seaming alternatives with intermediate and experienced sewers and have them use a new seaming technique on their project where appropriate.

Members can work on their projects for as long as you like.

If members are not working on their projects, have them sew the fabric squares they brought in as part of their "Before the Next Meeting" exercise. Have them practice sewing seams on the different weights of fabric.

Beginning sewers can try a plain seam but intermediate and experienced sewers may want to try two different seaming techniques. Beginning sewers will press or finish their plain seams later in the meeting.

MAKING THE GRADE (10 minutes) Information Sheets: Seam Finishes

Have beginning sewers grade one of the seams they completed on their squares or one of the seams on their project garment/craft. Intermediate and experienced sewers may have already graded their seams, depending on the type of seam they have sewn on their squares or project.

PRESSING AFFAIRS (10 minutes) Information Sheet: Pressing Pointers

Explain that sew, press, sew, press is an important habit to build for a quality end product. Now members can press the seams they have sewn either in their project garment/craft or on their practice squares. Graded seams should be pressed to one side and plain seams pressed open. If they have used practice squares have the members save them for the next meeting.

BEFORE THE NEXT MEETING (5 minutes)

Every member is to bring in a great button. Just be sure it is not too small.

JUDGING (20 minutes) Optional Activity

If you are planning on carrying out the judging activity, you will need four examples of one type of seam. It can be any type of seam: plain, flat felled, French or whatever. You may want to have an intermediate or experienced sewer provide you with the samples. The point is not to make them all perfect, but to provide four examples of a single type of seam on the same type of fabric. Some suggestions: one to be unpressed; one to have incorrect tension or a stitch length that is too long; one to have crooked sewing and threads uncut; one to be as close to perfect as is possible.

You will need to review the basics of judging with the members. The 4-H Judging Handbook (4-H 1550 91) is a good resource for doing this. There is a scorecard for clothing in the Judging Handbook but the club may want to develop a scorecard specifically for judging the seams. Some characteristics they may want to include are straight stitching, even seam allowance, correctly pressed, suitable tension, thread matches fabric, etc. Members could judge the class individually, in pairs or in small teams. You may not have the time for everyone to give a set of reasons, but one experienced judge could do so, so the beginning judges can hear how it's done.

MEETING FIVE

CLOSING DETAILS/ SERGING AHEAD

OBJECTIVES

1. To show members how to sew on a button properly, as well as snaps, hooks and eyes.
2. To show intermediate and experienced sewers how to sew a zipper.
3. To demonstrate serging basics for intermediate and experienced members.

PREPARATION AND EQUIPMENT

- You will need enough snaps, hook and eyes for each member practicing this method of closure. If you plan on having intermediate and experienced members put in a zipper, you will need one for each member. Make it a short one for those who have never put in a zipper. For experienced members, have some separating zippers.
- You will need to have enough hand needles for the members who will be sewing on buttons.
- You will need a serger for intermediate and experienced sewers. If no one in the club is experienced working with a serger, make arrangements to have someone who is come in and demonstrate the variety of techniques possible on the machine.
- You may want to have the serging demonstration in Meeting Six for intermediate and experienced sewers.

IN A NUTSHELL

Beginning Sewers:

Roll Call	5 min.
It's a Snap	10 min.
Hook, Line & Sinker	10 min.
Button Up	20 min.
Before the Next Meeting	<u>5 min.</u>
	50 min.

Intermediate and Experienced Sewers:

Roll Call	5 min.
Serger Basics	10 min.
Serging Ahead	25 min.
Before the Next Meeting	<u>5 min.</u>
	45 min.

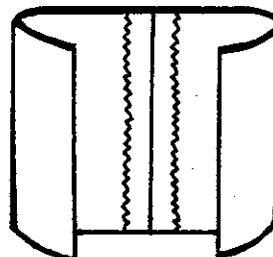
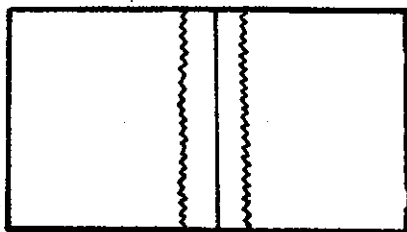
Optional Activities:

Button Up	20 min.
Let'er Zip	20 min.
Sew Project	

ROLL CALL (5 minutes)

IT'S A SNAP (10 minutes) Information Sheet: Closing Details

Beginning sewers can use the squares they used last meeting to practice sewing on a snap. Fold the left hand square in half, press. Fold the right hand square in half, press.



If members did not sew the squares, cut a 20 cm (8-inch) fabric square from remnants, fold in half and press. Folding the fabric will give the members two layers of fabric to work with which will be similar to a waistband.

Sew the female part of the snap near the fold at the top of one of the squares of fabric. Attach the male part to the top of the other square. Remember, beginning sewers may have little or no experience with hand sewing. Expect to have to help thread the needles and knot the thread.

If their projects call for a snap, have the members put the snap on the project instead of, or in addition to, using the square samples.

HOOK, LINE & SINKER (10 minutes) Information Sheet: Closing Details

Line up the hook and eye and sew them onto the lightweight square near the fold, at the bottom of the square.

If their projects call for a hook and eye, have the members sew it on the project instead of or in addition to using the square samples.

BUTTON UP (20 minutes) Information Sheet: Closing Details

If their projects call for a button, have the members sew it on the project instead of, or in addition to, using the square samples.

Have beginning sewers use their practice squares to try the different methods of sewing on a button. While beginners do this, the intermediate and experienced members can make a buttonhole. Follow the instructions in the machine instruction manual for making a buttonhole. If you have several different machines, have the members try a machine they have never used before.

LETER ZIP (20 minutes) Information Sheet: Closing Details

Intermediate and experienced sewers could try either a lapped zipper or a separating zipper.

SERGER BASICS (10 minutes) Information Sheet: Serging Basics

On page 43 of the Leaders' Guide is a set of labels naming the parts and functions of a basic serger. Using tape, have teams of members attach these labels to the correct parts of the machine. This can be a timed activity.

SERGING AHEAD (25 minutes)

Do a short demonstration on the things a serger can do. Make members aware of safety tips and then have them practice using a serger.

If the serger is threaded with all one colour, have them rethread it using a different colour for each needle and looper. Use the tying-on method of threading so colours can be changed quickly. The different coloured threads will show very clearly how stitches are made on a serger. Members can try adjusting the tensions to see how the stitches are affected.

Have them practice on fabric scraps first and once they feel comfortable with the serger, try it out on a part of their craft or garment. Or they could reuse the patterns from the first meeting and use the serger, where possible, to sew the article.

If some members are already comfortable with a serger, they might like to use the time to practice using some of the decorative threads or other types of stitches and attachments.

BEFORE THE NEXT MEETING (5 minutes)

Members are to bring in either their completed projects to be decorated, a piece of clothing that could be creatively mended and still worn or a garment that needs brightening up.

Members are to bring in something to decorate with: lace, sequins, beads, safety pins, fancy buttons, zippers, embroidered patches, lace collars - whatever catches their fancy.

MEETING SIX

FINISHING TOUCHES

OBJECTIVES

1. To allow members to express their creativity in mending or decorating garments.
2. To have fun.

PREPARATION AND EQUIPMENT

- It would be very interesting - and a lot of fun - to invite a fabric artist - or anyone with such a flair - to come to this meeting and share ideas.
- To help inspire members in their creativity you could arrange to browse in a craft store or a sewing store or look through magazines.
- You will need as much trim, glue and other fancy stuff as you can get your hands on. Members could help by having friends or family go through their sewing baskets and contributing odds and ends left over from other sewing projects.

IN A NUTSHELL	
Roll Call	5 min.
Decorating Techniques	55 min.
OR	
Sewing On Project	
	<hr/>
	60 min.
Optional Activities:	
More Project Sewing	

ROLL CALL (5 minutes)

By this time it must be getting pretty hard to fool members!

DECORATING TECHNIQUES (55 minutes) Information Sheets: The Essential Extras

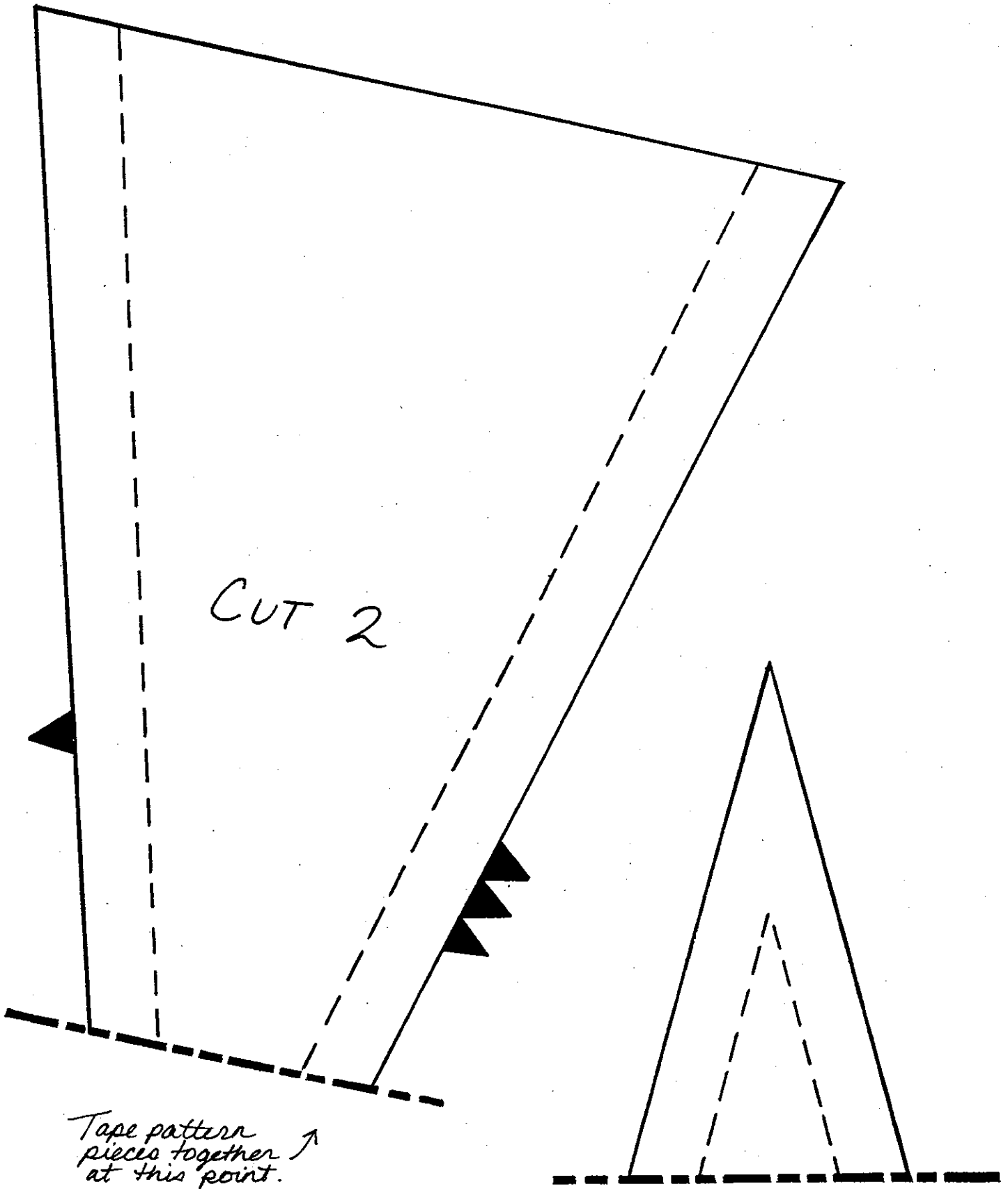
This meeting can take as long as you like. Members can decorate their projects, do some creative mending or practice some of the decorative techniques listed on the information sheet using what is left in the club sewing basket and any items the members bring in. There are lots of suggestions on the information sheet.

OR

SEWING ON PROJECT (55 minutes)

If members aren't interested in the decorating techniques, this meeting could be used to finish up the sewing on their projects. If the club decides to make this a sewing meeting you could still have members bring in examples of decorating techniques and display them during the meeting.

SCISSOR GUARD - BEGINNING SEWERS



DRAWSTRING BAG - INTERMEDIATE SEWERS

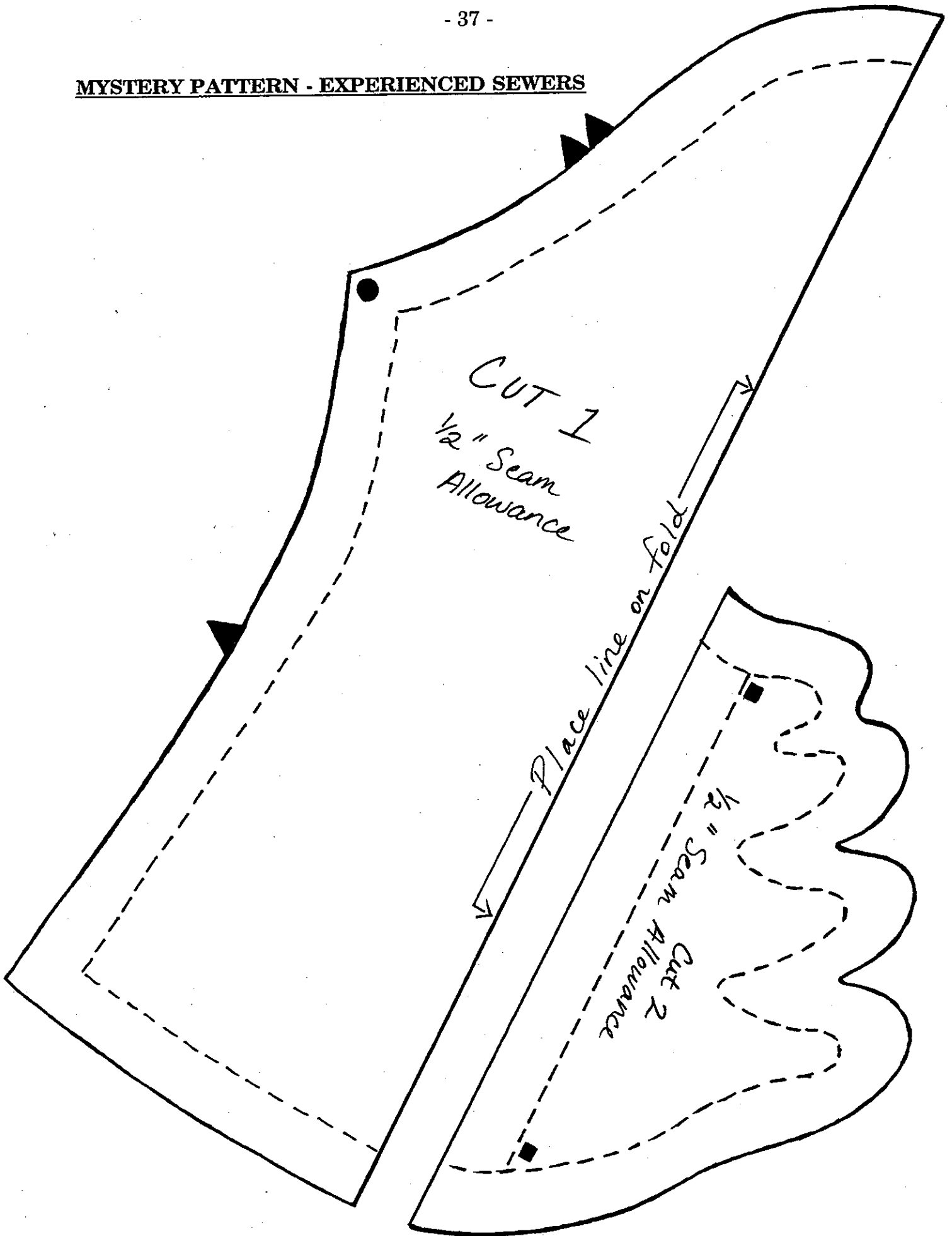
fold line

1. Cut out pattern piece.
2. Pink or zigzag long edges.
3. Fold cloth in half lengthwise, right sides together, and sew side seams, stopping 4.5 cm (1 3/4") from the top. Reinforce this stitching by backstitching for 2.5 cm (1").
4. Press seams open including the 4.5 cm (1 3/4") unstitched section on each side of the bag.
5. Make a casing by pressing top edge under .6 cm (1/4") then folding and pressing 1.9 cm (3/4") from folded edge.
6. Stitch .3 cm (1/8") from folded edge.
7. Cut two pieces of ribbon, cording or heavy string, each 46 cm (18") long.
8. Starting from the left side of the bag, thread one piece of the ribbon through the casing on the front and the back of the bag. (A closed safety pin will help guide the ribbon). Knot the ends together.
9. Starting from the opposite side of the bag thread the other piece of ribbon through the casing on the front and the back of the bag. Knot the ends together.
10. To close the bag, pull on the two ribbons.

CUT 1

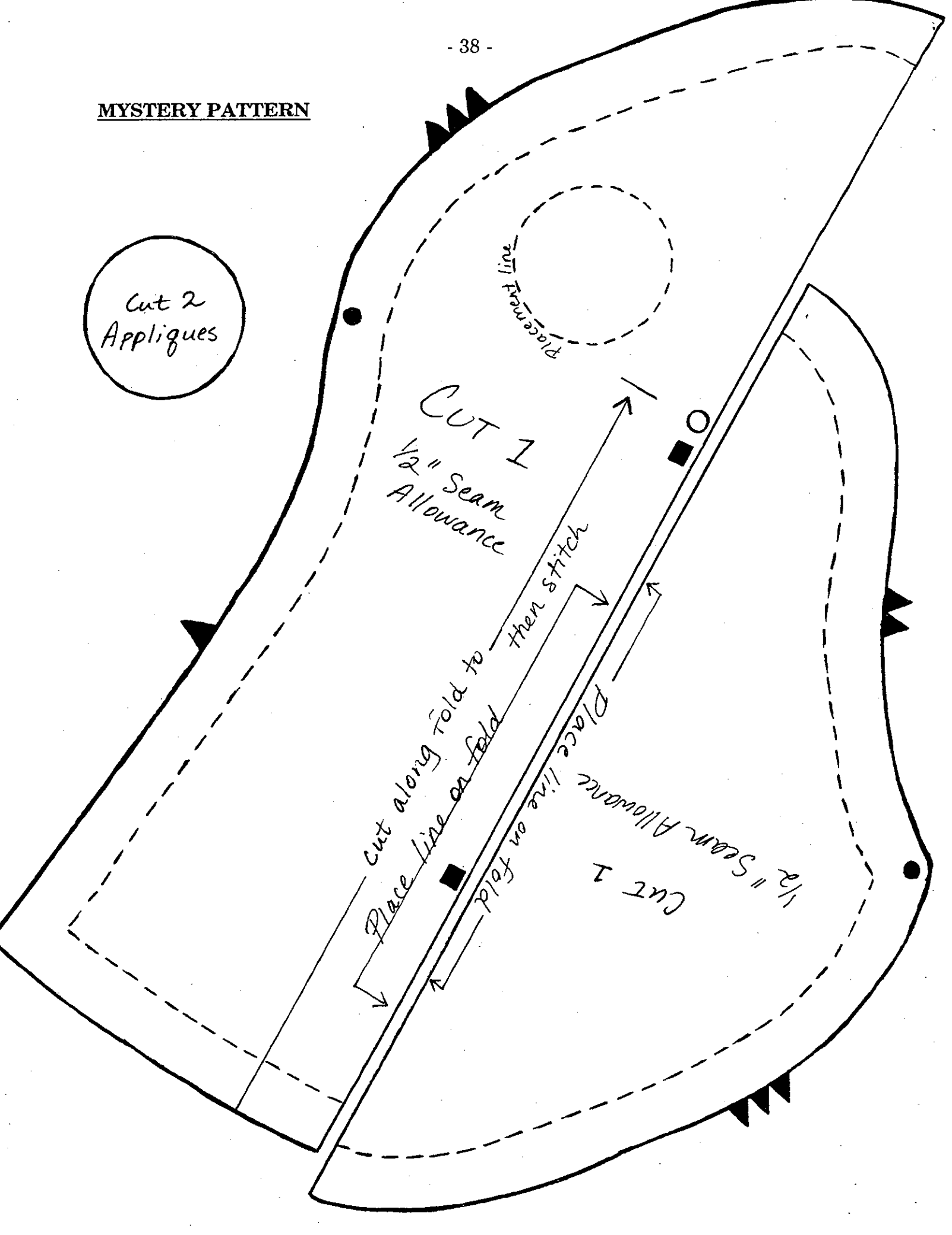
Place line on fold

MYSTERY PATTERN - EXPERIENCED SEWERS



MYSTERY PATTERN

Cut 2
Appliques



CUT 1
1/2" Seam
Allowance

cut along fold to
place line on fold
1/2" seam allowance
then stitch

placement line

1/2" Seam Allowance
CUT 1

SEWING MACHINE PARTS AND THEIR FUNCTIONS

Cut out the following tags for members to attach to a sewing machine.



Power Switch	Turns the machine on and off.
Spool Pin	A short post that holds a spool of thread.
Bobbin Winder	Holds the bobbin while it is being filled with thread.
Bobbin Case	Holds the bobbin in place.
Balance or Hand Wheel	Lets you work the machine by hand when you need to stitch slowly. You can stop the needle from moving up and down by turning a knob inside the handwheel.
Stitch Length Regulator	Controls the length of the stitch you want to use.
Presser Foot	Holds the fabric in place against the throat plate.
Presser Foot Lifter	Raises and lowers the presser foot.
Throat Plate	Metal plate under the presser foot. The threaded needle passes through a hole in the throat plate to pick up the bobbin thread.
Feed Dogs	Metal teeth under the presser foot. They move the fabric along as you stitch it.
Needle	Has a hole in the middle through which you put the upper thread.
Needle Clamp Screw	Holds needle in place. It needs to be loosened to change the needle.
Stitch Width Regulator	Determines how wide a zigzag stitch will be.

Thread Take-up	Moves up and down with the needle, keeping the thread tight. This lever should be at its highest point whenever you begin stitching
Bobbin	A small metal or plastic spool you fill with thread. The bobbin sits under the throat plate and holds the lower thread.
Thread Guides	The hooks and loops that hold the thread in line as it travels from spool to needle. They help prevent the thread from getting tangled as you sew.
Pressure Control	Sets up the amount of force on the presser foot you will need to hold your fabric in place. You adjust the pressure control for different weights of fabric.
Tension Control	Tightens or loosens the machine stitches.
Foot Control	Controls how fast or slow the machine sews. Some machines may have knee controls as well as or instead of foot controls.

SERGER PARTS

Cut out the following tags for members to attach to a serger.



Stitch Length Regulator	Controls how long the stitch is.
Stitch Width Regulator	Controls how wide the stitch is.
Tension Regulator	Dials are either on the outside or set into the machine. They control tension for each thread.
Pressure Regulator	A screw on top of the machine to adjust pressure foot tension.
Stitch Finger	A metal prong that stays between the fabric and the thread until the stitch is completely formed. It can be either on the throat plate or on the presser foot.
Needles	Can either be conventional or industrial.
Fly Wheel	Connects the serger motor with the other moving parts.
Knife Blades	Trims the seam allowance.

JUDGING CARDS

<u>CLASS</u>	<u>Pencils</u>
<u>PLACING</u>	First _____
	Second _____
	Third _____
	Fourth _____

<u>CLASS</u>	<u>Scissors</u>
<u>PLACING</u>	First _____
	Second _____
	Third _____
	Fourth _____

<u>CLASS</u>	<u>Seam Finishes for Shirts</u>
<u>PLACING</u>	First _____
	Second _____
	Third _____
	Fourth _____
<u>REASONS</u>	(be brief)

<u>CLASS</u>	<u>Shirt Techniques</u>
<u>PLACING</u>	First _____
	Second _____
	Third _____
	Fourth _____
<u>REASONS</u>	(Be brief)

COST OF GARMENT REPORT

NAME: _____

PATTERN	COST
Number & Make _____	
Body Type (Misses, Girls etc.) _____	
Size _____	_____
FABRIC	
Name _____	
Fibre Content _____	
Care Instructions _____	
Amount Purchased _____	
Price/Metre _____	_____
	(Total)
INTERFACING	
Name & Type _____	
Fibre Content _____	
Care Instructions _____	
Amount Purchased _____	
Price/Metre _____	_____
	(Total)
NOTIONS	
Thread (type) _____	_____
Buttons or Snaps or Velcro etc.	_____
Other _____	_____

	(Total)
TOTAL COST OF SHIRT	_____
COST OF SIMILAR READY-MADE SHIRT	_____

CLUB EVALUATION

Tell how you feel about what you have done and learned in this project.
Be sure to include

- the parts you found most interesting
- problems you had
- suggestions for improvement
- a comment about your shirt
- your contributions to the club beyond what was required
- ideas for future projects.

Use the rest of the page for your story.

I placed 2 over 1, mainly because the pinked and stitched seam finish on 1 is not suitable for a sheer fabric which ravel, and the lack of interfacing in 1 makes metal snaps a poor choice for the front closing.

For these reasons I place this class of cotton shirts 3-4-2-1"

COST OF GARMENT REPORT

Using the information gathered when you bought your pattern and fabric, fill out the Cost of Garment Report on page 54.

ACHIEVEMENT PROGRAM

Plan and practise your club's demonstration, skit, exhibit or fashion review.

HOME ACTIVITY

Make sure you have completed all project requirements. These are listed on page 4 and should be checked off when finished.

SEWING CROSSWORD

ACROSS

1. STITCH
4. PATTERN
8. BOLT
10. ALTERATIONS
11. PRESS
12. SEW
13. TAPE
14. FABRIC
17. WEFT
19. DARTS
22. FIT
23. FIBERS
24. BEESWAX
25. LINE
26. HEM
27. SELVAGES
28. HAND

DOWN

1. SEAM
2. INTERFACING
3. THIMBLE
4. PIN
5. EASE
6. NAP
7. NEEDLE
8. BASTE
9. THREAD
14. FUSIBLE
15. CUT
16. NOTIONS
17. WHEEL
18. YARD
20. BIAS
21. GRAIN

CLUB MEMBER'S RECORD OF ACHIEVEMENT
IN
SEWING PLUS

NAME _____ ADDRESS _____

COUNTY OR DISTRICT _____

AGE _____ DATE AND YEAR OF BIRTH _____

PARENT'S COMMENTS

Signature: _____

LEADERS' COMMENTS

We hereby certify that this project has been completed satisfactorily.

Signature: _____

Date of Achievement Program

Rural Organizations Specialist/Assistant
Farm Management Specialist
Agricultural Representative