

4-H

Clothing and Textiles Proficiency Program

A Member's Guide

OVERVIEW

The 4-H Clothing and Textiles Proficiency program helps you learn what you need to know about your 4-H clothing and textiles project. Clothing and textiles is an interesting 4-H project. Through this project you learn consumer skills, proper storage and care for clothing, how to make clothing and other wearing apparel for yourself and others, and acquire knowledge of fibers, yarns, and processes for making fabric. You will develop self-confidence and poise and the ability to make the most of your personal attributes. You also develop judgement and creativity in planning an attractive wardrobe that expresses your individual lifestyle.

There are many resources to help you learn more about your project:

- ◆ The *4-H Publications Catalog* lists a variety of project materials and resources recommended for use in your project.
- ◆ The *North Region 4-H Educational Resources and Lending Library* at your county 4-H office includes other books, videos and reference materials that can be checked out by members and leaders.
- ◆ Fabric and Craft stores frequently offer classes and other educational activities as well as materials. Pattern companies offer sewing competitions and opportunities to model the items you have made. County, regional and state fairs are great places to show off your skill.

There are five levels in the Project Proficiency Program. You may choose how many levels you wish to complete:

- **Level I - "Explorer"**, you begin to learn how to sew.
- **Level II - "Producer"**, you learn more sewing skills and make clothing following a pattern.
- **Level III - "Consumer"**, you become experienced in many aspects of clothing and textiles.
- **Level IV - "Leader"**, allows you to show your own leadership potential.
- **Level V - "Researcher"**, you carry out a demonstration or experiment on some aspect of clothing and textiles, and prepare a paper or portfolio.

As you work through the Clothing & Textiles proficiency program, have your leader initial and date each skill item when you have completed it. When you have finished all items in a proficiency level, have your leader sign the Certificate of Achievement and order a medal for you from the 4-H office.

KEEP IN YOUR RECORD BOOK

CLOTHING AND TEXTILES

Level I - Explorer

Date _____
Completed _____

Project: _____

- ____ 1. Identify five basic supplies for the sewing basket and describe how they are used.
- ____ 2. Describe three to five safety precautions to take while sewing, (ie; using the iron, pins, scissors, etc.).
- ____ 3. Demonstrate how to thread and operate a sewing machine.
- ____ 4. Demonstrate how to wind a bobbin on the machine.
- ____ 5. Demonstrate how to sew basic straight seams.
- ____ 6. Read simple pattern instructions and explain and/or demonstrate what they mean.
- ____ 7. Demonstrate how to iron seams.
- ____ 8. Show how to layout and pin a pattern onto the fabric correctly.
- ____ 9. Identify grain line (lengthwise and crosswise threads).
- ____ 10. Demonstrate correct cutting procedures.
- ____ 11. Define the following terms:

Straight Grain	Cutting Line	Cross Grain
Seam Allowance	Selvage	Trim Seams
Place on Fold	Trim Corners	Notches on patterns
Seam Finish	Pre-shrink	Staystitching
Gathering		
- ____ 12. Make two items in this project, such as garment, scarf, potholder, etc.
- ____ 13. Display an example of your sewing product to project members.
- ____ 14. Keep a record of your project expenses for one year and show this to your leader.
- ____ 15. Explain how what you have learned in this project can help you in the future.
- ____ 16. Demonstrate correct use of seam ripper, chalk, fabric markers.

Member Name: _____

Date: _____

Project Leader's Signature: _____

Date: _____

CLOTHING AND TEXTILES

Level II- Producer

Date _____

Completed _____

Project: _____

- ____ 1. Demonstrate how to accurately measure for correct body size/pattern size.
- ____ 2. Select appropriate fabric for a pattern and explain how the color, texture, design and other aspects affect the final product and make this an appropriate garment for you.
- ____ 3. Describe how to use the information on a pattern envelope.
- ____ 4. Identify different fabric types and one appropriate use for each:
Cotton Wool Lace Polyester Acrylic
Sheers Blends Denim Satin
- ____ 5. Demonstrate the basic techniques used in hand sewing including thread preparation, sewing hems and buttons.
- ____ 6. Demonstrate the basic techniques used in completing a garment including buttons, button holes, zippers, sleeves, interfacing, darts, pockets, grading seams and hems.
- ____ 7. Demonstrate how to grade seam allowances.
- ____ 8. Demonstrate seam finishes and tell which type of stitch is used for what type of fabric:
Straight stitch Flat Felled Zig Zag French Serged
- ____ 9. Explain the difference between tucks, darts, pleats, and gathers and describe where you would use them and why. Use one of these techniques in a garment.
- ____ 10. Make at least one garment following a pattern.
- ____ 11. Participate in one field visit to a materials or equipment provider.
- ____ 12. Identify three different locations where materials can be obtained.
- ____ 13. Explain to others outside of your project group about what you have learned or display your project in the community.
- ____ 14. Keep a record of your expenses and at the end of the year compare the value of your product(s) to your expenses/costs.
- ____ 15. Describe one mistake/error that you made in your sewing project and what you did or could have done to correct or prevent it.
- ____ 16. Help someone else by sharing your knowledge or by giving away a product from your project to show positive citizenship.

Member Name: _____

Date: _____

Project Leader's Signature: _____

Date: _____

CLOTHING AND TEXTILES

Level III - Consumer

Date _____
 Completed _____

Project: _____

- _____ 1. Demonstrate how to do a collar application.
- _____ 2. Demonstrate how to do a "set in" sleeve.
- _____ 3. Demonstrate how to use the color wheel and explain its application in the design of your product.
- _____ 4. Explain how to clean, launder and store a garment, include the following aspects:
 Sorting clothes Correct water temperature Treating stains/spots
 Reading of labels Storage options Clothing preparation: zippers, buttons, pockets
- _____ 5. Describe four ways to save money and be economical in obtaining materials.
- _____ 6. Keep a personal reference library of helpful literature that pertains to your project.
- _____ 7. Take part in a project related demonstration or judging contest.
- _____ 8. Report the history of one aspect (origin, equipment, material, technique, etc.) of textiles manufacturing.
- _____ 9. Invite a guest speaker to one of your project meetings and introduce them to the group. Ask them to discuss how to creatively select and purchase clothing and accessories to make a wardrobe that fits your style and personality.
- _____ 10. Contact a local, state or national association related to clothing and textiles and report to your group what this association has to offer its members and interested individuals.
- _____ 11. Demonstrate at least three of the following advanced techniques:
 Pad/roll stitching Lining Bound button holes Decorative top
 Notched lapels Gusset stitching/specialty threads
- _____ 12. Visit one seamstress, tailor, textile manufacturer or other craftsman in the clothing and textile field and report what you learned.
- _____ 13. Keep a record of costs, cash expenses, time & labor charges for each product made. At the completion of the specific item(s) compare your product(s) value to the total expense.
- _____ 14. Demonstrate at least two different mending techniques.
- _____ 15. Alone or with your group, plan and complete a community service activity related to your project.
- _____ 16. Demonstrate how to alter a pattern for fit or preference.

Member Name: _____

Date: _____

Project Leader's Signature: _____

Date: _____

CLOTHING AND TEXTILES

Level IV - Leader

Date
Completed

Project: _____

- ___ 1. Complete one year as Junior or Teen leader in this project.
- ___ 2. Assist members in constructing a project, demonstrate techniques as needed.
- ___ 3. Prepare teaching materials for use at a project meeting.
- ___ 4. Develop and put on a judging event or teach others how to judge.
- ___ 5. Assist at a local fair, show or fashion show.
- ___ 6. Demonstrate and assist project members in record keeping.
- ___ 7. Speak on a project-based subject to organizations other than your 4-H project.
- ___ 8. Plan and lead a teaching tour of a fabric store.
- ___ 10. Develop a special project related activity/project, chart your progress, plan activities, set time lines, evaluate progress and evaluate results.
- ___ 11. Demonstrate and explain color selection/suitability to skin type.

Member Name: _____ Date: _____

Project Leader's Signature: _____ Date: _____

CLOTHING AND TEXTILES

Level V - Researcher

Date _____
Completed _____

Project: _____

1. Report on results of a demonstration comparing measurable differences in procedures, (or) design a garment and create the pattern with instructions. Make the garment and display it.
2. Prepare a paper of at least 300 words on one of the following topics:
 - Garment care
 - Period clothing
 - Cultural influence on fashion
 - History of a specific project related aspect
 - Development of equipment (example: sewing machine, serger)
 - Markets and methods of marketing
 - Evolution of techniques
 - Effect/use of color, shape, form, pattern, etc.
 - Resource utilization and/or conservation
 - History of styles, gender influence in fashion
 - Relationship of body characteristics to fashion and/or fads
 - Origin of various fibers
 - Other
3. Prepare a speech or illustrated talk to orally summarize your findings and present at a club, project meeting or other educational event.

Member Name: _____

Date: _____

Project Leader's Signature: _____

Date: _____

Certificate of Achievement

This certifies that

has completed the _____ Proficiency

in _____ County.

Explorer

Date

Leader's Signature

Producer

Date

Leader's Signature

Consumer

Date

Leader's Signature

Leader

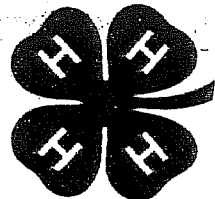
Date

Leader's Signature

Researcher

Date

Leader's Signature



NOTES

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