



Fairfield County 4-H Clothing Projects Guide

Guidelines for completing Clothing projects

- **Read and complete activities and requirements in the project book.**
- **Decide which fabrics best suit the pattern you choose.**
- **Choose a pattern for 4-H'er body type and alter or adjust pattern to fit your frame.**
- **Read and decide which seam finishes are appropriate for clothing items the 4-H'er is making.**
- **Understand and be able to explain the procedures used in constructing the garment.**
- **Press garment during construction.**
- **Be sure garment is clean and pressed when brought to summer judging and Style Revue.**
- **Judging Day: bring complete outfit, project book, pattern and photo.**

Written by: Cora French-Robinson
Date: 2010

What Size Pattern to Buy

For the developing preteen or teen: Buy the pattern corresponding to the high bust measurement for a blouse, jumper, dress or coat. Buy the pattern corresponding to the hip measurement for a skirt, or for pants and shorts.

For a child: take the bust, waist and hip measurement and follow the pattern guide.

High-Bust Measurement (Upper Chest)

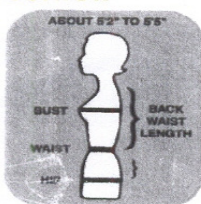
This measurement is taken with the tape measure high under the arm (into the pit of the arm) and higher than the full bust in front. Put measuring tape in place, drop arms and hands down to sides, let tape measure settle. Take the measurement. It should be smaller than the full bust measurement unless you have a broad upper back or protruding shoulder blades.

Use this high bust measurement to look at the pattern size guide and choose the pattern size that corresponds with the measurement taken. If your measurement falls between sizes, use the larger size pattern. Using this measurement will avoid fitting problems in the neckline and shoulder area.

Hip Measurement

Measure around the fullest part of the hips, then choose the pattern size that corresponds to your hip measurement for shorts, skirts and pants on the back of the pattern.

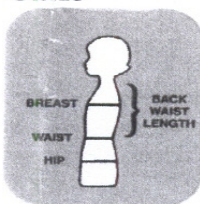
JUNIOR



Junior for the young miss figure, about 5'2" to 5'5" in height without shoes.

Size	3/4	5/6	7/8	9/10	11/12	13/14	15/16	17/18
Bust.....	28	29	30½	32	33½	35	36½	38½
Waist.....	22	23	24	25	26	27	28	29½
Hip.....	31	32	33½	35	36½	38	39½	41½
Back Waist Length..	13½	14	14½	15	15½	15¾	16½	16¾

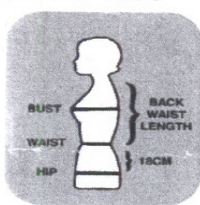
GIRLS'



For the growing girl who has not yet begun to mature.

Size	7	8	10	12	14	16
Breast.....	26	27	28½	30	32	34
Waist.....	23	23½	24½	25½	26½	27½
Hip.....	27	28	30	32	34	36
Back Waist Length..	11½	12	12¾	13½	14¼	15
Approx. Heights.....	50	52	56	58½	61	61½

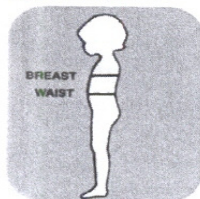
GIRLS' PLUS



Girls' Plus are designs for girls over the average weight for their age and height. See below for approximate heights with shoes.

Size	8½	10½	12½	14½	16½
Breast.....	30	31½	33	34½	36
Waist.....	28	29	30	31	32
Hip.....	33	34½	36	37½	39
Back Waist Length..	12½	13¼	14	14¾	15½
Approx. Heights.....	52	56	58½	61	63½

CHILDREN'S



Children's patterns are designed for a young child who is walking and not wearing diapers.

Size	2	3	4	5	6	6X
Breast.....	21	22	23	24	25	25½
Waist.....	20	20½	21	21½	22	22½
Hip.....	—	—	24	25	26	26½
Back Waist Length..	8½	9	9½	10	10½	10¾
Approx. Heights.....	35	38	41	44	47	48

Standards for a Perfect Fit

To fit a garment perfectly, begin with the high bust (chest) area from underarm to neckline. This area should lie flat with no horizontal wrinkles. The area at the neckline should not only lie flat but feel comfortable.

The shoulder seam should lie at the top of the shoulder, not slanting backward or forward, and end at the shoulder. Move the arm up and down and you will feel the natural joint of the arm joining the shoulder. This indicates the shoulder point.

Darts should point toward the fullest part of the bust and end at least one inch away from the fullest part of the bust. The garment should fitting smoothly across the bust line with out pulling.

The back of the bodice should fit smoothly without horizontal or vertical wrinkles but with enough ease for comfortable movement.

The sleeve should not bind or wrinkle across the cap. It should not wrinkle vertically or horizontally along the entire sleeve or up and down the sleeve, when the arm is in a relaxed position.

Skirts and pants should fit smoothly over tummy and hip, without tucks or wrinkles at the waistband.

Side seams should be perpendicular to the floor. The skirt or pants back should fit smoothly over fanny without bagging under the seat. No wrinkles should be visible under the waistband in back.

Choosing Fabrics

The garment that catches everyone's eye is the one that has compatibility between fabric and pattern. Before you begin a new project, think the garment through. Ask yourself:

Color: What color looks good on you? Take into consideration your hair, eye and facial coloring. Use a color wheel to combine colors or see which color looks best.

Style: Do you want a style that is popular now? Or do you want a classic look, casual look, or specific theme (western, punk, etc.)

Accessories: What accessories accent specific areas of the garment or body and help make the "total" look?

Pretest Your Pattern

Pin-fit the tissue pattern to your body first by pinning the shoulder seams only for tops or dresses. Do not try to pin the side seams...the tissue will tear. Do the sewing lines match your body? Is there enough ease, (½ " for movement)? For shorts or pants pin pattern pieces to waist band and fit into crotch area both the front and back. Check sewing lines to match your body.

Muslin Mock-up: When using expensive fabrics and you are also not sure of the fit, make up the garment in muslin or cheap cotton first to experience any difficult areas to sew and also get the perfect fit for the garment and your body type.

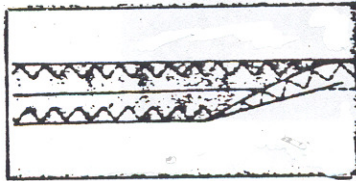
Seam Finishes

- Prevent woven fabrics from raveling
- Prevents knit fabrics from curling
- Strengthen seam for repeated washings
- Choose a seam finish on the garment that will not add additional bulk
- Be sure the seam will not show or imprint on the right side of the garment

Beginner - Seam Finishes

Zigzag or machine overcast edge: (woven and knit fabrics)

- 1) Set zigzag stitch for medium width (check tension on scrap of fabric)
- 2) Zigzag from bottom to top on each seam allowance
- 3) Stitch near, but not over, edge of seam allowance.
- 4) Sleeve armhole - where both seams are turned in the same direction, trim seam allowance to $\frac{1}{4}$ inch; then zigzag both edges together.



Stitched and Pinked Finish: (woven fabrics)

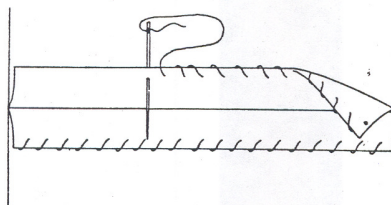
- 1) Stitch $\frac{1}{4}$ inch from edge of seam allowance.
- 2) Press seam open.
- 3) Trim close to stitching with pinking or scalloping shears.

Selvage Finish: (woven fabrics)

- 1) Adjust pattern layout so that edges of seam are cut on selvage.
- 2) Use this technique for straight lines on patterns only.
- 3) To prevent shrinking and puckering clip diagonally into both selvages at 3 to 4 inches intervals after seam is stitched.

Hand Overcast Edge: (suitable for most fabrics)

- 1) Use a single thread of matching color
- 2) Make sure the seam is pressed open
- 3) Make overcast stitches at edge of seam allowance only
- 4) Stitch should be $\frac{1}{4}$ inch deep and about a $\frac{1}{4}$ inch apart



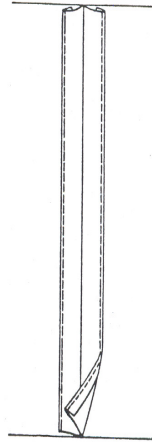
Over edge Zigzag Finish: (woven & knit fabrics)

This requires a sewing machine with adjustable length and width on the zigzag. Your machine may have an over edge foot to attach instead of the regular presser foot.

- 1) Trim seam edges evenly
- 2) Stitch close to edge of seam allowance (adjust zigzag to suit fabric)
- 3) If fabric puckers, loosen tension (to a lower number)

Turned and Stitched Finish: (light to medium fabrics and unlined jacket seams)

- 1) Stitch seam. Open and press.
- 2) Turn under edge of seam allowance ¼ inch.
- 3) Stitch along edge of fold.



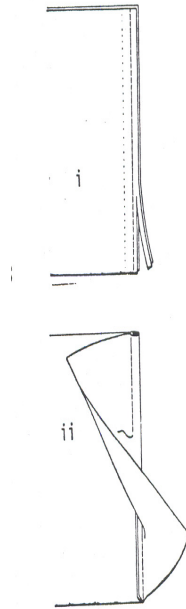
Serger: Over lock Seam Finish: (all fabrics: woven, knits, sheers)

- 1) Use a serger sewing machine to stitch this edge finish on seam allowances or as the seam.
- 2) Use matching thread.

Advanced Seam Finishes

French Seam Finish: (for sheer, lightweight fabrics where seam will show through to right side)

- 1) Pin *wrong* sides of fabric together.
- 2) Stitch 3/8 inch from edge on the right side of fabric.
- 3) Trim seam allowance to 1/8 inch (a).
- 4) Press both seams allowance to one side.
- 5) Fold *right* sides together, with stitching line exactly on fold. Press flat.
- 6) Stitch 1/4 inch from fold (enclosing the raw edges) (b).
- 7) Press seam allowance to one side (usually toward the back of the garment).



Flat-fell seam: a reversible seam (denim, wool, gabardine - jeans, menswear, tailored)

- 1) Pin fabric, *wrong* sides together, at seam line, (pins heads toward raw edges)
- 2) Stitch 5/8 inch from edge of seam allowance
- 3) Press seam allowances to one side
- 4) Trim the lower seam allowance to 1/8 inch
- 5) Turn under 1/4 inch on the upper seam allowance and press
- 6) Pin folded seam allowance to garment, concealing trimmed lower edge
- 7) Edge stitch on fold, removing pins as you come to them

Welt Seam: a seam where less bulk is desired (woven and knits - suits, coats, sporty dresses and pants)

- 1) Stitch a plain seam. Press both seam allowances to one side.
- 2) Trim the lower seam allowance to just under 1/4 inch
- 3) Topstitch on the right side (through both seams), 1/4" to 1/2" from the seam line
- 4) Finished seam has both seam allowances pressed to one side, one edge is trimmed and encased.

Press as You Sew!

Always press each seam after you sew the seam. This is the secret to a perfectly finished garment. Pressing does not mean ironing.

- Ironing, you glide the iron over the fabric.
- Pressing, you move the iron very little while it is in contact with the fabric.
- Use minimum pressure on the iron, and press in the direction of the fabric grain. Lift the iron to move to another section.

Use a Steam Iron or spray with water lightly

- 1) Follow your pattern directions for pressing
- 2) Press each stitched seam before crossing with another.
- 3) Press on the wrong side to prevent iron shine (remove pins from garment)
- 4) Use a pressing cloth (light cotton or wool) – lay cloth over garment piece, press

Other Tools for Pressing:

- 5) Use a Tailor's Ham for shaped areas (curved seams, darts, collars, sleeve).
- 6) Use a Seam Roll for pressing seams on bulky fabrics and wools.
- 7) Use a Point Presser/Clapper to press seams open in corners and points.
- 8) Sleeve Board – use for small narrow areas in sleeves, pant legs and necklines.

Resources:

Sewing Essentials, Singer

Power Sewing, Sandra Betzina