

Apparel Design and Construction – Supplement



“Retro” 4-H Poncho Pattern

This fact sheet was originally published by Oklahoma Cooperative Extension and used during the 1970's as a **Clothing Project: pre-teen, Level 1** activity sheet. Mary Lou Sadler, Extension Clothing Specialist edited the original material. The original activity was revised February 2006 by Karla Knoepfli, Assistant State Specialist and Shirley Burns, Grady County 4-H Clothing Project Leader and Volunteer.

The poncho is an easy cut-and-sew accessory that is fun to wear! No pattern is necessary. The poncho is designed to help members understand the use of grain line in apparel construction. **** The Poncho is not a State Fair exhibit.**

References

Let's Sew: A Beginner's Sewing Guide. By Nancy Zieman

No. 800 4-H [Leader's Guide Clothing Construction](#)

No. 816 Darts – [Sample notebook card](#)

Sewing Equipment

The following items will be needed:

- **Measuring tape**
- **Pins** – with sharp points.
- **Pin Cushion**
- **Scissors** - Used to trim and clip. (Scissors are defined as having both handles the same shape and size. They are smaller in length than shears.)
- **Shears**. Used to cut fabrics. (Shears are defined as having one handle larger than the other and the blades longer in length.)
- **Hem Gauge**
- **Seam Ripper**
- **Needles** - Sharp's size 5/10
- **Thimble** - To fit your middle finger.
- **Iron and Ironing Board**
- **Box or container** to hold sewing equipment.

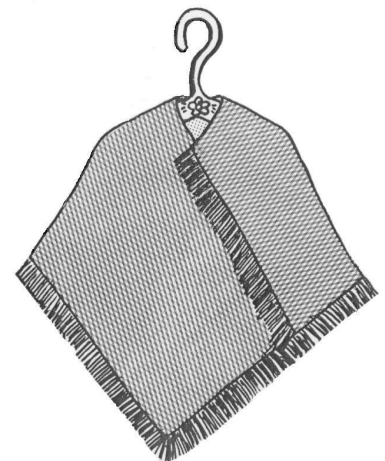
Sewing Machine

One of the most exciting things for a beginning sewer is to learn to use the sewing machine. A club leader, project leader, teen leader, sewing instructor, parent/guardian or relative will assist one in learning how to operate the sewing machine. Take time practicing threading and re-threading the machine, winding bobbins, and stitching straight lines before starting the poncho.

Skills being learned constructing a Poncho:

- Master the understand and application of the word “grain” as it applies to constructing items made from a woven fabric.
- How to carefully pull a grain line thread to achieve a straight cutting line/edge.
- Fabric weave – warp and weft fibers defined.
- Selection of woven fabrics which will fringe easily and effectively as a design detail.
- How to fringe woven fabric.
- Master skills using a sewing machine.
- Measuring
- How to sew a dart.
- Backstitching - Securing threads at the beginning and end of a stitched seam and/or dart.
- Topstitching

Fringing fabric can be a fashionable/decorative trim technique. The design detail can be applied to ready-to-wear or hand-sewn items. Fringing may be used on the hemline of a shirt, jacket, pants, shorts, skirt or as design details.



Fabric and Thread

- **Fabric** – one yard of woven fabric any width
Carefully select a fabric color and design that you can enjoy wearing with skirts, shorts or pants. Consider the fiber content and how easy it will be to clean. **FABRIC SUGGESTIONS:** Any heavy woven fabric, such as sailcloth or homespun will work. Wool or wool-like fabrics may be used but are more expensive. The coarse threads of these fabrics make it easier to cut a straight edge. Since the selvage will be used as the neck edge finish, choose a fabric with an attractive selvage.
Fleece, knits and bonded fabric should not be used for this project since they cannot be fringed. For your first project it is best not to use plaid/check fabrics since they are difficult to match.
- **Thread** – Color should match the background color of fabric. Keep in mind that thread sews in lighter than it appears on the spool.

Making a Poncho

Determine the size poncho needed. Determine your pattern size by cutting two pieces of newspaper/wrapping paper/butcher paper the size noted below. Tape them together with the two inch overlap as illustrated in diagram 5 and 7 and/or as noted in the instructions.

- Small size is 14" width x 30" length (selvedge edge)
- Medium size is 16" width x 33" length (selvedge edge)
- Large size is 18" width x 36" length (selvedge edge)

Steps

1. Cut two pieces of fabric in your size. Pull threads to determine the cutting line in both directions. Follow the line when cutting so your pieces are straight and the edges are even. One long edge will be the selvage used for the neck edge (Figure 1).
2. Pull a thread 3/4" from the edges on all but the selvage edge (Figure 2). Do this on both pieces. This is important for two reasons: 1) you have a line to follow for your machine stitching; 2) your fringe will all be the same width.
3. Set the machine for short stitches (12 to 14 per inch). Using matching thread, stitch along the pulled thread line (Figure 3). Turn square corners at B and C. Fasten threads at A and D.
4. Make fringe by pulling all the threads up to the line of machine stitching (Figure 4). Threads going the width of the fabric – selvage to selvage are called “weft” fibers. Weft fibers are thicker than the threads going the opposite direction and are used to fill in the weaving process. Threads running the length of the fabric are called “warp” fibers and they are not as thick. There are more warp fibers and they are stronger than the weft yarns.
5. Right sides up, overlap one short fringed edge along a selvaged edge. The overlap should be two inches deep (include fringe width in the 2 inch total) (Figure 5). The fringe

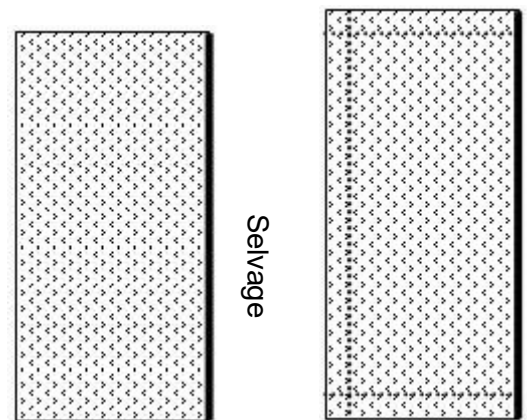


Figure 1

Figure 2

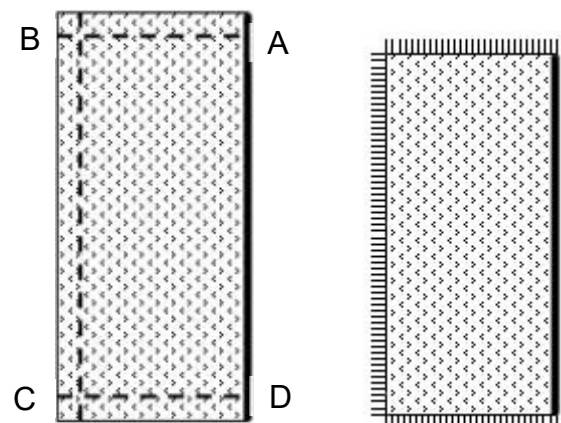


Figure 3

will match at the outside edge. The selvage will be forming a “V” at the inside edge or what will be the neck edge of the finished poncho. Stitch with two rows of stitching. The first row should be along the fringe (do not stitch into the fringe). The second row of stitching will run parallel with the first row and will be spaced ¼” to 3/8” (or the width of the toe of the presser foot) apart. Fasten threads at each end. To secure edge stitch across ends of overlap. See close-up of figure 5.

6. Turn fashion fabric over so the wrong side is up. (Figure 6)
7. Fold long section down so fringed edges match. Fold short section over so remaining short fringed edge overlaps the long selvage edge 2”, including fringe. (Figure 7). Pin these sections together and stitch with two rows of stitching and across the end as was done in step 5/figure 5.
8. Turn poncho inside out (wrong sides out). Match the fringed edges. From the neck edge, draw two darts along each fold. Starting at the neck, mark the wide end of the dart 1 1/2” from the fold. Taper darts from the neck to a point along the fold. The point will end about 3 1/2” down from the neck edge on the fold (Figure 8). Pin or machines baste both darts. Try the poncho on to make sure the dart length ends at the shoulder joint. Adjust dart length for the individual. Stitch the darts from wide end to point. Secure thread at each end of the dart.
9. Press your poncho and wear with pride! (Figure 9)

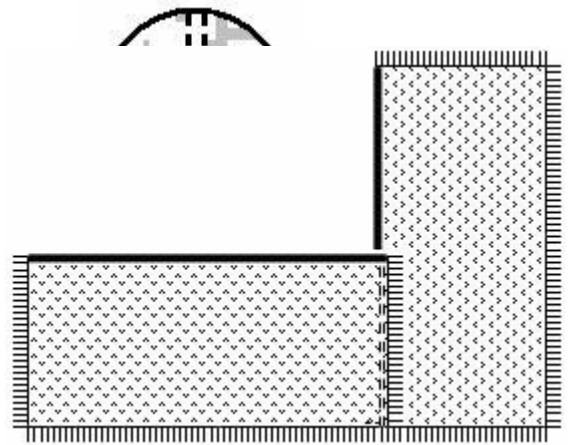


Figure 5

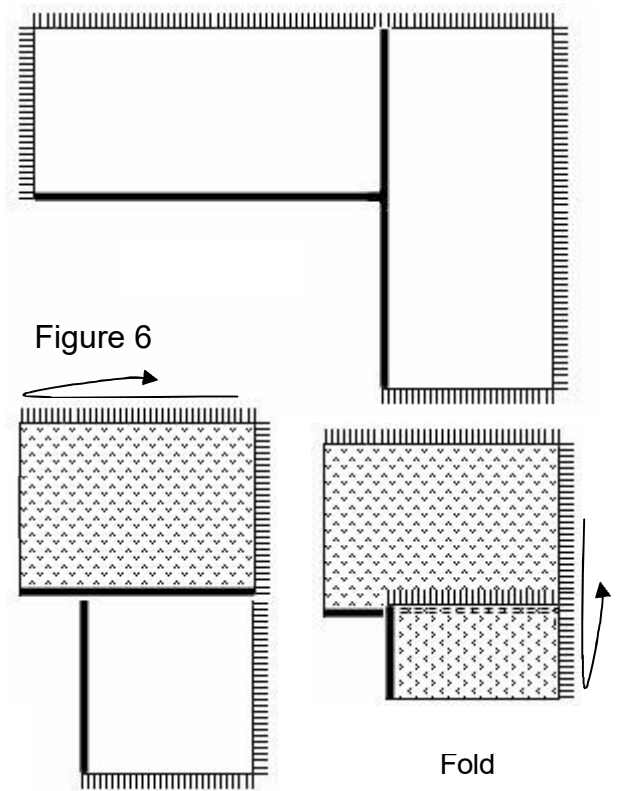


Figure 7



Figure 8

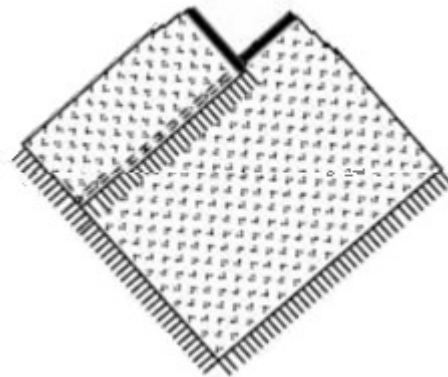


Figure 9