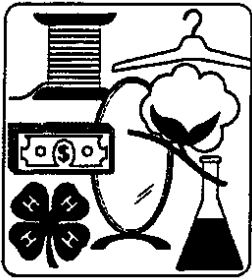


OKLAHOMA COOPERATIVE EXTENSION SERVICE

# *4-H Fabrics & Fashions*

Construction Items

## *Beginning Level (9-11 Years)*



OKLAHOMA COOPERATIVE EXTENSION SERVICE

# 4-H Fabrics & Fashions

## Clothing Items

Beginning Level (9-11 Years)

### Construction

In the beginning level of clothing construction you will learn:

- How to choose sewing equipment.
- To use a sewing machine.
- To do some hand stitches.
- To make seams and some seam finishes.
- How to sew on buttons, snaps, hooks and eyes.
- To hem.
- To make a facing.
- To make an elastic casing.
- Decorative stitching.

You will practice your skills through a number of activities – filling in word puzzles, giving demonstrations, making simple items by hand and machine, putting together a sample notebook and making posters.

### *Sample Techniques Cards*

Thirty cards which introduce members to a variety of sewing skills and techniques on a small scale. Construct each sample and attach to the card. After trying each technique, choose the one best suited for your finished project. The set even include a Self-determined card (#830).

Start a notebook with the technique cards. It will be a great reference tool in your project work.

Sample Techniques

## Seam Finishes

Edge-Stitch, Pinked and Zigzag


No. 801

OKLAHOMA STATE UNIVERSITY  
EXTENSION  
4-H YOUTH DEVELOPMENT

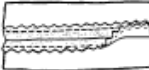
### 4-H Design and Construction

Seam finishes make clothes look neat on the inside, but, more important, they also prevent raveling. Most woven fabrics ravel unless the edges are finished. After stitching a seam, usually  $\frac{1}{4}$  inch in width, add a finish to prevent fraying. The seam finish used varies with the type of fabric and the style of the garment and is usually done on a single thickness of fabric. There are at least three ways to finish seams.


**Edge-Stitch Edges**  
Set the machine to a straight stitch and guide presser foot along the cut edge of the fabric. Stitching will be about  $\frac{1}{4}$  inch (6 mm) from the cut edge.



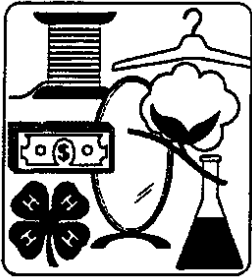
**Pinked and Stitched Edges**  
For a more secure finish than simple edge-stitching, machine-stitch  $\frac{1}{4}$  inch from the edge. Then trim  $\frac{1}{8}$  inch from the edge with pinking shears.



**Zigzag Edges**  
Use this finish with fabrics that ravel and need a secure finish. Use a medium-width zigzag and a medium to short stitch length. Stitch the "zig" in the fabric and the "zag" close to the cut edge.



Division of Agricultural Sciences and Natural Resources  
Oklahoma State University



# 4-H Fabrics & Fashions

## Clothing Items

*Beginning Level (9-11 Years)*

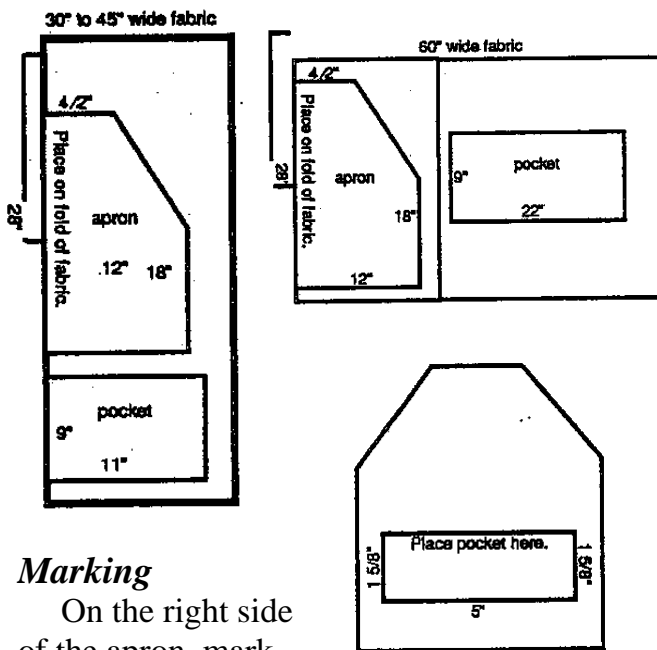
### Chef or Work Apron

#### Supplies

- 1 1/8 yard, 36- or 45-inch wide, medium weight, firmly-woven fabric (7/8 yard, if 60 inches wide).
- Three yards extra-wide, double-fold bias tape.
- One spool all-purpose thread.

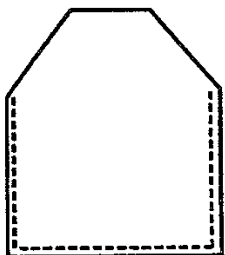
#### Pattern Layout

Cut out apron and pocket. Size of apron may be adjusted to fit individual.



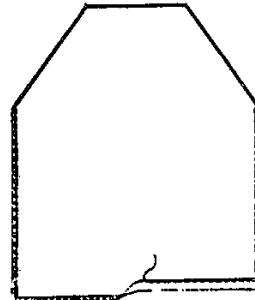
#### Marking

On the right side of the apron, mark the placement of the pocket.



#### Apron Sides and Bottom

Stitch the side and bottom edge of the apron 1/4



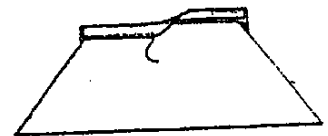
inch from the raw edge.

Turn under the side edges along the stitching and press. Turn under again 1/4 inch to the wrong side and press. Stitch both sides of the apron close to the fold.

Turn under the bottom edge to the wrong side along the stitching and press. Turn under again 3/4 inch and press. Stitch along the bottom of the apron close to the fold.

#### Apron Top

Cut a piece of extra-wide, double-fold bias tape the same length as the top edge of the apron. Enclose the top edge of the apron in the bias tape with the narrower side of the tape on the right side of the apron. Use 1/4-inch fusible webbing to hold the bias tape in place.



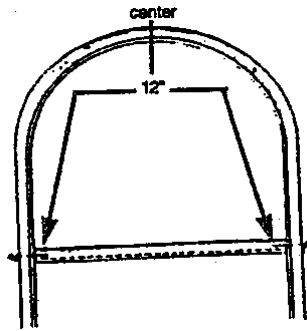
With the right side of the apron up, stitch close to the edge of the bias tape.

#### Neck Strap and Ties

Fold the remaining extra-wide, double-fold bias tape in half and mark the center point. Measure 12 inches in both directions from the center and mark.

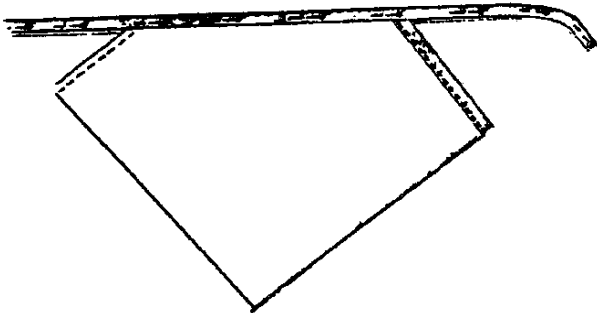


To form the neck strap, pin the bias tape to the apron. The top edges of the apron should be even with the marks.

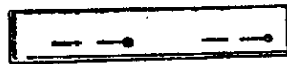
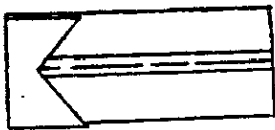
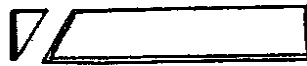


Try on the apron, and adjust the length of the neck strap, if desired.

Enclose the slanted edges of the apron in the bias tape, with the narrower side of the tape on the right side of the apron. Pin from one end of the bias tape to the other.

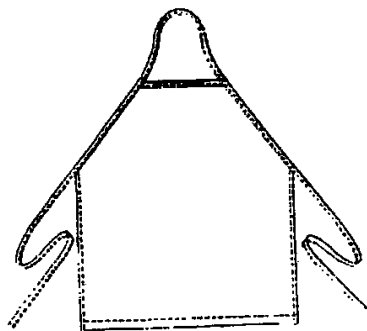


This finishes the slanted edges of the apron and forms the ties. To reduce bulk, cut both ends of the extra-wide double-fold bias tape diagonally. Open the bias tape, and fold the ends 1/2 inch



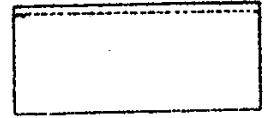
to the wrong side. Refold the tape, and pin or use fusible webbing to hold bias tape in place.

Stitch close to the fold of the bias tape from one end to the other, with the right sides of the apron up, removing the pins as you come to them.

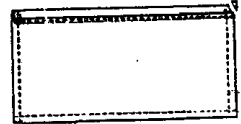


### Pocket

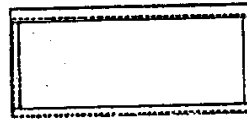
Stitch 1/4 inch from the top edge of the pocket. Turn under the top edge to the wrong side along the stitching. Press. Stitch close to the fold.



Fold the top edge 3/4 inch to the right side. Stitch around the sides and bottom of the pocket 5/8 inch from the edge. Backstitch at the top edges. Trim the upper corners diagonally.

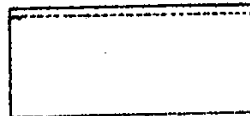


Turn the top hem of the pocket to the wrong side, pushing out the corners. Press.

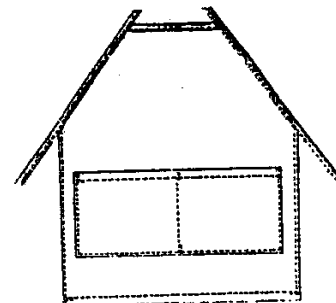


Turn the side and bottom edges to the wrong side along the stitching. Press.

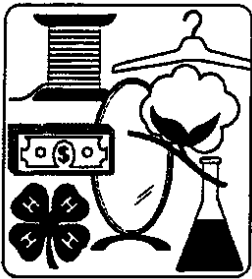
Stitch 5/8 inch from the top edge across the pocket. Backstitch. Fold the pocket in half, with the sides even, and lightly press the fold.



Pin the pocket to the apron, as marked. Try on the apron to make sure the pocket is placed at a comfortable position for you. Raise or lower the pocket, if desired. Topstitch close to the side and bottom edges of the pocket. Backstitch. Stitch along the crease in the middle of the pocket. Backstitch.







# 4-H Fabrics & Fashions

## Clothing Items

*Beginning Level (9-11 Years)*

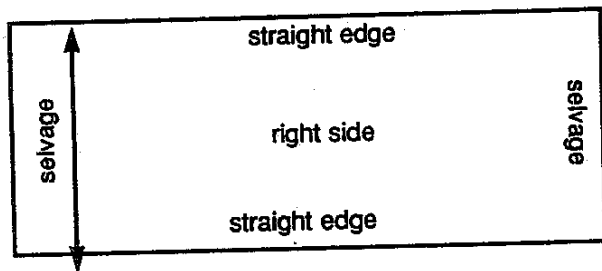
### Laundry Bag

A laundry bag is handy for storing soiled clothing when you travel or even when you are at home. This bag can be made larger or smaller.

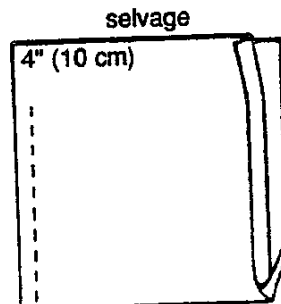
You will need:

- 24 inches of 45-inch firmly-woven fabric.
- Matching thread.
- 2 ½ yards of fine rope or cording.

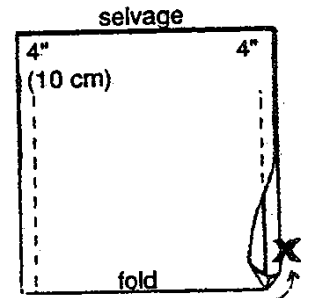
To make your laundry bag you will need to first straighten the fabric by pulling a thread or tearing straight across. The selvage edge will be the top, or open, end of the bag.



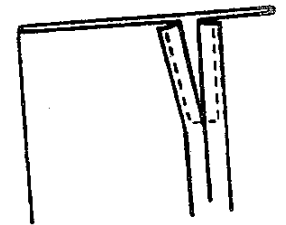
Next fold the 24-inch by 45-inch piece, with right sides together. Pin the two raw edges on either side and stitch a 5/8-inch seam from the fold to within four inches of the top. Be sure to allow exactly four inches from the top on both ends.



The seam may be clipped at the bottom, if you are using heavy fabric. On light fabrics bring the fold of the seam allowance up to the opened seam and press. Press the seams open all the way to the top of the tote.

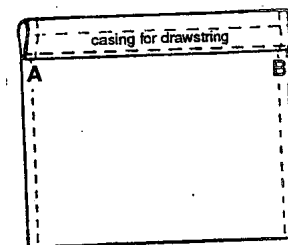


Topstitch ½ inch from the folded edge on the unstitched part of the side seam. Start at the top and stitch down one side.



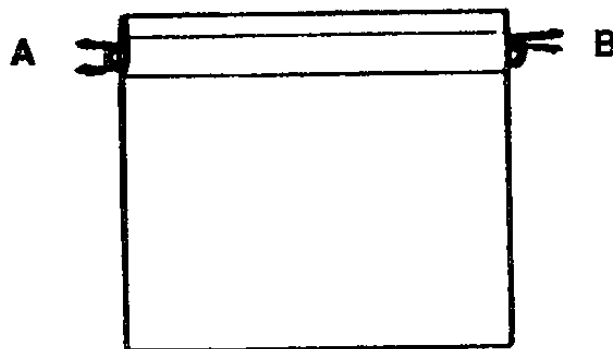
Leave the needle in the fabric and turn. Stitch across the end to the other side. Leave needle in fabric to turn. Stitch up the other side. Repeat for the other side of the bag.

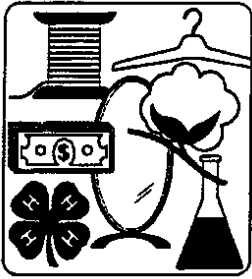
Fold the selvage edge down 2 ¼ inches. The edge will come ¼ inch beyond the open slot at the sides. Pin, baste and stitch on the machine close to the edge, from A to B.



Measure and baste a row of stitches one inch from the top edge. Machine-stitch along this line. Backstitch to fasten each end of stitching. This makes the casing for the drawstrings. Turn the bag right side out.

Cut the 2 ½-yard cord for the drawstrings into two equal pieces. Using a large safety pin, pull the drawstrings through the casing from opposite sides. Pull the string through at A, around B, and back out at A. Pull the other string through at B, around A, and back out at B.





OKLAHOMA COOPERATIVE EXTENSION SERVICE

## *4-H Fabrics & Fashions*

### Clothing Items

Beginning Level (9-11 Years)

## **Making Pillowcases**

The size of the pillowcase is very important. A tight case makes the pillow hard, and a loose case gives it a loose, wrinkled appearance. Measure your pillows to get the correct size before you buy your fabric.

A pillowcase should be between two and three inches wider than the measurement around the pillow. It should be between four and six inches longer, plus the amount desired for the hem. Foam rubber pillows may sometimes have tighter cases.

Standard pillow and pillowcase sizes are as follows:

Pillows:        40 inches around  
                    26 inches long

                    44 inches around  
                    28 inches long

Pillowcases: 42 inches around  
                    36 inches long

                    45 inches around  
                    36 inches long

Any firmly-woven fabric may be used for making pillow cases. A permanent-press finish makes a smooth case that does not wrinkle easily. If you use 100 percent cotton be sure to wash and dry the fabric before you start. This allows for any shrinkage.

### ***Making the Cases***

Measure the pillow length, and add between four and six inches, plus 2 ¼ to 3 ¼ inches for a hem. Wide hems are desirable on large cases, while smaller hems look best on small ones. Draw a thread, or tear the fabric to insure straight lines. With right sides together, stitch the end, using a ⅜-inch seam allowance. Zigzag the raw edges together to prevent raveling.

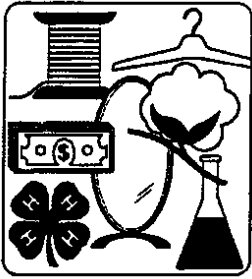
*Optional: To eliminate bulk in the corners, you may want to clip the corners. Use fray check or serged corners to keep threads from fraying.*

Hem the open end of the case. Fold the raw edge toward the inside, creating a ¼ inch hem. Press. Fold the hem toward the inside a second time. This hem allowance will be between two and three inches, depending on the size of the pillowcases. Pin-baste the hem into position.

When machine-stitching, regulate the machine stitch to allow 12 to 14 stitches per inch. Set the machine needle into the fabric at the inside edge of the hem at the side seam on the pillowcase.

Lower the presser foot, and stitch around the hem. The stitches should be close to the edge to prevent the edge from turning back. Backstitch to secure ends of stitching.





OKLAHOMA COOPERATIVE EXTENSION SERVICE

# 4-H Fabrics & Fashions

## Clothing Items

Beginning Level (9-11 Years)

### Tote Bag

Tote bags can be used for many purposes. They can be used to carry books, 4-H notebooks, project materials and gym shoes. They are useful as beach bags and handy for carrying supplies and small equipment.

With this project you will learn:

- Straight grain of fabric
- Measuring
- Pressing
- Machine-stitching
- Using creases as guides
- Seam finishing

#### **Supplies**

You will need sturdy fabric, like denim, kettle cloth, sailcloth, twill, duck or canvas. Try to avoid fabric with a one-way design. This will simplify your project. To figure the amount of fabric, answer the following questions: *Do I want a 14-, 16- or 18-inch wide tote bag? Do I want a pocket? Do I want handles to contrast or blend?*

#### **Tote bag without self-fabric handles**

**Fabric**      ½ yard, 45-inch wide fabric, or ¾ yard if print is striped or directional. (Using the yardage specified will allow enough fabric for tote bag pocket or pockets.)

**Webbing**      2 ½ yards of cotton webbing

or sturdy braid, 1 to 1 ½-inch wide.

#### **Tote bag with self-fabric handles**

**Fabric**      ¾ yard of 45-inch wide or-1¼ yard of striped or directional print (specified yardage will allow enough fabric for tote bag pocket or pockets), ¼ yard of 45-inch sturdy fabric for *optional* contrasting fabric handles

**Thread**      Thread should match the background color of the tote bag fabric. If the webbing handles contrast, you will need thread to match the handles.

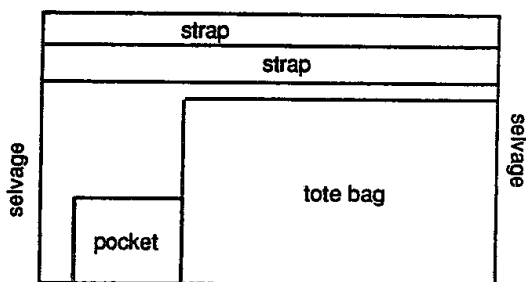
**Other Supplies**      Marking pencil  
straight pins  
ruler  
optional patch, appliqué or iron-on decal

#### **Tote- Bag Construction**

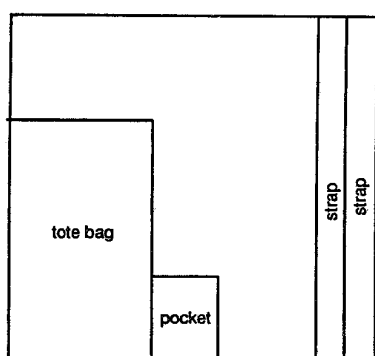
**Step 1**      **Pre-shrink all fabric, webbing or sturdy braid.**

**Step 2**      **Cut out tote bag pieces.**  
a. Tear or cut a piece of fabric 29 inches long and 14, 16, or 18 inches wide. Study the direction of the fabric print before cutting.

**SPECIAL NOTE:** If you have a one-way directional print or design you will need to cut two pieces, 15½ inches long by 14, 16, or 18 inches wide. Place the fabric, right



Layout for fabric without nap.

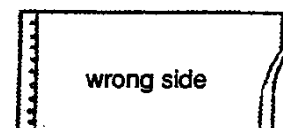


Layout for directional print.

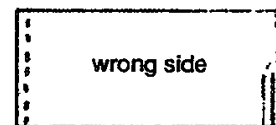
sides together, with the design running the same direction. Stitch a ¾-inch seam along the bottom of the bag. Finish the seam with a zigzag stitch or some other seam finish. Press the seam to one side. This will give strength to the bag. The finished piece should now measure 29 inches long and your selected width of 14, 16, or 18 inches.

- b. For self-fabric handles tear or cut two four-inch wide pieces of fabric. Each strip must be at least 45 inches long.
- c. From remaining fabric, tear or cut a pocket. Determine whether the pocket will be on the inside or outside, and select the appropriate size from the chart at right. -

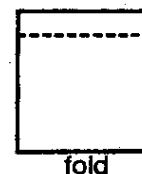
**Step 3** a. On the large piece of fabric for the tote bag body, machine-baste ½ inch from the edge on the short ends. Turn this ½ inch toward the wrong side of the fabric and press along the stitching line.



- b. Turn down toward the wrong side on each short end. Press and machine-stitch close to the edge of the hem.



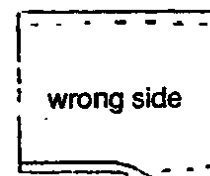
- c. Fold the large piece of fabric in half; wrong-sides together. Press the fold. Mark the center of the bottom fold center of the tote bag.



### Step 4 Pocket Construction

#### Option 1 – Outside Pocket

- a. Machine-baste ½ inch from the edge along each edge of the width (short edge) of the pocket. (If in doubt, refer to the pocket chart to

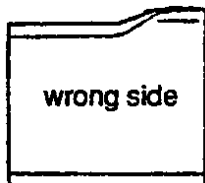


Pocket Size Chart (all measurements are in inches)		outside pocket	inside pocket
14-inch bag	width	4 ½"	5 ¾"
	length	6 ½" or 7 ½"	12" or 14"
16-inch bag	width	5 ¾"	7"
	length	6 ½" or 7 ½"	12" or 14"
18-inch-bag	width	5 ¾"	7"
	length	6 ½" or 7 ½"	12" or 14"

be sure you have the correct edge.) Turn this 1/2 inch toward the wrong side of the fabric and press along the stitching line.

- b. Along one of the edges just completed, turn under another 1/2 inch and press.

This will create a 1/2-inch deep rolled hem, which will be the top of



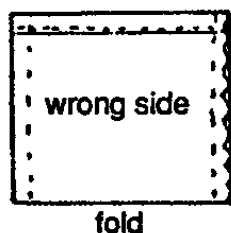
wrong side your pocket. Press and machine-stitch close to the inside edge of the hem. Set the pocket aside until Step 8, Option 1.

#### Option 2 – Inside Pocket

- a. Follow Option 1, Step A, for outside pocket.
- b. Along both edges just completed, turn under another 1/2 inch and press. This creates a 1/2-inch-deep rolled hem, which will be the top of your pocket. Machine-stitch close to the inside edge of both hems.

- c. Fold the pocket in half, right sides together, matching the rolled hem at each end. Stitch down the edges of both sides, using a 3/4-inch seam allowance. Backstitch at the beginning and end of each seam.

Finish the raw edges of the seam, using a zigzag or some other seam finish method. Turn the pocket right side



out. Press the pocket flat along each seam. Set the pocket aside until Step 8, Option 2.

#### Option 1 – Webbing Handles

- a. With right sides together, match the ends of the webbing. Stitch a 3/4-

inch seam. With the webbing lying flat, mark the fold line. Press the seam open. Proceed to Step 7.

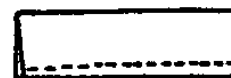


#### Option 2 – Self-Fabric Handles

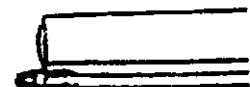
- a. Join the two strips of fabric by placing right sides together and stitching one end with a 5/8 inch seam. Press the seam open. Leave the second end free.



- b. Fold in half lengthwise, right sides together, matching edges. Pin baste. Do not stitch over pins. Stitch a 3/4-inch seam allowance. Press seam open.



- c. Turn right side out. (Tip: Attach a very large safety pin deep into the seam and close it securely. Push the safety pin through the inside of the casing toward the opposite end. Carefully ease the fabric through the casing.) Press the handle strip flat along the seam lines.



- d. Match the two-ends and stitch a 5/8-inch seam. Press the seam open.



#### Step 6 Attach the handles

- a. Lay the bag on a flat surface, right side up. Lay webbing or fabric strap over the body of the bag and arrange in an oval shape, matching fold line and seam(s) of strap with the fold line of the bag. The straps should lie parallel to the sides of the bag. The straps on the 14-inch bag

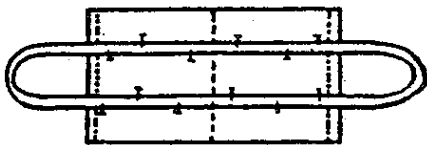
should be placed four inches from the edge. The straps on the 16- and 18-inch bags should be 4½ inches from the sides. Pin the strap in place. (Note the direction for pin placement.)



### Step 7 Pocket Placement

#### Option 1 – Outside Pocket

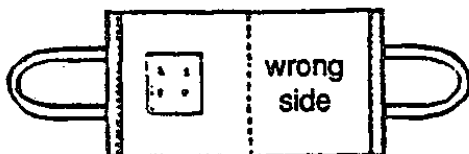
- a. With the top of the pocket toward the hem of the bag, tuck the sides of the pocket under the straps of the bag. The top of the pocket should be 3½ inches from the top edge of the bag. Pin in place.



- b. Machine-stitch along the bottom edge of the pocket. Lift up the strap as needed.

#### Option 2 – Inside Pocket

- a. On the wrong side (inside) of the tote bag, place the top of the pocket toward the hem of the bag. Center the pocket over the straps of the bag. The top of the pocket should be ½ inches from the top edge of the bag. Pin in place. Be sure the pins are not directly under the strap, or you will sew over them when attaching the strap. As the straps are stitched in place, the pocket will be secured.

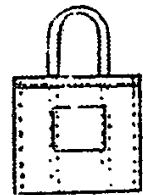


- Step 8** Machine-stitch the webbing or fabric to the bag. Stitch close to the edge of the strap. Begin stitching at the fold line and stitch up to the top edge of the bag. Pivot stitch across the top. Pivot and come down the other side of the handle. Repeat pivots at the other end. When you return to the beginning, overlap machine-stitching one inch and backstitch. Trim off threads. Repeat for the other side of the bag. Press.



- Step 9** Apply decals, appliqué or other personal designs while the bag is flat (optional).

- Step 10** a. With right sides together and the top edges matched, machine-stitch the sides of the bag, using a ⅝-inch or ½-inch seam allowance.



- b. Open the side seam and turn-in each seam corner at the top of the bag, forming a point. Close the seam back up. Press and stitch closed by machine or by hand.
- c. Finish the seam allowance with a zigzag stitch or some other method. Press the seam to one side rather than pressing it open. This will give strength to the seam.



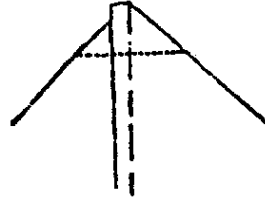
#### Option 1 – Flat Tote Bag

- a. Turn the bag right side out and it is ready to use.

### *Option 2 – Square-Bottom Tote Bag*

- a. Leave the bag inside out. Match the seam line with the crease pressed in the bottom of the bag. From the point, measure in two inches.

Draw a straight line at a right angle to the seam. Machine-

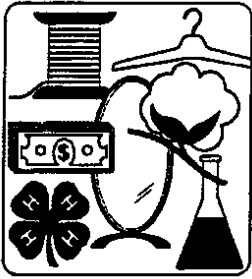


stitch along this line. Be sure to backstitch, and secure each end. This step will give side width to your bag. Turn the bag right side out. Press the corners carefully. Now you are ready to go.

### **Step 11** *Finishing Touches*

- a. Trim all loose thread. Press the bag neatly.

**NOTE:** Decorations may be used on the outside of the bag, but should be quality construction. The bag should meet all other criteria.



# 4-H Fabrics & Fashions

## Clothing Items

Beginning Level (9-11 Years)

### Garment Bag

A garment bag is handy for protecting clothing while you travel or for storing them during off-seasons.

#### **Choosing a Fabric**

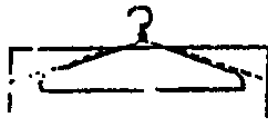
The fabric should be a sturdy cotton, like denim or sailcloth. Some permanent-finish cottons may be finished off the true grain line. When buying a printed fabric with this type finish, select one with the design printed at right angles to or in line with the selvage edge.

#### **Deciding on the Size**

The finished garment bag may be between 20 and 24 inches wide and should be about four inches longer than the longest garment you plan to put into it. Allow one inch extra for seams. For example, a garment bag with finished measurements of 26 by 44 inches, will measure 25 by 43 inches when cut.

#### **Making the Pattern**

Cut a paper pattern by laying a coat hanger across the 26-inch width of butcher paper or brown paper to shape the top. With the hanger centered and the neck of the hanger extending beyond the edge, draw a line along the top edge of the hanger. Cut along these lines, as shown



above. At the center top of the paper, cut a shallow curved opening three inches wide and 1/2 inch deep to fit around the hook of the hanger, as shown.

Measure down the paper the length you want the bag to be, including seam allowances. Cut straight across the paper at the bottom edge.

#### **Cuffing the Material**

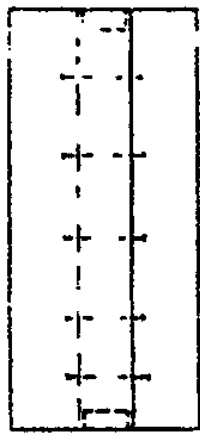
**Back Section:** Place the straight edge (side seam) of the paper pattern on the grain line of the fabric to cut the back of the garment bag to the desired size and shape.

**Front Section:** If you are using plain fabric, cut the front section as long as the center back and add eight inches to the width. Cut this rectangular front piece down the center, lengthwise, making two equal widths.

Do not shape the top of the front pieces until after the hems are finished and the two sections are overlapped. If you are using a fabric with a design, be sure the design will match in the completed overlap.

#### **Now Sew the Bag**

Hem the edges of the two front sections, which will be overlapped to make the front opening. Turn a 1/4-inch seam to the wrong side for the first turn of the hem. Turn under another one-inch hem, then baste and machine-stitch close to the edge.



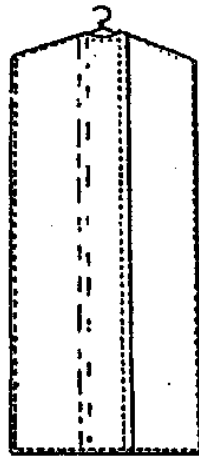
Spread the back section of the paper pattern flat on a table surface. Lay the sections of the front on top of the paper pattern back, with the sides and bottom edges even, and provide a center overlap (right over left, as for a blouse opening).

With the front sections now in position, pin the overlapped area along the same one-inch hems and

across the tops and bottom to keep the overlap in exact position at the top and bottom. Baste as shown by the dotted lines in the drawing

Lay the fabric with back and front together (wrong sides out) and pin together along outside edges.

Shape the front section at the top to match the back piece. Now you are ready to machine-stitch.



### **Machine-stitching**

With the right sides of the front and back basted together, start at the opening for the neck of the hanger and machine-stitch a 1/4-inch seam around the outside edge of the garment edge.

Careful pressing of the seam you just stitched will make it easier to fold or turn the seam exactly on the line of stitching when the garment bag is turned right side out. It is easier to press the seam before it is trimmed.

To press, slip the bag onto the ironing board with the raw edges to the outside. This will put the seam allowance in an upright position. Use an iron set at the correct temperature, and hold the bag tight and free

from wrinkles as you press the seam allowance open, using the point of the iron.

Trim the seam allowance to about 1/2 inch so the raw edge will be enclosed when you stitch a 1/4-inch outside seam. Turn the bag right side out. If seams have been well-pressed, the edge should crease directly on the seam line. Press. Pin-baste around the outside edge.

Finish the edge of the bag by machine-stitching a 1/4-inch seam on the outside (right) side of the bag. This encloses the 1/2-inch seam so no raw edges are left on the inside. You have just completed a French seam.

### **Finishing the Opening**

Center the paper pattern on the fabric grain line



and cut two fitted facings the same shape as the curved neck opening. Cut the facings 5/8 inch deep. Cut two facings. The front and back should be the same size.

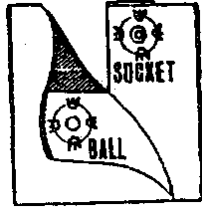
Sew the shoulder seams of the facing together with a 1/2-inch seam. Trim the seam to 1/4 inch and press open. Finish the outside edge of facing with a zigzag or serged stitch.

Lay the right side of the facing on the right side of the opening to be faced, matching the shoulder seams. Keep the shoulder seam open as the neck opening is stitched.

Pin facing to the edge and stitch, using a 5/8-inch seam allowance. Trim seam to 1/4 inch. Clip curved edge of neck opening enough so facing will be smooth when turned to the outside. On wrong side, press seam allowance toward facing. On right side, under-stitch the facing to the seam allowances, close to the seam line. Turn facing to inside of garment and tack at seams.

### ***Front Opening***

Fasten the front opening with enough snaps to keep the bag securely closed. A snap placed every 12 inches should be enough. Use snaps large enough for easy closings. A number two snap will be suitable for most bags. Wave lock Velcro may be used in place of snaps.



To sew on snaps, place the ball part of the snap on the wrong side of the upper edge of the bag. The lower side of the snap will be placed directly opposite. Refer to the sample card on snaps for complete instructions on sewing snaps.