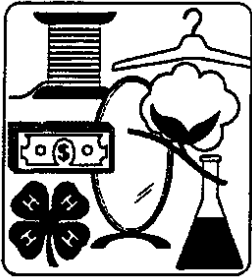


OKLAHOMA COOPERATIVE EXTENSION SERVICE

4-H Fabrics & Fashions

Clothing Items

*Advanced Level
(15-19 Years)*



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Clothing Items

Advanced Level (15-19 Years)

Construction

In the advanced level of clothing construction you will further refine basic skills by using special fabrics and construction techniques. You will learn:

- How to make additional seam and hem finishes.
- How to make bound buttonholes.
- How to cover a snap and hook and eye.
- Two additional zipper insertions.
- How to match in a chevron pattern.
- Some quick sewing techniques.
- Lace applications.
- How to attach cuffs in one step.

You will have many opportunities to practice your skills, including the following:

- Activities, demonstrations and talks;
- Making items by hand and machine;
- A sample notebook;
- Educational displays.

You will also be able to learn through leadership activities by helping younger members with their construction projects.

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


4-H Design and Construction

No. 801




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.


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.



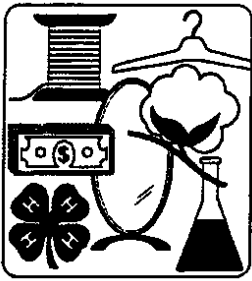
Edge-Stitch Edges
Set the machine to a straight stitch and guide presser foot along the cut edge of the fabric. Stitching will be about $\frac{1}{4}$ inch (6 mm) from the cut edge.



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



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Clothing Items

Advanced Level (15-19 Years)

This is Tailoring

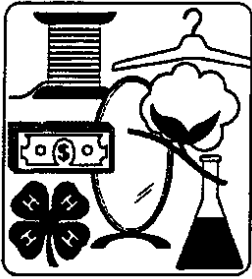
Tailoring is a method of garment construction. Tailoring goes beyond sewing to upgrade the appearance and quality of the garment. Tailoring adds structure to the garment by combining all layers of fabric in such a way that they act as one and by molding and shaping the several layers to create the desired effect on the body. Structure may be added through the use of tape, shoulder shapes, sleeve heads, special buttonhole treatments, interfacing and underlining.

Sewing allows for a wide variety of choices in garment styles and sewing techniques. Some tailoring techniques may be used in sewn garments. In tailoring, there are limits to the kinds of garments and techniques you may choose.

<i>Sewing</i>	<i>Tailoring</i>
Garment styles include everything from dresses, T-shirts and slacks to coats and suits. They may or may not be lined.	Garment styles are limited to suits, jackets and coats. They are usually lined and may be underlined.
Fabric of any type may be used, from soft and supple to crisp and even bulky.	Fabric should be relatively stiff and firm, capable of being shaped. If loosely-constructed fabric is used, it must be supported by an underlining that can be shaped.
The shape of a sewn garment adjusts to the wearer, and the wearer helps determine the shape of the garment.	The shape of a tailored garment is determined by its structure and does not closely follow the shape of the wearer.
The fit of sewn garments may be loose and flowing or closely fitted.	Fit may be slim or somewhat loose, but the garment always has shape.
Workmanship is not as critical. Small variations or inaccuracies in workmanship may not affect the finished appearance very much.	Workmanship is critical. Exactness and attention to detail are necessary for a good appearance.
Interfacing may be used to reinforce openings and details but is not often used to shape the garment.	Interfacing is attached to the lapels and collars with pad stitches, machine stitches or fusing in such a way as to shape the pieces. Hems are interfaced for support.
Support structures , such as taping and pad stitching or layering of fusible interfacing, are not often found in sewn garments.	Support structures , such as shoulder shapes, taping, sleeve heads, interfacing, chest pieces, underlining or back reinforcements, are used.

<i>Sewing</i>	<i>Tailoring</i>
Collars may be of any style – flat, rolled, shirt, stand, etc. They may or may not be interfaced.	Collars are rolled, with or without a notch, or may be a shawl style. They are always shaped with interfacing and steam pressing. Tailored style is rarely collarless.
Sleeves may be of any style, including kimono, shin, puffed and set-in. Sleeve heads may be used, particularly in puffed or pleated sleeves, or sleeves may be unsupported.	Sleeves are usually set-in sleeves, with or without a vent. Sleeve heads are usually used. Less traditionally, raglan sleeves may be used in a tailored garment.
Seams may be plain, narrow and overcast, French, welt or any other type. They may be stayed with tape, if necessary but usually are not.	Seams are plain if the garment is to be lined. If garment is unlined, seams are finished by binding, Hong Kong finish, or dean finish. On leather or leather-like fabrics, leather seams may be used.
Pockets maybe lined or unlined and may be fully interfaced, partially interfaced, or not interfaced at all.	Pockets may be welt or patch. Patch pockets are interfaced and are often lined. Welts are always interfaced.
Buttons may be sewn on flat or with shanks, depending on the thickness of the fabric.	Buttons always have a shank, either made from thread or as a part of the button.
Buttonholes may be made by any method.	Buttonholes are bound, piped or corded and often keyhole shaped.
Hems and edges may be crisp and well-defined or soft and fluid.	Hems are either crisp (hard tailored) or soft (soft tailored), but edges are always well-defined.
Pressing is used to achieve a smooth appearance.	Pressing with steam is used to help achieve permanent shape in the garment. After shape is achieved, the garment is never pressed flat.

Adapted from Texas Clothing Lather's Guide, Texas Agricultural Extension Service, 1987.



OKLAHOMA COOPERATIVE EXTENSION SERVICE

4-H Fabrics & Fashions

Clothing Items

Advanced Level (15-19 Years)

Tailor-Made

What Is Tailoring?

Tailoring is a method of construction that involves special shaping techniques and results in a structured garment with defined shape. In addition to the special shaping techniques, tailoring requires accuracy and special attention to details. There are certain styles, fabrics and methods of construction that are usually found together in tailoring.

Several different kinds of tailoring have been developed over the years. The most time-consuming form is custom tailoring (also known as menswear, or hard tailoring). It is done largely by hand and requires much pad stitching to fasten interfacings and to shape the garment.

The method of tailoring most often used for women's clothes is called fashion tailoring (also known as dressmaker tailoring, or soft tailoring). It may be done either by hand or by machine and may combine some sewing techniques with the tailoring techniques.

As different sewing products and fabrics were developed and fashions became more casual, faster tailoring techniques became possible. Much tailoring is now done by the quick, or shortcut, method of tailoring. Speed tailoring uses fusible interfacings and machine stitching. The shape of speed-tailored garments is not as permanent as the shape of other tailoring methods. The garment will need to be reshaped regularly by steam pressing to maintain its original

shape.

No matter which kind of tailoring you plan, you will need advanced sewing skills to tailor a garment. One way to learn tailoring techniques is to select patterns which have one or two features you can tailor.

There are many good tailoring books you may buy or borrow to supplement pattern instructions for tailoring. Suggested references are listed at the end of this sheet.

Pattern Selection

Patterns for tailored garments are limited almost exclusively to coats and suits. Since these garments are usually a long-term investment, make sure you select a style you will enjoy wearing for several years. For a first pattern, choose a pattern with simple lines and few design details.

Fabric Selection

Look for good quality, tightly constructed fabric which is either woven or knit with a firm hand. Avoid fabrics that are so tight they will not ease well. Plaids, stripes and other designs that require matching call for previous experience and extra fabric.

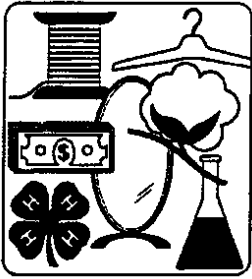
Select a lining fabric that is compatible with the garment fabric in color, weight and care requirements. Interfacing for tailoring should be firm and of good quality.

Notions and Tools

Start with sharp shears and proper-size needles as you collect notions and tools for tailoring. Add pressing equipment – tailor’s hem, seam roll and point presser/clapper.

Getting Ready

Fabrics and notions should be preshrunk and patterns altered to fit before construction begins, just as in ordinary sewing. Test the fit of a pattern when the garment is to be tailored, because it is difficult to alter after the garment is tailored.



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4-H Fabrics & Fashions

Clothing Items

Advanced Level (15-19 Years)

Sewing Shortcuts

Shortcut methods are popular today, because most people are busy and want to finish a garment as quickly as possible. Shortcuts in sewing can help you sew more quickly and effectively, leaving more time for other activities. Shortcuts are more effective after you have learned basic techniques and have used basic equipment. Shortcut methods should always result in the desired quality and should be suitable for the fabric, pattern and notions selected, as well as your skills.

Planning Saves Time

Start with a plan, even though it may take some time initially. It will save you time in the long run, because being organized means knowing what supplies you have, where they are, and what condition they are in.

Study your pattern instruction sheet before you begin, so you will know where you can substitute shortcut techniques. Keep this guide handy!

Pattern Choices

Patterns have been developed that can fit easily into a time-saving schedule and can be made in a few hours or a day. Some patterns are labeled for quick and easy sewing. Simple patterns have fewer seams, no linings, no buttons or buttonholes and may feature other simple designs, such as raglan instead of set-in sleeves or elastic casings instead of waistbands or cuffs.

Alter the pattern to the correct measurements before you cut out the garment. Multi-sized patterns can make fitting easier.

Fabric Choices

Knits and wovens which do not ravel are best for use with speedier facing, seam finish, hemming and other construction methods. Fusible interfacings can save time when the right one is selected for the fabric to be sewn. When appropriate, fuse the garment's interfacings or layers, such as hems or facings, together.

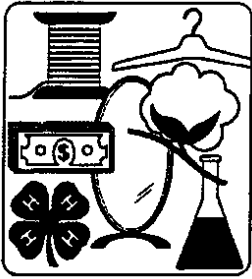
Other Time-Saving Ideas

- To eliminate thread basting, use adhesives or glue designed to hold fabric layers together.
- For seam finishes that prevent raveling, use colorless liquid solution or a bias nylon binding available in rolls. Both may save you time, depending on your skills and where they are needed.
- A needle threader automatically threads sewing needles.
- Self gripping fasteners can be used in place of buttons and buttonholes.
- When two or more parallel rows of top-stitching are required, use twin needles.
- Some ironing board covers are screen-printed with helpful measuring guides.

- Avoid handwork as much as possible. Use the sewing machine. Fuse with an iron or glue, when possible.

Time and Step-Saving Methods

- Sew or press as much as you can at one time before moving to the next construction activity.
- Learn to complete as much of one section of a garment as possible while it is flat.
- When gathering large areas, zigzag stitch over a few strands of thread, using a medium stitch length. Pull the straight thread to gather.
- Tack facings, cuffs, tab fronts, waistbands, and collars to garments by stitching-in-the-ditch.
- Narrow double-stitched hems can be used on knits and light- to medium-weight wovens.
- If openings are on the straight of grain, eliminate the separate facing piece by overlapping garment and facing seam lines and cutting in one piece.
- Tape buttons in place. Take one or two stitches through the holes and remove tape.
- Sew buttons on by machine, whenever possible.
- Use slivers of soap to mark dark fabrics. On some heavy fabrics, rub soap over the seam so stitching will be easier.
- Glue a tape measure to the sewing table for quick measuring.
- Extend your spool spindle with a drinking straw for long spools or two spools.
- Pipe cleaners and tweezers are ideal tools for cleaning the bobbin area.
- When beginning a project, fill several bobbins so they are ready as you run out.
- Tape a bag to the edge of your sewing table and ironing board to catch all cut threads and fabric scraps.
- If there is no seam guide on your machine, place tape 5/8 inch from the needle on throat plate to measure a standard seam allowance.
- Strap a pin cushion stitched to elastic around the head of the sewing machine to keep pins and needles close.
- Use weights, such as table knives or fishing weights, to hold the pattern to the fabric.
- To grade your seam allowance in one easy step, hold scissors in a horizontal position, almost parallel to your fabric. Cut through all layers, leaving at least ¼-inch seam allowance. The upper layer will be narrower than the underneath layer.



4-H Fabrics & Fashions

Clothing Items

Advanced Level (15-19 Years)

Sewing for Special Needs

Making a garment for a senior citizen or handicapped person can be a fulfilling and rewarding experience. Handicapped and senior citizens have just as great a need to look and feel attractive as the young healthy person.

Because body types and handicaps are so individual, clothing for the handicapped cannot be easily mass-produced. Many times a handicapped person must rely on ill-fitting ready-to-wear unless he or she has a friend, relative or seamstress who can sew for him or her.

Not every design is appropriate. Look for attractive and becoming designs that allow free movement, wear well and are easy to care for.

You may have a grandparent or some other relative or family friend who would appreciate having a new garment that fits well and is fashionable and attractive. Well-designed clothing can make the difference between self-reliance and dependence on others. Below are tips on making clothing for the handicapped or senior citizen.

The handicapped person needs clothing that is:

- Convenient to take off and put on. It should be easy to fasten and unfasten.
- Safe to wear. The person for whom you are making the garment may have lost agility and the ability to react quickly.
- Serviceable. Construction and fabric should be durable and easy to clean.

- Functional. The garment should allow maximum comfort and freedom of movement.
- Fashionable. The person for whom you are sewing needs to feel attractive.

Features to look for when choosing patterns or clothing for the handicapped:

- Garments that open easily or can be put on over the head.
- Open sleeve styles – raglan, kimono or combination.
- Full-cut, roomy sleeve area.
- Expandable waistline or no waistline.
- Front center opening.
- Fasteners that are easy to manage.
- Simple styling, with few seams for easy care.
- Pressure tape.
- Very slightly flared skirts.
- Large buttons.
- Wrap-around styles.
- Over blouses, rather than tuck-in blouses.
- Well-designed pockets.
- Slightly tapered pants legs.
- Lower necklines.
- Buttons sewed with elastic thread.
- Large zipper pulls.
- Soft and absorbent fabrics.
- Stain-resistant fabrics.

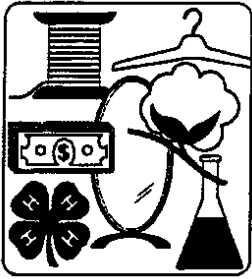
To adapt clothing for the handicapped:

- Add fabric patches to the underside of arm to reinforce the area of strain for crutches.
- Sew buttons on cuffs with elastic thread, so hands slide through sleeves easily;
- Substitute Velcro fasteners for easier opening.
- Use zipper with large ring pull tab, or add a zipper pull.
- Shorten back length of jackets, blouses and shirts for wheelchair-bound to prevent “bunching up.”
- Apply long zippers inside leg seams for long leg braces.
- Cut waistbands lower in front and higher in the back of pants, skirts and shorts for comfort in sitting for individuals in wheelchairs.
- Sew tabs to the insides of waists, so a hook can be used to pull up slacks or

shorts.

- Use thermal fabric to keep cold out and warm air in.
- Reinforce pocket and zipper openings.
- Stitch thread knots outside garments to indicate colors, back/front, etc.
- Substitute elastic shoe laces or pressure loop fasteners on shoes.

There are many everyday items that could be adapted for better use by the handicapped or senior citizen. If you are interested in learning more about clothing for people with special needs, contact your county Extension office for additional information. You could also talk with a physical therapist at a local hospital or nursing home. Check your local library for magazine articles and other publications.



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4-H Fabrics & Fashions

Clothing Items

Advanced Level (15-19 Years)

Press On!

Ironing and pressing not only reduce wrinkles in clothing but also help retain details of tailoring, such as creased pant legs, smooth plackets and crisp pleats. They are also a big help in the actual construction process. With today's synthetic fibers and blends, ironing is not the chore it used to be. However, pressing and ironing are still a routine part of clothing care.

Ironing is gliding the iron across the fabric. Pressing is raising and lowering the iron onto the fabric without any gliding motion. Iron with straight strokes, lengthwise or crosswise, to the grain of the fabric. Diagonal or circular strokes can stretch the fabric. Use a pressing technique for details to avoid marking the garment.

You must control pressure, moisture and heat if you want to protect your fabric and if you want professional results. Always test-press your fabric to determine what combination of pressure, moisture and heat will give best results.

Ironing and Pressing Tips

Keep the weight of the iron in your hand, and exert light pressure on most fabrics. Never rest the full weight of the iron on the fabric. A careful lifting and lowering motion is the rule when pressing with the iron. Additional pressure is necessary only for crease-resistant and firmly woven fabrics.

Most fabrics require moisture for pressing, but excessive moisture can spot the fabric or ruin its texture and may give an

overpressed look. To prevent damage to fabric, press on the wrong side or use a press cloth. Your press cloth should be damp, not wet. Never use a wet press cloth on any fabric.

Check the heat settings on your iron, and test-press the fabric. Some fabrics can deteriorate or become harsh and brittle under excessive iron heat.

Be very careful when pressing fabric on the right side, since using an iron that is too hot or a press cloth with too much moisture will cause iron shine. Use a press cloth or a steam iron cover that fits over the soleplate of the iron to help prevent this. The best press cloth is a small piece of fabric in the same fiber content as the garment (wool for wool, cotton for cotton, etc.). In an emergency, substitute heavy brown paper with no printing for a press cloth. Padding under the ironing board cover will also help prevent shine.

Press napped fabrics carefully to avoid crushing the nap. Place the garment, wrong side up, over a thick towel. Use steam, and apply little pressure.

Fabrics have a memory only when cool. Be sure garments are cool before you move them, or what you pressed in will fall out.

Press all seams open, unless otherwise directed by the pattern guide sheet. Press before joining seams, collars, and other construction details. Press darts over a curved surface in the direction indicated by the guide sheet.