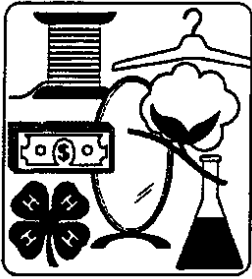


OKLAHOMA COOPERATIVE EXTENSION SERVICE

4-H Fabrics & Fashions

Home & Personal Living Space

Intermediate Level (12-14 Years)



OKLAHOMA COOPERATIVE EXTENSION SERVICE

4-H Fabrics & Fashions

Home and Personal Living Space

Intermediate Level (12-14 Years)

Wall Hanging

A wall hanging can help add color and beauty to your room. It can also be fun to make and a good way to show off your interests and talents. Look around to get ideas for your wall hanging design. You may want to use things you see – trees, flowers, leaves, butterflies, insects, birds, boats, or houses. You may even want to consider purchasing a pattern or looking in simple coloring books for designs and ideas. Seasonal wall hangings can be a nice touch for Christmas or Easter. That way the whole family can enjoy your creativity.

Before you begin

Consider where you will use the wall hanging. This will help you decide on the size and shape.

Measure the area where it will hang. Decide the shape (round, square, rectangle, etc.)

Draw and cut out a pattern for the fabric base to get an idea of size and shape. Tape the pattern to the wall, and answer this question: Does the pattern look too big, too small or just right for the space? If the size (or proportion) of the pattern looks good from a distance, then you can go ahead with the project. Make adjustments if you are not pleased with the size of your pattern.

Measure the length and width of the pattern. Add three inches to the length and three inches to the width for hems and for the casing at the top of the dowel rod. For example, if your finished wall hanging base pattern is 24 inches by 18 inches, you will

Fair Project

1. Must have fabric or textile base, constructed or purchased.
2. May be any size, but should be appropriate for intended use.
3. Must be embellished, using decorative textile technique, e.g., appliqué, quilt blocks (quilted or pieced), appliqué with paint.
4. May be a wall hanging, decorated or seasonal flag, banner or team pennant.
5. Must be constructed so it will hang.

cut your base fabric 27 inches by 21 inches to allow for hemming.

Other information

This project is designed to allow you some flexibility in creating items that reflect your personality and personal taste. Create your own ways to use textiles and home decorations and furnishings. Consult other resources for ideas (commercial patterns, craft and quilt books, magazines).

What you need

- Fabric appropriate for project in your choice of size and color for the background fabric.

- Dowel rod or other device with which to hang your finished product.
- Fabric adhesive – glue or iron-on.
- Fabric scraps to make your design, preferably 100 percent woven cotton.
- Thread, embroidery floss, buttons and other notions suitable for decoration.

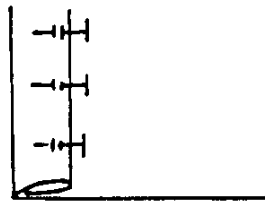
Steps

1. *Decide on your pattern design.*

The picture or design you select should be simple. Look in a craft magazine, craft or quilt store, or coloring book for ideas and possible patterns. Make sure the design will fit the size of the background pattern which you have chosen previously.

2. *Select your base fabric and accent fabrics.*

- Finish the edges of the background fabric, using one thickness of background fabric and hemming edges.
- To hem, make all folds toward back/wrong side of fabric.
- Turn $\frac{1}{2}$ inch under towards back at sides. Press. Turn sides under again 1 inch. Press into place and straight-stitch close to inner folded edge.
- Turn under $\frac{1}{2}$ inch at bottom. Press. Pin into place, and straight-stitch close to inner folded edge.
- To make casing for dowel rod, fold under $\frac{1}{2}$ inch at top. Press. Fold again $1\frac{1}{2}$ inch under. Press, and pin into place. Straight-stitch at inner folded edge. Be sure to stitch close to edge, and double-stitch at each end to secure threads.

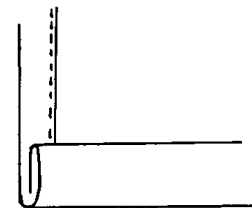


3. *Finish edges of the background fabric using two pieces of fabric and turning.*

- Cut fabric one inch larger on sides and $2\frac{1}{2}$ inches larger on top/bottom edge. Example: If finished size is to be 24 inches by 18 inches, cut fabric $26\frac{1}{2}$

inches by 19 inches to allow for hemming.

- Cut two pieces of fabric for wall hanging base fabric, making allowance for hemming.
- With wrong sides together, pin together both pieces of fabric through both thicknesses, matching edges.
- Machine-stitch around all four sides, leaving a 4-inch opening at the center top edge so you may turn the piece. Trim corners at an angle, and turn. Finger-press edges by rolling seam edge between fingers. You should have the seam edge pushed all the way out to the edge, making a smooth edge. Pin every 3 inches. Press with iron, making sure your seam edge is smooth and pushed up to the edge.
- Turn down the top edge towards the back $1\frac{1}{2}$ inch for hem. Edge-stitch close to inner edge, double-stitching the ends to secure threads.



4. *Selecting fabric for design.*

Use fabrics that complement the base fabric and each other. Woven 100 percent cotton fabrics are great to work with when doing appliqué or other designs; however, other fabrics may be used. Just remember that loosely-woven fabrics will ravel, and polyester knit fabrics cannot take a very hot iron. A closely-woven solid color or cotton print will make a great wall hanging, and the colors and patterns are endless.

5. *Fusible fabric adhesive*

- Trace or draw design on paper

side of fabric adhesive. Remember when tracing that your design will be reversed when you fuse the fabric design to the base fabric. (You may reverse the design by tracing the pattern from the back.)

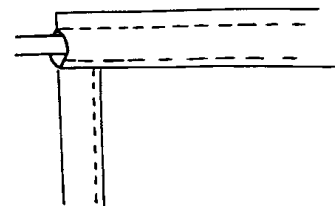
- B. Follow the manufacturer's instructions for using the fabric adhesive.
- C. Iron fabric adhesive pattern pieces to the wrong side of fabric, using a warm iron. NOTE: To stabilize the fabric, use woven iron-on interfacing on the wrong side of the fabric before you iron the fabric adhesive pattern piece to the fabric scrap. This is especially important when you use white or light-colored fabrics so the darker-colored fabrics do not show through the under side.
- D. Determine the order in which the fabric pattern pieces must be placed on the fabric base. You may need assistance from someone else to make sure you are putting the pieces in the right order. A commercial pattern will usually say how the design is to be completed. If you are using a picture from a coloring book, put the larger pieces down first, and then stack the other pieces on top. Just keep in mind that you are making a fabric picture.
- E. Once you are satisfied with the placement of the design pieces, peel off the paper backing, and iron the pieces on one at a time. Be sure to allow one piece to cool before putting down another; otherwise, you may get a piece stuck down before you are ready.
- F. Machine-appliqué, hand-embroider, baste, or fabric-paint the edges in place. Select the method or methods that will work best for the fabric, design and planned use of the wall hanging.
- G. Machine-appliqué requires machine-zigzagging close around the edge of the fabric piece. Set the zigzag stitches at approximately 18 stitches per inch and the stitch width at the widest zigzag. Practice with a simple design until you

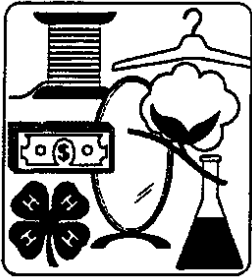
feel comfortable with this method of machine-appliqué. Each design piece should be appliquéed in this manner, changing colors of thread to match the color of the fabric.

- H. Embroidery or basted appliqué is a method by which you hand-stitch the pieces into place. You may select matching or complementary thread. Practice with a simple design until you feel comfortable with this method of appliqué.
- I. Paint appliqué is a very simple method that produces great results. The object is to trace along and seal the edges of the fabric with fabric paint. You will get a smoother line if your paint container has a narrow pointed nozzle. The paint may match or complement the fabric being appliquéed. Allow the paint to dry between colors and appliquéed pieces to avoid smearing your work.
- J. Give your design personality and a three-dimensional look by adding buttons, lace, rickrack, braid or paint, but make sure it isn't too busy. The simpler you keep your project; the more attractive it will be for years to come.

6. *Making hanger*

A 1/2-inch dowel rod cut the width plus 1 inch will serve as a hanger. A length of decorative cord may be tied to each end so you can hang your wall hanging by the cord.





4-H Fabrics & Fashions

Home and Personal Living Space

Intermediate Level (12-14 Years)

Hanging Storage Unit

Have you ever looked for anything and could not remember where you put it? Put your imagination to work and make a great storage unit for your hard-to-find items. Use your hanging storage unit to store school supplies, locker items, shoes, jewelry sewing notions, makeup, and tools, anything you need to keep in order.

The following instructions provide you with one way to construct a hanging storage unit. However, you may buy a commercial pattern or design your own.

Your hanging storage unit should have a textile/fabric base. It should be functional and durable. It does not have to be machine-sewn. However, gluing will not provide the strength you need. Specific size and design features can be determined based on how you plan to use your hanging storage unit. This is a good use for all those scraps of denim, trim, fabric, etc.

What you will need:

- Heavy fabric – denim, upholstery fabric, laminated cotton, tapestry, etc.
- Half dowel rod.
- Grosgrain ribbon.
- Paint, ribbon, lace, buttons, appliqués, braid, etc., to embellish pockets.
- Thread.
- Heavyweight fusible interfacing.

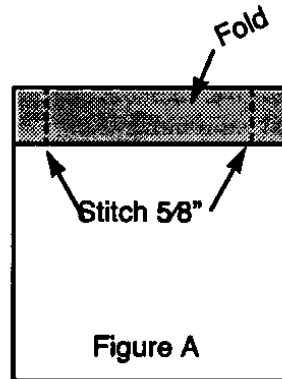
1. Decide how you will use the unit and where you will hang it. Measure the space where it

needs to fit.

2. Cut your background fabric the length and width of the desired size and add $\frac{3}{4}$ -inch seam allowance around the sides. You will need to cut two pieces of background fabric the same exact size. The fabric you choose should be heavy enough to support the weight of the items to be stored. Fabrics similar in weight to denim are best-suited for this type of project.
3. If you plan to store heavy items in your hanging storage unit, you will need to reinforce the fabric with a heavyweight iron-on interfacing fused to the wrong side of one piece of your background fabric. This will be the piece of fabric to which you will attach the pockets.
4. Decide how many pockets your storage unit will need. Cut fabric for pockets so that you will have a $\frac{5}{8}$ -inch seam allowance on all sides. Pockets can be made from the same fabric as the background fabric or may be cut from scraps of contrasting fabric but should be heavy enough to support the items you plan to store.
5. The pockets may be decorated with buttons, appliqué, sew-on patches, embroidery, ribbon, yo-yos, paint, etc. Be creative and use some imagination!

Another easy idea is to recycle pockets off old pairs of denim jeans. Your pockets can be all shapes and sizes. You may want to customize the shape of the pockets to specific items you will be storing. **Pockets should be decorated before they are attached to the background fabric.**

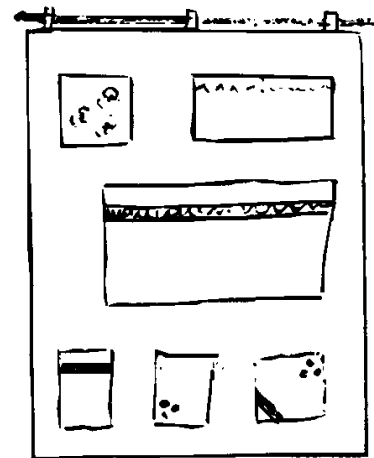
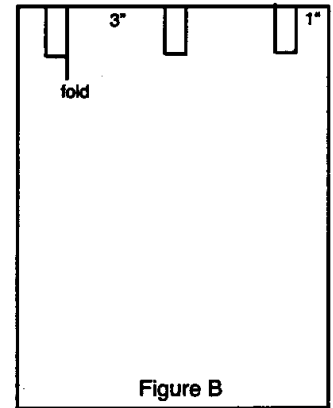
- Once you have your pockets cut, turn back a $\frac{3}{4}$ -inch seam allowance on the top edge of each pocket. Stitch on both sides, backstitching to secure seams. Clip corners. Turn right side out. This will form a finished edge for the top of your pocket (fig. A). After turning, press the fold and top-stitch about $\frac{1}{2}$ inch from the top edge.

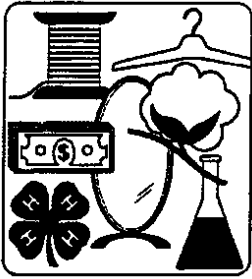


- Turn and press under $\frac{3}{4}$ inch on the three remaining sides of the pockets. Arrange pockets on a piece of fabric which has been fused with interfacing. Pin pockets in place. Stitch each pocket onto the background fabric. Stitch close to the folded edge of the sides and bottom of each pocket. Use thread which matches your pocket, or stitch in a contrasting color.
- Form a ribbon casing to hold the dowel rod from which the storage unit will hang, using grosgrain ribbon in a color which will coordinate with your storage unit.
- Measure the finished width of your hanging unit. You will need a ribbon loop approximately every three inches. Each loop will make $2\frac{3}{4}$ inches of ribbon. Fold ribbon in half, and press.
- Once you have your ribbon cut and pressed, pin loops along the top of the background fabric to which you attached the pockets. The raw edges of the ribbon should match the raw edge of the background fabric (fig. B). Baste loops in place at $\frac{5}{8}$ -inch seam allowance. You should begin pinning ribbon 1 inch from the edges of your fabric, and

space loops about 3 inches apart.

- Stitch background fabric together using a $\frac{3}{4}$ -inch seam allowance. Leave a small opening at the bottom edge so you can turn your fabric right side out. Before turning, clip corners to eliminate any extra bulk.
- Turn fabric and press. Using a blind stitch, close the opening at the bottom of your hanging unit.
- Cut your dowel rod so it will be one inch wider than your completed storage unit. A $\frac{1}{2}$ inch dowel rod works well; however, you may use other sizes and adjust the directions above. Insert through the ribbon loops, and your project is complete.





OKLAHOMA COOPERATIVE EXTENSION SERVICE

4-H Fabrics & Fashions

Home and Personal Living Space

Intermediate Level (12-14 Years)

Bulletin Board or Message Center

Are you ever asked to take phone messages for your family? Do you ever ask your family to take messages for you? Do you always remember to give the message to the proper family member? What if they forget to give you your message?

A central place in your home for messages would be practical and functional for the whole family. Consider making a bulletin board or a message center for this purpose.

Be sure to use two textile techniques when creating your bulletin board or message center. These techniques include, for example, weaving, paint or stencil, fabric covering, attached trim, etc.

Bulletin Board

There are many ways to decorate a bulletin board. You might cover the board with fabric, paint it or add decorative trim. *Be sure to use two textile techniques.*

For more information and guidelines on making a bulletin board, use the "Bulletin Board" fact sheet found under the beginning level division of the Home Environment component of the 4-H Fabrics & Fashions curriculum.

Message Center

A message center is an adaptation of a bulletin board. You may have your own ideas about creating a message center. Use your imagination to make it attractive and functional. Consider using the theme of your home/room to

spark your ideas. One method would be to purchase a bulletin board/chalkboard or bulletin board/cork board and decorate it, *using two textile techniques.*

When you design a message center for your family, consider these questions:

Where will the message center be placed in your home? Will it hang near the telephone? Will you set it on a table?

Who will use the message center? Should you include everyone's name on the center?

How large should your message center be?

What supplies will you need to make the message center work (pencils, chalk, etc.)

How much will it cost? Is it economical to make and use?

Is it attractive? Does it fit the personality/theme of the room or the family?

Attaching messages to the center

- Wooden slats
- Clothes pins
- Large paper clips
- Velcro
- Pockets
- Straight pins
- Magnetic strips
- Chalk board
- Cork board

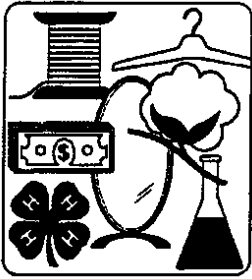
Textile techniques

You may use any of the techniques listed below or come up with your own techniques. Consult commercial patterns, craft books and magazines for ideas.

- Ruffles
- Ribbons
- Cut-out initials, shapes, etc., from fabric scraps
- Fringe, lace
- Napkin appliqué
- Paint or stencil

Miscellaneous

Spice up your project by using wallpaper scraps, wallpaper border, wrapping paper, self-adhesive paper, etc.



4-H Fabrics & Fashions

Home and Personal Living Space

Intermediate Level (12-14 Years)

Desk Pad and Accessories

Creating a desk pad and accessories is one of the most versatile and useful activities included in this 4-H project. Desk pads can be used for the study area in your room, for your family's work area, for a teacher's or parent's desk at work or for a college student's dorm room. Use your imagination. There are many ways to make this project reflect your creativity.

Accessories

To enter your desk pad in the fair, you need to also create coordinating desk accessories. Your desk accessories should be useful and complement your desk area.

Possible desk accessories

- Pen and pencil holder
- Fabric-covered boxes for note pads
- Covered folder or notebooks
- Fabric-covered address book
- Covered picture frames
- Phone book cover.

There are many ways to create these accessories. The craft section of pattern books offer ideas and patterns you can use for guidance.

Be creative! Show off your creative talents. Most desk accessories can be made from scraps of fabrics left over from your desk pad.

Desk Pad

These directions provide just one way to create a desk pad which will be the focus of your fair exhibit in this category.

What you need

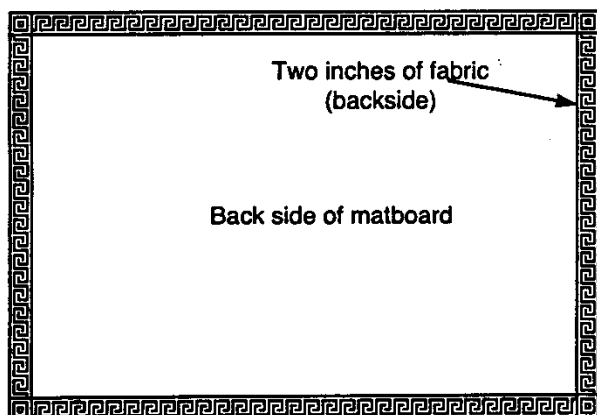
- Heavy matboard
- Lightweight posterboard
- Heat and bond heavy fusible adhesive
- Coordinating fabrics
- Miscellaneous items for embellishment of completed desk pad and accessories
- Hot glue gun
- Ruler, pencil, scissors, craft knife, iron

What to do

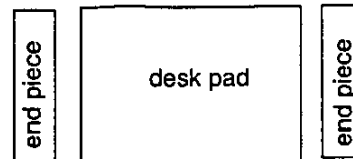
1. Decide on the size. Your desk pad should allow you space in which to work comfortably and should not look too big or too small on your desk. A good size is between 21 and 24 inches long and between 16 and 20 inches wide.
2. Select fabric to be used to cover blotter pad and end pieces. The blotter and end pieces can be the same fabric, or the end pieces can be made from a coordinating print which compliments the color of the blotter. When selecting a fabric, remember:
 - The fabric you choose should compliment the colors of your room or study area.
 - Cotton or cotton blend fabrics work best.
3. Measure and cut matboard and posterboard to the desired size of the

desk pad.

- Cut two pieces of fabric and two pieces of heat and bond fusible adhesive to cover matboard and posterboard. This fabric should be 4 inches wider and longer than the pieces of matboard and posterboard. (For example, if your desk pad is 21 by 24 inches, then your fabric should be 25 by 28 inches.
- Fuse fabric and fusible adhesive together according to the product directions.
- Center matboard on the wrong side of one piece of the fabric. Two inches should be showing all the way around the matboard. Carefully turn over and fuse fabric to the front of the matboard, following the fusible product directions. When fusing, begin working from the middle of the boards. This keeps fabric centered and prevents wrinkles. When finished, you will still have a 2 inch border of fabric all around the desk pad.



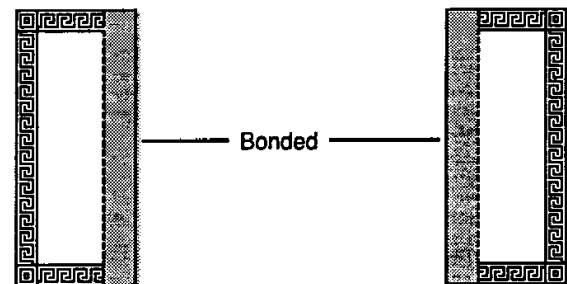
- Once the front of the matboard is fused, flip the board over and fuse the remaining two inches of fabric to the back of the board, using the tip of your iron. Work from top to bottom and then side to side, being careful to keep your corners straight. You may have to use a little hot glue to secure the corners later. Once you have completed this step, repeat steps six and seven for the piece of posterboard.
- Cut two end pieces for your desk pad, using posterboard. A good width for these is 2 1/2 to 3 inches wide. They should be the exact length of your desk pad.
- Cut fabric and fusible adhesive the size of



the end pieces, plus two

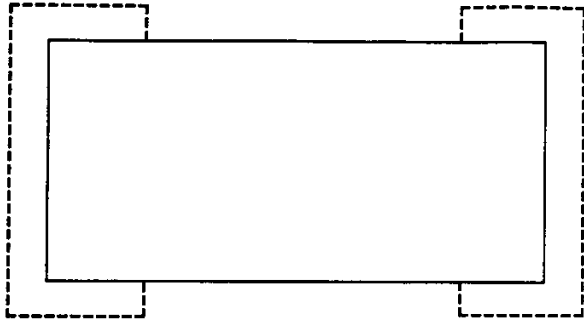
inches, on all sides. *When choosing fabric for your end pieces, use a contrasting print or color. You may also want to use a thick layer of batting to pad your end pieces. If your method of decoration involves sewing, you will want to decorate your end pieces before fusing them to the posterboard. If not, decorate after fusing and attaching the end pieces to the desk pad.*

- Fuse together fabric and fusible adhesive.
- Center posterboard end pieces on the fabric and the fuse front of the end pieces only.
- Flip the end pieces over, and fuse one of the long sides on each end piece to the back side. This will be the edge of the end piece that will be toward the middle of the desk pad.



- Place the left end piece on the desk pad, lining up the cardboard edges. Carefully turn the whole pad over. You should have two inches of fabric showing on all three sides of the end piece (at the top, bottom and outside edge). Carefully fuse this extra fabric to the back of the desk pad. Start with the top, and then go to the bottom and down the side. This will hold the end piece to the desk pad. Do not worry about loose edges on your corners. They will be hidden later. Repeat

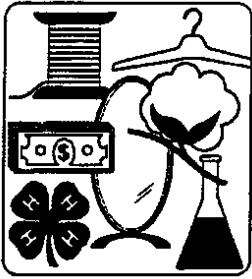
these steps for the right end piece.



14. Once the end pieces are on, hot glue the fabric-covered piece of posterboard to the back of the desk pad. This will cover all the rough edges. When gluing, be careful not to use too much glue. You do not want it to squeeze out around the edges.

15. Decorate the end pieces. It is best not to add any decoration to the blotter area, since this is where you will be writing, and the area needs to be smooth. Some things to consider as decorations for your desk pad end pieces:

- Baseball cards, photos, stickers, pogs, stamps or other collectibles staggered down the sides.
- Clusters of buttons, pearls, and old jewelry.
- Pockets made from old blue jeans. Decorations could be coming out of these, or the pockets could serve as storage on your desk pad.
- Pad your end pieces slightly, and then use them to display your 4-H medals



OKLAHOMA COOPERATIVE EXTENSION SERVICE

4-H Fabrics & Fashions

Home and Personal Living Space

Intermediate Level (12-14 Years)

Combination Category

Requirements for this category consist of constructing three articles representing the theme or color scheme of a room. All items must be handmade, finished or refinished and/or decorated.

In this category, 4-H youth will learn to:

Make the home or personal living space more convenient and comfortable.

Express creativity and personal lifestyle in coordinating home decor.

Develop skills in producing quality products that make the home more attractive and functional.

No matter where you live, your personal living space is an expression of yourself and your lifestyle. A desire for change (for the better) is at the root of most home-decorating projects. Sometimes redecorating a room simply means redoing the accents.

Cozy pillows tossed in a favorite old chair, lamps topped with bright new shades, even a new wall hanging can awaken your space with life and color. A few simple accessories can update or individualize a room to fit your personality.

You can learn new skills and improve your living space through a number of activities – researching storage or study space, giving speeches and illustrated presentations, designing space for the physically challenged, estimating costs and making simple items by hand.

Fair Exhibits

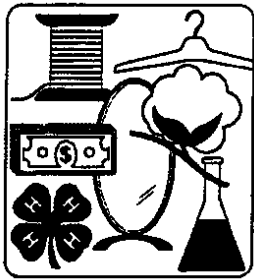
For the fair, you may choose to exhibit a combination of any three home accessories which you have created, refinished or decorated. The articles must represent the color scheme of a room.

The following are examples of suitable combinations:

- Covered album, pillow, lampshade.
- Tablecloth, placemat, chair cushion.
- Monogrammed towel, shower curtain, waste paper basket.
- Any other combination of three items.

Instruction pages

Included are several instruction pages for home accessory items. These are just examples to get you started. Feel free to use commercially available patterns or to create your own. There is lots of room for using your imagination and creative talents in this project area.



OKLAHOMA COOPERATIVE EXTENSION SERVICE

4-H Fabrics & Fashions

Home and Personal Living Space

Intermediate Level (12-14 Years)

Combination Category

Chair Pads

New chair pads can update a kitchen or dining room and give an inviting look that

encourages friends and family to sit awhile and linger over good food and conversation. You can make an old chair match a bedroom or dressing area by coordinating the seat pad with matching fabric. Don't forget the sun room, folding chairs or any seat that needs a padded tie-on cushion to help provide a unified look.



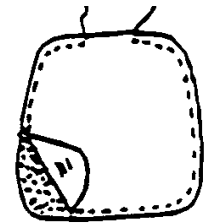
Supplies

- $\frac{5}{8}$ to $\frac{3}{4}$ yard fabric for each pad.
- $1\frac{1}{2}$ yards for pads with ruffles.
- Polyester fleece, regular or fusible.
- Stuffing tool or wooden spoon.
- Craft paper or newspaper for pattern.

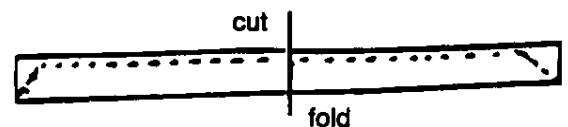
Instructions

1. To make a pattern, lay a piece of craft paper or newspaper on the chair seat. Draw around the outside edge of the seat. Fold in half to make sure both sides are the same.
2. Cut out paper pattern. Place pattern on seat again to determine if shape is correct. Adjust, if necessary
3. Add $1\frac{3}{4}$ inch on all edges, and cut two patterns for each pad.

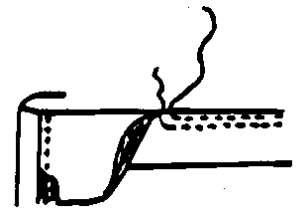
4. Cut two strips, $4\frac{1}{2}$ inches, for the ties. Cut ruffle strips 6 by 45 inches. Cut as many as are needed to be twice



- the measurement around the pad (between 66 and 90 inches). Baste or fuse fleece to WRONG side of each chair pad front.
5. Make each tie, as follows: With RIGHT sides together, fold each tie section ($4\frac{1}{2}$ by 45 inches) in half lengthwise, and seam the long edges. Stitch both ends of each tie strip diagonally, having sharper angle at fold. Cut each strip into two equal lengths. Turn the ties right side out, and press carefully.
 6. With the cut edges matching, pin two ties at each placement mark on the right side of each pad shape.



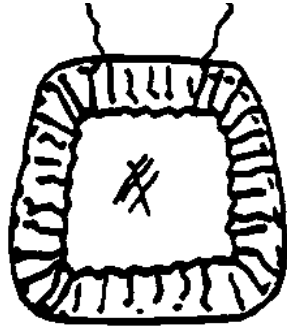
7. Place pad piece on chair to mark the best tie placement. Duplicate the markings for pads.
8. Piece the ruffle



strips to form lengths approximately 66 inches long. Sew each into a circle. Fold the circles in half lengthwise, wrong sides and cut edges together, around the outer edges of the pad shape, matching the cut edges and sandwiching the tie ends in between.

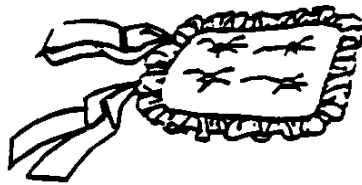
MACHINE BASTE the edges through all layers.

9. With right sides together, stitch the two chair pad sections together, being careful not to catch the ruffle and tie ends in the stitching. Leave an opening between ties for turning and



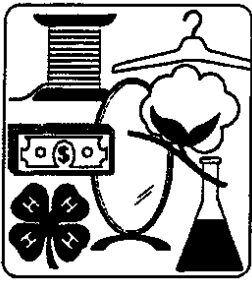
stuffing. Trim fleece seam allowance close to stitching. Clip curves. Turn **RIGHT SIDES OUT**, and press.

10. On **OUTSIDE**, pin top and bottom together. Stitch four dime-size circles, evenly spaced, in the center of the pad twice each through all layers. This will create tufts after the pad is stuffed.



11. Stuff the chair pads as follows:

Working around the circles, pull fiberfill apart and fluff it before use. Break apart lumps and thick spots. Use pieces about the size of a tennis ball. Pack into place, using a stuffing tool or the end of a long-handled wooden spoon. Pack firmly in space each time stuffing is added. Mold and shape the pad, being careful not to overstuff or make lopsided. Slip-stitch opening closed.



OKLAHOMA COOPERATIVE EXTENSION SERVICE

4-H Fabrics & Fashions

Home and Personal Living Space

Intermediate Level (12-14 Years)

Combination Category **Pillow with Flanged Border**

Scattered across a couch or clustered on a chair or loveseat, throw pillows are a wonderful way to extend a decorating theme to every part of the house.

Flanged pillows, with envelope backs, are simple to make and look more tailored than ruffled pillows.

Materials

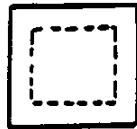
- ½ yard decorative fabric
- 14-inch pillow form
- thread
- 18- by 38-inch piece of fabric

Instructions

1. Hem each 18-inch side by folding under ¼ inch and then ½ inch and then top-stitching.
2. Fold, with right sides together, overlapping the hemmed ends by three inches and centering. Raw edges should match.



3. Stitch ½-inch seams on each side.
4. Turn **RIGHT SIDE OUT**. Press.
5. Stitch two inches from edge on all four sides to create flange.
6. Insert pillow form.

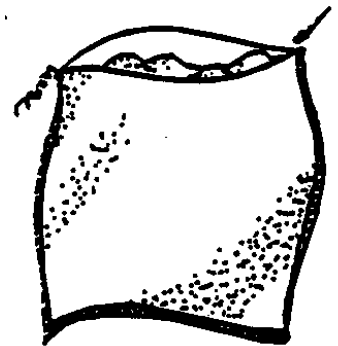


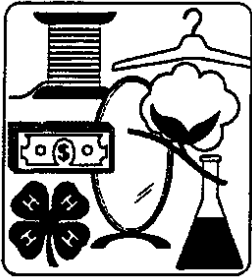
Note: Larger pillow forms may be used by following the same directions but increasing the size of fabric used.

- 16-inch form – ⅝-yard fabric cut to 20 by 42 inches.
- 18-inch form – ⅝-yard fabric cut to 22 by 46 inches.

Hint

Make your own pillow forms from bonded polyester batting. Cut two pieces of batting to the desired size, adding a ½-inch seam allowance on all edges. Serge or zigzag-stitch the two pieces together on three sides, leaving one side open. Stuff with leftover batting, fiberfill, fleece or scraps of pantyhose. The batting cover will smooth out any bumps and give the pillow form an even, frill look. After stuffing the form, serge, zigzag or hand-stitch the edge closed. Use the finished product as you would a purchased pillow form.





OKLAHOMA COOPERATIVE EXTENSION SERVICE

4-H Fabrics & Fashions

Home and Personal Living Space

Intermediate Level (12-14 Years)

Combination Category

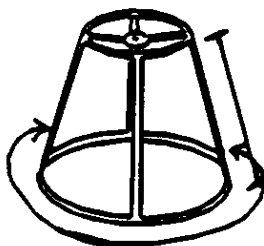
Fabric Lampshade for Conventional Frame

Supplies

- lampshade frame
- fabric
- thread
- ¼-inch elastic
- rust-retardant spray paint

Instructions

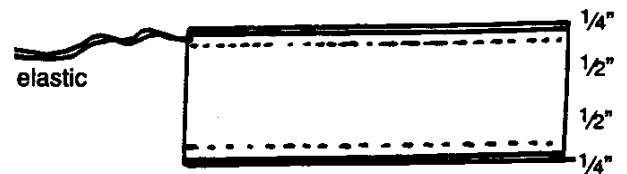
1. If the wire frame is rusty, spray it with a coat of paint prior to constructing the fabric shade.
2. Measure the height of the frame and add 3½ inches. This will be the width of fabric needed.
3. Measure the bottom circumference of the frame (around the frame, not across), and multiply it by two. This will be the length of fabric needed.
4. Join strips to form a tube in the length needed.



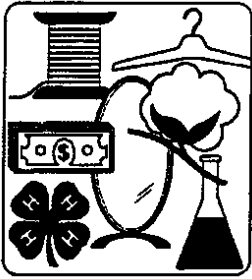
height of
frame + 3½"

circumference X 2

5. Turn under the top and bottom edges ¼ inch. Hem top and bottom edge, making a ½-inch hem and leaving a small opening for inserting elastic in the casing formed by the hems.
6. Gather the top and bottom by pulling tightly on the elastic at each end.



7. Fit the fabric over the frame, and pull the elastic up to fit the top and bottom of the frame. Distribute the gathers evenly.
8. Tie each piece of elastic in a double knot, and cut off excess ends. Push the knots into the casing. No need to stitch the casing opening shut.



OKLAHOMA COOPERATIVE EXTENSION SERVICE

4-H Fabrics & Fashions

Home and Personal Living Space

Intermediate Level (12-14 Years)

Self-Determined Exhibit

The purpose of a self-determined exhibit is to stimulate individual initiative on the part of the member to research, develop and present an exhibit.

The self-determined exhibit must be an educational presentation report or display on a poster board no larger than 14 by 22 inches. It MAY be three-dimensional.

You may explore, research and make a presentation based on one of the two categories below. Suggestions listed under the two categories are only suggestions. Use your imagination.

1. Design a living space for the physically-challenged

(Refer to the Leader's Guide for resources pertaining to housing needs for the physically-challenged.)

Illustrate ways to modify or adapt a product or install it in a specific way to make it usable and convenient for the physically-challenged.

Present problems in selecting, positioning and installing major home appliances.

Plan or modify a kitchen floor plan so it is more convenient for the physically-challenged or visually-impaired.

Plan a kitchen work center (cook center, food storage area, clean up center, preparation center).

Design a laundry room, bedroom or bath for the visually-impaired or physically-

challenged.

Show ways to customize appliances for independent living.

Videotape ways to prepare recipes. For the visually-impaired, record instructions on audiocassette.

Illustrate how to use readily-available materials around the house to modify household products for the physically-challenged.

2. Design your dream room

Develop a new color scheme to change the appearance of a room. Consider the psychology of color and its impact on moods.

Design a new floor plan for your dream room. Include dimensions of the room. Add windows, closets or built-in furniture and storage space.

Design a furniture arrangement and explain what is good about it. Consider traffic patterns, activities, lighting, heating, ventilation, privacy, etc.

Design a more efficient storage area that works for you.

Design an efficient computer, work or study space.

Design a sewing room, laundry room, game room, craft or hobby room.

Illustrate lighting for work and relaxation.

Design a second bathroom or plans for remodeling an existing bathroom.

Design a more efficient storage space in bedroom, bathroom or kitchen.

Design a workable plan for a room you share with a sibling.

Plan a dream kitchen, considering work centers, kitchen shapes, appliances, lighting, ventilation, storage, work surfaces and noise insulation.

Illustrate the selection of a furniture style. Research upholstery or wood furniture use, care, purpose and quality.

Present a plan for furnishing a room on a

budget. Consider avenues for locating and purchasing quality furniture. Plan and budget major purchases.

Consider dos and don'ts to garage, rummage or yard sales.

Design a family room for a single parent with children. Consider activities and special considerations for entertaining and privacy.

Create an odor-free, improved air quality space.

Remodel for energy conservation. Research and plan installation of alternate energy systems.