This 4-H project is designed to help you explore the world of sewing and buymanship. Use your creativity to construct and purchase items for your wardrobe.

- Learn to create clothing or other items for yourself and others.
- Learn about fabrics.
- Apply design elements and art principles to your constructed item.
- Learn how to use sewing equipment safely.
- Learn how to purchase garments and accessories.

**Here’s what you can do all year!**

### Starting Out
- Organize a sewing box.
- Learn to stitch by hand.
- Learn how to sew on buttons.
- Identify sewing machine parts.
- Learn to use a sewing machine.
- Learn to select patterns, fabric and notions.
- Learn to read pattern markings and cut fabric.
- Learn about fads and fashion trends.
- Understand the impact of color and fabric on clothing design.

### Learning More
- Identify specialized sewing tools.
- Combine two or more patterns to create a design.
- Design and embellish a garment.
- Compare different fabrics, yarns and finishes.
- Discover how to take part in a fashion show.
- Learn and use tailoring skills.
- Analyze cultural influences in clothing.

### Expanding Horizons
- Use advanced sewing skills.
- Identify clothing styles that enhance figures.
- Sew fabric containing spandex.
- Plan and conduct a fashion revue.
- Plan and organize a community service sewing project.
- Conduct a clothing inventory and identify your clothing needs.

**Pass it on!**

Now that you know how, share it with others. Here are ideas to get you started.

### Communication
- Design a poster identifying sewing machine parts and proper care of a sewing machine.
- Create a 4-H video demonstrating how to sew on a button.
- Teach others how to use a sewing machine to create decorative pillows.

### Citizenship
- Organize your group to sew something for a community facility (for example: curtains, pillows).
- Organize a community clothing drive.

### Leadership
- Volunteer to take responsibility for washing your family’s laundry.
- Organize a club field trip to a fabric store to learn about appropriate fabrics for various sewing projects.
- Teach your club or other group about embellishing techniques.

### Entrepreneurship
- Job shadow a seamstress/tailor.

Learn more at [www.ndsu.edu/4h/](http://www.ndsu.edu/4h/) or contact your county NDSU Extension office.
Here are other opportunities to explore clothing and textiles:

- Contact your county Extension office to participate in local clothing camps, workshops or county fairs/achievement days.
- Create your own sewing/tailoring business.
- Demonstrate proper clothing care (laundry, repair and alterations) with friends and family.
- Help family members shop for clothing that best fits their different body types.
- Attend the Extension Youth Conference and attend workshops, listen to motivational speakers and participate in a community service project; bring ideas back to your club and community.
- Interested in a college education in the area of apparel merchandising, design and production? Schedule a visit with North Dakota State University’s College of Human Development and Education at www.ndsu.edu/hde.

**4-H Resources**
- Pillows, Totes & More (CB100)
- Sew Fun! (CB107)
- Embellish: A 4-H Guide to Wearable Art (CD125)
- Let’s Sew (CB208)
- Shopping in Style (CB108)
- Patterns
  - Polar Fleece Hooded Scarf

**Other Resources**
- Sewing and Craft Alliance www.sewing.org/
- Butterick-McCall’s-Vogue www.mccall.com
- Fabric Link www.fabriclink.com
- Hand Stitches http:// mdg.ext.msstate.edu/ sewing/index.html

**Recordkeeping**
- Planning for My Project Adventure (PA093)
- ND 4-H Project Plan (PA095)
- ND 4-H Plan of Action (PA096)
- ND 4-H Participation Summary for 11- to 19-year-olds (PA098)

**Contests**
- Clothing Revue Contest

**Exhibit Ideas**
- Exhibit an item such as a pin cushion, pillow or tote bag.
- Choose a fabric and explain what it is made of, how to care for it and how it is used.
- Exhibit a garment or accessory that you have decorated.
- Create a poster showing patterns designed for two or more figure types.
- Design a poster showing some new sewing tools/equipment and how they can be used.
- Create a personalized pattern for a garment with a computer or Internet program.
- Create a display on some new fabrics and why they were made (bulletproof vests, antibacterial, wicking, etc.).
- Describe the laundry process and special considerations.
- Create a display on detergent use and how stain removers work.
- Create a display on how to make simple repairs using only a needle and thread.
- Construct a soft furnishing (pillow, quilt, comforter, curtains, etc.).
- Develop an educational exhibit on clothing buymanship.

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