

CLOTHING AND TEXTILES

Sonoma County 4-H

Name: _____ Date: _____

Guidelines for Project Proficiency Award
Beginning (1st and 2nd years)

	<u>Date</u> <u>Completed</u>	<u>Leader's</u> <u>Initials</u>
1. Demonstrate the ability to stitch a straight seam.	_____	_____
2. Learn to backstitch.	_____	_____
3. Recognize a woven, knit and non-woven fabric	_____	_____
4. Identify grain lines (salvage or bias).	_____	_____
5. Learn why and how to pre-shrink fabric.	_____	_____
6. Identify and show proper use of sewing equipment; tape measure, shears, pins, seam ripper, needles, thread.	_____	_____
7. Identify sewing machine parts.	_____	_____
8. Wind a bobbin & thread a sewing machine.	_____	_____
9. Learn to pin baste.	_____	_____
10. Learn to use an iron and how to press a seam open.	_____	_____
11. Sew on a two or four hole button.	_____	_____
12. Learn to hem by machine.	_____	_____
13. Learn to blind hem by hand.	_____	_____
14. Learn to stay stitch and where to use it.	_____	_____
15. Learn to take accurate body measurements and select the proper pattern size.	_____	_____
16. Identify pattern markings.	_____	_____
17. Layout pattern on fabric using proper grain lines.	_____	_____
18. Learn at least one method to transfer pattern markings to fabric. Method _____ .	_____	_____
19. Learn how to clip, grade, or notch seam allowances.	_____	_____
20. Learn to sew on clothing fasteners: snaps, hook & eye, or hook & loop.	_____	_____
21. Learn to put in a single lap zipper.	_____	_____
22. Recognize appropriate seam finish for fabric.	_____	_____
23. Learn to launder or care for items made.	_____	_____
24. Sew a complete outfit.	_____	_____
25. Demonstrate the ability to select colors and textures that go together.	_____	_____
26. Select an outfit with all accessories for a particular occasion.	_____	_____
27. Learn to put in a facing with interfacing.	_____	_____
28. Give a demonstration related to clothing.	_____	_____
29. Participate in the County Fashion Revue.	_____	_____

Project Leader's Signature of Completion: _____

Date: _____

Club Leader's Signature of Completion: _____

Date: _____