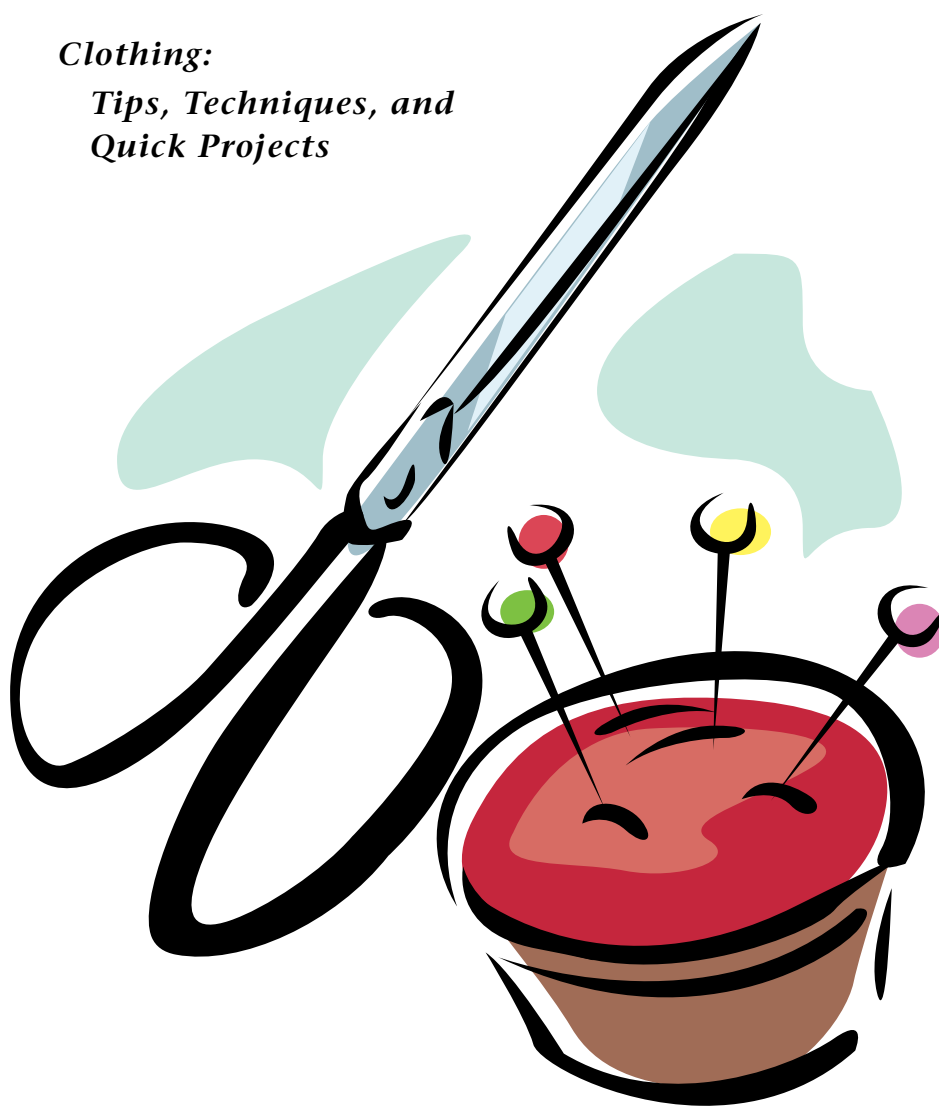


Sew Quick!

A 4-H CLOTHING LEADER'S GUIDE

*Clothing:
Tips, Techniques, and
Quick Projects*





Dear Youth and Adult Clothing Leaders:

Learning the basics of clothing construction can be fun when it involves making an item that can be completed in one or two project meetings, is an in-fashion item, and is something the 4-H member will be proud to wear or use or give as a gift. Tips & Techniques and Quick Project To Do sheets provide currently in-fashion clothing construction items which help teach basic sewing techniques. Use these as guides when you plan clothing construction project meetings. Once the member has learned the basics, he or she will be ready to tackle garments made from the commercially available patterns.

When the Wisconsin 4-H Clothing Construction Advisory Committee accepted the challenge to update the clothing construction materials, there were several objectives we wanted to accomplish:

1. To provide a reference book for beginning sewers which included updated sewing techniques. These techniques would produce high quality items in much less time than some of the "traditional" methods.
2. To provide continually updated, in-fashion projects for beginning sewers. When the items are ones the members want to make and will use, it's easier to teach the basic sewing techniques.
3. To provide materials that could be easily updated and not be obsolete within a year or two.
4. To provide the necessary written materials, training seminars, and reference information for use by adult and junior clothing leaders for all levels of sewing construction.
5. To provide clothing judges with information about the new techniques which they can expect to see when judging items at the fairs.

Teaching clothing construction is a challenging, exciting, and rewarding opportunity.

Happy Sewing!

Brenda Warren, Chair
Wisconsin 4-H Clothing Construction
Advisory Committee

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Quick Projects To Do

Blue Jean Bag

Blue Jean Bag

Blue jean bags are easy to make from a discarded pair of jeans. All you need is the top jean section cut off just above the crotch, a strap made of material from the jean leg, fasteners, snaps, and self-closing tape or a heavy zipper.

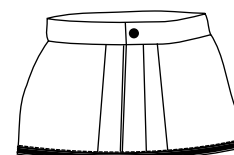
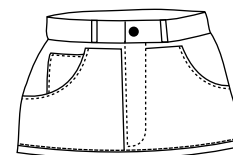
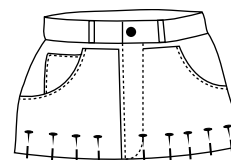
The jean pockets can be used for small, easy-to-lose items. For fun, add pockets from other jeans. Use appliques, trim, or embroidery to cover holes or worn areas or just for decoration.

Materials needed:

- blue jeans
- thread
- shears
- pins

Directions:

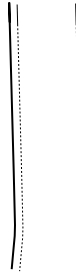
1. Cut legs off jeans about 1 1/2" above the crotch. Turn top right side out. Pin bottom together 1/2" from edge. Include bottom of pockets when pinning.
2. Stitch a 1/2" seam across bottom and trim to 1/4". A zigzag stitch will be more durable.
3. Turn top inside out. Finger-press bottom flat and pin 1/2" from bottom. Stitch a 1/2" seam, making sure the first seam is enclosed within the pinned part. For reinforcement, stitch another seam 1/4" from bottom. Turn purse right side out and press.



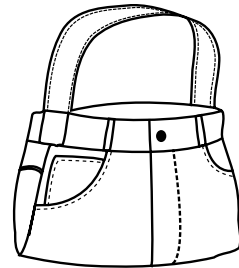
4. To make shoulder strap, cut a strip of fabric on straight grain about 4" wide and the desired length. This is usually about the length of the pants. Fold both long sides of strip under $\frac{1}{4}$ " and press.



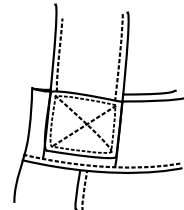
5. Fold strip in half, wrong sides together. Using contrasting or matching thread, topstitch close to both edges.



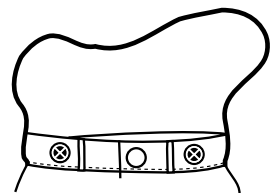
6. Place strap ends outside of purse at side seams and pin. If there are belt loops at side seams, remove them.



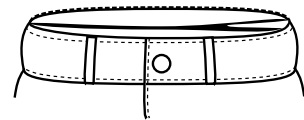
7. Attach strip to purse by stitching a square at each end. For durability, sew an "X" in the middle of each square.



8. If desired, attach large snaps or squares of self-closing tape at purse waistband.



9. If you prefer a zipper, measure across the back of purse at waistband to determine zipper length. Place zipper right side up inside waist opening, squaring off waistband at sides to match shape of zipper. Hand-sew zipper to waistband edge all the way around, using an overcast stitch. Sew waistband closed at fly front.





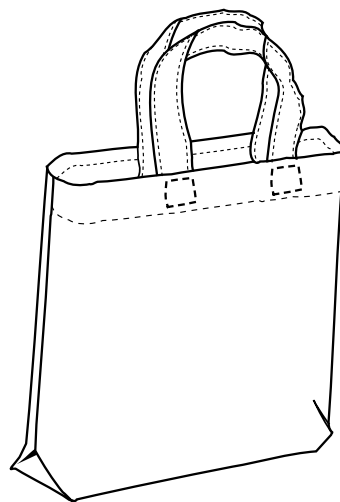
Quick Projects To Do

Book Bag

Book Bag

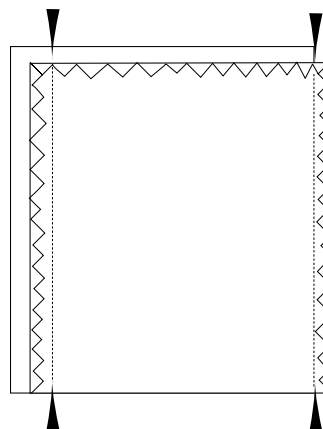
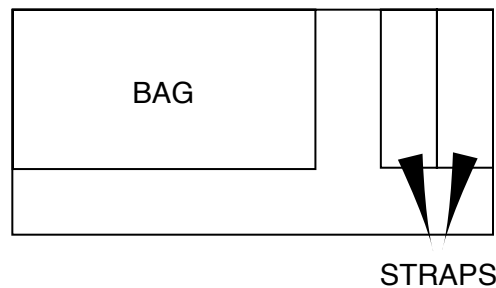
Materials needed:

- $\frac{1}{2}$ -yard of firmly woven fabric such as denim or light canvas
- matching thread

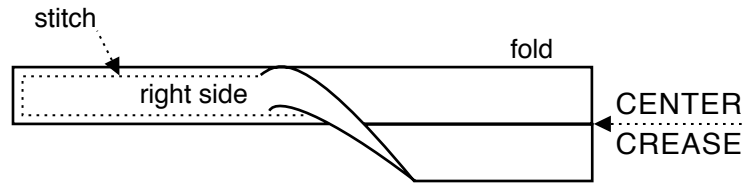


Directions:

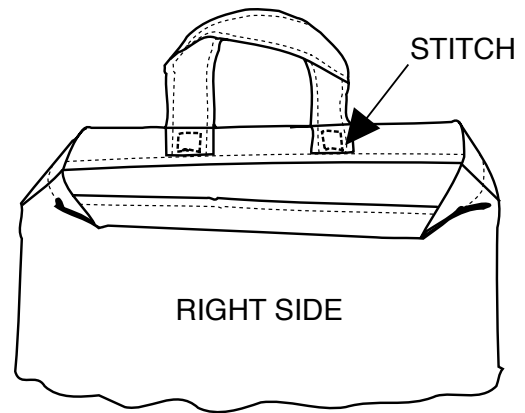
1. Cut a rectangle 32" by 13 $\frac{1}{2}$ ". Cut 2 pieces 4" by 16" for the straps.
2. On the rectangle, serge or finish the cut edges.
3. Fold the fabric, right sides together and pin the side seams. Stitch a $\frac{5}{8}$ " seam. Backstitch at the beginning and end. Press the seams open.
4. On the top of the bag, turn down $\frac{1}{4}$ ", press. Turn another 1" and press. Sew the hem to finish the top.



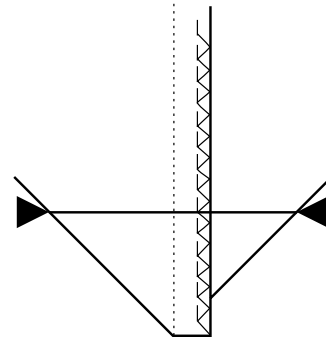
- To make the straps, fold the strips in half lengthwise, right sides out and press. Then turn the cut edges to the inside on both sides, meeting the fold line and press. Refold again so all raw edges are inside, press.



- Pin edges together and top-stitch $\frac{1}{8}$ " from the outer edge on all four sides.
- Pin straps to the top hem, about 3" from each side. Sew the strap to the hem, stitching a box with an "X" in the middle. This gives extra support for the handles.



- For the box corner at the bottom, turn the bag inside out. Fold the bottom point to the side seam and sew straight across. Backstitch at each end. Turn right side out.



- If desired, decorate your bag or sew pockets onto it.



Quick Projects To Do

Christmas Bow Barrette

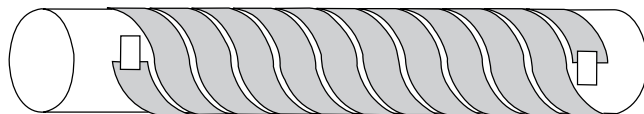
Christmas Bow Barrette

Materials:

- 1/4-yard cotton blend Christmas fabric, small print
- Thread to match
- 3/4-yard 1/4-inch satin single face ribbon—color A
- 3/4-yard 1/4-inch satin single face ribbon—color B
- 80-mm barrette
- 4 10-mm gold or silver jingle bells
- 5/16-inch dowel, sawed in half (18 inches long)
- Masking tape
- Glue
- Spray bottle
- Unwaxed dental floss
- Hand sewing needles (sharps)
- #20 tapestry needle (or any needle with a large eye)

Directions for Making Curly Ribbon:

1. Measure and cut 10 inches of each color ribbon.
2. Tape end of ribbon to dowel. Wind ribbon diagonally around dowel so ribbon edges meet but **do not overlap**.

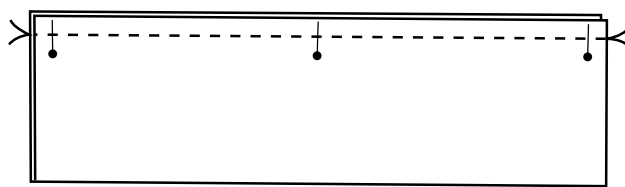


3. Mix 3 tablespoons glue with 1 cup water in spray bottle. Spray ribbon with glue/water mix; **do not saturate**. (Some colors don't stiffen enough. Test a small piece. More glue can be added to make the ribbon stiffer.)
4. Bake in oven at 250 degrees for 20 minutes. Allow ribbon to **cool completely** before unwrapping from dowel.

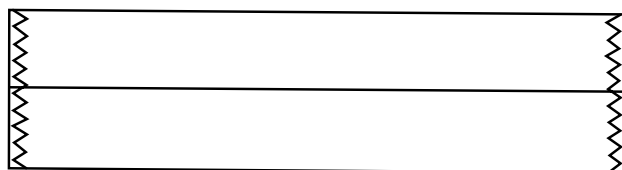
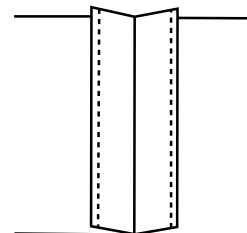
5. Pre-shrink fabric using the water temperature recommended on the end of the fabric bolt.
6. Cut two pattern pieces: bow—12" x 7", knot—4 1/2" x 2 1/4".

Directions for Making Bow:

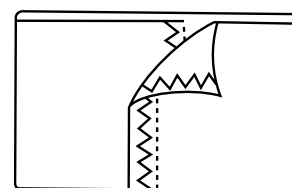
7. Fold bow (A) in half lengthwise with right sides together. Stitch across top 5/8 inch from edge.



8. Seam finish with edgestitch; press open.
9. Turn; fold with center seam across center; press. Zigzag/overcast raw edges together.



10. Fold bow so finished ends overlap at center; match seam lines. Stitch up center of bow through all thicknesses.

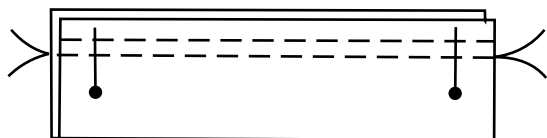


Directions for Making Knot—B:

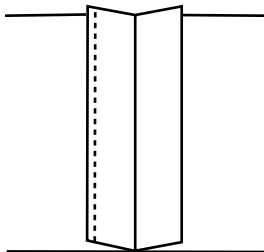
11. Edgestitch lengthwise edges.



12. Fold in half lengthwise - right sides together matching notches. Stitch across $\frac{3}{8}$ inch from edge.



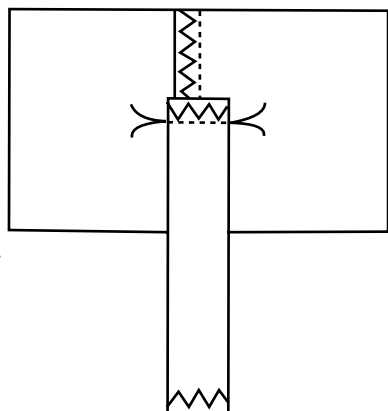
13. Press open.



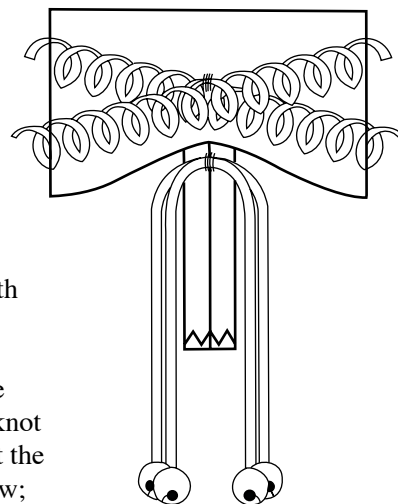
14. Turn; fold with seam across center; press. Zigzag/overcast raw edges together to finish.



15. Position knot on center of back; stitch in place starting and ending stitches in from the edges.



16. Position curly ribbon on center front; hand stitch in place. Thread remaining ribbon through bells; tie ends; clip ends and seal with Fray Check™. Position belled ribbons on inside (wrong side) of knot so they will be at the bottom of the bow; hand stitch in place.

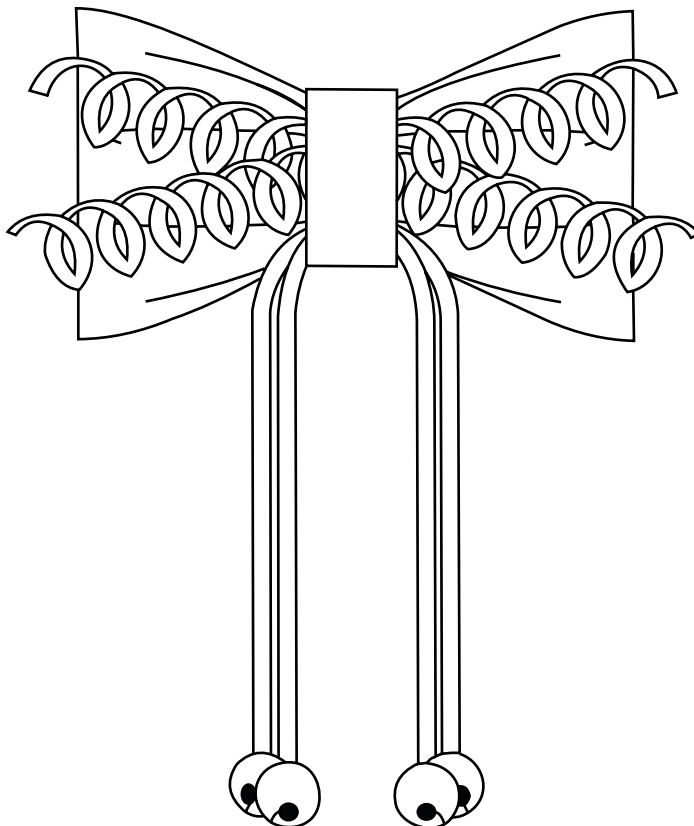


17. Bring knot up the front and over the top of the bow overlapping the bottom edge. Slipstitch.

18. Sew to bow with dental floss. (Dental floss is stronger and won't wear out as fast.) Trim curly ribbons if they are too long.

Adapted from Butterick 5880 Skirt Bow.

Julie Morello
Diligent Doers 4-H Club
Dane County, Wisconsin





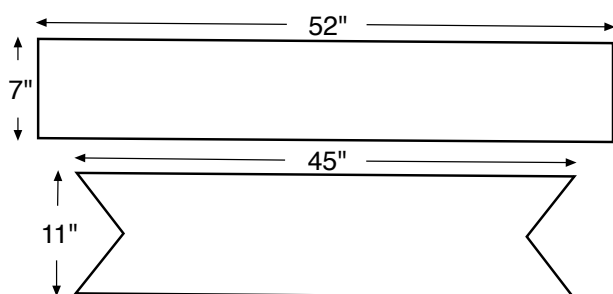
Quick Projects To Do

Christmas Wreath

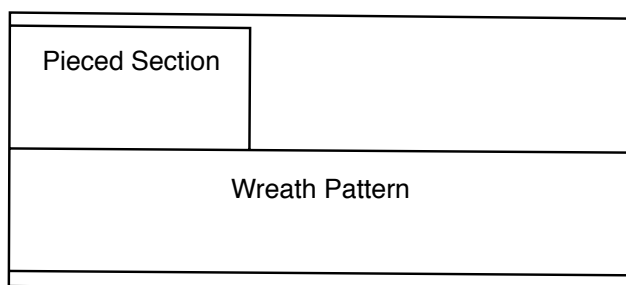
Christmas Wreath

Directions for Pinning and Cutting:

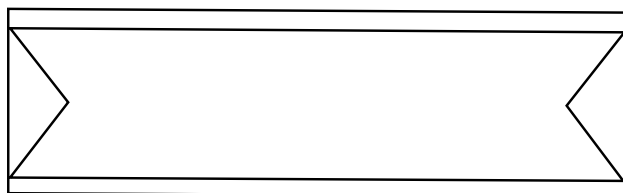
Three wreath tubes and bow



- Wreath**—Tape patterns onto your fabric.
NOTE: The wreath tube pattern will be longer than your fabric, so it will have to be pieced.
Cut out three wreath patterns.

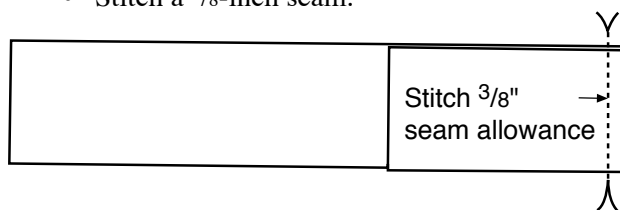


- Bow**—Tape bow pattern to fabric. Have checked. Cut out.

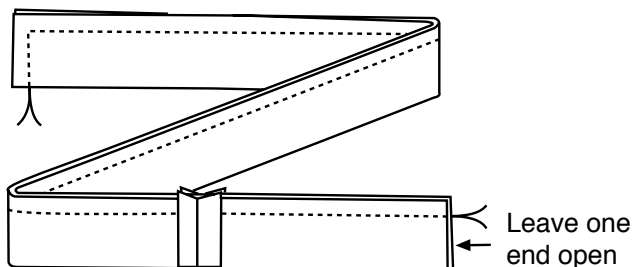


Directions for Sewing Together:

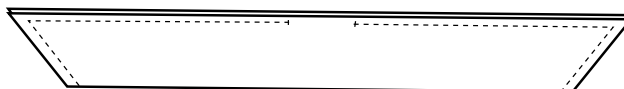
- Wreath**—Pin wreath extension pieces to long section of the wreath (see diagram).
 - Right sides together.
 - Stitch a $\frac{3}{8}$ -inch seam.



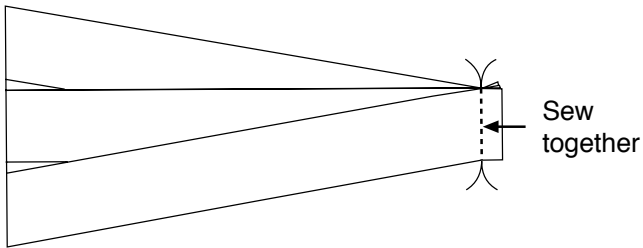
- Press seam open.
- Fold each wreath section in half lengthwise. Pin.
 - Stitch a $\frac{3}{8}$ -inch seam.
 - Leave one end open.
 - Clip corners.



- Turn right side out. Use a yardstick to turn.
- Bow**—Fold bow in half lengthwise, like wreath sections.
 - Right sides together.
 - Stitch a $\frac{3}{8}$ -inch seam.
 - Leave open in middle, stitching both ends closed.
 - clip corners.



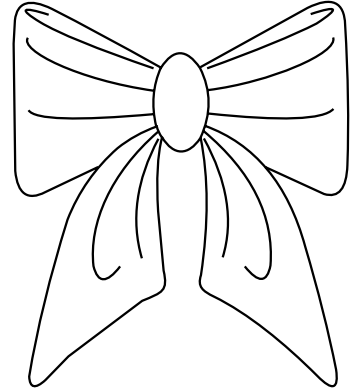
8. Turn right side out.
9. Press. The edges should be clean.
10. **Stuffing**—Stuff each wreath section loosely to within 1 inch of the open end.
11. Lap open ends of wreath sections together. Sew together with machine.



12. **Braiding and Finishing**—Braid the wreath sections together. Adjust each tube so they are the same length at the end.
13. Pin together at end with safety pins.
14. Hand stitch together securely. Watch teacher demonstration.
15. Form wreath into a circle and hand stitch together securely.

Directions for Making Bow:

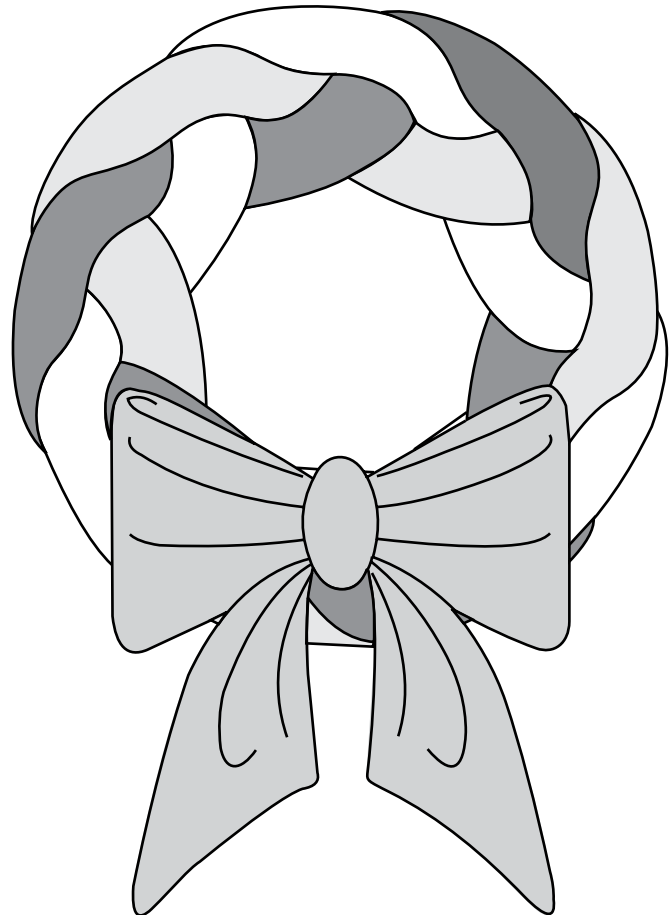
16. Tie bow on wreath, covering hand sewing or cut a separate piece of fabric 4" x 7" and sew over middle of bow to hold it in place.



17. Hand sew bow onto wreath. You may want to add flowers, pine cones, baby's breath, etc., onto bow and add more decoration.

Adapted from Vogue pattern.

Kathy Brekke
Stoughton Middle School
Dane County, Wisconsin





Quick Projects To Do

Circular Hair Ruffle

Circular Hair Ruffle

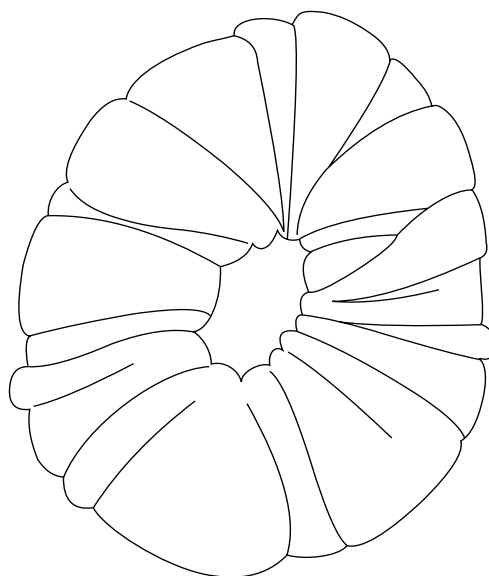
Materials:

- $\frac{1}{8}$ -inch elastic
- Strip of fabric 26" x $3\frac{1}{2}$ "

Directions:

1. Cut piece of fabric 26 inches long and $3\frac{1}{2}$ inches wide.
2. Select one of the $3\frac{1}{2}$ -inch edges. Press under $\frac{1}{4}$ inch to the wrong side.
3. Fold the strip along the length with right sides together. Stitch using a $\frac{1}{4}$ -inch seam allowance.
4. Press.
5. Turn to right side, press.
6. Cut an 8-inch piece of $\frac{1}{8}$ inch wide elastic.
7. Thread the elastic through the tube of fabric. (Tie elastic to a safety pin and pin to one end of the tube. Tie the other end of the elastic to another safety pin and pull the elastic through the tube. The first safety pin will hold the elastic so that the end doesn't slip into the tube.
8. Overlap the ends of the elastic by about 1 inch and tie in a square knot (Left over right, right over left).
9. Place the raw edge of the tube into the turned under edge. Check that the casing is not twisted and that the seam edge is the outer edge of the ruffle and the elastic is along the folded edge of the ruffle.
10. Stitch close to the folded edge of the tube starting at the seam edge and stitching toward the edge with the elastic. Backstitch at the beginning and end of the stitching.
11. Adjust the ruffle evenly on the elastic which will hide the stitched seam.

Brenda Warren
State 4-H Clothing Construction
Advisory Committee, Wisconsin





Quick Projects To Do

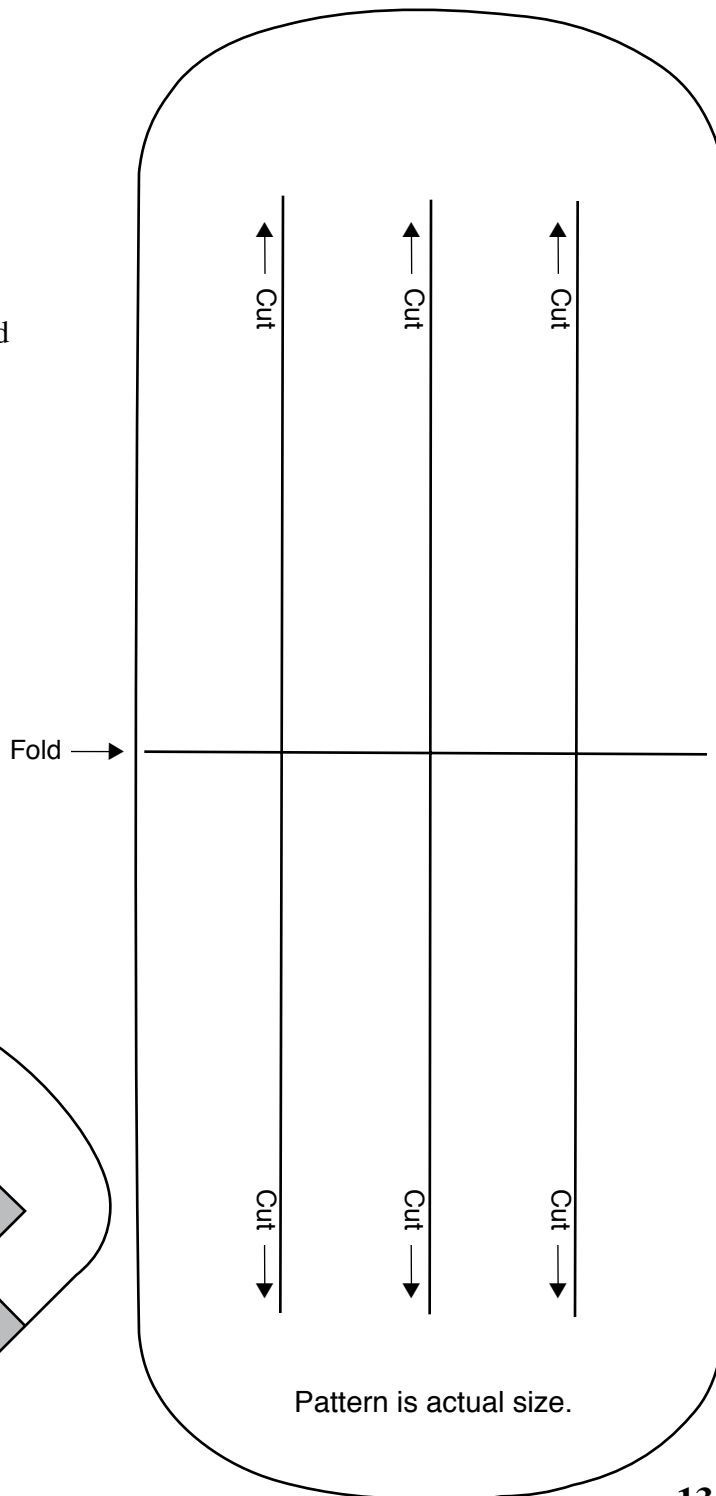
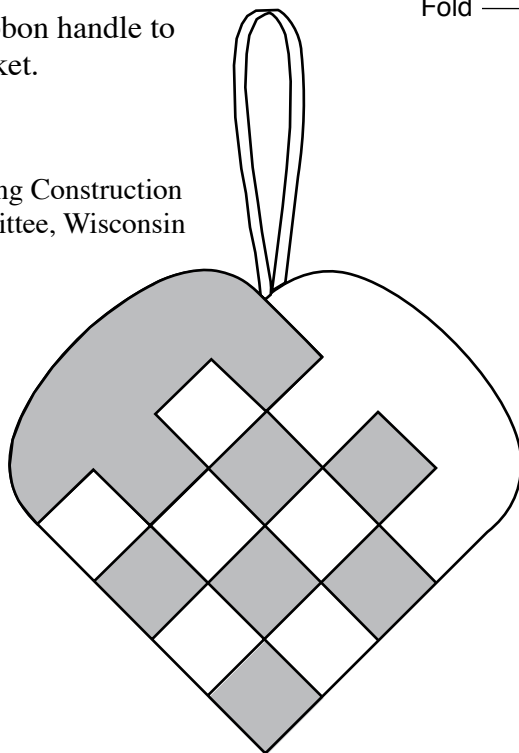
Danish Woven Heart

Danish Woven Heart

Directions:

1. Cut two pieces of each color fabric, a little larger than the pattern.
2. Apply Wonder Under™ between the two red pieces and between the two white pieces.
3. Cut out pattern (one white, one red).
4. Carefully cut slits.
5. Fold in half and press.
6. Weave one piece into the other as shown.
 - 1st Row: over, under, over, under
 - 2nd Row: under, over, under, over
 - 3rd Row: over, under, over, under
 - 4th Row: under, over, under, over
7. Attach a ribbon handle to make a basket.

Brenda Warren
State 4-H Clothing Construction
Advisory Committee, Wisconsin





Quick Projects To Do

Fabric Slippers

Fabric Slippers

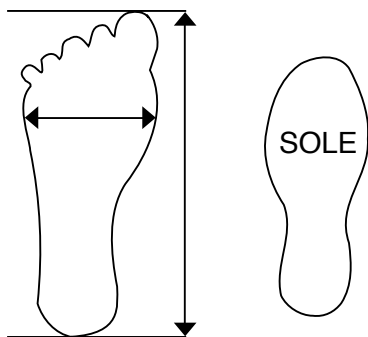
Materials needed:

- 1/2-yard fabric
- Matching thread
- Padding (optional)

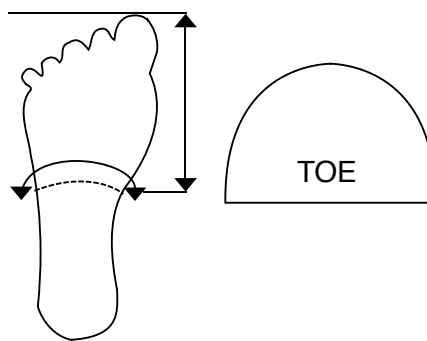
Directions:

1. Measure foot and make pattern.

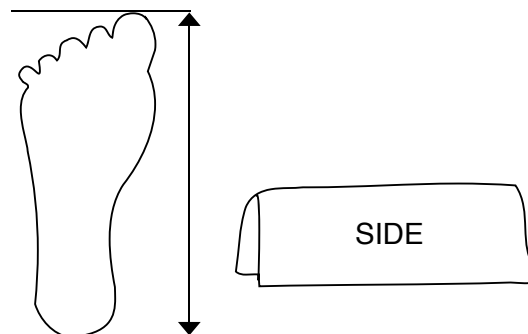
- a. To make sole: measure the length of foot plus 1". Measure the width from side to side at the widest part plus 1".



- b. To make toe: Toe pattern length is one-half of foot plus 1". Measure width across the arch from floor to floor plus 1".



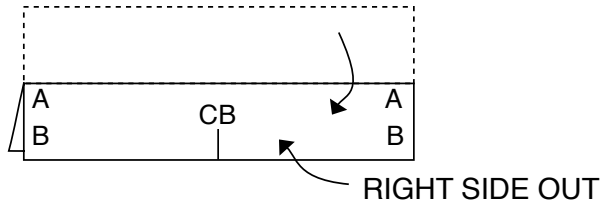
- c. To make side: Measure length of foot plus 2". Width is same as for toe pattern.



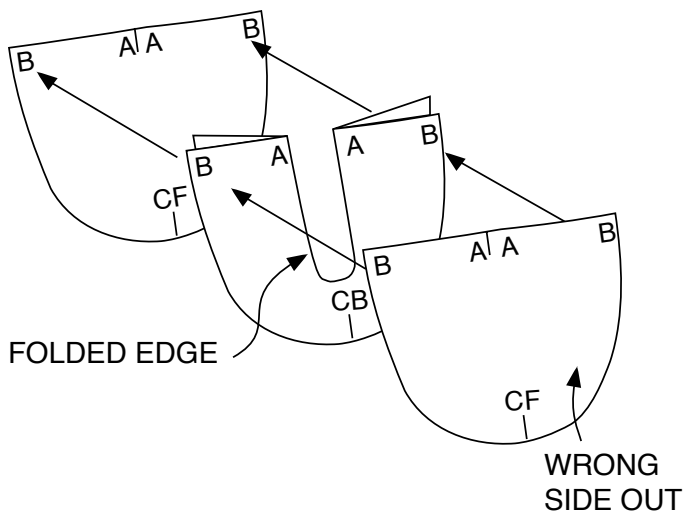
2. Cut 4 sole pieces, 4 toe pieces, and 2 side pieces. For padding, cut 2 padding pieces using sole pattern.

3. Place 2 sole pieces with wrong sides together and zig-zag around the edge. Sandwich padding in between first, if desired.

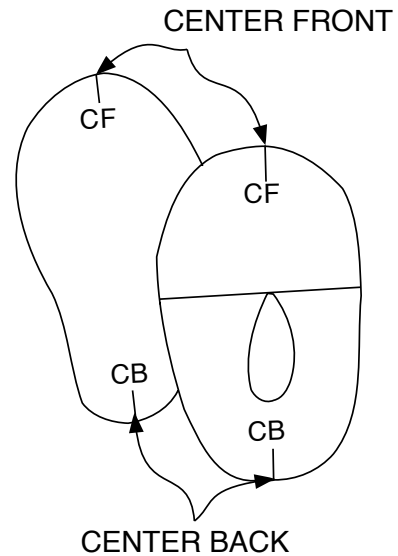
4. Fold side pieces in half the long way with wrong sides together.



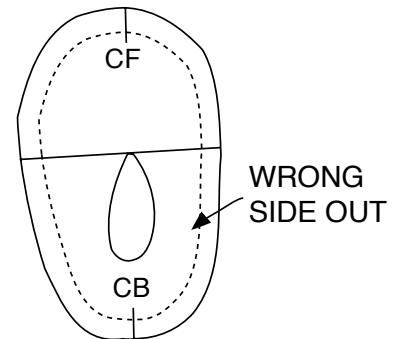
5. Sandwich folded side pieces between the 2 toe pieces matching the 'A's and 'B's and stitch across the straight edge. Turn toe right side out.



6. Match toe center front with sole center front and side center back with sole center back.



7. With the toe/side piece on the bottom, sew a 1/2" seam all the way around. You may want to zig-zag first and then use a straight stitch.





Quick Projects To Do

Flanged Pillow

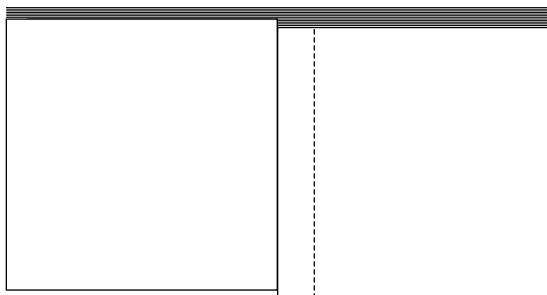
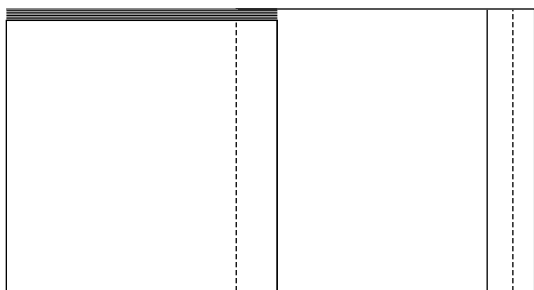
Flanged Pillow

Materials needed:

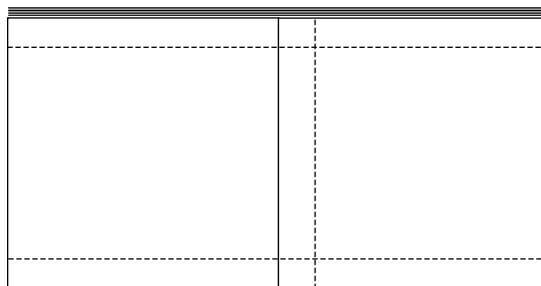
- 1/2-yard fabric
- 12" pillow form
- Matching thread

Directions:

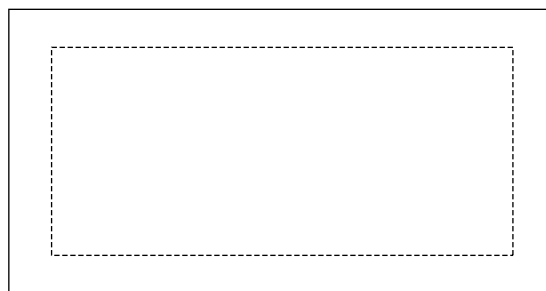
1. Cut fabric to 18" x 38". Hem each 18" side by folding under 1/4" twice and topstitching.
2. Make 2 folds as shown, right sides together, overlapping the hemmed ends by 3". Center the hemmed edge. Raw edges should match.
3. Stitch 1/2" seam allowances on each side.
4. Turn right side out and press.



5. Stitch 2" in from the edge on all 4 sides to create the flange.
6. Insert the pillow form in the open middle slit.



You may make larger pillows using larger forms and more fabric:



<u>pillow form size</u>	<u>amount of fabric</u>
14"	5/8 yd cut to 20" x 42"
16"	5/8 yd cut to 22" x 46"
18"	2/3 yd cut to 24" x 50"



Quick Projects To Do

Foot Pillow

Foot Pillow

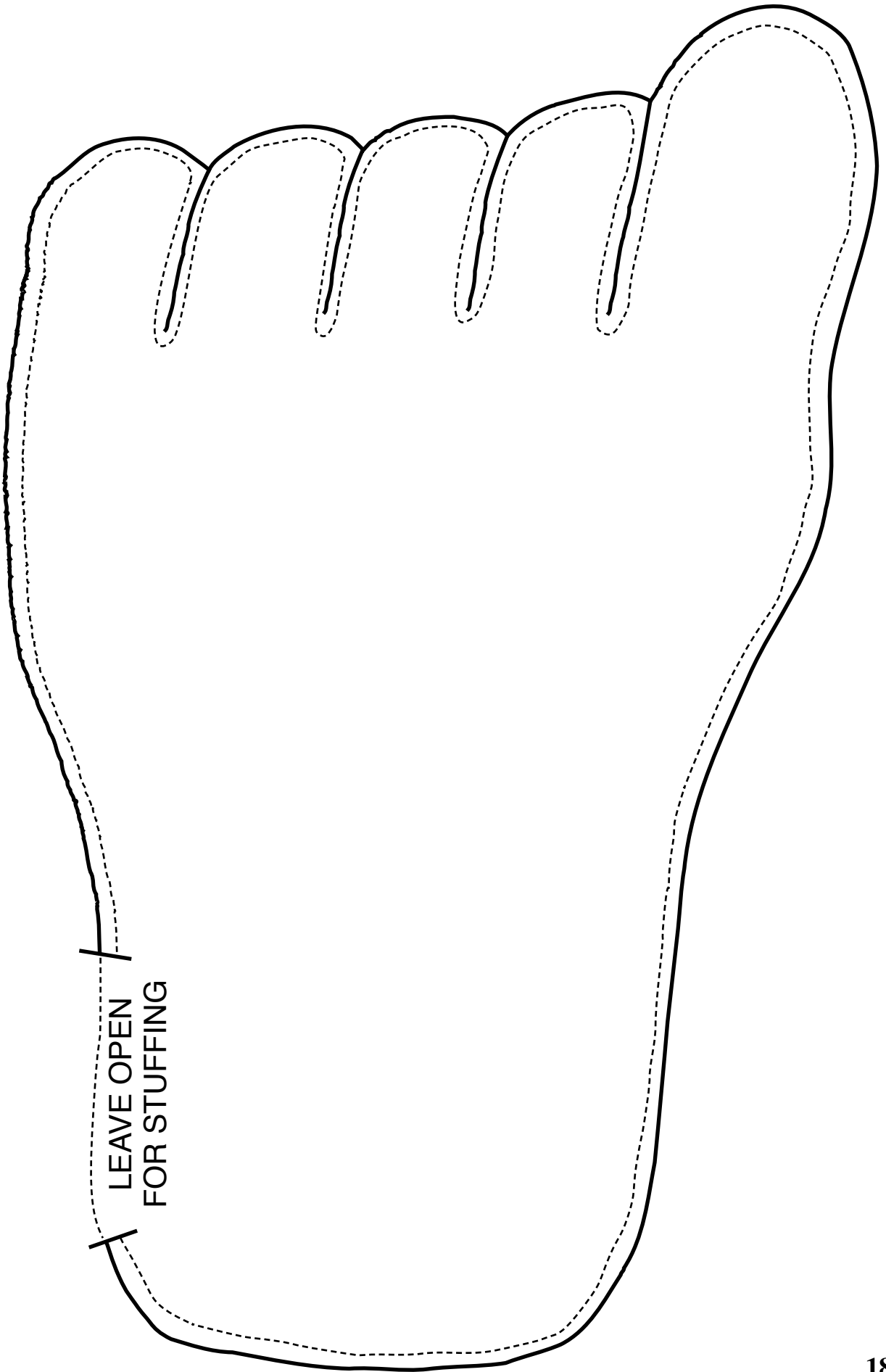
Materials needed:

- $\frac{7}{8}$ -yard fake fur for large foot
- $\frac{2}{3}$ -yard for small foot
- Matching thread
- Polyfill

Directions:

1. Enlarge pattern using graph paper, slide projector, or copy machine.
2. Cut 2 feet patterns out of the fake fur.
3. With right sides together, stitch as illustrated.
4. Clip on solid line between toes.
5. Turn inside out and stuff with polyfill.
6. Hand-stitch the opening closed.

(Pattern on page 18-1-2.)



LEAVE OPEN
FOR STUFFING



Quick Projects To Do

Furry Easter Bunny

Furry Easter Bunny

Materials:

- One 7" x 7½" square of fur
- Small piece of white felt
- 2 pink beads
- 1 white pom pom
- Polyester stuffing
- Pink cotton thread and white polyester thread
- Pink felt pen

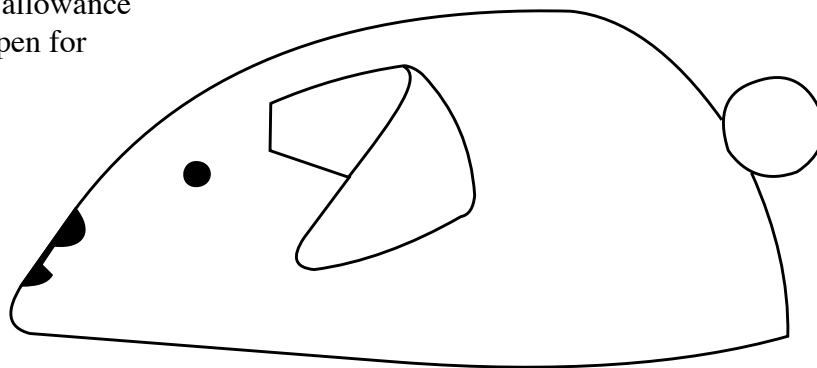
Directions:

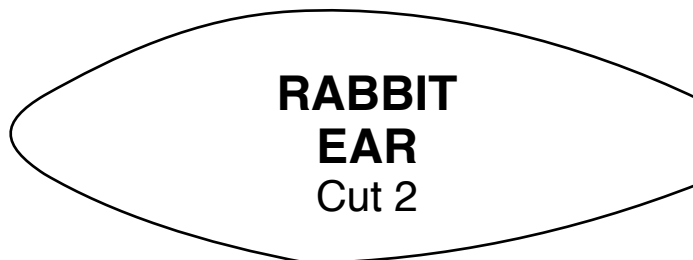
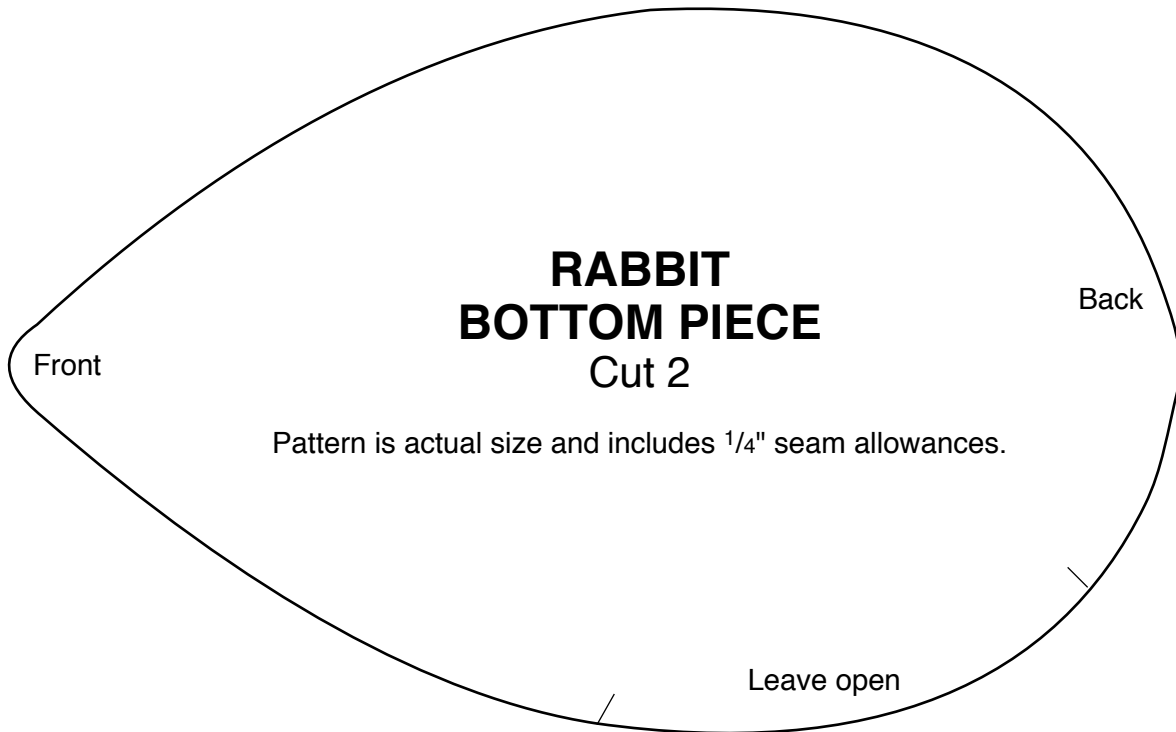
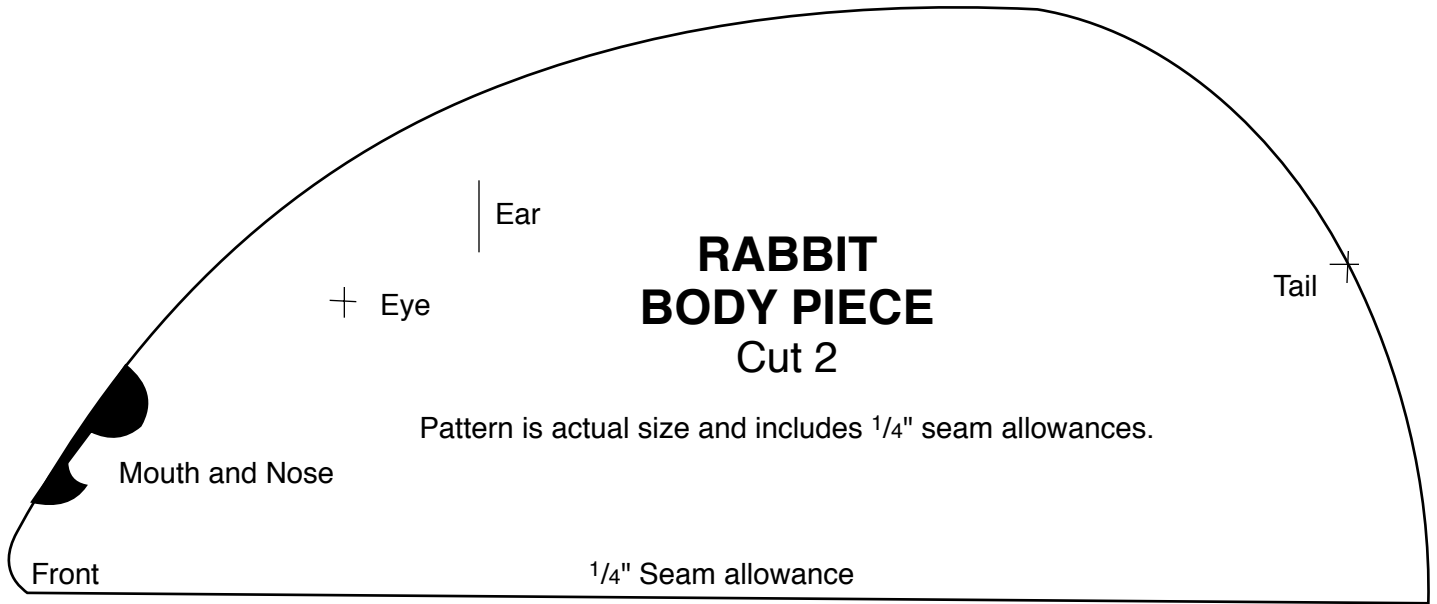
1. Cut out one bottom piece and two side pieces from fur.
2. Cut out two rabbit ears from white felt.
3. Pin right sides of the two side pieces together and sew with machine using ¼-inch seam allowance.
4. Sew bottom piece on to the side panels, right sides together, ¼-inch seam allowance (remember to leave the opening open for stuffing).

5. Turn right side out and stuff.
6. Hand stitch opening shut with double white thread using the ladder stitch.
7. Using pink felt pen, add pink to the inside of the ear and stitch in place.
8. Sew beads on for the eyes.
9. Sew tail in place.
10. Use three strands of cotton thread using satin stitch to stitch the nose and mouth in place.

(Pattern on page 20-J-2.)

Shirley Daniels
State 4-H Clothing Construction
Advisory Committee, Wisconsin







Quick Projects To Do

Grocery Bag with Vinyl Coupon Pocket

Grocery Bag with Vinyl Coupon Pocket

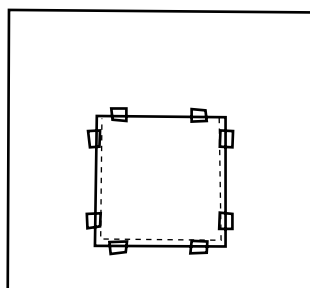
Materials:

- $\frac{5}{8}$ -yard chair canvas or heavy denim (45 inches wide)
- Thread to match
- 1-yard woven belting to match
- $\frac{1}{4}$ -yard 18-gauge clear vinyl

Directions:

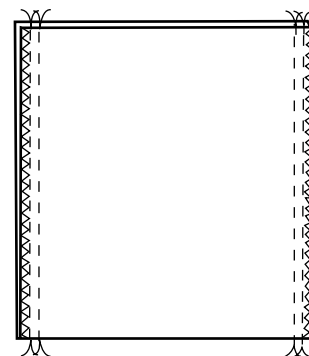
1. Pre-shrink fabric.
2. Measure and cut fabric— $21\frac{1}{4}$ " x 45"; measure and cut vinyl—9" x 9"; cut belting in half.

3. Lay vinyl pocket on center of the top half of the bag. Tape in place. Stitch $\frac{1}{4}$ -inch from edge of sides and bottom of pocket. Reinforce upper corners of pocket.

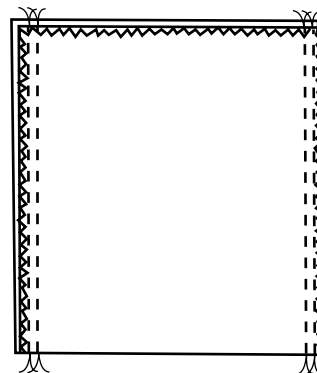


NOTE: Test sewing on vinyl. If vinyl does not easily guide through pressure foot, place tissue paper on top of vinyl.

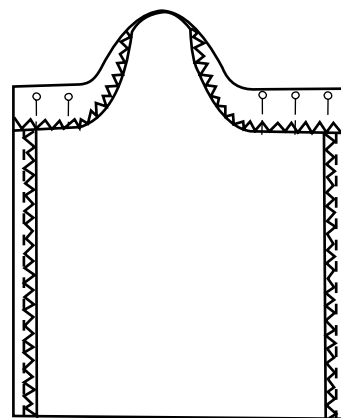
4. Fold fabric right sides together. Stitch $\frac{5}{8}$ -inch seam on each side and reinforce with a second stitching $\frac{1}{4}$ -inch *in* from the seam stitching. Zigzag/overcast seam finish. Press seam to right—be careful to *not* touch the iron on the vinyl!



5. Zigzag/overcast top edge of bag to finish edge.

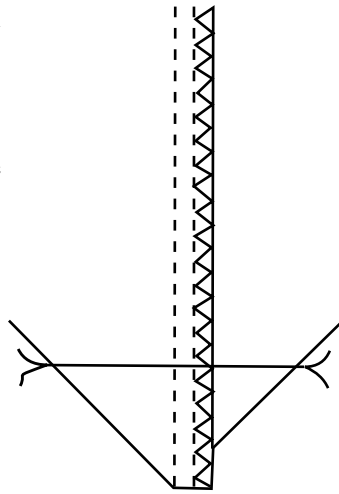


6. Measure and turn down $1\frac{1}{4}$ -inch top of bag to inside; press. (Watch that vinyl!)

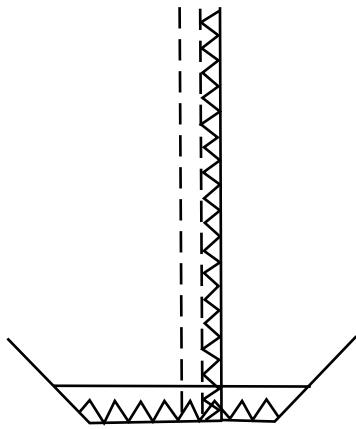


7. Stitch $\frac{1}{4}$ -inch from hem edge—top and bottom.

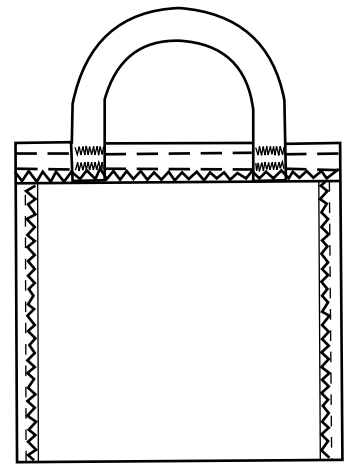
8. Box corner—fold corner to make a 4-inch point at each side seam. Stitch across base of the triangle.



9. Trim end of triangle 1/2-inch from stitching. Zigzag/overcast edge to finish.

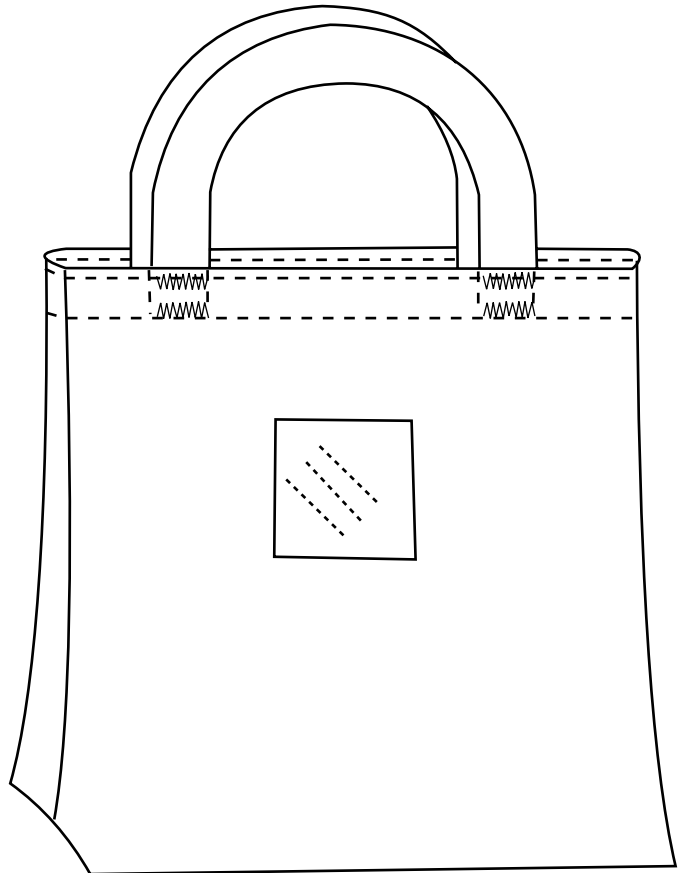


10. Zigzag/overcast raw edges on straps (belting). Pin each strap to inside hem 7 inches from side seams. Stitch down in a square pattern as shown. (Zigzag top and bottom for reinforcement.)



Adapted from *Book Caddy: Minnesota 4-H Beginning Clothing Unit I*

Julie Morello
Diligent Doers 4-H Club
Dane County, Wisconsin





Quick Projects To Do

Headband

Headband

Materials needed:

- 1/4-yard fabric with stretch in the crosswise directions (this will make two bands)
- Matching thread

Directions:

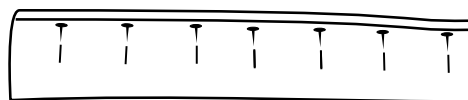
Measure your head and put that number here

_____.

This is the length to cut your headband. If the fabric is very stretchy, you may have to cut it shorter.

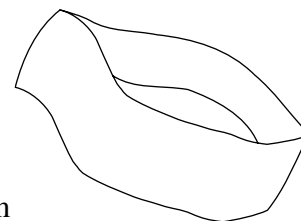
1. Cut out a paper pattern 6" wide and the length determined above.
2. Lay this pattern on stretchy fabric with the longest direction going the same way as the stretch.
3. Pin the edges of the pattern to the fabric with pins 4 or 5" apart.
4. Cut out the band with sharp scissors, then remove the paper pattern.
5. Fold the right sides of the fabric together in the long direction.

6. Measure 2" from each end and pin together at that spot. Pin the edges together with 3 more pins. Stick the pins in at right angles to the edges of the fabric.



7. Starting at one end, backstitch 3 stitches and then sew a straight $\frac{5}{8}$ " seam. Stop at the other end, backstitch 3 stitches and remove the fabric from the sewing machine.

8. Turn your band right side out.



9. Connect the 2 short ends together with 3 pins. Try it on to see if it fits. Adjust it, if it doesn't fit.

10. Stitch together $\frac{1}{4}$ " from the edge.

11. Smooth out the band to form a circle.

12. Try it on again.

13. Using a needle and thread, close the opening with hand sewing.





Tips and Techniques

Iron Out the Time of Pad Stitching

Iron Out the Time of Pad Stitching

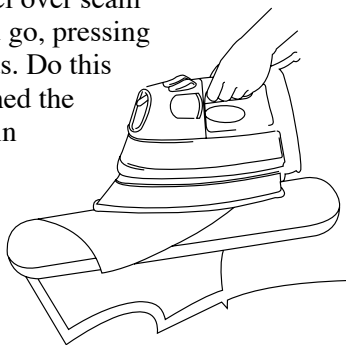
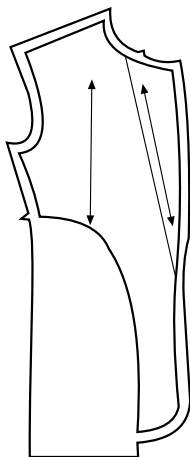
You too can achieve the look of fine tailoring without the hours of pad stitching.

Jacket Front

Cut interfacing as shown (use all woven fusible interfacing). Cut another piece of interfacing from the roll line to the point. Cut this piece with the grain line parallel to the roll line.

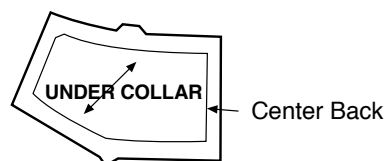
Then fuse it on:

1. Fuse area from the roll line down while it is laying flat. Let cool.
2. Then place roll line on seam roll. Cover with see-through press cloth. Press with steam and moisture following interfacing directions. Keeping the seam roll with the grainline of the interfacing, keep rolling the lapel over seam roll, pressing as you go, pressing each area 10 seconds. Do this until you have reached the point. Let this cool in place. Presto! You have pressed the roll line into your lapel. Do not press this area flat again or you will lose the effect.

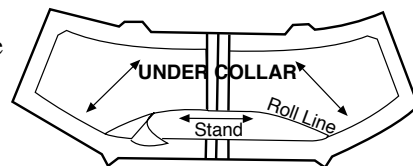


Under Collar Roll Line

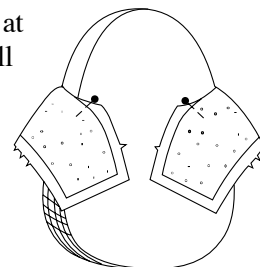
1. Cut the two under collar pieces on the bias, cut the interfacing on the bias, trimming center back and neck edge seam allowance to $\frac{1}{8}$ ".



2. Collar Stand: cut another piece of interfacing from the roll line to the neck edge plus $\frac{1}{8}$ " seam allowance at neck edge, use the center back as the grainline, cut this in one piece.



3. Fuse just the center back seam of the interfacing to each piece of the under collar; then sew center back seam ($\frac{1}{8}$ " of interfacing should be in seam allowance); press open.
4. Position the collar stand in place over the interfacing on the under collar. Fuse, being careful to fuse only collar stand and interfacing in collar stand area.
5. To press in the roll line, start at the center back with seam roll parallel to grainline. Keep rolling and pressing until you reach the point. Do each side separately. Then shape collar around pressing ham to press in the roll line.



JoAnn Maedke
State 4-H Clothing Construction
Advisory Committee, Wisconsin



Quick Projects To Do

Jockey Hat

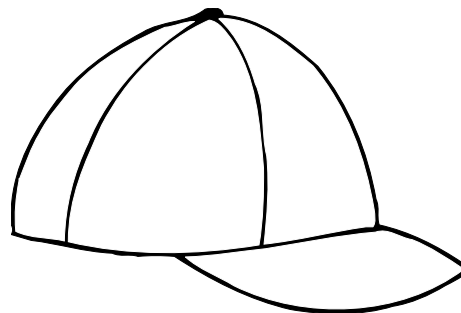
Jockey Hat

Materials needed:

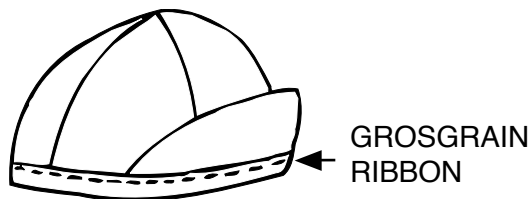
- 1/2-yard fabric
- 1/4-yard lining
- 1/2-yard interfacing
- 10–20" ³/₄" grosgrain ribbon
- Matching thread
- Buttons, bows, jewelry (optional)

Directions:

1. Cut 2 each of crown front, side, and back pieces of fabric and 2 each of lining. Place brim piece on the fold and cut 2 of fabric. Cut one pattern piece each of interfacing.
2. Attach interfacing to wrong side of fabric crown pieces. Sew crown together using ¹/₂" seam allowances, matching notches. Sew lining in same manner. Press seams open or trim to ¹/₄" and press in one direction for fabric and lining. Insert lining into fabric, wrong sides together.
3. Put interfacing on wrong side of upper brim. Sew upper and under brims on outer edge, wrong sides together. Trim seam allowances to ¹/₄" or less. Turn and press.

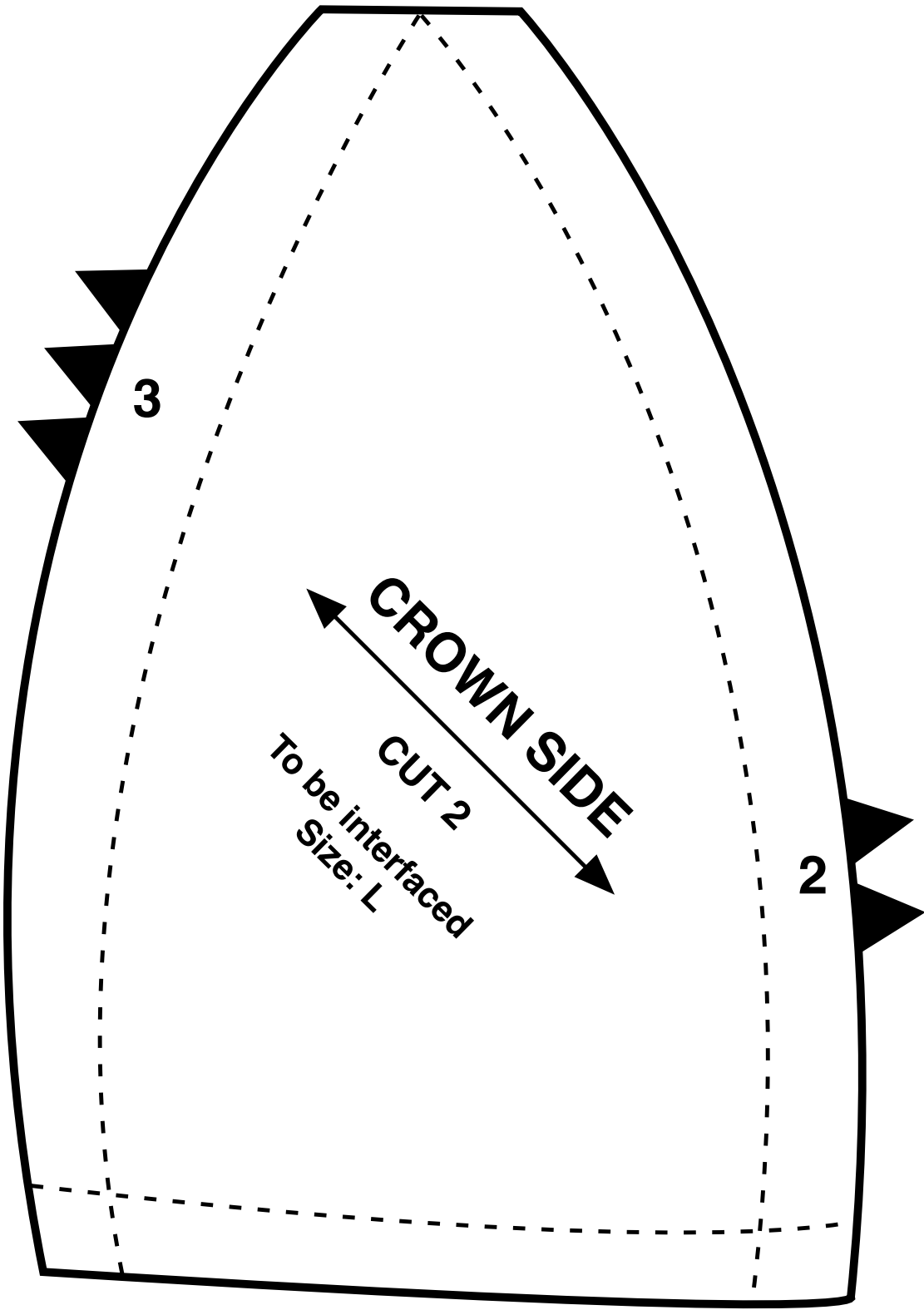


4. Attach brim to crown, matching center front of brim to center front of crown. Stitch in place with ¹/₂" seam.
5. Place grosgrain ribbon on right side, covering raw edge at bottom of crown and brim. Sew the ribbon on around the entire hat, ⁵/₈" seam. Overlap ribbon at center back, covering stitching line where brim is attached to crown. Press up into crown. Tack ribbon to crown seams by hand.

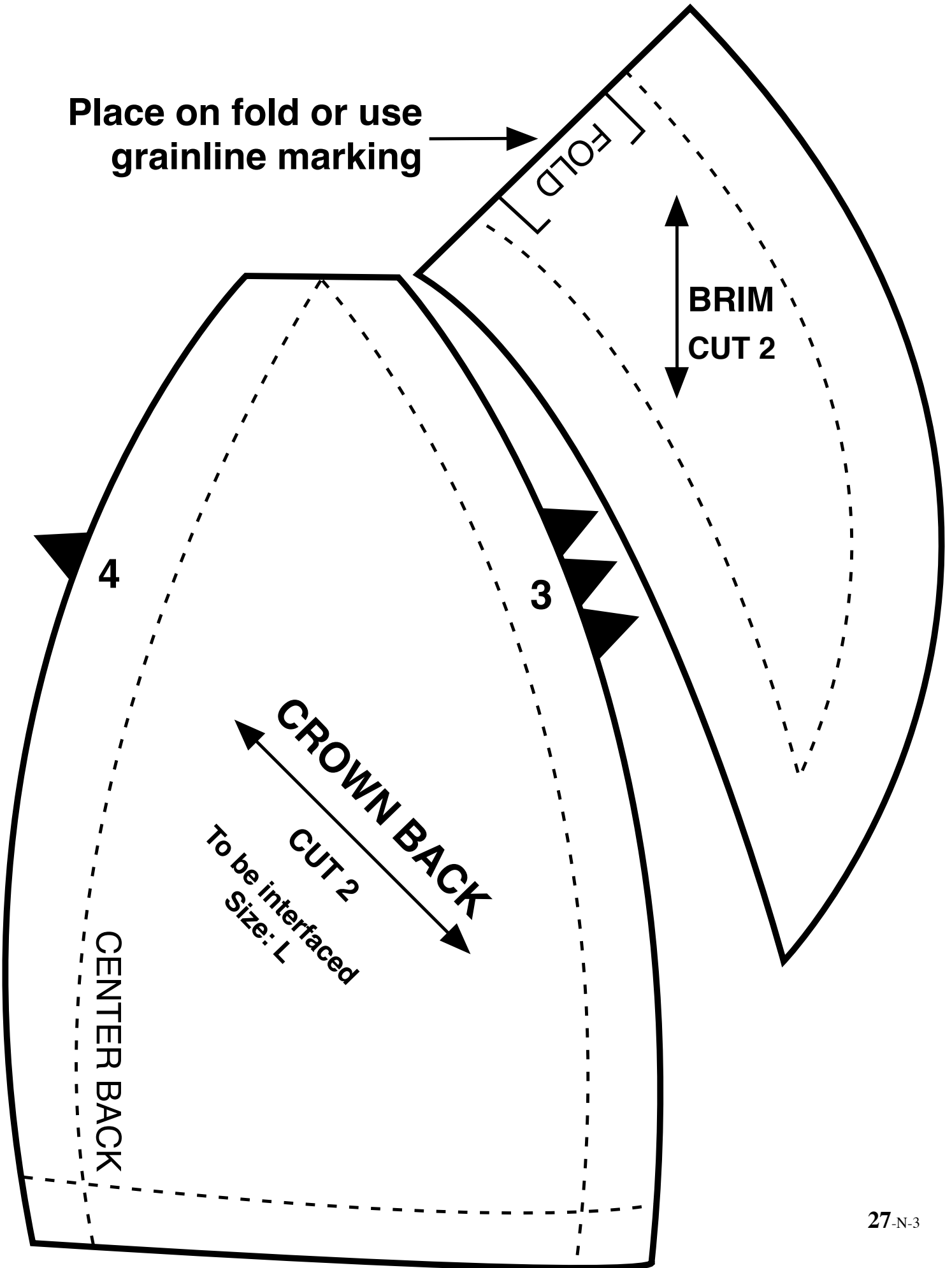


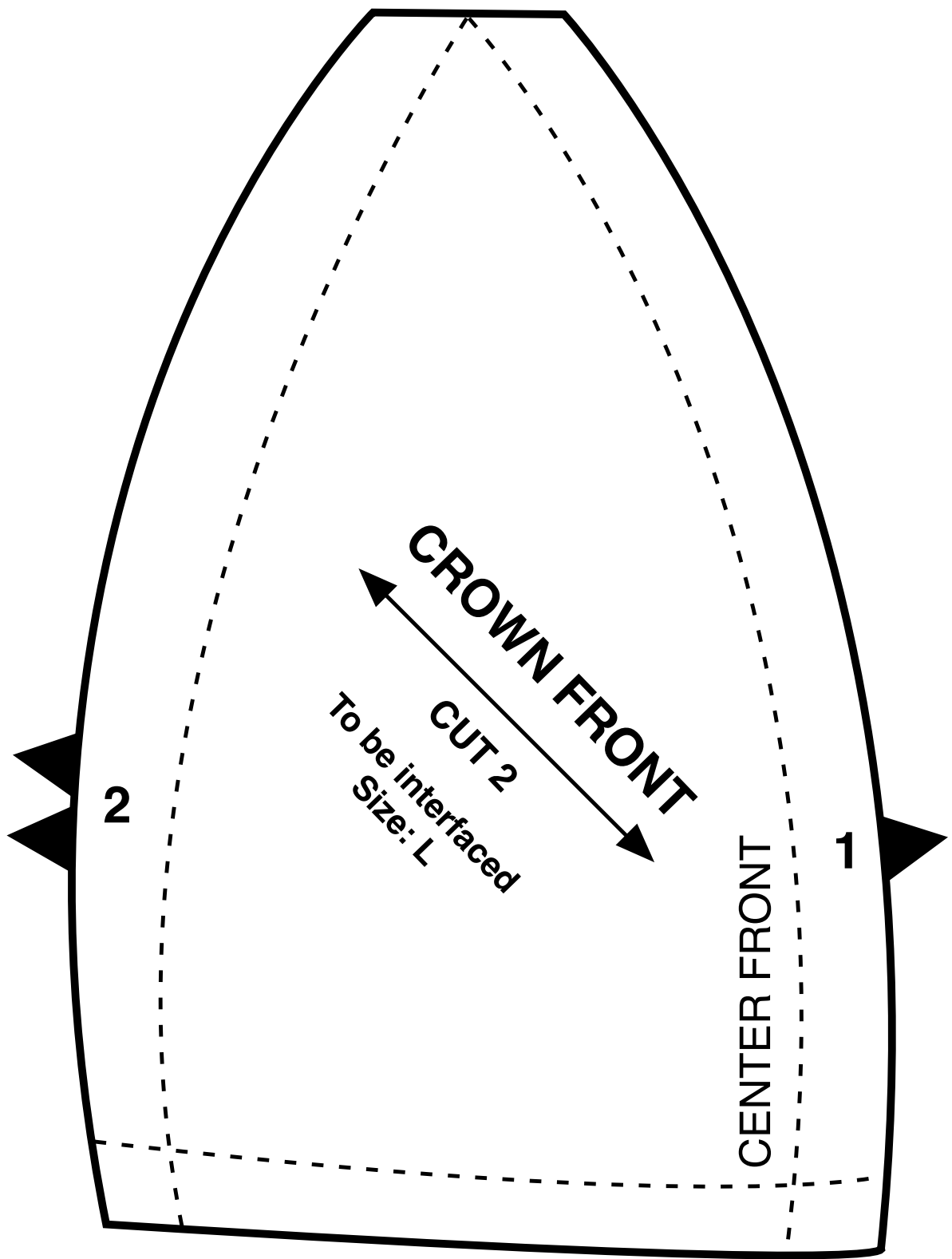
6. Decorate hat with buttons, bows, or jewelry.

(Patterns on pages 26-N-2, 27-N-3, and 28-N-4.)



**Place on fold or use
grainline marking**







Quick Projects To Do

Knit Headband with Knot

Knit Headband with Knot

Materials:

- 1 strip of knit (50% stretch) 7 inches wide and 29 inches long, prewashed. The 50% stretch should be along the 29 inch length.
- Scissors
- Ball point pins and sewing machine needle
- Yardstick or ruler to measure stretch of knit

Construction Techniques:

- Stitching on knit fabric
- Seam finish on a knit
- Determining the % stretch of knit fabric

Directions:

1. Check the % stretch of your knit as follows:

- At the fabric store take the bolt of fabric and fold the knit fabric, parallel to and about 12 inches from the cut edge.
- With thumbs and forefingers, grasp a 10-inch section of the knit at the folded edge. Stretch the knit as far as it will readily stretch. Measure that distance.
 - If the 10 inches of knit fabric stretches to 12½ inches, the % stretch is 25%.

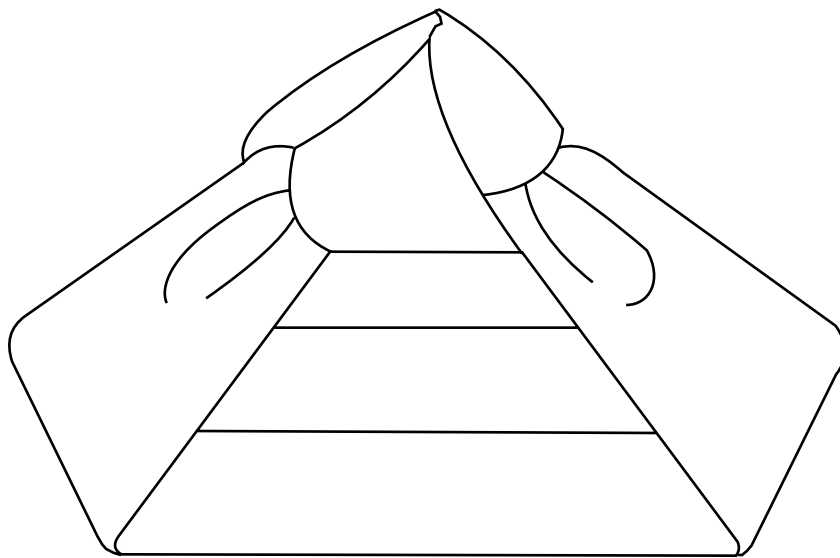
15"	50%
17½"	75%
20"	100%

- NOTE: Check all knit patterns *carefully* for the % stretch to use for that pattern. The size of the finished garment will decrease or increase depending upon if the % stretch of the knit is less than or greater than indicated on the pattern, respectively. For example, you wear a size 10 shirt and the pattern calls for knits with 25% stretch. If you use a knit with 50% stretch, your shirt will be a size 12 because of the stretch of the fabric. For each 25% stretch different from what the pattern recommends, your garment will be one size either larger or smaller than desired.

- Determine the right side of the fabric.
- Fold the fabric in half lengthwise, right sides together.
- Pin the cut edges together every two inches.
- Stitch along the cut edges with a ¼-inch seam allowance, stretching the fabric slightly while sewing.
- Seam finish to keep single knits from running and to provide extra strength since the band will be stretched numerous times. Stitch both edges together ⅛ inch from the first stitching in the seam allowance.
- Press the seam flat, then press it to one side.

8. Turn the knit tube to the right side. (Use a large safety pin or a tube turner tool.)
9. Position the seam so it will be in the center of the tube on the inside of the headband.
10. Press to make creases on both edges of the tube with the seam in the center.
11. Tie a loose half knot in the knit tube.
12. Pin the ends of the tube, right sides together. Make sure the tube did not get twisted and that the seams are on the “wrong” side of the finished headband.
13. Stitch across the ends.
14. Seam finish by stitching $\frac{1}{8}$ inch from the first stitching in the seam allowance.
15. Trim seam close to the second stitching.
16. Rotate the knot up to the seam. This seam can be concealed within the knot.
17. Try on the headband.
18. If it is too loose, determine how much fabric should be removed.
19. Loosen and move the knot away from the seam.
20. Stitch a new seam to remove the excess. For instance, if the headband is 1 inch too large, stitch $\frac{1}{2}$ inch from the first stitching. This shortens the headband $\frac{1}{2}$ inch on both sides which equals 1 inch.
21. Try on the headband and if it fits fine, seam finish next to the new stitching and clip off the extra fabric.
22. Reposition the knot over the seam and your headband is ready to wear.
23. Note: During wearing, the headband will stretch. First, wash it and it will go back to its original size. If after washing it is still too large, repeat steps 18–21 above.

Brenda Warren
 State 4-H Clothing Construction
 Advisory Committee, Wisconsin





Quick Projects To Do

Knotted Headband

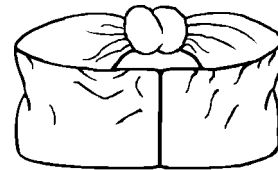
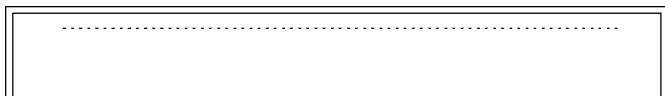
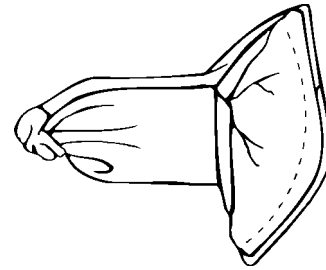
Knotted Headband

Materials needed:

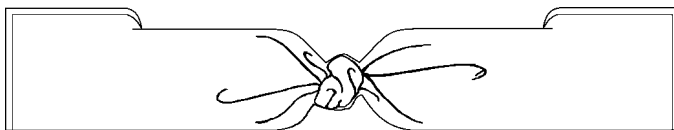
- $\frac{3}{8}$ yard of stretch knit fabric, 58–60" wide (will make 2 headbands)
- Matching thread

Directions:

1. Cut fabric 27" x 9".
2. Fold in half lengthwise, right sides together. Stitch long edges together, leaving 4" unsewn at each end. Use $\frac{5}{8}$ " seam allowance.
3. Turn right side out.
4. Loosely tie a knot in the headband at the center front.
5. Stitch center back seam, right sides together. Turn right side out.
6. Turn under $\frac{5}{8}$ " on opening edges and hand-stitch closed.



3. Turn right side out.
4. Loosely tie a knot in the headband at the center front.





Tips and Techniques

Kool-Ade[®] as a Fabric Dye?

Kool-Ade[®] as a Fabric Dye?

Material:

- Kool-Ade[®] (without sugar)
- Crock pot
- Cotton fabric or clothing (*prewashed*)

Directions:

1. Place six cups hot water in a crock pot.
2. Turn crock pot on high.
3. Dissolve one package Kool-Ade[®] in a small amount of the hot water. Pour into pot.
4. Wet cloth with water and squeeze out as much water as possible.
5. Place wet cloth in crock pot, making sure all cloth is in the “dye solution.”
6. Leave in crock pot for 30 minutes.
7. Hang on hanger to dry.
8. Once dry, the “dye” is *very permanent!*

For darker colors, leave in crock pot for one hour or use two packages of Kool-Ade[®].

Kool-Ade[®] flavors that work well are: Black Cherry, Lemon-Lime, Berry Blue (2 packages), Strawberry, and Grape. (Other flavors may work well, I just haven't tried them.) NOTE: Lemon-ade flavor doesn't work!

Brenda Warren
State 4-H Clothing Construction
Advisory Committee, Wisconsin



Quick Projects To Do

Lunch Bags

Lunch Bags

Materials needed:

- 1/2 yard backpack material, 45" wide and waterproof (will make 3 bags)
- Matching thread
- 2 pieces hook and loop fastener (velcro) 1/2" long
- Paint and stencil or sponge

Directions:

1. Cut one rectangle 18" x 14" (put one 18" edge on selvage to avoid hemming the bag top).
2. Stencil or sponge-paint a pig with the words "pig out" or someone's name on its back, or use another design like a car or apple. Center the design about 3 1/2 to 4" up from the lower edge. (Small children find sponge painting easier than stencilling.)
3. Stitch a narrow hem on the upper edge, if needed. Fold the bag's right sides together so that the 14" sides meet. Sew the center back seam using a reinforced stitch.
4. Measure in 1 1/2" from the end of the bottom seam that forms a point. Fold the bag to one side and stitch a 3" point. Repeat on the other side of the bag bottom.
5. Turn the bag right side out and stitch the hook and loop closures into place. Stitch one set of hook and loop fasteners at the top inside center. Stitch the other hook piece on the top outside of the bag (centered), and the remaining piece of loop 3 1/2" down on the outside center back of the bag.



Tips and Techniques

Monogramming a Bath Towel

Monogramming a Bath Towel

Materials:

- Freezer paper
- Towel
- Letters
- Organdy

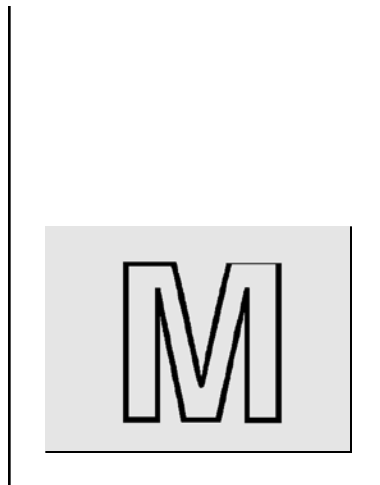
Directions:

1. Iron freezer paper onto back of towel to keep the stitches from pulling together.

2. Trace letters on a piece of organdy.

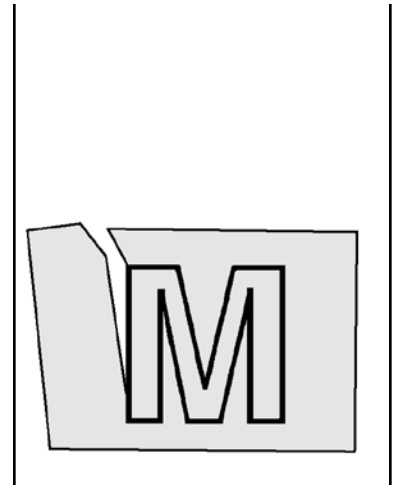


3. Pin the organdy on to the towel, centering the letters. Drop the feed dogs and use an embroidery or darning presser foot. Use a zigzag stitch, 2–3 wide, and outline each letter.



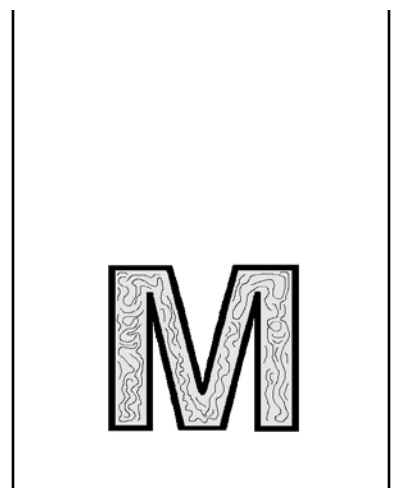
4. Trim organdy very close to stitching.

5. Do a wide zigzag around each letter. The stitch should be wide, 4, and stitches should be very close together (satin stitch). Do this free hand also with feed dogs dropped.



6. Then do swirls or any pattern you like with a straight stitch inside the letter.

Presto!
You now have a designer original (a \$25 bath towel).



JoAnn Maedke
State 4-H Clothing Construction
Advisory Committee, Wisconsin



Quick Projects To Do

Placemat Apron

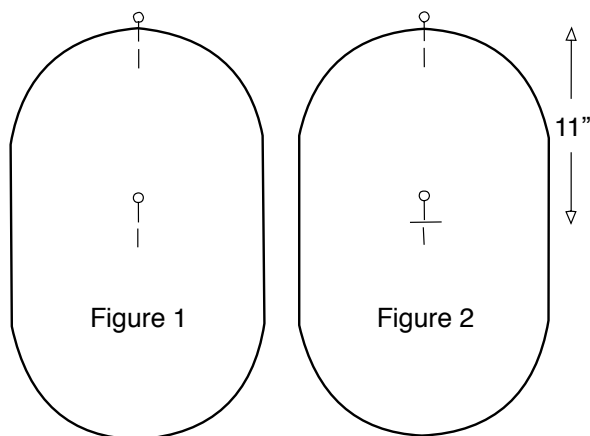
Placemat Apron

Materials:

- 2 purchased fabric placemats
- 3 yards $\frac{5}{8}$ -inch grosgrain ribbon
- 24 inches of ribbon for neck (adult) (less if for a smaller child)
- Two 30-inch strips of ribbon for waist (longer if needed)
- 24 inches of ribbon to use for trim

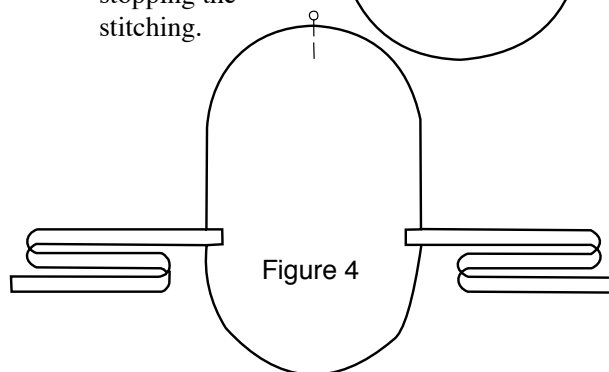
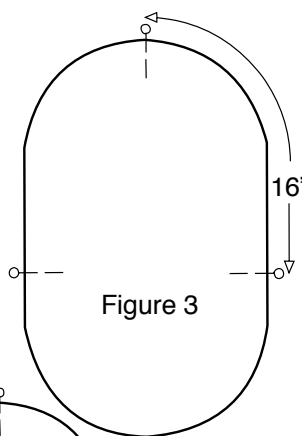
Directions:

1. Fray Check™ the cut ends of the ribbon.
2. Find the center of the upper placemat along the long side of the placemat. Mark the center edge with a pin and the center of the placemat near the middle with a pin. See Figure 1.
3. Measure 11 inches from the edge along the center line and place a pin or make a mark with a disappearing ink pen. See Figure 2.

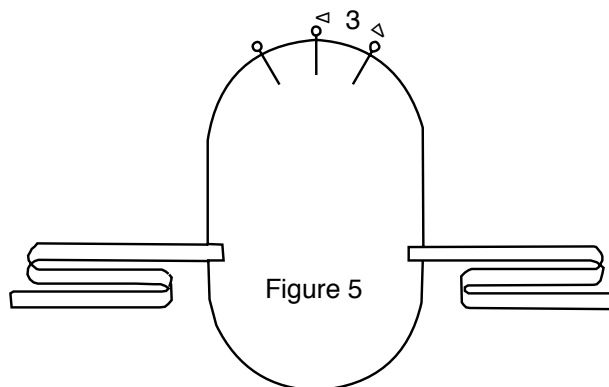


4. For the waist ribbons:
 - a. Measure around the outside edge of the placemat from the pin at center edge $16\frac{1}{4}$ inches and place a pin or a mark. Do the same on the other side of the placemat. See Figure 3. This is for the waist ribbons.

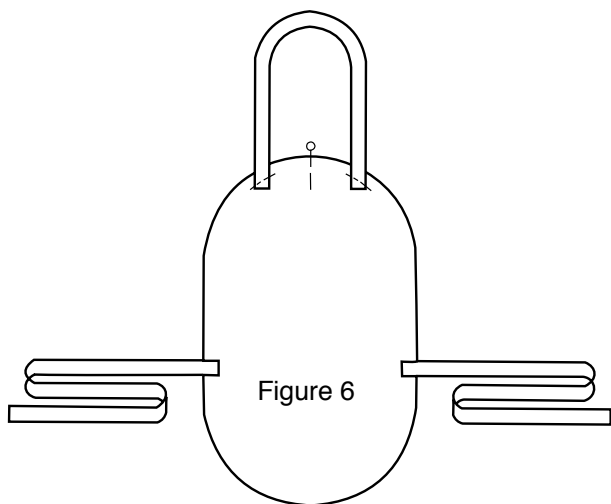
- b. On the *right side* of the placemat, position the waist ribbons as shown in Figure 4. Stitch along the stitching lines on the placemat. Backstitch when starting and stopping the stitching.



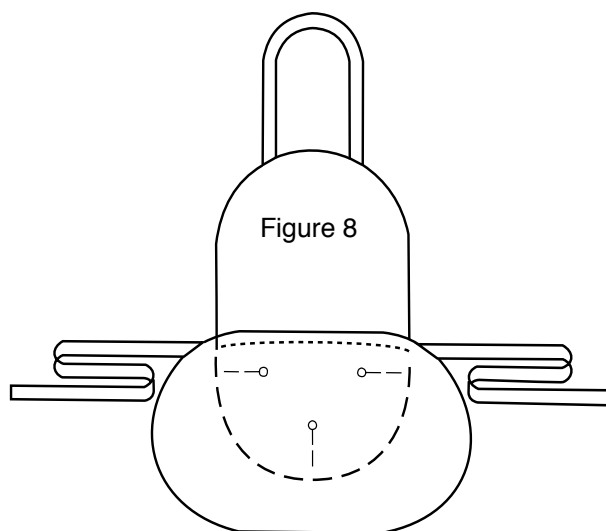
5. For the neck ribbons:
 - a. Measure 3 inches to the right of the pin at center edge and place a pin or make a mark. Do the same to the left of center. See Figure 5.



- b. Place neck ribbons on *wrong side* of placemat, about 1³/₄ inches below the edge of the placemat as shown in Figure 6.

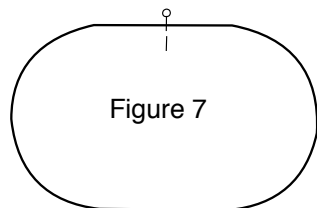


7. Place the lower placemat on the upper placemat, lining up center pins and 11 inch mark as well as upper edges of waist ribbon on either side of upper placemat.



- c. Stitch neck ribbons by sewing along stitching lines of placemat. Backstitch when starting and stopping the stitching.

6. Find the center edge of lower placemat along the short length as shown in Figure 7. Mark with a pin.

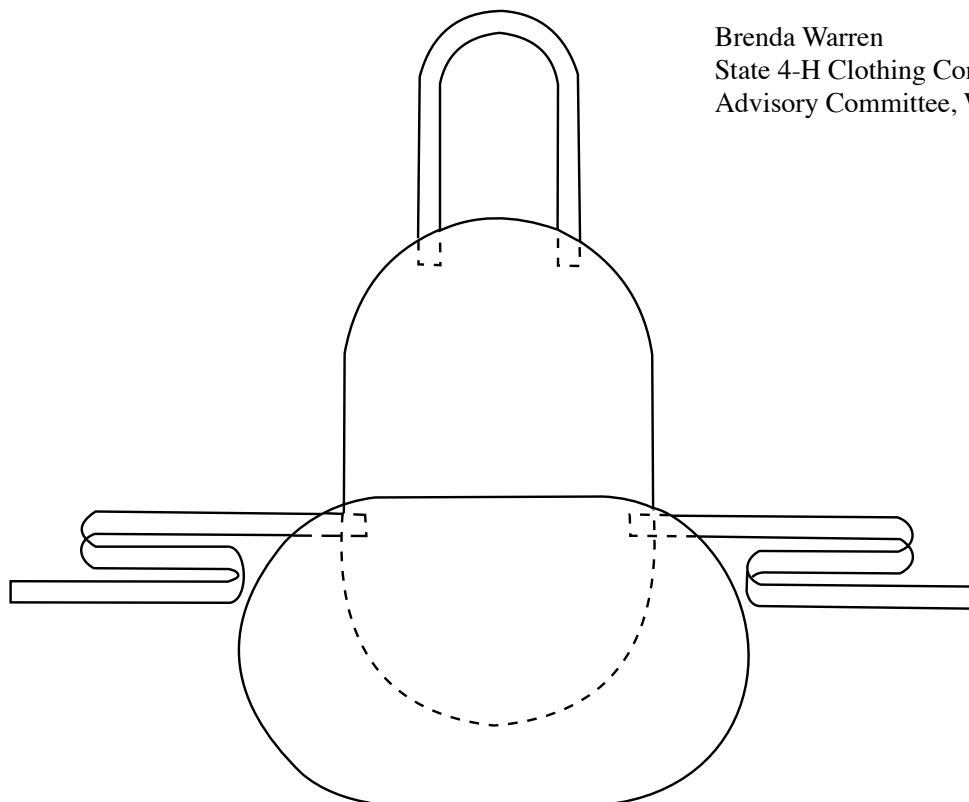


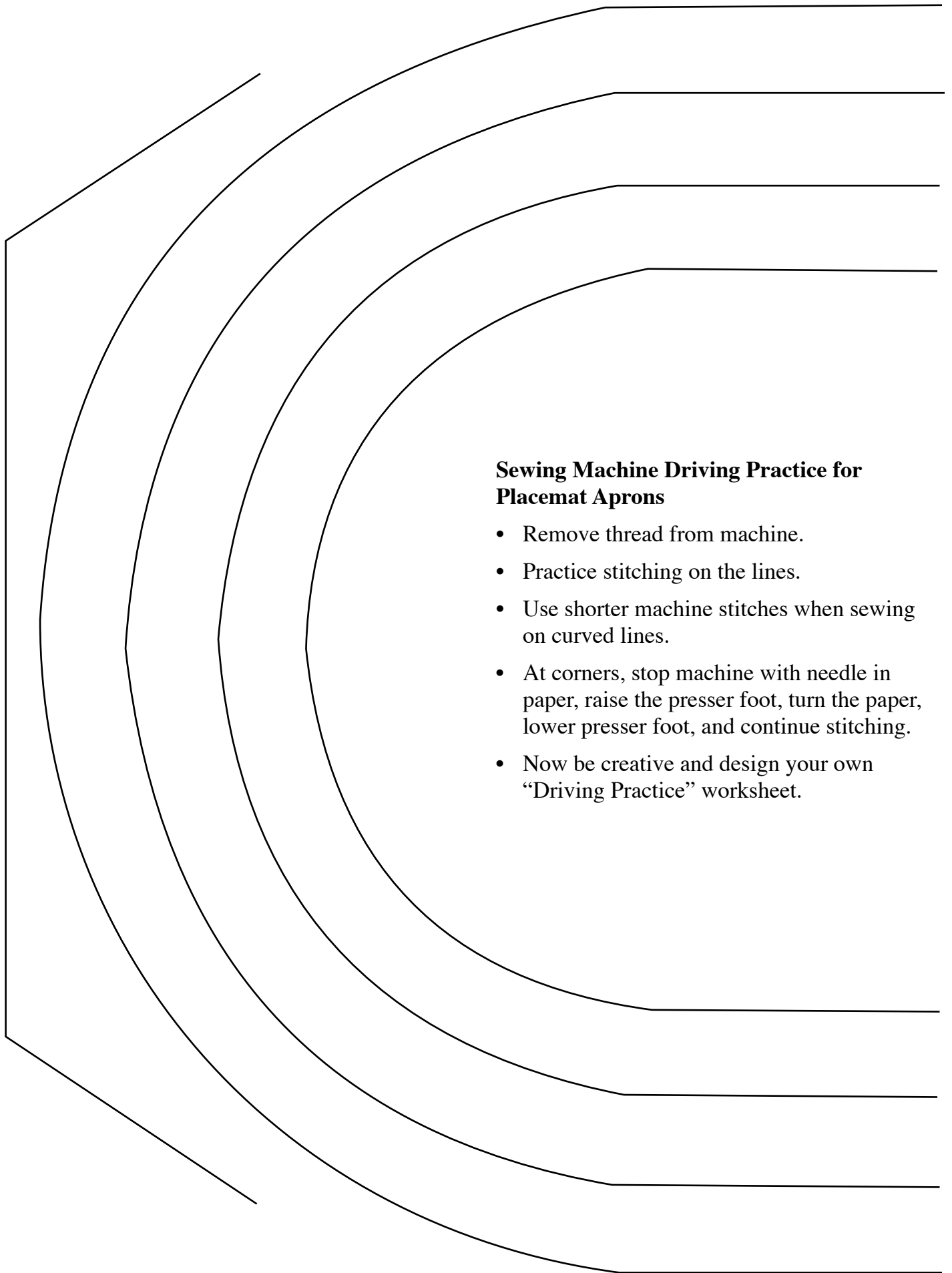
8. Place three pins through both placemats to hold them from moving as shown in Figure 8.
9. On the wrong side of the placemats, stitch along the stitching line of the placemat. Bar tack at the beginning and ending of stitching to reinforce the pocket. This row of stitching forms the pocket.

Your apron is ready to wear or give as a gift. Enjoy!

(Practice sewing pattern on page 37-T-3.)

Brenda Warren
State 4-H Clothing Construction
Advisory Committee, Wisconsin





Sewing Machine Driving Practice for Placemat Aprons

- Remove thread from machine.
- Practice stitching on the lines.
- Use shorter machine stitches when sewing on curved lines.
- At corners, stop machine with needle in paper, raise the presser foot, turn the paper, lower presser foot, and continue stitching.
- Now be creative and design your own “Driving Practice” worksheet.



Quick Projects To Do

Pocket Pouch

Pocket Pouch

Materials:

- Strip of canvas, denim, etc., 15 inches wide, prewashed
- 7 inch zipper
- Glue stick
- Transparent tape, 1/2 inch wide
- Belt clasp

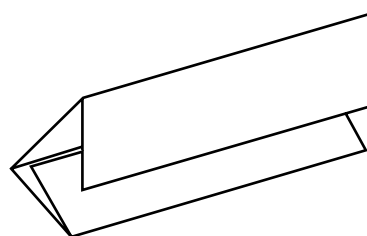
Directions:

1. Prewash the fabric. Iron if necessary.
2. Trace pattern on waxed paper, nonwoven tracing fabric, or card stock paper. If the fabric is light colored, tracing around the card stock with a disappearing ink fabric marker works well.

Belt:

3. Straighten one edge of the fabric.
4. Cut a strip 4 inches wide along the straightened edge to use for the belt. (If the total length of the belt needs to be longer than the width of the fabric, cut two 4-inch strips, each one-half the desired length. This allows the belt to be stitched together behind the pouch where it will not show.) If a longer belt is needed, a wider piece of fabric will be required.
5. Press the belt fabric in half lengthwise with wrong sides together.
6. Open the belt fabric and turn one lengthwise edge (wrong sides together) up to the pressed fold. Press.
7. Turn the belt fabric around and turn the other lengthwise edge (wrong sides together) up to the pressed fold. Press.

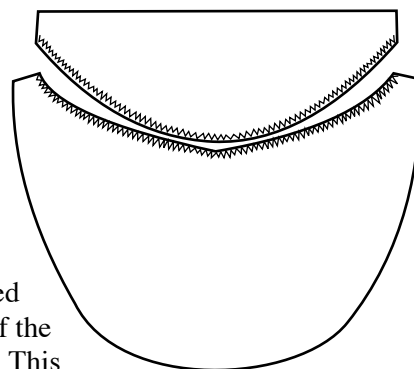
8. Fold the belt lengthwise along the first pressed fold and press again. This gives a belt that is four fabric thicknesses with the raw edges on the inside. The belt will be about 1 inch wide.



9. Edge stitch the lengthwise edges using a top-stitching length stitch. Zigzag across the raw edges on the ends and trim close or use Fray Check™.

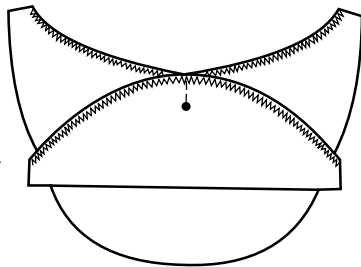
Pouch:

10. Edge stitch using a zigzag stitch (or use Fray Check™) the curved edge of the Upper Front and the curved upper edge of the Lower Front. This is where the zipper will be sewn.



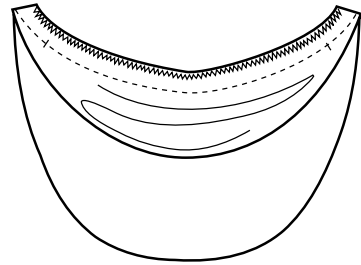
11. Stitch (right sides together) the Upper Front to the Lower Front.
 - a. Mark center of the curved edge of the Upper Front piece.
 - b. Mark center of the upper curved edge of the Lower Front piece.

c. With right sides together, pin the two pieces together starting at the center. The pieces look like they will not fit together, but they will! Curve the Upper Front piece to make it fit along the curve of the Lower Front. Pins will need to be close together.



not fit together, but

d. Make a mark $1\frac{3}{4}$ inch from each side on the seam line with a disappearing ink marker.



e. Begin stitching at one edge using a $\frac{5}{8}$ -inch seam. Stitch to the $1\frac{3}{4}$ -inch mark. Backstitch.

f. Change the stitch length to the longest stitch.

g. Continue stitching until you get to the other $1\frac{3}{4}$ -inch mark at the other side. Stop at the mark with the needle in the fabric.

h. Change the stitch length back to the regular stitching length. Backstitch and continue stitching to the edge.

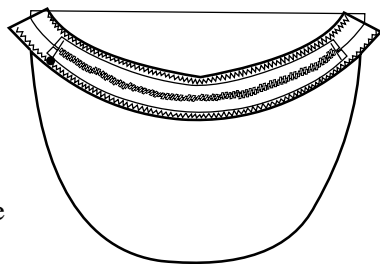
12. Press the seam open.

13. Mark the center of the zipper.

14. Mark the center of the seam.

15. With the glue stick, lightly apply glue to zipper tapes on the same side as the zipper tab.

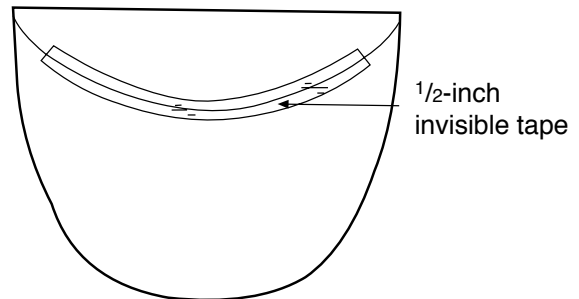
16. Position center of zipper at center of seam and finger press zipper in position making sure the glue holds it in place. Check that the tab of the zipper is facing the fabric!



17. Secure ends of zipper to fabric with one pin at each end at the point you plan to stitch across the ends. The pin should be positioned so you do not stitch on the metal ends of the zipper.

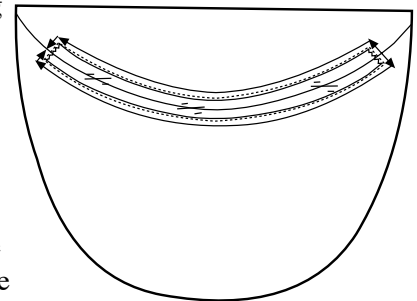
18. Let sit for 5-10 minutes for the glue to securely hold the zipper in place.

19. Use the $\frac{1}{2}$ -inch invisible tape as the sewing guide for the zipper. Using about 2-inch pieces of tape, center the tape over the seam. Start the tape at the pin at one end and continue attaching pieces of tape until it reaches the pin at the other end of the zipper.



20. Attach the zipper foot to the sewing machine.

21. Start stitching at the lower edge of the zipper at the seam line. Stitch to the edge of the tape. Turn the fabric with the needle in the fabric and continue stitching close to the edge of the tape to the top of the zipper. Turn and stitch to the seam.



22. Move the zipper foot to the other side.

23. Repeat step 21 on the other side of the zipper.

24. Remove the seam stitching over the zipper. Discard any loose threads. You should now be able to open the zipper easily.

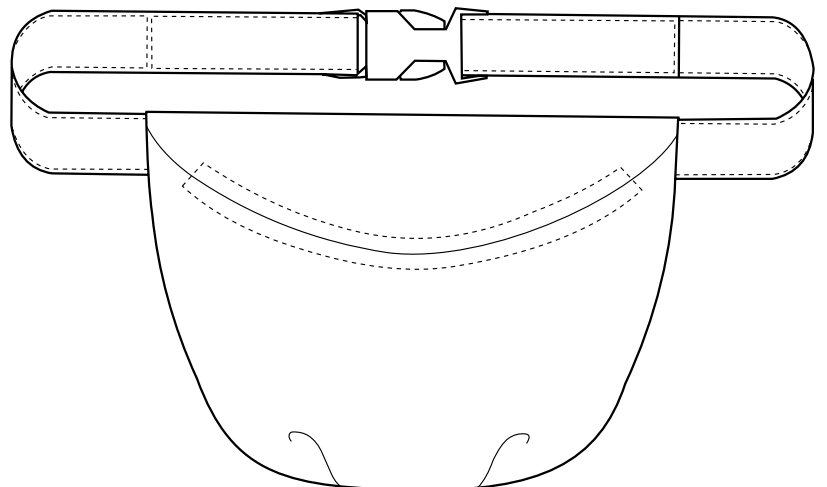
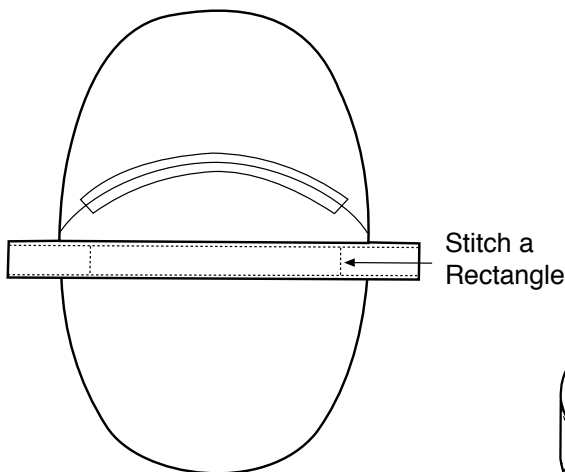
25. OPEN ZIPPER BEFORE STITCHING THE FRONT TO THE BACK.

26. Remove the zipper foot and attach the regular stitching foot on the machine.
27. Edge finish straight top edges of both front and back pieces. Pin front to back piece, right sides together, along straight top edge.
28. Stitch, using $\frac{1}{2}$ -inch seam allowance. PRESS.
29. Mark center of belt. Mark center of pouch back, near the top.
30. Place the right side of the belt against the right side of the pouch back, matching center marks.
31. Pin in place by positioning the upper edge of the belt at the top seam line.
32. Place a mark on the belt $1\frac{1}{2}$ inches from the raw edges on each side. *Stitch a rectangle* to attach the belt to the purse by stitching along the edge stitching of the belt until you reach the $1\frac{1}{2}$ -inch mark, turn, stitch to the other row of edge stitching. Turn and stitch along the edge stitching until you reach the other mark, turn, stitch. Continue until you reach the point you started stitching. Backstitch.
33. Pull the ends of the belt through the open zipper and turn the pouch so right sides are together.
34. Pin back to front of pouch. If the front piece is a little larger than the back piece, make a tuck at the center bottom and stitch over the tuck. The tuck will give the pouch a little more fullness in the front and looks nice. (Depending upon the depth of the seam allowances on the other seams, you may or may not need to take the tuck in the front.)
35. Use $\frac{1}{2}$ -inch seam allowances and sew the front to the back, starting at one of the top edges.
36. Seam finish the seam allowances together with a zigzag to give the seam more reinforcement.
37. Press. Turn pouch to the right side.
38. Attach the belt clasps, adjusting their position to the size of your waist. They can be made adjustable or stitched in position, depending upon what type of belt clasp you used.

Enjoy your waist pouch!

(Patterns on pages 41-U-4 and 42-U-5.)

Brenda Warren
 State 4-H Clothing Construction
 Advisory Committee, Wisconsin



Pattern is actual size and
includes $\frac{5}{8}$ " seam allowances.

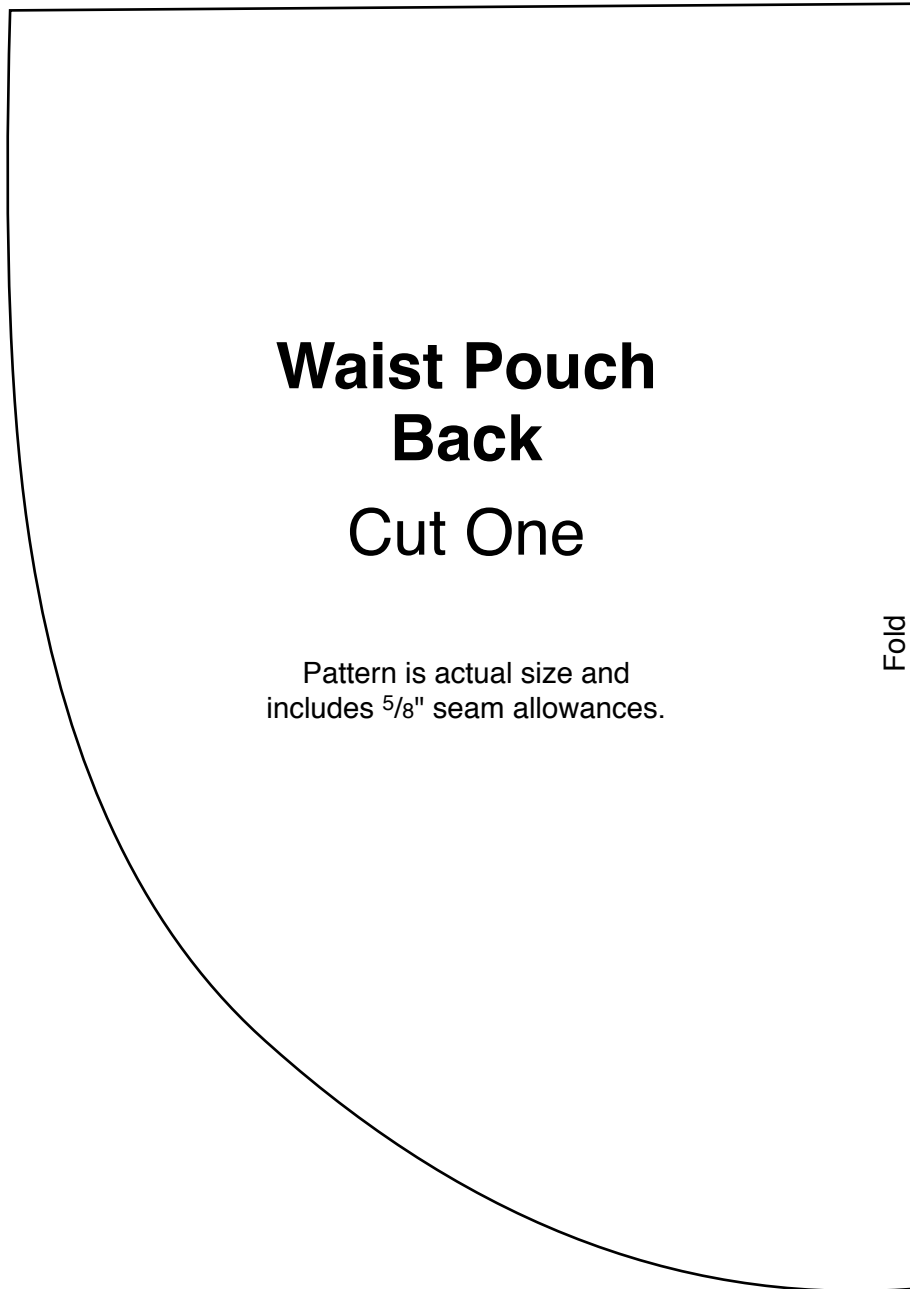
**Waist Pouch
Upper Front
Cut One**

Fold

Pattern is actual size and
includes $\frac{5}{8}$ " seam allowances.

**Waist Pouch
Lower Front
Cut One**

Fold



Waist Pouch Waist Band

***NOTE: Cut strip 3" wide and one and one-half times the waist size.

EXAMPLE: Waist = 24" cut strip 36" (or longer)



Quick Projects To Do

Rainbow Windsock

Rainbow Windsock

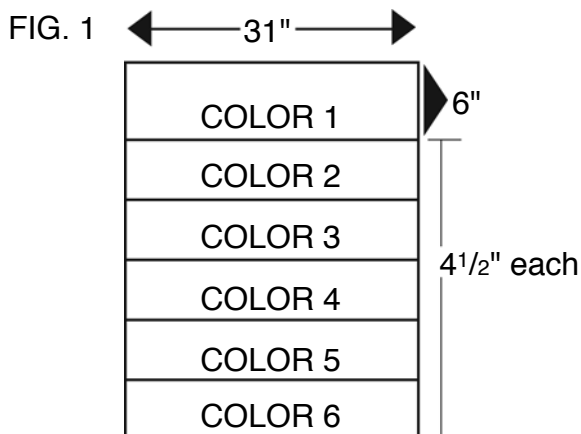
Horizontal stripes around the top and matching streamers. Finished length 66".

Materials needed:

- $\frac{1}{3}$ yard each of 6 colors of 45" wide ripstop nylon
- 9" metal ring
- Lock-snap swivel (fishing gear)
- Nylon cord or fishing line

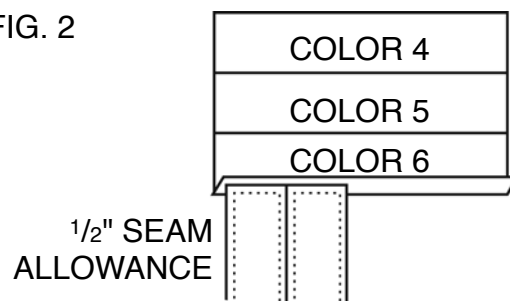
Directions:

1. Body: cut five $4\frac{1}{2}$ " x 31" rectangles, one of each of 5 colors. Cut top band 6" x 31" rectangle from 6th color.
2. Sew bands together in desired sequence using $\frac{1}{2}$ " seam allowance. Finish seams using zig zag stitch or Fray Check™. Panel will be 31" x 26" (Fig. 1).



3. Fold the upper edge of the top under $\frac{1}{4}$ " and stitch.
4. Streamers: cut 6 rectangles 6" x 45", one of each color.
5. Hem the streamers by turning under $\frac{1}{4}$ " two times and stitch.
6. Pin the streamers to the right side of body along the bottom edge. Leave a $\frac{1}{2}$ " seam allowance at ends (Fig. 2).

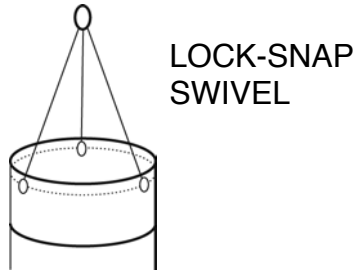
FIG. 2



7. Fold right sides of windsock together. Sew together with a $\frac{1}{2}$ " seam and finish the seam edge. Match color stripes.
8. Fold the edge of the top band over the ring to form a casing, pin in place, then stitch casing using a zipper foot.

- Cut 3 18" lengths of nylon cord or fishing line. Place at 3 evenly spaced intervals around the ring. Thread the cord through a needle and pass it through the casing and around the ring, tying the cord with a firm knot. Or tie the cord through metal eyelets placed just below the ring (Fig. 3).

FIG. 3



- Put the free ends through the lock-snap swivel, allowing the windsock to move freely.



Quick Projects To Do

Rosette Pillow

Rosette Pillow

Materials needed:

- Round pillow form
- Decorator fabric and matching lining
- Matching thread
- Heavy rubber band
- Decorative cord
- Trim (optional)

Directions:

1. Measure pillow form. Make a circle pattern $2\frac{1}{2}$ times the pillow form diameter.
2. Using the pattern, cut out decorator fabric and lining.
3. With right sides together, stitch the decorator fabric and lining together with a $\frac{1}{2}$ " seam allowance. Leave a 3" opening for turning. You can decorate the edge with trim, fringe, or cording, if you wish.
4. Turn right side out, press, and stitch opening closed.
5. Center the pillow form on the fabric circle. Wrap fabric over the form and gather into a rosette. Secure with a heavy rubber band. Hide the rubber band by tying decorative cording or a cord covered by the pillow fabric around it.



Tips and Techniques

Sewing an Example T-Shirt

Sewing an Example T-Shirt

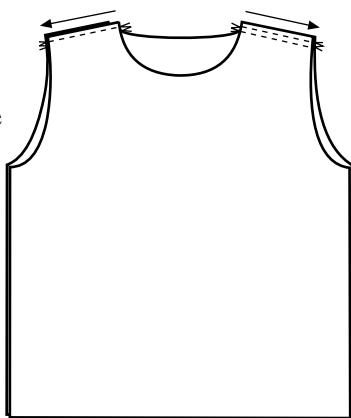
Materials:

- Knit scraps
- Cut out Size 1 knit shirt (single knit fabric) using a purchased pattern
- Infant to give shirt to (will also fit on teddy bears or larger dolls)

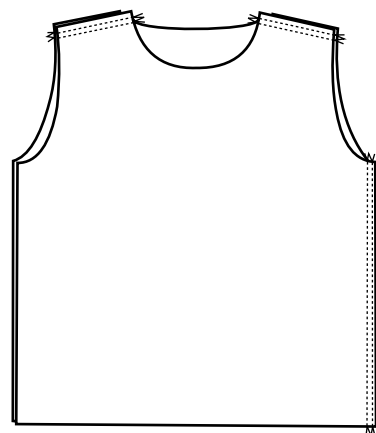
Directions:

1. Match shoulder seams of T-shirt with right sides of shirt front and back together.
2. Pin seams.
3. Pin neckline ribbing and one sleeve cuff ribbing with right sides together.
4. Stitch ribbing using $\frac{1}{4}$ -inch seam.
5. Stitch shoulder seams, using $\frac{1}{4}$ -inch seam—stretch fabric gently while stitching.

6. Stitch second row of stitches $\frac{1}{8}$ -inch from the first row in the seam allowance. (Remember directional stitching for shoulder seams—start stitching at the neck edge and continue to the sleeve opening or armseye.)

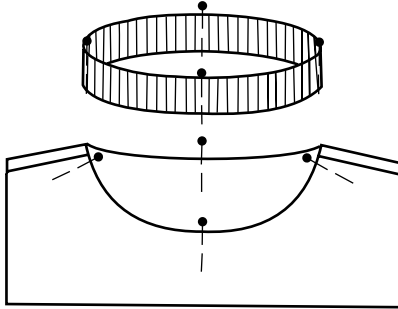


7. Press shoulder seam toward the back of garment.
8. Mark center top of sleeves with a pin.
9. Directional stitch the right side seam only of the shirt, right sides together. Stitch from armseye to lower edge of shirt. Double stitch.



10. Stitch sleeve together. Double stitch.
11. Pin center of sleeve at shoulder seam and match underarm seams (right sides together). Pin the rest of sleeve at intervals to armseye.
12. Stitch using $\frac{1}{4}$ -inch seam. Double stitch.
13. Press sleeve.
14. Mark folded ribbing with pins, dividing into quarters.

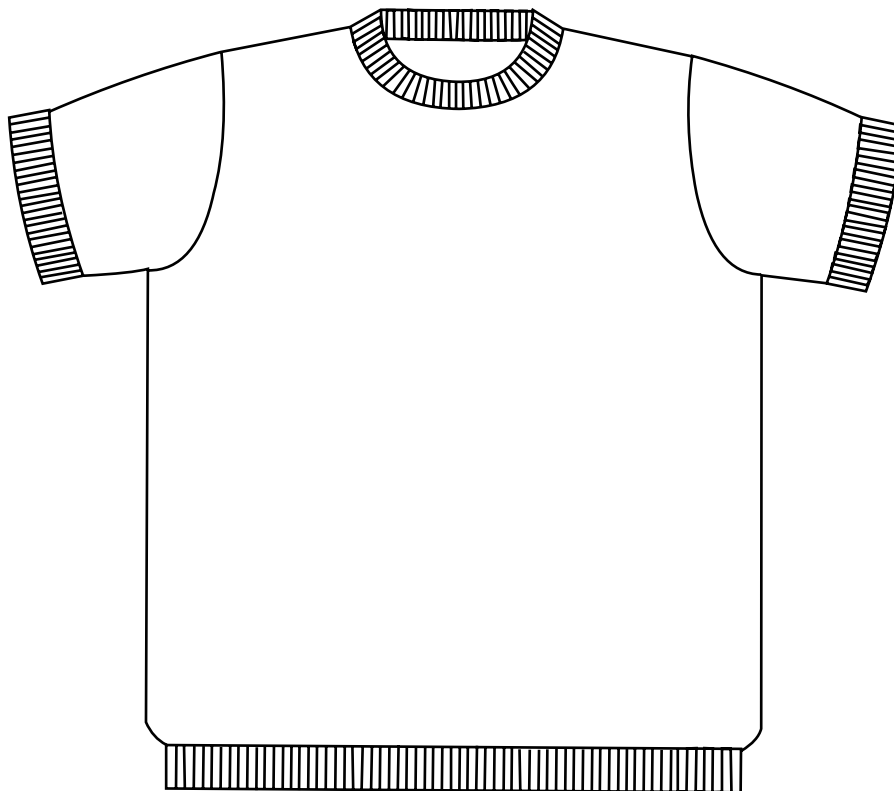
15. Mark neck and the one sleeve opening with pins dividing into quarters.
16. Match ribbing seam with center of back for neckline ribbing and pin the quarter marks together.



17. Match the sleeve ribbing seam with the sleeve underarm seam and pin the quarter marks together.
18. Stitch ribbing to neckline and sleeve, stretching ribbing to fit. Double stitch.

19. Stitch other sleeve into armseye as before except do not sew the sleeve or the shirt side seam first.
20. Stitch sleeve ribbing onto sleeve (ribbing is not sewn together).
21. Stitch waist ribbing to bottom of shirt. (Divide both into quarters, pin together, and sew. This ribbing is not sewn together either.)
22. Stitch sleeve and side seam in one stitching. (Pin seam together matching all seams.) This side demonstrates a quick way to finish the shirt; however, it is not quite as neat as the way the other side is finished.

Brenda Warren
 State 4-H Clothing Construction
 Advisory Committee, Wisconsin





Quick Projects To Do

Soft Box

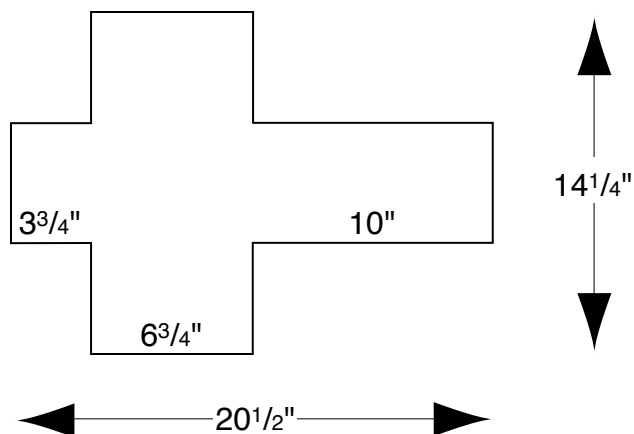
Soft Box

Materials needed:

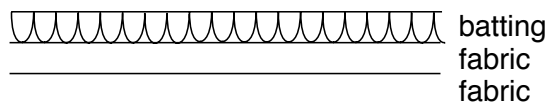
- 1/2 yard woven fabric (makes 3 boxes)
- 6 oz. batting 15" x 21"
- 20" of 1" lace
- 18" of 1/4" or 1/8" ribbon for bow (optional)

Directions:

1. Make this pattern.



2. Cut 2 pattern pieces of fabric and 1 of batting.
3. Put fabric pieces right sides together. Place batting on top.





Quick Projects To Do

The New Skirt . . . With an Old Twist

The New Skirt... With An Old Twist

Beautiful, gathered skirts—the current fashion rage. And what could be easier than to transform an old pair of jeans into the latest fashion statement!

Materials:

- Pair of old jeans—styled without back pockets are easiest to work with
- 1⁷/₈ yards of 45-inch cotton/cotton blend fabric—plain or printed chambray, oxford cloth, gingham, or flannel work well
- Matching thread
- Tape measure
- Dressmaker shears
- Washable marking pencil, chalk, or pins
- Pins
- Optional: Creative Appliques or Sew on Jewels by McCall's for decorating yoke section

Directions for Preparing Yoke:

1. Try on jeans to determine yoke length. Mark a yoke seamline on front falling below zipper and inner pockets.
2. Take off jeans; measure down along the side seam, from top of waistband to marked seamline. Using this measurement, mark yoke seamline on back.

Note: If back pockets fall below this marked line, re-mark the line below the pockets. Be sure to make the necessary adjustment on the front as well.

3. Cut off jeans ⁵/₈ inch below the marked line.

Directions for Preparing Skirt:

1. Two skirt panels (front and back) are cut from skirt fabric.
2. To determine panel width: try on yoke and measure down to desired finished length. Add ⁵/₈ inch

for a seam allowance and 1 inch for hem to the finished length measurement. Following the above determined measurements, cut two panels. Pin shorter ends of panels, right sides together. Using a ⁵/₈-inch seam, stitch side seams. Press seams open or serge ⁵/₈-inch seams. Press to one side.

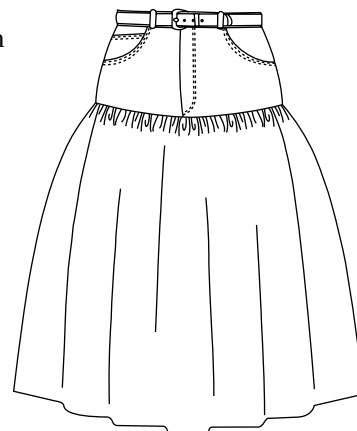
3. Mark center of front and back sections. Machine gather by stitching ⁵/₈ inch and ¹/₂ inch from top edge of skirt, using a basting stitch; break stitching at the side seams.

Directions for Attaching the Yoke to the Skirt:

1. With right sides together, pin yoke to skirt matching centers and side seams. Pull up bobbin threads and adjust gathers to fit.
2. Stitch a seam just below machine basting. Stitch again ¹/₄ inch from first stitching; cut seam close to second stitching. Or serge seam just below machine basting. Press seam away from yoke.

Directions for Hem:

1. Stitch ¹/₂ inch from bottom edge. Turn under along stitching line. Press. Turn under again ¹/₂ inch. Stitch close to top folded edge. Or serge along bottom edge removing ¹/₂ inch of fabric. Turn under ¹/₂ inch. Press. Stitch along overlook stitching using a conventional machine.



JoAnn Maedke
State 4-H Clothing Construction
Advisory Committee, Wisconsin



Quick Projects To Do

Travel Jewelry Holder

Travel Jewelry Holder

PLEASE READ ALL INSTRUCTIONS BEFORE BEGINNING PROJECT.

Materials:

- 1/2-yard calico, prewashed
- 1/2-yard polyester for lining, prewashed (beginners may want to use lightweight polycotton fabric instead of polyester)
- 3 inch round plastic canvas
- Metallic cord for drawstrings (40 inches long)
- 3 inch round plastic or cardstock piece for base of jewelry holder
- 2 pony beads (optional)
- Thread to match the calico and the polyester
- Scissors, pins
- Glue stick
- Disappearing ink marking pen (optional)
- Compass
- Cardstock or pattern tissue for pattern
- Fray Check™
- 6-inch measuring gauge, 12-inch ruler
- Plastic needle with large eye

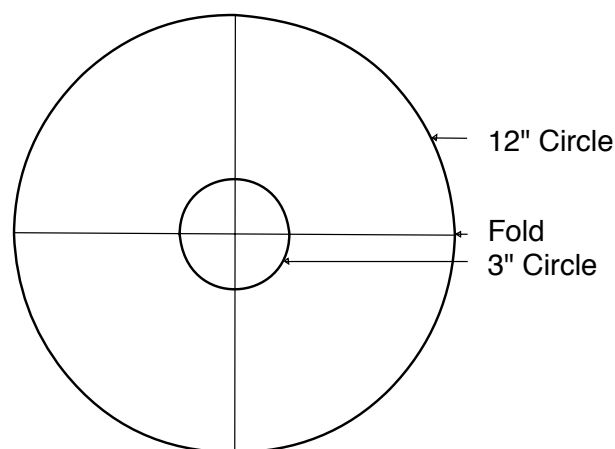
Construction Techniques:

- Making your pattern
- Cutting out fabric
- Stitching around curves
- Pressing, trimming

Directions to Make the Pattern:

1. With compass, make 3 circle patterns on the cardstock and cut out using scissors for paper cutting—not the ones you use for cutting your fabric.
 - a. 1 1/2-inch radius circle (3-inch diameter)
 - b. 5-inch radius circle (10-inch diameter)
 - c. 6 3/8-inch radius circle (12 3/4-inch diameter)

2. On typing-weight paper make a 12-inch circle with compass. Cut out.



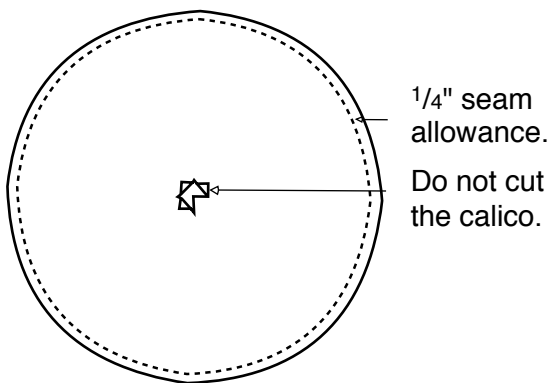
- a. Fold circle in half, then in half again.
- b. Mark the center with the marking pen.
- c. Open the paper circle and draw a 1 1/2-inch radius circle with the compass at the center of the larger circle.
- d. Cut out the 3-inch diameter circle in the center of the paper.
- e. This will be used to center the 3-inch cardstock circle on the larger fabric circle after stitching.

Directions to Make the Jewelry Holder:

1. All seams are sewn with 1/4-inch seam allowances.
2. Cut out of calico: one 12 3/4-inch circle and one 10-inch circle. If a cardstock pattern is used, trace around it on the wrong side of the fabric with the marking pen before cutting.
3. Cut out of polyester: one 12 3/4-inch circle and one 10-inch circle.

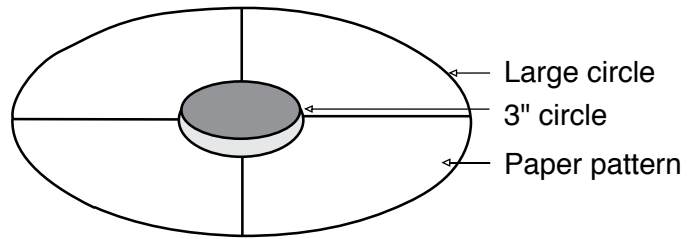
NOTE: The calico and polyester can be placed on top of each other and both fabrics cut at the same time.

4. Cut one 3-inch circle out of cardstock or plastic to use in the bottom of the jewelry holder. (If plastic is used, the holder will be machine washable.)
5. With right sides together, pin the large calico and polyester circles together. Pin every 1½ inch because the polyester loses its circular shape easily.
6. With right sides together, pin the smaller calico and polyester circles together.
7. Stitch around the edge of the circles with a ¼-inch seam allowance. Backstitch at the point where the stitching meets. It is not necessary to leave an area unstitched for turning to the right side.
8. If selected fabrics are loosely woven, make a second row of stitching ⅛ inch into the seam allowance.
9. Press both circles.
10. Find the center of the circles on the polyester side by folding the fabric in half twice with the calico fabric on the inside. Mark the center with a marking pen.
11. Open the circles, polyester side up.
12. Lift the *polyester fabric* at the center and make a small cut with scissors. **DO NOT CUT THE CALICO!** With tips of the scissors in the opening, clip about ¾ inch from the center in four directions to make a plus-shaped opening. Do the same for the other circle.

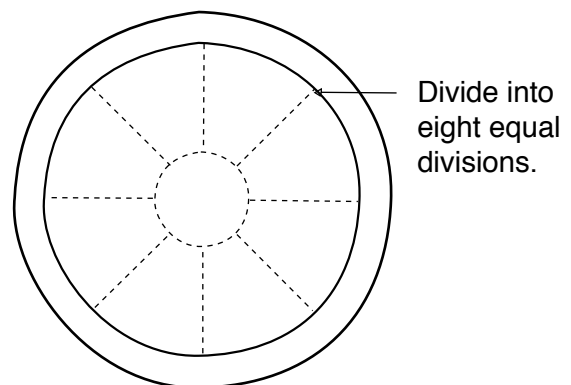


13. Reach through the opening and pull the calico to the right side.
14. Carefully press around the edges, keeping the lining and calico even.

15. Place the large circle, calico side down, on a flat surface.

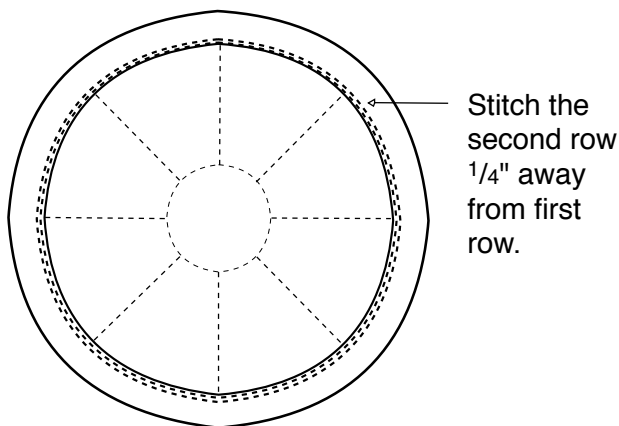


16. Place the paper pattern with 3-inch circle in center over the cloth circle and center it.
17. Put glue on the cardstock or plastic 3-inch circle and use the opening in the paper pattern to position the circle with glued side down on the polyester fabric. The glue will hold the circle in place while stitching.
18. Put glue on the top of the 3-inch cardstock circle.
19. Place the smaller fabric circle, polyester side down on the larger circle. Measure around the edge with a measuring gauge to center the smaller fabric circle on the larger one. Press with your hand in the center so the glue bonds to the fabric. Let sit five minutes so the glue will hold.
20. On the smaller fabric circle, mark around the cardstock circle with the marking pen.
21. Using the ruler, mark four lines across the smaller circle (each going through the center) to divide it into eight equal divisions.



22. Starting at one of the lines, stitch around the marked 3-inch circle. Backstitch where stitching meets.

23. With needle in fabric at a line, stitch from the 3-inch circle to the edge of the 10-inch circle, backstitch.
24. At each line, start stitching from the 3-inch circle, backstitch, then stitch to the edge of the 10-inch circle and backstitch. Do this at each line to make eight pockets.
25. Thread machine with thread matching the polyester in the needle and thread matching the calico in the bobbin.
26. To stitch the casing for the drawstrings, stitch the first stitching with edge of the presser foot next to the 10-inch circle. Backstitch where stitching lines meet.
27. Stitch the second row, $\frac{1}{4}$ inch away from the first row (toward the edge of the jewelry holder). Backstitch where stitching lines meet.



28. Place a pin at the edge of the larger circle, fold the fabric in half to find the point half-way around the edge and place another pin there.
29. At these half-way points, place a pin between the two casing lines and through the calico fabric only. This will hold the calico away from the polyester at these points.
30. Place a drop of Fray Check™ on the calico between the casing stitchings and over the pins. Let Fray Check™ dry.
31. With the points of scissors, snip a slit between casing stitchings in the area where the Fray Check™ was applied. DO NOT CLIP THE POLYESTER!

32. Thread a plastic needle with 20 inches of the metallic cord. Thread the cord into the opening and all the way around the holder and backout the same opening. Tie ends together in a loose knot.
33. Thread the plastic needle with the other 20-inch piece of metallic cord. Thread the cord into the other opening and all the way around the holder and back out the same opening. Tie ends in a loose knot.
34. Try pulling the cords and the jewelry holder should draw together near the top edge.
35. Place the 3-inch plastic canvas in the holder to use for attaching pierced earrings.
36. If desired, thread the cords through pony beads and tie the knot on the inside of the pony bead. Place a drop of Fray Check™ in the hole of the pony bead and let dry. The beads will make it easier to pull the jewelry holder closed.

These holders will make nice gifts as well as being convenient for storing your jewelry when traveling.

Brenda Warren
State 4-H Clothing Construction
Advisory Committee, Wisconsin





Inspire Your Child to Sew

Use a Positive Approach

by Jane Meyer

If you sew and have a child at home, you've probably thought about teaching your child to sew. *Don't do it.* You'll end up frustrated and your child will probably never want to look at a needle and thread again.

Instead, inspire your child to sew. Then he or she can go on to learn specific techniques, but will have gained from you something much more important: the sense of accomplishment and joy of creativity that sewing can bring. A wise man once said, "The mediocre teacher tells. The good teacher explains. The superior teacher demonstrates. The great teacher inspires."

Home-sewing experts have ideas for inspiring kids to sew, but being an expert is not a prerequisite for inspiring children. It's a matter of approach, of attitude. A positive and encouraging attitude is much more important than specific sewing skills.

Most of these experts have children, too, and plenty of experience at getting and keeping kids interested in sewing. Among the experts are Gail Brown, nationally known author and columnist who has a 4-year-old daughter; Susan Wright, Ph.D., extension specialist in clothing, textiles, and young family programs at New Mexico State University; Marta Alto, a sewing instructor who has a 7-year-old daughter; Martha Anderson, program leader in 4-H and home economics at New Mexico State University; Bonnie Harris, director of sewing classes at Josephine's fabric store in Portland, Ore.; and Judy Lindahl, author and home decorating specialist who has two daughters, ages 5 and 7.

Do's

- **Do** have a positive attitude. Your own enthusiasm will be contagious.
- **Do** provide projects appropriate to the child's age, interests, and abilities. For the very young child, it might be sewing cards you buy or make, or plastic canvas, plastic needles, and yarn. Lindahl started her children out doing stitches on fabric stretched in an embroidery hoop since it was easier for them to handle than loose fabric.

"I let the children sew what they want to sew," she said. For one 7-year-old girl that might be blankets and pillows for her Barbie doll, and for another it might be the simplest A-line skirt with elastic casing at the waist. For some it might be a simple backpack; for a horse enthusiast it might be a horse blanket; for a young athlete it might be a simple set of sweats.
- **Do** start the very young child with cutting. "The process of cutting is very educational for a young child," commented Brown. "Making straight cuts and then curved cuts on fabric, playing with the shapes, then wrapping the fabric around a doll or toy and seeing it in its three dimensions, all are part of a very important learning process."
- **Do** share the experience of sewing. "If you're making an outfit for your child, let an older child cut it out, you sew it, then let the child help finish it," Brown advised. "Let the child help you. It will not be as efficient a method as doing it all yourself, but it will be an important experience for your child." Work together with older children on some projects and, whatever you do, don't give them dull sewing jobs.
- **Do** let the learner do the work, but you help with the ripping, advised Wright. "Don't do it all, but if you help, the child will be less discouraged when he or she makes an error."
- **Do** encourage proper use of the sewing machine, and supervise younger children at the machine. A good introduction to correct posture, speed control, and placement of fabric can help prevent frustration and eliminate mistakes.
- **Do** take your child shopping using the opportunity to talk about choices of fabric, patterns, and colors. This

is important even for very young children. “I let my 4-year-old do a lot of the choosing,” said Brown. “I guide her, of course, and we talk about colors and what goes with what, but in general she has pretty good taste. Choosing is a big part of the creative process.”

- **Do** provide choices for children, and allow them to make decisions, in the process learning the difference between “good” and “better.” “But do not provide poor choices,” said Wright. “It’s discouraging for a child to have to learn ‘the hard way.’ Choosing gives the child some responsibility, too, to learn to live with choices and accept responsibility for the results.”
- **Do** encourage children to use the pattern properly and read the instructions with understanding. “These are things that some 40-year-olds don’t know how to do,” commented Harris, “but they’re easy for kids if they start early and learn from the beginning.”
- **Do** encourage children to make little gifts for relatives and teachers. “Allow the child to show off his or her work and experience pride in the finished product,” advised Anderson.
- **Do** encourage your child’s creativity. There is more than one way to do nearly everything.

Don’t’s

- **Don’t** shut your child out of the sewing room. Children who watch you sew will be curious about the process and will view it as something worthwhile and enjoyable. Even a toddler can have fun playing with bits of ribbon and lace or snap tape, or cutting scraps of fabric.
- **Don’t** hover. Let children discover sewing. As Brown said, “Leave them alone and let the children do what they want. Don’t hover over them saying, ‘Do it this way,’ or, ‘Don’t do that,’ all the time. I’ve seen people kill their kids’ enthusiasm that way. Let them explore and have fun.”
- **Don’t** be afraid of introducing children to sewing machines early. Alto’s daughter was sewing at the machine before she tried hand sewing. “In days of old, girls learned hand sewing very early,” Alto said, “but little hands don’t handle needles very well today.” Kids are fascinated by the machine and with supervision they can operate a machine successfully as early as age 6 or 7.

Wright suggested paper practice stitching, using an outline of a duck, a house, or a tree, for example. “Or try sewing long strips of fabric together in the method of fast quilting, then cutting between the lines and pressing. If two colors are used, the pieces can be cut into smaller blocks, the colors alternated, and you have instant, easy patchwork. The child will learn to match stitching lines and sew across seams when sewing the patches together for a doll blanket or placemats.”

- **Don’t** be nitpicky. “Sometimes it’s the hardest thing in the world to stand back and not correct the child or point out mistakes,” said Alto. “But the main thing is: to allow the child to make mistakes. If the child is happy with the result, let it be. Don’t stand over them with a whip. Let sewing be a pleasure for the child, not a chore.”
- **Don’t** frustrate children with scissors that won’t cut, needles with eyes too small to thread, marking carbon that’s all used up, or a machine that skips, advised Wright. “And let them use all the new tools that are making sewing so easy, such as rotary cutters, magic marking pencils, glue sticks, and water soluble basting tape. The child who learns about these aids early will make good use of them as skills are developed. Besides, they are fun to use!”
- **Don’t** always insist children finish a project. “I firmly believe in the value of the process itself,” said Brown. “I don’t mean a child should be wasteful, but he or she should be able to move on to something else without the parent always saying, ‘I’m not buying you any more fabric unless you finish that project!’ That dampens the creative process, and sewing isn’t finishing everything.”
- **Don’t** buy your child a toy machine. If you don’t want to share the use of your machine, buy your child his or her own machine, advised Brown. There are plenty of inexpensive, used machines available.
- **Don’t** encourage a child to sew when he or she is tired or upset. “And when natural frustrations occur,” said Martha Anderson, “help the child to see that it isn’t earth-shattering, but can be funny or at least easy to remedy.”
- **Don’t** forget the need for immediate gratification for older children as well as little ones. “Let them make something they can finish ‘right now.’” Wright said. “Simple projects such as marble or jacks bags for the younger set and laundry bags for teens require little fabric, little time, and cause little frustration.”
- **Don’t** try to teach sewing to children out of a sense of “duty.” “Duty isn’t a good basis for trying to teach anyone to sew, especially a child,” commented Wright. “Mothers who don’t enjoy sewing or who don’t have confidence in their skills will not be comfortable trying to teach their children. Therefore, neither parent nor child enjoys the experience and little learning occurs. The teacher must be confident about herself and enthusiastic about sewing or she will transfer her own frustrations to her child.” Realize that not everyone can teach sewing. If you find you’re not enjoying it, enroll your child in a sewing class or in 4-H.
- And one more thing, do enjoy your budding home sewer!

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Quick Projects To Do

Valentine Potpourri Hot Pad

Valentine Potpourri Hot Pad

Materials:

- 1/4-yard red cotton print, prewashed
- 9-inch square of muslin, prewashed
- 9-inch square of batting
- 1/4-cup potpourri
- 26 inches (3/4 inch wide) ecru or white eyelet ruffle
- 3 inches 3/4-inch Stitch Witchery™
- 3-inch strip muslin, 3/4 inch wide
- Scissors (fabric and paper), pins
- Cardstock for making pattern
- Disappearing ink marking pen

Construction Techniques:

- Stitching around curves
- Stitching with 1/4-inch seam allowance
- Pinning and stitching several layers at one time
- Bonding fabric with Stitch Witchery™
- Machine basting eyelet to heart
- Turning/pressing hot pad
- Hand slipstitching the opening

Directions to Make a Pattern:

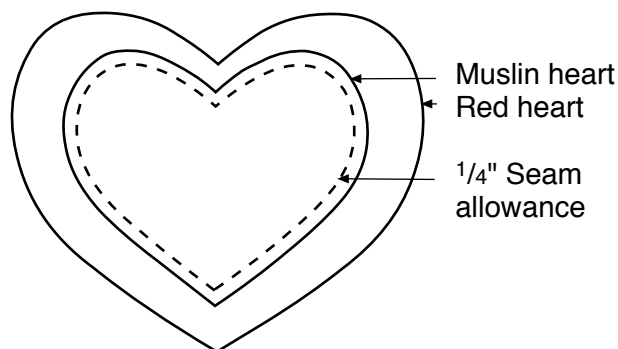
1. Cut one large heart from cardstock. (Draw around heart directly on fabric. Several layers can be cut at one time.)
2. Cut one small heart from cardstock, using stitching line on the pattern as outer edge. This pattern is used to draw around as a stitching guide on the muslin. (Note: The muslin heart can be cut the size of the smaller heart on the pattern, then the stitching line is 1/4 inch from the edge.)

Directions:

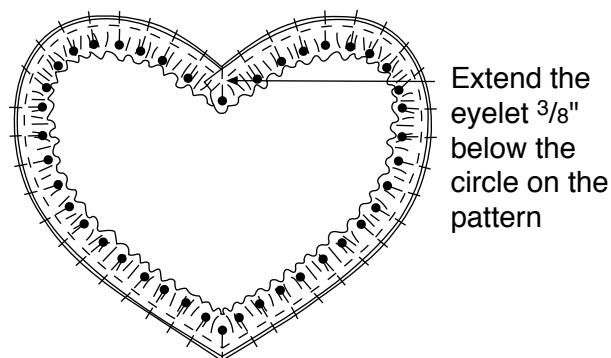
Use 1/4-inch seam allowance for all seams.

1. Cut two large hearts from the red cotton print.
2. Cut one large heart from the muslin.

3. Cut one large heart from the batting.
4. Center cardstock heart pattern on muslin heart and draw around it with a marking pencil. This will be the stitching line.
5. Place muslin fabric (with smaller heart outline visible) on *wrong* side of one red cotton heart.
6. Stitch muslin heart to red heart following the smaller heart stitching line.



7. Place red heart, right side up, on flat surface.
8. Position eyelet so right side of eyelet faces the right side of the red fabric, with the bound edge of eyelet along cut edge of red fabric. The cut edge of the eyelet extends 3/8 inch below the circle on the pattern and is used to stitch the ends of the eyelet together.



9. Pin eyelet every $\frac{1}{2}$ inch to hold it in position.
10. Machine baste eyelet to red fabric. Start stitching eyelet at circle indicated on pattern. (Extend eyelet $\frac{3}{8}$ inch before stitching point. This extra eyelet will be used to stitch the other end of the eyelet together.) Stitch with $\frac{1}{8}$ -inch seam allowance.
11. Press along stitched edge of eyelet, pressing eyelet toward center of heart.
12. Stitch ends of eyelet together so it will lay flat against heart. Trim seam to $\frac{1}{4}$ inch.
13. *Cut a slit in the muslin heart only* along cutting line.
14. Fill muslin heart with the potpourri.
15. Slipstitch the slit closed *OR* place the Stitch Witchery™ over the slit, cover with the 3-inch strip muslin and bond the muslin over the slit to close.
16. With raw edges aligned, stack batting, heart with eyelet (right side up), and remaining red heart right side down.
17. Pin the three layers at 1-inch intervals to hold in place while stitching.
18. Stitch the three layers together with $\frac{1}{4}$ -inch seam allowances.
19. Leave a 2–3 inch opening for turning.
20. Clip the fabric at the upper point of the heart almost to the stitching line. Trim the seam allowance at the lower point of the heart before turning.
21. Press along stitching. Trim batting in seam allowance, if needed.

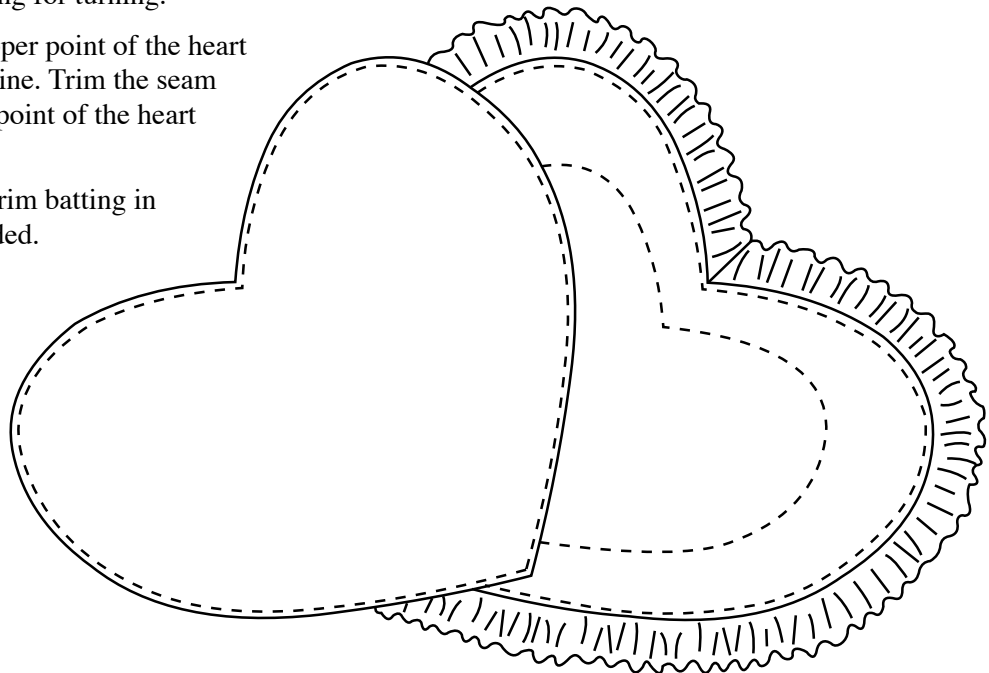
22. Turn to right side. Press.
23. Slipstitch opening closed.
24. Hot pad may be top stitched close to the eyelet, if desired.

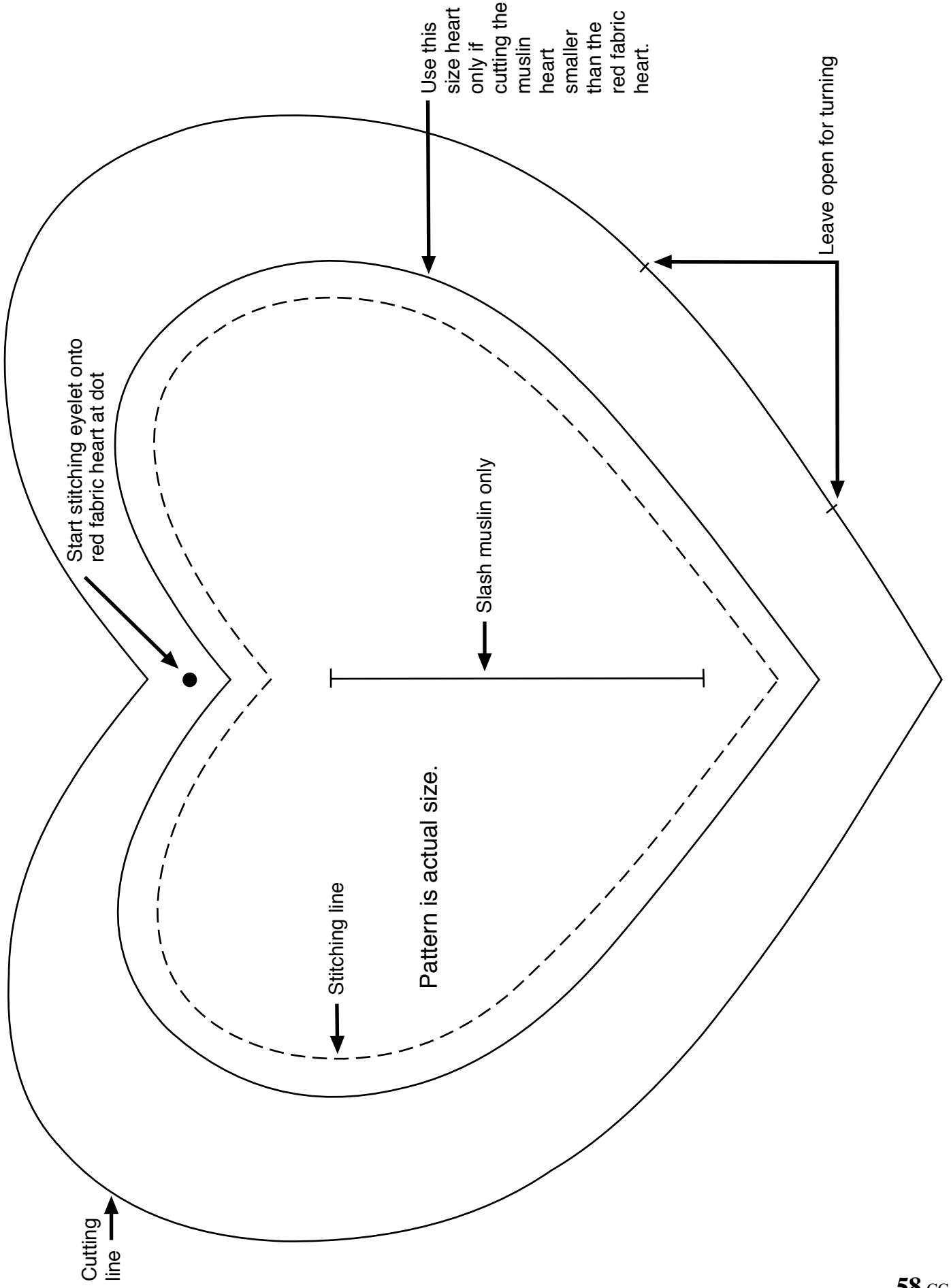
Directions to Make Hot Pad Without Potpourri and Eyelet:

1. If eyelet is desired, follow steps 6–12 above before going on to step 2 below.
2. Stack batting, red fabric heart right side up, and red fabric heart right side down. Pin to hold layers together.
3. Stitch using $\frac{1}{4}$ -inch seam allowances. Leave a 2-inch opening along one side of the heart for turning.
4. Press. Clip as indicated in Step 20 above.
5. Turn to right side. Press.
6. Slipstitch opening closed.

(Pattern on page 58-CC-3.)

Michelle Linke/Brenda Warren
Kegonsa Hustlers 4-H Club
Dane County, Wisconsin





Start stitching eyelet onto red fabric heart at dot

Use this size heart size heart only if cutting the muslin heart smaller than the red fabric heart.

Leave open for turning

Cutting line

Stitching line

Pattern is actual size.

Slash muslin only



Quick Projects To Do

Wheelchair Bag

Wheelchair Bag

Prior to the Meeting:

1. Pre-wash fabric.
2. Cut out the fabric using the guidelines listed below. The finished dimensions of the bag will be approximately 8 inches wide and 24 inches long.

For 60-inch material:

- Straighten one cut edge of the material.
- Cut one strip 19¹/₄ inches wide and 60 inches long. Leave the selvages on the ends of the strip.
- Bring a pair of shoelaces with you.

For 45-inch material:

- Straighten one cut edge of the material.
- Cut one strip 19¹/₄ inches wide and 45 inches long. Leave the selvages on the ends of the strip.
- Cut one strip (this is for the flap) 19¹/₄ inches wide and about 10 inches long. The length of this piece determines how far the flap will overlap onto the front of the bag. (Eight inches would be about as short as the flap could be and still cover the top when the bag is filled with supplies.)
- Bring a pair of shoelaces with you.

For 36-inch material:

- Straighten one cut edge of the material.
- Cut one piece 19¹/₄ inches wide and 48 inches long. Leave the selvage on the one side of the strip.
- Cut one strip (this is for the flap) 19¹/₄ inches wide and 10 inches long. The length of this piece determines how far the flap will overlap onto the front of the bag.

- Bring a pair of shoelaces with you.

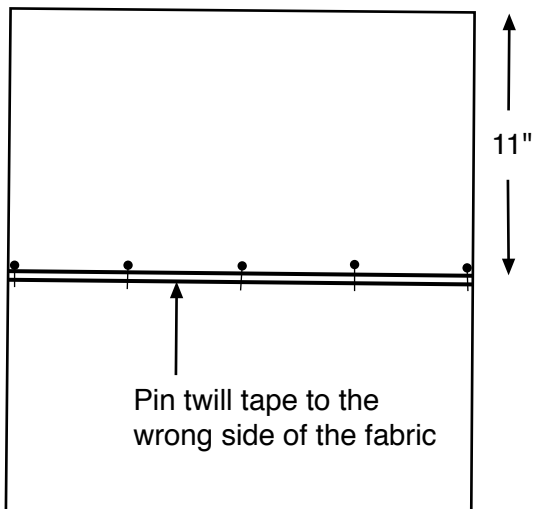
Instructions for wheelchair bag using 45-inch material:

1. Fold selvage edge to wrong side of fabric. Press.
2. Fold fabric (right sides together) and pin edges.
3. Stitch with a ⁵/₈ inch seam, backstitching at the beginning and end of stitching.
4. Zigzag in seam allowance next to stitching line.
5. Trim seam allowance close to zigzag. Press.
6. Turn to right side and press.
7. Prepare flap:
 - Press sides under ⁵/₈ inch (10 inch length = sides).
 - Open and press edge to pressed crease line. Press.
 - Pin hem on each side.
 - Stitch each side hem.
 - Press one 19¹/₄ inch width of flap under ⁵/₈ inch.
 - Open, turn edge under to pressed crease.
 - Press. Fold over and pin. Trim excess fabric from sides of ends of flap.
 - Stitch.
8. Place flap on bag:
 - Place raw edge of flap even with hemmed edge of bag (right side of flap against right side of bag).
 - Pin in place.

9. Stitch along edge of hem around top of bag.
You will sew the flap on at the same time as you stitch the hem.
10. Fold the flap up and stitch along top edge of hem to secure the flap.
11. Attach the shoelaces:
 - Fold shoelaces in half.
 - Pin center of shoelace to the bag at each side, even with the twill tape.
 - Zigzag with stitch length at zero. Zigzag in three positions, close together. This gives strength to the attachment of the shoelaces.
12. Press.

Instructions for wheelchair bag using 60-inch material:

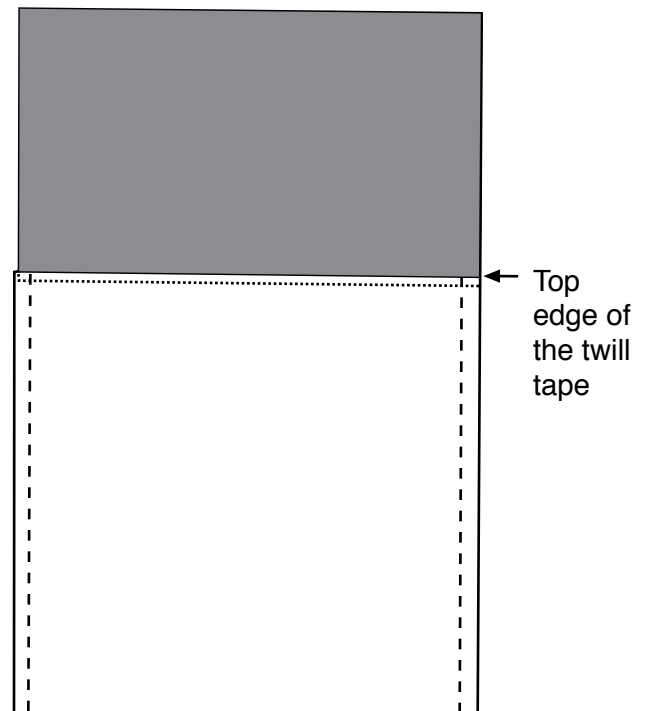
1. On wrong side of fabric, measure down 11 inches from the selvage at both cut edges. Put a pin in the material to mark the place.
2. Take the pre-washed cotton twill tape and pin to the wrong side of the fabric. Use pins to guide placement of the tape. Pin in place using three more pins.
3. Press hem at selvage farthest from the twill tape.
 - Turn up $\frac{5}{8}$ inch (using a hem gauge) and pin in place.
 - Press.
 - Open pressed $\frac{5}{8}$ -inch selvage. Fold selvage edge to ironed crease and press folded edge.



- Now fold at first crease and you have the folded hem ready for stitching. You may want to place some pins in it to hold it (or you could use a glue stick applied to the fabric to hold it in place while you sew).

OR

- Turn up the width of the selvage edge and press.
 - Turn up once more by the width of selvage and press.
 - Pin at intervals.
 - Stitch. (There is no need to backstitch.)
4. Stitch twill tape in place using a zigzag stitch.
 5. Fold the hemmed edge (right sides together) up even with the top edge of the twill tape.
 6. Pin at intervals along the edges.
 7. Stitch $\frac{5}{8}$ -inch seam on each edge.
 - Start stitching at bottom fold, backstitch and stitch to the end of the hemmed edge, backstitch, then stitch to other edge with $\frac{5}{8}$ -inch seam (single layer of fabric).
 - Turn fabric over and stitch the other side to the hemmed edge, backstitch, then stitch to other edge with $\frac{5}{8}$ -inch seam.



8. Seam finishes:

- Zigzag close to straight stitching on the seam allowance side with both seam allowances together. This will give the bag more strength and keep the seams from fraying. Zigzag from bottom of bag to even with the twill tape. Backstitch.
- Repeat on other side.
- Trim next to zigzag. Leave full selvage above twill tape (flap section). Remember to trim corners at an angle to make them easier to turn.
- Press wrong side.
- Turn to right side and press seams.

9. Turn under sides of flap.

- Turn edge to wrong side of fabric, even with stitching line and press.
- Turn once more so stitching is at the edge of the flap. Press and pin.
- Stitch from the twill tape to edge on both sides.

10. Turn under the edge of flap by the width of the selvage. Press, stitch, backstitching at each edge.

11. Attach shoelaces:

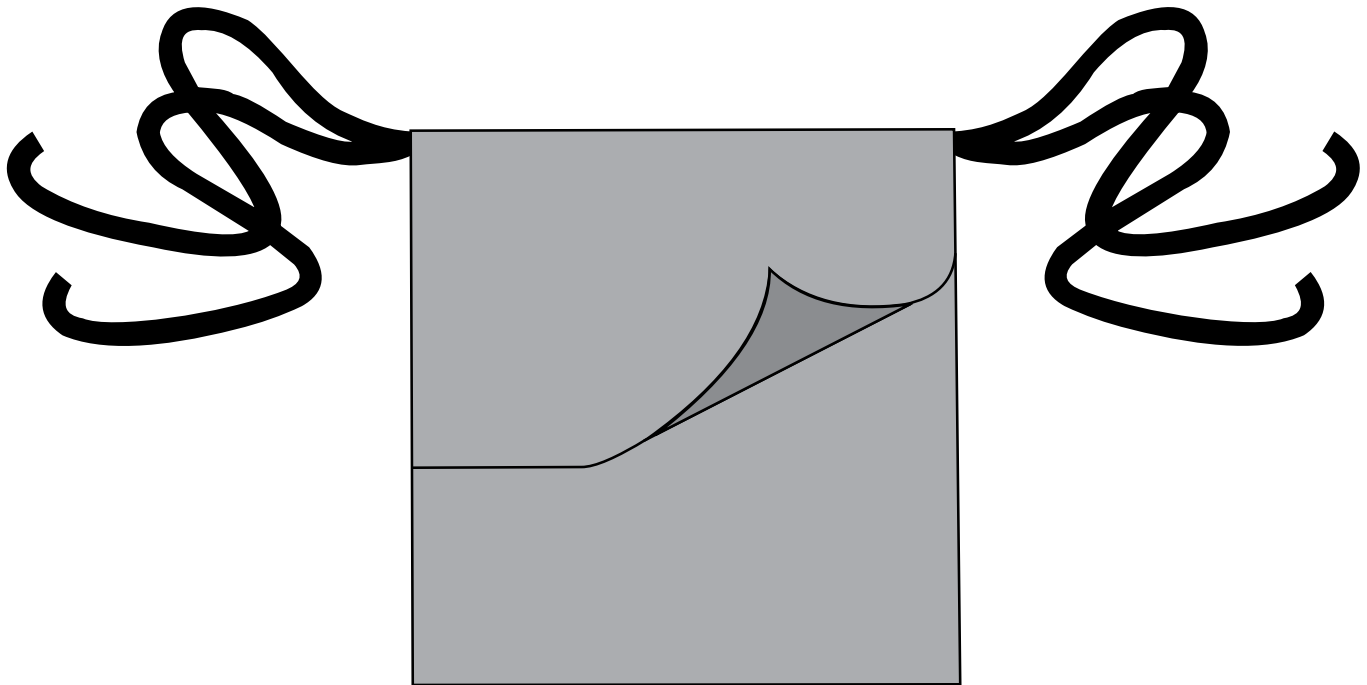
- Fold lace in half.
- Pin center of lace to the bag at each side, even with the twill tape.
- Zigzag with stitch length at zero. Zigzag in three positions, close together. This gives strength to the attachment of the laces.

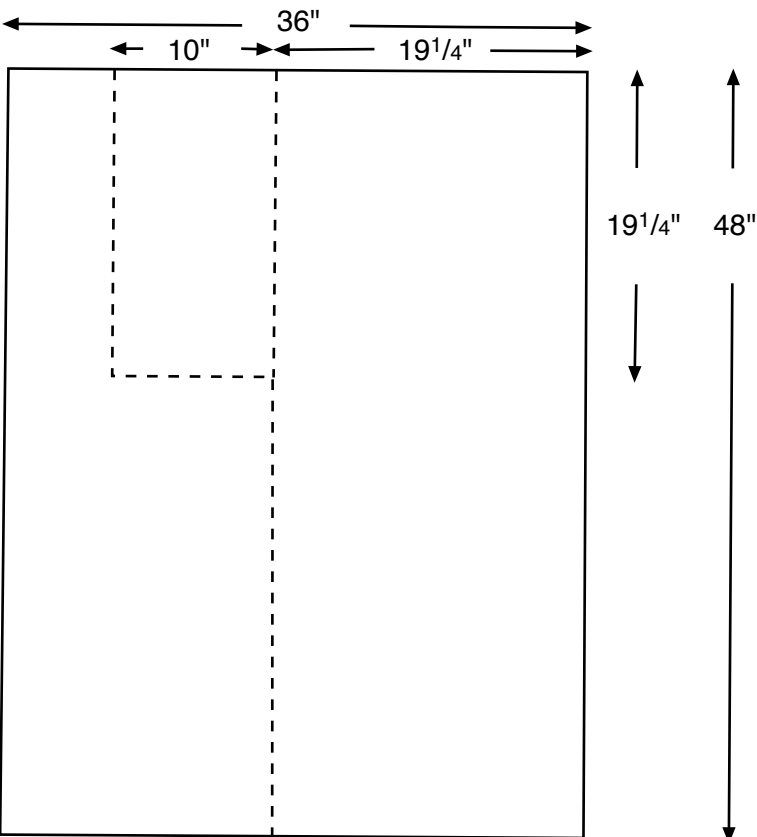
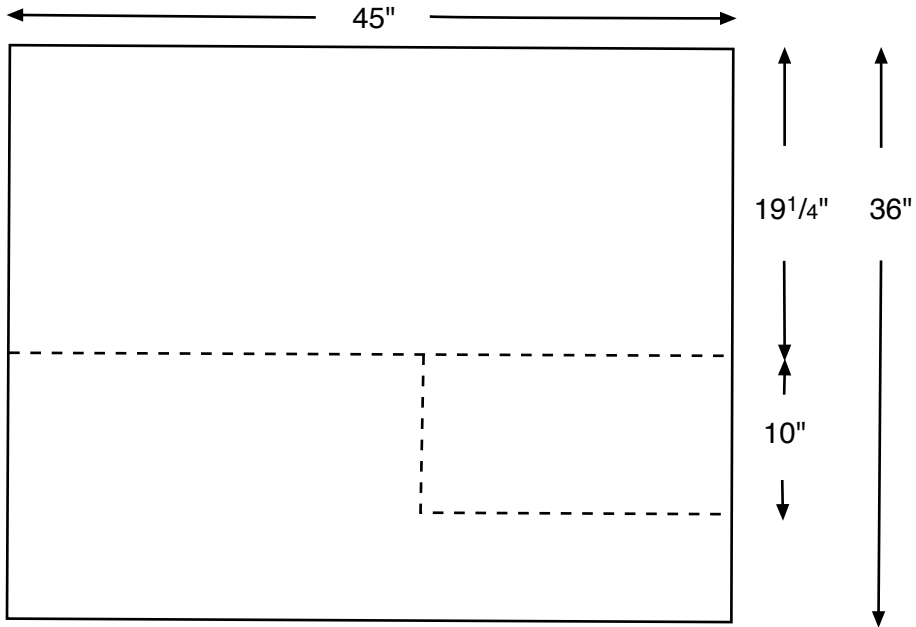
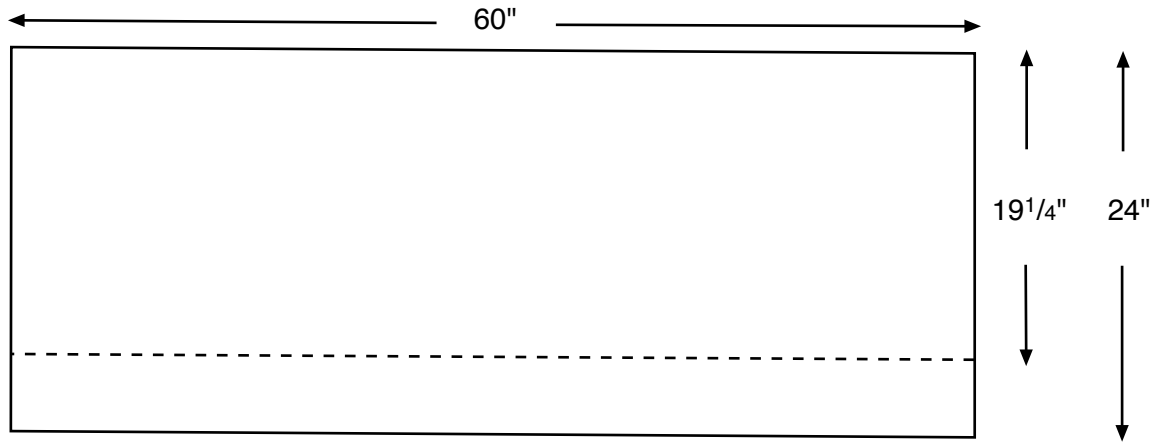
12. Press the bag.

You have successfully completed a wheelchair bag!

(Pattern on page 62-DD-4.)

Brenda Warren
State 4-H Clothing Construction
Advisory Committee, Wisconsin





Cutting Material for Wheelchair Bag

These sizes include seam allowances.

Length of Fabric Needed

60 inches — $\frac{2}{3}$ yard
 45 inches — 1 yard
 36 inches — $1\frac{1}{3}$ yards



Quick Projects To Do

Wrapped and Knotted Pillow

Wrapped and Knotted Pillow

Materials needed:

- 12" square pillow form
- $\frac{3}{4}$ yard decorator fabric
- matching thread

You can make this pillow any size. Cut the fabric 2 times plus 15–18" the length of the pillow and 2 times plus 2" the width of the pillow. (Example: A pillow form 17" x 17" would require a piece of fabric 50" x 36".)

Directions:

1. Cut a 40" x 26" piece of fabric.
2. Sew the 40" sides with a $\frac{1}{2}$ " seam allowance, right sides together.
3. Turn right side out. Press.
4. Stuff the pillow form into the tube. Center the pillow in the tube with the seam running straight through the middle of the form.
5. Tie the fabric ends on the top of the pillow. Tuck the raw edges under the knot and hand-stitch them to the back of the knot.

You can make pillow forms out of muslin and polyester batting. Determine finished pillow size. Add 2" to the pillow's length and width and cut 2 pieces of muslin. Stitch muslin together with a $\frac{1}{2}$ " seam allowance on 3 sides. Turn inside out and stuff with polyfill. Stitch the opening closed.



Quick Projects To Do

Zippered Pencil Case

Zippered Pencil Case

Materials:

- 7-inch zipper
- Two pieces of fabric (medium to heavy, woven)
 - One $10\frac{5}{8}$ inches wide and $11\frac{1}{2}$ inches long (back)
 - One $8\frac{5}{8}$ inches wide and $11\frac{1}{2}$ inches long (front)
- Three $3\frac{1}{4}$ -inch pieces of middy braid (or make buttonholes)
- Glue stick
- Roll of $\frac{1}{2}$ -inch “invisible” tape

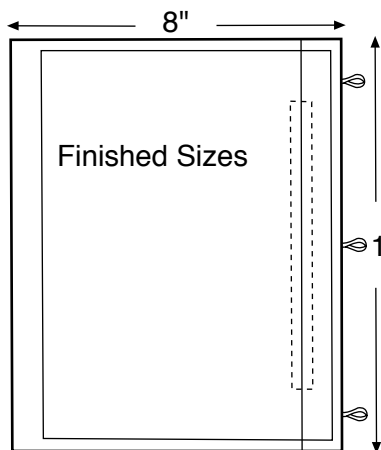
Construction Techniques:

- $\frac{5}{8}$ -inch seams and seam finishes
- Trimming and turning corners
- Applying a zipper
- Topstitching

Directions:

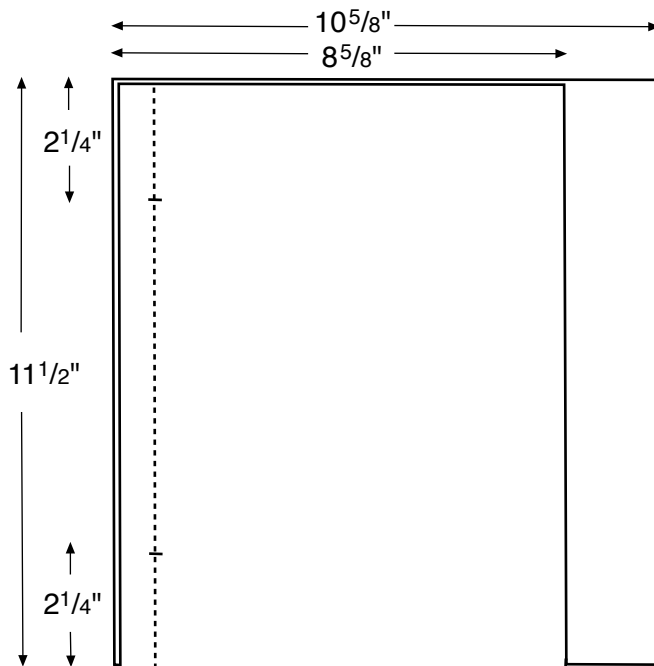
1. Prewash fabric; press if needed.

2. Cut the two pieces of fabric. One $10\frac{5}{8}$ inches wide and $11\frac{1}{2}$ inches long. One $8\frac{5}{8}$ inches wide and $11\frac{1}{2}$ inches long. If desired, press on iron-on interfacing to the wrong sides of the pieces.



(NOTE: The $8\frac{5}{8}$ inch wide piece is the front of the case. The $10\frac{5}{8}$ inch wide piece is the back of the case.)

- Place the back piece right side up with the $10\frac{5}{8}$ -inch edges at the top and bottom.
- Place the front piece on the back piece with wrong side up and $8\frac{5}{8}$ -inch edges at the top and bottom. (Check that the pattern is the way you want it on the finished case.)
- Stitch $\frac{5}{8}$ -inch seam along the left edge of the pieces. (Seam finish edges separately, either before stitching the seam or after stitching it.)

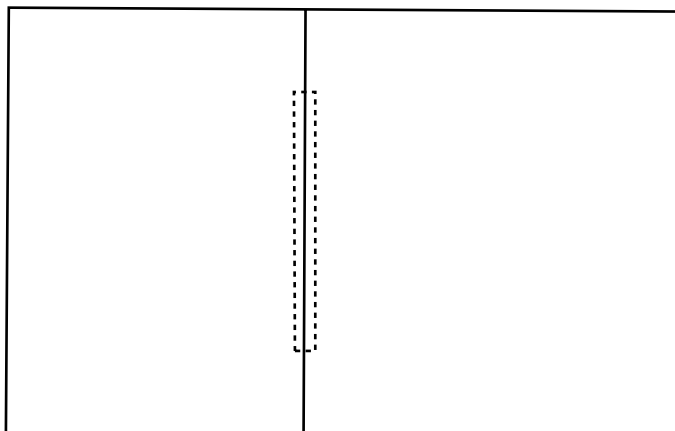


- Mark $2\frac{1}{4}$ inch from the top and bottom along the stitching line.
- Backstitch, stitch $2\frac{1}{4}$ inches, backstitch, leave needle in fabric.
- Change stitch length to basting stitch, stitch to lower $2\frac{1}{4}$ -inch mark.

- Change stitch back to normal stitch length (10–12 stitches per inch).
 - Backstitch, stitch to edge, backstitch.
6. Press flat, then press seam open.
 7. Finish seam edges if not already done.
 8. Using points of scissors, clip basting stitches once every inch (zipper area only) on one side only.
 9. Position zipper on seam.
 - Place fabric right side down, with 8⁵/₈-inch (front) piece at right side.
 - Position zipper on table with zipper tab up.
 - With glue stick, spread glue lightly along zipper tape on each side of zipper.
 - Starting at the lower edge of the zipper opening of the fabric, position the metal zipper stop at the point of the backstitching.
 - Center the zipper teeth over the seam and slowly roll the zipper down, keeping the teeth centered.

When the zipper is flat on the seam, *the pull tab should be against the fabric.*

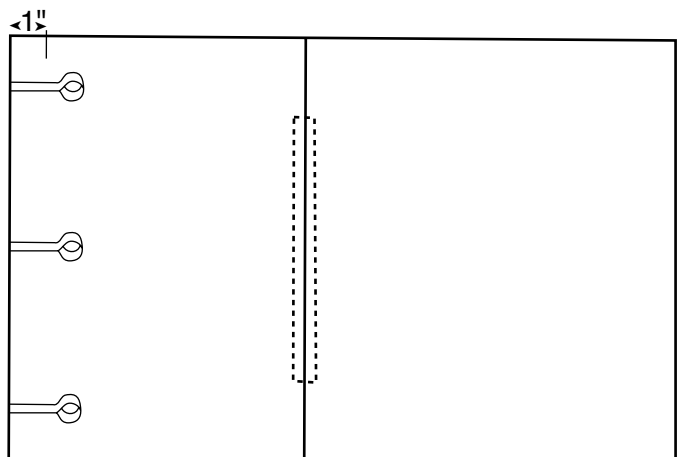
- Finger press the zipper tape down to secure the zipper on the seam allowance.
- Turn fabric right side up (front is at left).
- Mark top sewing line and bottom sewing line with pins.
- Center 1/2 inch “invisible” tape over seam from pin to pin.
- Put zipper foot on sewing machine.



- Adjust zipper foot so it is on the left side of the needle.
 - Start stitching at the bottom center of the zipper on the seam line. Stitch to lower left edge of tape, turn fabric, stitch along long side of tape, turn, stitch to seam, backstitch or leave thread ends long enough to tie off.
 - Lift sewing machine needle, move zipper foot to the right side of needle.
 - Stitch at bottom of zipper, lining up the stitching with the first stitching. Stitch to corner of tape, turn fabric, stitch along side of tape, turn fabric, stitch to seam, backstitch or leave thread ends long enough to tie off.
- NOTE:* Stitching the zipper from the bottom to the top on each side gives a smooth, non-pulled looking zipper.
- Remove invisible tape.
 - Gently open seam over zipper by bending fabric back, away from the seam. Because the thread was clipped, the seam will open easily. Remove any loose threads.
 - Check that the zipper works easily.

10. OPEN ZIPPER AND LEAVE OPEN.

11. Mark position for the three pieces of middy braid to fit on notebook rings. Position loops away from the cut edge of the fabric as shown. Stitch down center of the middy braid from the cut edge for about one inch. This will hold the middy braid securely in place. **IF MAKING BUTTONHOLES, OMIT THIS STEP. BUTTONHOLES WILL BE MADE LAST.**

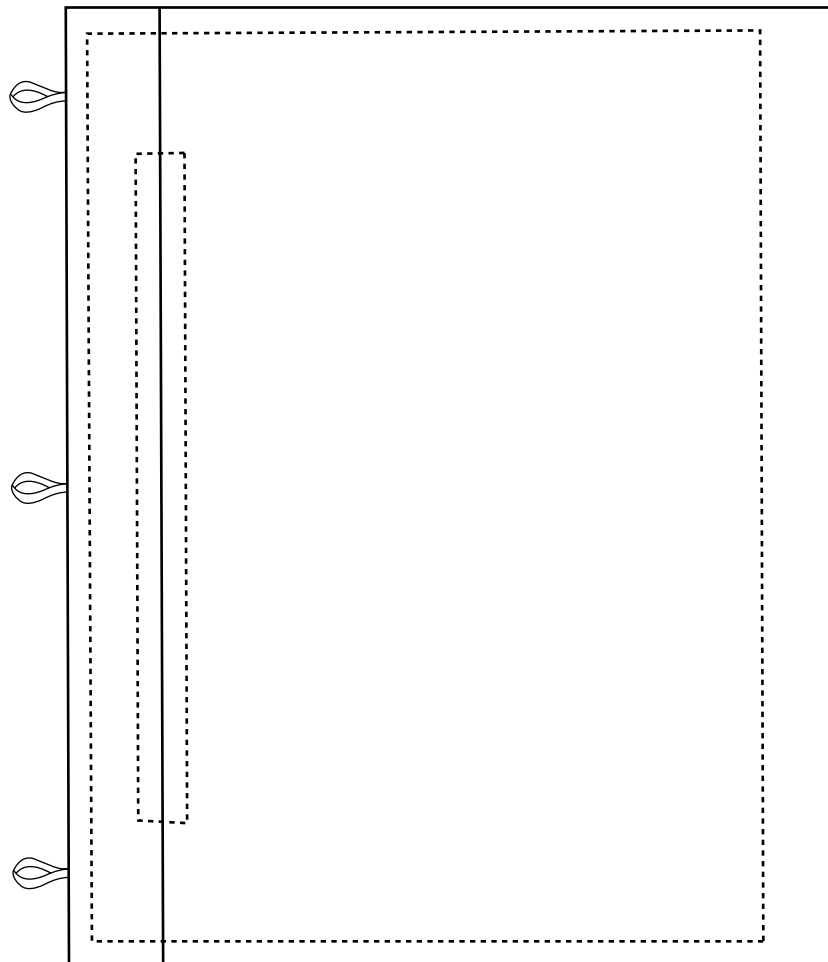


12. Fold fabric, right sides together. Pin along edges to hold in place.
13. Starting at the folded edge, backstitch, stitch $\frac{5}{8}$ -inch seam along bottom. Stitch along top with $\frac{5}{8}$ -inch seam. Stitch along side, stitching one inch from the edge.
14. Seam finish by zigzag stitching both seam allowances together close to the stitching line at the top and bottom. Zigzag the seam allowances of the side seam near the edge of the allowance. Press.
15. Trim top and bottom seam allowances. Trim diagonally at the corners. Leave the side seam allowance untrimmed (it's zigzagged at the edge).
16. Turn pencil case to the right side by pulling through the open zipper.

17. Press.
18. Top stitch $\frac{1}{8}$ inch from edge on all four sides.
19. Top stitch $\frac{3}{4}$ inch from left side (side with middy braid) from the top to the bottom of the pencil case. This will reinforce the attaching of the middy braid.
20. If you did not use the middy braid, make three buttonholes, spaced according to your notebook rings, in the $\frac{3}{4}$ -inch space at the left side of the case.
21. Carefully cut open the buttonholes.

Your pencil case is ready for use!

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