

# Clay County 4-H



## MINI 4-H PROGRAM

### *SEWING PROJECT MANUAL*

Clay County Cooperative Extension Service  
Mini 4-H Program  
6656 N State Road 59  
Brazil, IN 47834  
(812) 448-9041

PROJECT EXHIBIT TAG  
Mini 4-H Sewing

Name: \_\_\_\_\_

Age: \_\_\_\_\_





We are glad you decided to join "**Mini 4-H**".

You will have fun learning to sew. You will learn to put together the items used in a sewing box, make a pin cushion or needle holder, and learn how to sew on a button. We know that you will learn new things, make new friends and have a lot of fun.

## WHAT YOU WILL EXHIBIT

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You will exhibit at the Clay County 4-H Fair the following items:

**Sewing Box** *that includes at least the following:*

Pin Cushion

Needlebook Holder

and a button you have sewn on a piece of fabric.

**REMEMBER TO PUT THE EXHIBIT TAG and RECORD SHEET WITH YOUR EXHIBIT!!**

# *LET'S LEARN TO MAKE A SEWING BOX.*

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You will need a cigar box or shoe box.

You will probably want to cover or decorate your sewing box. To do this you can use contact paper, scraps of fabric, gift wrapping paper or spray paint. Maybe you can think of some other ideas, try to be creative. Make it your own personal sewing box.

## *LET'S LEARN SOME SEWING DEFINITIONS*

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1. **KNIT**

This is a certain type of fabric that stretches easily when pulled. A knit fabric has a lot of give to it.

2. **FOLD**

Simply refers to the edge of the fabric that is folded, when a piece of material is folded in half.

3. **PATTERN**

A guide (like the one found in this manual) which is pinned to fabric and cut around.

4. **DOUBLE THREAD**

A double thread is made by threading a needle and tying the two ends together.

5. **BASTING STITCHES**

Large, loose stitches that weave in and out of the fabric. Stitches are all approximately the same size.

## KNOW YOUR BASIC SEWING TOOLS

Here are some basic sewing tools you should include in your sewing box. It is important to know what your tools are, to be able to use them, and to be able to call them by name. You may already be familiar with some of these tools.

**SCISSORS:** Use for clipping and trimming. Scissors are small and have straight handles.



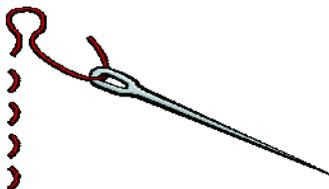
**RULER:** A 6-inch ruler or seam gauge is useful for measuring hems or seams.



**PIN CUSHION:** Used to hold pins; A wrist pin cushion is easy to find when you sew.



**NEEDLES:** Straight, sharp needles come in different sizes. The ones with long eyes are easier to thread.



**MEASURING TAPE:** A 60-inch coated measuring tape is best because it won't stretch.



**SHEARS:** Used for cutting the fabric. Shears are 7 or more inches long and should be sharp. Shears with bent handles make it easier to cut on a flat surface.



**PINS:** Used to hold pieces of fabric together for sewing. Dressmaker, silk and ballpoint pins are available. Do not use bent or rusty pins.



**THREAD:** It should match your fabric. You may want to ask your salesperson for help in selecting the best type and color.



# LET'S MAKE A PIN CUSHION



## Items needed for your PIN CUSHION

one 3-inch styrofoam ball  
medium weight knit fabric (any  
color)  
large eyed needle or #14 Arts &  
Crafts needle  
embroidery floss or yarn  
scissors  
straight pins  
tailor's chalk

**NOTE:** For this project, you can use either a solid colored knit fabric or knit fabric that has a design. Also, the yarn or embroidery floss can be any color you wish. The fabric should be at least 12 inches wide and 12 inches long, so the pattern piece will fit easily on your material.

**INSTRUCTIONS** {read all instructions before you begin}.

1. Cut out the half-circle which is in this manual, and place the pattern on the fold of your fabric.
2. With straight pins, pin the pattern in place on the fabric.
3. Very carefully, cut around the pattern, keeping the fabric flat on the cutting surface. Open up your fabric and you have a circle.
4. With tailor's chalk, mark the broken lines on your fabric circle, in the same places they are found on your pattern, about 1 1/2 inches from the edge.
5. Thread your needle. If you are using yarn, use an Arts & Crafts Needle #14. If you are sewing with embroidery floss, use a doubled thread and a crewel or large eyed needle. (Mom might have to help you get the yarn or floss through the eye of the needle.)
6. Following the broken lines on the fabric, very carefully make your basting stitches. Try to keep them all about the same size, and be sure you stitch all the way around the circle.
7. With your parent's help, take a knife and cut approximately 1/4 inch off the bottom of the Styrofoam ball. Make the edge even so the ball will sit flat.
8. Put the styrofoam ball in the center of your fabric circle and slowly draw the strings up tightly. When the fabric is drawn snugly around the ball, make a tight bow.
9. To make sure your ties don't unravel, put a knot in each end.

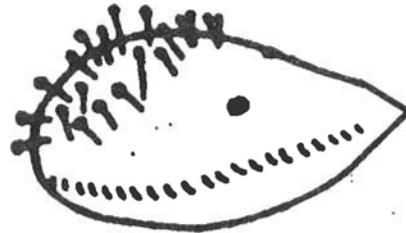
**CONGRATULATIONS....You've just completed your very own PIN CUSHION!!!!**

# HERE'S ANOTHER PIN CUSHION TO TRY

## HEDGEHOG or LADYBUG PIN CUSHION

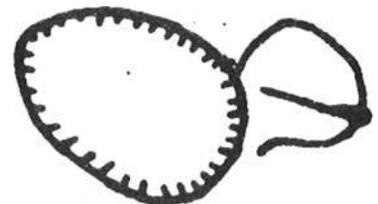
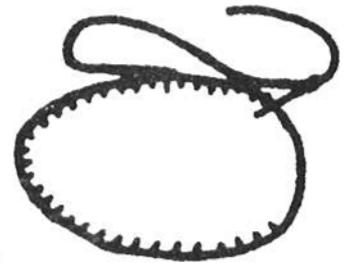
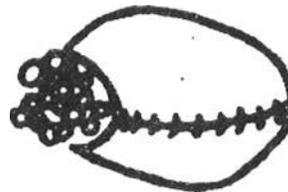
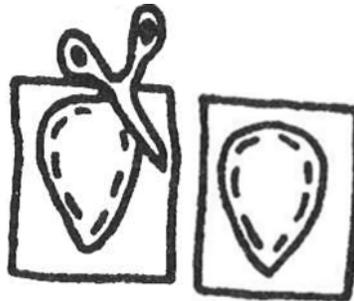
### *What you will need:*

two pieces of different colored felt,  
each 5 inches by 3 1/2 inches  
or for the ladybug polka dot material  
black and colored embroidery cotton  
stuffing (Kapok or polyester fiberfill)  
scissors  
pins  
large needle



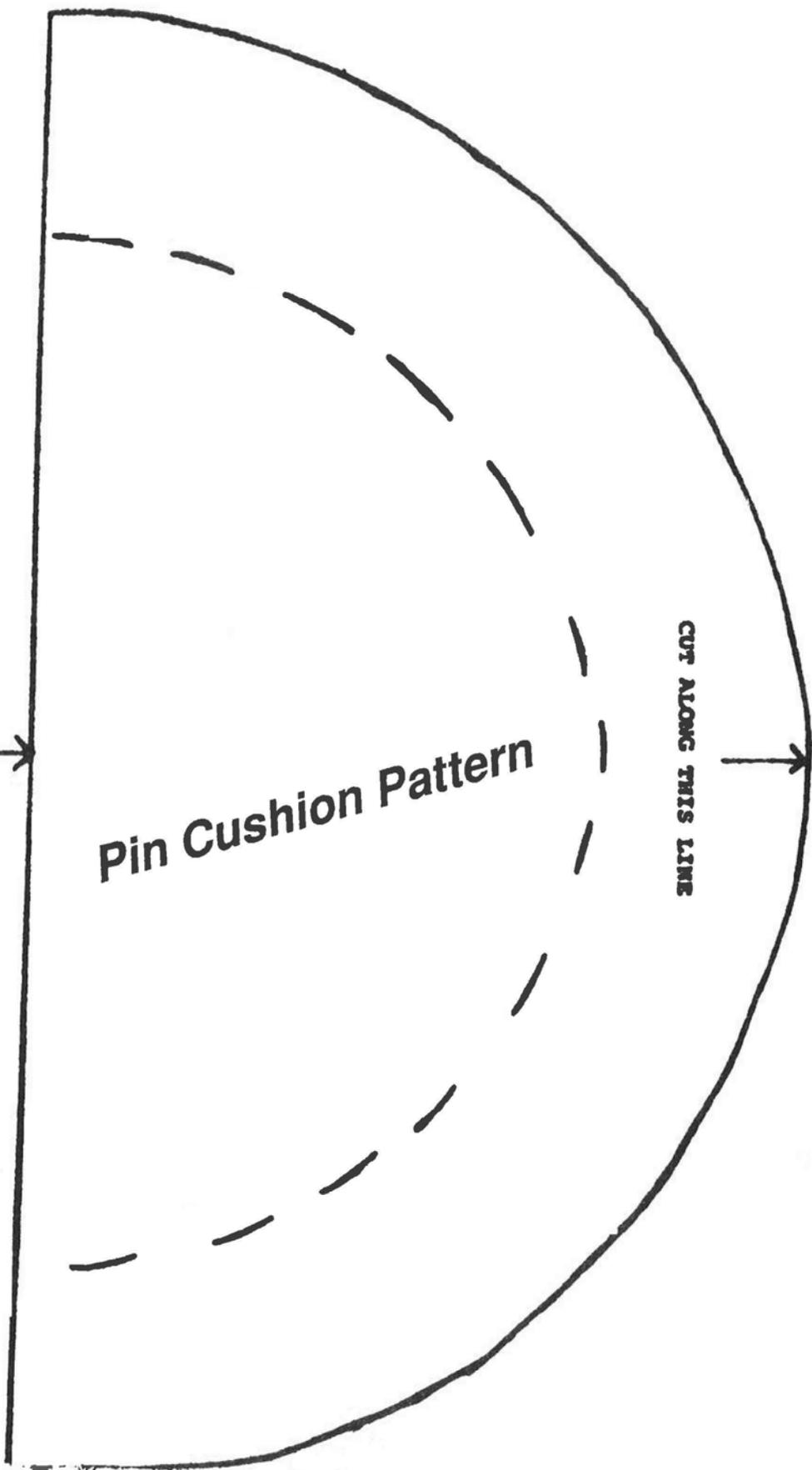
### **INSTRUCTIONS**

1. Pin pattern to felt, cut out shape  
Repeat with second piece.
2. Place both shapes together. Oversew  
around edge, leaving opening for stuffing.
3. Push stuffing through opening making  
Hedgehog/Ladybug as fat as possible.
4. Press edge together and neatly oversee the  
opening.
5. Embroider nose and eyes in satin stitch using  
black embroidery cotton.
6. Stick in pins for prickles-not too far, or they  
may poke through underneath. If you didn't  
use polka dot material for ladybug, you may  
want to glue some black felt on ladybug for  
her spots.





PLACE ON FOLD OF FABRIC



Pin Cushion Pattern

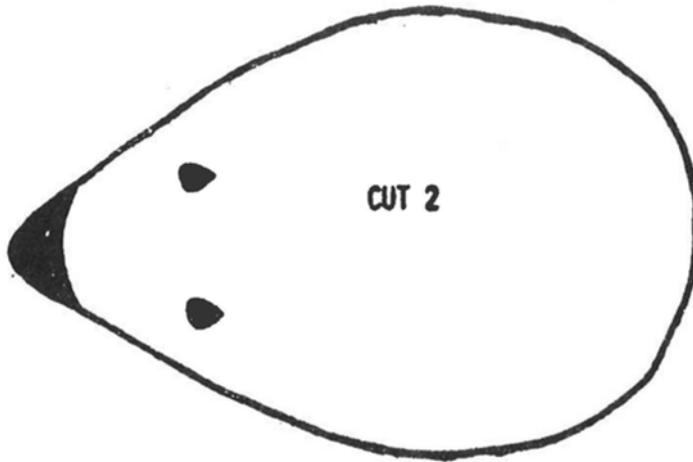
CUT ALONG THIS LINE



**SATIN STITCH:** Satin stitch is rather like oversewing, the stitches go over and over, but are very close together.



YOUR HEDGEHOG or LADYBUG PATTERN



SHELL SHAPE NEEDLEHOLDER PATTERN



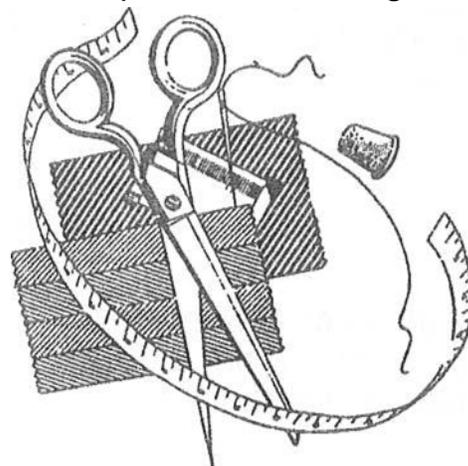


# LET'S MAKE A SHELL SHAPED NEEDLE HOLDER

Here is a pretty shell shaped pattern you can cut from scraps of felt. It will give you practice in learning to cut out patterns and with only a few stitches you will have a useful needlebook holder for your sewing box.

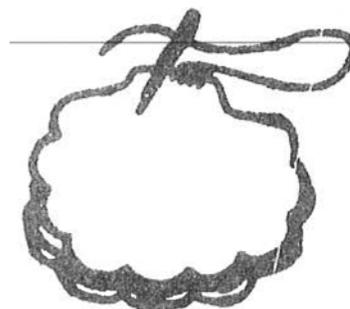
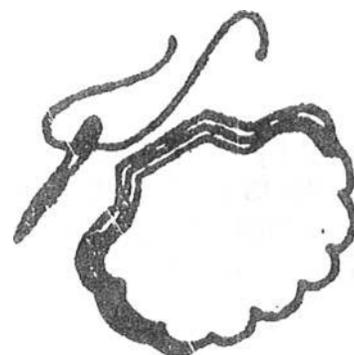
## WHAT YOU WILL NEED

three 4 inch squares of different colored felt, or one 9-inch square of felt  
embroidery cotton  
scissors  
pins  
large needle



## INSTRUCTIONS

1. Cut out pattern.  
Cut out three pieces of felt.
2. Lay 3 shapes on top of each other.  
Cut embroidery cotton, thread needle, know one end.
3. Sew shapes together along straight base of shell. With stitches that are taken through all three shapes, over and over. Cut thread, leaving short end inside.



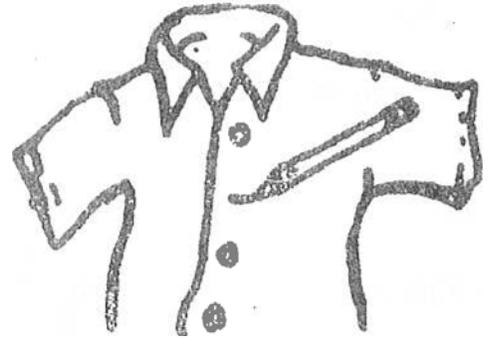
# SEWING ON A BUTTON

This is "How to Sew on a Button":

1. Button up all the buttons on the shirt. Lay it flat on a table.

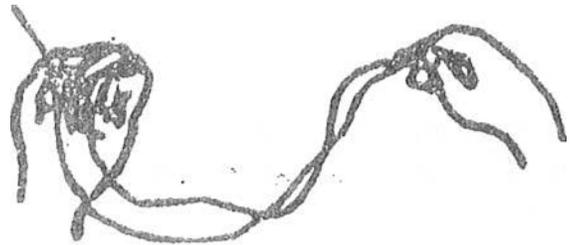


2. Mark place where button goes. Use a pencil to mark it. Open shirt.



3. Cut a piece of thread. Cut it about as long as your arm.

4. Thread your needle. Pull ends of thread together. Tie a knot. This makes a double thread.



5. Make a stitch on right side of shirt. Make it on the pencil mark. Make 2 small stitches.

6. Stick needle up through one hole in the button. Stick needle down through the other hole. Stick needle through shirt.



7. Lay a toothpick on top of button. Lay a toothpick in loop of thread. Pull thread tight.



8. Stick needle up through one hole. Stick needle down through other hole. Do this 4 or 5 times.



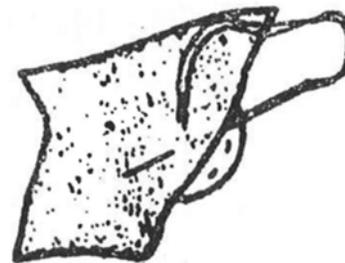
9. Pull out the toothpick. Stick needle through hole in button. Do not stick it through the shirt.



10. Pull button away from shirt. Wrap thread around stitches under button. Wrap 4 or 5 times. Pull thread tight.



11. Stick needle to wrong side of shirt. Make 3 or 4 small stitches. Make on top of the other. Cut the thread.



# MINI 4-H CHECK SHEET

*Did You Check?*



- 1.** Is your exhibit tag on correctly?  
(Attach this to your sewing box)
- 2.** Are your records complete?  
(Include your "record sheet" in your sewing box)
- 3.** Is your work neat, clean, and your very best?
- 4.** Are you pleased with what you have completed?
- 5.** Did you help anyone else learn some fun projects from this project manual?



# "SEWING" RECORD SHEET MINI 4-H PROGRAM



Name \_\_\_\_\_ Age \_\_\_\_\_  
Address \_\_\_\_\_

Please answer the following questions. Include this completed record sheet in your project. See you at the fair!!!

1. What items did you include in your sewing box? \_\_\_\_\_

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2. Did you enjoy this project? \_\_\_\_\_

3. What did you like best about it? \_\_\_\_\_

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Parent's signature: \_\_\_\_\_ Date: \_\_\_\_\_