

Owyhee County 4-H Cloverbud



Activity Book



Name _____

Age _____ Year in 4-H _____ 20 _____

Club Name _____

Member's Signature _____

Parent/Guardian's Signature _____

Leader's Signature _____

Projects or activities I worked on this year were: _____

I attended _____ club meetings.

I helped the community by: _____

I like being in 4-H because: _____

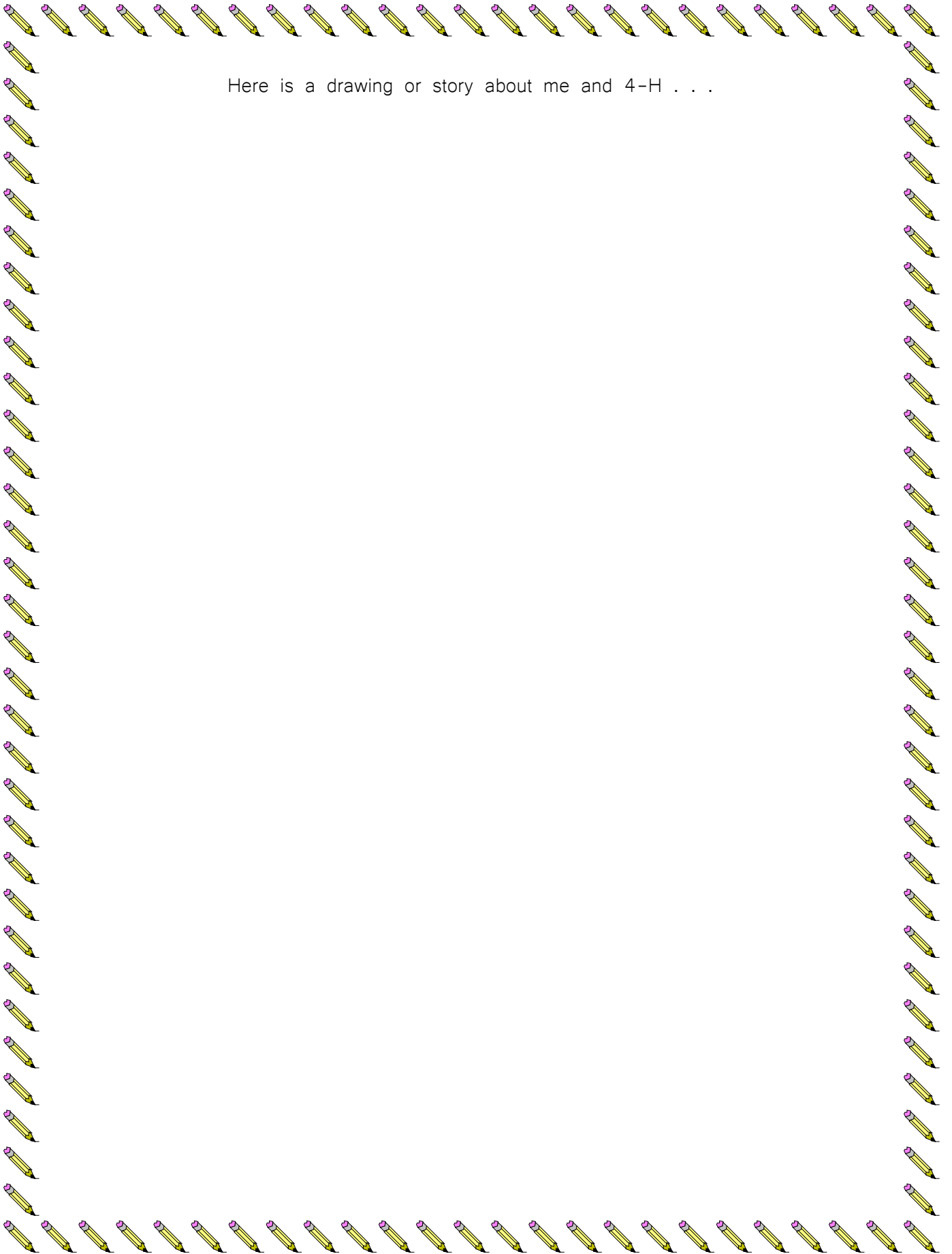
This year I learned how to: _____

This year I showed others how to: _____





Here are some pictures of me and things I did in 4-H this year . . .



Here is a drawing or story about me and 4-H . . .

Good Sewing Habits



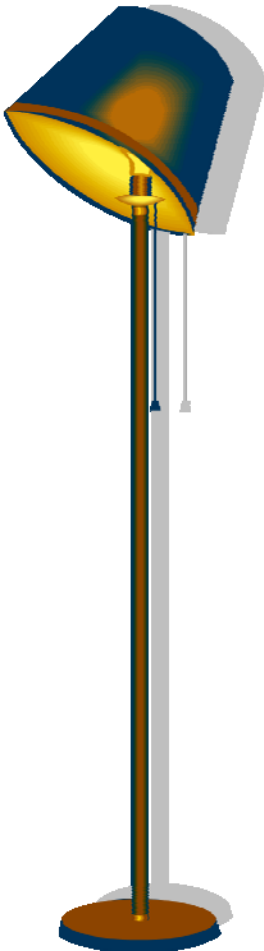
Wash your hands before you start.

Sit with good posture.



Work at a table.

Work in a well lit room.



Put all pins and needles in a pin cushion.



Use a thimble on your middle finger.



Press your work as you go along for a neat finish.



Cut threads with your scissors.



Keep your work area clean and neat.

Most of all, HAVE FUN!

Know Your Basic Sewing Tools

Think about tools when you think about sewing. Knowing about some very basic sewing tools will help you as you learn to sew. 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 be familiar with some of these tools already!



Pins are used to hold pieces of fabric together for sewing. Silk and ballpoint pins are available. Do not use bent or rusty pins.

A pincushion is used to hold pins.



A 60 inch measuring tape is best because it won't stretch.



Thread should match your fabric. You may want to ask for help in selecting the best type and color.

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



Shears are used for cutting fabric and are 7 or more inches long. They should be sharp. Bent handles make it easier to cur on a flat surface.



Scissors are used for clipping and trimming. They are small and have straight handles.

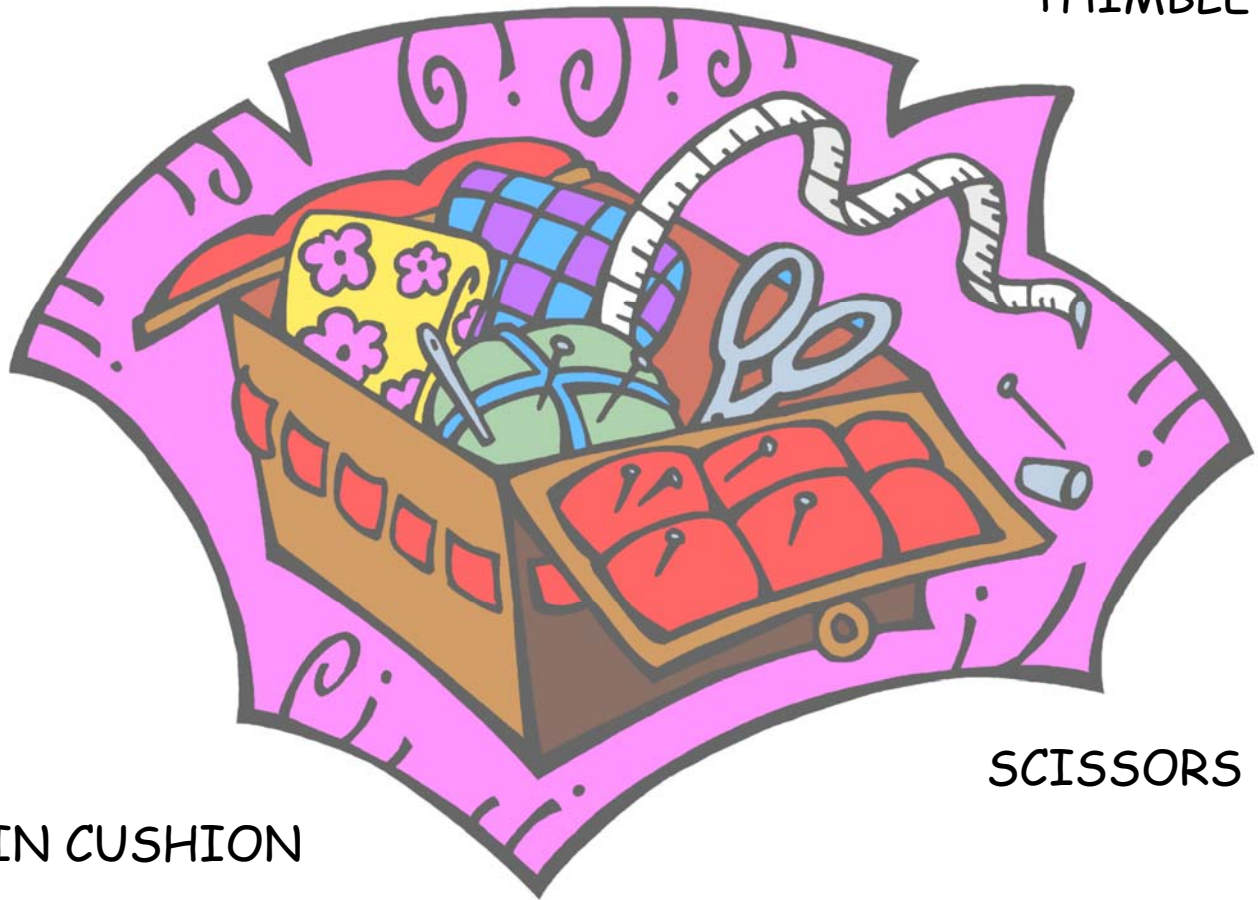


Identify the different items in this sewing basket by drawing a line from the word to the item.

TAPE MEASURE

FABRIC

THIMBLE



SCISSORS

PIN CUSHION

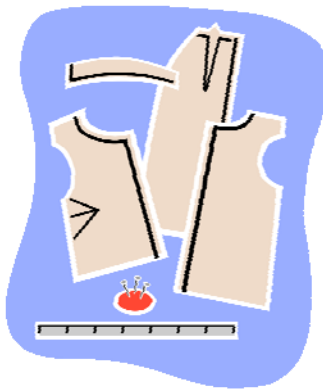
PINS

Can you draw a spool of thread in your favorite color?

Sewing Definitions

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

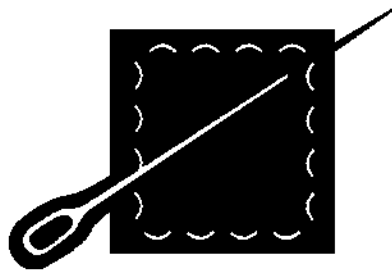
Fold - Simply refers to the edge of the fabric that is folded, when a piece of material is folded in half.



Pattern - A guide which is pinned to fabric and cut around.

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

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



Sewing, stitching, and threads are a bigger part of our lives than just the clothing we wear. Can you think of some other things? Here's a hint for one:

1.



2. _____

3. _____

It's Time to Make a Pin Cushion!

Items you will need:

1 - 3 inch Styrofoam ball

Medium weight knit fabric (any color)

Large eyed needles

Embroidery floss or yarn

Scissors

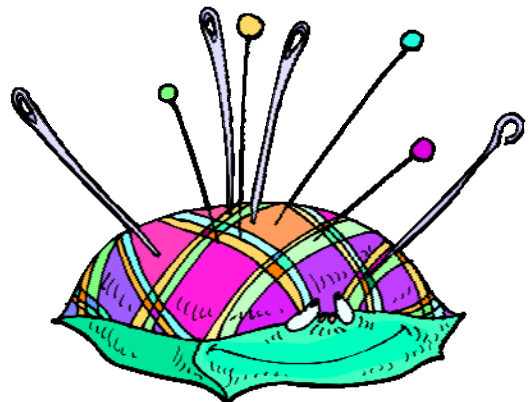
Straight pins

Tailor's chalk

You can use either a solid colored knit fabric or knit fabric that has a design in it. 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. Read all of the instructions below BEFORE you begin.

1. Cut out the half circle pattern (next page) 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 circles, 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 sewing with embroidery floss, use a doubled thread and a large eyed 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 the help of a parent or your 4-H leader, take a knife and cut approximately 1/4 inch off the bottom of the Styrofoam ball. Make the edge even so the ball will set 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.

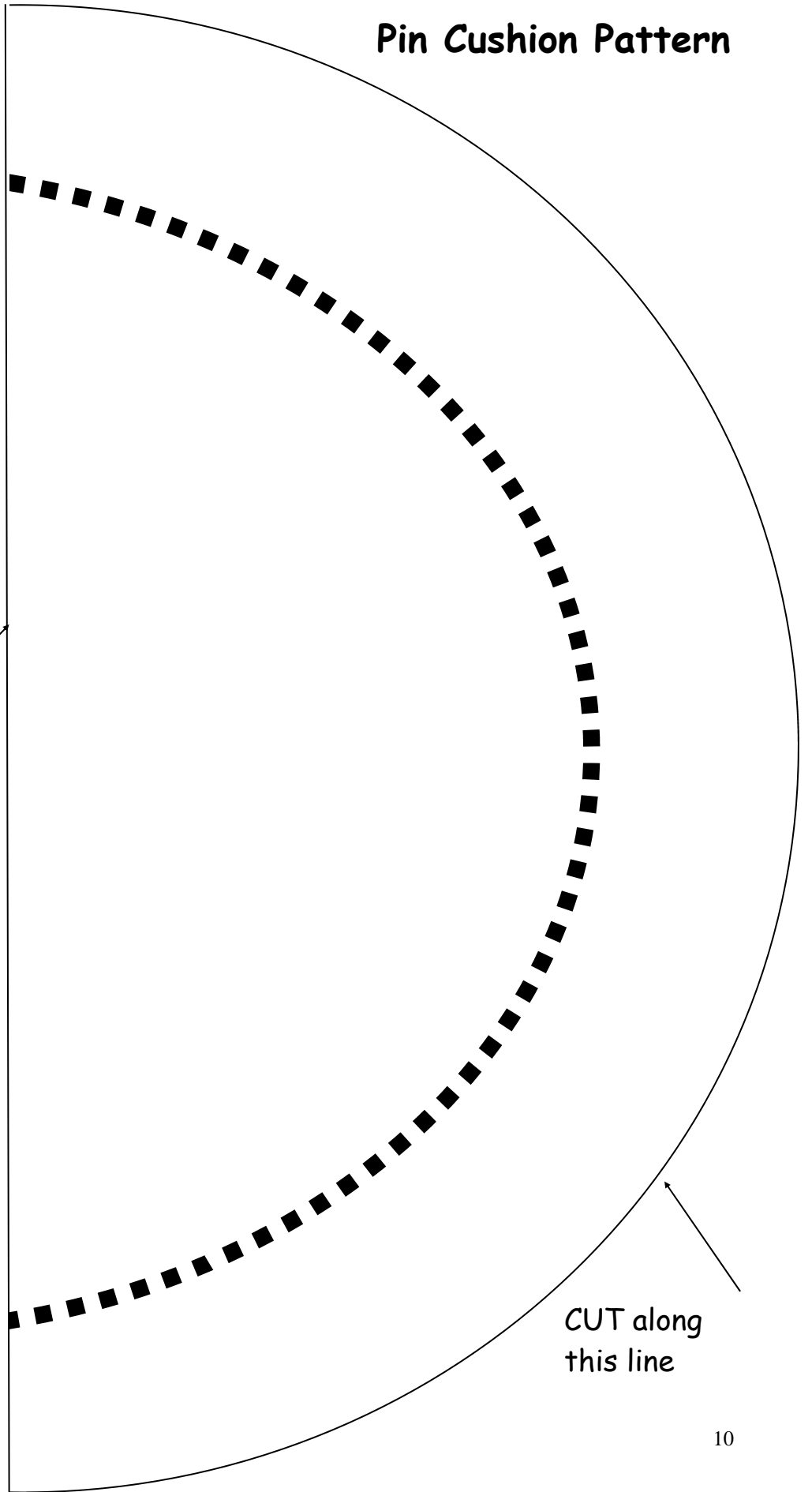
YOU'VE JUST COMPLETED YOUR VERY OWN
PIN CUSHION! GREAT JOB!



Pin Cushion Pattern

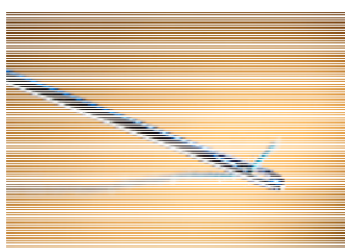
Place on
FOLD of
fabric

CUT along
this line



Sewing on a Button

1. Button up all the buttons on the shirt. Lay it flat on a table
2. Mark the place where the button goes. Use a pencil to mark it. Open shirt.
3. Cut a piece of thread. Cut it about as long as your arm.

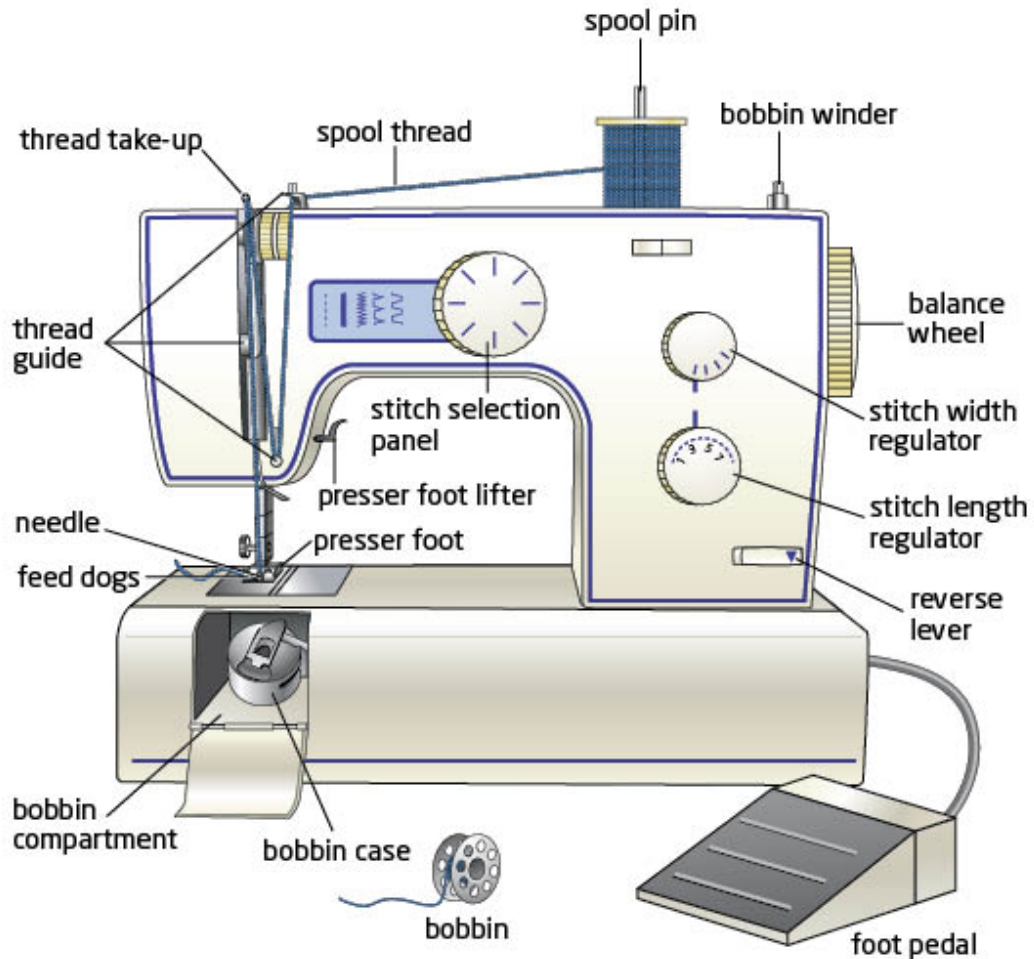


4. Thread your needle. Pull ends of thread together. Tie a knot. This makes a double thread.
5. Make a stitch on the right side of the shirt. Make it on the pencil mark. Make 2 small stitches.
6. Stick the needle up through one hole in the button. Stick the needle down through the other hole. Stick the needle through the shirt.
7. Lay a toothpick on top of the button. Lay a toothpick in the loop of thread. Pull the thread tight.
8. Stick the needle up through one hole. Stick the needle down through the other hole. Do this 4 or 5 times.
9. Pull out the toothpick. Stick the needle through the hole in the button. Do not stick it through the shirt.
10. Pull the button away from the shirt. Wrap the thread around the stitches under the button. Wrap 4 or 5 times. Pull the thread tight.
11. Stick the needle to the wrong side of the shirt. Make 3 or 4 small stitches. Make one on top of the other. Cut the thread.



Know Your Sewing Machine

It is important for you to know the parts of your sewing machine and the jobs they perform. This may be helpful to you in several ways. You may already know some of these parts and their purposes!

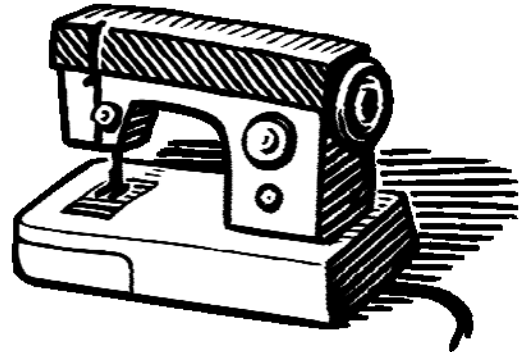


1. The presser foot holds the fabric in place as you sew.
2. The presser bar lever raises and lowers the presser foot.
3. The feed dogs are small teeth under the presser foot that move the fabric to the needle as you sew.
4. The needle carries the top thread to make stitches.
5. The needle hole is the opening the needle goes through as it goes up and down.
6. The stitch length regulator makes stitches long or short.
7. The balance wheel helps the needle run up and down smoothly.
8. The spool pin holds the spool of thread in place.
9. The bobbin holds the thread for the under side of the seam.
10. The foot pedal makes the machine go faster or slower.

Learning to Use Your Sewing Machine

Practice helps you learn to use a sewing machine. Follow these steps:

- Begin by running the machine with the presser foot up. Try different speeds. Learn to start and stop slowly and smoothly.
- Do your first stitching without thread. Use the practice stitching guide (next page) to practice straight lines. Start by putting the needle through one of the lines. Next, put the presser foot down and begin to stitch. Guide the paper gently with your left hand on the bed of the machine. **DON'T** push or pull. **BE CAREFUL** that your fingers don't get too close to the needle!
- Now, try turning a corner. To turn a corner, leave the needle in the paper, raise the presser foot and turn the paper. Then lower the presser foot and start stitching again.
- Practice stitching corners and curves. Use the practice stitching guide (next page).
- Once you can stitch straight and curved lines and turn corners, you are ready to sew with thread. Ask your parent or leader how to thread the machine or read the directions in your sewing machine manual. Also learn how to wind and put the bobbin into the machine. Practice until you can do these things by yourself.
- When you can do these things, you are ready to begin stitching with thread using scraps of material.

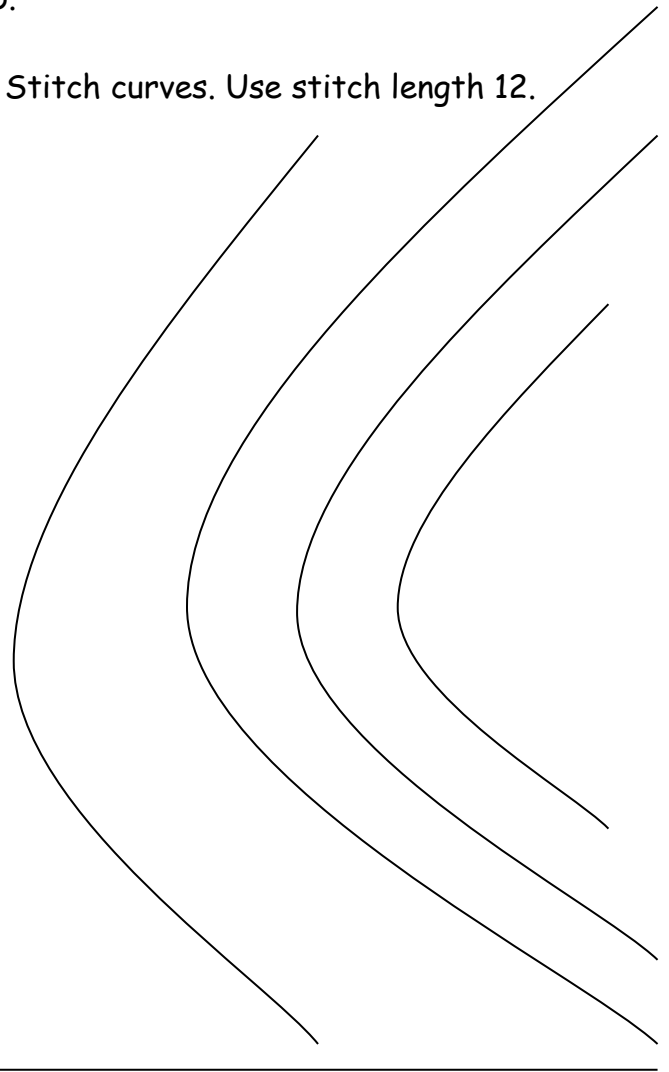


Practice Stitching Sheet

Step 1. Stitch straight and at an even speed. Use stitch length 12.

Step 2. Turn square corners. Use stitch length 15.

Step 3. Stitch curves. Use stitch length 12.



Stitching Length

Most machines can sew from 6 to 20 stitches in an inch. Some will make more. Practice sewing on fabric, using different stitch lengths.

A regular stitch length is 10 to 12 stitches in an inch. This is the size to use for permanent stitching on whatever you sew.

You can do basting on a sewing machine too. These are long stitches that you take out later. Use six stitches to an inch for basting.

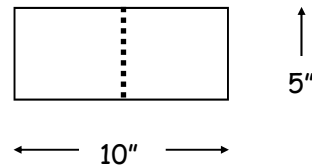
Let's Make a Bean Bag!

Materials you will need:

5" wide and 10" long piece of fabric (felt, cotton blend, knit or scraps on hand)

Thread to match

Beans, corn or rice are good choices



You may want to ask someone to help you thread the sewing machine.

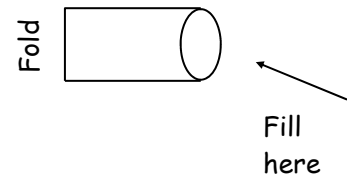
Fold the fabric piece in half

Begin 1/2 inch on each side of open end

Stitch down each side the width of the presser foot

Put filling in the bag being careful not to fill too full

Sew opening closed by sewing width of the presser foot



Your Bean Bag is ready for play!



Now that you have had some practice on your sewing skills, you are ready to go on to bigger things! Let's make a stuffed pillow . . .



Stuffed Pillow

Have your 4-H leader or someone in your family help you with this activity.

Materials you will need:

1/2 yard fabric (fabric should be sturdy, like knit, denim, sailcloth, or scraps you have on hand)

Matching thread

Fiberfill for stuffing

Let's Begin!

Straighten fabric on grain

Cut pillow shape in desired size, a good size is 14-18" on each side. Cut two pieces of equal size in a perfect square shape.

Place right sides of fabric together

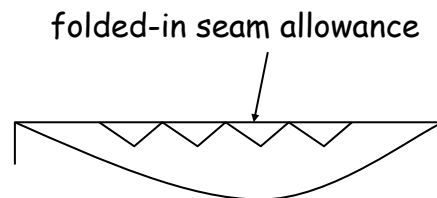
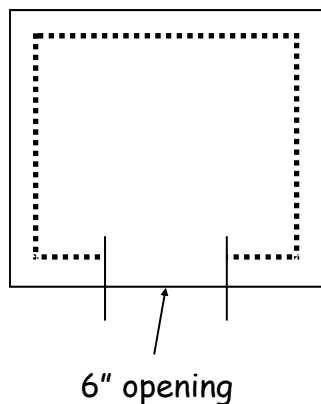
Stitch all around, starting in the middle of one side, sewing to within 6" of the starting point, leaving a space open

Turn right side out. Stuff to desired hardness

To close opening, use a slip stitch with very small stitches

To slip stitch: Put needle in one seam allowance and then the other (on inside edge) so stitches do not show on right side. Go back and forth until seam is tightly closed.

Now you have made a nice pillow for your room or as a gift!





I Pledge

(Right Hand over Heart)



(Arms at Sides)



4-H Pledge

My Head to Clearer Thinking,



(Right Hand Points to Forehead)

My Heart to Greater Loyalty,

My Hands to Larger Service



(Arms Slightly Bent Palms Up)

and My Health to Better Living,

For My Club, My Community, My Country, and My World.

University of Idaho Extension

To enrich education through diversity, the University of Idaho is an equal opportunity/affirmative action employer and educational institution. University of Idaho and US Department of Agriculture cooperating

Would you like to learn more about all the 4-H projects and activities in Owyhee County?

Contact us at:
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www.owyheecounty.net