SEW WOW
Advanced Clothing Member’s Guide and Project Requirements

This guide belongs to: _________________________________ Year: _______
Project Objectives

• Learn to enjoy and appreciate the process of clothing construction.

• Acquire the advanced skills needed to create a garment, outfit, and/or accessories.

• Develop confidence through successfully completing the project.

• Share what you have learned with others.

Requirements

1. Select one project focus area that includes the clothing item(s), fabric, and construction skills you want to master. A summary of focus areas is on page 3.

2. Set at least three goals to achieve in this project year.

3. Do one of the “General Advanced Activities” and complete part A of the project summary page in the back of this guide.

4. Learn about at least two “In-depth Study Topics” for your selected focus area. Complete part B of the project summary page in the back of this guide.

5. Complete the specific requirements listed for that focus area.

6. Exhibit the garment(s), outfit, and/or accessory constructed using the skills learned in the selected focus area.

7. Optional: model your constructed garment/outfit in the Style Revue in your county.
Focus Areas Summary
Select one focus area as your advanced 4-H project.

Focus Area A: Active/Sportswear
Examples: workout set, swimsuit, sport uniform, sweatshirt, sweatpants, dance uniform, running wear, or other active or sportswear item

Focus Area B: Outdoor Wear
Examples: windbreaker, rain-gear, jacket, coat, snowmobile suit, skiwear, slicker, vest, pants, and/or other insulated clothing

Focus Area C: Western Wear
Examples: jeans, prairie skirt, denim skirt, riding jacket, gaucho and vest, western shirt, chaps, rodeo outfit

Focus Area D: Formal Wear
Examples: prom dress, wedding gown, bridesmaid dress, evening suit, black tie outfit, rodeo queen outfit

Focus Area E: Embellished Apparel
Examples: vest, jacket, pants, dress, blouse, t-shirt

Focus Area F: Tailored Apparel
Examples: suit, jacket, blazer, vest, pants, coat, topcoat, skirt, dress

Focus Area G: Pattern Your Own
Examples: vest, jacket, pants, skirt, jumper, dress, blouse, garment from an earlier clothing era like medieval, 1920s

General Resources

There are many books, magazines, and sewing guides available in libraries, fabric and craft stores, and on the Internet. Web sites to check out for additional resources and supplies:

• Sewing organization sites like Home Sewing Association, Sewing & Craft Alliance (SCA), Sew USA
• Sewing magazine sites like Sew News, Threads, Sew Beautiful
• Pattern company sites like Simplicity, McCall’s, Butterick, Folkwear

• Sewing notion and supply company sites like Clotilde, Nancy’s Notions, Coats and Clark, Prym Consumer USA, Gingher (scissors), Berwick Offray (ribbon), Sulky (thread), Wrights (embellishments)

• Sewing machine company sites like Brother, Singer, Bernina, Husqvarna Viking, Pfaff

• Fabric company sites like Hancock Fabrics, Jo-Ann Fabrics, Fabric.com, Fabriclink, Fabric Direct.com

• Related sites like Soap & Detergent Association - laundry section
Focus Area A • Active/Sportswear

Examples: workout set, swimsuit, sport uniform, sweatshirt, sweatpants, dance uniform, running wear, or other active or sportswear item

A. Study and learn more about TWO of the following IN-DEPTH STUDY TOPICS. Complete part B of the project summary page in the back of this guide.

- Good fit principles of active/sportswear
- Fiber content and characteristics of single and double knit fabrics
- How to determine the right and wrong side of knit fabrics
- Knit fabric finishes
- Suitable uses for fabric blends
- Care requirements for knit fabrics
- Special construction techniques required for knit fabrics

B. Construct a garment or outfit using ONE or more of the following fabrics:

- Single or double knit
- Swimsuit fabric
- Stretch knit
- Polar fleece
- Other ____________

C. And with at least TWO of the following advanced construction skills:

- Welt, flat fell, or other type of closed seam
- Hoods
- Zipper
- French or mock French seam
- Ribbing
- Elastic application in leg/arm openings
- Matching plaids
- Pleats
- Linings
- Other ____________
Focus Area A • Planning Guide

Record what you plan to make, the fabric you will use, and the focus area A skills you will learn.

<table>
<thead>
<tr>
<th>Focus Skills I Plan to Learn This Year</th>
<th>Example: sweat jacket</th>
<th>Clothing Item 1:</th>
<th>Clothing Item 2:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Type and fiber content of fabric(s)</td>
<td>double knit 100% poly</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Required construction skill</td>
<td>hood, attached</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Required construction skill</td>
<td>separating zipper</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Other construction skill</td>
<td>ribbing hem</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Other construction skill</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Other construction skill</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Resources:

Specialty Sportswear: www.specialtysportswear.com—patterns for ice skaters, gymnasts, dancers, swimmers

Stretch and Sew: www.stretch-and-sew.com—stretch and sew patterns and information
Focus Area B • Outdoor Wear

Examples: windbreaker, rain gear, jacket, coat, snowmobile suit, skiwear, slicker, vest, pants, and/or other insulated clothing

A. Study and learn more about TWO of the following IN-DEPTH STUDY TOPICS. Complete part B of the project summary page in the back of this guide.

- Three types of outdoor apparel fabrics and their characteristics
- Characteristics of fabrics that make them desirable for outdoor use
- Three types of insulators and their characteristics
- How to decide when to buy or to sew outdoor wear
- Finishes applied and their suitability for outdoor fabric
- Care requirements for outdoor fabric

B. Construct a garment or outfit using ONE or more of the following fabrics:

- Outdoor nylons like ripstop, oxford, or taffeta
- Medium to heavyweight wool
- Suede, leather, or vinyl
- Spandex blended fabric
- Nylon/rubber bonded fabric
- Fur, fake fur, or other outdoor pile or napped fabric
- Quilted outdoor fabric
- Insulators like down, polyester batting, interlining
- Polar fleece
- Other ____________________

C. And with at least TWO of the following advanced construction skills:

- Welt, flat fell, or other type of closed seam
- Seared edge finish on nylon fabric
- Princess-line seams
- Machine quilting
- Hand or machine stitched hem
- Decorative trims or cording
- Ribbings for cuffs, neckbands, or waistbands
- Hook and loop type closures
- Buttons, eyelets, and/or snaps
- Separating, exposed, or two-way zipper
- Zipper with a wind flap
- Pocket with zipper closure
- Other ____________________
D. Exhibit two small or one large outdoor clothing item(s). Accessories (hat, mitts, hoods, bags, belt, etc.) can be made to match garment or outfit to help fulfill needed construction skills.

E. Give an oral presentation (demonstration, speech, or illustrated talk) related to this project.

F. Complete the 4-H Project Record Book (#91950) and the 4-H Involvement Report (#91910).

Focus Area B • Planning Guide
Record what you plan to make, the fabric you will use, and the focus area B skills you will learn.

<table>
<thead>
<tr>
<th>Focus Skills I Plan to Learn This Year</th>
<th>Example: quilted coat</th>
<th>Clothing Item 1:</th>
<th>Clothing Item 2:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Type and fiber content of fabric(s)</td>
<td>taffeta,</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>100% nylon</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Required construction skill</td>
<td>machine</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>quilting</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Required construction skill</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Other construction skill</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Other construction skill</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Resources:
The Rain Shed: www.therainshed.com—patterns and fabrics for outdoor wear

Rockywoods.com: fabrics for outdoor gear and clothing

Tips and Techniques For Sewing Your Own Outdoor Wear:
www.fabrics.net/outdoor.asp
http://www.specialtyoutdoors.com/tips/tips.asp
Focus Area C • Western Wear

Examples: jeans, prairie skirt, denim skirt, riding jacket, gaucho and vest, western shirt, chaps, rodeo outfit

A. Study and learn more about TWO of the following IN-DEPTH STUDY TOPICS. Complete part B of the project summary page in the back of this guide.

- Activities or occasions for which western clothing wear is worn
- Three types of western apparel fabrics, their characteristics, and the proper methods of care for the fabrics
- The history of blue jeans or other western clothing
- Western accessories: hats—learn the different hat crown shapes and brim creases, fiber content, and cleaning & storing hats
- Western accessories: boots—learn the different boot shape and style variations

B. Construct a garment or outfit using ONE or more of the following fabrics:

- Denim
- Broadcloth, gingham, or other lightweight cotton or cotton/poly fabric
- Suede or leather
- Spandex blended fabric
- Corduroy
- Fur or fake fur
- Velvet, velveteen, or other pile or napped fabric
- Knit (single or double)
- Flannel
- Other __________________

C. And with at least TWO of the following advanced construction skills:

- Welt, flat fell, or other type of closed seam
- Yoke (straight or shaped)
- Serger seam
- Princess-line seams
- Piping
- Hand or machine stitched hem
- Decorative trims
- Ruffles
- Pockets
- Decorative snap
- Fringe edge
- Other __________________________
**D. Exhibit two small or one large clothing item(s).** Accessories (hat cover, boot bag, gloves, bag, belt, etc.) can be made to match garment or outfit to help fulfill needed construction skills.

**E. Give an oral presentation (demonstration, speech, or illustrated talk) related to this project.**

**F. Complete the 4-H Project Record Book (#91950) and the 4-H Involvement Report (#91910).**

**Focus Area C • Planning Guide**
*Record what you plan to make, the fabric you will use, and the focus area C skills you will learn.*

<table>
<thead>
<tr>
<th>Focus Skills I Plan to Learn This Year</th>
<th>Example: western shirt</th>
<th>Clothing Item 1:</th>
<th>Clothing Item 2:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Type and fiber content of fabric(s)</td>
<td>denim, 50% cotton</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>50% poly</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Required construction skill</td>
<td>shaped yoke</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Required construction skill</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Other construction skill</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Other construction skill</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Resources:**

**Buckaroo Bobbins:** www.buckaroobobbins.com — vintage Western clothing patterns

**Jean Hardy Patterns:** http://www.jeanhardypatterns.com/ — patterns for equestrian and Western wear

**Suitability.com:** equestrian patterns for rider and horse
Focus Area D • Formal Wear

Examples: prom dress, wedding gown, bridesmaid dress, evening suit, black tie outfit, rodeo queen outfit

A. Study and learn more about TWO of the following IN-DEPTH STUDY TOPICS. Complete part B of the project summary page in the back of this guide.

☐ Three types of formal apparel fabrics, their characteristics, and the proper methods of care for the fabrics
☐ Compare the reasons for buying or constructing your own formal wear (cost, workmanship, etc.)
☐ Pressing temperatures for three types of formal fabric
☐ The differences between synthetic and natural fibers
☐ The definitions of style, high style, trend, in-fashion, classic, and fad
☐ Formal accessories
☐ Dry cleaning methods and techniques used

B. Construct a garment or outfit using ONE or more of the following fabrics:

☐ Satin, taffeta, or other smooth finished fabric
☐ Lightweight sheer or lace fabric
☐ Heavyweight formal fabric like suede or leather
☐ Beaded or sequined fabric
☐ Metallic fabric
☐ Pile or napped fabric like velveteen, velour, fake fur, etc.
☐ Quilted fabric
☐ Other ____________

C. And with at least TWO of the following advanced construction skills:

☐ Enclosed seam, French seam, or other type
☐ Princess seams
☐ Ruffles
☐ Hand or machine stitched rolled hem
☐ Specialty hem (lined or other method)
☐ Lace or other decorative item application
☐ Button loops
☐ Belt or other matching accessories
☐ Zipper (machine, hand, or invisible)
☐ Lining
☐ Boning
☐ Other ____________________
D. Exhibit two small or one large clothing item(s). Accessories (hat, gloves, veil, bag, belt, etc.) can be made to match garment or outfit to help fulfill needed construction skills.

E. Give an oral presentation (demonstration, speech, or illustrated talk) related to this project.

F. Complete the 4-H Project Record Book (#91950) and the 4-H Involvement Report (#91910).

Focus Area D • Planning Guide
Record what you plan to make, the fabric you will use, and the focus area D skills you will learn.

<table>
<thead>
<tr>
<th>Focus Skills I Plan to Learn This Year</th>
<th>Example:</th>
<th>Clothing Item 1:</th>
<th>Clothing Item 2:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Type and fiber content of fabric(s)</td>
<td>beaded fabric</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>100% rayon</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Required construction skill</td>
<td>ruffle hem</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Required construction skill</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Other construction skill</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Other construction skill</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Resources:
Modestprom.com: ideas and free patterns for making modest, less expensive prom dresses
Focus Area E • Embellished Apparel

Examples: vest, jacket, pants, dress, blouse, T-shirt

A. Study and learn more about TWO of the following IN-DEPTH STUDY TOPICS.
Complete part B of the project summary page in the back of this guide.

- The difference between fabric and garment embellishment
- Three types of fabric embellishments and how to apply them
- Three types of garment embellishments and how to apply them
- Special tools and equipment that are used for sewing embellishments
- How embellishment changes the fabric’s characteristics and care
- Dry cleaning methods and techniques used

B. Construct a garment or outfit using ONE or more of the following options:

1. Use TWO or more fabric embellishment techniques, or
2. Use TWO or more item embellishment techniques (item constructed by you), or
3. Use a combination of the two techniques (at least one from each)

Fabric Embellishment Techniques
(Fabric embellished BEFORE it is cut out)

- Decorative stitching
- Quilting (machine or hand stitching)
- Dyeing
- Fabric piecing
- Shirring
- Lace or ribbon inset
- Pleating or pintucks
- Other ________________

Item Embellishment Techniques
(Item embellished AFTER being cut out)

- Decorative serger seams, edges, or hems
- Machine embroidery
- Piping or cording
- Beading, sequins
- Painting
- Lace or ribbon appliqué
- Other ________________
C. Exhibit two small or one large clothing item(s). Accessories (hat, bag, belt, etc.) can be made to match garment or outfit to help fulfill needed embellishment skills.

D. Give an oral presentation (demonstration, speech, or illustrated talk) related to this project.

E. Complete the 4-H Project Record Book (#91950) and the 4-H Involvement Report (#91910).

Focus Area E • Planning Guide
Record what you plan to make, the fabric you will use, and the focus area E embellishment techniques you will learn.

<table>
<thead>
<tr>
<th>Focus Skills I Plan to Learn This Year</th>
<th>Example:</th>
<th>Clothing Item 1:</th>
<th>Clothing Item 2:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Type and fiber content of fabric(s)</td>
<td>denim, 100% cotton</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Required embellishment technique</td>
<td>fabric piecing</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Required embellishment technique</td>
<td>ribbon applique</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Other embellishment</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Other embellishment</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Resources:

Embellishments A to Z: An Embellishment Idea Book, by Stephanie Valley

Fabric Dyeing for Beginners, by Vimala McClure

Fine Embellishment Techniques: Classic Details for Today’s Clothing, by Jane Conlon
Focus Area F • Tailored Apparel

Examples: suit, jacket, blazer, vest, pants, coat, topcoat, skirt, dress

A. Study and learn more about TWO of the following IN-DEPTH STUDY TOPICS. Complete part B of the project summary page in the back of this guide.

- Two types of tailored apparel fabrics and their characteristics
- Different tailoring methods and the construction techniques used for each
- Interfacings (like hair canvas) and their importance in tailoring
- The difference between women’s and men’s tailored garments
- Care and storage requirements for tailored garments
- Dry cleaning methods and equipment used

B. Construct a garment or outfit using ONE or more of the following fabrics:

- Lightweight wool
- Medium to heavyweight wool
- Wool blends
- Gabardine (wool or polyester)
- Pile or napped fabric
- Fleece
- Other ______________________

C. And with at least TWO of the following advanced construction skills:

- Welt, flat fell, or other type of closed seam
- Bound seams
- Pad stitching; hand, machine, or fusible interfacing
- Shoulder pad construction
- Hand-stitched hem with interfacing
- Lining (partial or full)
- Two-piece sleeve
- Underlining and/or interlining
- Machine or bound buttonholes
- Lapels (notched, shawl, etc.)
- Zipper (machine, hand stitched, or invisible)
- Other ______________________
**D. Exhibit two small or one large tailored clothing item(s).** Accessories (shirt, hat, gloves, bag, belt, etc.) can be made to match garment or outfit to help fulfill needed construction skills.

**E. Give an oral presentation (demonstration, speech, or illustrated talk) related to this project.**

**F. Complete the 4-H Project Record Book (#91950) and the 4-H Involvement Report (#91910).**

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### Focus Area F • Planning Guide

*Record what you plan to make, the fabric you will use, and the focus area F skills you will learn.*

<table>
<thead>
<tr>
<th>Focus Skills I Plan to Learn This Year</th>
<th>Example:</th>
<th>Clothing Item 1:</th>
<th>Clothing Item 2:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Type and fiber content of fabric(s)</td>
<td>heavy wool, 100%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Required construction skill</td>
<td>hand pad stitching</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Required construction skill</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Other construction skill</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Other construction skill</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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### Resources:

*Tailoring: the Classic Guide to Sewing the Perfect Jacket*, by Editors of Creative Publishing

*Easy Easier Easiest Tailoring*, by Pati Palmer and Susan Pletsch
Focus Area G • Pattern Your Own

Examples: vest, jacket, pants, skirt, jumper, dress, blouse, garment from an earlier clothing era like medieval, 1920s

A. Study and learn more about TWO of the following IN-DEPTH STUDY TOPICS. Complete part B of the project summary page in the back of this guide.

- Pattern design and drafting
- Two current fashion designers and their current fashion lines
- Design and garment ease, and how the fabric’s weight affects the ease
- How pattern companies make their patterns
- The sizing difference between two selected pattern companies
- Ready-to-wear clothing construction and patterns

B. Construct a garment or outfit using ONE or more of the following techniques:

- Composed of two or more different patterns from the same pattern company
- Composed of two or more different patterns from different pattern companies
- Drafted pattern
- Computer created pattern
- Pattern made from a ready-to-wear garment
- Other __________________________

C. Exhibit two small or one large clothing item(s) you designed yourself. Include the pattern(s) used with your exhibit.

D. Give an oral presentation (demonstration, speech, or illustrated talk) related to this project.

E. Complete the 4-H Project Record Book (#91950) and the 4-H Involvement Report (#91910).
**Focus Area G • Planning Guide**

*Record what you plan to make, the fabric you will use, and the focus area G techniques you will learn.*

<table>
<thead>
<tr>
<th>Focus Skills I Plan to Learn This Year</th>
<th>Example: dress</th>
<th>Clothing Item 1:</th>
<th>Clothing Item 2:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Type and fiber content of fabric(s)</td>
<td>light weight 50% poly/50% cotton</td>
<td>use McCall &amp; Simplicity patterns</td>
<td></td>
</tr>
<tr>
<td>Required technique used</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Other technique used</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Other technique/skills used</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Resources:**

www.patternsthatfityou.com: on-line pattern-making classes, including a few free classes
Creating a Master Wardrobe

• Learn how to build a coordinated wardrobe by reviewing your current wardrobe.
• Make a “Master Wardrobe Plan.” The Idaho 4-H Web site has activity guidelines for creating a master wardrobe plan.

Sewing Machine Needles

• Learn needle sizes and types, and how to select the correct one for your project and machine.
• Review how thread is made, and how color, quality, and other characteristics can affect the end use.

Making Clothing Decisions

• Learn about comparison-shopping.
• Visit three stores and examine one type of clothing (for example: dresses, jackets, or jeans); evaluate characteristics or workmanship in each store. Then complete a chart with your evaluation of each store’s clothing selection.

Stain Removal From Fabrics

• Learn about stain removal, and how best to remove stains.
• Visit a store and create a chart about the different detergents and laundry products available.

Savvy at Sales

• Learn about types of clothing sales and how businesses use them.
• Gather three clothing ads from different stores or companies. Review them, then complete a chart with information about the stores and the clothing sales advertised.

Sewing in the Future

• Learn about new sewing tools and equipment that can be used by a home sewer.
• Visit a store or look in a catalog that sells sewing items. Create a list of at least five new sewing tools and/or machines that you haven’t seen or used before.

What’s my Career

• Learn about two careers in a field related to clothing and textiles.
• List the education or skills needed for that career, and why it appeals to you.

Personal Image

• Learn about facial shapes, and how they relate to the selection of hairstyles and necklines.
• Take a look at body types, and how to use clothing to change a person’s look.
• Complete a chart with examples of facial shapes or body types using pictures from magazines or catalogs.
Project Summary

Focus Area ________________________________________________________________

Name _________________________________________________________________

Part A: General Advanced Activity completed____________________________________

_____________________________________________________________________
_____________________________________________________________________
_____________________________________________________________________

To Do List
List 3 or more things you need to do

Reflect on List
Tell what you learned

How do you plan to apply what you learned in this activity?
_____________________________________________________________________
_____________________________________________________________________
_____________________________________________________________________
_____________________________________________________________________
_____________________________________________________________________
_____________________________________________________________________
_____________________________________________________________________

19
**Part B: In-depth Study Topics** (Complete for TWO topics)

**In-depth Study Topic #1:** ______________________________________________________

<table>
<thead>
<tr>
<th><strong>To Do List</strong></th>
<th><strong>Reflect on List</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>List 3 or more things you need to do</td>
<td>Tell or explain what you learned</td>
</tr>
</tbody>
</table>

**How do you plan to apply what you learned in your in-depth study?**

______________________________________________________________________________
______________________________________________________________________________
______________________________________________________________________________
______________________________________________________________________________
______________________________________________________________________________
______________________________________________________________________________

**In-depth Study Topic #2:** ______________________________________________________

<table>
<thead>
<tr>
<th><strong>To Do List</strong></th>
<th><strong>Reflect on List</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>List 3 or more things you need to do</td>
<td>Tell or explain what you learned</td>
</tr>
</tbody>
</table>

**How do you plan to apply what you learned in your in-depth study?**

______________________________________________________________________________
______________________________________________________________________________
______________________________________________________________________________
______________________________________________________________________________
______________________________________________________________________________
______________________________________________________________________________
Garment cost and care record

Pattern Company ______________________________________

Pattern number _____________ Pattern size _____________ Cost ____________

How much fabric did you buy? ________________ yards Cost ____________

Did you buy any notions? Yes No

If yes, how much or many of the following

Closure items ___________ item(s) Cost ____________
(zipper, buttons, snaps)

Thread ___________ spool(s) Cost ____________

Elastic, trim or decorative items_________ inches/yards Cost ____________

Sub total ____________

Other items? ____________________________ Cost ____________

Add all the costs of the materials purchased for your garment. TOTAL COST___________

What is the fiber content of your fabric? ____________________________

What are the cleaning instructions for your fabric? _______________________

Write a brief description or attach a sample of your fabric.
## Project Self-Evaluation, optional

### Appearance

<table>
<thead>
<tr>
<th></th>
<th>Well Done</th>
<th>Satisfactory</th>
<th>Needs Improvement</th>
</tr>
</thead>
<tbody>
<tr>
<td>Clean and attractively prepared for exhibit</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pattern and style are suitable for age and use</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fabric/thread chosen are suitable for pattern and use</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Color scheme is pleasing and appropriate</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Buttons, if used, are proper size and color</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Construction Skills

<table>
<thead>
<tr>
<th></th>
<th>Well Done</th>
<th>Satisfactory</th>
<th>Needs Improvement</th>
</tr>
</thead>
<tbody>
<tr>
<td>Accuracy of stitching for age of member (straight and secure)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Seams, seam finish if needed (straight, good width, correct type used for item and fabric)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Curved seams and/or darts (trimmed or graded where needed)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Hems (width correct and even stitching)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Casing (waistline or waistband)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Facing or ribbing</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Collar, lapels, or neck finish</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sleeves, armhole finish, cuffs</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Hooks &amp; eyes, snaps, or other type of closure</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Button &amp; buttonholes</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Zipper</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pockets (any type)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Other details</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Project Summary Page

<table>
<thead>
<tr>
<th></th>
<th>Well Done</th>
<th>Satisfactory</th>
<th>Needs Improvement</th>
</tr>
</thead>
<tbody>
<tr>
<td>Shows requirements completed</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Shows achievement of to do lists</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Relates experiences, skills learned, insights gained, etc.</td>
<td></td>
<td></td>
<td></td>
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</tbody>
</table>