# CLOTHING & TEXTILE
## SEW WOW

### Projects & Materials

**“Sew Wow”, Unit 5:**  
Skill Level - Advanced

**Youth Materials:**
- “Sew Wow” Unit 5, Member’s Guide and Project Requirements (#32009)
- 4-H Involvement Report (#91910)
- 4-H Project Record Book (#91950)

**Volunteer Materials:**
- Reader’s Digest Complete Guide to Sewing

### Requirements

In the Member’s Manual:
- Choose one focus area for your project.
- Complete at least 1 of the “General Advanced Activities” each year.
- Learn about two “in-depth Study Topics” for the selected focus area each year.
- Construct two small or one large clothing item using appropriate fabric with required advanced constructions skills from focus area.
  - Area A – Active/Sports Wear
  - Area B – Outdoor Wear
  - Area C – Western Wear
  - Area D – Formal Apparel
  - Area E – Embellished Apparel
  - Area F – Tailored Apparel
  - Area G – Pattern Your Own
- Give an oral presentation (speech, demonstration or illustrated talk) related to this project.

Complete the following:
- 4-H Involvement Report (#91910)
- 4-H Project Record Book (#91950)

### Exhibit Requirements

- 4-H Project Record Book (#91950)
- 4-H Involvement Report (#91910)
- Display the garment(s), outfit and/or accessory made by member using appropriate fabric with required advanced construction skills learned for this year’s project focus area.

### County Requirements:

Check with your County Extension office for details.

### Support Materials:

Idaho 4-H Sew Wow page (and to download Sew Wow) visit: [https://www.uidaho.edu/extension/4h/projects/sew-wow](https://www.uidaho.edu/extension/4h/projects/sew-wow)


### Optional Supporting Materials:

**Web:**
- Textile and Clothing Links from Ohio State University [http://ohioline.osu.edu/lines/home.html](http://ohioline.osu.edu/lines/home.html)
- FibreArts Online Educational Resources [www.fibreartsonline.com/fac/sew/education.htm#Kids](http://www.fibreartsonline.com/fac/sew/education.htm#Kids)
- New York State 4-H Resources Directory [nys4h.cce.cornell.edu](http://nys4h.cce.cornell.edu)
- University of Kentucky Family & Consumer Sciences Extension [www.ca.uky.edu/hes/fcs/newagent](http://www.ca.uky.edu/hes/fcs/newagent)