



4-H CLOTHING AND FASHION PROJECT



Step It Up!

Pass it on! Now that you know how, share it with others. Here are ideas to get you started.

Communication

- Make a poster explaining how to read care labels
- Create a 4-H video demonstrating how to sew on a button
- Do a presentation on evaluating construction quality of purchased fabric items

Citizenship

- Donate gently used or outgrown clothing
- Volunteer to sort and clean donated clothing at second-hand stores
- Organize a community clothing drive

Leadership

- Volunteer to take responsibility for washing your family's laundry
- Assist family members in going through their closets to recycle no longer worn clothing
- Bring your family together to organize a clothing garage sale

4-H
GROWING TOGETHER

Are You Into It?

This 4-H project is designed to help you explore the world of clothing. Fashions fade – learn to make your style your own and timeless in the clothing project. Discover what looks best on your body, how to make it, where to buy it, and how to care for it.

- Express yourself through creating and planning an exciting wardrobe
- Develop skills to purchase and make clothing
- Learn how to use equipment to make and care for your clothes
- Make clothes for yourself and others

Here's what you can do all year!

Starting Out Basic / Level 1

- Learn sewing machine parts, sewing tools, and how to sew on buttons
- Examine the cost savings of buying new versus used clothing and accessories
- Discover your own style with color and line
- Understand how fabrics are made from fibers
- Learn to do laundry on your own

Learning More Intermediate / Level 2

- Learn how to sew garments using patterns and the elements of design
- Discover your personal image through clothing and accessories
- Shop and sew for your body type
- Compare different fabrics, yarns, and finishes
- Discover how to take part in a fashion show

Expanding Horizons Advanced / Level 3

- Discover how to sew garments integrating the principles of design
- Learn the pros and cons of different types of retail sales, various methods to pay for clothing, and techniques for assessing product advertisements
- Understand the differences between natural and manmade fibers
- Review personal care tools for skin and hair



Take Clothing further!

Here are other opportunities to explore Clothing:

- Contact your County Extension Office to participate in local clothing camps, workshops, or county/regional fairs
- If selected to represent your county at the State Fair 4-H Clothing Event, participate in the Clothing Selection, Fashion Revue, or The \$15 Challenge programs
- Consider forming a team to participate in 4-H's *Stitch This!* competition at the Iowa State Fair <http://www.extension.iastate.edu/4h/StateFair/stitchthis>
- Create your own sewing/tailoring business
- Demonstrate proper clothing care with friends and family: laundry, repair, and alterations
- Help family members to shop for clothing that best fits their different body types
- Meet others interested in clothing. Check out camps at the Iowa 4-H Center
- Attend Iowa 4-H Youth Conference and participate in workshops, listen to motivational speakers, and participate in a community service project; bring ideas back to your club and community
- Interested in a college education in the area of apparel merchandising, design, and production? Schedule a visit with Iowa State University's College of Human Sciences and the AMDP Program <http://www.aeshm.hs.iastate.edu/about.php>

Exhibit Ideas

- Demonstrate the creation of a seasonal clothing calendar and a wardrobe inventory checklist
- Evaluate cost per wear of various outfits
- Select multiple fabrics and compare what the fabrics are made of, durability, wrinkle resistance, absorbency, colorfastness, and proper care
- Identify how fibers from different countries get made into fabrics and clothing
- Show how to make basic clothing repairs with a needle and thread
- Demonstrate how different accessories compliment an outfit
- Identify the pros and cons of shopping at various types of stores (boutique, department, discount, consignment, outlet, and online)
- Illustrate how integrating design elements and principles can flatter body shapes and positively impact peoples' first impressions
- Create a poster identifying the quality of fabrics based on type of fibers, yarn, construction, finish, and coloring methods
- Describe process of sorting laundry and the effects of water temperature, detergent, bleach, and softener on fabrics
- Rate the effectiveness of different stain removers on various stains

Resources

4-H Resources	Other Resources	Record Keeping
<ul style="list-style-type: none"> • Iowa 4-H Clothing www.extension.iastate.edu/4h/projects/clothing • Unraveling the Mystery of Elements & Principles of Design in Clothing (4H 313) • Adventures in Clothing Level 1 (4H 315A) • Challenges in Clothing Level 2 (4H 315B) • Strategies for Clothing Level 3 (4H 315C) • Clothing Decisions: Discovering Choice (4H 317A) • Clothing Decisions: Managing Choice (4H 317B) 	<ul style="list-style-type: none"> • Iowa State Fair 4-H Clothing Event http://www.extension.iastate.edu/4h/projects/clothing/events.htm • Home Sewing Association www.sewing.org/ • Butterick-McCall's-Vogue www.mccall.com • Sew-What's-New http://sew-whats-new.com/ • Fabric Link www.fabriclink.com/index.cfm • Hand Stitches http://mdg.ext.msstate.edu/sewing/index.html 	<ul style="list-style-type: none"> • 4-H Yearly Summary (4H0096) • Basic 4-H Project Record (4H-0096A) • Experienced 4-H Project Record (4H0096B) • Advanced 4-H Project Record (4H0096C) • Record Keeping Self-Evaluation (4H98)