



UW-MADISON EXTENSION

# Fabric and Fashion Project

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## What is it All About?

Have you ever seen an outfit and wanted it in a different color or style that wasn't available in the store? Or have you tried on an outfit and needed it hemmed to fit just right? In Fabric and Fashion, you can learn basics like sewing a shirt or putting a zipper on a pair of pants. The advanced units will also teach you how to take the design of your choice and customize it for the perfect look, color and fit.

## Grow in Your Project

### *Starting Out*

- Recognize basic sewing machine parts and how to use them
- Identify fabrics and understand which to use for the type of project you are making
- Sew appropriate seams, straight stitching, and a simple machine hem.
- Create a casing for elastic or a draw string
- Learn how to read and select a pattern

### *Learning More*

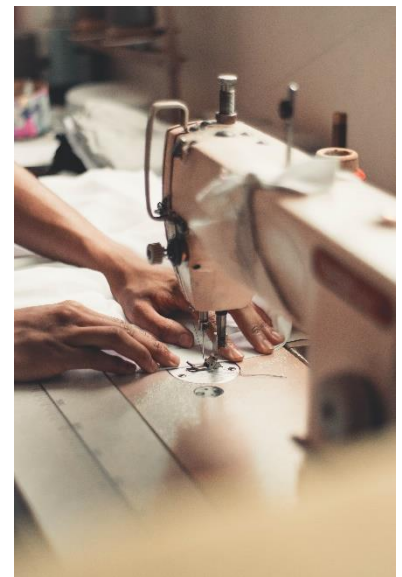
- Complete a person body analysis and learn to select patterns for your physical characteristics
- Learn how to examine fabrics for quality
- Refine your sewing techniques
- Select quality fabrics that are compatible with your chosen pattern

### *Going Further*

- Recognize the importance of clothing and accessories as a way for individual expression.
- Learn the role of costume design and how to manipulate items to fit your needs
- Create your own pattern
- Understand the difference between nature and synthetic fabrics

## Take Your Project Further!

- Participate in a county Fashion Revue
- Attend Showcase Showdown and participate in the Project Runway workshop.
- Take a tour of a fabric store.
- Visit a dry cleaners to learn about cleaning different types of fabrics.
- Create your own sewing or tailor business.
- Volunteer to do your family laundry, learn about clothing types and stain removal.
- Do an interview with someone who repairs sewing machines.
- Visits a sheep or alpaca farm to learn about natural fibers.
- Research local needs in your area for clothing and help to fill those needs (blanket for elderly, hats for cancer patients, weighted blankets, etc.)
- Do a cost and function comparison on types of sewing machines and sergers.
- Host a sewing skill-a-thon or clothing judging classes at your 4-H club meeting.



\*Resources available at your local Extension office or [shop4-H.org](http://shop4-H.org).

## Applying Project Skills to Life

### **Enhance Your Communication Skills**

- Create a video showing others how to sew a button or put in a hem.
- Create a teaching display of simple sewing techniques that can be used to teach others to sew.

### **Get Involved in Citizenship and Service**

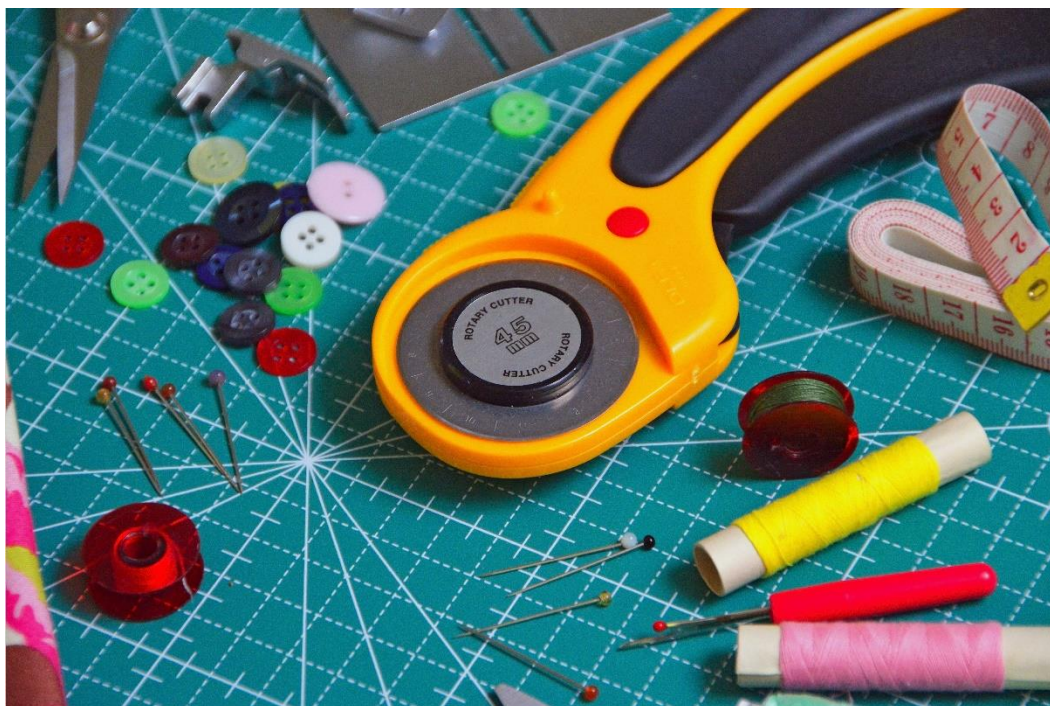
- Construct costumes for your community drama or 4-H talent show.
- Start a clothing drive based on a need in your community.
- Make a 4-H banner for parade floats.
- Make weighted blankets/vest for children with autism.

### **Learn about Leadership**

- Plan a county 4-H style revue.
- Organize a community pattern and material exchange.

## Showing What You've Learned

- Sew a garment.
- Sew an accessory.
- Embellish an article of clothing you already have to make it better.
- A poster of the parts of a sewing machine.
- A display of different types of fabrics and when they are used.
- A display of basic sewing repairs done with a needle and thread.
- Identify how different fibers from different countries get made into fabrics.
- A poster on how to sort laundry.
- A display of the results of experiments on the best stain remover for your family.
- A display on how to read a pattern.
- Create your own pattern.
- A display of fabrics you have dyed.
- A display of the history of fashion.



Adapted with permission from Wyoming State 4-H, Project Information Sheet, Fabric and Fashion.  
Retrieved from: <https://www.uwyo.edu/4-h/projects/expressive-arts/fabric-fashion.html>.

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