



2019 4-H Sewing Day Camps & Service Project



Make a Hot Pad, Pillowcase, Pajama Pants, Shorts, Pants with elastic waist, Leggings, Duffle Bag, and 5 X 5 Quilt

Teamwork: Each Youth Brings an Adult or Older Teen to Work with Them

Each Youth Brings a Sewing Machine

(If you don't have a machine, contact Ann to reserve a 4-H machine.)

To register for the Sewing Day Camps and the sewing service project, please go to ut.4honline.com.
Payment is due at the time of registration.

Sewing Day Camps

June 13, 2019	9:30 a.m-12:30 p.m.	Sewing Machine Basics, Pot Holder	Trem. Public Works Bldg.
June 13, 2019	1:30 - 4:30 p.m.	Designer Pillow Case	Trem. Public Works Bldg.
June 20, 2019	9:30 a.m. – 3:30 p.m.	Pajama Pants, Shorts, or Pants with elastic waist casing	Trem. Public Works Bldg.
June 27, 2019	9:30 a.m. – 3:30 p.m.	Sewing on Stretchy Knits-Leggings	BTC, Brigham City
July 11, 2019	9:30 a.m. – 3:30 p.m.	Duffel Bag	Trem. Public Works Bldg.
July 19, 2019	1 - 4 p.m.	Sewing Service Project	BTC, Brigham City
August 1, 2019	9:30 a.m. – 3:30 p.m.	5X5 Quilt	BTC, Brigham City.

BEGINNING SEWERS

Sewing Machine Basics

Thursday, June 13, 2019

9:30 a.m. – 12:30 p.m.

Tremonton Public Works Building
300 East 1200 South, Tremonton

Cost: \$5 Hot pad fabric, thread, batting, Insulbrite, ring, and instructions provided

Prerequisite: None

Skills Learned:

- Sewing machine parts
- Winding a bobbin
- Threading the sewing machine
- Changing the sewing machine needle
- Caring for a sewing machine
- Stitching straight and curved lines, & corners



Supplies Needed:

- Sewing machine
- Extra sewing machine needles
- 2 bobbins that fit your machine
- Basic sewing equipment (pins, pin cushion, tape measure, seam ripper, sharp sewing scissors, seam gauge, water soluble marking pen)
- 1 spool of thread to practice threading sewing machine (bring what you have at home)

BEGINNING SEWERS

Designer Pillow Case

Thursday, June 13, 2019

1:30 – 4:30 p.m.

Tremonton Public Works Building
300 East 1200 South, Tremonton

Cost: \$12 Pillow case fabric, thread and instructions provided.

Prerequisite: Sewing Machine Basics

Skills Learned:

- Straight stitching & back stitching
- Stitching corners
- Seam finishes
- Trimming and grading seams
- Preparing hem
- Machine stitched hem
- Using an iron
- Using a seam ripper
- Using a measuring tape



Supplies Needed:

- Sewing machine
- Basic sewing equipment (pins, pin cushion, tape measure, seam ripper, sharp sewing scissors, seam gauge, water soluble marking pen)
- Extra sewing machine needles
- 2 bobbins that fit your machine

ADVANCED BEGINNING SEWERS Pajama Pants, Shorts, Pants with an elastic waist

Thursday, June 20, 2019

9:30 a.m. – 3:30 p.m.

Tremonton Public Works Building
300 E 1200 S, Tremonton

Cost: \$5

Prerequisite: Sewing Machine Basics, experience sewing a pillowcase or pillow

Skills Learned:

- Reading and following instructions
- Comparing measurements
- Pattern marking symbols
- Fabric grain
- Laying out and cutting out a pattern
- Using a tape measure
- Transferring pattern markings
- Seam finishes
- Making a casing and inserting elastic
- Preparing and stitching a hem

Supplies Needed:

Pattern: Select and purchase one of the following patterns.



Simplicity 1520

McCall M6099

McCall 4762

Participants provide:

- Fabric – fabric should be closely woven, cotton / cotton polyester, with little or no fraying on cut edge
- Matching thread
- Basic sewing equipment
- Sewing machine
- Extra sewing machine needles
- 2 bobbins

ADVANCED BEGINNER / INTERMEDIATE SEWERS Leggings

Thursday, June 27, 2019

9:30 a.m. – 3:30 p.m.

Bridgerland Technology College
325 W 1100 S, Brigham City

Cost: \$5

Prerequisite: Sewing Machine Basics, experience sewing skirts, pants, shorts or pajama pants with elastic waist casing

Skills Learned:

- How to sew on stretchy jersey knits
- How to use wonder clips
- Needles and threads to select for sewing on knits
- Pressing stretchy jersey knits
- Using fusible hem tapes and stretchable interfacing to stabilize hems

Pattern and instructions provided

Supplies Needed:

• Fabric

Fabric for leggings may be easier to find online. Look for double brushed, polyester/spandex with 4-way stretch. You might try:

- <https://slyfoxfabrics.com/collections/brushed-poly>
- <https://www.fabric.com/> > search for double brushed polyester spandex knit

- Matching polyester, all-purpose thread
- Brand new stretch sewing machine needles
- Basic sewing equipment
- Sewing machine
- 2 bobbins



ADVANCED BEGINNING SEWERS Duffle Bag

Thursday, July 11, 2019

9:30 a.m. – 3:30 p.m.

Tremonton Public Works Building
300 East 1200 South, Tremonton

Cost: \$6

Instructions / pattern, piping, and batting provided.

Participants provide fabric, medium and heavy weight interfacing and thread.

Prerequisite: Sewing Machine Basics, Experience sewing a pillow, shorts, or skirt

Skills Learned:

- How to use a rotary cutter, ruler, and mat
- How to insert a zipper
- How to fuse interfacing to fabric
- How to make piping



Supplies Needed:

- Basic sewing equipment
- Sewing machine
- Extra sewing machine needles
- 2 bobbins
- Fabric:
 - 1 yard cotton fabric – main outer
 - 1 yard cotton fabric – main inner/lining, pockets, straps
 - 2 yard medium weight fusible interfacing
 - ¼ yard heavy weight fusible interfacing
- Matching thread
- 1 20" purse zipper

ADVANCED BEGINNING/INTERMEDIATE SEWERS

5 X 5 Quilt, Machine Quilted, Bound Using the Pillow Case Method

Thursday, August 1, 2019

9:30 a.m. – 3:30 p.m.

Bridgerland Applied Technology College
325 W 1100 S, Brigham City

Cost: \$5 Instructions provided

Participants provide fabric, batting and thread

Prerequisite: Sewing Machine Basics, Experience sewing a tote bag, shorts, or skirt

Skills Learned:

- How to use a rotary cutter, ruler, and mat
- Simple machine piecing techniques
- Pressing techniques
- Machine Quilting
- Quilt Binding using the pillowcase method

Supplies Needed:

- Five coordinating fabrics, 1/3 yard each, or enough fabric scraps to make 25 rectangles that are 7.5" X 10"
- 1 ½ yards coordinating fabric for the quilt back
- 1 36" X 50" piece low loft cotton or polyester batting
- Matching thread
- Basic sewing equipment
- Sewing machine and extension cord
- Extra sewing machine needles
- 2 bobbins



SERVICE PROJECT: OPERATION SMILE

Friday, July 19, 2019
Bridgerland Technology College
325 W 1100 S, Brigham City
1-4 p.m.

Come and sew a hospital gown or pair of "No No" Arm Bands for Operation Smile. Operation Smile performs cleft palate and cleft lip surgeries all over the world. The hospital gowns will be used during the surgery and the "No No" arm bands during recovery to prevent children from touching their faces.

Come and bring your sewing machine / serger, fabric, thread, bias tape and ribbon and stay as long as you can. Your efforts will help to create smiles around the world.

Please register on ut.4honline.com.

Supplies Needed:

Hospital Gown (1)



1 yard of light weight woven or knit cotton or cotton/ polyester fabric in bright fun colors (do not use religious, war or gun themed prints)

Matching Thread

1 package of matching bias tape for a hospital gown

"No No" Arm Band (4 pairs)



1 yard of light weight woven or knit cotton or cotton/ polyester fabric (do not use religious, war or gun themed prints)

Matching Thread

4 yards of coordinating 1/4" ribbon for each pair of "no no" arm bands

Sewing Machine, extra needles, bobbins

Serger, rotary mats, rulers, and cutters if you have them

Basic sewing equipment