



# 4-H Community Service Sewing



Teaching citizenship and leadership through the 4-H Clothing program is rewarding and fun. 4-H members and adult volunteers learn “doing for others” using their skills to create articles needed by area families.

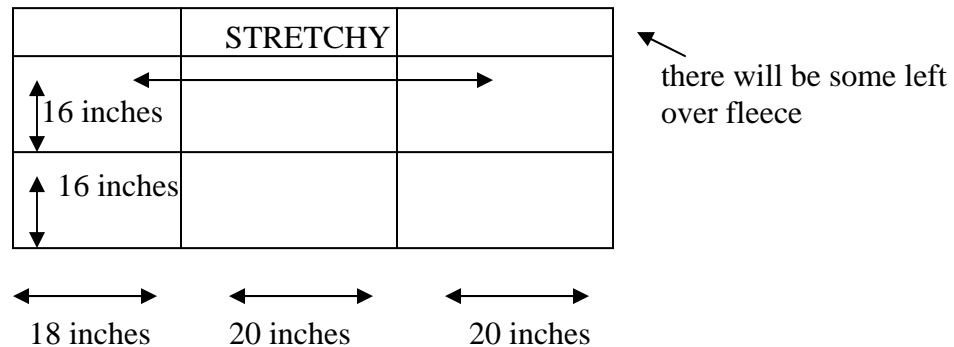
The Minidoka County Kid in a Hat community service-sewing project was developed after learning about the “Kids Helping Kids” program sponsored by Oregon State 4-H in Tillamook County, Oregon and other community sewing projects done by Ohio State 4-H. Many organizations help sponsor programs that sew for community service. They include polar fleece hats, comfort caps for chemotherapy patients, full size dolls for children’s hospitals and many more. There are several web sites listed at the end of this handout than can be visited for more information.

Kid in a Hat concentrates on making polar fleece hats to donate to area children through local schools. This has continued as an annual activity with hats being donated to the Mini-Cassia Christmas Council. 4-Hers in neighboring counties were also interested in the patterns and suggestions we had after our first sewing day.

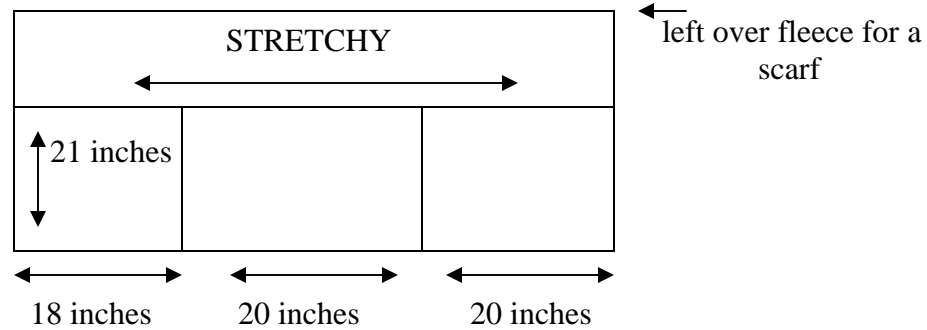
To keep it simple three styles of hats can be made today. They will be referred to on the patterns as the gathered hat, the pleated hat and the fringed hat. The gathered and pleated hats will be cut from the same pattern; the differences are in how they are sewn. The fringed hat is made from a longer piece of fleece so a fringe can be cut on the end.

Polar fleece usually comes 58 to 60 inches wide; there is some fleece that is as wide as 66 inches. If you are careful you can get six gathered or pleated hats from one yard of fleece or three fringed hats with a left over piece suitable for a scarf.

Here is an example of how a 36 X 60 piece of fleece could be used for six gathered or pleated hats:



Or three fringed hats and a scarf:



All hats are cut out as a rectangle. Today, using a yardstick, we will be marking the fleece with chalk. This is not the recommended method in 4-H sewing projects but it will be the quickest and easiest method for today. Be sure to mark on the wrong side of the fabric. (Note: When fleece is stretched it rolls to the wrong side.) The most important thing to remember when cutting out the hat is that the stretchy direction of the fabric goes in the right direction. That is the stretch goes around the head not up and down. The patterns on the next page will help show this, if you have a question please ask before cutting.

You can make different sizes of hats by varying the width of the piece of fleece you cut. Based on head size, as measured around the head above the eyebrows, they are:

- XXS - 14 inches
- XS - 16 inches
- S - 18 inches
- M - 20 inches
- L - 22 inches
- XL - 24 inches

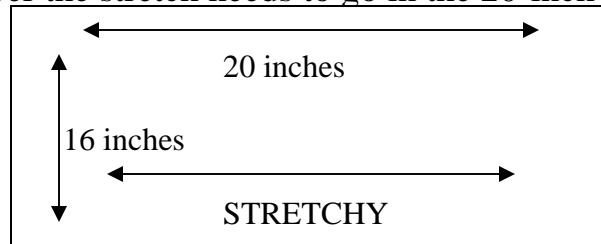
Measure your head and make a hat out of your favorite fleece for yourself. Ideally hats in the 18-22 inch wide size will work well for the widths of fleece we have. For example three 22 inch wide hats wouldn't fit but two 20 inch wide and one 18 inch wide might. The gathered and pleated hats will be cut 16 inches high and the fringed hat will be cut 21 inches high.

Relax; this is a lot easier than it looks! Ask lots of questions and **HAVE FUN!!!!!!!!!!**

## Pattern for the Gathered Hat:

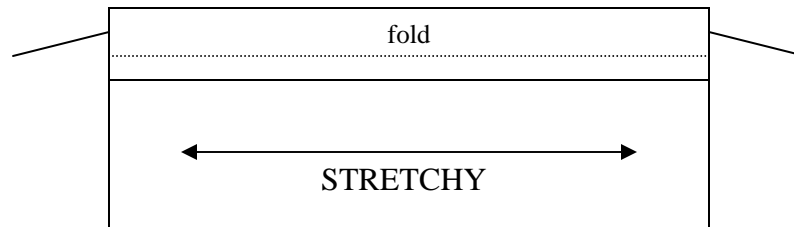
(read all the instructions before starting)

1. Cut rectangle, 16 inches X 20 inches (adjust this second measurement for the correct size), remember the stretch needs to go in the 20-inch direction.

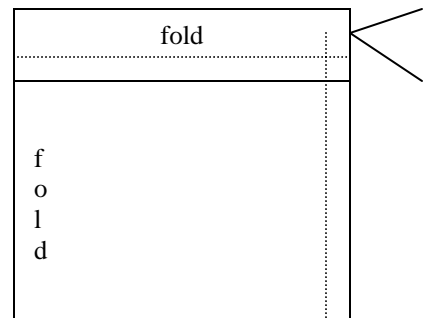


2. Cut a 24 inch long piece of cording

3. Fold long end 1½ inch down over the top of cord (wrong side to wrong side) and stitch ¼ inch from cut edge to form a casing.

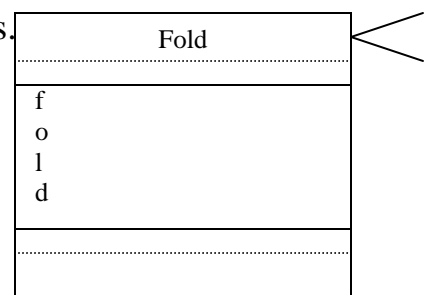


4. Fold in half, right side to right side. Sew a ½ inch seam up the side, stop just before the top so the cord remains free.



5. Turn up the bottom end (wrong side to wrong side) 3 inches and stitch ¼ inch from cut edge.

Use a zig-zag stitch for this seam so it will stretch over your head. This double area will cover the ears.



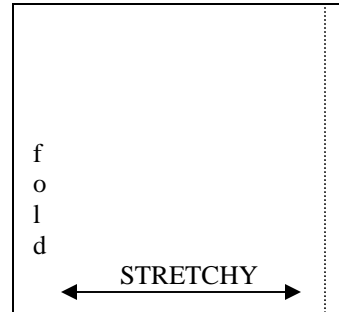
6. Turn right side out, pull cord up tight

and tie in a double knot. We will *not* be adding beads, as they may be a safety hazard.

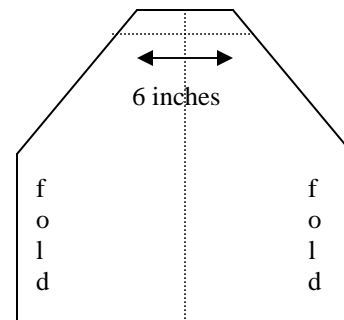
### Pattern for the Pleated Hat:

(read all the instructions before starting)

1. Use the same cutting instructions as the gathered hat.
2. Fold in half, right side to right side. Sew a ½ inch seam up the side.



3. Still with right sides together and the seam in the middle of the side facing you form two inward pleats in the top. Poke the “sides” in so they meet in the middle, but on the inside of the tube, squaring up the top.

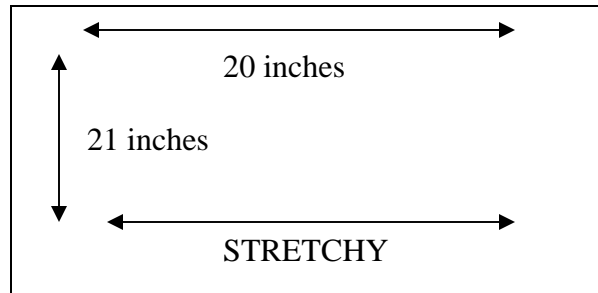


4. Sew across the pleated section on the top. This should be about 6 inches across.
5. Turn up the bottom end (wrong side to wrong side) 3 inches and stitch ¼ inch from cut edge, (remember to zigzag this seam). This double area will cover the ears. (This is the same as the gathered hat).
6. Turn right side out.

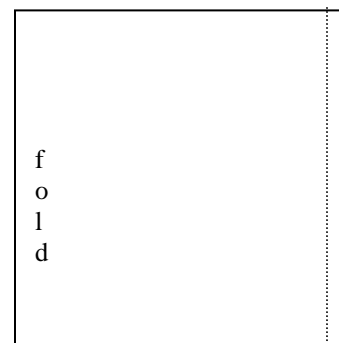
## Pattern for the Fringed Hat:

(read all the instructions before starting)

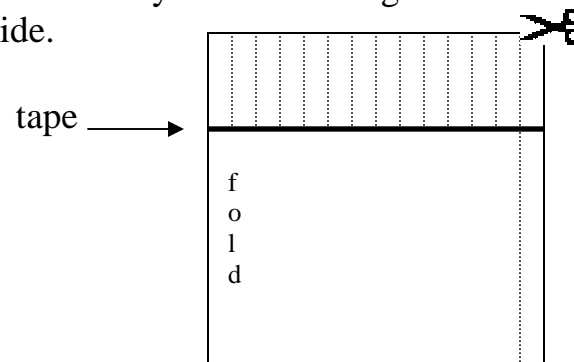
1. Cut rectangle, 21 inches X 20 inches (adjust this second measurement for the correct size), remember the stretch needs to go in the 20-inch direction.



2. Fold in half, right side to right side. Sew a 1/2 inch seam up the side.



3. Lay a piece of narrow masking tape across the top six inches down from cut edge. This will be the stopping place when you cut the fringe. Cut long fringes each about 1/2 inch wide.



4. Turn up the bottom end (wrong side to wrong side) 3 inches and stitch 1/4 inch from cut edge (remember to zigzag this seam). This double area will cover the ears. (This is the same as the gathered and pleated hat.)
5. Remove the tape and clip off one long fringe at the bottom. Put the fringe around the hat where the tape was and pull tight and tie. This will gather the hat at the top. If you don't want to use one of the fringes use a six-inch piece of cording.

*For more information:*

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## Sewing for Community Service Websites

<http://www.sewing.org/enthusiast> - The Home Sewing Association has many service ideas and helpful sewing information. Special kids, teens and charitable sewing pages and many more links.

<http://www.sewyoungsewfun.com> - A Husqvarna Viking web site designed to stimulate the teen spirit through creativity.

<http://www.nancysnotions.com> - Sewing with Nancy, look for free projects, “Creative Kindness”, for lots of service projects and ideas.

<http://www.marinecomfortquilts.us> - Campers at the 2005 4-H/Youth Summer Camp made quilt blocks. This organization is made up of military families joining together to bring a measure of comfort to the families of the military men and women lost in service to their country. Their goal is to provide a Comfort Quilt to the primary next of kin of each of these fallen heroes. Our 4-H blocks can be seen on many of the quilts in Gallery #56.