

CLOTHING AND TEXTILES

Name: _____ Club: _____

| Date | Leaders Initials |
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Guidelines for Project Proficiency Awards

Beginning (1st and 2nd year)

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| 1. Demonstrate the ability to stitch a straight seam. | _____ | _____ |
| 2. Learn to backstitch. | _____ | _____ |
| 3. Recognize a woven, knit and non-woven fabric. | _____ | _____ |
| 4. Identify grain lines (cross & lengthwise) salvage, and bias of woven fabrics. | _____ | _____ |
| 5. Learn why and how to pre-shrink fabric. | _____ | _____ |
| 6. Identify and show proper use of sewing equipment; such as tape measure, shears, seam gage, seam ripper, fabric markers. | _____ | _____ |
| 7. Identify sewing machine parts. | _____ | _____ |
| 8. Wind a bobbin and correctly thread a sewing machine. | _____ | _____ |
| 9. Learn to pin baste. | _____ | _____ |
| 10. Learn to use an iron and how to press a seam open. | _____ | _____ |
| 11. Sew on a two or four hole button. | _____ | _____ |
| 12. Learn to hem by machine - straight or blind stitch. | _____ | _____ |
| 13. Learn to blind hem by hand. | _____ | _____ |
| 14. Learn to stay stitch and where to use it. | _____ | _____ |
| 15. Learn how to "stitch-in-the-ditch." | _____ | _____ |
| 16. Learn to take accurate body measurements and select the proper pattern size. | _____ | _____ |
| 17. Identify pattern markings. | _____ | _____ |
| 18. Layout pattern on fabric using proper grain lines. | _____ | _____ |
| 19. Learn at least one method to transfer pattern markings to fabric. Name the method: _____ | _____ | _____ |
| 20. Learn at least one method of machine gathering. | _____ | _____ |
| 21. Learn how to and where to clip, grade, and notch seam allowances. | _____ | _____ |
| 22. Learn to sew on clothing fasteners such as snaps; hook & eye; hook and loop. | _____ | _____ |
| 23. Learn to put in a single lap zipper. | _____ | _____ |
| 24. Recognize appropriate seam finish for fabric and seam function. | _____ | _____ |
| 25. Learn to launder or care for fabrics of the items made. | _____ | _____ |
| 26. Sew a complete outfit. | _____ | _____ |
| 27. Demonstrate the ability to select colors and/or textures that go together. | _____ | _____ |
| 28. Select an outfit with all accessories for a particular occasion. | _____ | _____ |
| 29. Learn to put in a facing with interfacing. | _____ | _____ |
| 30. Give at least one demonstration related to the clothing project at County Presentation Day. | _____ | _____ |
| 31. Participate at least once in County Fashion Review (any division). | _____ | _____ |

Revised 12/92

Leaders Signature: _____ Date: _____