

Juliette Sews



Objectives:

This patch program will help girls learn more about sewing by hand and by machine. These requirements to earn this patch have been collected from past Girl Scout handbooks, badge books, online resources and more.

Grade Level Requirements:

To earn this patch, everyone must complete requirements 1, 2, 3 and 4. Each grade level must also complete the minimum number of activities.

Grade Level	Required Item #s	Additional # of Requirements
Brownie	1, 2, 3, 4	5
Junior	1, 2, 3, 4	7
Cadette	1, 2, 3, 4	9
Senior/Ambassador	1, 2, 3, 4	11

Requirements:

- Learn about sewing supplies and their purposes (needles, pins, pincushion, thread, thimble, scissors, patterns, rotary cutter, rotary mats, tape measure and more).
- Visit a fabric or quilting shop.
- Learn how to select and care for sewing tools. What does the sewing term "notion" refer to?
- Assemble your own personal sewing box or kit. Include scissors, pins, needles, thread, tape measure, pincushion and thimble. Learn about different sizes, kinds of needles and threads.
- Try your hand at sewing with a needle and thread. Try at least two kinds of stitches. Options can include, but are not limited to, running stitch, hemming stitch, slip stitch or others.
- Sewing card – Find out why sewing cards are used, look up images of them, and make your own. Cut out a large picture of your choice (the simpler the better; coloring pages work well). Glue or tape the picture onto a piece of cardboard. With an adult's help, punch holes outlining the picture. If you want, add more holes for the details. Tape one end of the yarn to the back of the card. Wrap the other end of yarn with tape, making a needle for easier threading. Materials needed: large magazine pictures, colored yarn, glue stick, cardboard, hole puncher and tape.
- Learn about the following: needlepoint, crewel work, knitting, crocheting and cross-stitching. Make a sampler.
- Fashion and fabric go together. Find out about the kinds of decorative pieces that may be added to clothing, pillows or personal items. Learn one of the following types of work: crewel, crocheting, knitting, lacework, tatting, quilting, braiding of yarn, threads or ribbon, tassels, fringe or pom poms.
- Embroidery is an art that uses thread to decorate fabrics. Each stitch gives the work a different look or texture. Try your hand at stem stitch (used to outline designs), satin stitch (used to fill in a design) or cross-stitch (used to outline and fill in a design). Place fabric inside the embroidery hoop; this will stretch the fabric and make it easier to embroider. Materials needed: scrap of fabric (a different color from the thread), embroidery thread, needle and hoop.
- Do all three of the following embroidery and needlepoint projects:
 - Identify at least eight of the following stitches: outline stitch, chain stitch, back stitch, cross-stitch, blanket stitch, stain stitch, darning stitch, French knot, lazy daisy stitch or couching.
 - Draw a design on paper or using a computer/tablet. Use at least five of the stitches listed above. Convert a design or your initials to graph paper and show four ways that the graph design can be made using the stitches listed above.
 - Use at least five stitches listed above to create your own picture or wall hanging, decorate a garment or household item. Add other decorative touches if you wish, such as beads, natural materials or buttons.
- Learn about quilting terms and techniques. What are patchwork or pieced designs, appliqué, tufting, embroidery and quilting? Visit a quilt show or look up examples of handmade quilts online.
- Quilting – Learn how to cut shapes for pieced designs and appliqué. Transfer designs onto fabric for other processes. Do samples and diagrams so that you can teach others.
- Button collage – Get a small piece of fabric (felt will do). Arrange the buttons on the fabric until you're happy with the design. Carefully mark where each button belongs on the fabric with a pencil. Sew the buttons onto the fabric to finish the collage. Materials needed: 6" x 6" fabric, pencil or chalk (if using dark fabric), needle, scissors, thread and buttons of different types, colors, sizes and shapes.



Juliette Sews (continued)

14. Learn about different types of fabric and what they are used for (cotton, rayon, silk, wool, burlap, fleece and more.) Fabrics have difference widths textures, colors and designs. What fabrics do you like? How much fabric do you need to make a particular item? What is the cost?
15. Look at pattern books and choose a pattern you like. Look at the number of pattern pieces and the amount of fabric needed. Discuss the fabric you would choose. Is it the same as the pattern company recommended? Are there extras, as in interfacing, zip-pers, buttons, hooks, snaps or elastic?
16. Perfect Fit – Use the diagram on a pattern envelope to figure out your size. Have a friend or family member measure wherever you see a solid line on the diagram. Figure out your size according to the diagram.
17. Learn the parts of the sewing machine and how to care for the machine.
18. After you have completed requirement number 17, learn how to use the machine and practice basic sewing with it. Show how to thread and switch the bobbin. Practice stitching evenly.
19. What is the foot on a sewing machine? List different types of feet that can be used on the sewing machine and what they are used for.
20. Explore different types of sewing machines (basic sewing machine, embroidery machine, serger, etc.) What brands are on the market? Do they differ in price? Pick one of the above comparison shops. Are they the same or different?
21. Learn and practice using the different stitches that sewing machines make (straight stitch, zigzag stitch, button hole stitch and decorative stitches).
22. Be able to name the different sizes of needles used on a sewing machine. Also list recommended sizes for cotton, denim and knit.
23. What accessories can be purchased for sewing machines?
24. Compare the quality of sewing in three ready-made garments. Consider the styles, the quality of the materials used, and the time it would take to make the garments. Compare the cost of buying to that of making a one.
25. Make a messenger bag, drawstring bag, tote bag or pillowcase. Patterns can be found on the Internet.
26. Take a class in hand sewing, machine sewing, knitting or crochet.
27. Sew for Service – Choose items to make for people in need (women’s shelters, hospitals, nursing homes, community, etc.).
28. Choose a fabric you have learned about. Make a pillow, blanket or item that is needed by hand sewing or machine.
29. Explore careers in sewing and list the careers. When you have listed as many careers as you think there could be, try to locate people in your community who have those careers. Contact one to come to your troop meeting. Interview the person to discover how she or he became interested in such a career. What training is needed? Does he or she find satisfaction in his or her job? Would you like to have a career in sewing?