

## MEMBER MANUAL

*Cultural heritage is the passing on by education, discipline, or training of anything valued or appreciated...a process, a skill, knowledge, understanding, traits, and traditions. Daily our grandparents are moving out of our lives taking with them this kind of information. If this information is to be saved at all, for whatever reason, it must be saved now; and the logical researchers are the grandchildren. In the process, these youth gain an invaluable, unique knowledge about their own roots, heritage, and culture.*



# HANDWORK FROM OUR HERITAGE

(This manual may be used for more than one year. Please keep it for future use in this project.)

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### Check List for Project Completion:

- Project Record signed by member, parent and leader. \_\_\_\_\_
- History of Handwork with sources cited \_\_\_\_\_
- Demonstration/illustrated talk given \_\_\_\_\_
- Completed Handwork item(s) for exhibit based on AREA and Unit requirements \_\_\_\_\_

### Criteria for the Judging/Evaluation:

- Materials used work well for intended purpose
- Correct technique is used (i.e., stitches properly formed, paint correctly applied, attention given to details)
- Pleasing overall appearance (color coordination, design, structure, etc.) \_\_\_\_\_
- Item appropriately finished (edges and/or surface as appropriate) \_\_\_\_\_



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Handwork from Our Heritage logo designed by Lori Howe, Lacefairy.com

## **OBJECTIVES**

1. Learn skills of centuries-old handwork arts for your own use or knowledge. Handwork arts are considered any process skill, knowledge, trait, or tradition, made by hand, from our heritage. For this project the handwork art or craft should have a history dating back at least 100 years.
2. Preserve skills of our past by using people resources in your community.
3. Practice self-motivation, critical thinking, problem solving and positive identity skills.
4. Have fun learning and expanding your own creativity in a challenging project.
5. Acquire knowledge of how to research the origin of heritage arts and crafts.

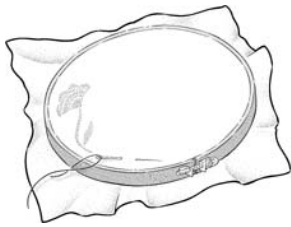
## **GENERAL REQUIREMENTS FOR ALL AREAS**

NOTE: Several handwork art and craft areas are listed in this project and others may be added. Under each AREA, (e.g., embroidery, quilting, rug making), Units are found (e.g., Unit 1, 2). Each single Unit of an AREA is a project. Only one Unit is necessary to complete a project. Units need not be completed in order if the member has the interest and skills to complete a higher numbered Unit first.

1. Choose one AREA and set at least three goals that you want to achieve in this project. You are not limited to the AREAS listed here. You may pursue other subjects such as those listed in AREA N in this manual.
2. Develop those skills necessary to accomplish your goals.
3. Learn the skills needed to complete this project by using the knowledge of a person in your community who has this skill, such as a 4-H leader, grandparent, or any interested person, and by finding and using written materials about your subject area.
4. In your own words write a history of the handwork you chose as your project AREA. Include when and where the handwork started, what it was used for and how and where it came to this country. Each year you do this project AREA expand your history to include materials used through the years, changes in the art, major influences, etc. Use the library, reference books, the Internet, personal interviews, etc. for sources. Be sure to cite your sources.
5. Complete the specific Unit requirements within the AREA chosen as a project.
6. Give a demonstration or illustrated talk sharing with others a skill you have learned.
7. Complete the 4-H Project Record (#91950) and 4-H Involvement Report (#91910) with 4-H story. Be sure to list the AREA and Unit that you are doing for your project.
8. Exhibit your records and the finished item(s) as listed in the exhibit requirements under the AREA and Unit that you chose.

## **REFERENCES**

There are many books and other written materials about each project area. Videos showing how to do some of the arts and crafts are also available. Check your library, fabric and craft shops, and the Internet. People in your community who are skilled in the art or craft may also have resources they would be willing to share.



## AREA A: EMBROIDERY OR CREWEL

Examples of finished items for exhibit: picture, wall hanging, pillow or pillow case, bookmark, place mat, tablecloth or napkins, Christmas ornament.

- Unit 1 Learn how to do flat, looped, linked and knotted stitches.  
Learn about various threads and yarns.  
Exhibit 1 finished embroidery item using some of the stitches you learned.
- Unit 2 Learn 3 or more couching and filling stitches.  
Learn about various background materials and how to use them in embroidery or crewel.  
Exhibit 1 finished embroidery item using some of the stitches you learned. May include stitches learned in Unit 1.
- Unit 3 Learn how to do drawn thread stitches (such as Hemstitching, Hardanger, Needleweaving)  
or drawn fabric embroidery (such as smocking)  
or an insertion stitch  
Learn the many and varied uses, past and present, for hand embroidery or crewel.  
Exhibit 1 finished item using the type of embroidery you learned.
- Unit 4 Learn how to do machine embroidery, using a backing or stabilizer.  
Learn appropriate stitches, stitching techniques, fabric, thread, and needle choices.  
Exhibit 1 finished machine embroidered item.
- Unit 5 Decorate a clothing item with embroidery stitches. The item may be one you have made or purchased. Examples: vest, blouse or shirt, skirt, sweatshirt, collar or yoke on a dress or blouse, hat, baby garment, etc.  
Select embroidery stitches, pattern and thread or yarn appropriate for the item.  
Exhibit your decorated clothing item.
- Unit 6 Design your own project and select appropriate fabric and thread or yarn.  
Use any combination of stitches you have learned.  
Exhibit your original project.

## AREA B: SPECIALTY EMBROIDERY

**Counted Cross Stitch, Candlewicking, Huck, Swedish, Russian, Silk Ribbon, Brazilian, Blackwork, Cutwork, etc.**

Examples of finished items for exhibit: picture, wall hanging, pillow, bookmark, place mat, towel, tablecloth or napkins, Christmas ornament.



- Unit 1 Select one type of specialty embroidery and learn the basic stitches/techniques.  
Learn about the fabric, needles, thread, yarn or ribbon used for this type of embroidery.  
Exhibit 1 finished item using the stitches/techniques you learned.

- Unit 2 Learn new stitches/techniques,  
or improve on the ones learned in Unit 1,  
or select a more involved project,  
or use a different fabric, thread, yarn, etc. (i.e. Counted Cross Stitch – use a smaller  
count cloth; Candlewicking – try using narrow ribbon).  
Exhibit 1 finished item showing what you learned.
- Unit 3 Decorate a clothing item with specialty embroidery stitches. The item may be one you  
have made or purchased. Examples: vest, blouse or shirt, skirt, sweatshirt, collar or  
yoke on a dress or blouse, hat, baby garment, etc.  
Select embroidery stitches, pattern and thread or yarn appropriate for the item.  
Exhibit your decorated clothing item.
- Unit 4 Design your own project and select appropriate fabric and thread or yarn.  
Use any combination of stitches you have learned.  
Exhibit your original project.

### **AREA C: NEEDLEPOINT**

Examples of finished items for exhibit: picture, wall hanging, pillow, seat cover, decorated box,  
bookmark, Christmas ornament.

- Unit 1 Learn and practice basic diagonal stitches such as continental, tent, and half-cross  
stitches.  
Learn about several different kinds of yarns and needlepoint canvases.  
Using any kind of needlepoint canvas and with an appropriate yarn for that canvas,  
make one item using a diagonal stitch you learned.  
Learn to block and finish the needlepoint item.  
Exhibit your item.
- Unit 2 Learn and practice at least 3 different pattern stitches.  
Learn about 5 different kinds of yarns and 3 different kinds of needlepoint canvases.  
Using any kind of needlepoint canvas and with an appropriate yarn for that canvas,  
make one item using pattern stitches or pattern and diagonal stitches.  
Block and finish the needlepoint item, if appropriate.  
Exhibit your item.
- Unit 3 Learn how to work with plastic canvas.  
Learn joining and finishing stitches for plastic canvas.  
Make one item using plastic canvas and any combination of stitches you have learned  
including a joining or finishing stitch.  
Exhibit your item.
- Unit 4 Design your own project and select appropriate canvas and yarn.  
Use any combination of stitches you have learned.  
Block and finish the needlepoint item, if appropriate.  
Exhibit your original project.

## AREA D: APPLIQUE



Examples of finished items for exhibit: picture, wall hanging, pillow, place mat, tablecloth or napkins, decorated clothing item.

- Unit 1 **HAND APPLIQUE** – Make an appliqued item securing the applique by hand.  
Learn about appropriate fabrics to use for hand applique.  
Learn how to use/make templates and transfer designs.  
Learn how to cut appliques and prepare them for stitching (such as basting, mitering corners, paper turning).  
Learn proper stitching techniques for durability.  
Exhibit 1 finished hand appliqued item.
- Unit 2 **MACHINE APPLIQUE** – Make an appliqued item securing the applique by machine.  
Learn appropriate fabrics to use for machine applique.  
Learn how to prepare and secure the applique for machine stitching.  
Learn the different techniques and stitches to use for machine applique such as straight-stitching and zigzag stitching.  
Exhibit 1 finished machine appliqued item.
- Unit 3 **REVERSE APPLIQUE** – Layers are stacked, and shapes cut away to expose the fabric layers beneath. The areas left on top are then secured at the cut edges to those below.  
Learn appropriate fabrics to use for reverse applique.  
Learn the basic techniques for designing and stitching reverse applique.  
Make an item using reverse applique.  
Exhibit 1 completed item using reverse applique.

## AREA E: QUILTING

Units may be completed in any order depending on the type of quilt you choose to make. Units may be repeated, making larger, or more involved projects each year.



- Unit 1 **TIED QUILT** – Make a tied quilt of any size (doll, baby, bed covering, quillow, other). A tied quilt is defined as a top, filler and backing fastened together with thread or yarn knots at regular intervals over the quilt.  
Learn to choose the most suitable fabrics for the top, filler, and backing.  
Learn the types of knots and thread or yarn to use.  
Learn how to prepare the quilt (marking where to tie, assembly, etc.).  
Learn to finish the edges of your quilt, or finish your quilted item appropriately.\*  
Exhibit your finished quilt.
- Unit 2 **HAND QUILTING** – Make a hand quilted item of your choice (pot holder, wall hanging, pillow cover, doll or baby quilt, bed covering, quillow, hand or tote bag, quilted clothing item, other). Hand quilting is defined as the process of sewing the layers of a quilt together using small, even stitches in a decorative design. Quilt may be constructed using:  
A. A plain top and back, or

B. A pre-printed fabric top and plain back.

Learn about the most suitable materials for hand quilting.

Learn about quilting designs and techniques for transferring designs to fabric.

Learn how to assemble the quilt and baste it together for quilting. Decide which type of basting to use – hand running stitch, safety pins, quilt tacks, spray glue for basting.

Learn basic hand quilting techniques.

Finish the edges of your quilt or finish your quilted item appropriately.\*

Exhibit your finished quilted item.

Unit 3 MACHINE QUILTING – Make a machine quilted item of your choice (start with a small project such as a pot holder, wall hanging, doll quilt, hand or tote bag, decorated clothing item, or pillow cover, about 16” x 16” or smaller).

Learn how to assemble the quilt and baste it together for quilting. Decide which type of basting to use – hand basting, safety pins, quilt tacks, fabric-adhesive spray.

Learn and practice different types of machine quilting such as straight-line quilting and free-motion quilting.

Finish the edges of your quilt or finish your quilted item appropriately.\*

Exhibit your finished quilted item.

Unit 4 PATCHWORK, APPLIQUED, OR EMBROIDERED QUILT -

Make a quilted item of any size using patchwork, applique, or embroidery (pillow, vest, jacket, hand or tote bag, doll or baby quilt, wall hanging, bed covering, other).

Learn about different techniques for making a decorated quilt top.

See Areas A and B on **embroidery and applique** for guidelines on making your quilt top using those techniques.

**Patchwork** – the joining of pieces of fabric to form a larger unit of fabric. Pieces may be machine pieced or hand pieced depending on the pattern.

Learn about the different types of designs – one-shape (all pieces are the same shape and size) or block-unit (pieces are first joined into a block, either by piecing or applique).

Choose a design and learn the techniques for assembling that design.

Learn about fabrics appropriate for using in a pieced quilt top.

Select a pattern for your quilt top and make it using the appropriate techniques.

Select and use the most appropriate technique - tying, hand quilting, or machine quilting your item, to enhance the design of your project.

Finish the edges of your project or finish your quilted item appropriately.\*

Exhibit your finished quilted item.



\*Finishing Techniques for quilt, wall hanging, pot holder, etc. – Select a method of finishing your quilt appropriate to the type of quilted item, fabric used, and according to your ability.

Examples of finishing techniques and levels of difficulty are:

Basic finishes:

- a) Envelope or pillowcase method (Note: This finish is done before the quilt is tied or quilted. With right sides together, machine stitch around edge, leaving an opening at one end to turn the item right side out. Hand or machine stitch the opening closed.)
- b) Self-finished edge - extended binding, machine stitched



- c) Self-finished edge – seam allowances turned under and topstitched.

Intermediate finishes:

- a) Self-finished edge – extended binding, hand stitched
- b) Self-finished edge – slipstitched
- c) Bound edge - bias or straight, single or double fabric, machine stitched
- d) Decorative edge – self-finished edge with trim added like piping, ruffles, etc., hand or machine stitched.

Advanced techniques:

- a) Bound edge – bias or straight, single or double fabric, hand stitched
- b) Curved or shaped edge finish, machine or hand stitched
- c) Decorative edge – self-finished edge with trim added like picot, prairie points, dust ruffles, etc., hand or machine stitched.

## **AREA F: RUG MAKING**

- Unit 1    **HOOKED RUGS** – Select either punched hooked rugs or latch hooked rugs.

Learn basic skills and tools used in rug making.

Make a hooked rug according to your purpose and size desired.

Exhibit your finished rug.



- Unit 2    **BRAIDED RUGS** – Research different methods, select one method to fit your need.

Learn basic skills of braiding.

Make a braided rug of the size you desire showing the skills you have learned.

Exhibit your finished rug.

- Unit 3    **WOVEN RUGS** – Research the different types of woven rugs, select one method or type of woven rug.

Learn the basic techniques for that type of rug.

Make a rug of the size you desire showing the skills you have learned.

Exhibit your woven rug.

## **AREA G: MACRAME**

Examples of finished items for exhibit: belt or strap, wall hanging, pillow cover, trim for a garment, hanging or standing sculpture, basket, plant hanger, place mat, rug, scarf or shawl, chair seat or back, jewelry, vest, covering for a bottle, door stop or lamp shade.

- Unit 1    Learn the basic knots of macramé. Make a sampler of the basic knots.

Learn different types of twine and yarn and their best uses.

Make at least one macramé article (in addition to the sampler) based upon your ability and age.

Exhibit one finished macramé article. (Do not exhibit sampler.)

- Unit 2    Learn how to combine basic knots for new designs.

Learn some advanced knots and techniques.

Make at least one article that shows your ability to use increasing intricate knot combinations. Try using two or more colors to create a design.



Exhibit one finished macramé article.

- Unit 3 Learn how to create a macramé project.  
Learn to use added material such as beads, wood pieces, or ceramic objects, in a creative way in a macramé object.  
Make at least one article from an original design.  
Exhibit one finished macramé article.

### AREA H: TOLE PAINTING



- Unit 1 Learn to use tole painting brushes, sponge brush, flat brush, and round brush.  
Learn to clean your brushes and care for your equipment.  
Learn to sand and seal your wood.  
Learn to re-sand and apply a base coat.  
Learn to transfer a design to your article.  
Complete your article, using pen work for details as needed.  
Exhibit your finished article.

- Unit 2 Learn comma strokes.  
Learn to shade.  
Make an article using these skills and those learned in Unit 1.  
Exhibit your finished article.

- Unit 3 Learn to use a liner brush.  
Make an article using the skills learned.  
Exhibit your finished article.

### AREA I: CERAMICS



- Unit 1 Learn and practice the proper way to handle and clean greenware.  
Learn how greenware is fired. You may have someone else fire your greenware, but you need to learn about the process.  
Learn to apply a simple glaze.  
Exhibit one glazed ceramic piece.
- Unit 2 Practice and learn more about the proper way to handle and clean greenware.  
Learn how ceramic molds are used and poured and how greenware is made.  
Learn to apply paint or stains to ceramic ware.  
Exhibit one painted or stained ceramic piece.
- Unit 3 Learn about more skilled techniques such as combined finishes, chalking, dry brushing and antiquing.  
Learn more difficult color detailing.  
Make an item using these skills and those learned in Unit 2.  
Exhibit one ceramic piece showing a new complex technique you have learned.

- Unit 4 Learn a new glazing technique such as overglazes, textured glazes, stenciling, spilled glazes, spun glazes, two-color-glazes, or finger painting.  
Learn what causes problems and how to avoid them.  
Make an item using these skills and those learned in Unit 1.  
Exhibit one piece showing a new glazing technique.



### AREA J: BEADWORK

Examples of finished items for exhibit: necklace, bracelet, ring, ear rings, choker, key ring, hair clip, barrette, hair band, hat band, book mark, scarf, shirt, skirt, moccasins, bag, wall hanging, bead sculpture.

All units may be repeated by learning new, more advanced techniques such as split loom techniques, adding fringe, edge beading, or two needle weaving.

- Unit 1 **STRINGWORK** – Learn the different types and sizes of beads.  
Learn basic string beading techniques including backstitching techniques.  
Learn to start and end a bead chain using jewelry findings.  
Learn to do the arrow, shell, ladder, or daisy chain.  
Exhibit several items showing beading techniques you have learned.
- Unit 2 **LOOM WORK** – Make or purchase a beading loom.  
Learn to string a beading loom.  
Learn loom beading.  
Learn to decrease and increase rows.  
Learn to tie off and bury the thread.  
Learn to add a new thread.  
Exhibit one beadwork item made on a loom.
- Unit 3 **WOVEN BEADWORK** – Learn the basic techniques used in woven beadwork.  
Learn the peyote stitch (tubular, flat, circular, or two-drop)  
Learn another woven beadwork stitch such as netting, brick stitch, or backstitch.  
Learn to increase and decrease rows.  
Learn to tie off and bury the thread.  
Learn to add a new thread.  
Exhibit one woven beadwork item.
- Unit 4 **BEAD EMBROIDERY** – Learn to stitch beads onto a leather or cloth backing.  
Learn to transfer patterns onto backing.  
Learn basic bead embroidery including backstitch.  
If using leather, learn how to cut the leather and control the tension while beading.  
If using fabric, learn how to use an embroidery frame while beading.  
Exhibit one item showing beading embroidery.



### AREA K: WHEAT WEAVING

- Unit 1 Learn to harvest and clean your wheat.  
Learn to store your wheat – gather for next year.  
Learn Spiral weaving.



Make a mordiford (single heart, candle, bells).  
Exhibit 1 completed item.

Unit 2 Learn Plaiting – Reverse weaving.  
Learn tying methods or a windmill.  
Make a display of several ways to use plaiting, or one Welsh Fan, or other more difficult item.  
Exhibit completed item or display of plaiting.

UNIT 3 Learn to make corn dollies involving several types or braiding, an African Fringe or other more difficult woven project, a Wagon Wheel, or creative project of your own design.  
Exhibit 1 completed item.



### **AREA L: ORIGAMI**

Examples of finished items for exhibit: a mobile, a box display, an ornament, a vase of flowers, a theme display such as water animals or a garden scene. Use your creativity to find a fun way to display your origami pieces.

Unit 1 Learn and practice the techniques of making careful precise folds and corners.  
Learn to follow origami directions by learning basic origami language and symbols such as: mountain fold, valley fold, crease, fold and cut symbols, and directional symbols.  
Learn several preliminary origami bases such as the bird base (a flattened square), the pinwheel base, the balloon base (a flattened triangle), the fish base, etc.  
Learn basic origami techniques such as the pocket fold, the hood fold and the flattening technique.  
Make a display of origami pieces folded from the bases you learned and using the techniques you learned.  
Exhibit your display of origami pieces.

Unit 2 Learn more advanced origami techniques such as turning inside out, puffing, cutting, multiple folds, two-part origami, multiple paper origami, and detail work.  
Make origami pieces using these skills and those learned in Unit 1.  
Exhibit your origami pieces in a display of your choice.

### **AREA M: DRIED FLOWER ART**

Examples of finished items for exhibit: picture, wall hanging, shadow box, vase arrangement, wreath, potpourri, notepaper or greeting card.

Unit 1 **PRESSED FLOWERS** – make or purchase a flower/leaf press.  
Experiment to learn the best way to press different flowers and leaves.  
Learn how to avoid mold and mildew.  
Learn which flowers press the best.  
Using flowers you have pressed, make an item for display.  
Exhibit your item.



Unit 2 **DRIED FLOWERS** – learn different methods of drying flowers, weeds and plants, such as hanging, pressing, or drying in silicon. Learn which flowers dry best using these methods. Learn how to preserve dried flowers. Using flowers you have dried, make an item for display. Exhibit your item.

**AREA N: ALTERNATIVES**

There are many types of handwork arts and crafts that have influenced the growth of our nation. We have not included all of those possibilities here. If you have an interest in a specific area not included, please use the following guide and explore it on your own.

Unit 1 Select and define the specific AREA.  
Learn the basic skills and practice them.  
Exhibit at least 1 item using the skills learned.

Unit 2 Select and define the specific AREA  
Learn the more complex skills necessary to advance in this project.  
Exhibit at least 1 item using the skills learned.



Some possible subjects you might want to explore are:

- |                      |                           |                               |
|----------------------|---------------------------|-------------------------------|
| Basket weaving       | Jewelry Making            | Rope making                   |
| Batiking             | Lace making               | Sand Painting                 |
| Block printing       | Marquetry (wood inlay)    | Scherinsnette (paper cutting) |
| Braiding             | Mosaics                   | Stained Glass                 |
| Carding and spinning | Natural dyes              | Tatting                       |
| Charcoal Drawing     | Ojos (God’s Eyes)         | Tin punching                  |
| Doll making          | Paper-making              | Tintype photography           |
| Felting              | Period or ethnic costumes | Weaving                       |
| Fretwork             | Precious metal work       | Whittling                     |
| Glass Etching        | Puzzlemaking              | Wood carving                  |
| Heritage Toys        | Quilling (paper rolling)  | Woodburning                   |

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