

Sew Glam



Breakin' It Down

You don't have to be a celebrity to have your own line of cool clothes or custom-designed accessories and bedroom décor! The "Sew Glam" Interest Project will take your sewing and knitting skills to superstar status.

HERstory

Many girls, including Sara A. from Lindsborg, Kansas, asked for IPs "completely devoted to 'girlie girl' kinds of things." The Sew Glam Interest Project reflects that request and one of the hottest trends in fashion today: self-made glamour (distressed jeans, embroidered appliqués, knitwear, etc.).

You've Got MAD Skills

Katie O. (Troop 187) of Aberdeen, South Dakota, also inspired the IPs activities and patch design with her great suggestions. In partnership with the Home Sewing Association, Girl Scouts of the USA has adapted activities for Sew Glam so that girls like you across the country can:

- Develop sewing and knitting techniques that will benefit your wardrobe now—and your career in design later
- Unleash creativity on existing pieces to make old and ordinary into new and glamorous!
- Personalize your space by creating unique pieces

Helpful Links

There are several organizations and online resources that would be helpful for researching and doing the activities in this IP, such as:

- The Home Sewing Association (www.sewing.org) and their Sew Trendy site (www.sewtrendy.com)
- The Craft Yarn Council of America (www.craftyarncouncil.com)
- American Sewing Guild (www.asg.org)
- The Professional Association of Custom Clothiers (www.paccprofessionals.org)
- www.craftster.org
- www.craftPOP.com

And definitely connect with adults who have sewing and knitting skills—if your advisor doesn't, ask around at your local Girl Scout council for help connecting with an adult who does.

Important!

Because some activities require instructions beyond the scope of our available space, we've included helpful links to related DIY projects. These links are only suggestions for you to consider—you can use **any** instructional resource to help create what the activities below call for.

While a sewing machine is definitely a useful tool to have, it's possible to complete all of the activities in the Sew Glam IP by hand. If you're interested in learning how to use a sewing machine, check with your Girl Scout council, school, community organization, and friends to see about machine availability and classes. When working with needles (sewing, knitting, or otherwise), exercise caution and common sense.

Need Help?

Want more info on IPs? No problem. Read the [Intro](#) before diving into "Sew Glam."

Just want a quick refresher on what to do? Okay, in order to earn any of these Interest Projects, you must:

- Do the one **REQUIRED** activity
- Do **ONE** activity of your choice from each of the **THREE** categories (LEARN, DO, SHARE)
- Design and do **ONE** activity of **YOUR OWN**
- Create a short **REFLECTION** after you've completed **all of the activities**

Food for Thought! Often, an activity in the "LEARN" category will help you build a skill that you'll have the chance to try in the "DO" category and then share in the "SHARE" category. Make connections between the "steps" when planning which activities you'll do. For an example of a skill-building connection, check out the fourth activity of each Sew Glam category.

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Required: Sewing has been an art form since the Stone Age (30,000 B.C.). Beyond the basic stitches we sew to repair clothes, sewing has evolved into a decorative art that can be divided into three kinds: needlepoint, cross-stitch, and embroidery. Because embroidery is the art of embellishing fabric with freestyle stitches for decorative purposes, it's the logical choice of style for an IP called "Sew Glam." For instance, pairs of destroyed, embroidered jeans have been spotted on red carpets—that's glam; however, they can cost you \$150 in the store—that's 150 reasons to learn how to make your own distressed jeans! Start off with a pair of jeans you already own (or pick up a pair from a thrift shop). It's easy enough to use a cheese grater, bleach pen, and/or pinking shears to create the "vintage jeans" look. Add your choice of embellishments like embroidery or sew-on appliqués, sequins, cord, paint, felt patches...whatever! NO iron-ons allowed. Got a "sisterhood" of friends? Invite them over to help create designs you can add to the "traveling pants."

LEARN

1. Invite a local clothier, dressmaker, tailor, or fashion design student to advise you (and your group) on stitching. While creating a personalized pillow for your room, learn and practice four different kinds of sewing stitches: back stitch; blanket (also known as "buttonhole"); cross stitch; and running stitch. See www.sewing.org/enthusiast/html/ehd_funky_fun_felt_pillow.html for instructions; however, pillows can be made with any fabric, color, and design you like. Hint: a good source for stitch "how-to" descriptions is Susan B.'s online dictionary (www.inaminuteago.com).

2. Learn how to sew from a pattern. Purchase a simple, beginner's pattern from a fabric store or find a pattern online. Consider making a cozy for your cell phone (www.craftster.org/forum/index.php?topic=20816.0). To make the cell phone cozy, you'll need:

Fabric of your choice	Assorted embroidery thread	Embellishments of your choice (like beads, sequins, charms, gems, fabric flowers, etc.)
Paper	Small button or Velcro™	
Pencil	Scissors	
Embroidery needle	Zigzag shears (optional)	

3. Take your stitching to the next level by translating a picture into a piece of stitched art. Use an image like the cover of your favorite band's album, a magazine cover, a photograph of you and your BFF, etc. See "De Faced Competition" for examples <http://embroidery.embroiderersguild.com/2003-6/rudgley.htm#satin>. Use the fabric of your choice (felt, denim, calico, satin, etc.). When you're finished, it'll make a really cool personalized wall decoration. This piece could also serve as part of a design portfolio, if you decide to attend a fashion design school. Make a list of fashion design schools you'd like to go to and their entrance requirements.

Hint*: To transfer the pattern to your fabric for embroidering, draw the design on paper and firmly pin the paper in place on the fabric. Using running stitch, stitch the outlines of the design onto the fabric. Soak the design in water to soften the paper and then tear the paper off.

Another hint*: You can enlarge or reduce the image you want to embroider by 1) tracing the image, 2) drawing a grid (like graph paper) to mark squares across it, 3) drawing a second (larger or smaller) grid, making the squares as many times smaller/larger as the amount by which you want to reduce or enlarge the picture; 4) square by square, copy the image by drawing it on the second grid.

4. Learn how to knit by joining a knitting group, taking a knitting class, asking a friend/relative, or teaching yourself. Organize a "Knit Wits" group (in or outside of Girl Scouts) of people who are interested in learning how to knit, too. Beware: Once you start knitting; it's hard to stop!

DO

1. Pick a season*. Are you ready for a spring fling? Make over one of your skirts by adding an embellishment to it (like a "flounce" or lining along the bottom) to it (www.sewing.org/enthusiast/html/et_flounce.html). Are things heating up for summer? Make a pair of flip flops all your own by embellishing them with hot glue and your imagination. Are fall leaves, um, falling? Make a tote bag out of corduroy or denim. Are you walking in a winter wonderland? Knit a scarf, hat, arm warmers, or legwarmers. (*pick only one season)

2. It seems that no matter where we're going, we've got stuff to take with us. Make a handy tote bag for yourself or as a gift. Consider making a cool beach carry-all (www.sewtrendy.com/beach_towel_carryall.pdf), a school tote (www.sewing.org/enthusiast/html/et_shouldersatchel.html), or an overnight bag. For cute tote bag design ideas, see www.lulubelles.com/handbags.html and www.fashioncompassion.com/bagmenu.htm.

NOTE: If you make a tote bag in No. 2 of LEARN, you can't do No. 2 in DO; if you want to do No. 2 in both, you can but you can't make a tote bag for your LEARN activity. Why not make a cell phone cozy (No. 2 LEARN) for your tote (No. 2 DO)?

3. Back-to-school can be a stressful and expensive time of year. Save the trip to the store and dive into what you've already got at home. Re-make one complete outfit—T-shirt, jeans, bag—by adding or subtracting (making an existing shirt into a graphic tee with your very own witty saying on it or a pair of jeans into a jean skirt, for example). Design and/or make an accessory for your "new" outfit, such as a belt (www.sewing.org/enthusiast/html/efs_chain_ribbon_belt.html), pin (search "flower pin" at www.diynetwork.com), scarf (www.lumana.com/DIY/scarf_pancho/scarf_pancho.htm), or bag (www.hiraeth.com/youngembroiderers/projects/bags/bag1.htm).

Check out "Trends & Tips" in the "Style" section of www.studio2b.org for cool DIY accessory ideas.

4. As a money-earning activity, come up with a marketable product to sew or knit. Come up with a catchy name for your "signature product line" and design a logo for it. Work with your advisor and/or group to sell the product at a community event or location. Advertise your products to the community prior to the sale.

NOTE: If you're earning money for your Girl Scout group, be sure to get the "okay" from your council first.

SHARE

1. Bounce a ball across the land (or ocean)! The goal is to design and make a fabric ball and see how far and wide you can "bounce" it by having it sent to no less than five people. Start by picking a pattern of your choice for a fabric ball. Next, make the ball—be sure to sign the ball with your name, location, age, and a message to your "friends far and wide." Include instructions about how to send your ball to others (and how to return it to you), for example:

- A. Brief intro about yourself and this project
- B. Space for five "friends" to write their information (first name, age, location, date)
- C. Ask that everyone who receives the ball signs it like you did and then forwards it one of their friends in another part of the state/country/world.
- D. Include a request that the fifth person to sign it returns it to you (if you want, you can always send it back out for more signatures).
- E. Your mailing address for the fifth person to return the ball to you. (Consider getting a P.O. Box for this to ensure your safety and privacy.)

Finally, send the ball to one of your Girl Scout, Girl Guide, or non-Girl Scout friends who lives in a different part of the state, country, or world. Where did your ball go? We'd love to know! Tell us where your ball went at info@studio2b.org!

TIPS! Check out www.sewing.org/enthusiast/html/e_fabric_ball.html for pattern ideas. A cool twist to this activity is to ask that "ballers" e-mail you a picture of the ball from everywhere it bounces!

Hints*: Use just enough stuffing to make a ball that can flatten to fit in a large envelope. Your Girl Scout friends can include USA Girl Scouts Overseas or WAGGGS members.

2. Pamper a pet by making a toy, blanket, bed, outfit, or embellished collar for your community's animal shelter or a friend. If possible, visit the shelter to present your gift. It's up to you to pamper your own "Tinkerbell" or "Lola" with a creation, too, (but first make something for the animal shelter or someone else's pet).

3. Donate your time to sew for charity. Contact a women's shelter, homeless shelter, or assisted-living home and offer your sewing skills to help make alterations for a resident. Shelters often have clothes that are donated which may need to be repaired, altered, or hemmed so that residents can wear them to job interviews. Residents of assisted-living homes may have clothes that need similar attention. Or, create a quilt or panel for an organization to raise breast cancer awareness (see [In the Pink IP](#)) or AIDS awareness. The NAMES Project Foundation's AIDS Memorial Quilt (www.aidsquilt.org) is the largest ongoing community arts project in the world with more than 44,000 colorful panels. If you make a quilt or panel for charity, do so with a group in the tradition of sewing and quilting bees amongst friends and family.

4. Knit (or crochet) for a cause or charity of your choice (see www.craftPOP.com (search on "charity")) for an idea of available craft charities). Consider making hand-knit caps for cancer patients in hospital oncology units or hospice care; knitting blankets for the homeless, infants, or abandoned animals—your heart is in your hands.

Sources: Megan McConnell, BellaOnline's Embroidery Editor, (www.bellaonline.com); Wikipedia (www.wikipedia.com)