



PRAIRIE VIEW  
A&M UNIVERSITY  
COLLEGE OF AGRICULTURE  
AND HUMAN SCIENCES

Cooperative Extension Program

TEXAS A&M  
**AGRILIFE**  
EXTENSION

# EXPLORE



## Clothing and Textiles

*Basic Sewing Skills*



[texas4-h.tamu.edu](http://texas4-h.tamu.edu)

The members of Texas A&M AgriLife will provide equal opportunities in programs and activities, education, and employment to all persons regardless of race, color, sex, religion, national origin, age, disability, genetic information, veteran status, sexual orientation or gender identity and will strive to achieve full and equal employment opportunity throughout Texas A&M AgriLife.



# EXPLORE

## TEXAS 4-H CLOTHING AND TEXTILES



meetings.

### Purpose

Texas 4-H is designed to develop the youth of our state into productive adult citizens. The 4-H Program uses a non-formal educational process of engaging youth in a "learning by doing" process. This includes hands-on opportunities, participation in workshops and clinics conducted by volunteer leaders or professionals, as well as competitive experiences which allow 4-H members to demonstrate the knowledge they have gained. Through this entire process, the youth are learning key life skills such as working with others, teamwork, cooperation, and goal setting. Through all experiences, youth get to interact with adult volunteers and county Extension agents.

### What is 4-H?

4-H members across the nation are responding to challenges every day in their communities and their world.

As the youth development program of the Cooperative Extension System of land-grant universities, 4-H is the nation's largest youth development organization, empowering six million young people throughout the United States. Cooperative Extension of 1862 and 1890 land-grant universities provide leadership to engage young people in 4-H in all 3,007 counties of the United States. The impact of the Cooperative Extension partnership is profound, bringing together National Institute of Food and Agriculture of USDA, land grant universities and county government to resource learning opportunities for youth.

Through America's 110 land-grant universities and its Cooperative Extension System, 4-H reaches every corner of our nation—from urban

### Description

The Texas 4-H Explore series allows 4-H volunteers, educators, members, and youth who may be interested in learning more about 4-H to try some fun and hands-on learning experiences in a particular project or activity area. Each guide features information about important aspects of the 4-H program, and its goal of teaching young people life skills through hands-on experiences. Additionally, each guide contains at least six learning experiences, which can be used as a project guide, or as activities for six different 4-H

neighborhoods to suburban schoolyards to rural farming communities. With a network of more than 6 million youth, 600,000 volunteers, 3,500 professionals, and more than 25 million alumni, 4-H helps shape youth to move our country and the world forward in ways that no other youth organization can.

### Texas 4-H

Texas 4-H is like a club for kids and teens ages 5-18, and it's BIG! It's the largest youth development program in Texas with more than 550,000 youth involved each year. No matter where you live or what you like to do, Texas 4-H has something that lets you be a better you!

You may think 4-H is only for your friends with animals, but it's so much more! You can do activities like shooting sports, food science, healthy living, robotics, fashion, and photography.

Look for 4-H clubs at your school, an after-school program, a community center, or even on a military base or through the reserves for military families.

Texas 4-H is part of the Texas A&M AgriLife Extension Service and the Texas A&M System. Founded in 1908, 4-H is the largest youth development program in Texas, reaching more than 550,000 youth each year.

### The 4-H Motto and Pledge

"To Make the Best Better!"

I pledge: My HEAD to clearer thinking, My HEART to greater loyalty, My HANDS to larger service and My HEALTH to better living, For my Club, my Community, my Country, and my world.

### Participating in 4-H

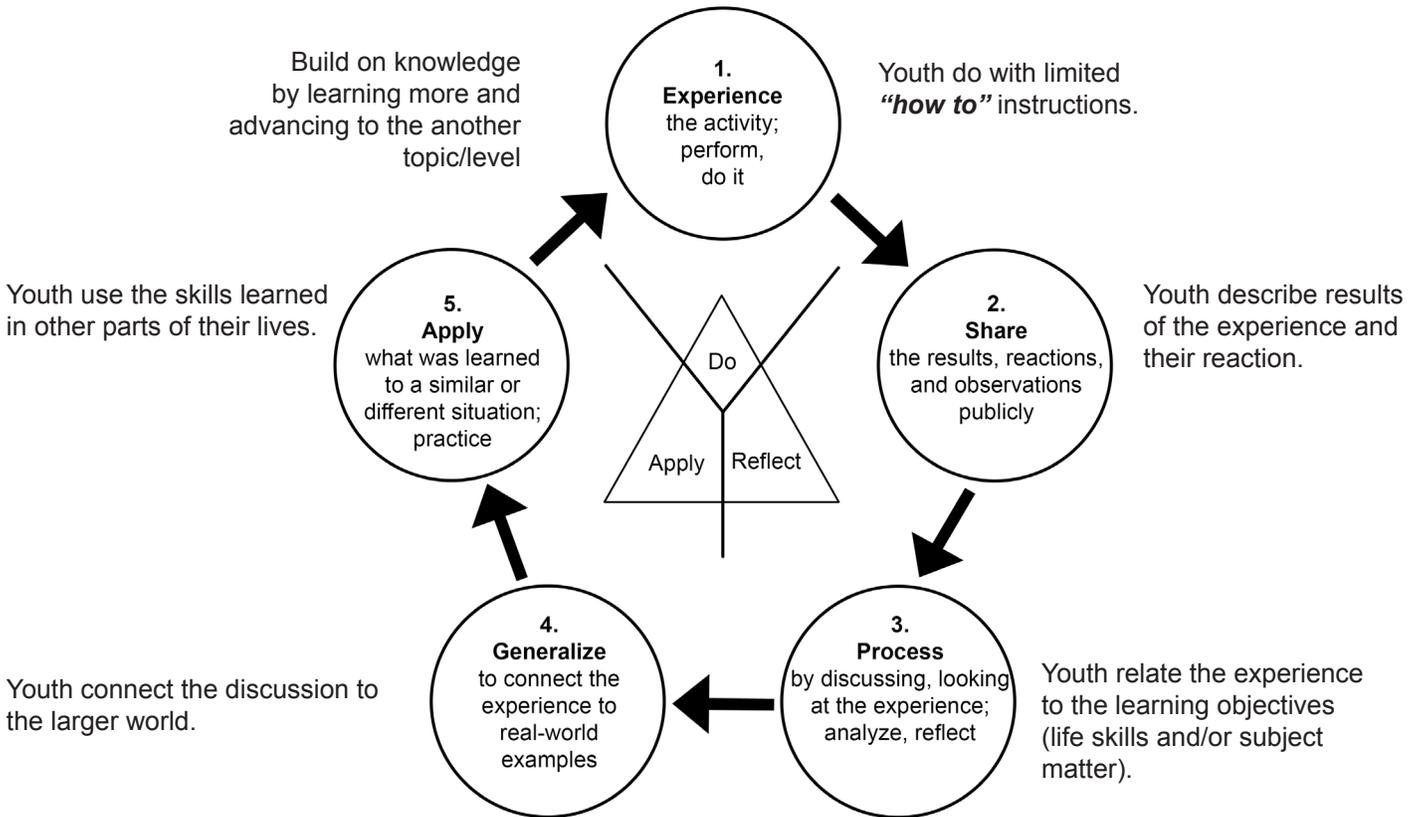
4-H is a great program because it provides options for young people to participate. From a 4-H club located in your community, a SPIN club that focuses on one particular project area, or participating in 4-H through your classroom at school, 4-H allows youth to learn in many different environments. If you are interested in joining 4-H, contact your County Extension Office and ask for a list of the 4-H clubs in your area. If you are a school teacher/educator and would like to use 4-H curriculum or these project guides in your classroom, contact your Extension Office as well for assistance.



## 4-H “Learning by Doing” Learning Approach

The Do, Reflect, Apply learning approach allows youth to experience the learning process with minimal guidance from adults. This allows for discovery by youth that may not take place with exact instructions.

### EXPLORE THE CONTENT Introduction of the topic, overview and exploration of content, and review of objectives





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# Know Your Sewing Machine



## EXPLORE THE CONTENT:

A sewing machine is used to stitch together two or more pieces of fabric. Manufacturers, designers and novice seamstresses use sewing machines to create apparel and home interiors. Think about the items you purchase in a retail shop and ponder the many examples. Learning how to use a sewing machine is the beginning of creating your own clothing and household items.

Before you start to sew, take time to become familiar with your sewing machine. Begin by identifying the parts of the machine and calling them by their proper names. Identify the purpose and function of each part of the machine. The best way to learn the parts of the sewing machine is to review the Sewing Machine Manual. Use this document as a reference to go back to and review directions.

There are many sewing machine brands. Examples include Bernina, Singer, Janome, Pfaff, Brother, Juki, and more. Sewing machines are also categorized for personal use and for industrial applications (factories). A simple investment of a quality machine can offer individuals a life-time hobby, a career, and the fun and excitement of creating items that are unique and one of a kind. Four-H members may be carrying their machine to local, district and state events and competitions, so caring for the machine and keeping it in travel-mode is important. Your Sewing Machine Manual can instruct you on how often the machine should be serviced (oil, timing, tension adjustment, etc.). Youth can take diligent care of their sewing machine by cleaning and servicing on a regular basis. It's a clever idea to label the machine so it can be identified (i.e., name of 4-H member).

Identify a place in your home where you will keep your sewing machine. You may want to purchase a sewing machine table whereby you can install the sewing machine. The sewing machine table will facilitate "setting-up", "taking-down" and possibly storing of the machine.

## DO:

### Activity 1: Terminology

Provide each youth a listing of sewing machine parts. Review the parts with the group.

### Activity 2: Navigating the Sewing Machine Manual

Have each youth bring a copy of their Sewing Machine Manual. Divide the youth into groups of three. Have them split the

## TIME:

40-90 minutes

## MATERIALS NEEDED:

- Sewing machine
- Carrying case
- Sewing machine manual
- Thread
- Bobbin
- Bobbin case
- Scissors

## OBJECTIVES:

- Identify the parts of the sewing machine (terminology)
- Wind the bobbin
- Thread the machine
- Use the Sewing Machine Manual as a tool to understand how to operate the sewing machine

contents of manual into three parts (i.e., p.p. 1-9, p.p.10-19 and p.p. 20-29), or assign certain topics related to operating their machine (i.e., controlling sewing speed, changing the needle, and bobbin winding). After approximately 15 minutes, each person will explain what they read, until all contents of the Sewing Machine Manual have been discussed.

**Activity 3: Visual instruction**

As a group watch this video: Sewing 101 - Basic Parts of the Sewing Machine <https://www.youtube.com/watch?v=vXaS70tlvKQ> . Review what was covered in the video with the group.

**Activity 4: Sewing machine “set-up”**

Thread the lower part of the machine. Using instructions from the Sewing Machine Manual, follow the guidelines to wind the bobbin.

**Activity 5: Sewing machine “set-up”**

Thread the upper part of machine. Using instructions from the Sewing Machine Manual, follow the steps to thread the machine needle.

**Activity 6: Sewing machine identification**

Give participants a copy of the sewing machine diagram. Have the participants write the correct name of the sewing machine part by the number. Let another person review his/her answers using the answer key.

**REFLECT:**

Discussion after the activities:

- Is the sewing machine an important piece of equipment to own when participating in a Clothing & Textile project? Why or why not?
- What is something new you learned about the sewing machine?
- Was it difficult or easy to thread the bobbin and the needle of the machine? Which did you like doing best?
- How does learning the parts of the sewing machine help you in making a clothing or textile item?

**APPLY:**

- Practice threading the bobbin and the needle of the machine so that you will not need to rely on the Sewing Machine Manual for directions.
- Provide leadership to others by teaching them what the different parts of a sewing machine are and how to use them.
- What is the first item you will make using a sewing machine?

**REFERENCES:**

- Parts of Sewing Machine and Their Functions with Picture. Retrieved from: <http://textilelearner.blogspot.com/2012/11/parts-of-sewing-machine-and-their.html>
- Sewing Machine 101. Retrieved from: <https://www.youtube.com/watch?v=vXaS70tlvKQ>
- Janome Sewing Machine. Retrieved from: <https://www.google.com/>

# Activity 1: Parts of the Sewing Machine

Bobbin	Holds the thread inside the machine
Bobbin case	Holds the bobbin; allows the bobbin to turn and form the stitch; provides bobbin thread tension
Bobbin winder spindle	Holds the bobbin while it winds
Bobbin thread guide	Provides tension on the thread when the bobbin winds
Feed dog	Moves the fabric along as you sew
Foot or knee control	Controls how fast the machine sews
Handwheel	Controls the movement of the take-up lever and needle; can be controlled by power or by hand; always turn it toward you
Power & light switch	Turns the light off and on
Needle	Carries the thread and pierces the fabric
Needle clamp	Holds the needle in place
Needle plate	Fits around the feed dogs; the needle goes through it; it has a seam guide on it
Presser foot	Holds fabric in place while you sew
Presser foot lever	Lifts and lowers the presser foot
Reverse control	Allows the machine to stitch backward
Spool pin	Holds the spool of thread in place
Stitch-length control	Sets the length of the stitch
Stitch-pattern selector	Shows which pattern the machine will sew
Take-up lever	Pulls thread from the spool
Thread guides	Holds the thread in place on the sewing machine

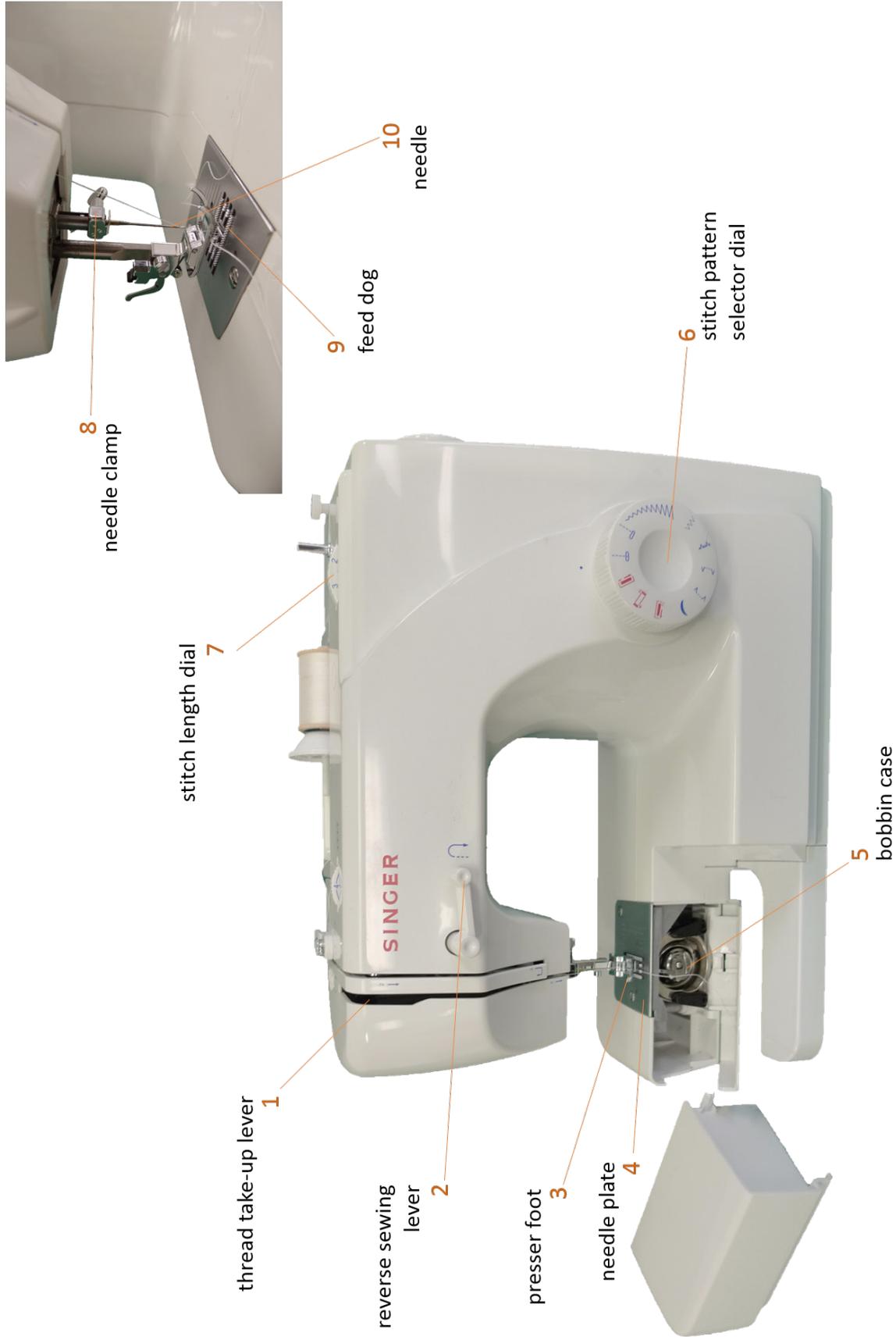
# Activity 6: Sewing Machine Identification



# Activity 6: Sewing Machine Identification



# Activity 6: Sewing Machine Identification - Answers



# Activity 6: Sewing Machine Identification - Answers



# Sewing a Line



## EXPLORE THE CONTENT:

Sewing a line is a basic yet critical component of making apparel, home furnishings, and competing in 4-H projects. All garments have lines: straight, diagonal, and curved. Lines may also be referred to as the edge of or the outline (silhouette) of a garment. The lines divide the space into a unique form, creating visual interest and surface appeal.

Sewing machines are equipped with seam guidelines on the throat plate to help you sew straight. One trick of sewing a straight line is to hold the fabric to the left of the seam allowance guide and using the second hand to guide the fabric. Sew at a slow, steady pace. This should be done by applying gentle pressure to the foot pedal.

## TIME:

40-45 minutes

## MATERIALS NEEDED:

- Sewing guides
- Pencil or fabric marker
- Lined notebook paper (several sheets per participant)
- Ruler
- Sewing machine
- Thread
- Straight pins
- Pin cushion
- Scissors
- Fabric (8" X 8")
- Dish or hand towel (one per participant)
- 20" ribbon (½" to 1" wide)
- Pictures of garments

## OBJECTIVES:

- Sew straight lines
- Sew variations of lines; straight, diagonal, curved, etc.
- Control the foot pedal
- Complete a Camp Caddy using sewing skills taught in the lesson

## Helpful hints:

- Have a comfortable chair
- Provide good lighting
- Be well rested
- Exhibit patience
- Have supplies organized and readily available
- Use good posture
- Take breaks
- Clean and organize sewing area after each session
- Have the Sewing Machine Manual available for problem solving

## DO:

### Activity 1

Lines in garments can be sewn in many directions (i.e., straight, curve, square, circle, pointed, zigzagged, etc.). Give each participant a picture of a clothing item (i.e., a clothing advertisement found in a magazine or online) and have the youth identify and talk about the lines found on the garment(s) in the photo. Point out to the youth diverse types of lines in the garments, such as decorative stitches, yokes, flap pockets, buttonholes, and gussets. Have the youth pair up and identify the types of lines in each other's clothing.

### Activity 2

Practice sewing lines on notebook paper. Do not thread the sewing machine needle. Sew all the lines on the sheet of paper, then evaluate your work. Practice until comfortable with the skill.

Note: Sewing on paper dulls the needle. Make sure to have a

spare needle and change it after practicing on paper.

### **Activity 3**

Set up the sewing machine. Take an 8" x 8" piece of fabric. Using the ruler and fabric marker, draw one continuous pattern, including straight, square, round, zigzag, pointed, and diagonal lines. Practice sewing lines by stitching over the drawn pattern. Share with the group by standing and explaining what you found the most and least challenging.

### **Activity 4**

Make a Camp Caddy. Using a hand or dish towel and ribbon you will make a washable and portable carrying case for toiletries. See project sheet for instructions.

### **REFLECT:**

- What type of line was the easiest and most difficult to sew? Why?
- Describe how lines can be used in a garment to make it visually interesting?
- What future careers can you think of that would require sewing?

### **APPLY:**

- How can these skills be used in future Clothing & Textile contests or projects?
- What other projects would you like to make using the skills you learned?

### **REFERENCES:**

- Tate, Sharon L., & Edwards, Mona S. (2004). Inside Fashion Design. Pearson. New York.
- Practice Sewing a Line. Retrieved from:  
<http://www.thesewinggeek.com/sewing-practice/>
- Bing images. Photos retrieved from:  
<https://www.bing.com/>
- Sewing Practice sheets. Retrieved from:  
<http://www.thesewinggeek.com/wp-content/uploads/Sewing-Practice-Sheets.pdf>

# Activity 4: Camp Caddy



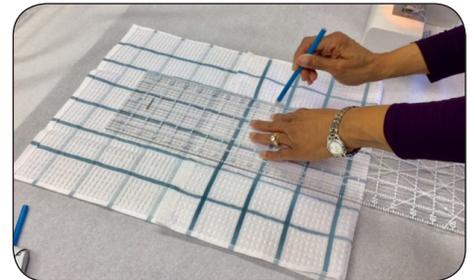
## INSTRUCTIONS:

1. Take a hand or kitchen towel (about 16 X 24")
2. From bottom edge, measure and fold-up 8."

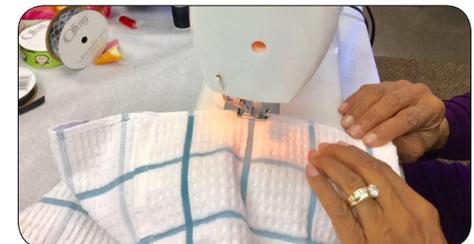


3. Pin.

4. Using your ruler, pencil marker, draw five pocket areas to hold camp toiletries (i.e., toothbrush, toothpaste, comb, brush, deodorant). Determine about how wide you want these dividers. Some can be wide, and other can be narrower. You decide.



5. Stitch the outside lines on edge of towel first.



## MATERIALS NEEDED:

- Hand or kitchen towel (about 16 X 24")
- Sewing machine with needle and thread
- Straight pins
- Plastic Grid Ruler
- Fabric marking pen

## OBJECTIVES:

The 4-H member will:

- Learn to sew straight lines.

6. Then, stitch inside lines.

7. Cut one piece of 20" long ribbon.

8. Sew ribbon to one side of sewn edge.

9. Secure and trim all threads.

10. Fold top down over sewn components.

11. Roll up from sewn side (without ribbon).

12. Tie with ribbon.

13. You have a Camp Caddy you can take anywhere! Store your toothpaste, toothbrush, hair brush, comb, and soap in this overnight portable!



# Sewing Equipment Uses & Safety



## TIME:

90-120 minutes

## MATERIALS NEEDED:

- 2 – sound making instruments (bell, mini clappers, etc.)
  - ½ yard of Muslin fabric per participant
  - Thread
  - Self-healing rotary cutting mat
  - Plastic gridded ruler
  - Rotary cutter
  - Rotary gloves (optional) \*recommended for youth 12-years and under
  - List of sewing tools for participants to bring
  - Guidelines for a Safe Duds to Dazzle Contest
  - 1-¼ yards of cotton fabric per participant
  - Sewing machine per participant
- List of items leader should tell 4-H members to bring to lesson:
- |                 |                |
|-----------------|----------------|
| • Seam gauge    | • Hand needle  |
| • Seam ripper   | • Marking pen  |
| • Straight pins | • Tape measure |
| • Thimble       | • Shears       |
| • Pin cushion   | • Scissors     |
| • Thread        |                |

## OBJECTIVES:

- Identify basic sewing equipment
- Demonstrate safe use of sewing tools
- Learn the proper way to use a rotary cutter and self-healing cutting mat.

## EXPLORE THE CONTENT:

It is important that sewers have a kit of basic tools. Let the participants know that they do not need to purchase new equipment if what they have are functional. When buying sewing equipment, select quality items. Proper care and storage of sewing tools will prolong their life and condition. Most sewing aids are designed for right-handed people, but some are available for those that are left-handed. During this lesson, the participants will become acquainted with basic tools, including their purpose and how to use them safely.

## BASIC SEWING TOOLS

**Seam Gauge** – one of the handiest items in a sewing box. It is a ruler that is 6-inches in length and has a moveable slide. It is used for marking hems, seams and other areas.

**Seam Ripper** – has a curved blade with a sharp point that easily slips under a stitch. It is used to rip out seams and looks like a pen. Remember to always work away from you and your fabric.

**Straight pins** – should be fine, sharp and rustproof. For younger youth, the ones with plastic coated heads are easier to use and see, but may melt if ironed. They come in ballpoint, extra-long, and extra fine varieties.

**Basic thimble** – used to protect your finger when pushing the needle through the fabric. Thimbles come in a variety of sizes. They are made of plastic, metal or leather.

**Pin cushion** – used as a safe method to store straight pins and needles, and prevent spilling. They are fabric covered and stuffed with sawdust or other materials. The strawberry on the traditional pin cushion is used to sharpen pins and remove rust. Some people prefer to use a wrist pin cushion.

**Thread** – needed for every sewing project. Types include: cotton, cotton wrapped polyester, silk, and polyester. Select a color that blends with your fabric.

**Hand needles** – come in several sizes and types. The most common for hand sewing are:

- Sharps – which are average length with round eyes
- Betweens – which are short needles with round eyes
- Crewels (embroidery) – which are of average length and have

long slender eyes

**Marking pens** – come in several colors and should be washable. On some, the marking will disappear after a short period of time, others will stay until removed by washing or spritzing with water.

**Tape measure** – should be treated fabric or plastic with metal tip ends. It is a 60-inches long. Most have the metric measurements on one side.

**Shears** – have shaped handles (one larger than the other) to fit your hand. They have long, sharp blades. The lower flat blade lets the fabric lie flat on the table as you cut.

**Scissors** – have the same size handles and come in many different lengths. The most useful size is the small embroidery, or craft, for snipping threads.

**Rotary cutter** – is a quick and easy tool for cutting long, straight lines and is used with a rotary mat. It consists of a handle with a circular blade that rotates.

**Self-healing rotary cutting mat** – is used to maintain a blades' sharpness and prevent damage on a working surface.

**Rotary safety glove** – is a cut-resistant glove used to protect the non-cutting hand when using a rotary cutter.

**Plastic gridded ruler** – is a clear ruler with easy to read markings. The ruler paired with the rotary cutting mat and rotary cutter help to make accurate cuts of single or multiple layers of fabric.

## DO:

Prior to the lesson, provide the participants a list of sewing equipment to bring to the meeting. Be sure to have the participants put their names on each piece of equipment. Be prepared to introduce unfamiliar pieces of sewing equipment that participants will be using.

### Activity 1:

Show the participants a sample of the drawstring bag they will be making. To create a drawstring bag, the participants will need to be able to identify and safely use the tools they brought. Ask the participants to lay out the tools on a table. Give each of the participants a copy of the Basic Sewing Tool Worksheet. Have each match their tools with the picture on the worksheet and read the purpose of the tool. As a group, review the Guidelines for a Safe Duds to Dazzle Contest handout.

### Activity 2:

Hold a mini quiz bowl to test what the participants learned from Activity 1. Divide the group into two teams.

1. Begin asking questions by alternating with teams. Participants may respond by using a bell, clappers, or another sound making instrument, or by simply raising their hand.
2. The first person to respond must answer the question. If the question is answered correctly, the team is awarded one point. If the answer is incorrect that team loses one point.
3. Ask the remaining questions as toss-up questions (any youth may respond).
4. The mini-match ends when all questions have been answered, or the designated time runs out. At the end of the round the team with the most points wins.

**Activity 3:**

Give a brief demonstration of how to use the rotary cutter, gridded ruler and rotary cutting mat together. Have each participant practice cutting a piece of muslin with the rotary cutter. Once each participant feels comfortable using the rotary cutter, have them take the fabric they brought and cut a piece that measures 14" X 16". From the 14" X 16" piece, cut two strips of fabric measuring 1" X 16".

**Activity 4:**

Demonstrate how to create a drawstring bag with the fabric from Activity 3 by using the step-by-step instructions provided. Participants can then create their own draw string bag.

**REFLECT:**

Discussion after the activity:

- What new sewing tools did you learn to identify and use in today's lesson?
- What sewing tool was the hardest to use, and why?
- Why is it important to learn about tool safety?

**APPLY:**

- How can you use your sewing tools to complete future 4-H Clothing & Textile projects?
- What other items besides a drawstring bag could you create using the sewing tools you have?
- Teach another person how to safely use one or more of the sewing tools from this lesson.
- How do you see yourself using safety precautions of equipment in future sewing projects?

**REFERENCES:**

- Fun with Clothes, Lesson 1, Florida 4-H:  
[http://florida4h.org/projects/fcs/clothing/files/Fun\\_with\\_Clothes/Lesson1\\_FunwithClothes.pdf](http://florida4h.org/projects/fcs/clothing/files/Fun_with_Clothes/Lesson1_FunwithClothes.pdf)
- Basic Tools, Sewing and Craft Alliance:  
[http://www.sewing.org/files/guidelines/1\\_105\\_basic\\_tools.pdf](http://www.sewing.org/files/guidelines/1_105_basic_tools.pdf)

# Activity 1: Basic Sewing Tools

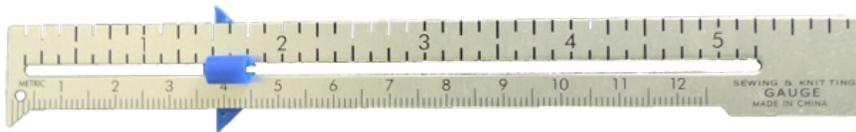


## PINS

Should be fine, sharp, and rustproof. NEVER put pins in your mouth; use a pin cushion.



## THREAD



A ruler that is 6 inches and has a moveable slide. Used for marking hems, seams and other areas.

## SEAM GAUGE

## MARKING PEN

Writing utensil used to make marks on fabric that can be removed later.



## THIMBLE

## SEAM RIPPER



A curved blade with a sharp point that easily slips under a stitch. Used to rip out seams. Always work away from you and your fabric. Seam rippers are sharp and can cut or puncture you.



## PIN CUSHION

Prevents spilled pins and are convenient. They are fabric covered and stuffed with sawdust or other materials.



# Activity 1: Basic Sewing Tools

## TAPE

A 60 inch measure with a metal or plastic tip end.

## MEASURE

## SCISSORS



Have the same size handles and come in many different lengths. The most useful size is the small embroidery or craft for snipping threads.

Needed for every sewing project. Types include cotton, cotton wrapped polyester, silk, and polyester.

## SHEARS



Have shaped handles (one larger than the other) to fit your hand. They have long, sharp blades. The lower blade lets the fabric lie flat on the table as you cut. Cutting paper with shears will dull the blade.

Used to protect your finger when pushing the needle through the fabric.

A Quick and easy cutting tool to cut long straight line. It consists of a handle with a circular blade that rotates. Always cover your cutter blade with its protective cover when it's not in use. Cut away from your body.

## ROTARY CUTTER



## HAND NEEDLES

For hand sewing. Come in a variety of types designed according to their use.

## CUTTING TOOLS

Hand sharp objects handle first to another person.  
Walk with blades pointing towards the floor.  
Keep shears, scissors, and rotary cutters closed when not in use.  
Cut away from you.  
Do not cut toward your other hand.  
Do not attempt to catch a dropped pair of scissors.

## Activity 2: Mini Quiz Bowl

1. What do you call a 6-inch ruler with a moveable slide for marking hems and seams?
2. What is a 60-inch measure with metal tip ends?
3. What has handles shaped to fit your hand (one larger than the other) and long, sharp blades for cutting fabric?
4. What tool comes in varied sizes and is best used for snipping threads?
5. What has a curved blade with a sharp point that easily slips under a stitch to rip it out?
6. What tool should be fine, sharp and rustproof?
7. What is used to protect your finger when pushing a needle through fabric?
8. What tool is used to hold straight pins during a sewing project?
9. What tool is needed for every sewing project? There are many types, such as cotton, silk and polyester.
10. What hand sewing tool comes in several sizes and types? The most common are sharps, betweens and crewels.
11. What tool comes in several colors and is used for marking fabrics?

## Activity 2: Mini Quiz Bowl - Answers

1. What do you call a 6-inch ruler with a moveable slide for marking hems and seams?  
**Seam gauge**
2. What is a 60-inch measure with metal tip ends? **Tape measure**
3. What has handles shaped to fit your hand (one larger than the other) and long, sharp blades for cutting fabric? **Shears**
4. What tool comes in varied sizes and is best used for snipping threads? **Scissors**
5. What has a curved blade with a sharp point that easily slips under a stitch to rip it out?  
**Seam ripper**
6. What tool should be fine, sharp and rustproof? **Straight pins**
7. What is used to protect your finger when pushing a needle through fabric? **Thimble**
8. What tool is used to hold straight pins during a sewing project? **Pin cushion**
9. What tool is needed for every sewing project? There are many types, such as cotton, silk and polyester. **Thread**
10. What hand sewing tool comes in several sizes and types? The most common are sharps, between and crewels. **Hand needles**
11. What tool comes in several colors and is used for marking fabrics? **Marking pen**

# Easy Drawstring Bag



## MATERIALS NEEDED:

- 1/2 yard of fabric
- Sewing machine with needle and thread
- Straight pins
- Plastic Grid Ruler
- Measuring tools
- Scissors and rotary cutter
- Iron and ironing board
- Safety pin
- Cutting Mat

## OBJECTIVES:

The 4-H member will:

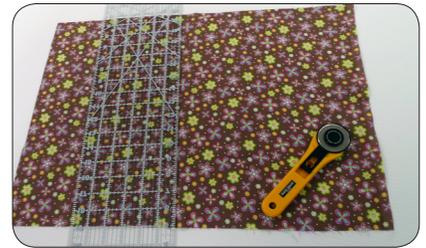
- Use basic sewing skills to create a drawstring bag basic sewing project.

## REFERENCE:

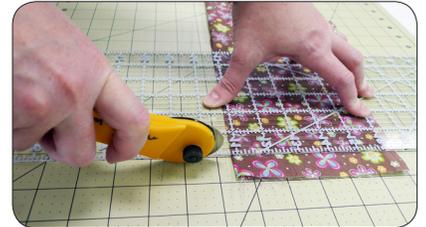
Adapted from:  
<http://www.burdastyle.com/projects/easy-drawstring-bag>

## INSTRUCTIONS:

1. Cut out a piece of fabric measuring 14 X 16".



2. Square edges.



3. From this rectangle cut two strips of fabric measuring 1 X 16" each.



4. Sew the ends of the two strips together, right sides together, creating one long strip.



5. Iron seam flat. Fold the long side of the strip towards the center. The pieces will meet.



6. Fold it again and stitch the along the folded edge side.



7. Lay the rectangle fabric with the right side down. Fold the long side  $\frac{1}{2}$  " and press down. Fold the short side  $\frac{1}{4}$  ", then  $\frac{1}{4}$  " again to hide the raw edge, and press down. Now fold the long side down  $1\frac{1}{2}$  ", pin and sew  $\frac{1}{4}$  " from the bottom edge to create a casing.



8. Fold the rectangle in half, right sides facing. Sew around the edges of the bag with  $\frac{1}{2}$  inch seam allowance, be careful to not sew the fold that you have created.



9. Turn the bag right side out.



10. Attach a safety pin to your long strip of fabric and feed it through the tube (casing). Tie a knot at both ends of the of fabric strip.



# Safety Guide: Guidelines for a Safe Duds to Dazzle Contest

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## General Guidelines

- Keep your work station and the floor area around your work station clean.
  - Keep shoes on at all times – you don't want to step on stray pins or needles.
  - Your work station must be clean before you leave.
  - Make sure you have a first aid kit available for minor injuries
- 

## Sewing Equipment

- NEVER put pins in your mouth; use a pin cushion.
  - Hand sharp objects handle first to another person.
  - Walk with scissor blades pointing towards the floor.
  - Keep shears, scissors, and rotary cutters closed when not in use.
  - Seam rippers are sharp and can cut or puncture you.
  - Cut away from you.
  - Do not cut toward your other hand.
  - Do not attempt to catch a dropped pair of scissors. Let them fall and then pick them up.
- 

## Rotary Cutters

- Always cover your cutter blade with its protective cover when it's not in use; it's a good habit to form.
  - Handle replacement blades with care.
  - Cut away from your body.
  - Don't throw old blades directly in the trash can; put them in an old case or wrap in heavy paper.
  - Always use a ruler.
  - Always use a rotary mat!
  - Keep fingers and knuckles away from the ruler's edge where the cut will be made.
  - Never have pins on your mat or try to cut fabric that has pins in it. As soon as you roll over a pin with your cutter, you will have a dead spot in the blade, which will not cut through the fabric.
  - Stand over your work when cutting, so that you are looking directly down on your ruler.
  - Keep the blade vertical against the ruler, not tilted.
  - The blade side of the cutter, should be closest to the ruler
- 

## Iron Safety

- Iron on a high, stable surface, such as an ironing board.
  - Make sure the electrical cord is out of reach.
  - Unplug the iron immediately after use, and place it out of the way.
  - Only touch an iron on the handle!
  - Keep your fingers and face away from the steam and soleplate on the iron.
  - Rest the iron on its heel, not flat down on its soleplate.
- 

## Hot Glue Gun

- Place a piece of paper or cardboard under the safety stand to catch hot glue drips and prevent damage to the underlying surface.
  - Always focus on the gluing task. If you need to look away from gluing, put the hot glue gun down.
  - Do not touch the heated nozzle of a hot glue gun.
  - Never leave a hot glue gun unattended.
- 

## Sewing Machine

- Thoroughly review and understand information provided in the owner's manual, with particular attention to safety procedures.
  - Use an appropriate speed when sewing.
  - Keep your fingers away from the needles and all moving parts!
  - Don't lean your face too close to the machine – just in case a needle should break.
  - Remove pins before sewing over them.
  - Unplug electrical equipment by the plug, never by the cord.
  - Never operate equipment that has frayed cords!
  - Place all electrical cords out of the way so they aren't a tripping hazard.
  - Make sure equipment is off before changing needles or any other parts.
-

# Ironing and Pressing

**TIME:**

90 to 120 minutes

**MATERIALS NEEDED:**

- Writing utensils (pencil or pen)
- Terminology Flashcard Worksheet
- Fabric Fill-in-the-Blank Quiz
- Fabric Fill-in-the-Blank Answer Key
- Example of Ironing Equipment: dry and steam iron, ironing board, board pad/cover, spray bottle, pressing cloth, sleeve board, tailor's ham, seam roll and ironing mat (optional)
- Example of Fabrics: Acetate, Acrylic, Corduroy, Cotton, Cotton-blend, Denim, Linen, Nylon, Polyester, Rayon, Silk, and Wool and Wool-blend
- 2 – steam irons
- 2 – ironing boards with pad/cover
- 1 – spray bottle filled with water
- 1 – can of starch (optional)
- 1 or more button down shirts
- 1 or more pairs of trousers/dress pants

**OBJECTIVES:**

- Identify essential equipment needed to iron and press
- Discuss knowledge and care of basic fabric types
- Demonstrate steps to ironing and pressing items

**EXPLORE THE CONTENT:**

Want a crisp, clean pressed look? To smooth out those annoying wrinkles, invest in an iron, ironing board and related products. The right tools and know-how make a significant difference. Ironing will also save you money when compared to taking items to a professional dry cleaner.

**IRONING** is the process of using an iron to remove wrinkles from clothes, linens, etc., with a heated iron. Heat and pressure are used to flatten the fabric. Ironing is done with a gliding or sliding motion, which is typically performed to items after laundering.

**PRESSING** involves no sliding of the iron. The iron is placed on the fabric and then lifted. Moisture is added from a press cloth or steam in the iron. Pressing is good for wool fabrics and loose or bulky textures, and is often done throughout the construction process.

To press items with ease, use these tips:

- Before ironing, read the garment label and follow manufacturer's instructions. If instructions do not exist, start with a low-heat setting and test by ironing a small area, then gradually increase heat.
- Sort garments by fabric type. Iron articles requiring a low-temperature setting first, then gradually work up the temperature range.
- When changing from a high-temperature setting to a lower setting, allow five minutes for temperature change.
- When steam ironing, use long, slow passes over the fabric for steam to penetrate the fabric and allow the heat off the soleplate to dry any moisture.
- If the garment is lined, use a low-heat setting.
- Ensure zippers, buttons, snaps, etc., are closed and flaps are flat. Iron over flaps, holding the garment taut.

**DO:****Activity 1: Ironing Equipment – Terminology Flashcards**

Review the following list of basic ironing equipment and ironing extras with the participants. If time and space permits, have examples of each available and present as a "Show and Tell" so participants can identify a visual with a description.

**BASIC IRONING EQUIPMENT**

1. Dry and steam irons: The number and quality of features are the biggest influences on the cost of an iron. In addition to the selection of features, the amount of wattage can also affect

the price — a high-wattage clothes iron heats quickly and maintains its temperature. Starting around \$10 for a basic model, and ranging to more than \$100 for top-of-the-line, handheld, cordless steam irons, your choice of iron will depend on your needs and preferences. A classic dry iron features a flat soleplate (the bottom or face of the iron) with a heat-generating electrical element. In addition to a dry iron's basic features, a good steam iron includes a steam gauge to adjust the amount of steam released and a burst-of-steam feature for stubborn wrinkles.

2. Ironing boards: Ironing boards range from \$15 to more than \$1,000 for professional-quality models. The most common ironing boards are the adjustable metal X-leg types, which are readily available at retailers. Look for adjustable models that allow comfortable use when either sitting or standing. Ideally, the ironing surface should be at hip level for ease of use. Some affordable boards provide cord holders that prevent tangles, iron rests that prevent scorching the cover, and racks for hanging clothes.
3. Ironing board pads and covers: Boards need to be covered with a thick cotton padding to reduce overheating from beneath and to lesson wrinkling. Pad covers come in many colors and patterns, in plain cotton, and with non-stick coatings to make starch or sizing cleanup easy.

### IRONING EXTRAS

1. Spray bottles: Even with a good steam iron, it can be helpful to add a mist of dampness to stubborn wrinkles and creases. Some bottles can also be used to spray liquid starch or sizing.
2. Pressing cloth: A pressing cloth is ½ wool fabric and ½ cotton fabric sewn together. This combination of fabrics is used to protect the item being ironed. Place it between the face of the iron (i.e., soleplate) and the wrinkled item. If desired, dampen the cloth before ironing to create steam to help subdue wrinkles. You can purchase a pressing cloth, or sew together ½ yard of wool fabric to ½ yard of cotton fabric. Use fabrics that will not transfer colors to your garment.
3. Sleeve board: This solid wood accessory with a cotton cover includes a free arm that allows the entire sleeve to be ironed. It also accommodates small, hard to reach areas.
4. Tailor's ham: Shaped like its namesake, this firmly stuffed wool-and-cotton-covered notion is used for molding curved areas and shaping darts.
5. Seam roll: Like Tailor's ham, the seam roll is a wool-and-cotton-covered form that is stuffed to offer a firm surface upon which to press long seams and narrow areas.
6. Ironing mat: This heat-resistant mat easily turns a flat surface, such as the top of a washer or dryer, into an ironing board.
7. Spray starch and sizing: These products help clothes look and stay crisp by facilitating a smooth finish and sharp creases. Use starch for natural fabrics such as cotton — use sizing for synthetics. Spray lightly from several inches away before ironing.
8. Ironing water: Commercial scented ironing water can be poured into your iron's reservoir and steamed onto your clothes to add a fresh, clean scent as you iron.

Use the Terminology Flashcard Worksheet to support the participant's knowledge of basic ironing equipment and ironing extras. Have participants cut out each separate card on the dotted line, and fold the card down the middle so a photo is on one side and a written description on the other. Use a glue stick or double-sided tape to secure the sides together, or laminate the cards for durability.

Have participants pair up and quiz each other using the flashcards. Or, you can make it a competition and divide the group up into teams. Using the flash cards, give a point to the team that gets the correct answer first. The team with the most points at the end of play wins.

### Activity 2: Ironing Specific Fabrics (Textiles) – Quiz

With the participants, review the following tips for how to iron different fabrics. If time and space permits, have examples available and present them as a "Show and Tell" so participants can learn what the fabric looks and feels like, and how to properly iron or press each item.

1. Acetate: When ironing acetate, use a low-temperature setting and no steam. Turn the fabric inside out to prevent shine marks.
2. Acrylic: When ironing acrylic, turn the fabric inside out, set the temperature to a low setting and do not use any steam. Make sure to iron the fabric while it is completely dry so it doesn't stretch out of shape.
3. Rayon: When ironing rayon, turn the garment inside out, set the temperature to low-heat and don't use any steam. Iron one small area at a time to avoid stretching.
4. Silk: Iron silk while the fabric is still damp, or pre-moisten it with a spray bottle. Turn the garment inside out before ironing, and set the temperature to the lowest heat setting, then place a press cloth between the iron and the fabric to prevent shine.
5. Nylon: When ironing nylon, use the lowest temperature setting on the iron and place a press cloth between the iron and the fabric. If necessary, convert to the "Steamer" function to gently remove wrinkles from nylon.
6. Cotton-blend: Iron cotton-blends on low-heat and use steam. Iron the garment inside out or place a press cloth between the iron and the fabric to prevent iron marks and shine.
7. Wool and wool-blends: Iron wool and wool-blends on low heat and use steam (ironing wool while it is dry can damage the fabric). Turn the garment inside out to prevent iron marks and shine.
8. Polyester: When ironing polyester, make sure the fabric is slightly damp, or pre-moisten it with a spray bottle. Set the temperature to low or medium heat. Start ironing at the top and work your way down the garment, pressing firmly on the creases and re-wetting them if necessary.
9. Corduroy: When ironing corduroy, turn the garment inside out and use a heavy ironing cloth. Then, use your hand to smooth the fabric.
10. Linen: Iron linen garments on a high setting, turning it inside out or place a press cloth between the iron and the fabric to prevent shine. Always iron linen while the fabric is still damp, or pre-moisten it with a water-filled spray bottle. Use spray-on starch for cuffs or any other areas that you want to make crisp.
11. Cotton: Iron cotton while the fabric is still damp, or pre-moisten it with a water-filled spray bottle. Set the temperature to a high setting and use steam for stubborn wrinkles and creases.
12. Denim: Iron denim on the highest heat setting and use steam. Use starch for crisp, neatly creased fabric.

Use the Fabric Fill-in-the-Blank Quiz to support the participant's knowledge of how to iron specific fabrics. Provide participants a writing utensil and blank quiz worksheet. They can work independently, paired up, or as a group — give them adequate time to complete the quiz. You can choose to have labeled examples of the fabrics laid out upon a table so the participants have a visual of the textiles being quizzed upon. Allow participants the opportunity to exam the fabrics as they complete their written quiz. After time is up, use the Fabric Fill-in-the-Blank Quiz Answer Key to review the correct answers with the group.

### Activity 3: How to Iron and Press – Hands-on Application

Prior to introducing the lesson, set up the room for the hands-on activity. Two stations will need to be set up. At Station I – How to Iron a Shirt, you will need an ironing board, steam iron, spray bottle filled with water, spray starch (optional), and a button down dress shirt (more than one is suggested). At Station II – How to Press Trousers, you will need an ironing board, steam iron, and a pair of trousers/dress pants (more than one is suggested). Set up next to an electrical outlet for the iron to be plugged in. Have an adult available to supervise each of the stations.

### Review with the participants the definition of ironing versus pressing:

- IRONING is the process of using an iron to remove wrinkles from clothes, linens, etc., with a heated iron. Heat and pressure are used to flatten the fabric. Ironing is done with a gliding or sliding motion, which is typically performed to items after laundering.
- PRESSING involves no sliding of the iron. The iron is placed on the fabric and then lifted. Moisture is added from a pressing cloth or steam in the iron. Pressing is good for wool fabrics and loose or bulky textures, which is often done during the construction process.

Using an internet connection, have the participants watch the following how-to video tutorials on YouTube, presented by John Francomb, Creative Director at T. M. Lewin.

- T. M. Lewin | How to Iron a Shirt: [https://www.youtube.com/watch?v=yK6iQj-I\\_Ow](https://www.youtube.com/watch?v=yK6iQj-I_Ow)
- T. M. Lewin | How to Press Trousers: <https://www.youtube.com/watch?v=Lhuhb2KNqVM&t=90s>

Provide time to answer questions the participants may have after watching the videos.

Divide the participants into two even groups, and give ample time for each group to go through both stations. The assigned adult at each station will supervise and assist as each youth takes a turn practicing how to iron a shirt and press a pair of trousers/dress pants. \*For relevance and application, you may choose to ask each participant to bring one of their own button-down shirts and pair of trousers/dress pants from home to use in the activity.

## **REFLECT:**

Discussion after the activities:

- Did you know there was a difference between ironing and pressing? Give examples of a time you have ironed, and give examples of a time you have pressed.
- What new ironing equipment did you learn about? Share how you might use a new piece of equipment the next time you iron or press.
- What do you think would be the most difficult type of fabric to iron or press? Explain.
- What was the biggest challenge you faced when ironing a shirt? Why, and how did you overcome that challenge?
- What was the biggest challenge you faced when pressing a pair of trousers/dress pants? Why, and how did you adapt to it?
- What safety considerations do you think you should take when ironing or pressing?

## **APPLY:**

- How does ironing and pressing relate to the 4-H Clothing & Textiles project?
- How will you incorporate ironing and pressing into 4-H Clothing & Textiles contest(s) you compete in?
- How will you use what you learned today in your everyday living?
- What are benefits to ironing and pressing your own clothing and textiles instead of having a professional dry cleaner do it for you?

## **REFERENCES:**

- Better Homes & Gardens (n. d.). Ironing Equipment You Need to Be a Better Ironer (And Make the Job Easier!). URL: <http://www.bhg.com/homekeeping/laundry-linens/products/clothes-ironing-equipment/>
- Sunbeam (n. d.). Ironing Hints & Tips. URL: <http://www.sunbeam.com/blog/archive/categories/garment-care/ironing-hints-and-tips/ironing-hints-and-tips.html>
- Lewin, T.M. "How to Iron a Shirt." Online video clip. YouTube. YouTube, 5 Jan. 2010. Web. 20 March 2017.
- Lewin, T.M. "How to Press Trousers." Online video clip. YouTube. YouTube, 1 Sept. 2010. Web. 20 March 2017.



fold here

This item is a classic, simple type of iron. The user only has to adjust temperature of the iron depending upon the type of fabric. It's the only option for silk.

**DRY IRON**



fold here

This item known as today's standard iron; it's quick, cheap and easy to find. It can be complicated to use because youth not only adjust the temperature but also the amount of steam being used. Great to use on wool.

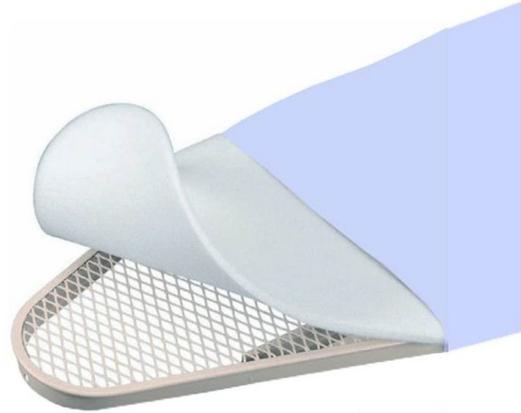
**STEAM IRON**



fold here

This item is a narrow padded board on collapsible supports that is used as a working surface for ironing clothes, linens, ect. The top of the board should be at hip level of the user for ideal use

**IRONING BOARD**



fold here

These two items are essential to getting good results when ironing. They keep items from overheating and sticking to the board. Most are fitted with a pull drawstring or elastic edging to keep them in place.

**IRONING BOARD PAD & COVER**



fold here

Even with a good steam iron, this item can be helpful to add a mist of dampness to stubborn wrinkles and creases. It can also be used to spray liquid starch or sizing.

### SPRAY BOTTLE



fold here

This item is a piece of fabric used to protect the textile being ironed. Place it between the face of the iron and the wrinkled item.

### PRESSING CLOTH



fold here

This item is a solid wood accessory with a cotton cover. It includes a free arm that allows the entire sleeve of a shirt to be ironed. It also accommodates small, hard-to-reach areas.

### SLEEVE BOARD



fold here

This item is shaped like its namesake. The firmly stuffed wool-and-cotton-cover ed notion is used for molding and shaping darts.

### TAILOR'S (DRESSMAKER'S) HAM



fold here

Similar to a tailor's ham, this item is a wool-and-cotton-covered form that is stuffed to offer a firm surface upon which to press long seams and narrow areas.

### SEAM ROLL



fold here

This heat-resistant item easily turns a flat surface, such as the top of a washer or dryer, into a make-shift ironing board.

### IRONING MAT



fold here

These two products help clothes look and stay crisp by facilitating a smooth finish and sharp creases. One item is used for natural fabrics such as cotton, and the second item is for synthetics. Spray lightly from several inches.

### SPRAY STARCH & SIZING



fold here

This commercial scented item can be poured into your iron's reservoir and steamed onto your clothes to add a fresh, clean scent as you iron.

### IRONING WATER

# Ironing Specific Fabrics - Fill-in-the-Blank Quiz

Directions: Using fabric terms found in the provided word bank, fill-in-the-blank to complete each sentence. Each term will be used once.

Acetate	Cotton	Linen	Rayon
Acrylic	Cotton-Blends	Nylon	Silk
Corduroy	Denim	Polyester	Wool & Wool Blends

1. Iron \_\_\_\_\_ while the fabric is still damp, or pre-moisten it with a water-filled spray bottle. Turn the garment inside out before ironing, and set the temperature to the lowest heat setting. Place a press cloth between the iron and the fabric to prevent shine. This luxurious fabric is a protein-based natural fiber.
2. When ironing \_\_\_\_\_, make sure the fabric is slightly damp, or pre-moisten it with a water-filled spray bottle. Set the temperature to low or medium heat. Start ironing at the top and work your way down the garment, pressing firmly on the creases and re-wetting them if necessary. This fabric is manufactured.
3. Iron \_\_\_\_\_ garments inside out, or place a press cloth between the iron and the fabric to prevent shine. Always iron this fabric while it is still damp, or pre-moisten it with a water-filled spray bottle. Use spray-on starch for cuffs or any other areas that you want to make crisp. This fabric wrinkles very easily.
4. Iron \_\_\_\_\_ on low-heat and use steam. Iron the garment inside out or place a press cloth between the iron and the fabric to prevent iron marks and shine.
5. When ironing \_\_\_\_\_, turn the garment inside out and use a heavy ironing cloth. Then, use your hand to smooth the fabric.
6. When ironing \_\_\_\_\_, use a low-temperature setting and no steam. Turn the fabric inside out to prevent shine marks. This fabric is highly used in special occasion wear and is susceptible to wrinkles.

7. When ironing \_\_\_\_\_, turn the fabric inside out, set the temperature to a low setting and do not use any steam. Make sure to iron the fabric while it is completely dry, so it doesn't stretch out of shape. This manufactured fabric is used in making a lot of winterwear because it provides warmth.
8. Iron \_\_\_\_\_ while this plant-based natural fiber is still damp, or pre-moisten it with a water-filled spray bottle. Set the temperature to a high setting and use steam for stubborn wrinkles and creases. This fabric, considered to be the most important natural fabric in the U.S., is prone to shrinkage and wrinkling.
9. Iron \_\_\_\_\_ on the highest heat setting and use steam. Use starch for crisp, neatly creased fabric. This durable fabric is used in making most jeans worn.
10. When ironing \_\_\_\_\_, use the lowest temperature setting on the iron and place a press cloth between the iron and the fabric. If necessary, convert to the "steamer" function to gently remove wrinkles from this fabric type. This strong fabric is used in making a variety of items — from raincoats to parachutes.
11. When ironing \_\_\_\_\_, turn the garment inside out, set the temperature to low-heat and don't use any steam. Iron one small area at a time to avoid stretching. This manufactured fabric shrinks and wrinkles easily.
12. Iron \_\_\_\_\_ on low-heat and use steam. Ironing this natural fiber while it is dry can damage the fabric, therefore turn the garment inside out to prevent iron marks and shine. The microscopic view of this fiber has scales. This fabric is a good insulator and is highly used to make outerwear and socks.

# Ironing Specific Fabrics - Fill-in-the-Blank Quiz Answers

Directions: Using fabric terms found in the provided word bank, fill-in-the-blank to complete each sentence. Each term will be used once.

Acetate	Cotton	Linen	Rayon
Acrylic	Cotton-Blends	Nylon	Silk
Corduroy	Denim	Polyester	Wool & Wool Blends

1. Iron **SILK** while the fabric is still damp, or pre-moisten it with a water-filled spray bottle. Turn the garment inside out before ironing, and set the temperature to the lowest heat setting. Place a press cloth between the iron and the fabric to prevent shine. This luxurious fabric is a protein-based natural fiber.
2. When ironing **POLYESTER**, make sure the fabric is slightly damp, or pre-moisten it with a water-filled spray bottle. Set the temperature to low or medium heat. Start ironing at the top and work your way down the garment, pressing firmly on the creases and re-wetting them if necessary. This fabric is manufactured.
3. Iron **LINEN** garments inside out, or place a press cloth between the iron and the fabric to prevent shine. Always iron this fabric while it is still damp, or pre-moisten it with a water-filled spray bottle. Use spray-on starch for cuffs or any other areas that you want to make crisp. This fabric wrinkles very easily.
4. Iron **COTTON-BLENDS** on low-heat and use steam. Iron the garment inside out or place a press cloth between the iron and the fabric to prevent iron marks and shine.
5. When ironing **CORDUROY**, turn the garment inside out and use a heavy ironing cloth. Then, use your hand to smooth the fabric.
6. When ironing **ACETATE**, use a low-temperature setting and no steam. Turn the fabric inside out to prevent shine marks. This fabric is highly used in special occasion wear and is susceptible to wrinkles.

7. When ironing **ACRYLIC**, turn the fabric inside out, set the temperature to a low setting and do not use any steam. Make sure to iron the fabric while it is completely dry, so it doesn't stretch out of shape. This manufactured fabric is used in making a lot of winterwear because it provides warmth.
8. Iron **COTTON** while this plant-based natural fiber is still damp, or pre-moisten it with a water-filled spray bottle. Set the temperature to a high setting and use steam for stubborn wrinkles and creases. This fabric, considered to be the most important natural fabric in the U.S., is prone to shrinkage and wrinkling.
9. Iron **DENIM** on the highest heat setting and use steam. Use starch for crisp, neatly creased fabric. This durable fabric is used in making most jeans worn.
10. When ironing **NYLON**, use the lowest temperature setting on the iron and place a press cloth between the iron and the fabric. If necessary, convert to the "steamer" function to gently remove wrinkles from this fabric type. This strong fabric is used in making a variety of items — from raincoats to parachutes.
11. When ironing **RAYON**, turn the garment inside out, set the temperature to low-heat and don't use any steam. Iron one small area at a time to avoid stretching. This manufactured fabric shrinks and wrinkles easily.
12. Iron **WOOL AND WOOL-BLENDS** on low-heat and use steam. Ironing this natural fiber while it is dry can damage the fabric, therefore turn the garment inside out to prevent iron marks and shine. The microscopic view of this fiber has scales. This fabric is a good insulator and is highly used to make outerwear and socks.

# Hand Sewing



## EXPLORE THE CONTENT:

Hand sewing is needed in almost everything that's created by 4-H members in the Clothing & Textiles project, the at-home seamstress, professional tailor, or in the fashion industry. It is used for assorted reasons. When purchasing ready-to-wear clothing, sometimes simple alterations are needed, such as shortening or hemming slacks, skirts or dresses. Hand sewing is useful in repairing clothing with rips or tears, sewing buttons that have come off and repairing hooks that have become loose. It is also useful closing openings in pillows or stuffed animals. Hand sewing can be used for decorative purposes on clothing, household or craft items.

Hand stitches may be permanent or temporary. Normally, temporary hand stitches are loose and have long thread loops. Temporary stitches are referred to as basting stitches. Permanent hand stitches are shorter and more secure. Uses of hand stitches vary. Hand stitches are used for hemming, joining, finishing, decorative and functional construction.

Four-H members involved in a Clothing & Textile project will want to master hand stitching.

The sewing tools below are used in hand stitching.

### Hand Sewing Needle:

Pulls thread through textiles. Hand sewing needles come in a variety of kinds according to their intended use. The most common types are sharps, between and crewels.



### Basic Thimble:

Used to protect the third finger when sewing. Open on one end. Seamstresses push the needle from all three areas of the thimble.



## TIME:

30-40 minutes

## MATERIALS NEEDED:

- Needle
- Thread
- Thimble
- Straight pins
- Pin cushion
- Scissors or rotary cutter
- Hand sewing needle
- Needle threader
- Iron
- Ironing Board

## OBJECTIVES:

- Use a needle threader to thread a hand needle
- Identify and sew a sample of each stitch: basting, blind hem, blanket, and backstitch
- Learn how to form a knot to tie-off a hand stitch

**Thread:**

A flexible small yarn or strand that is used to stitch one or more pieces of material, or attaching an object to a material. Types include: cotton, cotton wrapped polyester, silk and polyester.



**Needle Threader:**

A lightweight device that makes it easy for one to thread a hand needle.



**Threading a needle without a needle threader:**

- Take about 18"-22" of thread from the spool.
- Cut the thread at an angle. Cutting at an angle makes it easier to thread the hand needle.
- Pass the cut end through the eye of the needle. It is easier if you slightly dampen the end of the thread first. Frayed threads that are torn or bitten may not provide easy threading of the needle. Torn threads may break during the sewing process.



**Threading a needle with a needle threader:**

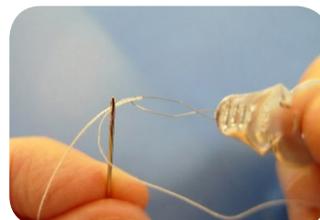
- Cut at an angle about 18"-22" of thread.
- Push the loop of the needle threader through the eye of your needle.



- Holding the needle and threader in one hand, pick up the thread and push it through the hole in the needle threader until it is about 4 to 5 inches through the threader.

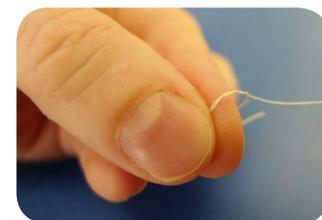
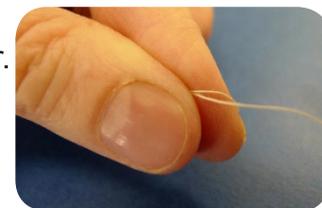
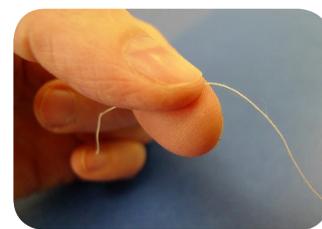


- Gently pull the needle threader back through the eye of the needle.



**Tying a knot:**

- Hold the thread between your thumb and index finger.
- Wrap a loop of thread completely around the tip of the opposite index finger. Close your thumb over the loop.
- Keep the thread taut. Use your thumb to roll the loop towards the end of your index finger.
- Just as it slides off, use your middle finger to hold the loop while you pull the thread into a tight knot.



**Helpful hints for hand sewing:**

- Provide ample lighting.
- Beeswax can be useful to stiffen the end of the thread and make it easier to poke through the eye of the needle.
- Place a contrasting color behind your needle to make it easier to see.
- Assemble all sewing supplies in one area.
- Work on a flat surface.

**Hand stitches:**

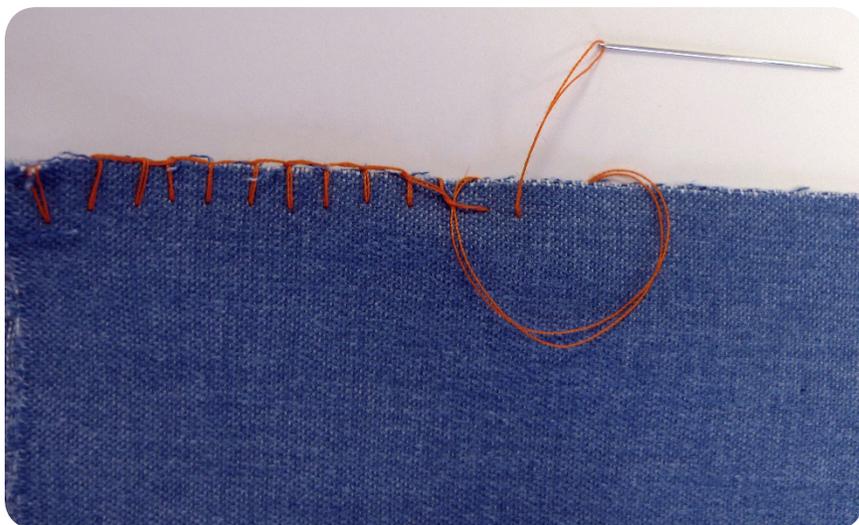
**Basting Stitch** – This stitch may also be referred to as a tacking stitch. It’s designed to join two or more pieces of fabric. Use single thread. Insert threaded needle in fabric working to keep the length of the stitches the same distance apart. Space stitches about 3/4” apart.



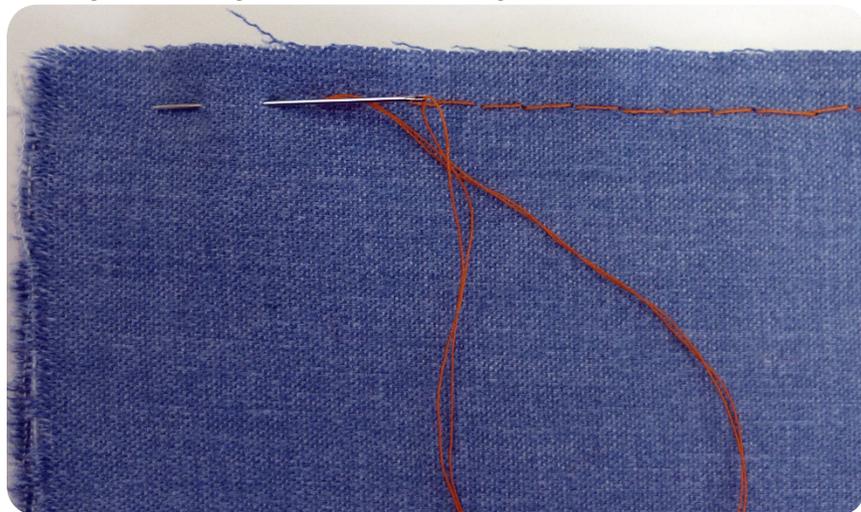
**Blind Hem Stitch** – This stitch may also be referred to as a slip stitch. The thread should be invisible from the outside and inside of the fabric. Use a single threaded needle. This secure stitch can be used to finish and or hem slacks, shorts, skirts, dresses, facings, and casings. Pick up a small piece of fabric and insert into the fold of the hem or facing pulling the needle through. Repeat until finished. Tie thread.



**Blanket Stitch** – This stitch may also be referred to as an embroidery stitch. It’s decorative and functional in nature. Use single or double thread. For each succeeding stitch, point the needle toward you, insert it through the right side of the fabric and over the thread approximately 1/4” above the fabric edge and 1/4” to the right of the preceding stitch. Pull the thread taut, but not tight.



**Back Stitch** – Use whenever strength is important. Begin by poking the needle up through the fabric, and then back down to make a single stitch. Then poke the needle back up through the fabric a space away from the first stitch, as if you were doing a running stitch. Now poke the needle back down through the fabric at the end of the first stitch.



**DO:**

**Activity 1**

Demonstrate how to thread a needle (with and without a needle threader). Have each participant practice this skill. Once everyone can thread their needle, demonstrate how to tie a knot. Have each participant practice tying a knot.

**Activity 2**

Prior to the lesson, cut fabric into squares for participants to use in practicing their stitches.

Demonstrate the basting stitch, blind hem stitch, blanket stitch, and back stitch one at a time. For the blind hem stitch, the participants will need fabric that has a mock hem.

- a. Turn up a ¼" fold.
- b. Press flat the ¼" fold.
- c. Next, turn up a 1" seam.
- d. Press.

After demonstrating each stitch, provide time for participants to practice.

**Activity 3**

Practice hand stitching while creating a stuffed snowman. See attached instruction sheet.

**REFLECT:**

- Which hand stitch do you think is most useful? Why?
- Which stitch was new to you?
- Which stitch was the most difficult to learn?

**APPLY:**

- How can you use hand stitching when crafting or sewing?
- How do you see yourself using hand stitching during a Clothing & Textile competition?
- How could you use hand stitching in everyday living?

## REFERENCES:

- Allen, Patrick. (August 11, 2015). Five Basic Hand Stitches You Should Know for Repairing Your Own Clothes. <http://lifehacker.com/five-basic-hand-stitches-you-should-know-for-repairing-1723233194>
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- SEW-lutions Guidelines, Your Guide to Successful Sewing. (June, 2008). Hand Stitches. [http://www.sewing.org/files/guidelines/22\\_140\\_hand\\_stitches.pdf](http://www.sewing.org/files/guidelines/22_140_hand_stitches.pdf).



# Activity 3: Stuffed Snowman



## MATERIALS NEEDED:

- White felt for snowman face and orange felt for nose
- Any color felt for hat and matching cotton or embroidery thread
- Coordinating ribbon, 6" in length
- White, pink and orange cotton thread or embroidery thread
- Button
- 2 black beads
- 2 pink beads
- Fiber fill

## OBJECTIVES:

The 4-H member will:

- Use hand stitch to create a snowman ornament.

## REFERENCE:

Adapted from: <http://www.blog.tiedwitharibbon.com/2011/11/snowman-tutorial.html>

## INSTRUCTIONS:

1. Gather materials. From the white felt cut out 2 circle shapes. From the colored felt cut 2 hat shapes. From the orange felt cut one triangle.



2. Using a pencil, mark the position of the eyes and mouth. Using black thread attach a black bead for each eye. Using black embroidery thread back stitch the mouth. Use the pink thread to attach the pink beads at the ends of the mouth.



3. Using the orange thread sew the carrot nose using a basting stitch.

4. Position the snowman's hat on the white face. Using a basting or running stitch attach hat to the snowman's head. Repeat for the back of the snowman's head.



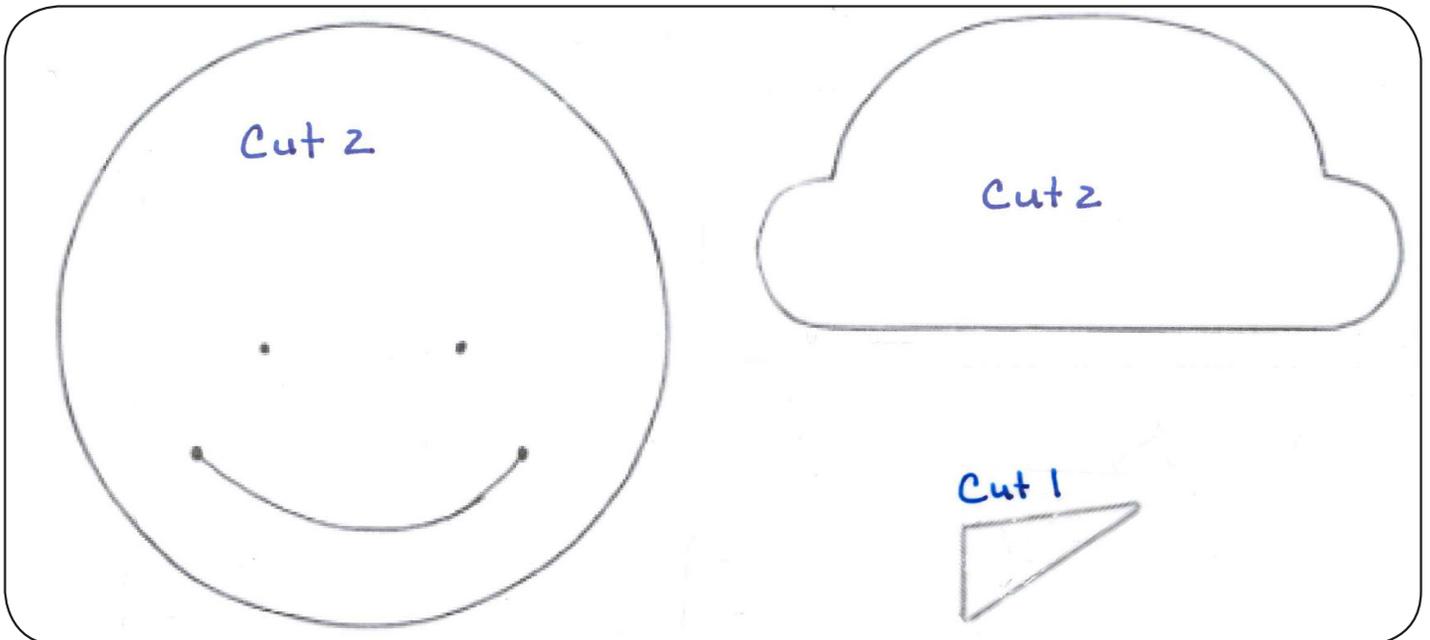
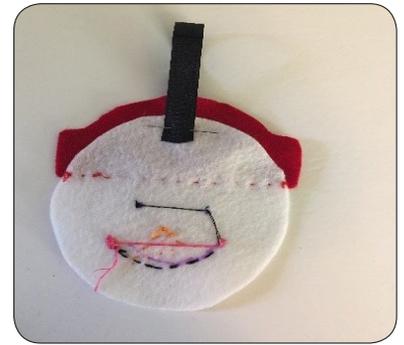
5. Cut a 6 inch piece of ribbon. Fold the ribbon

in half and sew it into position in the middle of the snowman's head on the back side. Stitch through the white felt, but not through the hat.

6. If you would like to add a decorative piece, such as a button or ribbon, to the hat do so at this time.

7. Place the snowman's front and back together with the right sides facing outward. Using matching thread you can either use a blanket stitch or running stitch to attach the snowman's hat front and back pieces.

8. Using white cotton thread sew around the Snowman's face through both layers using a running stitch. Stop about 2 inches before the hat. Stuff the snowman with fiber fill and finish stitching.



# Get Your Sewing License



## TIME:

90 minutes

## MATERIALS NEEDED:

- **Sewing license application packet**
  - Sewing license check list
  - Sewing machine parts identification
  - Sewing tools identification
  - Sewing line page
  - 2 - 4" X 4" fabric squares
  - 1 - 6" X 6" piece of muslin
- Sewing machine for each participant
- Small labels (or pieces of masking tape)
- Each sewing tool from Sewing Equipment lesson
- ¼ yard each of 3 different colored or printed fabrics per participant
- ¼ yard of a light to medium-weight interfacing
- Velcro

## OBJECTIVES:

This lesson is designed to allow the participants to showcase sewing skills learned in this guide by completing the sewing license skills test and creating an easy wallet. Participants will be able to:

- Wind bobbin on their machine
- Thread their sewing machine
- Identify the parts of the sewing machine
- Identify basic sewing tools
- Demonstrate how to sew a straight line, a curved line, and turn a corner
- Demonstrate how to change the stitch length
- Demonstrate how to thread a hand needle and secure a knot
- Demonstrate the following hand stitches: basting, running, blanket and blind hem
- Demonstrate how to press a seam

## EXPLORE THE CONTENT:

Earning a sewing license is a lot like earning a driver's license. Developing knowledge, skills and an understanding of the rules of the road — and how to operate a motor vehicle — are keys to the driver's safety and success. First time drivers don't jump in the front seat of the car and drive on the freeway, but instead they learn the rules of the road, observe another driver, and practice driving in an empty parking lot before moving to the open road.

The same is true of first time sewers. There are a series of skills and basic knowledge to learn to be able to successfully sew. The lessons in this guide are designed to help the participant enter the world of sewing by learning the basic skills. After learning the basic skills, young people will be able to continue demonstrating new and more advanced sewing skills.

PRIOR TO THE LESSON, SET UP THE FOLLOWING STATIONS:

- **Sewing Machine Parts Station** – number the parts of the sewing machine with small labels. In this station, the participants will need to match the sewing machine terms to the parts of the sewing machine.
- **Sewing Tools Station** – number each of the sewing tools with a small label. In this station, the participants will need to match the number on the sewing tool with the tool name.
- **Ironing Station** – have an iron and ironing board set up. It is suggested to have an adult volunteer to man the station for safety.

## Sewing License application packet for each participant:

- Sewing License check list
- Sewing machine parts identification
- Sewing tools identification
- Sewing A Line Worksheet
- 2 - 4" X 4" fabric squares
- 1 - 6" X 6" piece of muslin

## DO:

### Activity 1

Provide each participant with a copy of the Sewing License application packet to complete. The participants will need to finish each of the tasks found in the packet. A leader will need to sign off on the successful completion of each item.

Take a picture of each participant as they complete the sewing license packet. Adhere the picture to their own Sewing License. Licenses can be laminated for durability.

### **Activity 2**

Create a fold and stitch wallet using the tools and skills learned while getting your sewing license. See the Easy Wallet instruction sheet

### **REFLECT:**

- Which basic sewing skills was the hardest for you to learn? Explain.
- How did you feel about your sewing skills before you started in the 4-H Clothing & Textile project?
- How do you feel about your sewing skills after receiving your Sewing License?

### **APPLY:**

- Use the basic sewing skills you gained to complete a sewing project on your own.
- Teach someone else one or more of the skills that you learned.
- Consider constructing an entry for your county fashion show or county fair.

### **REFERENCES:**

- Sewing Machine Basics, Sewing and craft alliance, June 2005  
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[http://www.sewing.org/files/guidelines/22\\_140\\_hand\\_stitches.pdf](http://www.sewing.org/files/guidelines/22_140_hand_stitches.pdf)
- Sewing Machine Parts,  
<https://thearanartisan.com/2015/01/03/knowing-your-sewing-machine-beginner-sewing-worksheet-1/#more-1891>

# Sewing License

Name: \_\_\_\_\_

Complete the following tasks to earn your license to sew. Have a leader initial when you complete each task.

## Thread Sewing

- \_\_\_\_\_ Demonstrate that you can wind a bobbin
- \_\_\_\_\_ Demonstrate that you can insert bobbin in
- \_\_\_\_\_ Demonstrate that you can thread your own machine

## Identify Sewing Machine Parts

- \_\_\_\_\_ Identify the parts of the sewing machine – Sewing Machine Identification Station

## Sewing Tools

- \_\_\_\_\_ Identify each tool with a label – Sewing Tool Identification Station
- \_\_\_\_\_ Create two stripes - 1 ¾" X 10 ½" and 3" X 15"

## Sew a Line (Sewing a Line Worksheet)

- \_\_\_\_\_ Sew a straight line
- \_\_\_\_\_ Sew a curved line
- \_\_\_\_\_ Sew a corner (pivot)
- \_\_\_\_\_ Change stitch length
- \_\_\_\_\_ Set machine to zig zag

## Hand Sewing

- \_\_\_\_\_ Thread a needle and knot and secure thread – Watch YouTube video at:  
<https://www.youtube.com/watch?v=PowkA9Bojlo>
- \_\_\_\_\_ Show samples of running or basting stitch, slip stitch (blind hem), and blanket stitch

## Pressing

- \_\_\_\_\_ Practice pressing seams

## Create an Easy Wallet

# Sewing Machine Part Identification

Identify the name of the sewing machine part and the number showing location on the machine.

DESCRIPTION	NAME	NUMBER
Turns the machine on and off		
You can use this to move the needle up and down by hand without using the motor		
Holds the lower thread		
Holds the fabric in place		
Determines how long each stitch will be		
Controls how fast or slow the machine sews		
Holds the spool of thread		
Moves up and down with the needle, taking up thread slack with each stitch		
Raises and lowers the presser foot		
Controls the tightness (tension) of the upper thread		
Moves up and down through the fabric to form a stitch		
Holds the fabric against the presser foot as stitches are formed		
A metal piece on the base of the machine under the presser foot		
Determines how wide a zigzag stitch will be		
Holds the bobbin while thread is wound from the spool onto the bobbin		

# Sewing Tools Identification Station

Write the name of the tool on the corresponding line.

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

6. \_\_\_\_\_

7. \_\_\_\_\_

8. \_\_\_\_\_

9. \_\_\_\_\_

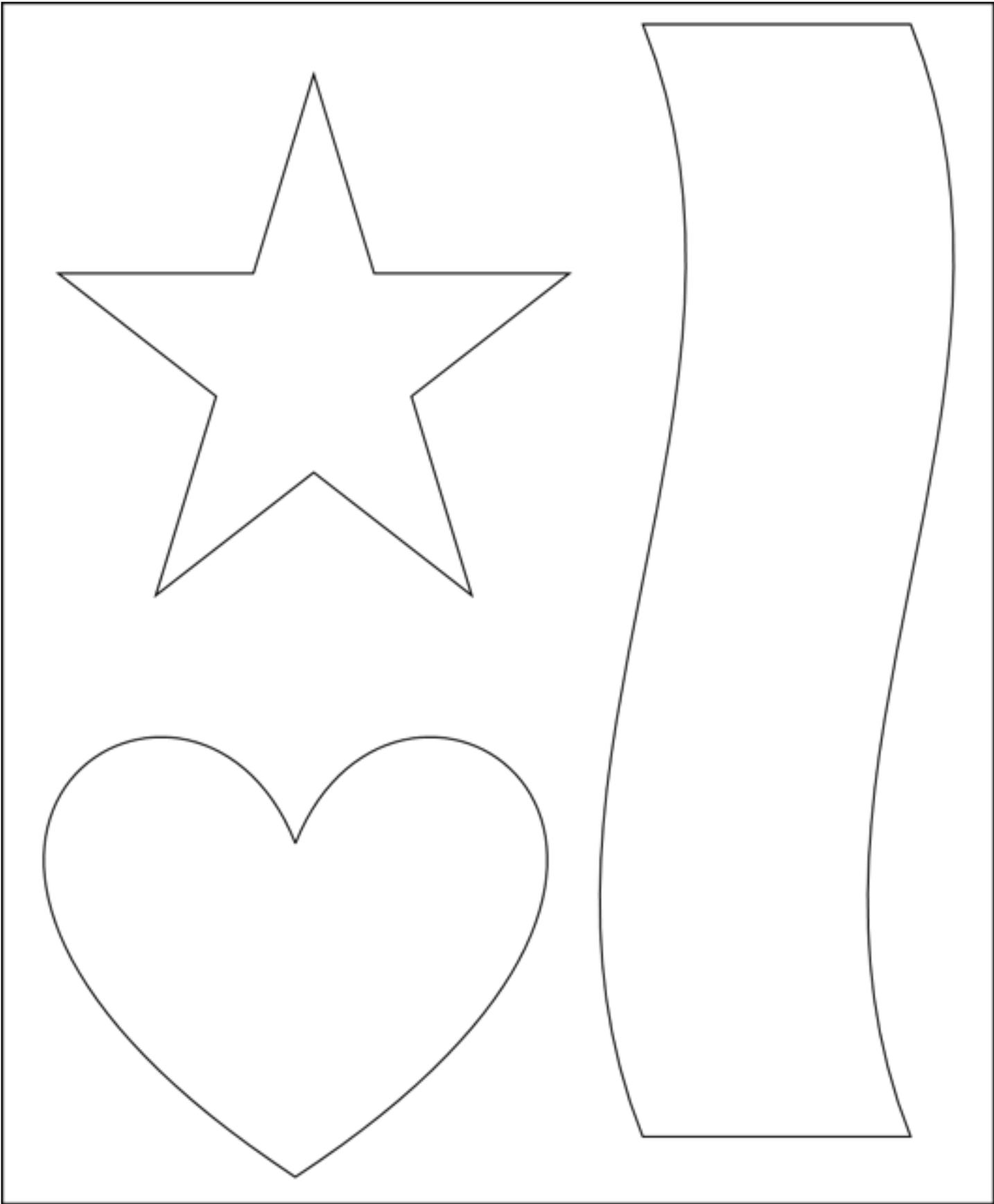
10. \_\_\_\_\_

11. \_\_\_\_\_

12. \_\_\_\_\_

# Sewing a Line Worksheet

Name: \_\_\_\_\_



# Create an Easy Wallet



## MATERIALS NEEDED:

- 2 pieces of exterior fabric, 5 X 9"
- 1 piece of exterior fabric for pocket, 5 X 5 1/2"
- 1 piece of contrasting fabric, 5 X 7"
- 1 piece of medium weight fusible interfacing, 4 X 8"
- 1 snap fastener
- Hand needle
- Thread
- Iron
- Ironing board
- Rotary cutter
- Grid ruler
- Cutting mat

## OBJECTIVES:

The 4-H member will:

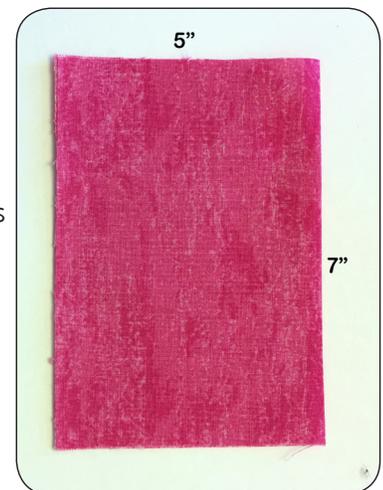
- Use basic sewing skills to create a basic sewing project.

## INSTRUCTIONS:

1. Cut fabric to sizes in materials list.



2. Take the 5 X 7" fabric and fold in half lengthwise. This pocket piece will now be 5 X 3 1/2". Press and top-stitch 1/4" from the folded edge.



3. Take the exterior fabric that is 5 X 5 1/2" and fold in half. This piece will now be 5 X 2 3/4". Press and top-stitch 1/4" from the folded edge.



4. Stack on top of each other.



5. Iron the fusible webbing to the wrong side of one of the exterior pieces.



6. Lay the stacked pockets on top of a the right side of the exterior fabric piece. And then place the remaining exterior fabric piece on top of the stacked pockets, right side down (see photo for #7)



7. Pin right sides of the exterior fabric together and around the top. Curve exterior fabric edges (see photo). Sew around this edge with a 1/4" seam allowance. Leave an opening just above where the pocket begins (see START and FINISH marks in photo)



8. Carefully turn right side out and top-stitch all the way around



9. Fold the flap down to identify snap location. Sew snap in place.



# SEWING MACHINE LICENSE

PHOTO



# SEWING MACHINE LICENSE

PHOTO



# SEWING MACHINE LICENSE

PHOTO



# SEWING MACHINE LICENSE

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# SEWING MACHINE LICENSE

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# SEWING MACHINE LICENSE

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# SEWING MACHINE LICENSE

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# SEWING MACHINE LICENSE

PHOTO



**Issued To:**

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for mastering control of a sewing machine

Issued by: \_\_\_\_\_

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Date

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