

BASICS OF SEWING

NAME _____ SCHOOL _____

DATE STARTED _____ DATE COMPLETED _____

PREREQUISITE: None.

HOW TO DO THIS COURSE: Do the steps one at a time, in order. When you finish a step, put your initials and the date on the sign-off line on the right. A split line means to get a pass (and an initial) from another student (or your supervisor if it says that).

PURPOSE: Learn to use a sewing machine to do simple stitching and do simple repairs by hand or by machine.

ESTIMATED TIME: 10–12 hours.

MATERIALS NEEDED FOR THIS COURSE _____

Iron, ironing board, sewing machine, sewing machine needles, bobbins, small screwdriver for machine adjustments, scrap material, thread, pins, pin cushion, package of “iron-on” patch material, bent-handled shears, hand sewing needles (packaged assortment of “sharps”). Optional trip to a fabric store.

Heron study booklet with these Data Sheets (DS):

1277 1278 1279 1280 1302 1281 1303

Exam: 2656

A. THE SEWING MACHINE

1. DEFINE: seam ____ regulator ____ _____
2. READ: DS #1277 Getting to Know the Sewing Machine. _____
3. DEMONSTRATE: On a sewing machine, find the parts of the sewing machine labeled on the picture in DS #1277. Also, locate the foot pedal. _____
4. DRILL: Have a coach call out the names of the parts of the sewing machine as labeled in DS #1277. Point to the part he names on a sewing machine. Do this until you can point correctly and without hesitation to any part named. _____
5. DRILL: Have a coach who knows the machine show you how to set the stitch length regulator (including the setting for reverse stitching) on the sewing machine you are using. Then you do it yourself until the coach is satisfied you can set it at various stitch lengths (including reverse) correctly and accurately. _____
6. DRILL: Practice control of the machine by following the 12 steps given in DS #1277. Repeat these steps until you can stitch a straight line accurately and can start and stop the machine smoothly. _____

7. DRILL: Practice sewing curved lines by following the steps a)–c) given in DS #1277. Repeat these steps until you can accurately and smoothly stitch a curved line. _____
8. DRILL: Practice sewing seams an even distance from the edge of material, using the seam guide lines, by following the 4 steps given at the end of DS #1277. Repeat this until you can stitch evenly 5/8 inch from the edge of a straight edge and a curved edge. _____
9. READ: DS #1278 Threading the Sewing Machine. _____
10. DRILL: Have a coach who knows the machine show you how to thread the top thread on the machine you're using. Then practice threading it yourself until you can do it correctly with no hesitation. _____
11. DRILL: Have a coach who knows the machine show you how to wind thread from a spool to the bobbin (using the bobbin winder) on the machine you're using. Then practice winding the bobbin yourself until you can do it correctly. (Note: When you practice, wind thread from a bobbin, rather than a spool, onto another bobbin. Then switch the locations of the bobbins and wind from the full bobbin to the empty one. This way, you can practice without filling extra bobbins with thread that might not be used.) _____
12. DRILL: Have a coach show you how to fit a bobbin with thread into the bobbin case and then fit the bobbin case into the machine you're using. When you understand how to do this, practice it yourself until you can do it correctly with no hesitation. _____
13. DRILL: Practice pulling up the bobbin thread as explained in DS #1278. Do this until you can do it easily and correctly. _____
14. READ: DS #1279 Stitching with the Sewing Machine. _____
15. DRILL: Get a piece of scrap material. Fold it in half and practice stitching on it following the 10 steps given in DS #1279. Do this until you can sew a line of stitching evenly and smoothly. **Supervisor pass.** _____
16. DRILL: Get two pieces of scrap material 12 inches square. Line them up and pin together the edges on one side. Then sew a seam with a 5/8 inch seam allowance, securing the stitching at the beginning and end of the seam. Follow the procedure given in DS #1279. Continue practicing this (using more material as necessary) until you can sew an even seam smoothly and secure the stitching at the beginning and end properly. _____
17. READ: DS #1280 Perfect Stitching. (Note: Some of the fabrics mentioned in this Data Sheet are discussed in DS #1302 Fabrics.) _____

18. DEMONSTRATE (optional): Go to a fabric store and look at the different kinds of fabric that are mentioned in the Data Sheet. _____
19. DEMONSTRATE: From your supervisor, get a needle that fits your machine and look at the number imprinted on the metal towards the top to see what size it is. _____
20. DRILL: Practice removing and replacing the needle in the machine you are using until you can do it correctly and easily. _____
21. DRILL: Have a coach who knows the machine show you how to adjust the pressure regulator for the presser foot on the machine you're using. Then, using double layers of different scrap materials, stitch on them with the machine. Adjust the pressure regulator so that each material you use feeds properly. Do this until you know you can set the pressure regulator properly for any material. _____
22. DEMONSTRATE: Stitch on a double layer of scrap material for about 2 inches. Stop the machine and check the stitching. See what it looks like and if it is balanced. Turn the needle tension adjustment to a different number. Sew another 2 inches. Check the stitching as before. Turn the needle tension adjustment to a different number. Sew another 2 inches. Check the stitching as before. See what effect changing the needle thread tension has on the stitching. _____
23. DEMONSTRATE: Get a small screwdriver and a threaded bobbin. Take the bobbin case out of your machine. Tighten the screw on the bobbin case by turning it to the right about ½ turn. Place the bobbin in the bobbin case and position the thread properly. Pull on the end of the thread and feel how much pressure it takes to pull the thread out of the bobbin. Then loosen the screw on the bobbin case by turning it to the left. Now, pull on the end of the thread and feel how much pressure it takes to pull the thread out of the bobbin. Notice how adjusting the bobbin screw affects the amount of tension on the thread as it feeds out of the bobbin. (Turn the screw back to its original position when you are done with this demonstration.) _____
24. DRILL: Stitch on a double layer of scrap material. Adjust the needle thread tension and bobbin thread tension (as needed) until the stitching is balanced. Continue doing this on different pieces of scrap material until you know you can adjust the machine properly to get a balanced stitch on any material. **Supervisor pass.** _____

B. FABRICS

1. DEFINE: fabric _____
2. READ: DS #1302 Fabrics. _____

3. DEMONSTRATE (with whatever objects you wish to use): Selvage, lengthwise grain, crosswise grain and bias on woven fabric. _____
4. DEMONSTRATE (with objects): How to straighten the grain on a woven fabric. _____
5. DEMONSTRATE (with objects): What kinds of information to check the label for when you purchase fabric. _____

C. SEWING A LAUNDRY BAG

1. READ: DS #1281 Sewing a Laundry Bag. _____
2. PRACTICAL APPLICATION: Buy material, thread and cord and make a laundry bag. Follow the directions in DS #1281. **Supervisor pass.** _____

D. REPAIR SEWING

1. READ: DS #1303 Repair Sewing. _____
2. DRILL: Practice backstitching, using a double layer of fabric, needle and thread. Do it until you can backstitch correctly and easily. _____
3. DRILL: Tear a rip in a piece of scrap material. Repair the rip by mending it with needle and thread as described in DS #1303. Do this on different tears in scrap materials until you can mend a tear well. _____
4. DRILL: Get a package of “iron-on” patch material. Read the directions on how to use it and press a piece of it over a rip in some scrap material. _____
5. PRACTICAL APPLICATION: Find three items (they may be your own) which need repair sewing. Fix them. Save one of them to take to the examiner. **Supervisor pass.** _____

I have completed the steps of this course. I understand what I studied and can use it.

Student _____ Date _____

The student has completed the steps of this course and knows and can apply what was studied.

Supervisor _____ Date _____

This student has passed the exam for this course.

Examiner _____ Date _____

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