



# 4-H Youth Development

A UNH Cooperative Extension Program

## SEWING FOR BEGINNERS

A 4-H Clothing Publication

- Pin Cushion
- Stuffed Toy
- Potholder
- Scarf
- Apron
- Tote Bag
- Knapsack



*UNH Cooperative Extension programs and policies are consistent with pertinent Federal and State laws and regulations, and prohibits discrimination in its programs, activities and employment on the basis of race, color, national origin, gender, religion, age, disability, political beliefs, sex, sexual orientation, or veteran's, marital or family status. New Hampshire counties cooperating.*

# SEWING FOR BEGINNERS

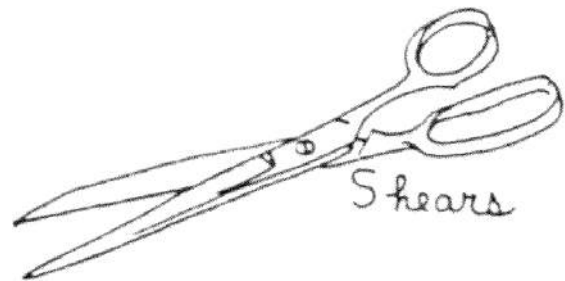
## Introduction

We should all learn to sew. Sewing is a skill for people of all ages, in all occupations, and from all walks of life. From making small repairs to making complete wardrobes, sewing provides for our basic, and not so basic, clothing needs. Sewing can also produce knapsacks and stuffed toys, practical articles and gifts. Sewing is a fun, useful craft that you can be proud of doing.

This manual is an introduction to sewing. It is designed to give you information quickly and easily. The drawings and descriptions will help you understand the most important steps and ideas.

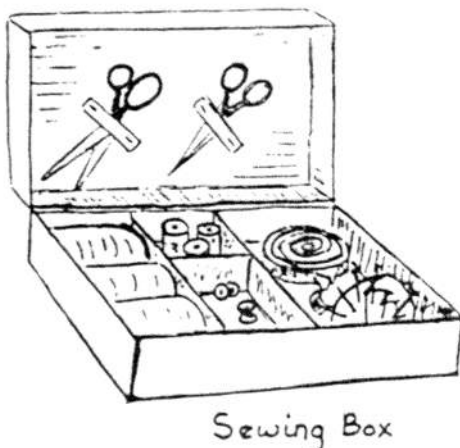
First, you will learn about the basic tools, terms, and techniques of sewing. You will then develop your skills by completing a few simple projects.

Never hesitate to seek help from more experienced sewers. If you have a problem with a project, ask a friend, parent or your club leader for help. Refer often to this manual and other sewing guides. Practice and have fun!



## TOOLS

People need tools for every hobby and job. You need special tools for sewing.



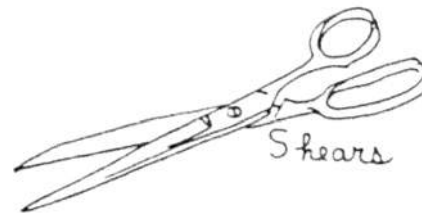
These tools will make sewing easier, neater, and more enjoyable. You will not need all of these tools to begin sewing. The more you sew, however, the more likely you are to find a use for everything.

It is safe and convenient to keep all your tools together. A sewing box will help you organize and store the things you need.

A wood, metal or strong cardboard box will work well. It should be large enough to hold all your tools and basic supplies. It helps to have some kind of partitions in your sewing box to hold everything in place and keep your sewing box neat and orderly.

# Tools for Cutting

**SCISSORS:** “Scissors” are 3” to 6” long and have two ring handles for your thumb and forefinger. Scissors are useful to clip threads and cut paper or fabric.



**SHEARS:** Shears” are longer than scissors and have one small ring handle for your thumb and a larger handle for the other fingers. The best shears have blades that are screwed together instead of riveted.

**TRIMMERS:** When fabric is lying flat on a table, it is easier to cut it by using shears that have bent handles. These shears are called “trimmers”.

Your cutting tools should be kept clean and sharp. Use them only for cutting fabric and thread. Avoid using them on heavy string, coarse paper, and cardboard. Be careful not to dent or drop the blades.

A drop of sewing machine oil on the inside of the blades will improve the cutting edge. Remember to wipe the blades clean before cutting any more fabric.

When cutting fabric, you may find that lint gathers on the edges of your blades. Carefully wipe this lint off with your fingers. The natural oils from your hands will help lubricate the blades.

You will have to sharpen your scissors and shears periodically.

# Tools for Measuring

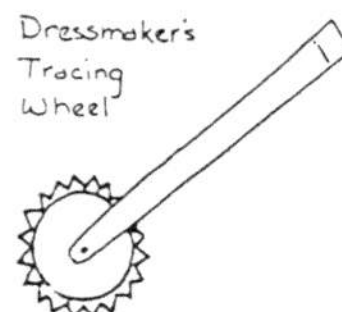
**TAPE MEASURE:** Use a good quality 60 – inch fabric or plastic-coated tape measure that won’t stretch or rip.



**MEASUREING GAUGE:** Include in your sewing box a 6-inch ruler or small measuring gauge. Both tape measures and measuring gauges are available in local stores.

**TAILOR’S CHALK:** Chalk is used to mark cloth. Tailor’s chalk is good for marking; it makes thin lines and brushes off easily.

**TRACING WHEEL:** A dressmaker’s tracing wheel is also used to mark fabric and transfer pattern markings.



**PENCIL AND NOTEPAD:** Keep a good pencil in your sewing box. You may need pencil and paper to make notes and calculations during a project.

# Pins & Needles

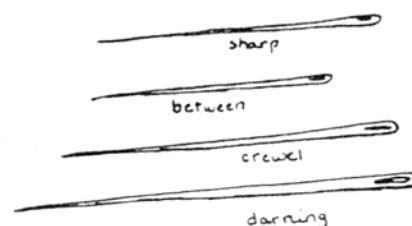
**PINS:** Dressmaker or silk pins have sharp points and will not make large holes in your fabric. They are particularly useful when working with fine fabrics and important items. For knit fabrics, use ball point pins...they will not snag the threads of the fabric as other pins may.

**THIMBLES:** Thimbles are made from silver, brass, nickel, steel or plastic. The thimble helps you pass the needle through the cloth. It should fit snugly over your middle finger.



**NEEDLES:** There are four basic sewing needles, each with its own style and purpose.

- Sharps are medium-length needles and are slender with round eyes.
- Betweens are shorter than sharps and are used for fine handiwork.
- Crewel needles have long eyes for easier threading and are used for darning, embroidering, and regular sewing.
- Darning needles are longer than crewel needles and have wider eyes.

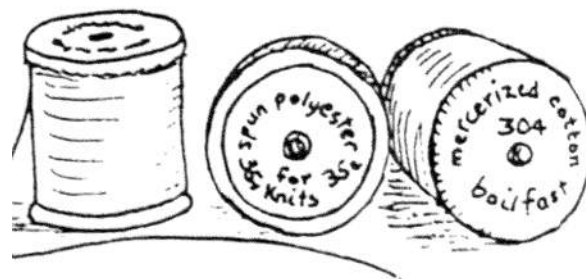


Needles come in sizes 1 to 10. Size one is very course; size ten is very fine. You can buy needles in a package of assorted sizes or in a package with only one size.

Needles should match the kind of sewing you are doing and the kind of fabric and thread you are using. As you learn more about sewing, you will learn which needles are best for the job.

For beginners, a number seven sharp is a good needle to use.

**THREAD:** There is cotton, silk and synthetic fiber threads, and threads that are actually a combination of fibers. The most widely used thread is polyester with mercerized cotton cover. This comes in a variety of colors and has a strong finish on it.

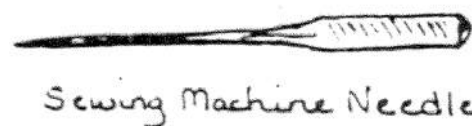


Threads should match the type of fabric you are using. The colors of the thread should match either the primary or background color of your fabric. When you can't match the color exactly, choose the next darker thread color.

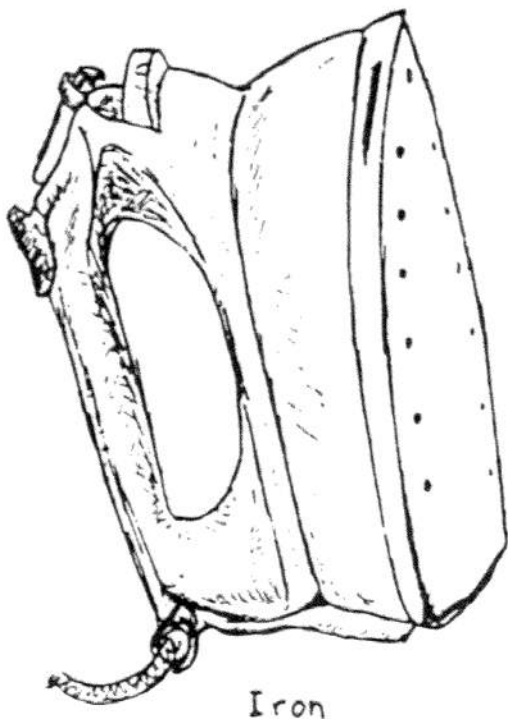
**EMERY BAG:** When your needles grow dull, shine them up by pushing them back and forth through an emery bag. (Emery bags are often disguised as giant strawberries.)

## SEWING MACHINE NEEDLES:

These also come in different sizes and styles, ranging from a size 9 for very delicate fabrics to a size 18 for coarse, heavy fabrics. Ball-point needles should be used when you are working with knits. These have rounded points that will not tear the threads for a knit fabric as easily as regular needles can.



# Tools for Pressing



Good sewing requires proper pressing tools and techniques. Use a good iron, dry type or steam; a well-padded ironing board; and a press cloth (muslin or cheesecloth) to dampen the fabric while pressing.

Ironing and pressing are actually two different techniques. Pressing is used more frequently than ironing in clothing construction. To press, bear down on the fabric with your iron, lift up, and bear down again. This applies heat and pressure without pushing or stretching the fabric. To iron, move the iron back and forth across your fabric.

Pressing as you sew helps produce a fine finished item. The temperature of your iron should be adjusted to the type of cloth you are pressing, always press with the grain of the fabric to help hold the size and shape of the piece. You press primarily on the “wrong” side of the fabric. Learn to use the tip of the iron to press open seams.

Pressing is very important. Do not hesitate to ask more questions about pressing and ironing techniques, iron temperatures, and the uses of the press cloth.

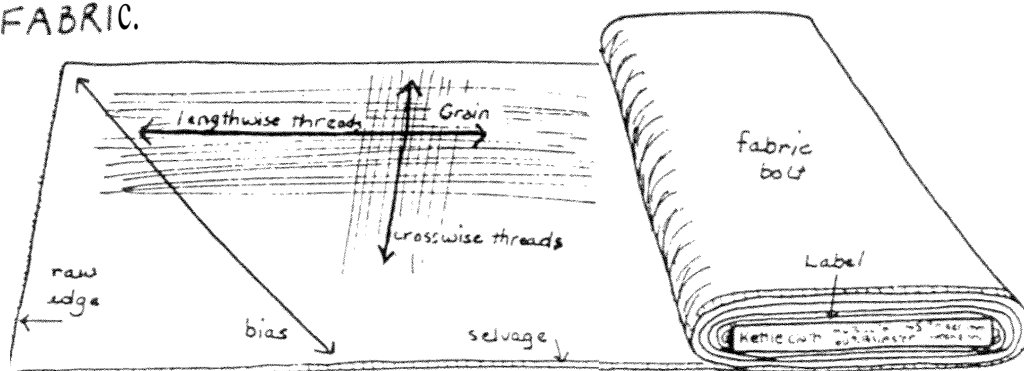
# FABRIC

Before you begin to sew, you must become familiar with fabric. Most patterns are designed for specific types of fabrics. Suggested fabrics are listed on the back of each pattern. The necessary materials for the projects in this manual have been listed in the directions.

There are several important terms regarding fabric. One of the most important is grainline. The threads which run the length, or the long way, of the fabric are called the “lengthwise” threads or the lengthwise grain. Fabric is purchased by “yardage” which is measured along the lengthwise grain.

The threads which run the width of the fabric, or the short way across, are called “crosswise threads”. The bias of the fabric runs diagonally across it and has the most stretch or give.

## FABRIC.



“Selvage”, pronounced Sell-vij, is the narrow, tightly woven strip running along a long edge of the fabric. The selvage edge will not ravel.

Where fabric is folded down the middle, you have the “folded edge”. This sometimes creates a permanent crease line.

The end where the fabric has been cut or torn off is called the “raw edge”.

Woven fabric is made by weaving crosswise threads back and forth, over and under, the lengthwise threads. The direction and angle of the threads determines the grain of the fabric.

The lengthwise and crosswise threads of a fabric should meet at right angles. When they do not, the fabric is “off grain”. The raw edge of the piece of cloth should line up even with the end of a table when the lengthwise edge is lined up against the tables’ side edge. If the edges don’t match, the cloth is off-grain.

Always make sure your fabric is straight before cutting it. To straighten fabric if it is not more than an inch off-grain, hold both sides and pull and stretch diagonally towards the shorter end. Steam pressing may also help straighten the fabric.

All fabrics should be preshrunk before you begin sewing. Wash and dry it, using the same method you will use for the finished product. The fabric manufacturer should include recommended care instructions on a label with the cloth. Ask the salesperson for one.

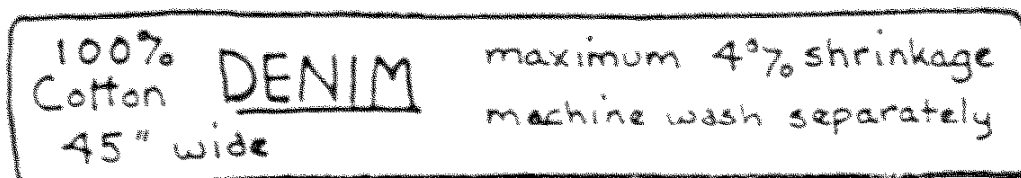
These labels also carry other information. They may tell you if your fabric is crease resistant, wrinkle resistant, wash and wear, or durable press.

These finishes lock the threads in position and you will be unable to straighten these fabrics when the piece you are using is off-grain. Check the material before you buy it!

Every bolt of fabric should have a label on the end. It will inform you about the fiber content of the fabric, whether it is cotton, nylon, polyester, or another combination.

Labels also carry the dimensions of the fabric. Be sure to check the width of the fabric, as this will determine how much of it you need for the design or style of pattern you have chosen.

Finally, check the label for information about the color; if the label has a statement that the dyes are fast to washing, cleaning, and light, you may be certain that the colors will not run.



Read care labels carefully.

# STITCHES

Using a needle and thread is the most basic skill of all. With your thimble on the middle finger of your sewing hand, hold the needle between your thumb and forefinger. The needle's eye should rest near the thimble and point in the direction you plan to sew. Brace the needle against the side of the thimble – and stitch.

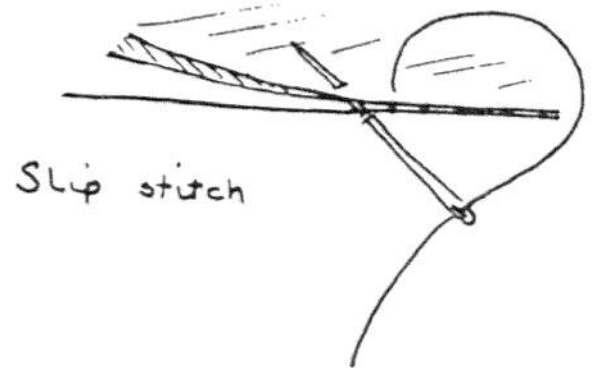
## RUNNING STITCH

You can sew faster by picking up several stitches in a row, and weaving the needle in and out of the fabric. Then slide the stitches back onto the thread by pulling the needle through the row.



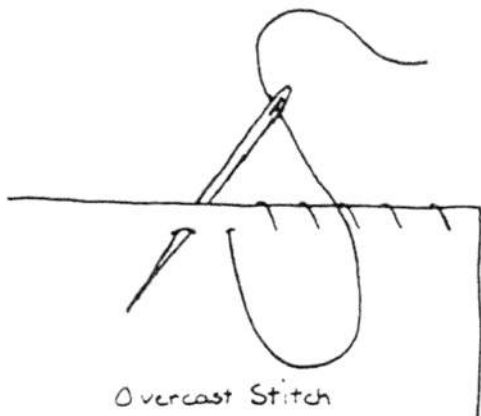
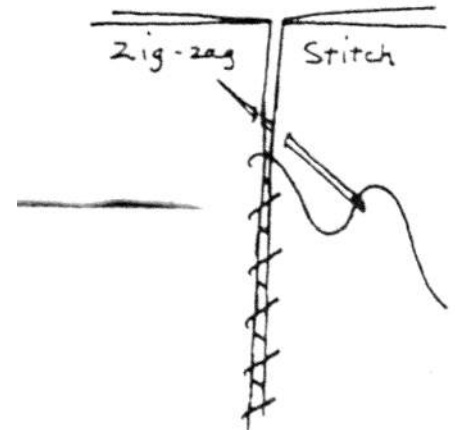
## SLIP STITCH

Slip stitching is invisible from either side of the stitched piece. First, pick up a few threads on your needle from the fold of the bottom edge. Now slip the needle  $\frac{1}{2}$ " into the upper fold edge. Pull the needle out and repeat. Pull the thread tight so the edges of the fabric are close together and the stitches cannot be seen.



## ZIG-ZAG STITCH

Stitch back and forth between the edges of an opening: pull the threads tight as you sew to close the opening.



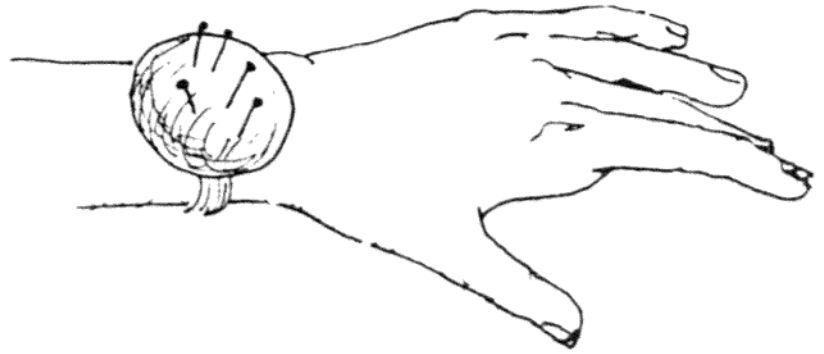
## OVERCAST STITCH

Make slanted stitches  $\frac{1}{2}$ " apart over the edge of the fabric.

# PROJECTS

## pin cushion

This is an inexpensive and easy-to-do project, and a very handy thing to have. The techniques you will use are important, so follow the direction closely. The pin cushion should take one to two hours to complete and is made from readily available materials.

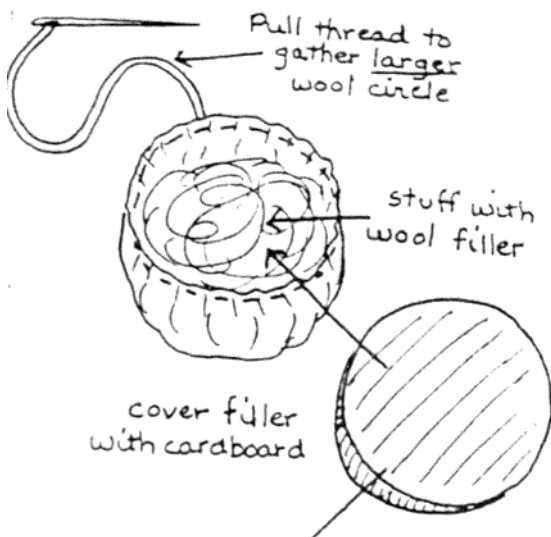
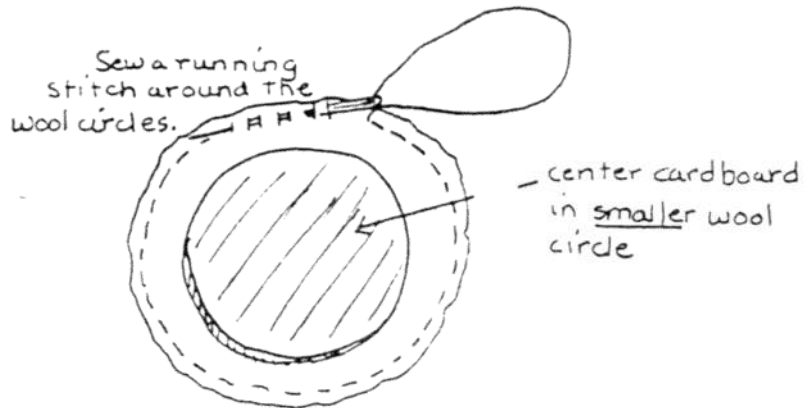


### Materials:

- 2 cardboard circles, 2 3/8" in diameter
- 2 scraps of wool cloth (should be tightly woven so as not to fray easily)
- Wool filler (small pieces of unraveled yarn or wool scraps)
- 6 inches of 1/2" or 3/4" elastic
- Thimble, scissors, needle and thread

### Directions:

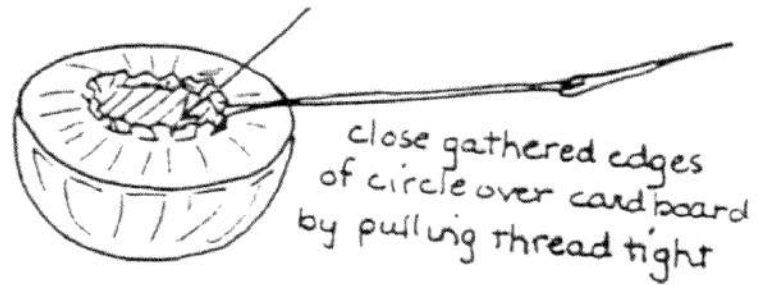
1. Cut one circle of wool 5" in diameter, and cut the other circle of wool 3 1/2 " in diameter.
2. Double-thread your needle and sew a running stitch around the outside of the larger wool circle 3/8" from the edge.



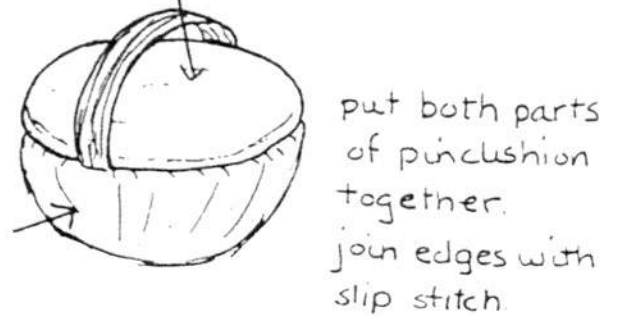
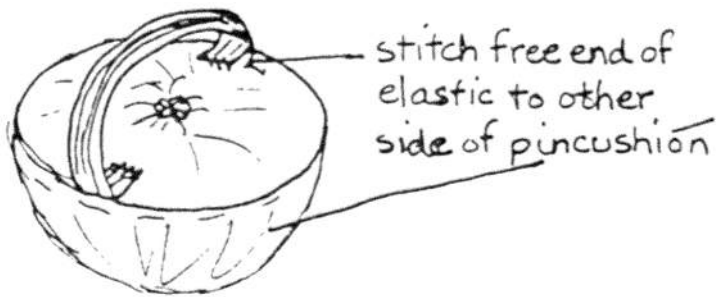
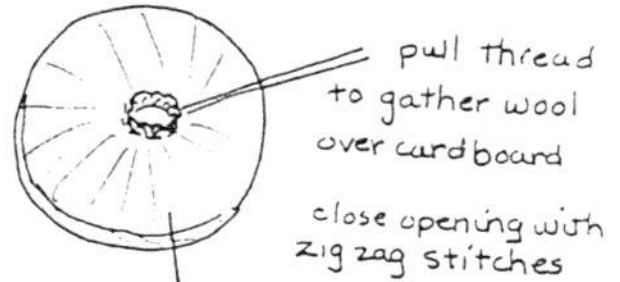
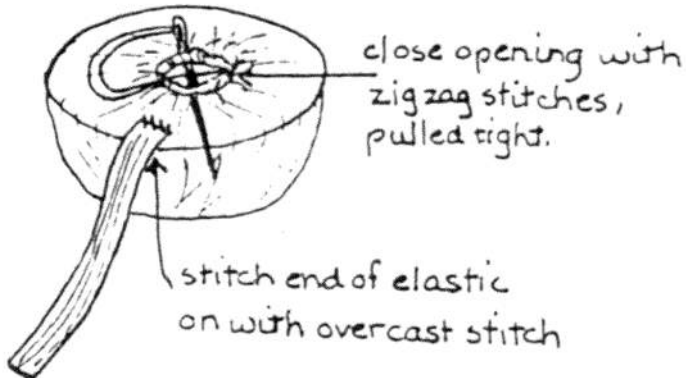
3. Pull the thread gently at the same time, push the fabric back along the thread. The edge of the circle should gather and form a cup shape. Stuff this with wool filler.
4. Place one cardboard circle over the filler and pull the edge of the wool cup as close together over the cardboard as you can; now pull the thread tight. Close the opening by sewing it shut with long zig-zag stitches.
5. Cover the other cardboard circle with the smaller piece of wool. Sew a running stitch around the wool as you did before; with the cardboard in the center of the wool, gather up the edge and pull the thread tight. Close the opening with zig-zag stitches.



6. Fasten one end of the piece of elastic to the bottom edge of the stuffed circle by using an overcast stitch. Adjust the length of the elastic to fit over your wrist and add  $\frac{1}{2}$ " more to fasten the other end. Now stitch the free end to the opposite side of the pin cushion.



7. Use an overcast stitch to join the two halves of the pin cushion.



# stuffed toy or bean bag

This is a good project because it is cheap to make, you learn to use the sewing machine, and you create a nice gift for a young friend or relative.

## Materials

- Some soft fabric, like terry cloth or flannel, depending on the size and type of toy
- Scraps of cloth, shredded foam rubber, or polyester fiber/fill for stuffing (use beans if you make the bean bag toy)
- Embroidery needle and colored embroidery thread

## New Skills

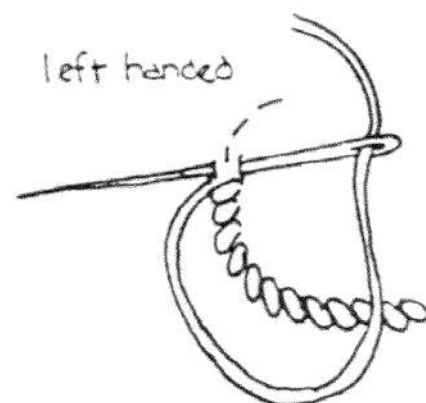
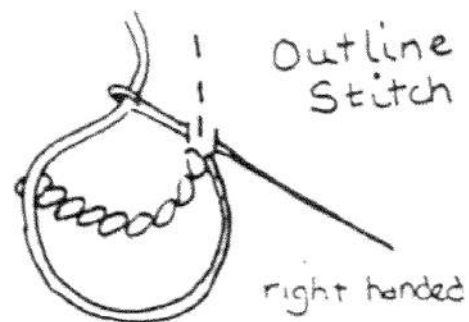
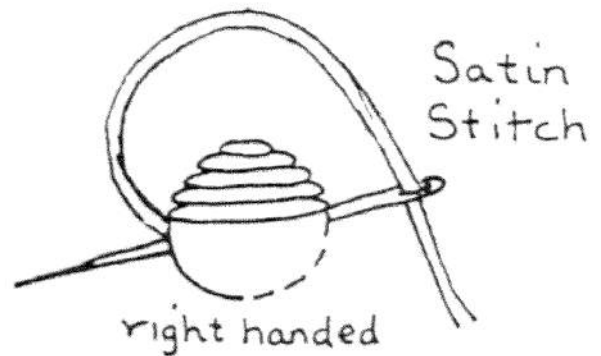
To make this project, you have to thread and run a sewing machine; embroider a design, and clip and notch seams.

Begin embroidering by using three tiny stitches to secure the thread at the start, and finish it the same way. Embroider with a **satín stitch** to fill in designs. This is a smooth stitch and you sew it by working from one side of the design to the other, passing the needle underneath and then drawing the thread through.

Return to the beginning side of the design and repeat until the design space is covered. Stitches should be close together so that they touch without overlapping.

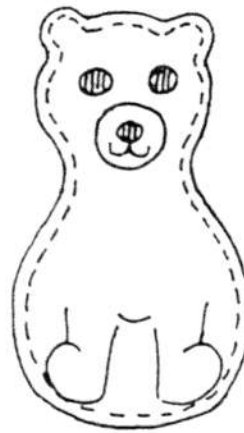
For long lines, use the **outline stitch**. Insert the needle from right to left (or left to right if you are left handed) on a slant to the line you are stitching along. The needle should come out right beside the thread as it comes up through the fabric.

Clip and notch seams to make curved seams lie flat when turned or pressed. On outside curves, cut a small v-notch in the cloth outside the seam line; on inside curves, clip the seam allowance almost to the line of stitching.



**Directions:**

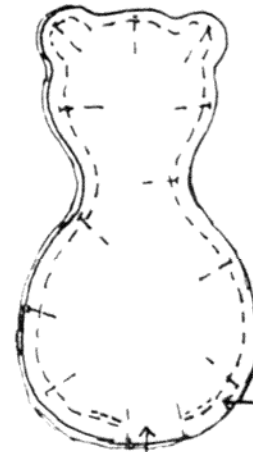
1. Make your own pattern or use the one here.
2. Pin the pattern to a doubled layer of fabric, with the right sides together, and cut out the pieces.
3. Mark the outline of the design with chalk on the right side of the fabric. A dressmaker's chalk pencil works best as it brushes off easily after you're done. Mark the eyes, nose, mouth and other areas. Now embroider these areas with colored thread onto the right side of the fabric. Brush away any chalk marks that show around the edges of the design.



cut out the toy and draw on the design with chalk

Embroider the design on the right side of the fabric

4. Place the corresponding or right sides of the fabric together and pin around the edges so that it stays in place. Slip the pins in at right angles to the edge of the cloth. On the sewing machine, stitch a seam around the figure  $\frac{1}{2}$ " from the edge, taking out each pin before the machine passes over it. Backstitch a few stitches at the beginning and end of the seam to secure it. **Remember:** Leave  $1\frac{1}{2}$ " section unstitched so that you can turn it right side out again.

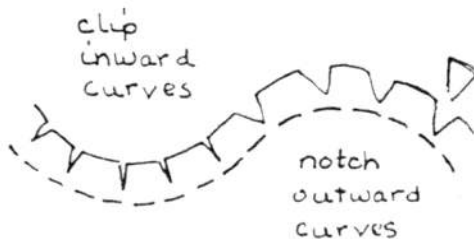


Pin right sides together. Stitch.

backstitch at both ends of stitching line

Leave opening here

5. Clip and notch the seam allowance.



clip inward curves

notch outward curves

6. Turn the toy back to the right side, using the eraser end of a pencil to turn the seams smoothly.
7. Stuff the toy firmly, but not to overflowing; or fill it loosely with beans.
8. Turn the seam allowances to the inside around the opening. Finally, pin the edges together and join them with overcast or slip stitch.



slipstitch opening

# potholder

Every cook needs several of these and you can make one very quickly. This is a project for your sewing machine. You learn to baste, sew mitered corners, and pivot corners with the machine.

To base, sew a running stitch with a single thread, knotted on one end only. This will hold the pieces of fabric together for stitching on the machine.

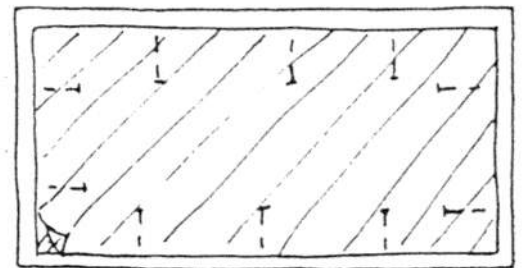
Pivoting allows you to sew seams around corners. To pivot with the machine, sew almost to the corner of your piece and leave the needle in the fabric. Now raise your presser foot and turn the fabric in the new direction, and continue sewing.

## Materials:

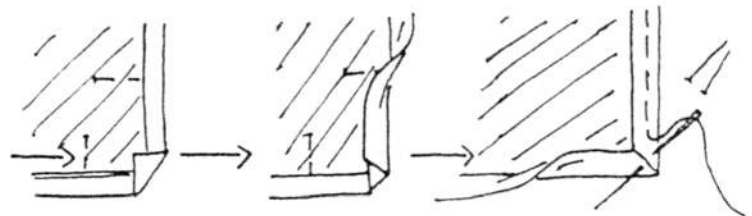
- Approximately 7" x 13" of cover fabric
- Two or three layers of flannel, or a piece of old blanket, fur padding (pieces should be cut about 1" smaller than cover piece)

## Directions:

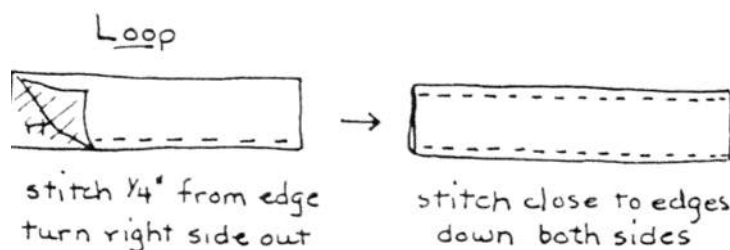
1. Lay the cover fabric right side down. Center the pieces of padding on the side facing up (the wrong side) and pin them together: the points should come out  $\frac{1}{2}$ " from the edge of the padding. For safety's sake, use plenty of padding.
2. Make mitered corners by folding the cover over the edges of the padding. Press and baste the folded edges.
3. To make a loop for the potholder, cut a strip of fabric  $1\frac{1}{2}$ " wide by 3" long; fold it in half, lengthwise, placing the right sides together. Stitch  $\frac{1}{4}$ " from the edge along the long side. Turn the right side out and press. Stitch close to the edge down both long sides.



Center and pin layers of padding on wrong side of cover fabric.

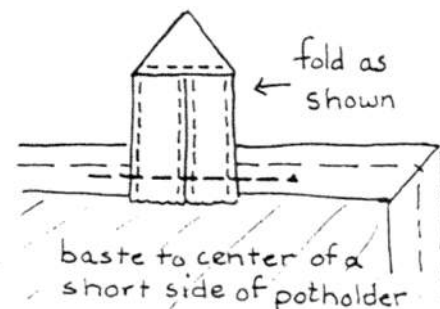


Make mitered corners as shown. Press and baste in place. Remove pins.



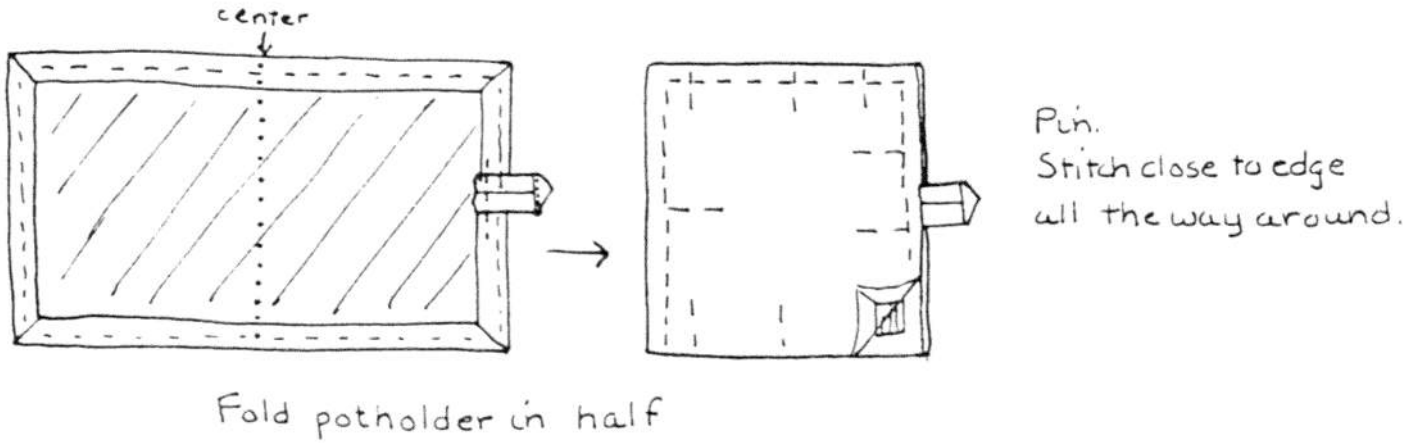
stitch  $\frac{1}{4}$ " from edge turn right side out

stitch close to edges down both sides

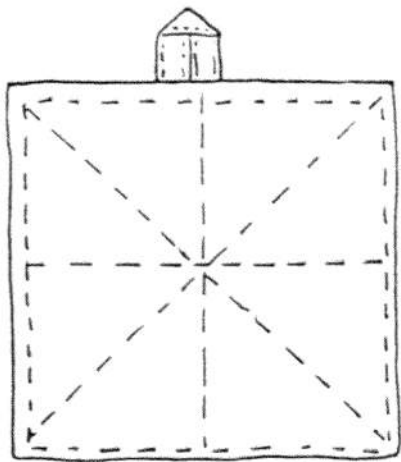


baste to center of a short side of potholder

4. Fold the loop and baste the ends to the center of one short side of the potholder.
5. Fold the potholder with the padding inside, making sure all edges meet. Now press.



6. Machine stitch  $\frac{1}{4}$ " -  $\frac{1}{8}$ " from the edge. Make sure both sides of the potholder catch in the stitching.
7. Stitch a design on your potholder! Remember to backstitch each time you start or stop stitching.



Stitch a design  
on the potholder.

# scarf

This scarf is reversible so you can use two different fabrics.

This project gives you the chance to trim seams, clip corners, topstitch and pivot.

To keep seams from getting too bulky and lumpy, trim off all but  $\frac{1}{4}$ " of the seam allowance.

Grade layers of cloth by trimming them at different heights.

To reduce the bulk in the seam of a corner, cut diagonally across the corner of the seam allowance.

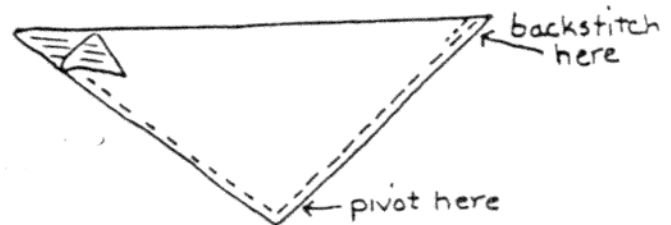
Topstitching is used to keep layers of fabric and seams flat. It is also used for decoration. Topstitching is simply a line of stitching on the right side of the fabric.

## Materials:

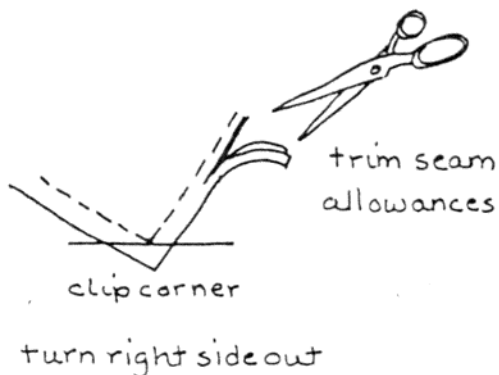
- About  $\frac{1}{4}$  yard of fabric and matching thread
- 40" – 48 " of double-fold bias tape
- Newspaper or tissue paper to draw your pattern on.

## Directions:

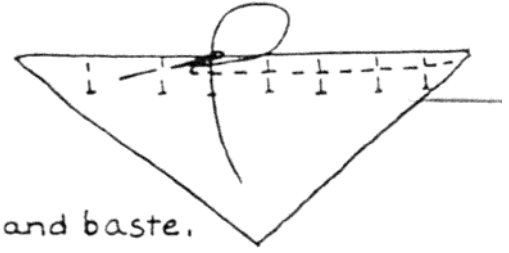
1. Draw your pattern on some paper and cut it out. Start with a triangle approximately 14" x 14" x 20". Try it on and adjust it if necessary before cutting out the fabric.
2. Cut out two triangles of fabric.
3. Pin the right sides of the triangle together. Stitch  $\frac{5}{8}$ " seam along both the short edges, pivoting at the corners. Backstitch both ends of the seam.
4. Now trim the seams. Clip off the point at the corner.



With right sides together, stitch a  $\frac{5}{8}$ " seam along the short edges.

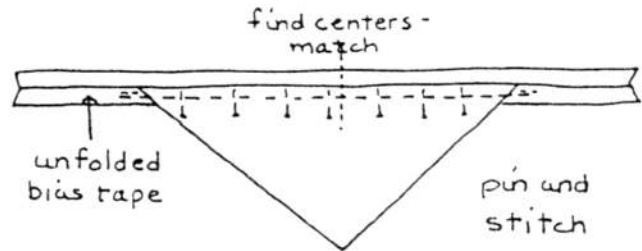


- Turn the scarf right side out and press the edges flat.
- Lay the scarf down flat and pin the raw edge. Baste in place  $\frac{1}{4}$ " from the raw edge.



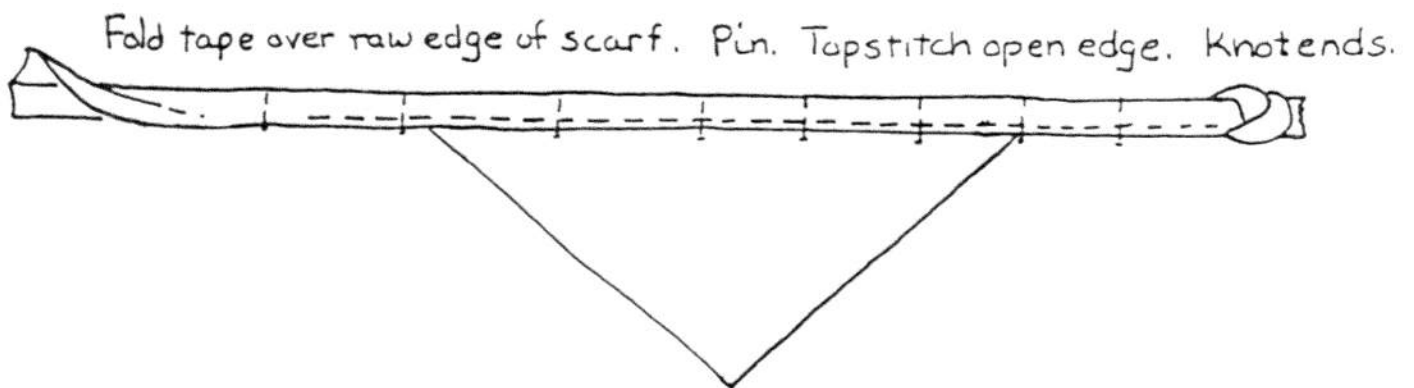
- Mark the center of the scarf's basted edge with chalk. Mark the center of the bias tape.

- Unfold the tape only along the main, centerfold, leaving the side folds in place. Match the center of the tape with the center of the scarf. The inside of the tape should be placed against the lining side of the scarf. The center fold line of the tape should be against the raw edge of the scarf. Pin the tape in place. Machine stitch approximately  $\frac{1}{8}$ " along the edge of the tape and through the scarf. Backstitch both ends.



- Turn the scarf over and bring the tape up and over the raw edges of the scarf. Check to be sure that the raw edges of the tape are folded under. Pin the tape to the scarf and also pin the free ends of the tape together. Stitch  $\frac{1}{8}$ " along the entire length of the tape. Try to keep your stitching straight. Backstitch at both ends.

- To finish, knot each end of the bias tape.



# tote bag

By enlarging this pattern, you can make a book bag. To make a beach bag, add a piece of old shower curtain for lining.

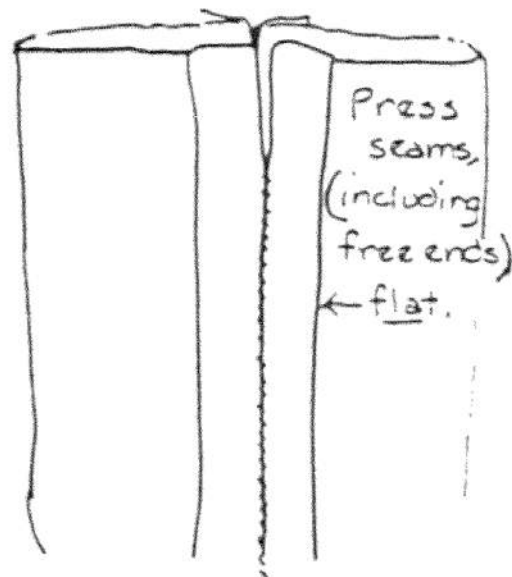
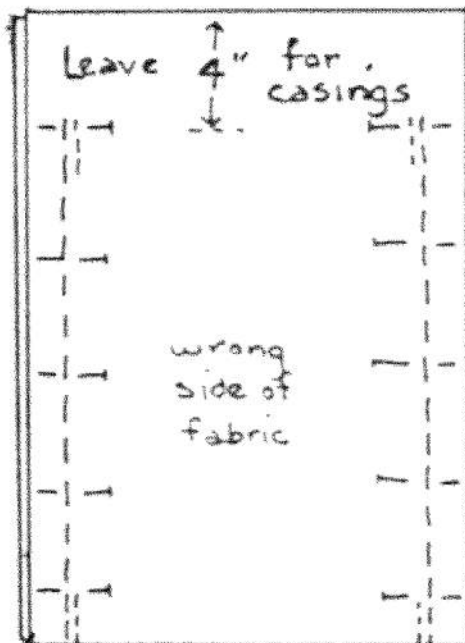
## Materials:

- 1/3 yard of fabric and matching thread (use a heavy fabric such as denim, burlap, or home spun)
- 1 yard of cording for drawstring

## Directions

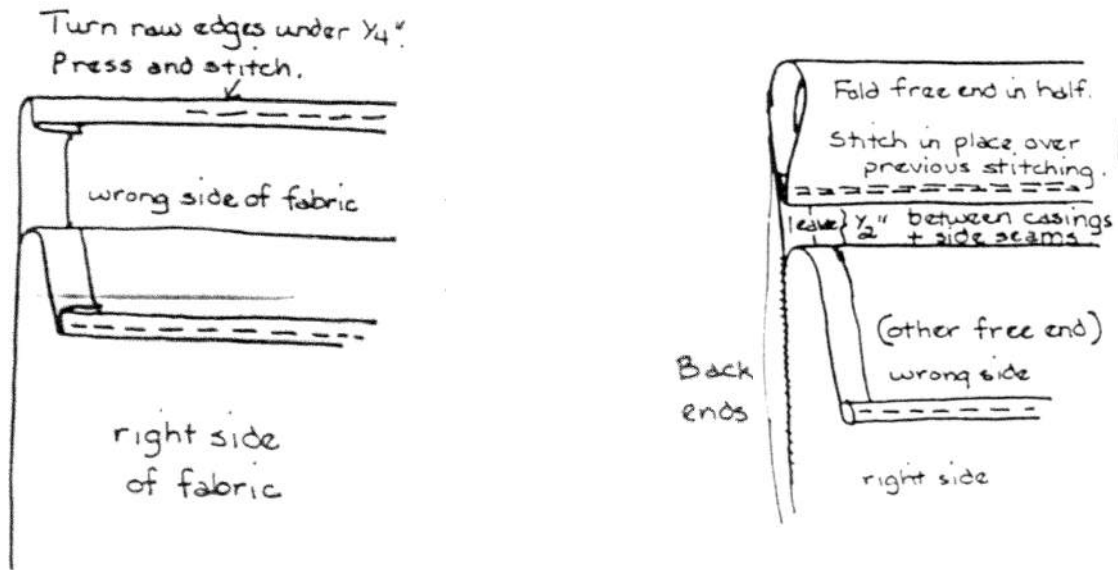
1. Cut a piece of fabric 10" wide by 24" long, or larger for a book bag. The finished item will be half the dimensions of your original piece.  
**IMPORTANT:** Cut your fabric 2" larger than you want the bag to be when finished to allow for seams.
2. Edge stitch  $\frac{1}{4}$ " from the edge along all four sides or sew some other edge finish.
3. Fold piece in half with right sides together. Match edges and pin together except for 4" at each end. Stitch at both ends of the seam. Turn the bag right side out and press seam flat.
4. Press the free ends too, as though they were part of the seam.

5.

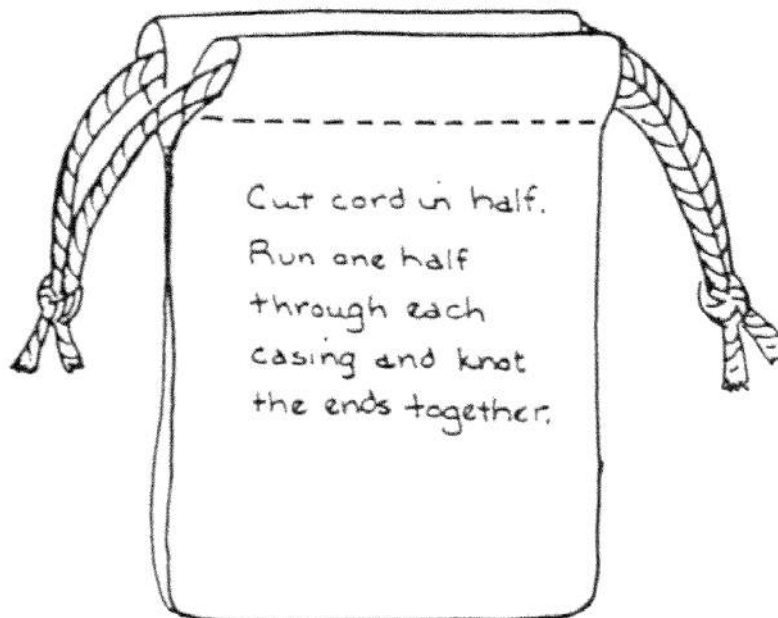




- Turn the raw edges of the free ends under  $\frac{1}{4}$ ". Press and stitch in place. Then fold the free ends in half to the inside of the bag to form the casings. Leave  $\frac{1}{2}$ " between the bottom of the casing and the end of the side seams. Pin the casings in and stitch close to the edge, over the previous row of stitching. Backstitch at each end.



- Cut the cord in half and run one piece through each casing. (Pinning a large safety pin through each end of the cord will make it easier to pull through the casing.) Knot the ends together.



# apron

To make this apron you will need to hem edges. To hem, turn the edge of the fabric in  $\frac{1}{4}$ " to the wrong side and press it. Make another turn however wide you wish the hem to be. Press and pin in place. Stitch. Your edges will be neatly finished and they will not fray.



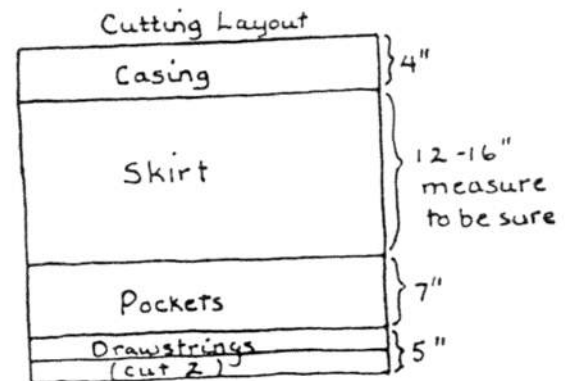
measure from your waist down to as far as you want the apron to go,

## Materials:

- 1 yard of 36" wide sturdy cotton fabric and matching thread (preferable color fast fabric)

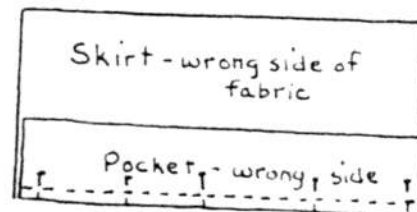
## Directions:

1. Measure 5" of fabric for the drawstring. This strip of fabric should be halved lengthwise.
2. If your fabric is the same on both sides, like chambray or gingham, turn up 7" of material for pockets. Right sides should be placed together. Pin the sides.



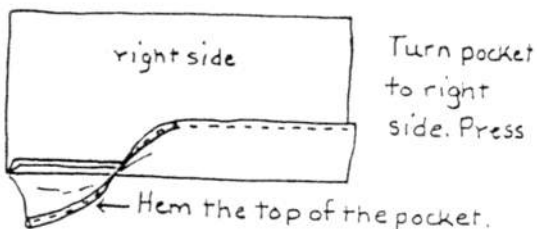
With other types of fabric, cut off 7" of fabric; place the right side of the pocket against the wrong side of the apron; pin; and stitch a  $\frac{5}{8}$ " seam at the bottom. Turn the pocket right side out and press upward.

## Making the Pockets

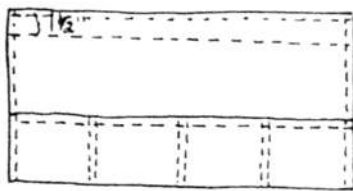


Pin together as shown. Stitch a  $\frac{5}{8}$ " seam.

3. Hem the top of the pocket.



4. Stitch the pocket's division, back stitching at the end of each division.

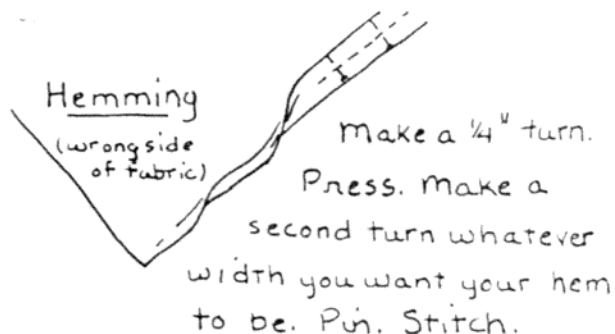


Stitch the pocket divisions.  
Hem the sides.  
Then hem the top of the apron.

Make the 2nd fold of the top hem 1 1/2" wide.  
It will be the drawstring casing.

5. Hem the sides of the apron, making sure to include the edges of the pocket in the hem.
6. Hem the top of the apron. Your second turn should be 1 1/2" wide to make the casing for the drawstrings.

Stitch again 1/4 - 1/2" from the top of the casing to finish it.



7. Make the drawstring by stitching the tow strips together at the ends. Press the seam open.
8. Fold the drawstring in half lengthwise; keep the right sides together. Press.

### Making the Drawstrings

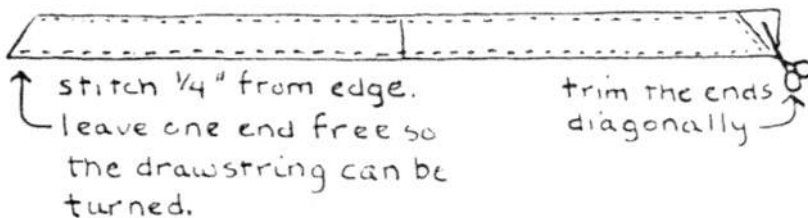


Stitch drawstring strips together at ends. Press seam open.

9. Trim the ends diagonally. Stitch 1/4" from the raw edges...leaving one end unstitched so the piece can be turned right side out.

When stitching the corners, take a stitch across the point, pivot again, and continue stitching. This makes a neater corner that is easier to turn.

- 10.

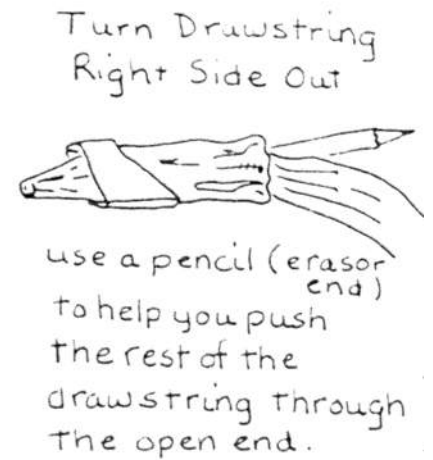
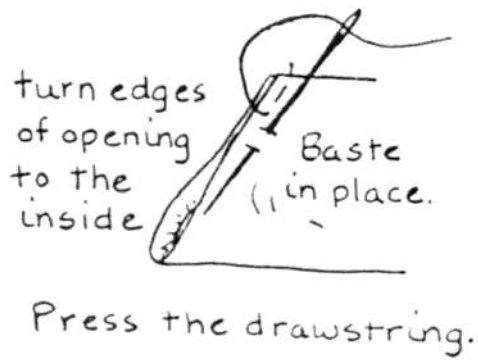


stitch 1/4" from edge.  
leave one end free so the drawstring can be turned.

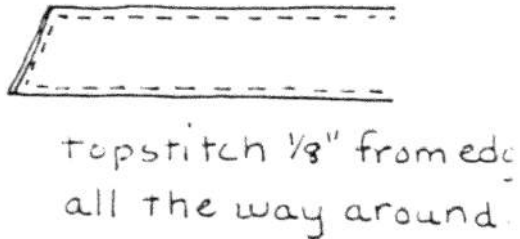
trim the ends diagonally

10. Trim the seam allowances at the corners.

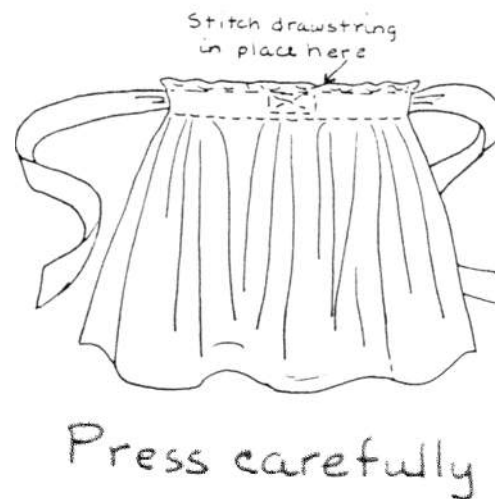
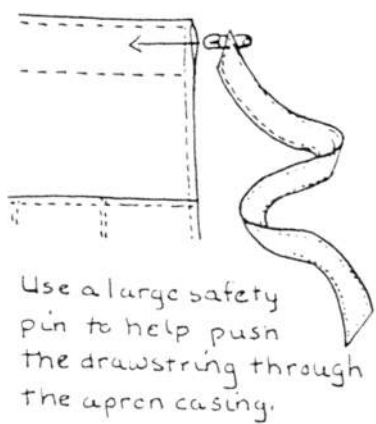
11. Turn the drawstring right side out. Turn the raw edges of the open end to the inside and baste in place. Press the whole drawstring.



12. Top stitch all the way around the drawstring 1/8" from the edge.



13. Use a large safety pin through one end of the drawstrings to help draw the string through the opening.



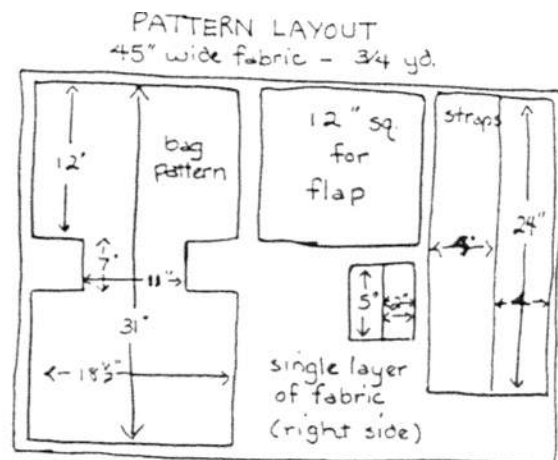
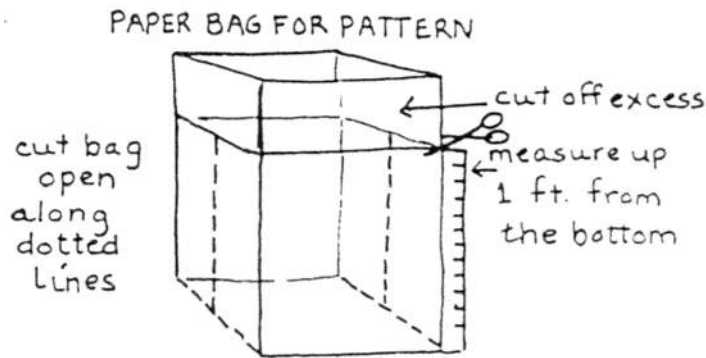
14. Stitch drawstring in place at the center of the apron to keep it from pulling out.

15. Press the whole apron carefully, and you are done!

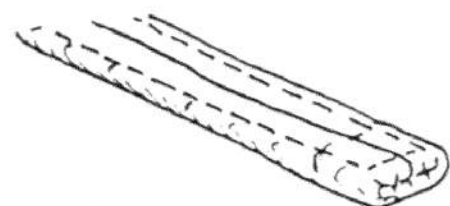
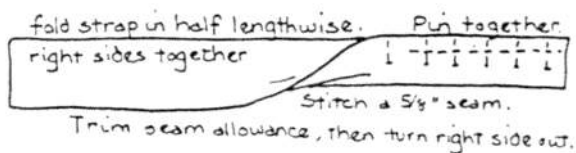
# knapsack

## Directions:

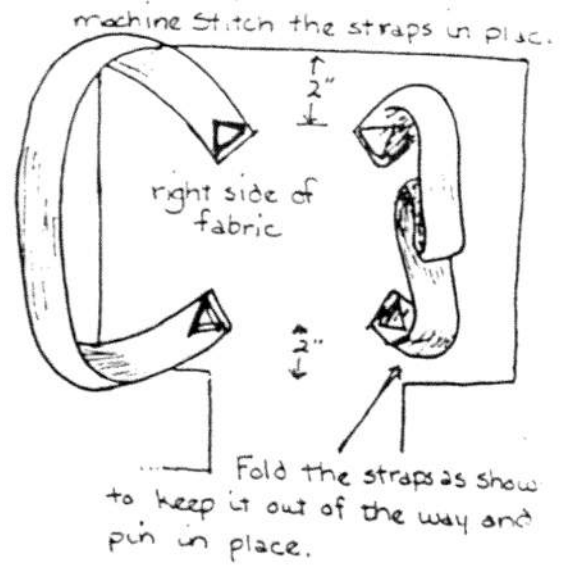
1. Use a grocery bag to make the pattern for this project. Measure up 12" from the bottom of the bag and mark it with a pen or pencil on all sides. Cut off the extra bag above these marks. Next, cut the bag open along the center side seams and the bottom side edges. Cut in an extra  $\frac{1}{2}$ " on each bottom side edge to allow for the side seams when sewing it. See the pattern layout for the dimensions of the bag pattern. You may use these dimensions of the bag pattern. You may use these dimensions to make a tissue paper pattern if you prefer.



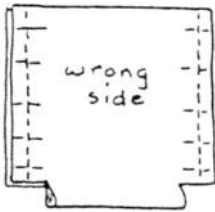
2. Lay out the pattern on the right side of a single layer of fabric. Pin it in place and cut it out. Cut out 12" square of cloth for the flap, two strips of cloth 4" wide and 24" long for the straps, and two smaller strips 2" wide and 5" long for the button loops.
3. Trim the top of the flap to round off the edges. Stay stitch or use some other edge finish close to the edges of the flap and the main piece of the knapsack, all the way around both pieces to prevent fraying.
4. Make the straps first. Fold the strips in half lengthwise with the right sides together. Stitch a  $\frac{5}{8}$ " seam. Trim off half the seam allowance to remove bulk. Then press the seam open. Use a pencil or ruler to turn the strap right side out. Turn the ends  $\frac{3}{4}$ " to the inside of the strap and then press the strap to the seam runs straight down the middle. Topstitch  $\frac{1}{4}$ " from the edge all the way around both straps.



5. To attach the straps, pin them to the main piece of the knapsack as shown in the diagram. Try it on and make any adjustments before sewing. Be sure they are at least 2" from the top and bottom edges to allow for seams. Stitch the straps in place as shown, going around in a triangle two or three times to secure them. To prevent the straps from setting in your way while you finish sewing the knapsack, fold them up and pin them to the knapsack.

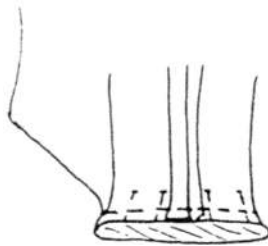


6. With right sides of the fabric together, match the side edges of the bag and pin in place. Stitch a 5/8" seam down each side. Press the seam open.



Fold bag in half, match sides, pin and stitch. Press seams open.

7. Match the bottom edges of the knapsack with the bottom of the sides as shown. With right sides together, pin in place then stitch a 5/8" seam. Press the seam open. Turn the knapsack right side out.



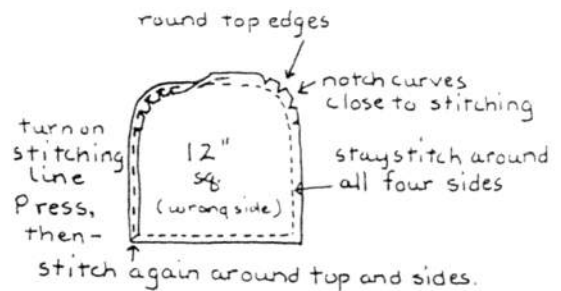
Match raw edge of bottom with bottom of side. Pin and stitch.

8. Turn the top edge of the knapsack under 1/4" and stitch or use some other edge finish to prevent fraying.

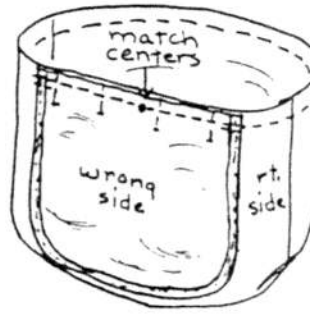


To finish top edge of bag, turn raw edge over 1/4" and stitch. Turn bag right side out.

9. Round off the top edges of the square for the flap with your scissors. Stitch 5/8" from the top and side edges of the flap and turn the edges under on this stitching line. Notch the curves, press, and then stitch in place.

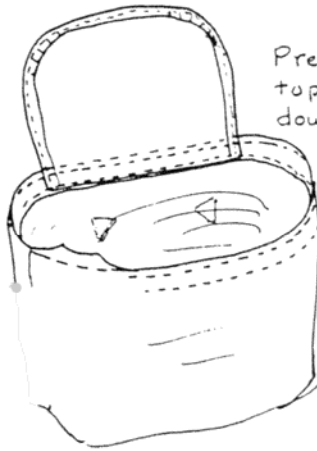


10. Fold the bottom edge of the flap in half to find its center and mark the spot with a pin. Do the same for the top of the back of the knapsack. With right sides together, match the centers of the flap and the back of the knapsack and pin them. Stitch a 1" seam and continue stitching all the way around the top of the knapsack.



Pin bottom of flap to top of back of bag. Stitch a 1" seam and continue stitching around the top of the bag.

11. Press the seam and the top of the knapsack downwards from the stitching line to the inside. Pin. Topstitch once close to the top edge (1/4") and once close to the bottom edge.

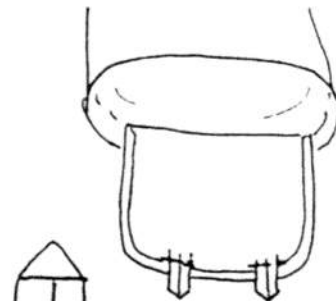


Press seam and top edge of bag downward to the inside.  
Topstitch 1/8" from top and 1/8" up from bottom of fold all the way around the top.

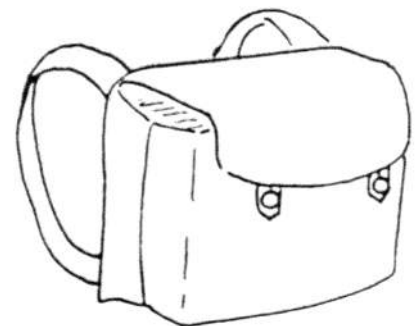
12. To make the fasteners, fold the 5" strips in half, lengthwise, with the right sides together. Stitch a narrow seam 1/4" from the edges and turn them right side out with a pencil. Pin them to the underside of the new flap, 2" from each side, as shown. Make sure to allow enough room for the button or toggle to pass through then stitch in place. Sew the buttons or toggles in place on the front of the knapsack to finish.



fold 5" strips in half lengthwise. Press. Stitch close to edge. Turn right side out. Press.



stitch to underside of flap as shown.



sew buttons or toggles as shown.

# sewing on

Now that you have finished some simple projects and learned new skills and techniques, you are ready for more advanced sewing.

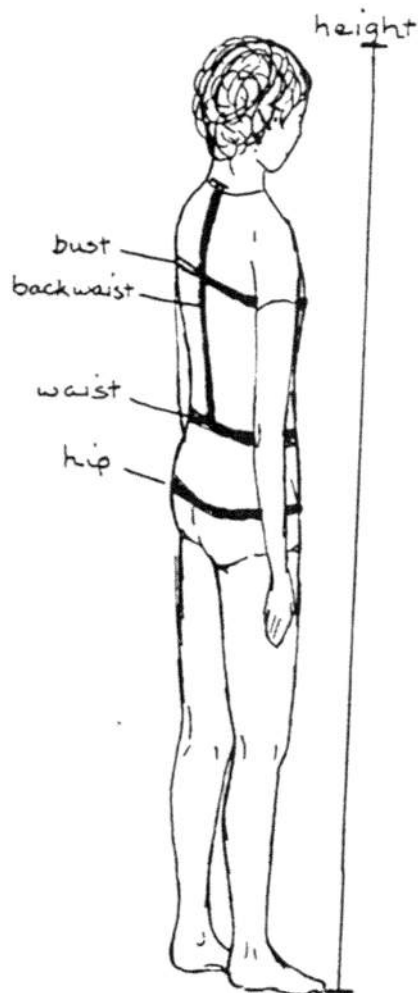
You will now be able to make more complicated projects.

Commercial patterns are issued by several companies. They publish catalogs listing their patterns every month.

Catalogs and patterns can be found in all fabric stores and many department stores. Some town libraries may have a pattern exchange. People who sew a lot collect many patterns.

Before buying a pattern, consider carefully what materials and skills are needed to make it. If you begin with a project that is too complicated, you may not be able to finish it.

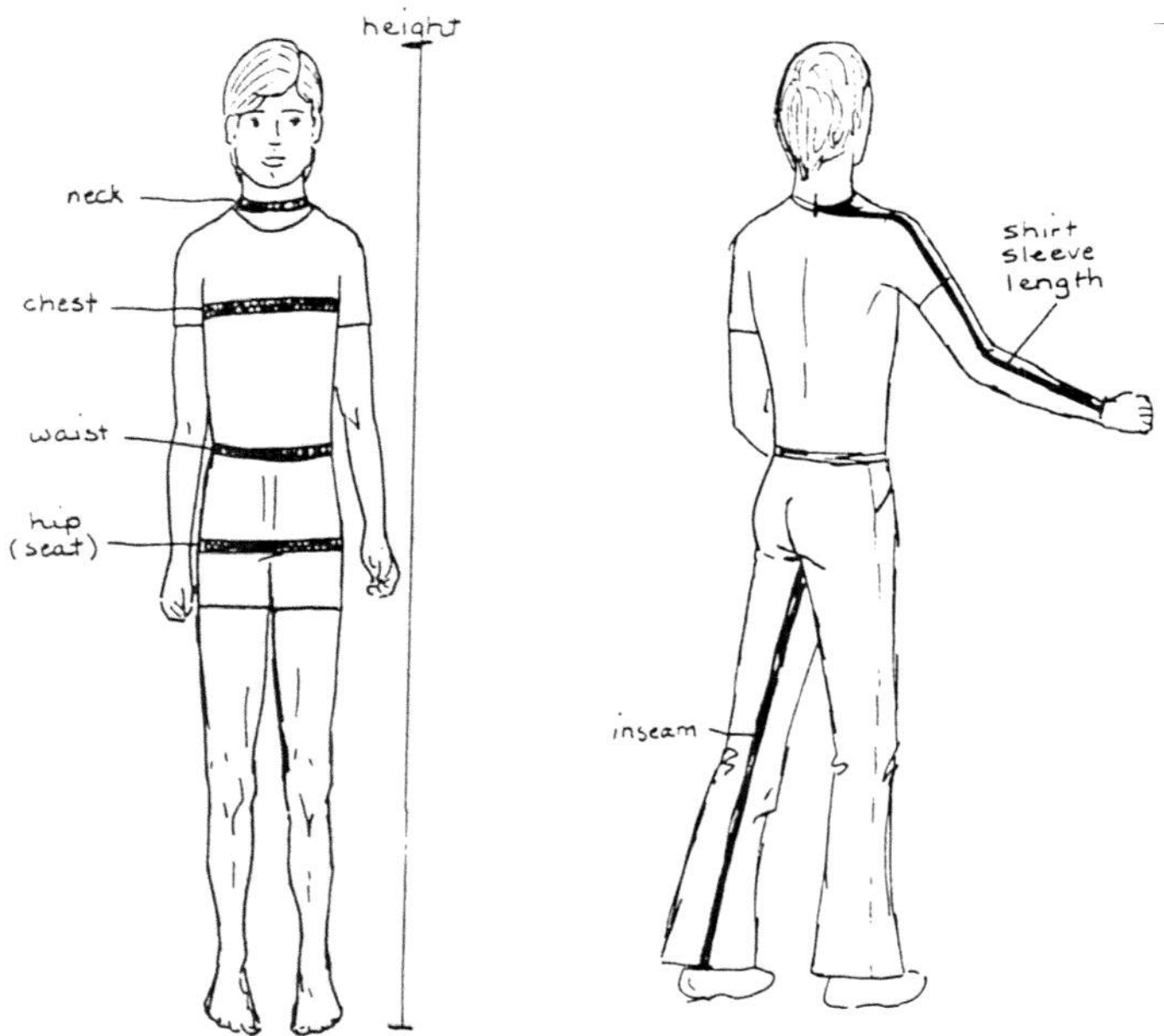
Pick a pattern that you are sure you can do. Generally, the fewer pieces a pattern has, the easier it is. There are series of patterns called "Fast & Easy", "Super Simple" and "How to Sew" patterns. Choose one that will explain one or two new skills.



Your measurements are perhaps the most important thing you need to know before obtaining a pattern. Have someone help you record the following measurements:

- a. Your bust or chest size (by measuring around the fullest part or broadest part of your chest).
- b. Your natural waist line.
- c. Your back length.
- d. Your hips (7" to 9" below your waist line over fullest part).
- e. Shirt-sleeve length, which is measured from the center of the back of the neck, along the shoulder, over a slightly-bent elbow, to the wrist.
- f. Your height. When you are making pants, you need to measure your inseam, from the crotch to the bottom of the ankle.





Size ranges are only approximations. Don't be surprised if you don't have a perfect fit. When you make a dress, shirt, or top, follow the bust or chest measurements (for the most part). When making skirts or pants, go by the hip measurements (the fullest part of the hips); it is easier to adjust the waist line and length than it is the hip.

If you are making clothes to wear, consider what type of garment you need. Consider what color and type of fabric will go well with the rest of your clothes. Make something practical.

Patterns are written very clearly. You will be able to follow most patterns without any difficulty. Read all directions before beginning, especially directions that explain pattern markings.

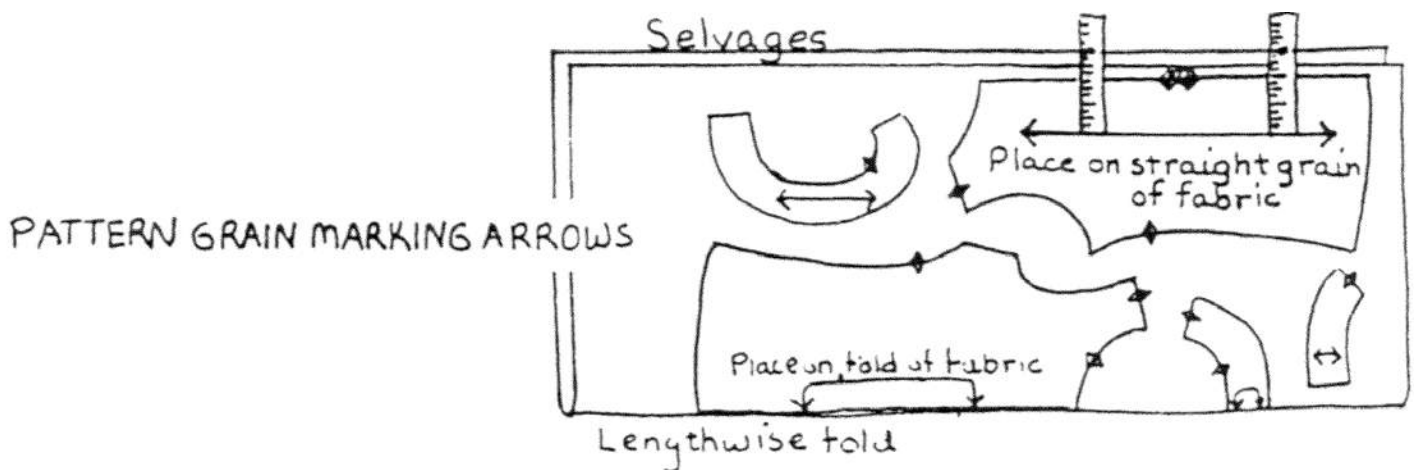
Pay attention to detail and do not try to hurry. Spend as much time as you need on each project to do it well.

Measurements	inches	
neck		pattern type:
bust or chest		
waist		pattern size:
hip or seat		
backwaist		any adjustments:
shirt sleeve length		
inseam		
height		

When you are familiar with the directions on your pattern, have completed your measurement chart, and pre-shrunk your fabric, you are ready to begin cutting out your pattern.

Work on a smooth, clean surface, first, spread out the cloth and lay out the pattern pieces to make sure that it fits. Follow the suggested cutting layout shown in the pattern. Be sure your fabric is correctly folded...usually in half lengthwise with right sides together.

The grainline arrow on your pattern should follow the lengthwise grain of your fabric. Check it by measuring the distance from the selvage or folded edge of the fabric to the grainline arrow; the distance should remain the same all the way down the arrow. When correctly adjusted, pin the arrow in place so it won't shift, then pin the pattern down and cut it out.



A dressmaker's tracing wheel can be used to transfer pattern markings to the fabric. Check on a scrap of cloth to see if the markings are too light or show through the other side. Protect the surface you are working on with a piece of cardboard or newspaper before applying the tracing wheel.

Arrange the tracing paper so you will mark the wrong side of the fabric. Place the right sides of the fabric together; put a sheet of paper under the layers of fabric and one over it.

Now move the tracing wheel over the lines of the pattern and mark all darts, tucks, and folds. Draw an X to mark dots. Or carefully punch out the small dots along the marking lines before pinning the pattern to the fabric, and simply mark the lines with chalk through the holes.

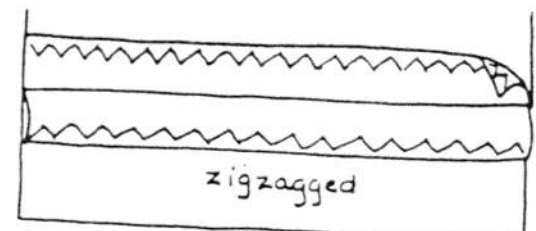
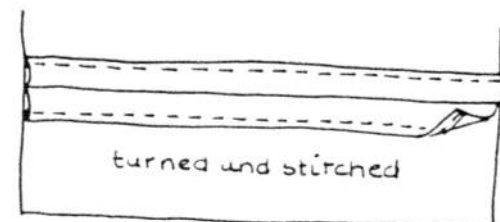
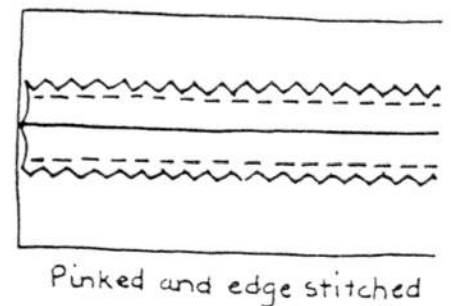
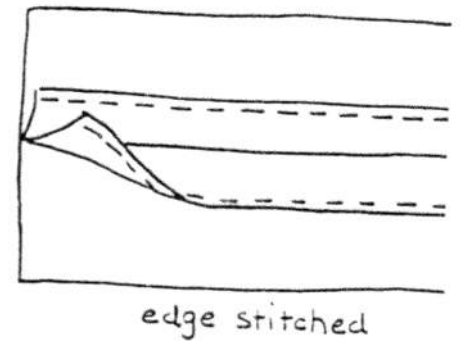
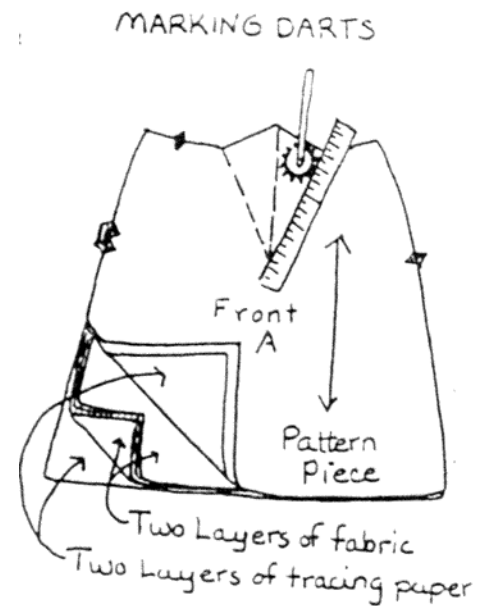
Once all your pieces are cut out and marked, you are ready to sew. You will be using the same tools and techniques that you used when making the simple projects in "Sewing for Beginners". Be sure to follow all the directions in the pattern and work carefully.

There are some final notes for you to keep in mind while sewing. Always press darts and seams as soon as they are sewn. This keeps everything neat and flat for the next steps. Darts should be pressed down, or towards the center. Seams should be pressed open and flat for the center. Seams should be pressed open and flat. Always press a scrap of your fabric first to test it so you will not singe your garment.

Some fabrics are more loosely woven than others. These will ravel and fray unless the edges are finished off. To prevent raveling, finish the raw edges of the seams. You can stay stitch close to the raw edge, stay stitch and pink the edges, turn the raw edge under and stitch over it, or zig-zag close to the raw edges.

When you are finished with the job, take the time to record any changes on the pattern for the next time you sew. You may want to adjust a measurement or two for a better fit. The more you sew, the more you will learn about fabric, tools, patterns, and techniques.

The advice you seek and receive from your leader, parent and friends will also help you improve. Listen and observe, work carefully, and take pride in your work...and you will soon be an excellent sewer!



# MY CLOTHING PLAN AND PROGRESS

NAME: \_\_\_\_\_

Activities	What I plan to do	What I did
<p><b>LEARN ABOUT MY CLOTHES</b></p> <ul style="list-style-type: none"> <li>• Add something to my wardrobe –shall I make, buy, or remodel</li> <li>• Make a plan – colors for me</li> </ul>		
<p><b>LEARN ABOUT GOOD WORK HABITS</b></p> <ul style="list-style-type: none"> <li>• Wash hands before sewing</li> <li>• Sit correctly when sewing</li> <li>• Use good light for sewing</li> <li>• Press while sewing</li> </ul>		
<p><b>LEARN ABOUT SEWING MACHINE AND TOOLS</b></p> <ul style="list-style-type: none"> <li>• Choose tools for sewing</li> <li>• Select correct needle size – hand and machine</li> <li>• Select correct thread</li> <li>• Wind bobbin</li> <li>• Thread sewing machine</li> <li>• Practice safety – use sewing machine and tools carefully</li> <li>• Test fabrics</li> <li>• Learn about a good label</li> </ul>		
<p><b>LEARN ABOUT PATTERNS AND CLOTHING SIZES</b></p> <ul style="list-style-type: none"> <li>• Determine proper size</li> <li>• Select style for own figure fit</li> <li>• Select a pattern</li> <li>• Follow a simple layout</li> <li>• Transfer simple pattern markings</li> </ul>		
<p><b>LEARN ABOUT CONSTRUCTION</b></p> <ul style="list-style-type: none"> <li>• Learn to follow the grainline</li> <li>• Stitches               <ul style="list-style-type: none"> <li>- use basting stitches</li> <li>- use stay-stitching</li> <li>- Learn to hem</li> </ul> </li> <li>• Seams               <ul style="list-style-type: none"> <li>- repair a seam</li> <li>- make a straight seam</li> </ul> </li> </ul>		

<b>Activities</b>	<b>What I plan to do</b>	<b>What I did</b>
<p><b>LEARN ABOUT CONSTRUCTION (cont.)</b></p> <ul style="list-style-type: none"> <li>• Seam finishes – use edge stitching</li> <li>• Closures <ul style="list-style-type: none"> <li>- sew on a button</li> <li>- sew on snaps or hooks</li> <li>- put in a zipper</li> </ul> </li> </ul>		
<p><b>LEARN HOW TO CARE FOR CLOTHES</b></p> <ul style="list-style-type: none"> <li>• Keep clothes clean and ready to wear <ul style="list-style-type: none"> <li>- clean and shine shoes</li> <li>- wash a sweater, socks, underwear</li> <li>- press clothes</li> </ul> </li> <li>• Find or make a place to store clothes and other personal belongings.</li> </ul>		