

Sewing Tips e~Book



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Fabric Chart

Natural Fiber	Characteristics	Users for Fiber
Cotton	absorbent, lightweight, flexible	garments, bed sheets, coffee filters, gunpowder, fire hoses
Flax	soft, lustrous, flexible stronger than cotton	produced into linen, damasks, lace
Linen	highly absorbent, conductor of heat, cool to the touch, has natural luster	paint canvases, clothing, towels, sewing thread, luggage
Jute	strong, biodegradable	clothes, chair coverings, sacks, twine thread, luggage
Hemp	strong, biodegradable	garments, nutritional products
Lyocell	soft, absorbent, strong wrinkle resistant, good draping	garments, conveyor belts, medical dressings
Viscose	soft, lustrous, flexible, good drape	garments, outerwear, embroidery
Coir	waterproof, biodegradable	garments

Man Made Fiber	Characteristics	Users for Fiber
Rayon	soft, smooth, cool, absorbent	blouses, jackets, ties, linings, yarn
Spandex	soft, smooth,easily dyed	swimsuits, skinny jeans, cycling gear
Acrylic	lightweight, soft, warm, retains shape, wool like feel	sweaters, yarns, rugs
Polyester	high tenacity, low absorption, quick drying, wrinkle free	garments, rope, belts, film, wires
Lace	synthetic fiber, made from cotton	garments, blankets, accessories
Nylon	synthetic replacement for silk, durable, abrasion resistant	garments, hair combs, military basics, velcro

Fabric Chart

Animal Hair & Skin Fiber	Characteristics	Users for Fiber
Silk	no stretch, lustrous, soft, smooth	garments, high fashion, tires
Organza	most luxurious silk made, besides silk itself	bridal, evening, home interior
Velvet	soft, smooth, lustrous made from silk, linen, mohair, wool	garments, home interiors, shoes
Leather	soft, sturdy, thick	handbags, luggage, jackets, belts
Wool	absorbent, flame resistant, stretch, soft	garments, rugs, cloth, felt
Felt	produced by matting and wet felting, strong, soft, smooth, durable	garments, musical instruments
Mohair	warm, durable, stretchable, flame resistant	garments, outerwear, wigs, scarves
Angora	soft, smooth, durable, luxury	garments, sweaters, scarves
Cashmere	soft, smooth, durable, luxury	garments, sweaters, scarves, blankets
Alpaca	soft, lustrous, durable, luxury, silky, warm	garments, sweaters, scarves, blankets
Fur	soft, lustrous, durable, luxury, silky, warm	garments, wraps, blankets
Camel	soft, lustrous, durable, silky, warm	garments, outerwear, vests, paintbrushes

Body Measurements

How to Measure the Body Correctly

■ Remember that when measuring the body use the metric system (cm).

■ All measurements should be taken close to the body, but not pinching. For greater accuracy, use a good tape measure, try a body suit, and avoid taking measurements over bulky clothing. Make sure the person you are measuring is standing straight.

■ In order to find the natural waistline, use a ribbon (or hem tape) and tie it around the smallest part of the torso. This should be tied comfortably, not too loose or too tight. By doing this, you will be separating the upper torso from the lower body.

■ **Note:** The numbers of the instructions correspond with the numbers on the body form given. (See page 8)

Upper Torso Measurements

1. **Neck:** Measure around the total curve of the neck, close to the shoulder line.
2. **Shoulder:** Measure from high point of the shoulder along the shoulder line to the bone edge.
3. **Front Neck to Waist:** Measure from the middle of the collar bone to the natural waistline (where the ribbon is located).
4. **Back Neck to Waist:** Measure from the prominent bone at the base of the back of the neck to the natural waistline (where the ribbon is located).
5. **Front Upper Chest:** Measure from the left armpit crease to the right armpit crease above the armhole and below the collar bone.
6. **Back Upper Chest:** Measure from the left armpit crease to the right armpit crease above the armhole and below the shoulder blades.

7. **Bust:** When measuring, make sure to have a very supportive bra. Measure around the fullest part of the bust and straight across the back, above the bra line. Then, add 5 cm to this measurement.

8. **Bust Depth:** Measure at an angle, from the center of the collar bone to the nipple. Then, add 5 cm to this measurement.

8A. **Bust Width:** Measure between the two nipples. For average size females, this measurement varies from 20 to 22 cm.

Lower Body Measurements

9. **Waist:** Measure around the body at the natural waist (where the ribbon is located)

10. **Upper Hip:** From waistline, go 10 cm down (which is usually around the bellybutton) and measure around the stomach area.

11. **Lower Hip:** From waistline, go 20 cm down and measure around the fullest part of the hip area.

12. **Waist to Knee:** Measure from the waist (where the ribbon is located) to the knee.

13. **Waist to Ankle:** Measure from the waist (where the ribbon is located) to the ankle.

■ For a more accurate length for pants and skirts, always measure from the side of the body at the waistline to the desired length.

Body Measurements

How to Measure the Body Correctly

Arm Measurements

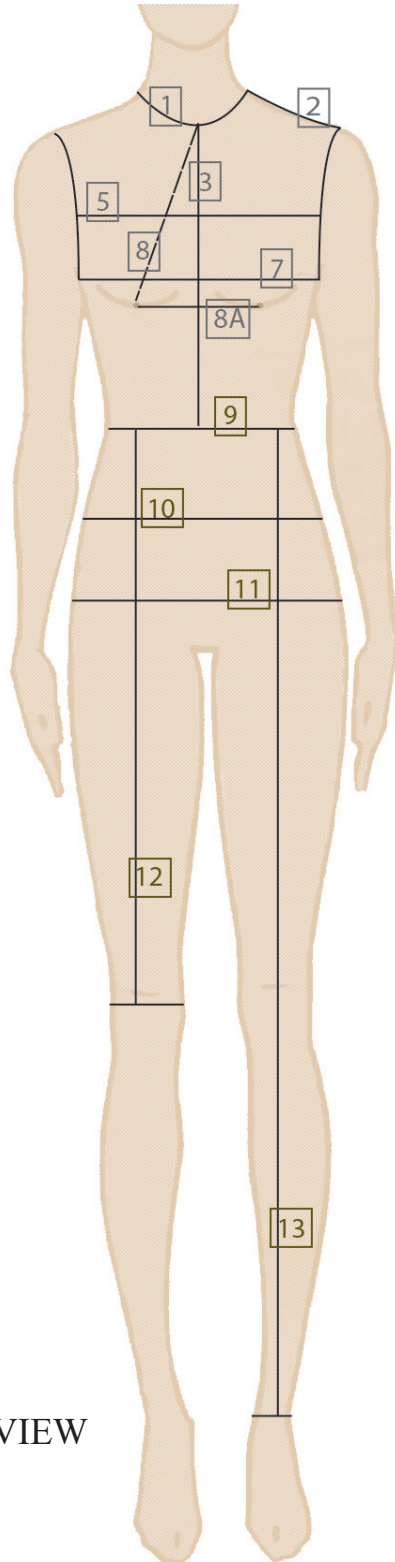
14. **Upper Arm:** Measure around the bicep

15. **Cuff:** Measure around the wrist (not too tight or too loose) and add 5 cm

16. **Sleeve Length:** Bend the arm at a 90 degree angle, then measure from the top of the shoulder bone to the cuff (following the 90 degree angle of the arm)

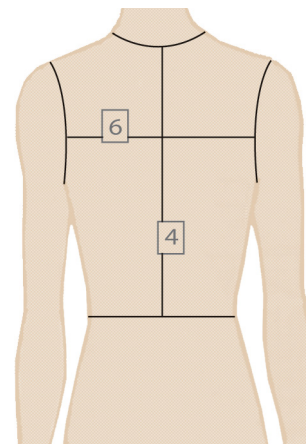
17. **Shoulder to Elbow:** Measure straight down from the shoulder to the elbow

18. **Elbow to Wrist:** Measure straight down from the elbow to the wrist

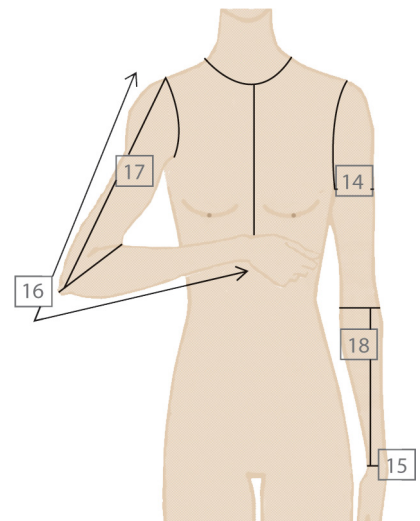


FRONT VIEW

BACK VIEW



90 DEGREE
ARM VIEW



Body Measurements

List of Body Measurements

Upper Torso Measurements

1. Neck Measurement _____
2. Shoulder Length Measurement _____
3. Front Neck to Waist Measurement _____
4. Back Neck to Waist Measurement _____
5. Front Upper Chest Measurement _____
6. Back Upper Chest Measurement _____
7. Bust Measurement + 5 cm _____
8. Bust Depth Measurement + 5 cm _____
- 8A. Bust Width Measurement _____

Arm Measurements

14. Upper Arm (Bicep) Measurement _____
15. Cuff Measurement _____
16. Sleeve Length Measurement
(90 degree angle) _____
17. Shoulder to Elbow Measurement _____
18. Elbow to Wrist Measurement _____

Lower Body Measurements

9. Waist Measurement _____
10. Upper Hip Measurement _____
11. Lower Hip Measurement _____
12. Waist to Knee Measurement _____
13. Waist to ankle measurement _____
- (13+ 5 cm to reach floor for pants) _____

Backtacking & Straight Seam

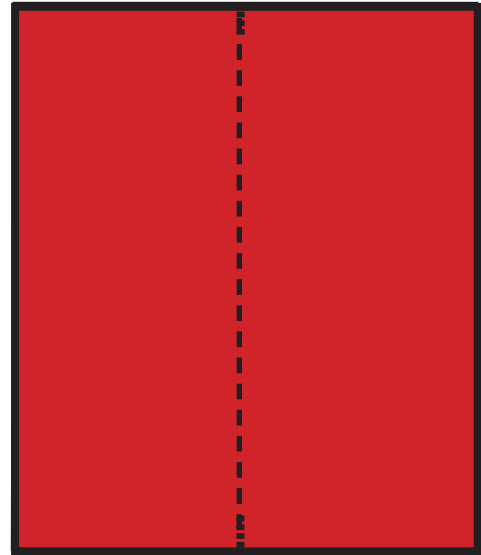
Backtacking

- To backtack on a sample or stitch is to secure the threads so that they do not unravel or pull.

Step 1. When beginning your seam, sew a few stitches. Press the reverse stitch control bar, which is located on the sewing machine, down. This will automatically make your stitches go backwards. You should go back far enough to cover the stitches you just made. Normally, 2 to 3 stitches back on each end will be enough to secure the seam.

Step 2. Release the bar, and the machine will make your stitches go forward again. Continue your sewing.

Step 3. When you come to the end of your stitch, create another backtack by following the same process in step 1.

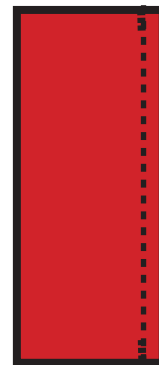


Straight Seam

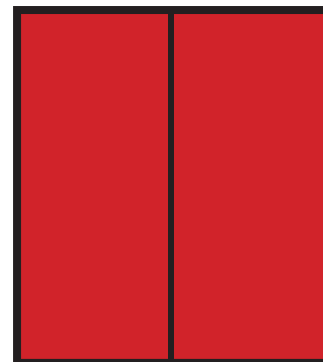
Step 1. Take 2 pieces of fabric, with the right sides facing each other, place the edge directly underneath the needle of the sewing machine.

Step 2. Sew a straight seam down to the other edge of the fabric by feeding the fabric through the machine in a completely straight line. (Include the backtacking at each end.)

Step 3. Fold the fabric so that the front side is showing and press.



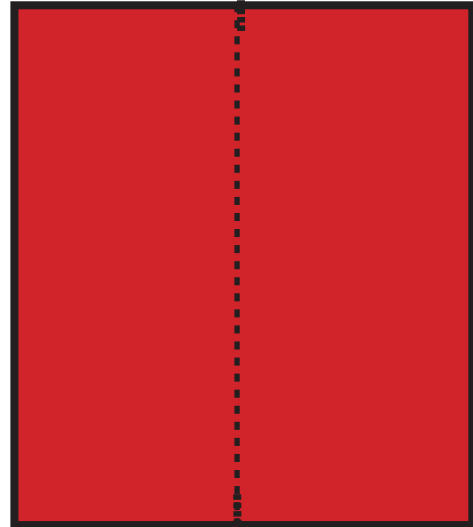
- You have created a Straight Seam. Practice this stitch as much as possible because it is a basic stitch that you will use to sew every garment (and other projects) you create.



Topstitching Single & Double

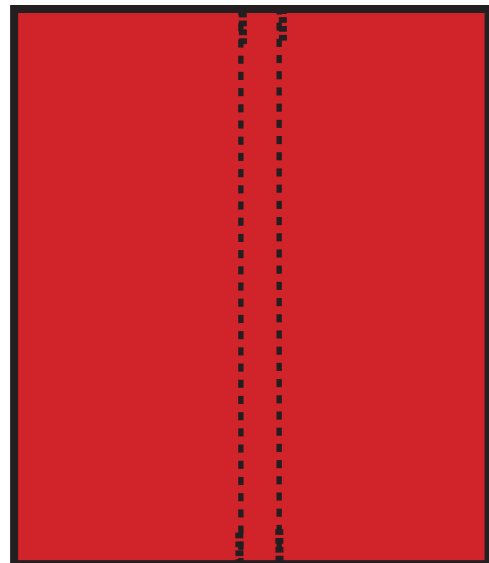
Single Top-Stitch

- Step 1.** Take a piece of fabric, and place the edge directly underneath the needle of the sewing machine.
- Step 2.** Lower the presser foot onto the fabric, and sink the needle.
- Step 3.** Gently press on the pedal and begin sewing a straight seam down to the other edge of the fabric by feeding the fabric through the machine in a completely straight line.
- Step 4.** Once you reach the other edge, sew off and cut the thread so that the fabric is free from the machine.



Double Top-Stitch

- Step 1.** Take a piece of fabric, and sew a Single Top-Stitch down the middle of it (include the backtack).
- Step 2.** Once you have completed the Single Top-Stitch, place your fabric back under the machine a presser foot width away from first seam.
- To find the presser foot width, place the presser foot on the stitch that was just completed. Sew a new stitch next to it by following the first stitch in order to create a balanced and even stitch. This unique technique is used in so many different projects. You can create, for example, a double stitch around a collar, a waist band, a cuff, or an off-the-shoulder blouse.



Gathering Sample

Step 1. Take a 8x14 piece of fabric, and make a straight seam (with no backtack) a presser foot width from the edge of the fabric using the largest stitch on your machine.

Step 2. Before cutting the thread loose from the first stitch, make sure to leave a long tail.

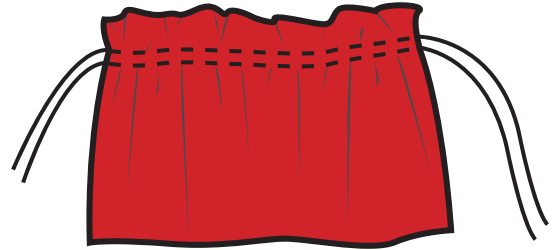
Step 3. Make another stitch a presser foot width from the first stitch. Leave a tail for this stitch.

Step 4. Once the two stitches have been completed, separate the two threads at the tail. Grab one thread from each tail, preferably the top thread, and hold them in one hand.



Step 5. While pulling the strings, push the fabric in the opposite direction. You will notice that the fabric begins to bunch. This is gathering; it creates a fuller look and can be used on any component of a garment.

Step 6. When gathered to desired fullness tie off the ends of thread and stitch (with backtack) in the center of the first two stitches.



Darts

Step 1. On your piece of fabric, make a mark in the center. Mark it (A).

Step 2. From (A), draw a straight line with your chalk down 2". Mark it (B).

Step 3. From (A), go out 1/2" on the left and mark it (C). From (A), go out 1/2" to the right and mark it (D).

Step 4. Connect (C) to (B) and (D) to (B) in diagonal lines (as shown below).

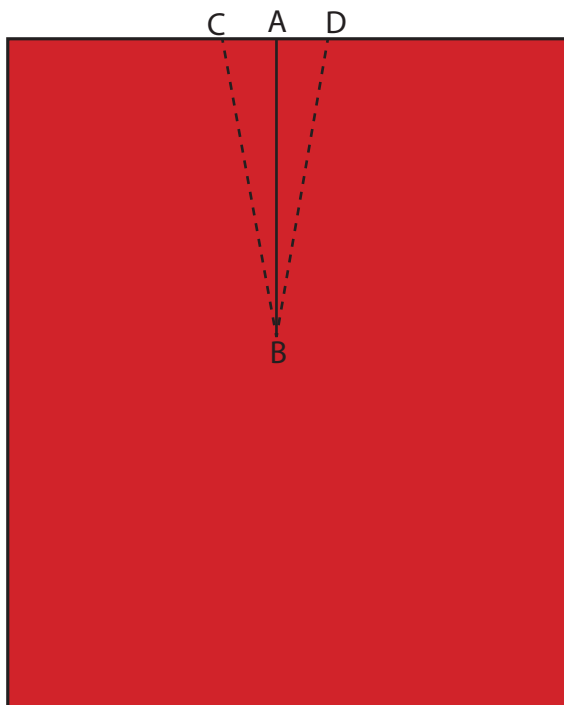
Step 5. Fold (C-B) over line (A-B) to meet (D-B) and press.

Step 6. Starting at (D), sew backtacking at (D) and (B).

Step 7. Press the sample you just made by pressing the dart toward the side seam.

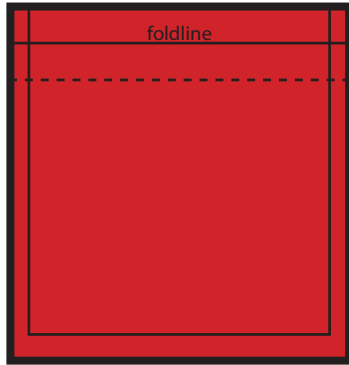


Note: The dart can be any length you want it to be. Extend (B) to the desired dart length.

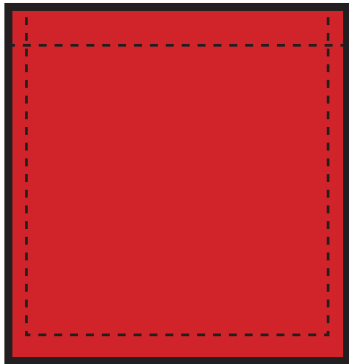


Patch Pocket

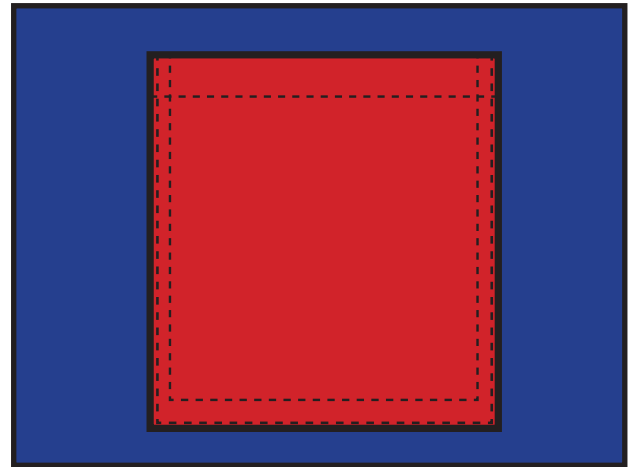
Step 1. Design and create a pocket. For a sample, you can cut out a square piece of fabric. Remember to add 1/2" seam allowance on all sides to account for the fold back.



Step 2. Press the top in 1/2" and fold it again, which will give you a 1" hem. Sew the front of the pocket all the way around at a 1/2" from the edge your pressed.



Step 5. Once the pocket is attached, press the pocket. Create a narrow topstitch on the pocket by placing the edge of the presser foot on the stitch that was just sewn. Use it as a guide to sew all the way around the pocket again except for the top.



Step 3. Place the pocket on a piece of fabric.

Step 4. Sew the pocket onto the fabric or garment by placing the inside of the presser foot on the edge of the pocket. Sew all the way around the pocket except for the top.