

Study Guide

Directions: Answer each question with the information you learned in Chapter 28. Write your answers in complete sentences on the lines provided.

1. Why are sewing skills useful?

2. Describe basting and explain why it is useful in sewing.

3. What are three types of basting?

4. What is directional stitching?

5. What is staystitching?

6. How is a seam made? What is the average width of a seam?

7. Why should seams be pressed as they are completed?

8. What are three kinds of seam finishes? Why are seam finishes used?

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9. What are facings?

10. What is grading?

11. What is notching? How is notching different from clipping?

12. Why is understitching used?

13. What are gathers?

14. How wide should the elastic be for a finished casing?

15. What are the average widths of pants hems and skirt hems?

16. What two methods are useful for attaching hems to a garment?

17. What are two simple alterations?

18. What is the purpose of a serger?

Developing Your Sewing Skills

Directions: Read each activity description below. Name which sewing skills are needed to complete each project.

1. Shari is putting a row of stitching $\frac{1}{2}$ inch (1.3 cm) from the edge of each piece of fabric to prevent the edges from stretching as she handles the fabric.
2. Mack is using the zigzag setting on his sewing machine to stitch the edge of each piece of fabric to keep the fabric from raveling.
3. Danita is pulling up basting stitches to make a larger piece of fabric fit onto a smaller space.
4. Bill is using chalk to mark fabric at the bottom of each leg of a pair of pants in order to have the hem depth the same around each pant leg.
5. Chris is creating a line of stitching that will temporarily hold together two large pieces of fabric he is using for a stage curtain.
6. Katherine is sewing two pieces of fabric together at about $\frac{5}{8}$ inch (1.5 cm).
7. Sam is creating a closed tunnel or space of fabric that can hold a drawstring for his casual pants.
8. Liz is using a strand of thread in her hand-sewing needle to carefully attach two pieces of the same fabric together at the bottom of each leg of a pair of pants.
9. Barb needs to make her jacket narrower in the sides, so she is stitching a new seam, carefully tapering the new stitching into the old on her jacket.

Create a Garment Hem

Part I. Directions: You may discover the sewing skills you learn now will be useful to you throughout your life. Complete these steps to practice creating a hem for a garment.

1. Gather sewing supplies: sewing gauge or tape measure, pins, scissors, tailor's chalk or fabric marker.
2. Select a piece of cotton fabric with a plain weave. Select coordinating thread.
3. Cut an 8-inch (20.5 cm) square piece of the fabric.
4. With fabric laying right side up, measure 1½ inches (3.8 cm) from the bottom edge of the fabric. Make chalk marks or place pins at the same distance all the way across the fabric. Make sure you have an even line.
5. Turn the fabric over, right side down. Using the marked line as a guide, turn the hem. Insert pins at right angles along the fold line.
6. Measure the hem depth needed plus ¼ inch (6 mm) for finishing. Cut off the extra fabric from the edge of the hem.
7. Finish the raw edge of the hem with a zigzag finish on the sewing machine. Stitch only through the hem, not the outside of the garment.
8. Slipstitch the hem to the garment. Use a single strand of thread in the needle, and space the stitches about ¼ inch (6 mm) to ½ inch (1.3 cm) apart. Make sure the stitches do not show on the outside of the garment.
9. Attach your sample hem to the back of this activity sheet.

Part II. Directions: Answer the question below to evaluate your progress in learning how to create a hem.

1. Was this hemming project difficult to do? (Circle one) YES NO

Why? _____

2. What steps did you complete successfully on this project?

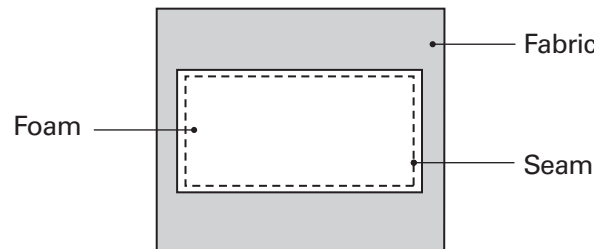
3. What steps in creating a hem could you use more practice with?

How to Create a Water-Bottle Cooler

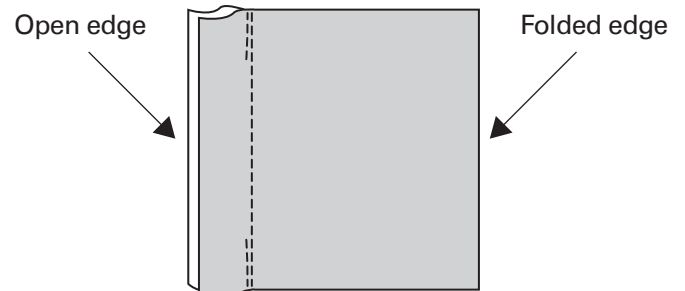
Part I. Directions: Simple sewing skills can help you make useful items. Complete the steps for a water-bottle cooler to practice sewing seams and casings.

1. Gather sewing supplies: sewing gauge or tape measure, pins, scissors, tailor's chalk or fabric marker, 1/4-inch (6 mm) wide elastic.
2. Select a waterproof fabric such as nylon or polyolefin. Choose a piece of thin (1/8 inch or 3 mm) foam. Select coordinating thread.
3. Cut two 14 × 12 inch (35.6 cm × 30.5 cm) pieces of the waterproof fabric. Cut one 12 × 6 inch (30.5 cm × 15 cm) piece of foam.
4. Finish the four raw edges of both pieces of fabric with a clean finish on the sewing machine, to prevent the fabric from raveling.
5. Lay the outer piece of fabric right side down on the table. Place the foam piece in the center of the fabric. Place the inner piece of fabric right side up on top of the foam. Pin the fabric and foam pieces together.

6. Secure the foam center to the fabrics by carefully stitching a 1/4 inch (6 mm) seam around the foam edge. Be sure to remove the pins as you sew.



7. Fold the right sides of the outer fabric together, matching the edges along the 10 inch (25.5 cm) edge. Pin in place by inserting pins at right angles to the stitching line. Stitch a straight 1/2-inch (1.3-cm) seam along the pinned 10 inch (25.5 cm) edge of the fabric to create a tube. Backstitch at the beginning and ending of the seam. When you complete this step, the inside of the cooler will be facing out.



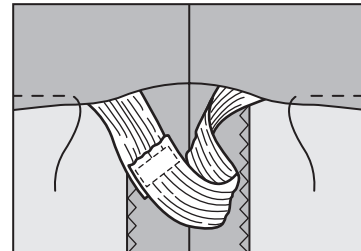
8. Turn the water-bottle cooler tube right side out.

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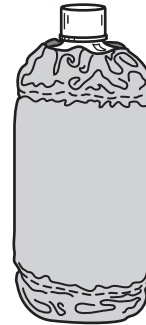
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9. Turn the upper edge of the tube to the inside to create a 1-inch (2.5-cm) casing. Pin in place. Carefully press the outer edge of the casing, using a press cloth to keep from damaging the fabric.
10. Repeat Step 9 for the lower edge of the tube to create a 1-inch (2.5-cm) casing.
11. Stitch both casings to close the inner pinned edge of the casings. Remove the pins as you sew. Be sure to leave 1½-inch (3.8-cm) openings at the seam to insert the elastic into the casings. Backstitch at the beginning and ending of the stitching.
12. Cut two 10-inch (20.5-cm) pieces of elastic. The elastic will be used to close the opening so that the cooler will fit snugly around the water bottle. Remember that 2 inches (5 cm) of each strip of elastic will be used for overlap.

13. Attach a large safety pin to one end of each piece of elastic. Pull one piece of elastic through each casing. Overlap the elastic ends 1 inch (2.5 cm) and secure elastics with a machine stitch in a square pattern.



14. Stitch the opening of the casings closed. Backstitch at each end of the opening.
15. Test your creation on a 20-ounce water bottle. Attach your water-bottle cooler to the back of this activity sheet.



Part II. Directions: Answer the questions below to evaluate your progress in learning how to create seams and casings.

1. Was this project difficult to do? (Circle one) YES NO
 Why? _____
2. What steps did you complete successfully on this project?

3. What steps will you strive to improve the next time you create a seam or a casing?

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