

Contemporary Living
Ch 45 Sewing Basics, p. 662



Hand Sewing Techniques

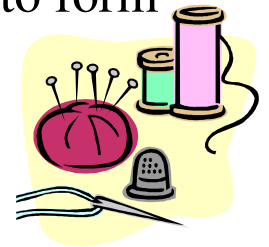
- ✂ Used for finishing steps on items
 - Ex. The hole in a pillow through which the stuffing was put
- ✂ Used to attach fasteners like buttons, snaps, hooks

Sewing Tools

✂ **Pins:** used to attached fabric together for sewing

✂ **Needles:** Carry the thread through the fabric to form stitches

- There are different sizes depending on the thickness of the thread and fabric



✂ **Pin Cushion:** Holds pin and needles when not in use

✂ **Thimble:** a rounded piece of metal to put over your sewing finger, protects your finger when pushing through the needle

Running Stitch: a simple stitch used to sew seams, basting, & gathering

✂ Weave the needle in and out of fabric, then pull thread through

✂ For seams make small $\frac{1}{4}$ inch long stitches

✂ For basting and gathering make longer stitches

- Will come out very easily

Hemming Stitch: a slanted stitch used to fold back and sew down the edge of a garment

✂ Fold and iron material flat

✂ Sew small stitches $\frac{1}{4}$ inch apart on back of material

Slip Stitch: meant to be an invisible stitch used to attach a folded edge ex. A pocket

✂ Sew small close stitches gathering only a few threads

Hems

✂ The edge of clothes are hemmed at the bottom such as pants legs

✂ You can shorten your own hems if needed



Pants: Fold the fabric so that the hem touches the top of your shoe in front and is $\frac{1}{2}$ inch longer in back

Skirt or dress: measure the desired length using a yardstick,

✂ Mark the hem all around with pins measuring the same distance from the floor every inch

For all items,

✂ Pin, fold edge, cut away excess material, iron, and sew in place



Sewing a Button

1. Cut a piece of thread that is 24 inches
 2. Thread the needle and pull the thread through so that it is doubled
 3. Tie a knot at one end of thread
 4. Push needle through cloth and through button a few times in a chosen pattern 4 times
- ✕ or ════════
5. Secure end of thread by stitching on back of cloth in one spot a few times
 6. Cut off remaining thread
 7. Test button



Making Repairs and Alterations

Simple Repairs

- ✕ Never pull on a loose thread!
- ✕ For knit fabrics with a snag (thread sticking out) try to stretch the fabric around it to get it back in place or push the snag to the inside of garment
- ✕ Use a slip stitch to mend small holes in clothes
- ✕ For bigger holes, buy an iron-on patch or use hem material to patch from the back and hide the raw edges in front

Altering Garments

- ✂ Use your sewing skills to move a button for more room
- ✂ Alter a seam in your clothes that is too small or too big
- ✂ A professional seamstress will often charge more money than you paid for the garment

