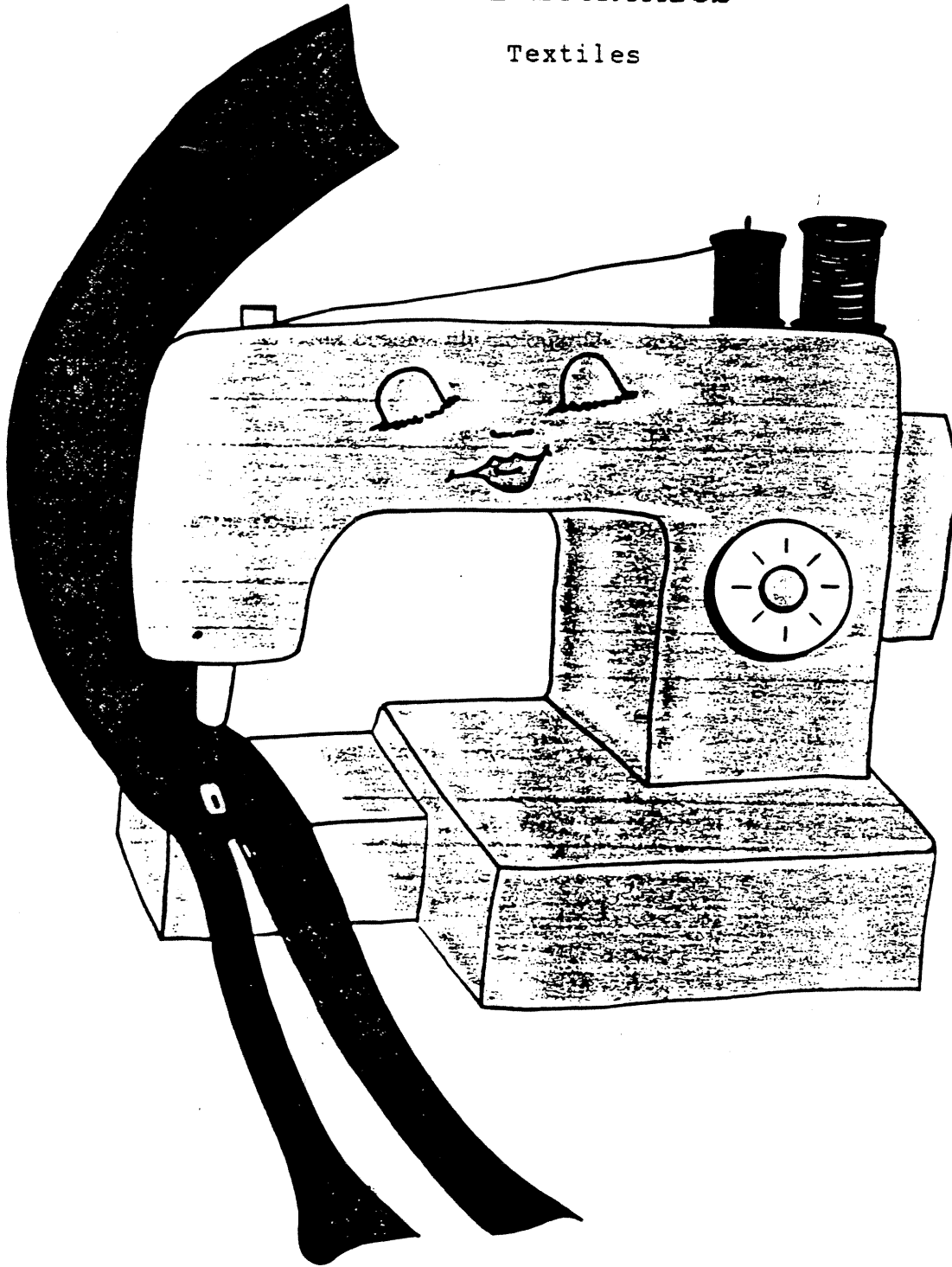


# HOME ECONOMICS

## Textiles



NAME \_\_\_\_\_

CLASS \_\_\_\_\_

**TEXTILES AND CLOTHING PROGRESS CHART**

<b>DATE</b>	<b>WHAT I DID TODAY</b>

## *GRADE 7 OUTLINE*

(Please note that this is only a guide. Projects, assignments and tests are subject to change.)

1	<ul style="list-style-type: none"> <li><input type="checkbox"/> Introduction Booklets</li> <li><input type="checkbox"/> Label Bags</li> <li><input type="checkbox"/> Stations               <ul style="list-style-type: none"> <li>-cut out mouse pattern</li> <li>-practice anchor knot</li> </ul> </li> </ul>	9	<ul style="list-style-type: none"> <li><input type="checkbox"/> Finish Drawstring Bag</li> <li><input type="checkbox"/> Sewing Sillies</li> <li><input type="checkbox"/> Home Laundry Assignment</li> </ul>
2	<ul style="list-style-type: none"> <li><input type="checkbox"/> Targets: General and Mouse</li> <li><input type="checkbox"/> Review Clean-up Procedures</li> </ul> <p>Stations</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Practice threading needle, tying starting and finishing knots, running and overcast stitches</li> <li><input type="checkbox"/> Cut out mouse from felt</li> <li><input type="checkbox"/> Practice paperstitching</li> <li><input type="checkbox"/> Safety Poster</li> <li><input type="checkbox"/> Study for Safety and Equipment Quiz</li> </ul>	10	<ul style="list-style-type: none"> <li><input type="checkbox"/> Double folded hem sample</li> <li><input type="checkbox"/> Parts of the Sewing Machine Quiz</li> </ul>
3	<ul style="list-style-type: none"> <li><input type="checkbox"/> Safety and Equipment Quiz</li> </ul> <p>Stations</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Mouse: eyes and ears</li> <li><input type="checkbox"/> Paperstitching</li> <li><input type="checkbox"/> Safety Poster</li> <li><input type="checkbox"/> Building Blocks (Functions of sewing machine parts)</li> </ul>	11	<ul style="list-style-type: none"> <li><input type="checkbox"/> Pyjama Intro and Targets</li> <li><input type="checkbox"/> Cut out pyjama bottoms</li> </ul>
4	<ul style="list-style-type: none"> <li><input type="checkbox"/> Final Paperstitching</li> <li><input type="checkbox"/> Begin upper threading</li> <li><input type="checkbox"/> Mouse: tail, body</li> <li><input type="checkbox"/> Parts of the Sewing Machine</li> </ul>	12	<p>Pyjamas:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Zigzag raw edges</li> <li><input type="checkbox"/> Inner leg seams</li> </ul>
5	<ul style="list-style-type: none"> <li><input type="checkbox"/> Quiz: Functions of Sewing Machine Parts</li> <li><input type="checkbox"/> Begin lower threading</li> <li><input type="checkbox"/> Mouse: finish</li> </ul>	13	<p>Pyjamas:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Center Seam</li> <li><input type="checkbox"/> Casing for elastic</li> </ul>
6	<ul style="list-style-type: none"> <li><input type="checkbox"/> Avoid Unnecessary Service Calls</li> <li><input type="checkbox"/> Threading review</li> <li><input type="checkbox"/> Seam sample</li> </ul>	14	<p>Pyjamas:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Lower Hems</li> <li><input type="checkbox"/> Extra project(s)</li> </ul>
7	<ul style="list-style-type: none"> <li><input type="checkbox"/> Unnecessary Service Calls Quiz</li> <li><input type="checkbox"/> Catch up</li> </ul>	15	<ul style="list-style-type: none"> <li><input type="checkbox"/> Catch-up</li> </ul>
8	<ul style="list-style-type: none"> <li><input type="checkbox"/> Drawstring Bag Targets / Intro</li> <li><input type="checkbox"/> Identifying Parts of the Sewing Machine</li> </ul>	16	<ul style="list-style-type: none"> <li><input type="checkbox"/> Clean up</li> <li><input type="checkbox"/> Empty shelf and box</li> </ul>

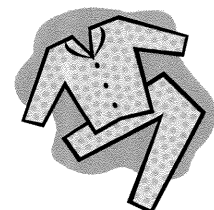
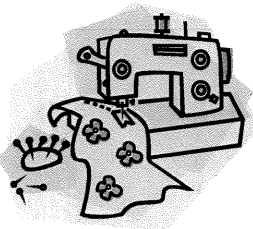
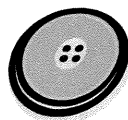


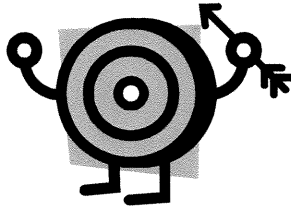
# *Assessment and Evaluation for Grade 7 Textiles and Clothing*

*Assessment and learning are ongoing processes. A balance of a wide variety of assessment techniques will allow students to demonstrate their understanding.*

**Your term mark will be based on the following:**

- ability to meet the process targets in your projects
- ability to use the equipment (e.g. - sewing machine) correctly and without help
- assignments and written work
- tests and quizzes
- clean-up and following routines





## *Setting and Meeting Targets*

Setting and working towards targets helps you to improve your knowledge or skills and it lets you try and learn new things.

There are specific targets for each project (sewing or otherwise), but there are also some "process" targets that can really make a difference.

### ***PROCESS TARGETS***

#### **1. Skill development**

example: \_\_\_\_\_

#### **2. Getting information**

example: \_\_\_\_\_

example: \_\_\_\_\_

#### **3. Using and following directions**

example: \_\_\_\_\_

#### **4. Time management**

example: \_\_\_\_\_

# *Sewing Skills Progress Chart*

Here are some of the sewing skills that we will be targeting this year. Fill in the date that you are completing the check on the top and then check off the appropriate column.

## *HAND SEWING PROJECT SKILLS*

SKILL	Date _____			Date _____			Date _____		
	YES	ALMOST	NO	YES	ALMOST	NO	YES	ALMOST	NO
Pinning									
Cutting smoothly									
Threading the needle									
Tying the anchor knot									
Doing a finishing knot or stitch									
Attaching buttons									
Running stitch									
Overcast Stitch									
Hiding a knot									

## *SEWING MACHINE BASICS*

SKILL	Date _____			Date _____			Date _____		
	YES	ALMOST	NO	YES	ALMOST	NO	YES	ALMOST	NO
Stitching straight lines on paper									
Turning corners (pivoting) on paper									
Stitching curves on paper									
Upper threading machine									
Lower threading machine									
Winding a bobbin									
Changing a needle									
Adjusting stitch length									
Adjusting stitch width									

## *SEWING MACHINE SKILLS AND TECHNIQUES*

SKILL	Date _____			Date _____			Date _____		
	YES	ALMOST	NO	YES	ALMOST	NO	YES	ALMOST	NO
Preparing project with right sides together									
Straight stitching using a guide									
Zigzagging along an edge									
Backstitching									
Measuring evenly to create a casing or hem									
Straight stitching by "eyeball"									
Inserting yarn or elastic									





***“Clean up, Clean up!  
Everybody, Everywhere!”***

It is the responsibility of all students to assist with room clean up and maintenance. This includes putting away projects, supplies, equipment and general tidying. Clean up duties are assigned on a rotational basis and are considered for marks just as any other assignment or project would be.

AT \_\_\_\_\_ ALL STUDENTS WILL:

1. Stop \_\_\_\_\_.
2. Pack away their \_\_\_\_\_.
  - a) Put projects in the \_\_\_\_\_.
  - b) The plastic bags go \_\_\_\_\_.
3. Check to see what your clean up duty is \_\_\_\_\_  
\_\_\_\_\_.
4. If you don't know what you are supposed to do for your clean up duty  
\_\_\_\_\_  
\_\_\_\_\_.
5. \_\_\_\_\_ !!!!!
6. If you are done early \_\_\_\_\_  
OR \_\_\_\_\_.



## REGULAR CLEAN-UP DUTIES



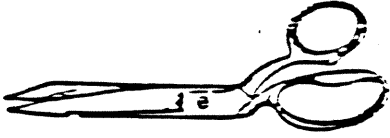

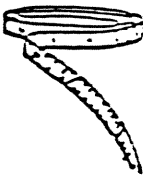
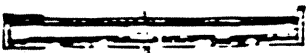
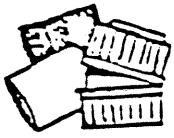
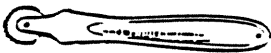
*Duties may change as required*

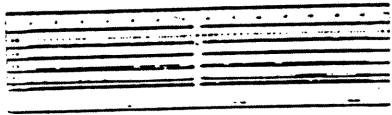
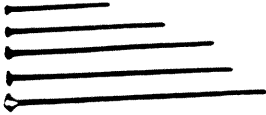
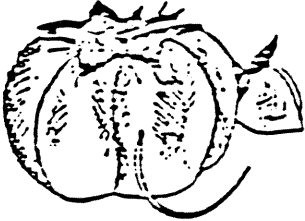

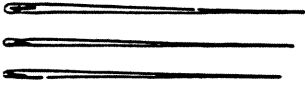

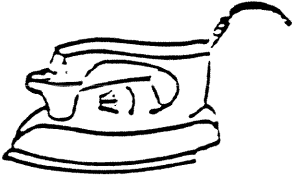
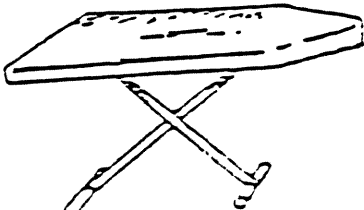
*Each student or a partner puts away their own sewing machine thread and bobbin*


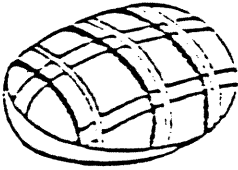
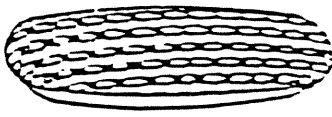

*Students using the embroidery machine must help with its clean-up*

CLEAN-UP DUTY	DESCRIPTION
Sewing Machines	<ul style="list-style-type: none"> <li>▪ wraps cords, puts on covers and returns sewing machines to back table for the machines at your table</li> </ul>
Sweeper	<ul style="list-style-type: none"> <li>▪ sweeps floor</li> <li>▪ checks for items to be kept (like pins, bobbins, thread) and calls for the Magnet or Equipment person to put them away</li> <li>▪ uses dustpan to collect dust and put it in the garbage</li> </ul>
Magnet	<ul style="list-style-type: none"> <li>▪ uses magnet to collect pins and needles and return them to the pin cushions</li> </ul>
Equipment	<ul style="list-style-type: none"> <li>▪ collects all small equipment (e.g. - scissors, pin cushions, seam rippers) using the small cart and brings them to the Sorter</li> </ul>
Fabric and Patterns	<ul style="list-style-type: none"> <li>▪ picks up large pieces of fabric off the floor</li> <li>▪ folds and puts away fabric and patterns as required (very small fabric pieces go in the garbage, larger ones in the scrap box)</li> </ul>
Thread	<ul style="list-style-type: none"> <li>▪ sorts thread into the correct drawers</li> <li>▪ winds thread tails so that they don't get tangled</li> <li>▪ there is usually one person per drawer</li> </ul>
Bobbins	<ul style="list-style-type: none"> <li>▪ winds thread tails so that they don't get tangled</li> </ul>
Bobbin cases	<ul style="list-style-type: none"> <li>▪ collects the metal bobbin cases from each sewing machine in the container (one per machine)</li> <li>▪ counts them and bring them to the teacher</li> <li>▪ helps look for missing bobbin cases</li> </ul>
Puffpuff	<ul style="list-style-type: none"> <li>▪ uses "Puffpuff" to remove threads from tables</li> </ul>
Irons	<ul style="list-style-type: none"> <li>▪ unplugs irons and folds cords as demonstrated by teacher</li> <li>▪ puts irons on designated shelf</li> <li>▪ makes sure the measuring cup is on shelf with irons</li> </ul>
Ironing Boards	<ul style="list-style-type: none"> <li>▪ folds ironing boards and leans them against the wall</li> </ul>
Sorter	<ul style="list-style-type: none"> <li>▪ makes sure the equipment shelves are correctly put away and neatly organized</li> </ul>
Chairs	<ul style="list-style-type: none"> <li>▪ stacks chairs no more than 10 high</li> </ul>
Float	<ul style="list-style-type: none"> <li>▪ does the job of an absent student or assists other students with duties</li> </ul>
Box	<ul style="list-style-type: none"> <li>▪ returns box to shelf once student bags have been put in</li> </ul>
Counter	<ul style="list-style-type: none"> <li>▪ tidies front counter by putting away garbage, putting markers or pencils into canister, etc</li> </ul>

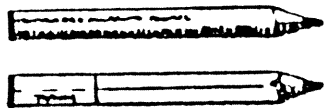
TOOLS AND THEIR USE

#	TOOL	NAME	USED FOR:
1			
2			
3			
4			
5			
6			
7			
8			

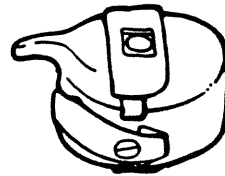
=	TOOL	NAME	USED FOR:
9			
10			
11			
12			
13			
14			
15			
16			

#	TOOL	NAME	USED FOR:
17			
18			
19			
20			

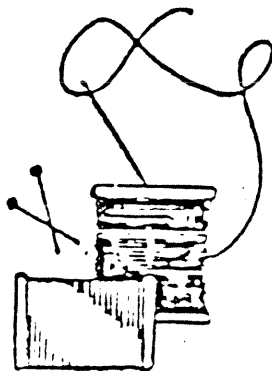
21.



23.



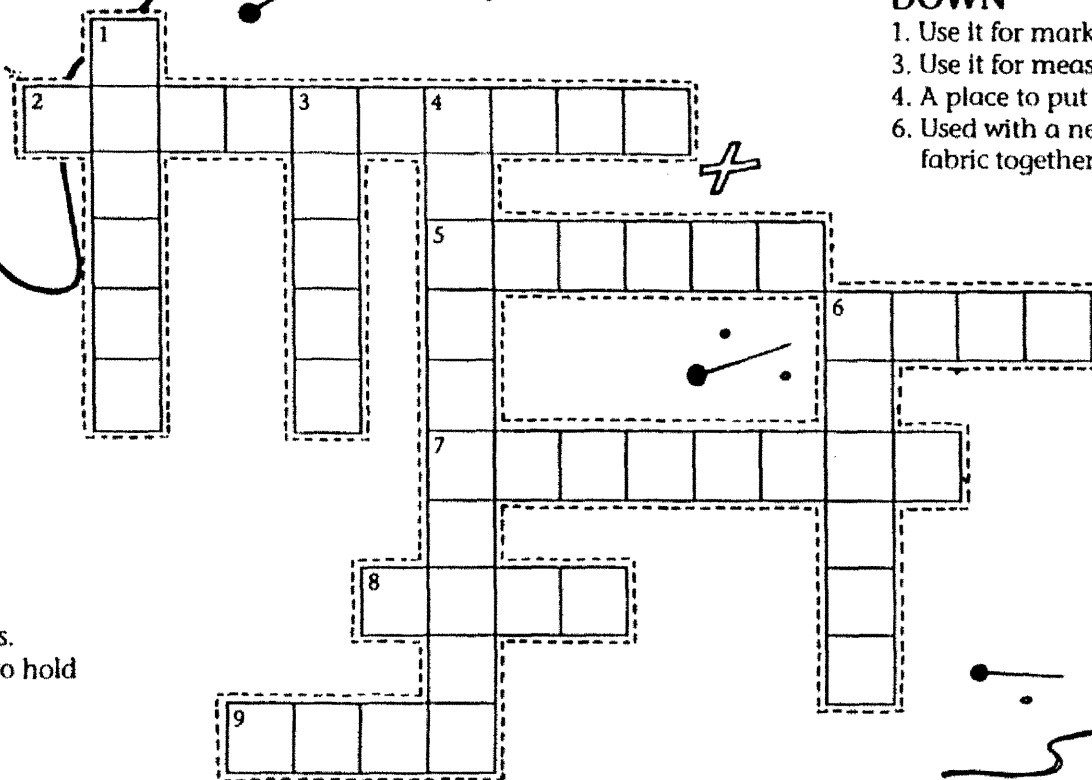
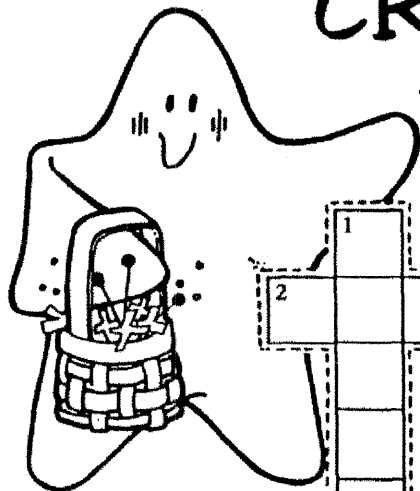
22.



24.



# CROSSWORD PUZZLE



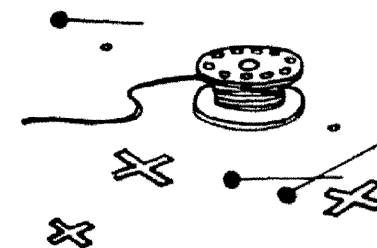
## DOWN

1. Use it for marking.
3. Use it for measuring.
4. A place to put pins.
6. Used with a needle to stitch fabric together.

## ACROSS

2. Takes out stitches.
5. Has a hole in it to hold the thread.
6. \_\_\_ measure.
7. Cutting tool.
8. These secure fabric pieces together before sewing.
9. Takes wrinkles out of fabric.

SEWING MACHINE FUN © 1993 L. Milligan & N. Smith



# LET'S GO!

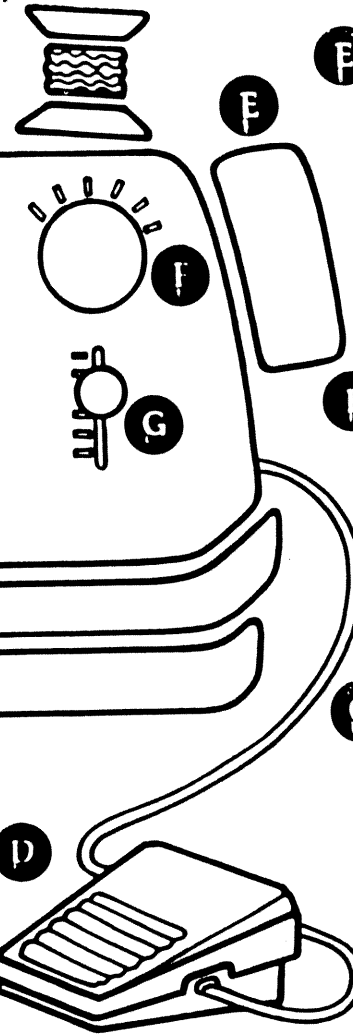
Find these seven parts on your sewing machine. Once you have found them, you are ready to start your journey into the creative land of sewing.

**A**  
THREAD TAKE-UP (TAKE-UP LEVER;  
 BUNNY)  
 Stop and start with this lever in its highest position to keep your needle from unthreading.

**B**  
PRESSER FOOT LIFTER / LEVER  
 It is located on the back of the machine. Use it to raise and lower the presser foot. Raise it to insert or remove fabric. Lower it when ready to sew.

**C**  
PRESSER FOOT  
 When lowered, it surrounds the needle and holds the fabric in place while sewing.

**D**  
FOOT PEDAL  
 Press with your foot to make the machine go and to control speed. Raise your foot to stop.

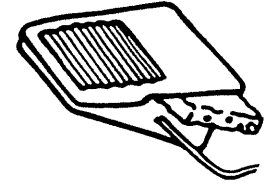


**E** FLYWHEEL / HAND WHEEL / BALANCE WHEEL  
 This flywheel on the right side of the machine turns as the machine goes. By turning the flywheel toward yourself, you can raise and lower the needle to place it exactly where you want.

**F** STITCH WIDTH SELECTOR  
 Adjust this dial or lever on the front of the machine to change a straight stitch to a zigzag stitch. Use a straight stitch for the projects in this book unless told otherwise.

**G** STITCH LENGTH SELECTOR  
 This changes the length of your stitch. All activities in this book use a medium length stitch which is halfway between the smallest number and the largest number. Adjust the dial or lever for this stitch length now.

p. 12



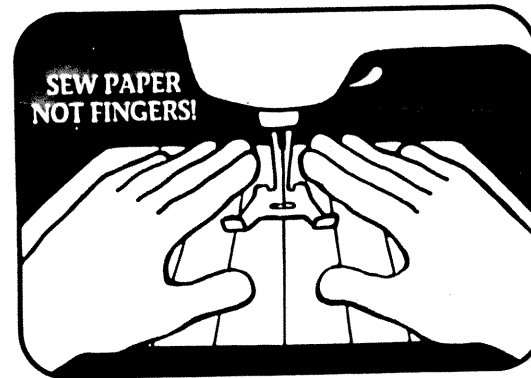
## HINTS TO STITCH BY



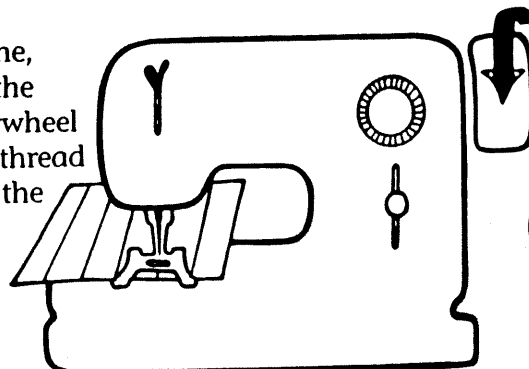
Turn the flywheel toward you and gently step on the foot pedal to start the machine.



As your machine begins to stitch along the line, take your hand off the flywheel. Lightly guide the paper by making a triangle with your hands to frame the stitching area. Let the machine take the paper. Do not pull or push – just guide.



To stop the machine, take your foot off the pedal. Turn the flywheel by hand until the thread take-up lever is in the highest position.



Raise presser foot and move paper over to the next line. Lower presser foot.



Practice starting, stopping, and guiding the paper. After finishing each row, check to see that the needle has punched holes along the line. Stitch along several lines until you feel comfortable.



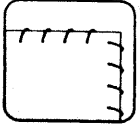
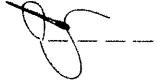


# SEWING SAVVY

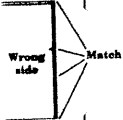
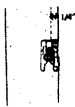
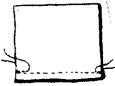


\*\*\* Some words to know \*\*\*



## Hand sewing Techniques

<p>Anchor Knot</p> 	
<p>Running Stitch</p> 	
<p>Overcast Stitch</p> 	
<p>Finishing Knot or Stitch</p> 	

## Sewing Machine Techniques

<p>Right Sides Together</p> 	
<p>Seam Allowance</p> 	
<p>Construction Stitch</p> 	
<p>Reinforcement / Backstitch</p> 	
<p>Protection Stitch</p> 	

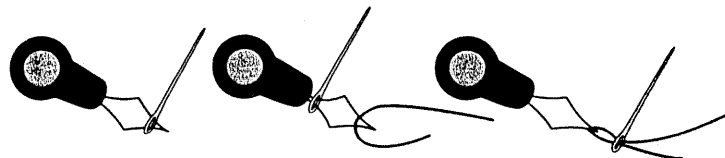
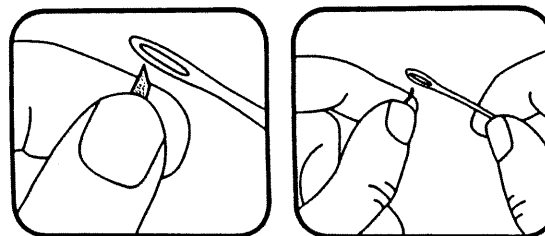


## Threading a Needle

- Make a smooth, **angled** cut at one end of the thread.
- Hold the end between your thumb and first finger with only a "bit" of thread showing.
- Hold the needle at a right angle to the thread and push the eye of the needle over the thread end. Hint: It may help if you lick and pinch the end of the thread.
- For thick threads, fold thread about 1/2" from end, pinch it tightly, and push it through the eye.

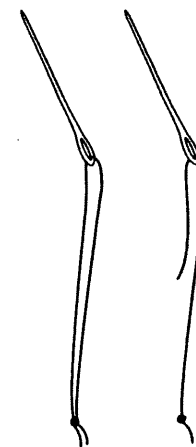
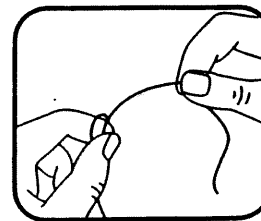
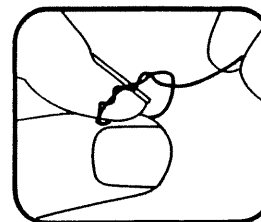
### OR USE A NEEDLE THREADER TO MAKE IT EASIER:

- Put wire point through eye of needle.
- Put thread through wire opening.
- Pull wire gently back through eye, and needle will be threaded.



## Tying a Knot

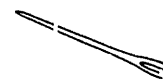
- With your needle threaded, hold one end of thread and loosely wind it twice around your first finger.
- Roll, push, and slide your finger back so the thread rolls off.
- Hold knot loosely between your fingers and pull tight.
- Knotted end should be farthest from needle.
- When sewing on buttons, double your thread by making both strands the same length and knotting them together.



## Making a Finishing or Ending Knot

When you come to the last 4" or 5" of thread, make a finishing or ending knot.

- Turn your project to the wrong side.
- Take a small stitch, but don't pull it through all the way. Leave a small loop.
- Run the needle and thread through the loop and pull tight. This will make a knot. Repeat with one more knot. Cut thread about 1" from knot.





# Hand Stitches



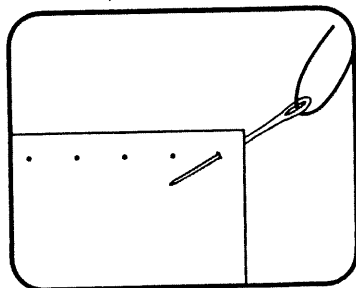
For the projects in this book, we will be using three different stitches—the running, the overcast, and the blanket stitch.  
Mark dots for even stitches with tractor-feed computer paper edges.

Do the first projects in the order given, and you will be well practiced by the time you get to the bigger projects.  
To begin any of the stitches, thread a needle and knot the end. Pull the knotted end farthest from the needle.  
Be sure to leave a tail on the unknotted end so it doesn't come unthreaded.

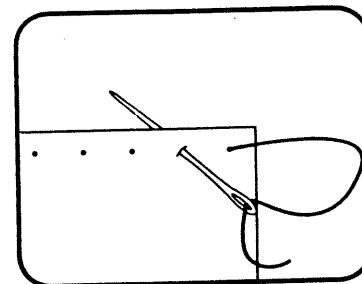
## Running Stitch



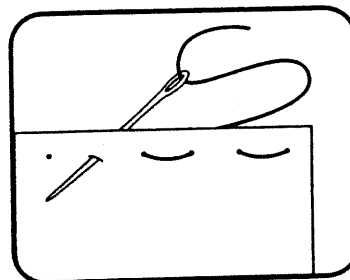
Push needle up from underneath fabric or between fabric layers. Pull it through until you reach the knot.



Push needle down a little further from where it came up.

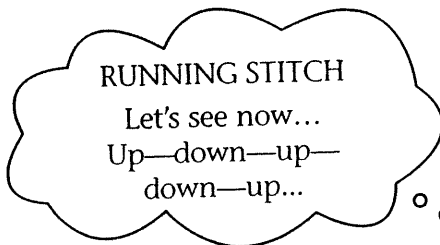


Push needle up a little further along and then down again. Keep the spaces and stitches even and not too tight. Make a finishing or ending knot on the back or between layers.

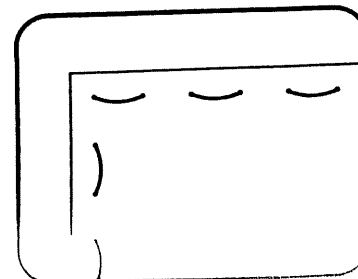


### RUNNING STITCH

Let's see now...  
Up—down—up—  
down—up...



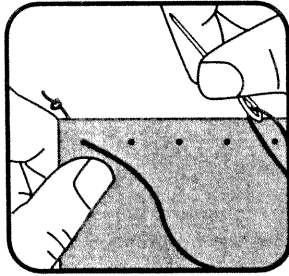
A corner will look like this.



# Overcast Stitch

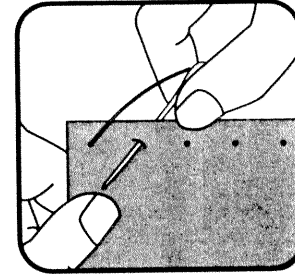
1

Bring needle up from back of fabric and pull it through until you reach the knot.



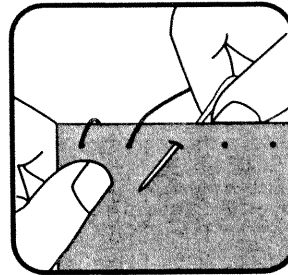
2

Loop the needle and thread over the edge of the fabric. Bring needle up from back of fabric a short way from your first stitch. Do not pull thread too tight.



3

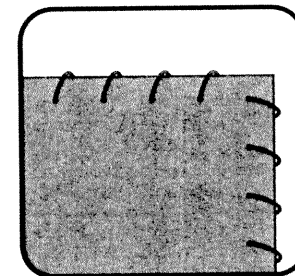
Loop needle and thread over the edge of the fabric again and bring needle up from back of fabric. Do not pull thread too tight. Continue until finished. Make an ending knot on back or between layers.



OVERCAST STITCH  
Now how did it go?  
Up—loop—up—loop—up...

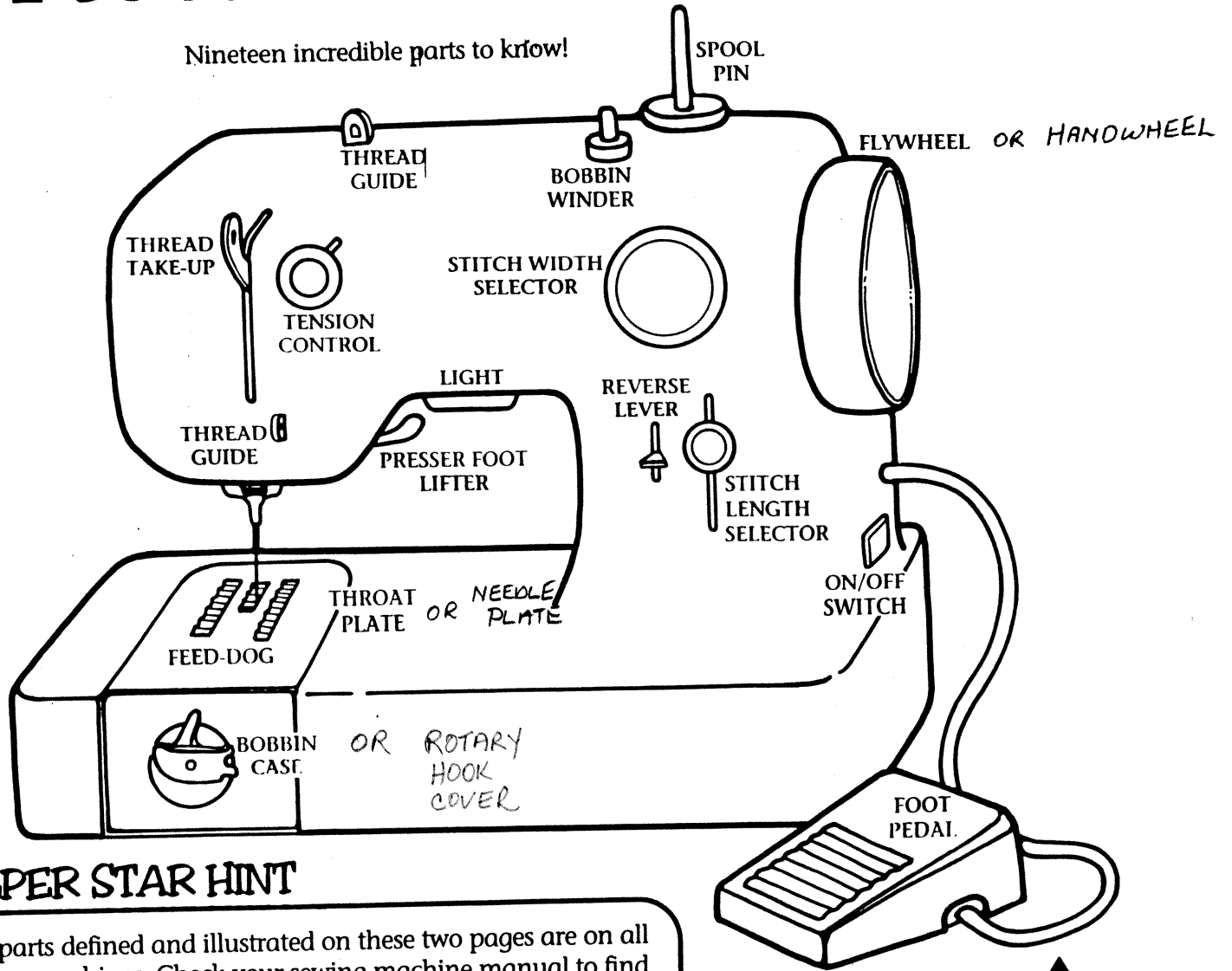
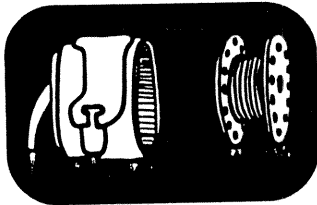
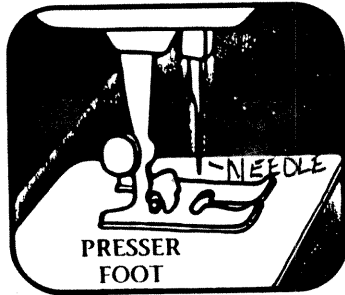


A corner will look like this.



# YOUR MACHINE

Nineteen incredible parts to know!



## HELPER STAR HINT

The parts defined and illustrated on these two pages are on all sewing machines. Check your sewing machine manual to find the exact location of each of these parts on your machine.



■ **BOBBIN CASE AND BOBBIN:** The bobbin case holds the bobbin, and the bobbin holds the bottom thread. How fast can you say "Betty brought bright brass bobbins"?

■ **BOBBIN WINDER:** The winder holds the bobbin when the thread is wound from the spool to the bobbin.

■ **FEED-DOG:** The feed-dog teeth and presser foot work together to move the fabric under the needle. Look close to see the teeth!

■ **FLYWHEEL:** The flywheel turns as the machine goes. By turning the flywheel toward yourself, you can raise and lower the needle to place it exactly where you want. When you stop or start, turn the flywheel until the thread take-up is in its highest position.

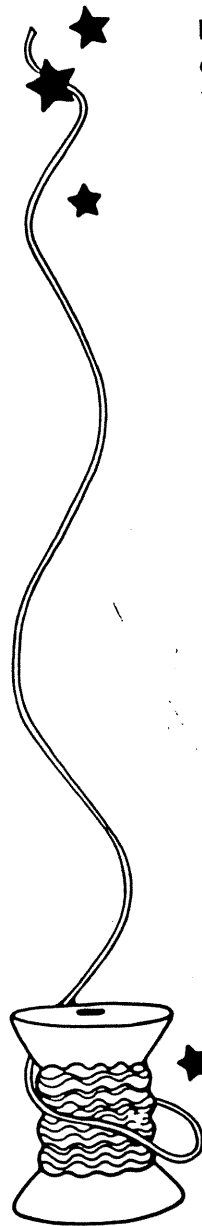
■ **FOOT PEDAL:** Press the pedal with your foot to make the machine go and to control speed. Raise your foot to stop.

■ **LIGHT:** It shines on the sewing area so you can see better.

■ **NEEDLE:** The needle carries the thread through the fabric and joins with the bobbin thread to create a stitch.

■ **ON/OFF SWITCH:** The switch turns the power on and off.

■ **PRESSER FOOT:** The presser foot and the feed-dog work together to move the fabric under the needle. Presser feet with different shapes and purposes are available. An all-purpose foot is used for the activities in this book.



■ **PRESSER FOOT LIFTER:** Use the lifter to raise and lower the presser foot. Raise it to insert or remove fabric. Lower it when ready to sew.

■ **REVERSE LEVER OR BUTTON:** Use the reverse lever or button to sew backwards.

■ **SPOOL PIN:** This spindle holds the spool of thread in place.

■ **STITCH LENGTH SELECTOR:** Adjust the dial or lever to set the length of the stitch.

■ **STITCH WIDTH SELECTOR:** Adjust the dial or lever to change a straight stitch to a zigzag stitch.

■ **TENSION CONTROL:** This dial controls the amount of pressure on the thread as it passes through the machine. It usually does not need to be adjusted. Refer to your machine manual.

■ **THREAD GUIDES:** The guides direct the thread from the spool to the needle.

■ **THREAD TAKE-UP:** This lever helps to keep tension on the thread. By hand turning the flywheel, you can stop and start with the lever in its highest position. This will prevent your needle from unthreading.

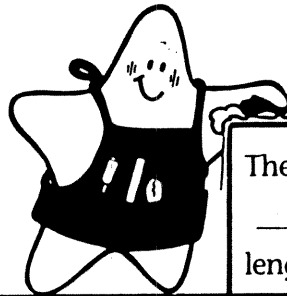
■ **THROAT PLATE:** This metal plate has openings for the needle and the feed-dog.

Knock, knock. Who's there? Lettuce.  
Lettuce who? Lettuce play another game!



# BUILDING BLOCKS

These machine parts are important to know before you can create with confidence.



The \_\_\_\_\_ lifts and lowers the presser foot. Raise it to insert or remove fabric. Lower it when ready to sew. 1

The \_\_\_\_\_ adjusts the length of the stitch. 2

The \_\_\_\_\_ changes a straight stitch to a zig-zag stitch. 3



Turn the _____ to raise and lower the needle to place it where you want. 4	The _____ adjusts the amount of pressure on the thread as it goes through the machine. 5	The _____ and the presser foot work together to move the fabric. 6	The _____ turns the power on and off. 7
Press the _____ to sew backwards. 8	The _____ directs the thread from the spool to the needle. 9	The _____ holds the bobbin thread and fits into the bobbin case. 10	Press the _____ to make the sewing machine go and to control speed. 11
The _____ shines on the sewing area so you can see the needle and thread better. 12	The _____ holds the bobbin when winding thread onto it. 13	The _____ has openings for the needle and the feed-dog. 14	The _____ holds the spool of thread in place. 15
The _____ and the feed-dog work together to move the fabric. 16	The _____ keeps tension on the thread. Start and stop with this lever in its highest position. 17	The _____ carries the thread through the fabric and joins it with the bobbin thread. 18	

## Things to Remember or the Golden Rules of Sewing

Always use a new needle when starting a new project. Old needles can damage the fabric and shred the top thread. Generally, use a Universal size 80/12 needle.

Use good long staple thread because 1) It is strong, 2) your machine will stay cleaner, and 3) the thread won't break as often.

If you aren't looking at the presser foot, take your foot off the foot control. Otherwise, you may sew over your fingers or sew a crooked seam.

Make sure to put the presser foot down before sewing. The presser foot must be touching the fabric so it can feed the fabric.

Hold the top thread when starting to sew or the top thread will gob up under the fabric. The best way to do this is to pull the top thread into the presser foot, then pull it under the left side of the foot and lay the thread into the cutter on the left side of the machine.

When you stop sewing make sure the take-up lever is at its highest position so that the needle won't come unthreaded when you start sewing again. (If necessary, turn the handwheel toward you to raise the lever.)

Backstitch seams at the beginning and end, so the seams can't pull apart.

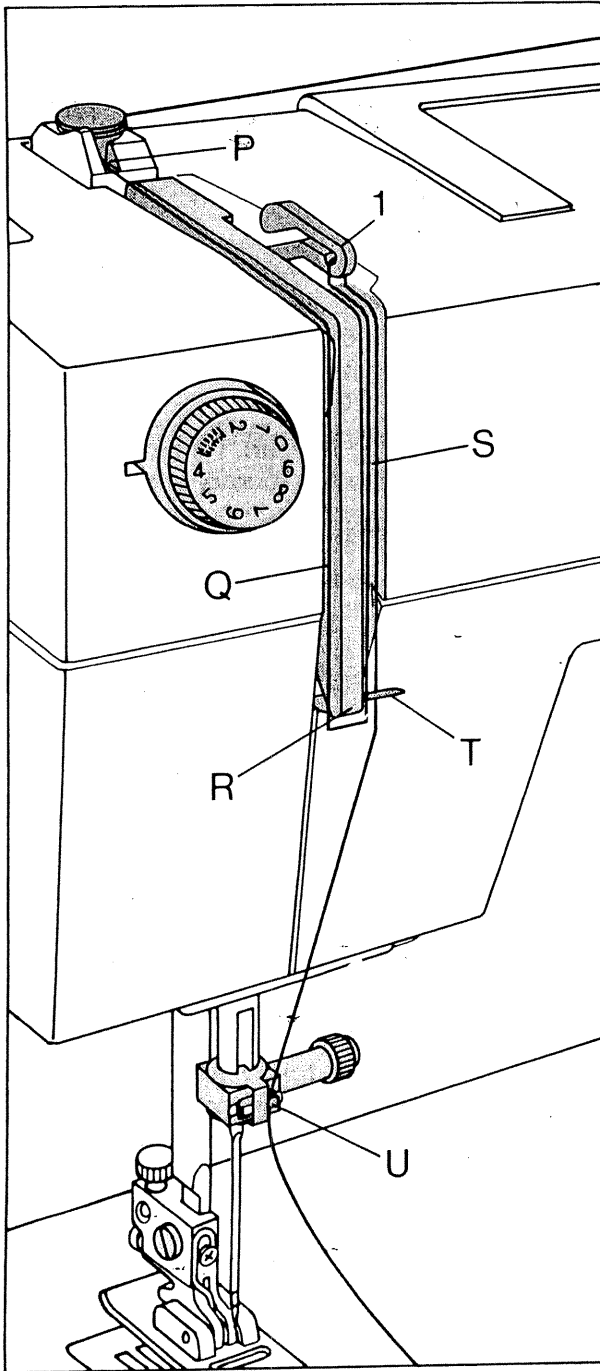
Begin sewing slowly, then gradually increase your speed to a comfortable level. Starting fast can pull the top thread underneath the fabric and cause it to gob up.

Remove pins as they reach the front of the foot. Sewing over pins can scratch the presser foot and if you hit a pin with the needle, the needle will be ruined.

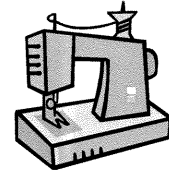
Let the machine feed the fabric. If you pull on the fabric when the machine is sewing you can break a needle.

Use the correct presser foot for the best results. For most projects use an A Foot. If the presser foot that we recommend is not available see Machine Feet & Their Substitutions, page 93. Note: The recommended foot makes the project easiest to do!





**Upper threading:** ● *Switch off master switch 8. Both needle and take-up lever must be in "up" position. Raise sewing foot. Pull thread from spool and draw it into bobbin winder tension 2, through opening P, slot Q, behind guiding piece R, upwards through slot S, through take-up lever 1, back through slot S, behind guide T and then into the right thread guide U on the needle holder.*



# Repeat After Me

(or... How to Thread the Sewing Machine)

Many students find all the steps in threading the sewing machine confusing. The first part and the end are pretty easy to remember. It is the part in the middle that seems to need extra attention. Make sure the needle and "the bunny" (the take-up lever) are all the way up before you start.

1. Thread on spool pin.
2. Around the tension disc.
3. PULL THE THREAD THROUGH THE MIDDLE SLOTS AS FOLLOWS:  
*DOWN THE LEFT HAND SIDE*  
*UP THE MIDDLE*  
*BEHIND THE BUNNY*  
*THROUGH HIS EAR*  
*THROUGH HIS EYE*  
*DOWN THE RIGHT HAND SIDE*
4. Through the two thread guides.
5. Into the needle from front to back.

In the two boxes below, copy down Step 3. If you still don't remember them, repeat them to yourself or a friend until you know the order.

3. PULL THE THREAD THROUGH THE MIDDLE SLOTS AS FOLLOWS

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3. PULL THE THREAD THROUGH THE MIDDLE SLOTS AS FOLLOWS

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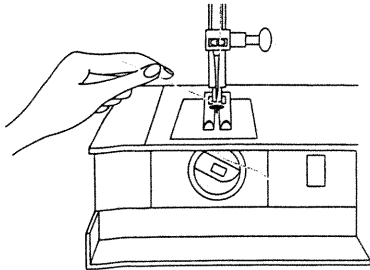


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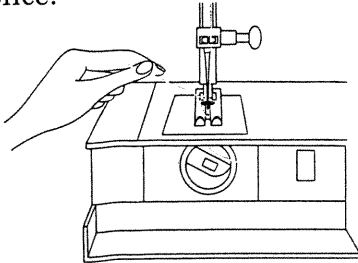
# Threading the Machine

Check your instruction manual to learn how to thread your machine and wind your bobbin. Use the same kind of thread in both places. Practice until you can:

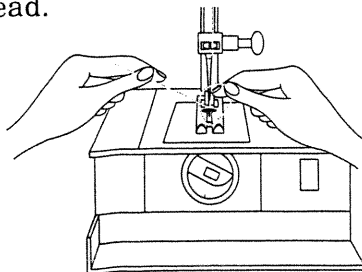
1. Wind the bobbin.
  2. Put the bobbin in its case and remove it.
  3. Thread the top of the machine.
  4. Next, bring up the bobbin thread to get the machine ready for sewing.
- Hold the needle thread in your left hand.



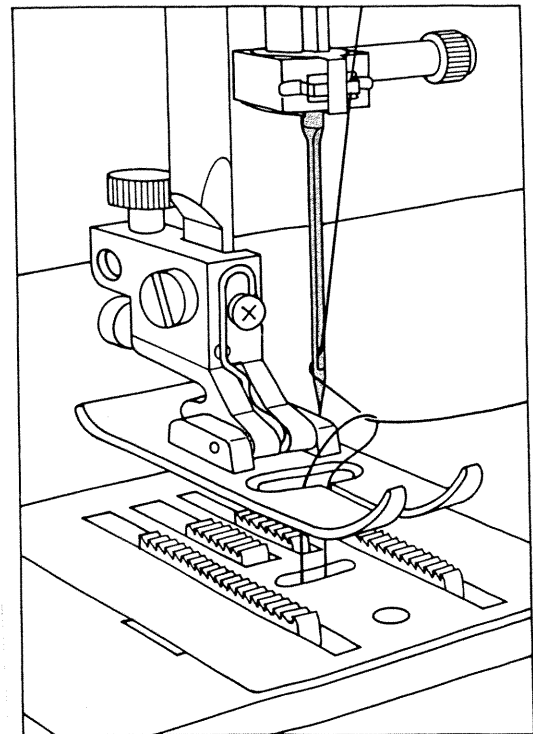
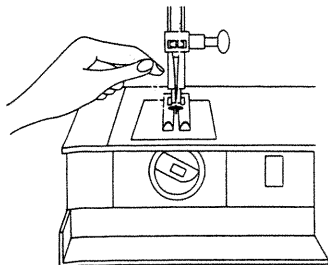
- Turn the balance wheel with your right hand so the needle goes down and comes up once.



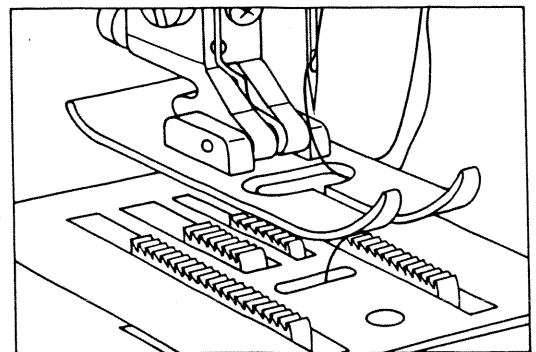
- Gently pull the thread in your left hand to pull up a loop. This loop is the bobbin thread.



- Hold both threads and bring them under the presser foot to the back of the machine.



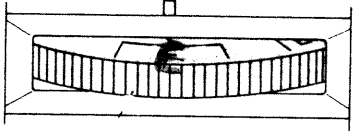

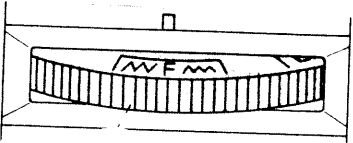


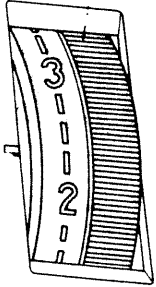
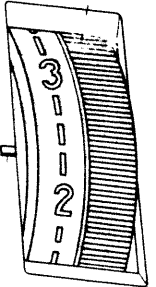
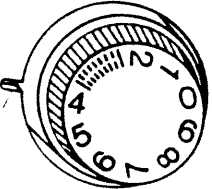

**Drawing up the bobbin thread:** Hold the needle thread taut. Turn the hand wheel towards you and sew a stitch until both needle and take-up lever are positioned up. Pull out the bobbin thread by means of the needle thread.



Place both threads towards the right under the sewing foot (approx. 10 cm).

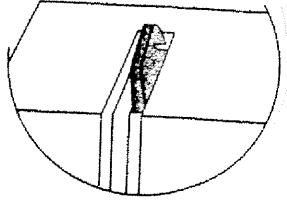
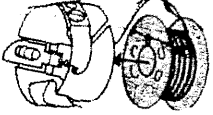
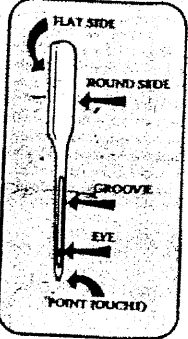
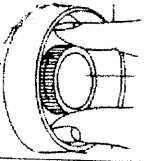
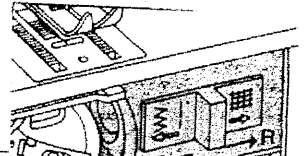
# IMPORTANT SEWING MACHINE SETTINGS

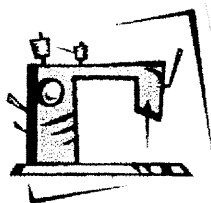
Here are the sewing machine settings that we use most often.

	FUNCTIONS SETTINGS	WHITE MACHINES	PURPLE MACHINES
Straight Stitch			
Zig Zag Stitch or Stitch Width			 
Stitch Length			
Tension			

# *Avoid Unnecessary Service Calls*

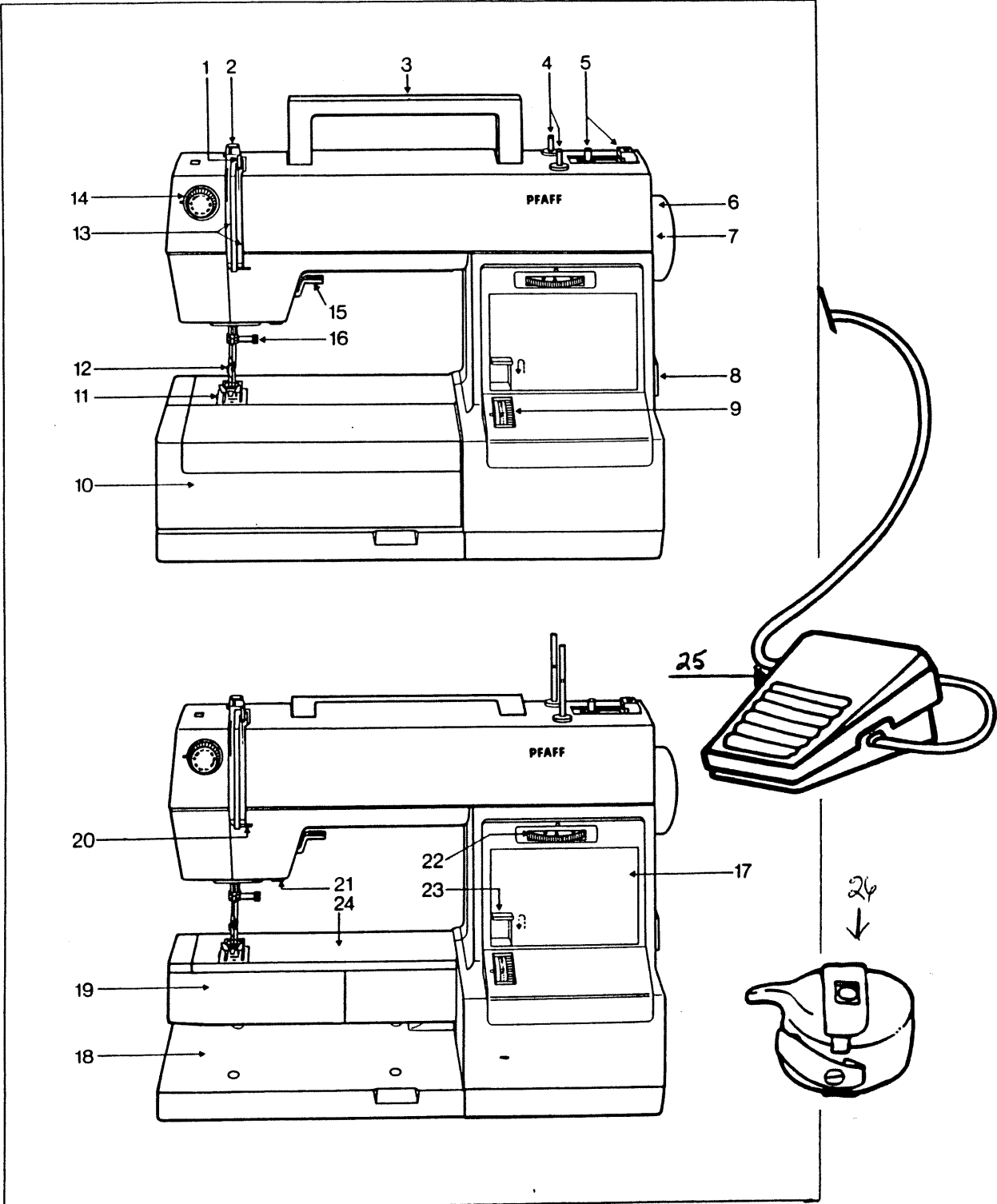
(Check these things before you call your teacher)

Problem	Possible Cause	Correction	Some diagrams
1. Stitches look funny.	The upper thread is not threaded correctly or has come undone.		See diagram in booklet.
2. There are 3 or more threads coming from the hole in the throat plate.	The "bunny" is not raised high enough.		
3. Loops are forming on the bottom of the fabric.	The bobbin is inserted into the bobbin case backwards.		
4. Needle is threaded, but a stitch won't form.	a) The needle is inserted backwards. b) The thread is inserted into the needle from back to front.		
5. Skis won't go all the way down.	The switch near the light bulb is pushed back.		
6. Needle won't move up or down.	The screw inside the handwheel is undone.		
7. Fabric won't move	a) The feed dogs have been lowered. b) The stitch length is too short.		



# PARTS OF THE SEWING MACHINE

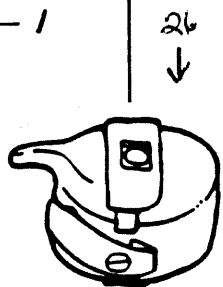
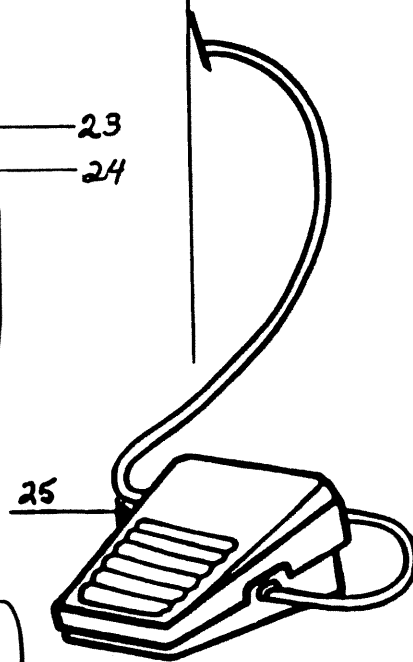
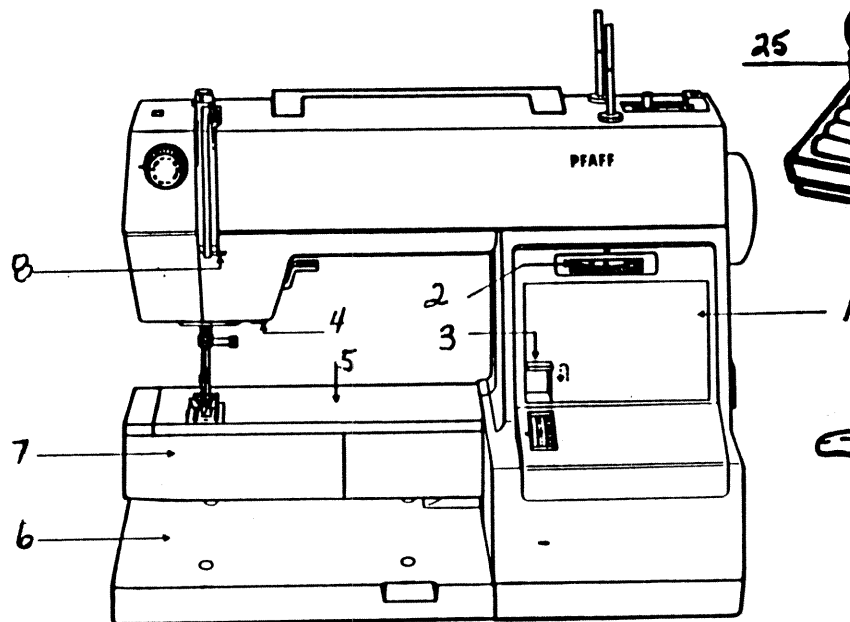
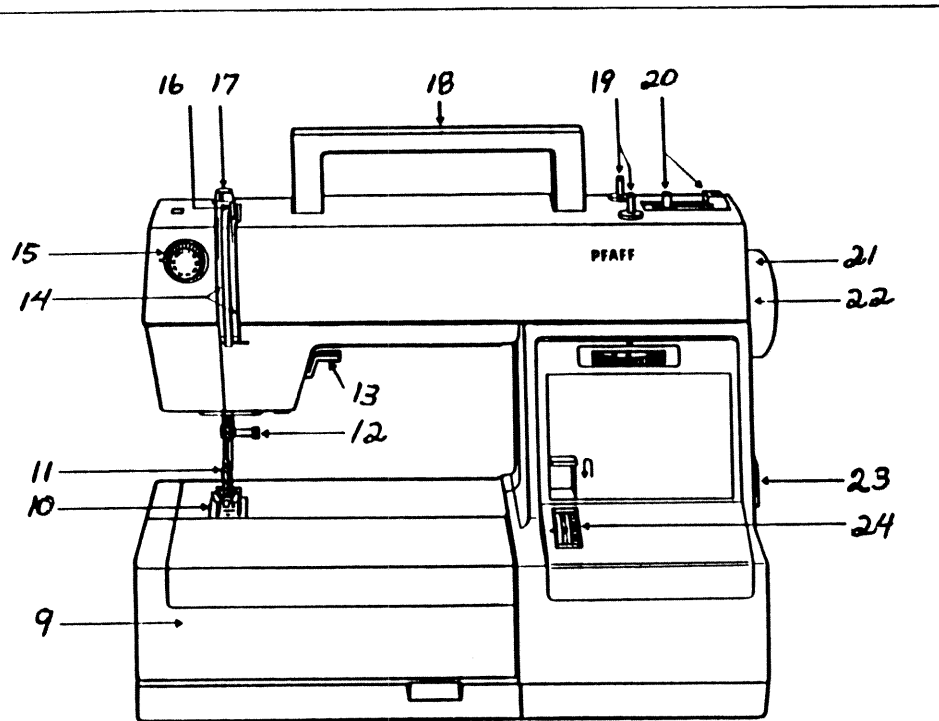
PFAFF varimatic 6085



## Parts of the sewing machine

- 1 Take-up lever
- 2 Bobbin winder tension
- 3 Carrying handle
- 4 Spool pin
- 5 Bobbin winder
- 6 Hand wheel / *Fly Wheel / Balance wheel*
- 7 Stop motion knob (screw)
- 8 Master switch
- 9 Stitch length control
- 10 Detachable work support with accessory box
- 11 Needle plate / *Throat*
- 12 Sewing foot holder with sewing foot
- 13 Threading slots
- 14 Needle thread tension / *Tension regulator*
- 15 *Presser bar lifter / Presser foot lever*
- 16 Needle holder with screw
- 17 Table of stitch patterns / *Stitch watch*
- 18 Bedplate
- 19 Free arm cover (enclosing sewing hook)
- 20 Thread guide
- 21 *Stop for darning operations*
- 22 *Stitch pattern selector wheel*
- 23 *Reverse (feed) control*
- 24 Free arm
- 25 *Pedal*
- 26 *Bobbin case*

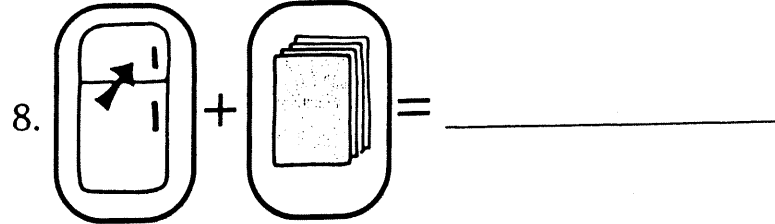
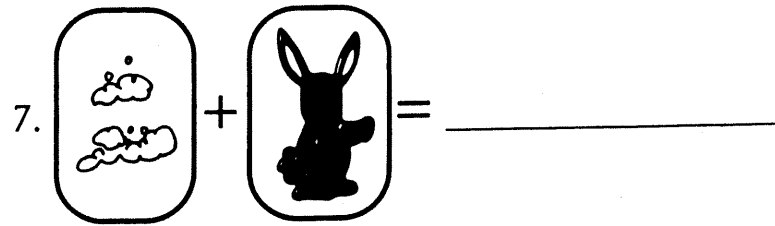
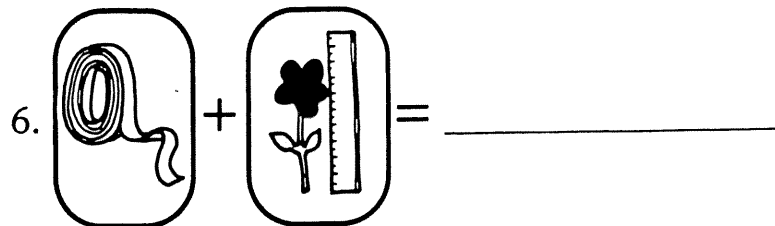
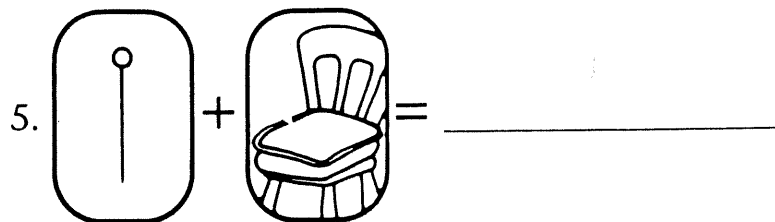
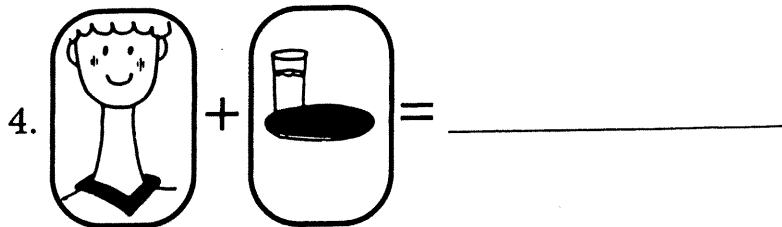
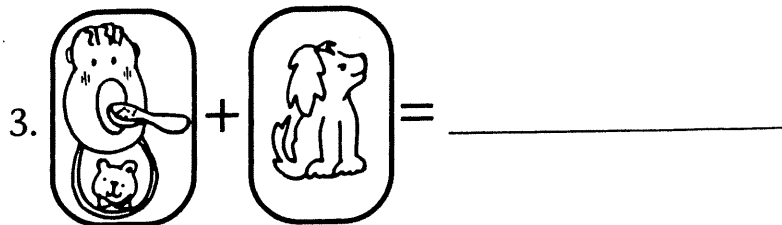
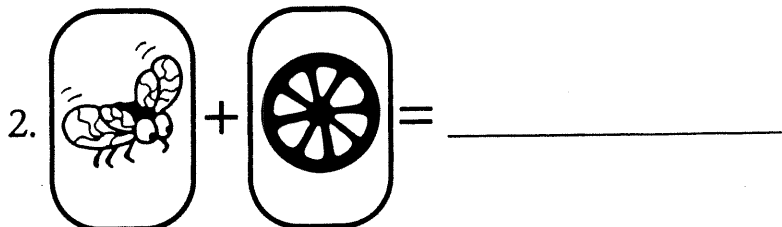
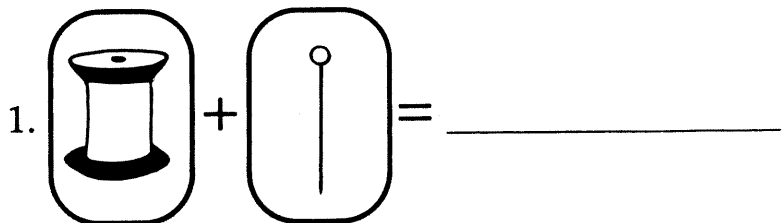
# IDENTIFYING PARTS OF THE SEWING MACHINE



1. \_\_\_\_ bedplate
2. \_\_\_\_ bobbin winder
3. \_\_\_\_ bobbin winder tension
4. \_\_\_\_ carrying handle
5. \_\_\_\_ detachable work support/accessory box
6. \_\_\_\_ free arm
7. \_\_\_\_ free arm cover
8. \_\_\_\_ hand (fly) wheel
9. \_\_\_\_ master switch
10. \_\_\_\_ needle thread tension
11. \_\_\_\_ needle (throat) plate
12. \_\_\_\_ needle holder with screw
13. \_\_\_\_ pedal
14. \_\_\_\_ presser bar (foot) lifter
15. \_\_\_\_ reverse control
16. \_\_\_\_ sewing (presser) foot holder/sewing (presser) foot
17. \_\_\_\_ spool pin
18. \_\_\_\_ stitch length control
19. \_\_\_\_ stitch width/pattern selector wheel
20. \_\_\_\_ stop motion knob (screw)
21. \_\_\_\_ stop for darning operations
22. \_\_\_\_ table of stitch patterns
23. \_\_\_\_ take-up lever
24. \_\_\_\_ thread guide
25. \_\_\_\_ threading slots
26. \_\_\_\_ bobbin case

# SEWING SILLIES

Name the items by combining the names of the pictures.





# TANGLED THREADS

Draw a line from each scrambled word in the first column to the solution in the second column.

- |                          |                         |
|--------------------------|-------------------------|
| ■ server reevl ro nottub | spool pin               |
| ■ sseerrp toof           | thread guide            |
| ■ thicst gelnth sorteecl | tension control         |
| ■ bibbon                 | needle                  |
| ■ helewylf               | reverse lever or button |
| ■ no/fof chwits          | feed-dog                |
| ■ cishtt thwid loreects  | presser foot            |
| ■ loosp nip              | thread take-up          |
| ■ defe-odg               | presser foot lifter     |
| ■ rohtta tepla           | flywheel                |
| ■ nestnio troncol        | foot pedal              |
| ■ leeend                 | stitch length selector  |
| ■ dareth degiu           | stitch width selector   |
| ■ otof dalep             | light                   |
| ■ dareth kate-pu         | bobbin                  |
| ■ nobbib drwine          | bobbin winder           |
| ■ serpers ooft terfil    | throat plate            |
| ■ gitlh                  | on/off switch           |

# WORD SEARCH

Find the following words hidden in the puzzle below. They may be backward or upside down!

- |          |          |          |
|----------|----------|----------|
| stitch   | needle   | pins     |
| feed-dog | tension  | scissors |
| light    | plug     | sew      |
| bobbin   | flywheel | rip      |

M	F	L	Y	W	H	E	E	L	G
W	E	S	T	P	K	P	W	S	Y
D	E	Q	X	I	Z	J	B	K	E
V	D	T	E	N	S	I	O	N	L
P	D	H	H	S	T	C	B	M	D
I	O	G	P	R	I	G	B	K	E
R	G	I	L	N	T	V	I	C	E
Q	X	L	U	T	C	F	N	D	N
H	M	T	G	L	H	J	W	X	W
S	R	O	S	S	I	C	S	T	Q



# WORD SEARCH



Hidden in the puzzle below are the 19 sewing machine parts that you know. For an even bigger challenge, cover the list and then do the search.

R	E	T	F	I	L	T	O	O	F	R	E	S	S	E	R	P
Z	E	S	D	F	G	T	R	L	E	K	L	I	O	T	F	R
A	W	V	K	J	Q	T	Y	E	E	P	T	E	C	F	U	E
E	S	R	E	U	W	W	H	N	D	M	R	L	X	O	B	S
T	E	T	I	R	H	G	N	G	D	I	F	D	W	O	N	S
A	P	V	P	E	S	K	J	T	O	O	V	E	S	T	M	E
L	U	B	E	Y	Z	E	M	H	G	L	B	E	D	P	L	R
P	E	L	M	B	O	B	B	I	N	W	I	N	D	E	R	F
T	K	I	B	J	K	L	O	U	P	M	H	J	R	D	L	O
A	A	G	V	D	N	A	B	Z	T	C	F	B	H	A	N	O
O	T	H	X	H	I	Y	B	L	J	T	N	F	M	L	I	T
R	D	T	G	T	B	H	I	J	K	L	O	M	O	I	P	K
H	A	B	C	D	B	X	N	A	S	W	Q	N	R	N	L	H
T	E	N	S	I	O	N	C	O	N	T	R	O	L	K	O	Z
R	R	Y	J	W	B	M	A	N	B	P	L	K	F	G	O	R
H	H	K	M	N	D	S	S	W	R	T	U	P	K	L	P	G
A	T	Q	W	T	H	R	E	A	D	G	U	I	D	E	S	F

- presser foot lifter
- presser foot
- reverse button
- bobbin winder
- bobbin case
- tension control
- feed-dog
- throat plate
- bobbin
- needle
- flywheel
- thread take-up
- thread guides
- light
- foot pedal
- spool pin
- on-off
- length
- width

If a cow went to school, what would be his favorite subject?

*Moosic!*

# *Pay Attention to the Details*

Even though a project may look okay from the outside or the front, the details on the inside or the bottom determine how well it is actually made.

By paying attention to the following details, you will ensure that the project you have handed in is of high quality.



## TARGETS FOR YOUR MOUSE



1. Cutting is \_\_\_\_\_.
2. Eyes, ears and tail are stitched on \_\_\_\_\_.
3. Stitches are \_\_\_\_\_.
4. The mouse has \_\_\_\_\_ of stuffing inside.
5. The stuffing \_\_\_\_\_.
6. Knots and loose threads \_\_\_\_\_.
7. Threads are \_\_\_\_\_.



## MOUSE DIRECTIONS

1.  Cut out paper pattern of the mouse.
2.  Select colour(s). Each part of the mouse can be a different colour.
3.  Pin the paper pattern pieces to the fabric. Make sure that the pin comes in and out of the fabric and that the head of the pin is over the paper and not over the fabric.
4.  Decide where to place the ears and eyes, and if you are going to add anything extra, like a nose or whiskers.
5.  Sew the eyes to the top of the mouse (See the "Button Sewing" diagram in your booklet).
6.  Sew the ears to the top of the mouse ("Up through the ear and down through the body").
7.  Sew on any additional features.
8.  Prepare the tail by folding it in half along the length and using either the overcast or the running stitch to close the open edge (see the diagram in your booklet). If you would like to hide the knot, insert the needle between the two layers of fabric when doing the first stitch.
9.  Attach the tail to the back of the bottom of the mouse.
10.  Place the upper body of the mouse onto the bottom.
11.  Starting near the back, stitch around most of the mouse, leaving a small space so that the stuffing can be inserted. If you would like to hide the knot, insert the needle between the two layers of fabric when doing the first stitch.
12.  Stuff the mouse so that it is very full.
13.  Sew closed the hole at the back.
14.  Snip off any loose threads.
15.  Label the mouse by writing your name on masking tape and sticking it on your mouse.
16.  Place in the "IN" basket to be marked.



Even though a project may look okay from the outside or the front, the details on the inside or the bottom determine how well it is actually made.

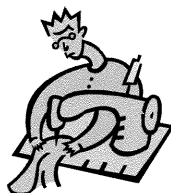
By paying attention to the following details, you will ensure that the project you have handed in is of high quality.

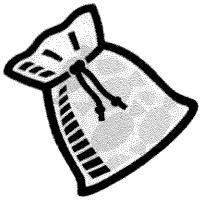


TARGETS FOR YOUR DRAWSTRING BAG



1. Fabric is sewn \_\_\_\_\_.
2. Zigzagging is \_\_\_\_\_.
3. The stitch lengths is \_\_\_\_\_.
4. The seam allowance follows \_\_\_\_\_  
\_\_\_\_\_.
5. The casing is \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_.
6. Threads are \_\_\_\_\_.
7. Final project is \_\_\_\_\_.





## DRAWSTRING BAG DIRECTIONS

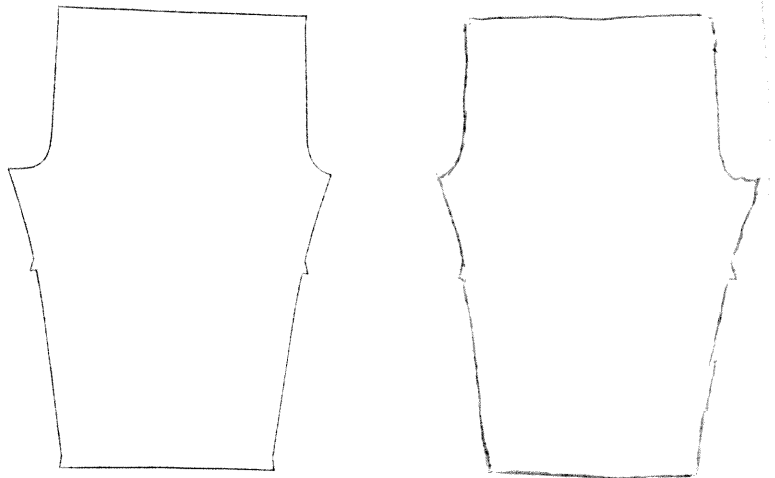
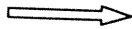
1.  Use a piece of fabric approximately 56cm x 70cm or as provided by the teacher.
2.  Identify the **right side** and the **wrong side** of the fabric. If the fabric is the same on both sides, put a mark with chalk on one side to identify it as the wrong side.
3.  Set the sewing machine on "F" and **zigzag** near the raw edges along all sides.
4.  Set the sewing machine back to "E".
5.  On **one long edge** of the fabric on the **right side**, measure and mark 1" / 2.5cm on the right side of the fabric.
6.  **Fold** the raw marked edge down toward the **wrong side** (inside) of the fabric along the line.
7.  **Tuck** the raw edge under and pin or press the casing in place.
8.  **Stitch** close to the tucked edge. **Backstitch** at both ends. Remove the pins as you get close to them.
9.  **Fold** the short edges in half with the wrong sides together.
10.  **Pin** the sides and the bottoms, matching the sides as best as possible.
11.  Starting just **underneath the casing** (the tunnel), **stitch the side seam**, backstitching at the beginning and the end, and removing the pins as you get to them.
12.  **Stitch the bottom seam** in the same way as the side seam. Make sure you go all the way to the ends, or else you end up with holes.
13.  **Cut** about 1 meter of yarn.
14.  **Insert the yarn** into the casing using a safety pin or paper clip.
15.  **Tie** the two ends of the yarn together.
16.  **Cut** loose threads.
17.  **Turn** bag right side out.
18.  **Label** bag with masking tape and place in "IN" basket for marking.

# PAJAMA BOTTOMS WORK ORDER

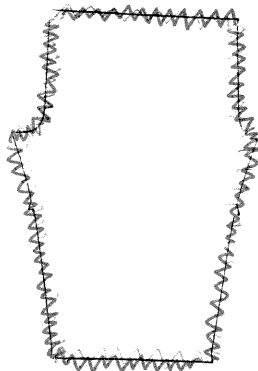
*You may need to get more specific directions from your teacher*

1.  **Select** size, fabric and style (long pants or shorts).
2.  **Place** fabric on floor or table **RIGHT SIDES TOGETHER**.
3.  **Pin** pattern to both layers of fabric.
4.  **Cut**. *NOTE that the curves on the pattern are not the same and SHOULD NOT be the same. Do not cut them to the same size!*

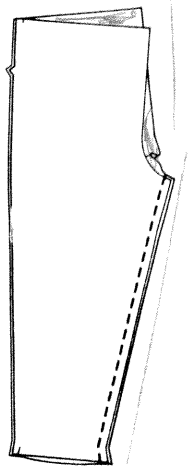
*You should have 2 of these,  
mirror images of  
each other.*



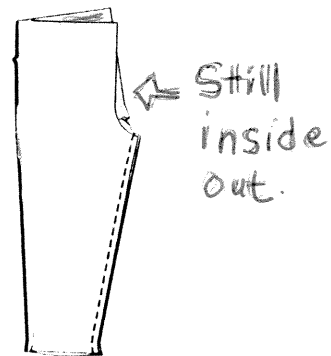
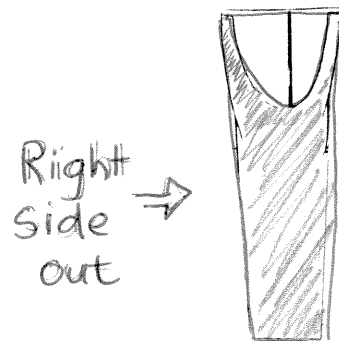
5.  On a single layer of fabric, **place** edge in space between the skis. **ZIGZAG** ("F" on the white machines, "G" and 5 on the purple machines) along the raw edges all around each leg. Nothing should be sewn together yet.



6.  **Pin** the inner leg seam of one leg with **RIGHT SIDES TOGETHER**.  
*Hint: Leg should look Inside Out.*
7.  **Change** the machine setting back to  
**STRAIGHT STITCH**  
( "E" for the white machines...."G" and 0 on the purple machines).
8.  **Place** the edge of the fabric in the space between the skis.  
Starting at the pointy part,  
**STRAIGHT STITCH** the inner leg seam,  
backstitching at the beginning and the end.

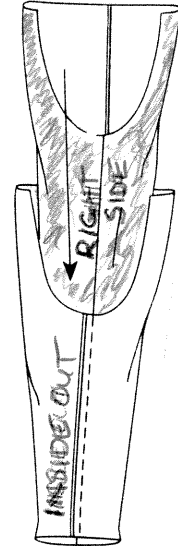


9.  **Repeat** with the other leg.
10.  With the iron on **STEAM SETTING**,  
**iron** open the seam allowances  
on each leg seam.
11.  **Turn** one leg right side out.  
**Leave** the other leg inside out.

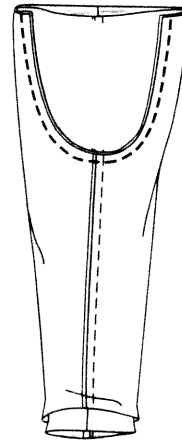




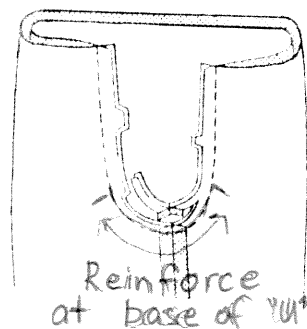
12.  **Stuff** the right sided leg into the inside out leg, so that the **RIGHT SIDES ARE TOGETHER** and the waists and leg seams are matched.



13.  **Match, pin and STRAIGHT STITCH** the center (crotch) seam, using the throat plate as a guide.



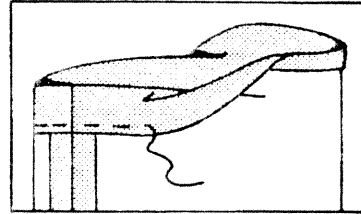
14.  **Reinforce** (stitch on top of) the center seam near the base of the seam.



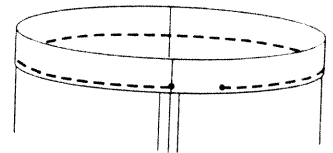
15.  **Mark** the casing around the waist about 2" / 5 cm from the top.

16.  **Fold** the marked raw edge along chalk line toward the wrong side.

17.  **Tuck** the raw edge under slightly and pin in place.



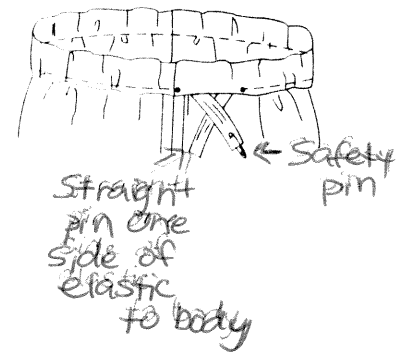
18.  **Stitch** near the tucked edge around the waist, leaving a small opening to insert the elastic.



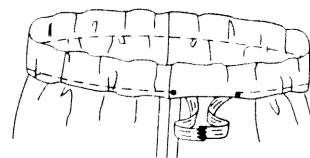
19.  **Cut** a piece of elastic slightly larger than your waist.

20.  **Attach** a safety pin to one end of the elastic. **Secure** the other end of the elastic with a straight pin to the body of the casing near the opening.

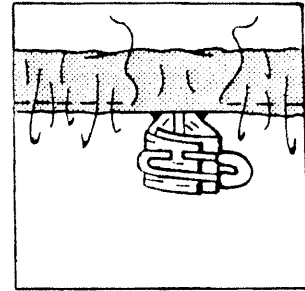
21.  **Insert** the elastic into the casing with the safety pin (scrunch-scrunch- scrunch-pull).



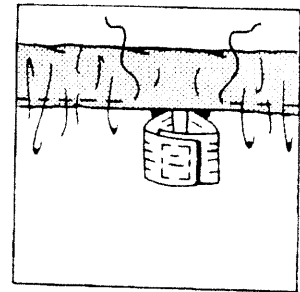
22.  **Pin** the two ends of the elastic together with the safety pin.



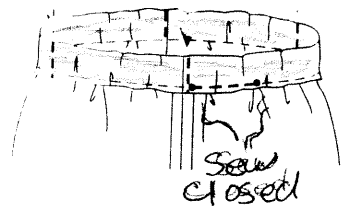
23.  **Try on** the pajama bottoms and adjust the tightness of the elastic.



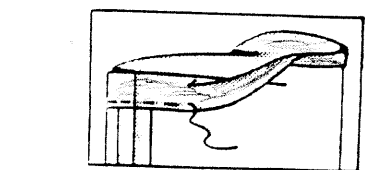
24.  **Move** the safety pin to mark the correct spot.



25.  **Stitch** the two pieces of elastic together near the safety pin.



26.  **Remove** the safety pin, cut off the extra elastic, and stitch closed the opening.

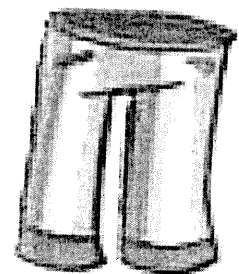


27.  **Doublefold hem** the bottoms by folding the leg openings toward the inside 2 times to conceal the raw edges. Press into place, if desired, before stitching near the upper folded edge.

28.  **Cut off** loose threads and **press** with iron.

29.  **Label** with masking tape and **hand in** for marking.

*Mine* →



**TEXTILES AND CLOTHING PROGRESS CHART**

<b>DATE</b>	<b>WHAT I DID TODAY</b>