



Youthlinc Sewing Lessons and Projects

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Lesson 1: Introduce Basic Sewing Supplies and Safety

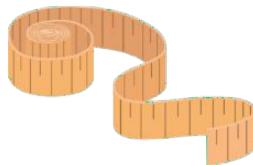
- **Sewing Machine**
- **Thread** - Depending on your project you will want thread to match your material. You do not have to match exactly, however. Black or navy goes well on most dark fabrics and white can be used for most light materials.
- **Empty bobbins** - You will use the thread you have already bought to fill your bobbins.
- **A seam ripper**- Making mistakes is part of sewing. Even master sewers make errors and sometimes have to rip out their stitches and start over.
- **Pins** -You can use larger pins called quilting pins or normal straight pins.
- **Extra sewing machine needles**- These come in a package with different sizes to be used depending on your thickness of material.
- **Straight edge ruler**
- **Tape measure**
- **Sewing scissors**
- **Sewing workspace** - Whether it is a large table or just a corner of the table you need a place where you can cut out material and have room to sew

Sewing Notions

Notions are accessories sewn on your sewing item as well as small tools used while sewing.



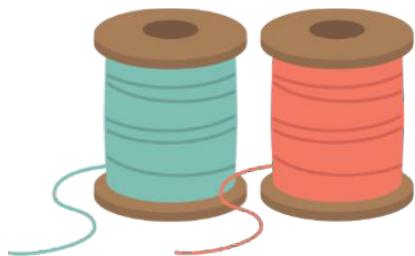
Sewing Scissors



Tape Measure



Thimble



Thread



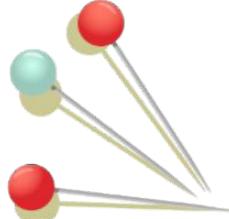
Safety Pins



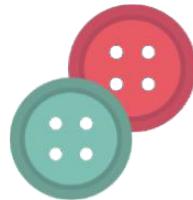
Sewing Needles



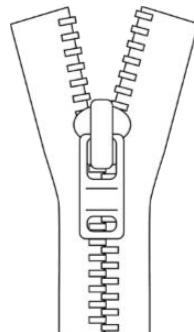
Pin Cushion



Safety Pins



Buttons, Hook & Eyes and Snaps



Zippers



Seam Ripper

Introduce Sewing Safety

Using sewing scissors correctly

Teach students to be cautious with scissors and always watch carefully when they are cutting. Put scissors away after using them. This will keep them in better use and discourage someone in the house mistaking them for common scissors to cut paper or other projects.

Using Pins

Be careful not to stick fingers with the pins when sewing. If you drop your needles or pins, be sure to pick them up so they do not get stepped on. Do not sew over your pins. Always take the pins out when you are sewing. This is not only dangerous but is not good for the sewing machine needle or needle plate.

Seam Ripper

The seam ripper can be dangerous if not used carefully. Always be careful when ripping out seams with it. Be sure to "rip" seams away from you.

Heads up

Keep your head up while you are sewing on the sewing machine. The metal part of the machine that goes up and down can and will hit you in the head if you have your head down trying to watch your sewing.

Watch your hands

When sewing on the sewing machine keep your hands away from the needle. Hold your material with your hand guiding but keep hands at a safe distance.

Rotary Cutter

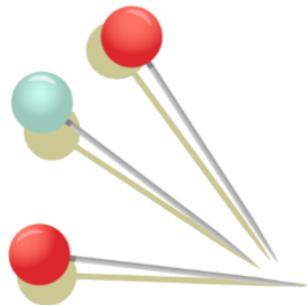
When using a rotary cutter, make sure you close the blade before you set it down. Do not allow young children to use the rotary cutter.

More Safety Tips

Having good light and taking your time when sewing are good tips that will help your projects be successful as well.

Sewing Safety

Always watch carefully when you are cutting. Put scissors away after using them.



Be careful not to stick your fingers with the pins when sewing. If you drop your needles or pins, be sure to pick them up so they don't get stepped on. Don't sew over your pins. Always take the pins out when you are sewing.

Always be careful when ripping out seams with the seam ripper. Be sure to "rip" seams away from you.



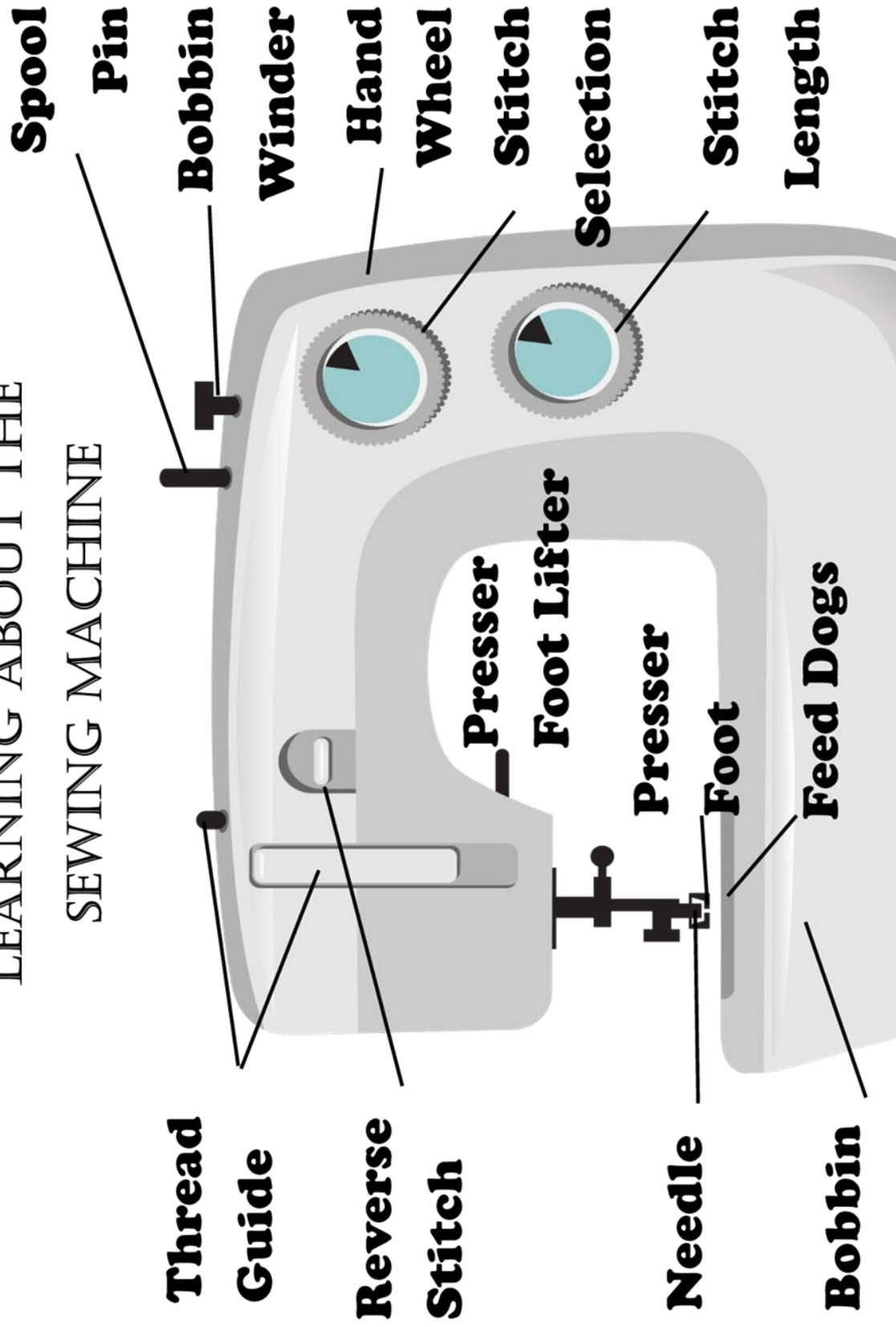
When sewing on the machine keep your hands away from the needle. Hold your material with your hand guiding, but keep hands at a safe distance.

Keep your head up while you're sewing on the sewing machine.



When using a rotary cutter, make sure you close the blade before you set it down.

LEARNING ABOUT THE SEWING MACHINE



Different Sewing machines may have parts in different locations.

See sewing machine guide for more help.

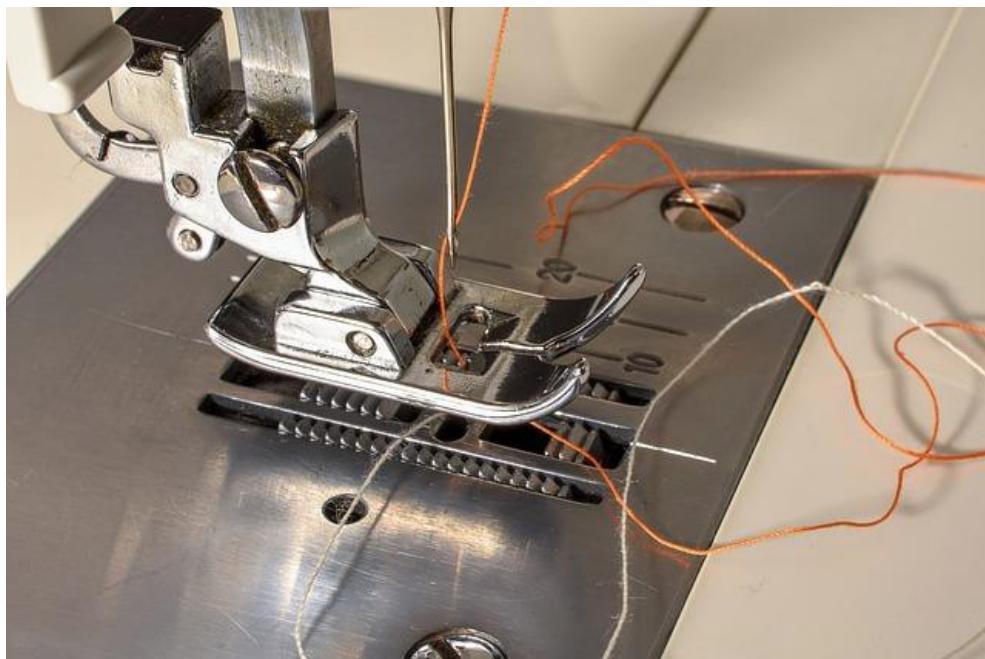
www.kids-sewing-projects.com

Lesson 2: Introduce the Sewing Machine

- How the sewing machine works inside

Threading a Needle on the Sewing Machine

Following the sewing machine manual learn how to thread your machine. Some machines are different, so it is best to follow the manual. Threading a needle might be frustrating for a while, but have them keep trying. Additional safety: turn machine off when threading.

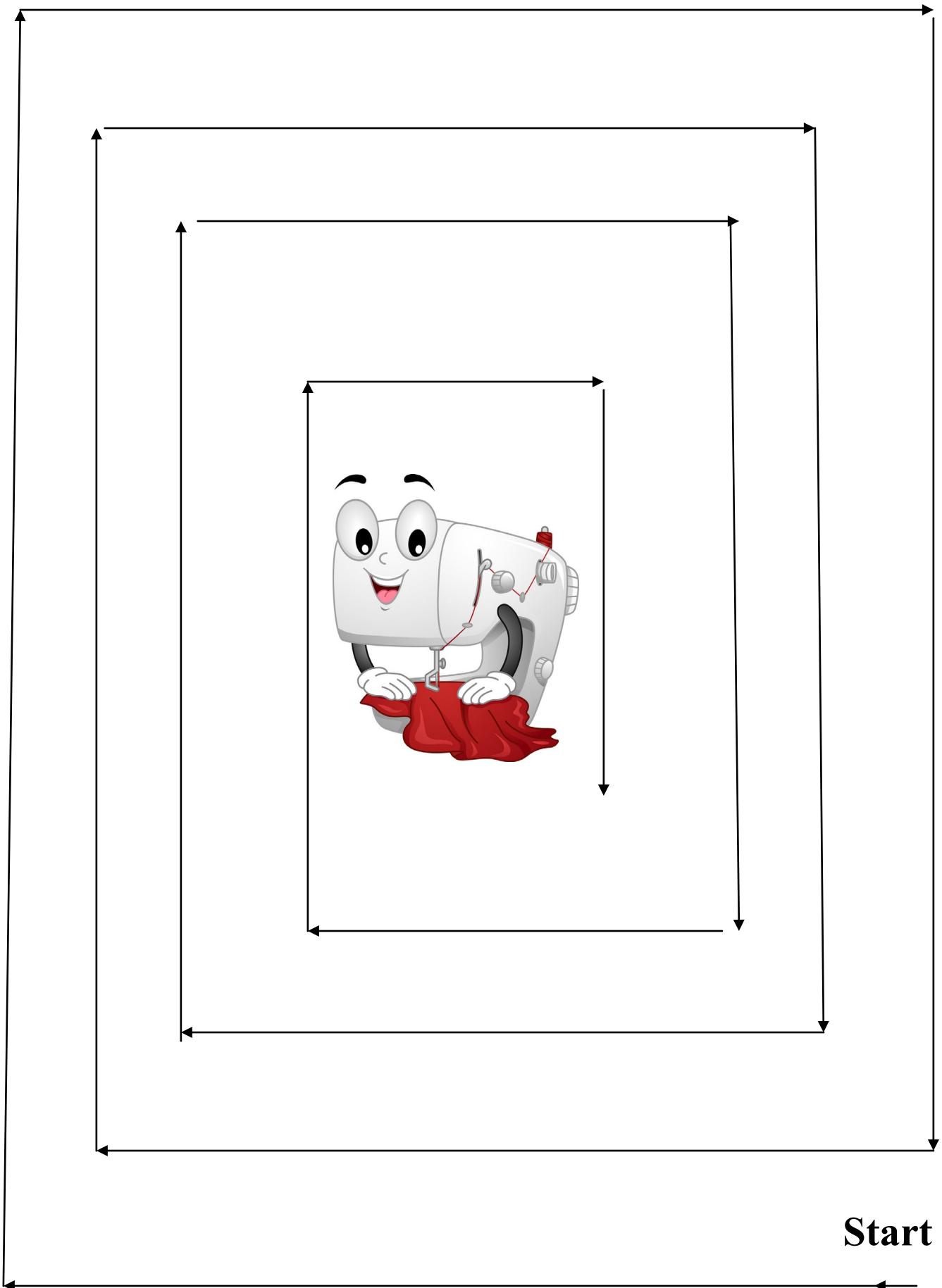


Threading a Bobbin

Again, following your sewing machine manual, add thread to your bobbin and thread it to the machine. Many machines are different, so it is best to follow your manual.

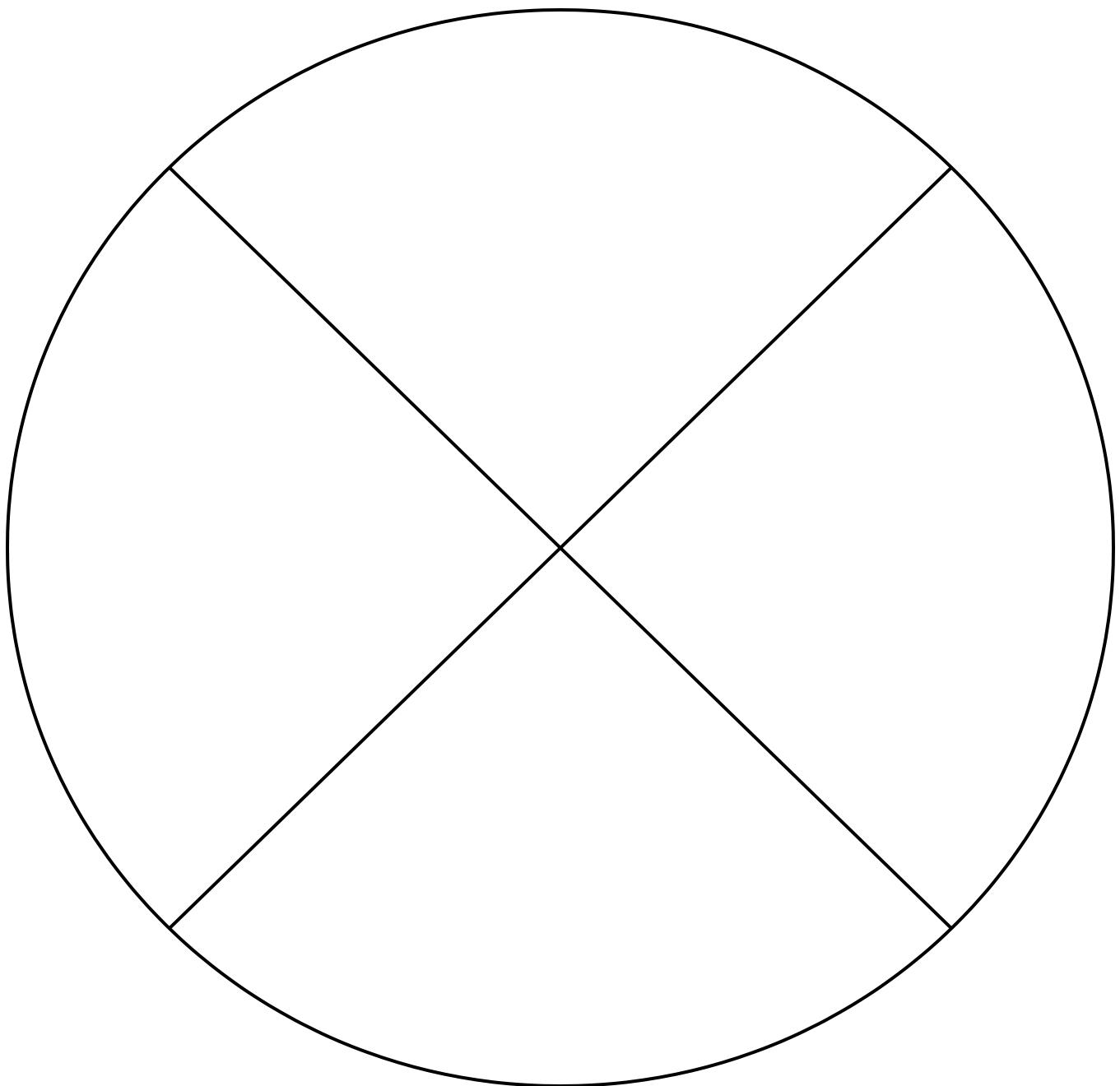
Practice Sewing on the Machine

Using an old needle, practice sewing, without thread on a piece of paper. Practice sewing straight lines and turning corners. This will dull your needle and affect sewing on fabric, so use an old needle or replace your needle after this lesson. (Dull needles can catch and pull on material when sewing)



Start





Practice Straight Stitch and Sewing Backwards on Fabric Scraps

- On a piece of scrap material, sew a straight stitch with the sewing machine. Practice as much as you would like then move on to the next step.
- Practice sewing backwards on your scrap material, starting on one side, making a few stitches, and then sewing backwards. Continue sewing down the side and when you reach the end, sew backwards again to secure your stitches. Take off and trim the loose threads with scissors.

Lesson 3: Easy Sewing Projects Using Straight Stitches

Drawstring Bag

You will need for this drawstring bag:

- 2 – 5 x 5-inch squares of fabric
- 2 – 30-inch squares of fabric
- Needle and thread
- 2 – 30-inch pieces of yarn or ribbon

Cut out 2 - 5-inch squares of fabric.



← Example of right and wrong side of material- Right side/Wrong side

Sew along sides of fabric leaving the top open. Turn the top down $\frac{1}{4}$ to $\frac{1}{2}$ inch and sew a straight stitch along the bottom. Be sure you only sew through one side.

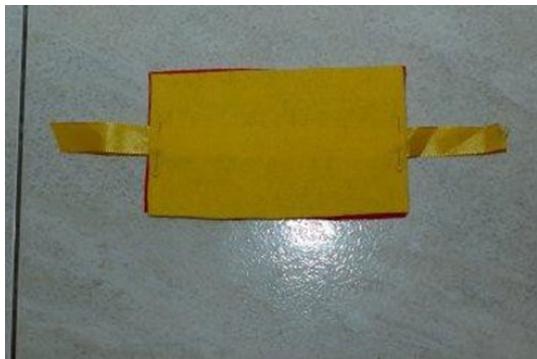


Turn material right side out. Thread yarn with a large needle but do not tie the end. With the yarn, stitch a straight stitch along the top edges leaving excess at the beginning and at the end. Tie ends together. Stitch another row of yarn under the first row making sure you leave excess yarn at the beginning and end. Tie ends when you reach the end.

Needle Book

You will need the following for sewing a needle book:

- 2 pieces of felt 8 x 4 1/2 inches or you can make a smaller book if you would like. Extra scraps of felt for decoration
- Needle and thread
- Decorative ribbon about 14 inches



Lay one felt piece flat and lay ribbon in the middle of the rectangle. Make sure you leave ends on each side. This will be to tie the book shut. Pin second piece of felt to first piece of felt. Stitch all around the edges of felt to attach the two pieces together. Insert your needles or pins. Close your book in half and tie ribbon. Decorate with other pieces of felt if desired.

Beanbag

A great first sewing project can be to sew a beanbag.

You will need:

- 2- pieces of 4x6 inch
- material Beans or rice



Place your two pieces of 4x6 inch material with right sides together. Sew one side to the end, take it off the machine and sew the next side. Do not forget to do your backward stitch after the first few stitches and at the end. Leave one side open. Stuff the material with beans or rice. Sew the end closed using hand sewing.



Pillowcase Apron



You will need for this project:

- pillowcase, new or used
- 4 pieces of ribbon- 25 inches
- Bias tape to match material

To begin fold your apron in half as shown below. Measure 4 inches from the top right corner. Mark or pin. Measure 8 1/2 inches on the side starting at the right-hand corner. Pin or mark. Cut curve to match marks.



Unfold and pin bias tape along arm edges. Sew taking out pins as you go.

To keep your edges unraveling on your ribbon turn top edge down and down again. Stitch. Pin ribbon on each top edge as shown in the picture.

Pin ribbon on sides at the bottom edge of the bias tape.

Straps from Material

If you are using material to create your straps. Cut 4 strips 25 inches long and 2 inches wide. Fold edges in and sew down the middle.

Dishtowel Apron

For apron you will need:

- A large dishtowel
- 2 $\frac{1}{2}$ yards or 90 inches of wide double fold bias tape
- A tape measurer



Lay your dishtowel flat and fold in half lengthwise. Measure 10 inches from the top and place a pin or use a pencil to mark the spot. Now measure 4 inches from the folded edge. Pin or use a pencil to mark this spot. Cut a straight line through the towel from one pin to the other pin. Unfold and lay open. Fold your bias tape in half meeting the ends together. This will help you find the very middle of the tape. Measure 6 inches down from the middle and pin on each side. Make sure this will be long enough or not too long to go around the neck.



This is how you use bias tape: One side should be on one side of the towel and the other side of the bias tape should be on the back side of the towel.

Continue pinning along sides of apron. Starting at one end of the bias tape sew together. Either hand sew with a straight running stitch along the edges of the tape or sew using the sewing machine.

Remove pins as you sew along. Tie a knot in the bias tape at each end. If you would like pockets use a longer towel and fold the end of your apron up a few inches and sew alongside edges.

Felt Organizer

This Felt Organizer is so versatile that you can use it to store pencils, markers, paintbrushes or use it as a sewing case. However, you use it, it is an easy beginner sewing project.

You will need:

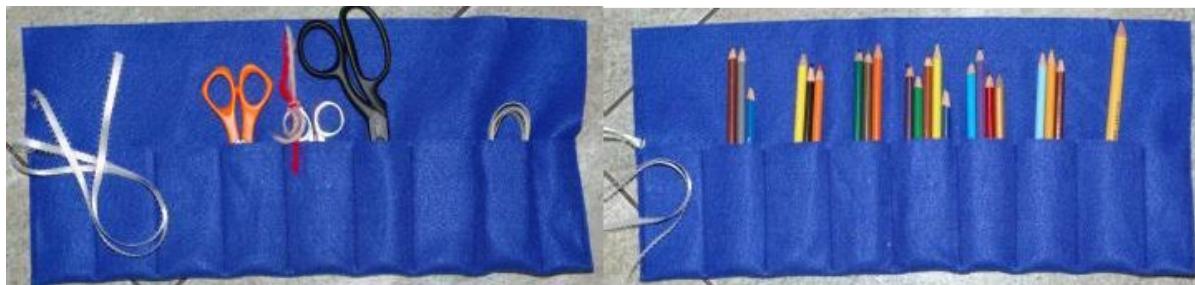
- 12 x 18-inch piece of felt
- 30 inches of ribbon or bias tape



Fold bottom end of the felt up 4 inches. Pin in place. Stitch along each side. With a measuring tape place a pin every 2 inches. Make pockets by stitching down the center where each pin is.

Do not forget to backstitch at the beginning and end. Fold your ribbon in half and pin the center to one side. Stitch the ribbon in place.

You can keep your sewing supplies in the pockets or store pencils and markers for a pencil case.



Fold up and tie in front. You can also decorate the front by gluing pieces cut out of felt, ribbon or add beads to your ribbon.

How to Sew a Pillowcase

You will Need:

- 2-23 x 33-inch rectangles cut out of your material

Measure and cut material. Or use an older pillowcase for a pattern. A fabric pencil and quilting ruler might be helpful.



Place right sides together. Sew one side to the end, take it off the machine and sew the next side. Do not forget to do your backward stitch after the first few stitches and at the end. Leave one short side open. Turn the top edge over $\frac{1}{2}$ inch and then $\frac{1}{2}$ inch again. Pin in place.



Sew the edge taking out your pins as you sew. This is called sewing a hem. Turn right side out and your pillowcase is all done and ready for bed.

Adding a Trim to your Pillowcase

It is easy to add trim or rick a rack along the edge of your pillowcase. Pin in place and stitch around edges.

Easy T-Shirt Fringe Tote Bag

You will need:

- Old T-Shirt
- Scissors



Step 1: Lay t-shirt flat and match sleeves up evenly. Cut off sleeves of t-shirt.

Step 2: Cut off neck band. For a wider opening to your bag, cut about an inch below neck band.

Step 3: Cut strips up 4-5 inches from bottom of t-shirt. We used a large sewing ruler to keep a straight line.



Step 4: Sew straight line across the top of your cut fringe. Make sure to back stitch to secure your stitching.

Step 5: Tie fringe into knots.

Use your new t shirt fringe tote bag

Lesson 4: More Sewing Terms and Projects

Basting

Basting is a basic stitch and really should be what the students start with on the machine. It is just the longest stitch length that your machine will do. Patterns tell you to baste stitch something mostly as a guide and then you can pull it out later. On a scrap material sew a basting stitch. Sew different stitch lengths and compare the difference.

Outside Pockets

When you sew with patterns and make clothes, you will add a pocket by folding the edges of a rectangle and pinning to your material where indicated. Then sew along the edges. You can do a simple pocket project by cutting out two pieces of material about the size of a pocket. With right sides together sewing edges leaving one end open. Turn right sides out and pin open edge inside 1/4 inch. Pin pocket to a t-shirt and stitch pocket to t-shirt.

Gathering Stitch

The gathering stitch will be easy and fun for students to see that they can gather up material with the thread. It will take lots of practice to master sewing something gathered to something else. The gathering stitch can be used for making ruffles on pillows and other items, as well as gathering the skirt of a dress to the top.

Practice sewing a gathering stitch on a square piece of material. First you will use the gathering stitch, or basting stitch which is the loosest stitch or longest stitch. Sew the gathering stitch about 1/2-1 inch from the edge of a piece of scrap material. Pull the thread from the back of your material to gather your stitches closer together. Be careful not to pull the thread too hard or the thread will break, and you will have to sew another gathering stitch.

Hair Scrunchy or Ponytail Holder

You will need the following to make a homemade ponytail holder:

- Fabric cut 30 x 4 1/2 inches
- 1/4 inch elastic -10 inches long



Fold fabric strip lengthwise with right sides together. Sew alongside. Turn right side out. Attach a safety pin to the end of the elastic.

Insert the safety pin elastic through one end and push through to the other end. Tie elastic ends together several times in a secure knot.

Undo safety pin and hand sew the opening together. Your homemade ponytail holder is ready to use.

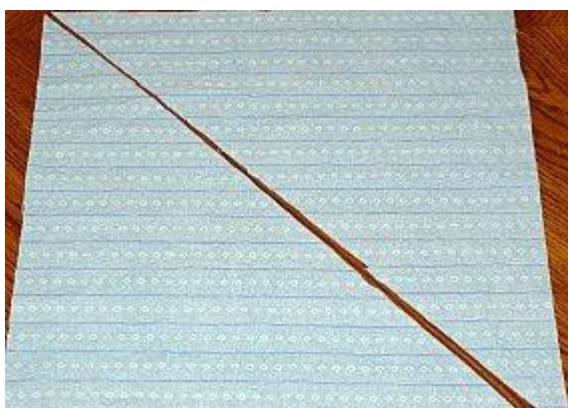


Patchwork Pillow Covers

This will make two matching patchwork pillow covers.

You will need:

- One yard of two different kinds of material
- 2 – 15 x 15-inch pillow forms

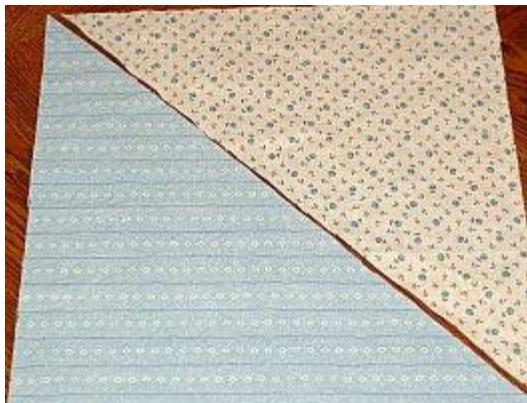


Cut your material into the following sizes:

- 16x16 inch squares; 1 each from the 2 different coordinating material
- 2 16 x17 inch squares for back of each pillow whichever material you want on the backside

Using a yard stick or plastic ruler lay your ruler diagonally on one 16 x16 square.

Draw a line with a fabric pencil or chalk. Do the same to the second 16x16 square. Cut on the diagonal line. Take one triangle from each material so you have two different colored triangles. Put right sides together and sew down the



diagonal to make a square.

Set aside. Take the other two coordinating triangles and draw a diagonal line with a ruler like you did previously. Cut on line. Now you should have 4 smaller triangles.

Take one triangle from different material and sew with right sides together. Continue until all your triangles form a square.

For backing, cut squares in half. Now you have 4 rectangles.

Turn one long edge down on a rectangle and sew. Pin if needed.



Continue with all rectangles. Pin the front of your pillowcase to back with right sides together and the hemmed edges in the middle. The two pieces of the backing will overlap. If you find your edges do not match up trim the excess. Sew along edges taking out the pins as you go. Turn right side out. Place pillow form through opening in back.



Pocket Purse

You will need:

- Old shirts with pockets or use back pockets of lightweight pants. **
- Embellishments, appliqués, beads, etc.
- Ribbon, old belt, or cording

Cut out two pockets from old shirts. Pin your pockets together. Sew the two pockets together around the sides and bottom. Use ribbon, beads, belts or whatever you may have available for a strap. Attach the strap by hand sewing in place. Decorate by gluing on something decorative if desired.



Heavier material or jeans will be hard to sew because of their thickness so try lighter weight material for this project. Old clothes with pockets can be cut out and saved for projects such as this. Also try making pencil holders out of jean pockets. These require no sewing. Attach magnet strips to the back and omit the strap.

Gathered Skirt Apron

You will need:

- 12 x 24-inch piece of material
- 45 inches of 1 1/2-2-inch-wide ribbon

Starting with a short side, turn the edge $\frac{1}{4}$ inch down and $\frac{1}{4}$ inch down again. Pin in place. Continue all along the sides, bottom, and opposite short side. Leave the last long side open for the top. Sew a straight stitch along the edges. Stop at the end to turn the corner. Place your needle down in the material and lift the presser foot. Turn your material 90 degrees. Put the presser foot down and continue sewing. Corners will look like this.



Sew a gather stitch on the top edge. Find the center of your ribbon and place it on the wrong side of the material, matching up the center of the ribbon with the center of the top edge. From the center point of the ribbon, measure 6 inches on each side. Place a pin to mark the two spots.

Gather the material to fit where the pins are at the end. Pin ribbon along the top, leaving enough on the top to turn ribbon down over the front side also. Stitch ribbon over the gathered top making sure you catch both layers in the stitches. Turn the ribbon down to the right side of the material and stitch over top again.

For an adult size apron use a 22 1/2 x 45-inch piece of material and 2 yards of 1 1/2 inch ribbon. Follow the directions as above but leave 12-20 inches of ribbon on each side.

Couch or Bed Caddy

To sew this Caddy, you will need:

- 10 x 13-inch material
- 6 x 13-inch coordinating material
- 24x 13 inch coordinating piece of felt

On your 10 x 13 piece of material, fold top edge down 1 inch and stitch in place. Turn remaining three sides in a 1/4 inch and hem. Do the same for the 13 x 6-inch piece.



Pin two pieces to the bottom of your felt with both edges touching the bottom. Sew the three sides of your material to the felt. Sew down the center of the material to create pockets. You can also decorate with trim or ribbon along the edges using a hot glue gun or leave as is. This can also be a bedside caddy by placing between your mattress and box spring.

Dinner Placemat

You will need:

- 2 – 11 x 13 inch pieces of fabric
- 1 11 x 13-inch piece of felt
- Coordinating bias tape

Place a piece of felt in between two pieces of fabric with the fabric right sides facing out. Pin bias tape all around edges.

Sew in place. This makes one place mat. To make a matching set, you will need twice as much material. One side of the tape should be on one side of the material and the other side of the bias tape should be on the back side of the material. For a larger size place mat use 13x17 inch fabric and 13 x 17 inch felt.



Potholder

You will need:

- 2 – b x 6-inch pieces of fabric
- 2 – 6 x 6 pieces of felt
- Coordinating bias tape or ribbon



Place two pieces of felt in between the two pieces of fabric with the fabric right sides facing out. Pin bias tape all around edges. One side of the tape should be on one side of the material and the other side of the bias tape should be on the back side of the material. Sew in place. Make a loop out of bias tape and sew in the corner.

Jean Pocket Purse

Cut out the front leg of your jeans including the waistband and front pocket. You just want the front panel for this project. Fold jeans in half, if it is longer than you would like trim off excess on the end.

Hem the bottom of the pant leg. Fold jeans in half right sides together. Trim to match edges if needed. Pin sides and sew along two side edges. Turn right sides out.

Attach a strap by sewing it onto the sides of the bag. We have used tote bag straps, but you can also try a belt, tie, cording, strip of jeans, etc.



Drawstring Bag



For a sleeping bag size use 7/8-1 yard of material
For a medium bag use 16 x 15 inch of material

For a small size bag use 11 x 19 ½ inch of material

You will also need:

- 1-2 yards of ribbon or cording

Fold fabric in half lengthwise placing right sides together. Stitch along sides of material leaving the top open. Fold the top edge over 1 inch. Pin in place. Stitch along bottom edge taking out pins as you go. Leave a small opening in the seam for the drawstring. Remember to backstitch at the beginning at the end of your sewing.

Using 1-yard ribbon or cording, depending on size of bag. Attach a safety pin at the end of your drawstring. Push safety pin through the opening and continue pushing through until you come out the opening again. Tie a knot at the ends of the cording.

You can use drawstring bags for storing toys, doll clothes, blocks, sleeping bags, cars, whatever you need to store.

Bandanna Drawstring Bag



Sew two bandannas right sides together along three sides. Fold the top edge over 1 inch. Pin in place. Stitch along bottom edge taking out pins as you go. Leave a small opening in the seam for the drawstring. Insert drawstring as directed above.

Jean Drawstring Bag

Cut out the pant leg from the knee down (or as long as you would like) of an old pair of blue jeans.

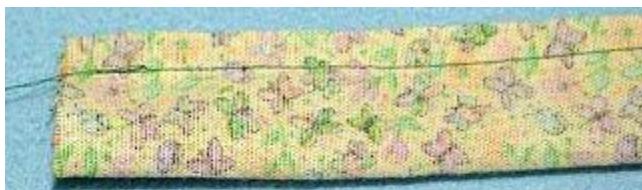
Turn right sides together and sew the bottom leg together. Turn the top edge down 1 inch and sew along bottom edge. Leave 1-inch opening for your casing.

Attach a safety pin to a long piece of cording. Insert your cording and push through the other end. Tie a knot at the end.



Tote Bags

1-yard material cut into the following sizes:
2 pieces 13 x 17 inch
2 pieces 3 x 26 inch for straps



Place 13 x 17-inch rectangles right sides together. Sew the two pieces together around the three sides leaving the top open.



Turn the top edge over 1 inch and hem in place. Set aside.

To make straps, place each piece of 3 x 26-inch material in half with right sides together. Stitch along sides.



Turn right sides out. Pin straps to each piece of 13 x 17-inch material 4 inches from the edge. Stitch over straps backstitching to secure.

You can make this tote bag in various sizes. Experiment if you would like a different size.

Bandanna Tote Bag with an Inside Lining

4 bandannas or handkerchiefs

1 ½ yards of 1-inch wide webbing for handles

Place right sides of two bandannas together. It may be hard to tell which is the right side on some bandannas so use what you think looks best as the right side. Sew along three sides leaving one side open.

Sew the other two handkerchiefs together following the same directions. One piece will be the inside of the bag the other will be the outside. Turn one bandanna right side out. Place one bag inside the other. Wrong sides will be together. Smooth out corners and sides.



The right sides should be seen on the inside and outside. Turn the top edge of the handkerchiefs over 1 inch for a hem. Cut two 28-inch webbing and pin each handle on each side. Sew handles in place.

You can use these directions for sewing a bag with a lining using any type of material. Use a bandanna as your pattern to measure the length and width of your material.

Patchwork Tote Bag

1/4 yard each of 4-5 different material

2- 13 ½ inch pieces of material for lining

2- 2 ½ x 24-inch strips of material for straps

Cut your ¼ yard of material in 4 ½ x 4 ½ inch squares.

Arrange the squares as you would like them to be laid out. Sew 6 squares together to make one strip by sewing one end to the next, to the next, etc. Sew them with the right sides together. Make 3 strips of 6 squares. Once your 3 strips are done lay them out again the way you would like it. Pin together Row 1 to Row 2, right sides together, matching squares up. Sew together taking out pins as you go. Continue with Row 3. Now you have a rectangle, fold in half right sides together. Measure, if your rectangle is smaller than 13 inches, cut lining pieces to equal size of outside bag. Sew side and bottom. tote.



To make lining, take 2 pieces of lining material and put them right sides together. Sew along edges leaving top open. Leave inside out. Turn the outside of the tote so that the right sides are facing out. Insert bags into each other so wrong sides are together.

Turn top edge 1/4 inch down and 1/4 inch again. Pin in place. We pinned our bag with the lining showing out, just for fun, or you can fold it inside also.



Make straps by taking your 2 1/2 x 13 1/2-inch material and place them right sides together. Sew along long edge. Turn inside out. Attach handles to middle of front and back.

Pin in place and sew. Use your presser foot guide to keep an even straight line. To make a taller bag use 4 strips with 24- 4 1/2 x 4 1/2 inch squares.

Baby Receiving Blanket

You will need for this baby receiving blanket:

- 1 yard or 2 yards for double sided receiving blanket



Cut material into 36 x 36-inch squares. Turn edge over 1/2 inch and 1/2 inch again. Pin in place and sew around edges. Try a decorative stitch around sides for fun.

For a double-sided receiving blanket use

two squares. Place right sides together and sew three edges. Turn right sides out and turn remaining edge in. Pin. Top stitch around all edges.

You can also do this with fleece material. Cut a 36x36 inch square and hem edges or blanket stitch.

Sew a Tablecloth



You will need to measure your table and add 15 inches on the width and length. Most fabric comes 45 inches wide, so it is easiest to measure the number of yards or feet long you'd like the table linen and not worry about the width.

Now that you have your measurements cut your fabric to size if needed. All you need to do to finish your tablecloth is to hem the edges. Turn edges 1/2 inch and 1/2 inch again, pin in place. Continue on all sides. Sew pulling out the pins as you go.

Lesson 5: Darts, Pleats, Fabric, How to Read a Pattern

Darts and Pleats

Darts are a long triangle, with the flat end on the edge of the fabric. Pleats are shaped like a rectangle. Learn how and practice darts and pleats on scrap material.

How to sew darts.

Darts are a long triangle, with the flat end on the edge of the fabric.

You make a dart by drawing a triangle with a fabric pencil. Fold triangle and match ends. Pin at bottom point. Pin at the top making sure the ends match. Sew follow the lines of your triangle.

If you have a t-shirt that is too big, try sewing darts in the t-shirt, on the back and front for a better fit or just for a different look. Find an old t-shirt and practice making darts.



Lay Out and Cut Out

Anytime you buy patterns and sew, you will need to learn to lay out your material and cut exactly.



Fabric

Variety of Fabric

If you have not looked at the variety of material you can use, browse different textures, and feel with your hands. You will see material that is for home décor. This material is usually heavier and best for couches, curtains, etc. Cotton material is great for quilting and comes in a lot of designs and colors.

Fashion fabrics and silks are great for making dresses and designer clothes. The list goes on with fleece, felt, knits (stretchy material) and more.

Trims, Ribbon, Lace and Fringe

All these items are used for fun, decorative flair. The projects are limitless including finishing throw pillows, decorating purses, adding to clothes and more.

Patterns

This can be a lot of fun to see all the creations you can make.

Notions

Notions include buttons, zippers, bias tape, whatever you need to finish your project. You will find a list of what is needed on the back of your pattern.

Interfacing and Batting

Batting is used for quilting. Fiberfill is used for making stuffed toys or dolls.

Interfacing is used for sewing clothes.

Following a Pattern

For this first project try a simple pattern. Each pattern comes with a sheet of directions. Included in the directions is how to lay your material out, positioning your pattern pieces and step by step directions to sew your project. This is a great guide to help you with your project so read and follow the instructions. Wash your fabric before using it. This helps the finished project to not shrink.

There are arrows on your pattern pieces. These arrows should go with the grain of the material. The grain of the material is the direction the material stretches the most. If you follow the layout in your pattern instruction it will lay correctly. If not, you need to be sure the arrows go with the grain. If you don't, it can affect the way your clothes hang when you wear them and sometimes, they'll stretch and wear out differently which eventually makes your project fit strangely.

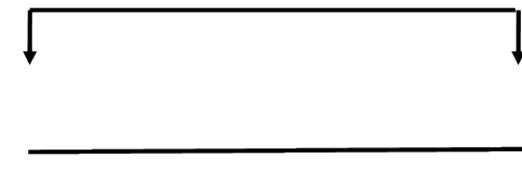
Also, the arrow line should be measured from the selvage edge and be an equal distance-perfectly parallel to the selvage. The selvage edge is the edge of the fabric that is not cut, it will not fray and is often woven together. You should start with your arrow line and pin it and then pin the rest of the pattern piece unless it is on a fold and then you pin to the fold first. Before you start cutting it out, lay out all your pieces and double-check for accuracy. Pin the pattern pieces to your material. When you are sure they are all placed correctly you can start cutting.

Reading Pattern Markings

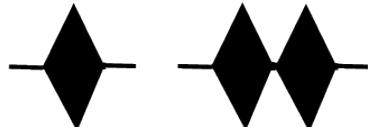
Cut Line - Often more than one size, use the cutting line for size that fits



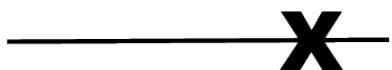
Grain Line – Place your pattern with the arrow parallel to the edge of fabric



On The Fold – Place the fold of your fabric along this arrow.



Lengthen or Shorten Line – Customize your pattern by using these lines for lengthening or shortening your pattern.



Notches - Match 2 fabric pieces together where these notches are marked.

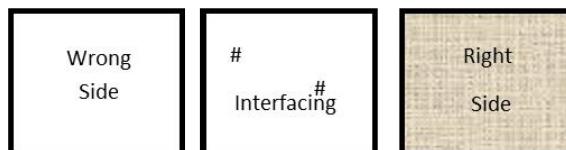


Buttonhole – Use as a guide to place the buttonhole on your article.



Fold Line – Fold on this line when sewing pleats and hems.

Fabric Key



Lesson 6: Moderate Sewing Projects

Pillowcase Skirt

- Pillowcase (make sure it is not a see-through fabric) 1-inch-wide elastic
- Measure how long you would like your skirt. Using a tape measure, measure from the waist to the desired length or measure a skirt you already have. Add two inches to that length to allow a seam allowance in the waist.



Lay your pillowcase out flat. Starting at the hemmed edge, this will be the bottom of your skirt, measure to the desired length. Cut pillowcase straight across.

Turn the top edge down $\frac{1}{2}$ inch then down 1 inch. Pin in place. Stitch along the pinned edge leaving 2 inches open to insert elastic.

Measure your waist with the elastic. Add 1-2 inches to allow for stretching and cut elastic at that length. It is better to start out with more and trim off the excess than to not have enough! Attach a safety pin to the end of the elastic. Insert into hole. Push elastic through to the other side. When both ends are out pin ends together and try the skirt on to make sure it fits comfortably. Trim any excess elastic if needed. Pull elastic out slightly so it is easier to work with. Sew two ends of elastic together by stitching and backstitching several times to make secure. Stretch elastic back into waist. Stretch seam flat and top stitch opening closed.



Pillowcase before and skirt after.

Shirt into Dress

Turning a shirt into a dress will work with any size kid's shirt. Cut the shirt about 1 inch below the bust line or 2 inches below the armhole. Lay your shirt down and measure the width of the bottom of the shirt. Double the measurement from the shirt and this will be the width of your skirt.



Measure from the armhole to the desired length of the dress. Subtract 1 inch. This will be your length of the skirt.

Pick a piece of material that coordinates with your shirt and cut out 2 pieces, measuring from the desired length and width.

With right sides together, sew the two rectangles together along the sides. On the top of the skirt do a gather stitch about 1/2 inch below the edge. Do another gather stitch right below the first one.



Doing two rows of the gather stitch will allow for an extra, if one row breaks.

Gather the skirt to fit the size of the shirt. Be careful not to pull too hard or your thread will break. Try and keep the gathers even all the way around the skirt. Pin the skirt seams to match up with the arm seams on the shirt. Place right sides together. Shift and gather to fit the skirt and shirt together. Pin in place.

Sew together. Turn the bottom of the skirt up 1/2 an inch and then 1/2 an inch again. Pin and hem. Hem is what it is called when you sew the edge to finish it.

This idea worked well for a shirt that no longer fit over the head. Cut off the bottom of the shirt and attach to a different shirt, creating a dress or long shirt.

Sewing Shorts

To learn how to sew shorts, you will need a pair of shorts that fit well now to use as a pattern. You can also do these same sewing instructions to learn how to sew pants. You will just need enough fabric to fit your pants pattern. Pre-wash your fabric. We have 2 yards for a pair of shorts for a pair of pants, depending on what size you are making, you will probably need to double that to 3-4 yards.



Lay your material flat. Lay your shorts or pants "pattern" on top of your material placing the side edges on the folded end. Cut 1/2-1 inch beyond the shorts. Do not cut the folded side. ~Be careful not to cut your shorts. You can make a paper pattern if you are nervous about cutting, by tracing your shorts on a large piece of butcher or art paper.

Refold your material so you have a folded edge. If you do not have a folded edge you will need to sew the long sides together. Flip your shorts over and continue doing the same with the waistband pointing toward the different direction.

Fold right sides together on each piece. Pin short side edges and sew leg seams, as shown above. Continue with other leg.

Tuck one leg into the other in the large hole on the top. One leg will be right side out and the other wrong side out. Make sure right sides are together. Sew along curve.

Turn shorts inside out. Sew hem along bottom legs by folding 1/4 inch up and another 1/4 inch up. Pin and sew along edge.



The last step is to sew an elastic waistband, if you need a reminder of how to do this see the pillowcase skirt project.

That is all there is to learning how to sew shorts. You can use a variety of different fabric to create everyday shorts, lounge pants or pajama shorts.

Patchwork Skirt



First measure how long you would like your skirt to be then add 2 inches for the hem and waist. Your finished measurement will be 45 inches wide by the length determined above. Cut 10-12 strips 3-4 inches wide enough to equal 45-50 inches wide. Sew the strips together in whatever order you would like them.

Sew your two ends together which will create a circle. Pin the bottom edge by turning up 1/4 inch and then 1/4 inch again.

Sew along edge taking out pins as you go. Turn the top edge down 1/4 inch and then 1 inch. Pin and sew bottom edge. Leave a 1-inch opening for inserting your elastic. Insert the elastic.



How to Sew a Skirt

First take your measurements. Measure how long you would like your skirt to be and add 2 inches for your waist and hem. For the width you will use fabric that is 45 inches wide.



Sew Fabric into a Circle

Fold your skirt in half with right sides together. Sew ends together.

Sew Elastic Waistband

Turn top edge down $\frac{1}{4}$ inch and then down 1 inch. Pin in place. Sew bottom edge leaving 1-inch opening to insert elastic.

Measure your waist and add 1-2 inches. Cut out same length of 1-inch elastic. Add a safety pin to the end of the elastic.

Insert pin into the opening and push it through the elastic casing until it comes out of the other end. Pin two pieces together and try on the skirt. If it is too loose tightening the elastic. Sew two ends of elastic together, backstitching to make secure. Sew opening closed.

Sew the hem by turning the bottom edge up $\frac{1}{4}$ inch and then $\frac{1}{4}$ inch again. Pin in place and sew the bottom taking out the pins as you go.

Headband with Elastic



Cut a strip of material 15"x3". Fold strip in half with right sides together. Sew long edge leaving ends open. Turn right sides out and iron flat.

Using a piece of elastic 6 inches long, tuck ends of material in and insert elastic end in. Pin and sew both ends. Backstitch several times to secure.

Lesson 7: Sewing a Buttonhole

Each machine is different when it comes to sewing a buttonhole, so check your sewing manual for directions. Then make a drawstring bag with buttonhole. We have done this before in a previous level, but we are making a slight change.

Tips on Sewing a Buttonhole



Read your sewing manual on sewing a buttonhole.

Switch foot to buttonhole foot.

Mark where and how long your buttonhole should be with chalk or fabric pencil.

Using buttonhole stitch place fabric on your mark.

Stitch according to your sewing machine directions. Some sewing machines sew the buttonhole with a push of a button, and some require switching to different stitches.

Practice sewing buttonholes on scrap material.

Drawstring Bag with Buttonhole

For a shorter size bag, use a 11 x 19 ½ inch rectangle piece of material



Fold fabric in half lengthwise, placing right sides together. Stitch along sides of material, leaving the top open. Fold edge down $\frac{1}{4}$ inch, then 1 inch. Pin in place. Stitch along bottom edge, taking out pins as you sew.

Make a buttonhole in the center of one side away from the edge.

Using 1 yard of ribbon or cording, attach a safety pin at the end. Push through the buttonhole and continue pushing through to the other end. Take out safety pin and tie a knot at the end.

Lesson 8: Using Fasteners



This is an easy way to finish off a project. In the future, you may do these along with a zipper on skirts or pants or you can add them to a pocket.

Hooks and snaps are easily sewn to an item by hand sewing. You can also buy snaps that are attached with a special tool.

Other ways to practice different fasteners are to add a snap to a button on your shirt or add a hook and eye to a skirt that has a small gap above the zipper.

Mini Bag with Snaps

You will need the following:

2- 10x 6-inch pieces of fabric, they can be the same fabric or you can have a different piece for your lining.

1- 10x6 piece of interfacing

Snaps-(some snaps are hand sewn on and some require a special tool.- It will give you directions on how to use them on the package)



Iron interfacing to the wrong sides of the lining piece.

Layer outside fabric and lining with right sides showing.

Put right sides together. Sew along three sides of fabric leaving the top open.

Turn right sides out and iron flat.

Tuck top edge down and pin. Sew a hem on the top. Place outside fabric together and sew side edges together leaving top open. Turn right sides out again and hand sew or attach snaps in the hem. You can add two snaps on each end for more security.

Add a strap for a mini purse if you would like.

Lesson 9: Zippers

Zippers can be tricky, so have lots of patience. Just remember that it is okay to make mistakes. It is part of learning how to sew.

Look at your sewing machine manual to see how to sew a zipper on your machine.

Before you finish your zipper bag, you should practice putting in a zipper on a piece of scrap material.

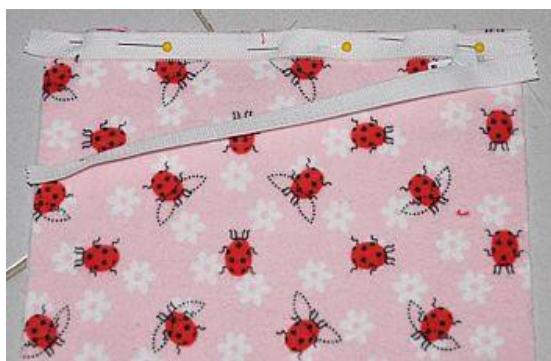
Pinning the zipper in place will help. Sew slowly.

Zipper Bag

You will need the following to learn how to sew a zipper bag:

- pieces of 8x12 inch material
- 8 x 12-inch interfacing
- 7-inch zipper

Layer the interfacing and one 8x 12 rectangle material on top of each other so the right side is visible. Iron together. Some interfacing is fused to the material with an iron, some has to be sewn together. Read the instructions that come with the interfacing to determine. Place the other piece of material on top of the interfacing, right side up, so you have a double-sided piece of material. Pin in middle to secure together.



Pin zipper to the top edge of your fabric on the right side. Make sure your zipper lies on the fabric similar to the picture below. *Note: You can move the zipper up and down to get it out of your way.* Unzip the zipper. Start to sew and then move the zipper up to the top and continue sewing. Make sure your needle stays in the fabric while you are moving the zipper up out of the way.



Pin zipper to opposite side as shown with right sides together. Sew.

Now pin sides and sew each side. Unzip zipper and turn right side out.



Lesson 10: Quilting

Triangle Quilt

2 kinds of coordinating or similar color material about 2 yards each

1 ½ yards material for backing

Batting

With a rotary cutter and ruler, cut your material into 7x7 inch squares.



You can either leave them in squares or if you would like to work with triangles cut diagonally into triangles. Sew two different triangles together to form a square.

Now sew your squares together making a pattern. Sew 7 squares together. Make 10 of these each with 7 squares in each row.

With your rotary cutter, ruler, and mat trim all rows so the edges are even. (If your edges are not even, your quilt will not go together as well.) Now sew your rows together one after another until they are all attached. With your rotary cutter again, trim sides even. Now, you have the top of your quilt done.



Cut your backing material to the same size as your top, or leave an inch overhang on your bottom material, as below. On a flat surface lay your backing material out flat with right side facing down. Top with batting and smooth flat. Top with your quilted top right side up. Lay flat and pin several places along edges and through the middle.

Either tie your quilt or hand sew. When done tying (or hand sewing), take out pins and turn edges in and pin. Sew around edges taking pins out as you sew.

Scrap Patchwork Quilt

- Save your scraps or extra material you did not use.
- Backing material – 2 yards
- Batting
- Thread
- Yarn or embroidery floss for finishing quilt.

Cut scraps into 5x5 inch squares with a rotary cutter, mat, and ruler.

Save squares until you have enough to make a quilt. A good size is a twin-size quilt which will take 187 squares. Finished size of the quilt is about 55x85 inches. You can simply make this bigger or smaller by decreasing the rows.

Sew squares together in whichever pattern you would like. I usually just sew one after another making sure different squares are next to each other.

You want 11 squares in each row and 17 rows altogether. Once you have sewn your 17 rows, trim the edges of your rows with your rotary cutter, so it is even. Once all your rows are trimmed lay them out on the floor and arrange them in the order you



would like them.

Sew two rows together with right sides together. Keep adding rows to your piece, placing right sides together and sewing. Once all your rows are attached trim the side edges with your rotary cutter, so they are again even.

To prepare your backing you will need to cut your material down

the middle and sew two pieces together lengthwise. This will cover the back of your quilt. Lay your backing material flat on the floor, right side down. Leave a little excess around the edges to work with when you are sewing the edges. Lay your batting on bottom piece and your quilted square on the top. Smooth flat and pin edges in several places. Tie or hand sew your quilt.

To finish the edges, you can turn both edges down and pin together. If you do this method, you will want to trim your excess material all around the edges.



Or you can turn the backing material down and turn down again. Pin in place. This brings the material from the back visible on the front of your quilt. With the other method the backing will not show at all.



How to Make a Bias Binding

The easiest way to learn how to sew blanket binding is to use bias tape. Bias tape comes in lots of different colors and widths.

To sew a blanket binding, pin bias tape all around edges placing one side of the tape on one side of the material and the other side of the bias tape on the back side of the material. Pin in place.

Make sure material on front and back is inside your bias tape. If your material escapes out of the binding, you will need to take the section of your seam out with a seam ripper. Re pin it and sew it over again. Sew all along edges along the edge of the bias tape. Take your pins out as you go and doublecheck to make sure material catches inside the tape on both sides.



How to Tie a Quilt

Using a yarn needle, thread yarn leaving excess yarn on the end (do not tie a knot at the end) measure every 4 inches and insert your needle down and back up. Tie in a double knot. Cut excess yarn about 1-2-inch-long with scissors. Start again 4 inches away.



Hand Sew a Quilt

Use small running stitches, as small as you can make. A running stitch is just stitching in a line. You can make straight lines or any type of pattern such as hearts, circles, diamonds, etc. Use quilting thread because it is stronger.

To tie the end of your thread, tie a small knot in your thread and pull it through the top layer of your material so it catches in your batting. This is how you start hand sewing also. Cut your thread close to your material after tying.

Yardage Chart

Yardage Chart

1/8 yard = 4 1/2 inches

1/4 yard = 9 inches

1/3 yard = 12 inches

3/8 yard = 13 1/2 inches

1/2 yard = 18 inches

5/8 yard = 22 1/2 inches

2/3 yard = 27 inches

7/8 yard = 31 1/2 inches

1 yard = 36 inches

Fat Quarter = 18 x 22 inches

Quilt Sizes

Baby Blanket 20 x 40 inches

Crib 40 x 60 inches

Throw Quilt 60 x 72 inches

Twin Size 63 x 90

inches Full or Double

78 x 88 in.

Queen Size 90 x 108 inches

King Size 108 x 108 inches

These sizes can be adjusted slightly.