

Teaching Apparel Production

TEACHING APPAREL PRODUCTION

SHERI DEATON



Teaching Apparel Production Copyright © 2023 by Sheri Deaton is licensed under a Creative Commons Attribution 4.0 International License, except where otherwise noted.

CONTENTS

Teaching Apparel Production	xi
Introduction	1
Sheri Deaton	
Attribution	2
Title Page	iii

Part I. Unit 1 Understanding Yourself and Your Students

1. Understanding Yourself	7
Sheri Deaton	
2. Understanding Your Students	18
Sheri Deaton	

Part II. Unit 2 Getting Prepared

3. Preparing your Space	31
Sheri Deaton	
4. Preparing for Pattern Selection	45
Sheri Deaton	
5. Preparing the Fabric	54
Sheri Deaton	

Part III. Unit 3 Pattern Instruction Sheet, Cutting, and Marking

6. Reading the Pattern Instruction Sheet	67
Sheri Deaton	
7. Pattern Symbols	74
Sheri Deaton	
8. Transfer Marking of Pattern Symbols	80
Sheri Deaton	
9. Altering Patterns	86
Sheri Deaton	
10. Cutting Patterns and Fabric	97
Sheri Deaton	

Part IV. Unit 4 Sewing Supplies and Pressing Equipment

11. Sewing Supplies	117
Sheri Deaton	
12. Pressing Equipment	133
Sheri Deaton	
13. Sewing Machine Parts and Safety	144
Sheri Deaton	
14. Sewing Machine Problem Solving	151
Sheri Deaton	

Part V. Unit 5 Hand Sewing

15. Basting Stitch	169
Sheri Deaton	
16. Hemming Stitch	178
Sheri Deaton	

17. Blanket Stitch	184
Sheri Deaton	
18. Catch Stitch	191
Sheri Deaton	
19. Overcast Stitch	196
Sheri Deaton	
20. Slip Stitch	200
Sheri Deaton	

Part VI. Unit 6 Fasteners

21. Buttons	211
Sheri Deaton	
22. Hooks and Eyes	218
Sheri Deaton	
23. Snaps	223
Sheri Deaton	
24. Zippers	229
Sheri Deaton	

Part VII. Unit 7 Seams

25. Straight Seam	243
Sheri Deaton	
26. Flat Felled Seam	249
Sheri Deaton	
27. French Seam	254
Sheri Deaton	
28. Welt Seam	259
Sheri Deaton	

Part VIII. Unit 8 Apparel Construction

29. Gathering and Easing	269
Sheri Deaton	
30. Darts	278
Sheri Deaton	
31. Tucks	283
Sheri Deaton	
32. Pleats	290
Sheri Deaton	
33. Ruffles	298
Sheri Deaton	
34. Pockets	305
Sheri Deaton	
35. Fabric Ties	315
Sheri Deaton	

Part IX. Unit 9 Finishing Touches

36. Clipping and Notching	329
Sheri Deaton	
37. Trimming and Grading	336
Sheri Deaton	
38. Top Stitching	342
Sheri Deaton	
39. Understitching	347
Sheri Deaton	
40. Using Interfacing	352
Sheri Deaton	
41. Hemming Techniques	358
Sheri Deaton	

Part X. Unit 10 Sample Projects

42.	Apron	371
	Sheri Deaton	
43.	Cord Holder	376
	Sheri Deaton	
44.	Magic Pillowcase	379
	Sheri Deaton	
45.	Pincushion	384
	Sheri Deaton	

Part XI. Unit 11 Resources

46.	National Family and Consumer Sciences Standards and Resources	391
	Sheri Deaton	
47.	Arkansas Family and Consumer Sciences Standards and Resources	398
	Sheri Deaton	
	Author Biography	403
	Sheri Deaton	

TEACHING APPAREL PRODUCTION

A close-up photograph of a sewing machine's needle and foot. The needle is positioned vertically, and the foot is at the bottom, stitching a piece of light-colored fabric. The background is blurred, showing warm, golden light. The text is overlaid on a dark, semi-transparent rectangular box at the bottom of the image.

TEACHING APPAREL PRODUCTION

DR. SHERI DEATON

INTRODUCTION

Sheri Deaton

This text was written to provide students and teacher candidates with an introductory understanding of the skills associated with teaching apparel production. The book is broken into units and chapters that focus on essential skills for constructing garments and, more specifically, teaching others how to construct apparel and apparel-related products.

Readers are invited to explore this text in any order, as it is not necessary to read each unit or chapter in sequence. Embedded within each chapter are key concepts related to the topic, pedagogical tips and tricks, a variety of resources, and references. Specific topics are addressed in the following units:

- **Unit 1: Understanding Yourself and Your Students**
- **Unit 2: Getting Prepared**
- **Unit 3: Pattern Instruction Sheet, Cutting, and Marking**
- **Unit 4: Sewing Supplies and Pressing Equipment**
- **Unit 5: Hand Sewing**
- **Unit 6: Fasteners**
- **Unit 7: Seams**
- **Unit 8: Apparel Construction**
- **Unit 9: Finishing Touches**
- **Unit 10: Sample Projects**
- **Unit 11: Resources**

Are you looking for ideas of projects to sew? Check out *Unit 10: Sample Projects*.

Are you wanting to find a variety of resources related to family and consumer sciences? Explore a plethora of resources located in *Unit 11: Resources*.

Would you like to print this book but still want access to the digital resources? Use the QR Codes embedded in the text to access these resources, even from the printed version of the book.

Whether new to sewing or teaching how to sew, readers are sure to gain important concepts and techniques by implementing the research-based strategies presented in this text. This author hopes that the exploration of this text enhances each reader's understanding of apparel production and the skills needed to facilitate sewing laboratory experiences.

ATTRIBUTION

ATTRIBUTION

Sheri Deaton

Teaching Apparel Production was adapted from the following resources:

Apple, L. (2021). *Introduction to Apparel Production Workbook*. Uark.pressbooks.pub. Retrieved 20 September 2022, from <https://uark.pressbooks.pub/introapparelproductionworkbook/>.

Deaton, S. (2021). *Teaching Apparel Production*. Presentation.

Westfall, M. (2013). *Successful sewing*. The Goodheart-Willcox Company, Inc.

Additional resources and references are cited within each chapter.

TITLE PAGE

TEACHING APPAREL PRODUCTION

DR. SHERI DEATON

University of Arkansas Libraries
Fayetteville, AR

PART I

UNIT 1 UNDERSTANDING YOURSELF AND YOUR STUDENTS

UNIT 1 UNDERSTANDING YOURSELF AND YOUR STUDENTS

In this section, we will unpack concepts related to self-awareness and the importance of getting to know your students.

While it has been reported that the three rules of real estate include *location, location, and location*, this author's experiences have led her to believe the three rules for effective classroom management include ***relationships, relationships, and relationships*** (Deaton, 2021). The time spent getting to know students at the beginning of the year is not time wasted—it is an investment.

Allow students to know a little about you and take the time to get to know them. As you explore these two chapters within this unit, consider how you can get to know yourself and your students. You will not regret this investment in yourself and the students in your class.



Image by Tumisu from Pixabay

References

Deaton, S. (2021). Teaching Apparel Production. Presentation.

1.

UNDERSTANDING YOURSELF

Sheri Deaton

UNDERSTANDING YOURSELF

Teachers must spend time getting to know themselves before they can effectively get to know and educate their students. Introspective analysis is critical for emotional and social growth. As the adult in charge of students, you must know who you are and be grounded in an understanding of yourself (Deaton, 2021).

Concepts to explore include but are not limited to understanding your perspectives on life, your philosophy of education, and what you believe about how students learn. Every teacher needs to note their personal “hot buttons”, or issues that hit closer to home and are prone to cause them to behave in a less than professional manner.

Teachers should consider their strengths, weaknesses, personality, interests, and overall outlook on life. The more you know about who you are, the more honest you can be in your reflections and self-evaluations. As educators are aware of their limitations, they can strategize and create a proactive plan involving growth opportunities.

Self-exploration could take place in many forms. Perhaps you take several personality or interest inventory assessments. Perhaps you ask those who know you best to list your strengths and weaknesses. This could also include intentional moments of self-reflection every day, noting what went well, what did not go well, and what you could do next time to modify your plans. Regardless of the format, stay in tune with who you are.

Not only is it important for teachers to know themselves, but they should also share a little about themselves with their students. Witt et al. (2004) found that teachers who are available to their students, who use immediacy and a sense of humor, and complement their students’ efforts are the teachers who positively affect their students and impact their learning.

Faulkner, Watson, Pollino & Shetterly (2021) studied inclusive practices and found that participants in their focus groups emphasized the importance of relationships with other students and with their instructors. Findings from this study indicate that teachers who introduce themselves and share about themselves at the beginning of the semester make students feel comfortable and in turn view the teacher as open and approachable (Faulkner et al., 2021).

Hemming it Up

Educators should know who they are. They should know their strengths, weaknesses, skills, and deficits. In sharing who they are with their students, they can build bridges and connections between themselves and their learners (Deaton, 2021).


Teachers should remain professional in their relationships with their students, while at the same time

allowing their unique personalities to shine in the classroom. Students who see a role model comfortable with who they are and authentic in their interactions are more likely to demonstrate these characteristics themselves.


Explore the resources located at the end of this chapter as a way to continue to get to know yourself.

Resources

Resources	QR Codes
-----------	----------

<p>Self-Awareness Project</p>	
-------------------------------	---

--	--

<p>Self-Assessment Tools for Teachers</p>	
---	---




The Personality Lab: An Enneagram Self Assessment	
Overview+of+9+Enneagram+Personality+Types+-YEC	
Educator Disposition Assessment	



Image by Gerd Altmann from Pixabay

References

Deaton, S. (2021). Teaching Apparel Production. Presentation.

Faulkner, S.L., Watson, W.K., Pollino, M.A., & Shetterly, J.R. (2021). "Treat me like a person, rather than another number": university student perceptions of inclusive classroom practices, *Communication Education*, 70:1, 92-111, DOI: 10.1080/03634523.2020.1812680

Witt, P. L., Wheelless, L. R., & Allen, M. (2004). A meta-analytical review of the relationship between teacher immediacy and student learning. *Communication Monographs*, 71(2), 184–207. [https:// doi.org/ 10.1080/036452042000228054](https://doi.org/10.1080/036452042000228054)

2.

UNDERSTANDING YOUR STUDENTS

Sheri Deaton

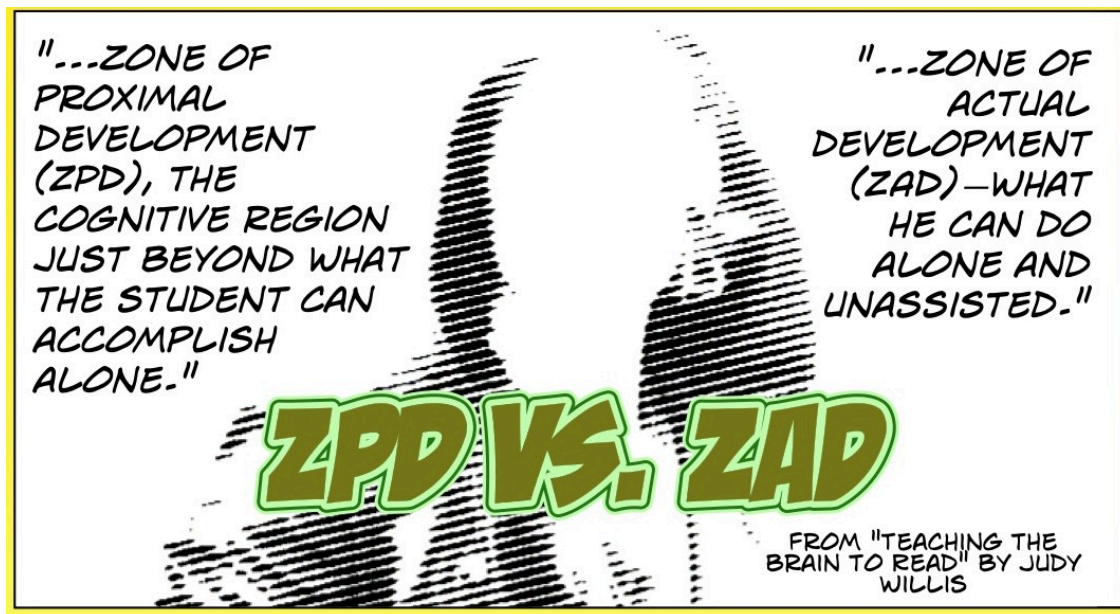
UNDERSTANDING YOUR STUDENTS

Teachers must not only know themselves, but they must also spend time getting to know their students. If a teacher wants to create a classroom that is productive and where students are motivated and comfortable, they should include pedagogical practices and techniques to include all students, including those who are culturally diverse and underrepresented (Faulkner et al., 2021, Atay & Trebing, 2017). ***How can you do this if you do not know who your students are?***

Teachers can use resources such as “All about me” worksheets, questionnaires, or Google forms. Questions on these assessment tools could include students’ preferred names, pronouns, the preferred method of communication, learning style, interests, allergies, and any other information that would be important for the instructor to know and understand.

The results of these assessments should remain confidential and are only used for educational purposes. Upon learning about the multiple intelligences present in the class, or the percentages of learning styles that are present, teachers can use this information to modify and adjust their instructional plans to meet the needs of their students (Deaton, 2021).

Teachers must know where their students are before they can adequately prepare curriculum to meet their needs. Teachers who are aware of their students’ abilities can scaffold their instructional approaches, assessments, and activities to meet the needs of their students. This will not happen without the knowledge of the students.



Source: Image by Ken Whytock via Flickr]
Image Description: Educational Postcard
License: CC BY-NC 2.0

Over the past two decades, much research has been conducted on the importance of social and emotional learning (SEL) and the role it plays in a person's career success. If you are interested in reading more about this topic, check out this article published by the Association for Career and Technical Education (ACTE).

Connecting Social-Emotional Learning (SEL) to Career Success, Dr. Angela Smith



Hemming it Up






As you prepare to teach students, it is important to understand where the students are in their knowledge acquisition and basic skills. Strategies like K-W-L can not only be used to assist with literacy and phonemic awareness but they can also be utilized in an apparel production classroom where the instructor is seeking to uncover what the students already know (K) and want to know (W). After the unit is completed, the students

can demonstrate what they have learned (L) through meaningful project-based learning activities and self-reflection. Consider using this strategy as you seek to get to know your students.



Image by Gerd Altmann from Pixabay

Resources

Resources	QR Codes
All About Me Quilt: All about me quilt block.docx.pdf	
All About Me Senior Google Form: https://forms.gle/JaKmzLP1ApUFYE6H7	
Overview+of+9+Enneagram+Personality+Types+-YEC	
Specific Body Type Research & Findings: https://forms.gle/faWFDVHGSmI54eb7A	
The Personality Lab: An Enneagram Self Assessment	

Who Am I? Google Form: <https://forms.gle/FXVqdRm4os3urvBi8>



References

Atay, A., & Trebing, D. (2017). *The discourse of special populations: Critical intercultural communication pedagogy and practice*. Routledge

Deaton, S. (2021). *Teaching Apparel Production*. Presentation.

Faulkner, S.L., Watson, W.K., Pollino, M.A., & Shetterly, J.R. (2021). “Treat me like a person, rather than another number”: university student perceptions of inclusive classroom practices, *Communication Education*, 70:1, 92-111, DOI: 10.1080/03634523.2020.1812680

Witt, P. L., Wheelless, L. R., & Allen, M. (2004). A meta-analytical review of the relationship between teacher immediacy and student learning. *Communication Monographs*, 71(2), 184–207. [https:// doi.org/ 10.1080/036452042000228054](https://doi.org/10.1080/036452042000228054)

PART II

UNIT 2 GETTING PREPARED

UNIT 2 GETTING PREPARED

Effective teachers not only know themselves and know their students, but they are also prepared. The Danielson Framework for Teaching (FFT) was devised to create a common vernacular for educators as we strive to support lifelong learning (Danielson, 2007). In this model, Danielson focuses on four domains that encompass effective teaching: planning & preparation, the classroom environment, instruction, and professional responsibilities.

To learn more about the Danielson Framework for Teaching (FFT), check out The Danielson Group at <https://danielsongroup.org/the-framework-for-teaching/>



Teachers cannot effectively plan for engaging and meaningful instruction, nor can they create a productive classroom environment without proper prior planning. Danielson discusses the importance of planning in Domain 1 as she outlines the essential components of the practice: 1a applying knowledge of content and pedagogy, 1b knowing and valuing students, 1c setting instructional outcomes, 1d using resources effectively, 1e planning coherent instruction, and 1f designing and analyzing assessments (Danielson, 2007).

While experts agree that planning is an essential component for effective instruction, planning for a teacher who is facilitating an apparel production laboratory looks quite different. One of my favorite expressions in the classroom to describe the diversity reflected in academic freedoms is, “There is more than one way to Wal-Mart” (Deaton, 2021). This statement means there is more than one way to get to a predetermined destination. This chapter will outline several strategies that have proven effective; however, please note that this content is intended to be descriptive, not prescriptive. Consider which pieces of advice would work and which pieces are not applicable.

Planning always begins with knowing yourself, your students, and your surroundings.

How you plan for an apparel production lab will differ based on the...



- Your enrollment: Planning for 15 students is different from planning for 30.
- Your machines: Will you have one machine per student, or will they be required to share?
- Your classroom: Will machines be left out or will students be expected to get out the machines and put them away each class period?
- The content of the class: Are you teaching an entry-level or advanced-level group of students?
- Diversity in your classroom (IEPs, 504s, ELLs, G/T's, skill sets, learning styles, etc.)
- Funding for your program: Will students be expected to purchase items, or will the district fund the laboratory supplies?
- State and national standards: Is this a semester or year-long course? What standards will you be expected to unpack during that period?
- Business and industry need: What skills have stakeholders shared with you as being most meaningful and impactful for individuals to possess who are pursuing a career related to apparel production?



Image by andreas N from Pixabay

Prepare to plan or plan to fail. Either way–Plan!

Resources

Resources	QR Codes
Framework for Teaching AR Classroom_Teacher_Rubric	
Framework for Teaching Component Descriptions	

References

- Danielson, C. (2007). Enhancing professional practice: A framework for teaching. Second Edition. ASCD. 9781416605171
- Deaton, S. (2021). Teaching Apparel Production. Presentation.

3.

PREPARING YOUR SPACE

Sheri Deaton

PREPARING YOUR SPACE

Getting your space organized and ready for student learning is one of the keys to effective apparel production laboratory experiences. If everything is in chaos and no one can find any of the needed supplies or equipment, very little production will occur.

Questions for you to consider as you prepare your space include, but are not limited to:

1. **Will you have enough totes/cubbies for each student to have their own will they be expected to share with a classmate?**
2. **Will sewing machines be left out for the day, or will you need to establish a routine for putting them away and getting them out at various points throughout the day?**
3. **Will you expect students to purchase all small equipment and supplies needed, or will your district fund part of these expenses?**

Students need you to be prepared... and that includes preparing your space. A prepared space will not accidentally happen, nor will it be maintained without effort and conscious thought. Consider the following suggestions and implement the ones which apply to your sewing laboratory needs and space (Deaton, 2021).

Explore the following suggestions to uncover specific strategies for preparing your space.

Take inventory.

You cannot properly plan for an apparel production lab without knowing what equipment you have. Consider not only the equipment but also the condition of the equipment that you have. Develop an inventory spreadsheet, either electronic or paper, that will assist you with your inventory each year. Enlist the help of reliable students as you take inventory at the end of each semester. Become familiar with the rules for items purchased with Perkins funding, ensuring you are following your school and state's expectations for documentation of these items.



<p>Things I have Learned Since Becoming a Sewing Teacher</p>	<p>2022-23 Minimum Equipment List for Arkansas Family and Consumer Sciences Teachers</p>
	



Image by Pexels from Pixabay

Establish and maintain an organizational system for notions, small equipment, and fabric.

Consider the advice of seasoned professionals, remembering that what works for one setting may not work for another lab. Do not try to reinvent the wheel but modify systems others have already created to meet the needs of you and your students.



Sewing Room Organization Ideas Video	Tote Tray Inventory
	





Photo by Darling Arias on
Unsplash

Ask for more.

Use your state's minimum equipment list as a starting point for the bare necessities you need for your sewing lab. After you have established this baseline, consider what else you could purchase to add to the skills of your students. Discuss with the administration at your school about the possibility of seeking outside funding through organizations such as *Donors Choose*.

Additionally, consider asking community members or family members of your students if they have fabric or other items they would like to donate to your classroom. You never know what you will get unless you ask!

<p>Donors Choose</p>	<p>2022-23 Minimum Equipment List for Arkansas Family and Consumer Sciences Teachers</p>
	

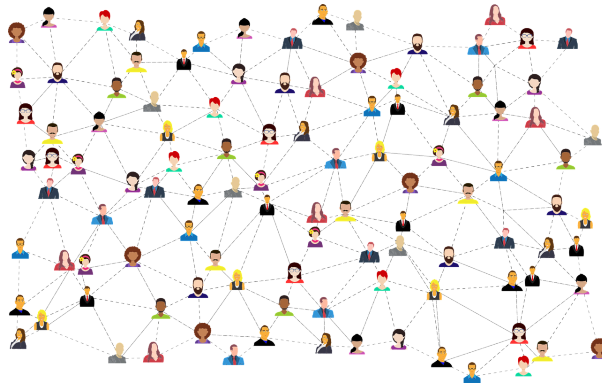


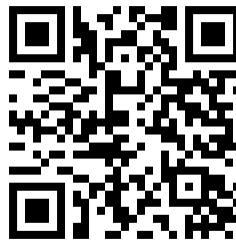
Image by Gordon Johnson from Pixabay

Prepare to involve your community.

If you are like most seamstresses or apparel production teachers, there are some aspects of the topic you are comfortable and confident in teaching, but some skills are more difficult for you to master and explain. Solicit guest speakers to come into your classroom and share their time, expertise, and knowledge. Your local Cooperative Extension agent would be an excellent place to start if you are new to an area and are looking for outside experts to join in the classroom experience.

Ask the family members of your students if they would be willing to assist with labs, share their skills, or share their stories. Involving the community not only adds to the resources of your classroom but also extends your reach and impact on the community.

Cooperative Extension Service



Plan to give back.

Asking for donations is one thing, but a further challenge would be for you to plan to give back to your community. Students involved in apparel production classes across the globe created and donated thousands of masks during the global pandemic of 2020. This was a noble undertaking but required time and space. As you interact with community members, seek ways to give back to the community you are in, but also plan your time and space to accommodate this service project to ensure you can fulfill your promise while maintaining an orderly classroom environment.

Examples of projects created as community service projects include, but are not limited to:

- Magic pillowcase—donated to a local shelter or foster care family
- Masks—donated to essential workers, local churches, or other organizations
- Lap quilts—donated to local nursing homes or hospice centers
- Lap activity quilts—donated to local nursing homes
- Burp cloths—donated to local women’s shelters or foster care families



Burp clothes created in class and donated to a local women’s shelter.

Maintain your equipment.

Keep your shears sharp and your sewing machines serviced. Just like a “stitch in time saves nine,” the proactive work you do before and after a sewing lab will save you and your district time, money, and a lot of frustration. Equipment maintenance is critical for the efficient use of equipment in an apparel production laboratory setting.

Cleaning Sewing Machine Video



How to Clean a Janome Sewing Machine



Servicing An Older sewing Machine



Sharpening Shears Video



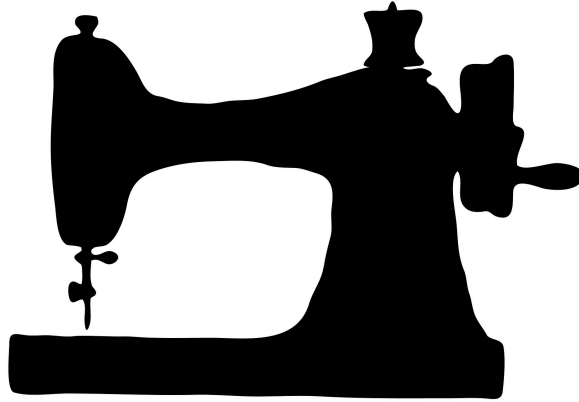


Image by No-longer-here from Pixabay

Hemming it Up

Planning for sewing is unlike any other planning and cannot be compared to planning to teach literature or a math lesson. Other teachers will not understand how much time, effort, and energy it takes to prepare for an apparel production lab. As you plan for these experiences, know that your students see what you are doing and they appreciate your efforts, even if they do not let you know this regularly.

Once you have developed a system that works for you and your classes, share these with other professionals. Involve your students in the creation and maintenance of the classroom inventory. Remember, sometimes the struggle is real, but the struggle is worth it when you see the light in the student's eyes as they proudly show off their creations.



Photo by Prateek Katyal: <https://www.pexels.com/photo/close-up-photography-of-a-cellphone-2740955/>

References

Deaton, S. (2021). Teaching Apparel Production. Presentation.

4.

PREPARING FOR PATTERN SELECTION

Sheri Deaton

PREPARING FOR PATTERN SELECTION

What is the best advice for individuals who are picking out a pattern? ***Read the directions!***

When you are selecting a pattern, read the pattern envelope thoroughly before making your purchase. Note the level of difficulty of the pattern, amounts of fabric needed, recommended fabrics, and notions required. If you select a pattern from an electronic source, read the directions carefully. Follow the directions for printing patterns, noting the sizing recommendations for printing and the markings for taping pattern pieces together. Time spent reading the directions and pattern envelope is not time wasted, but rather an investment that will save you time, tears, and money in the long run (Deaton, 2021).

Pattern Envelope

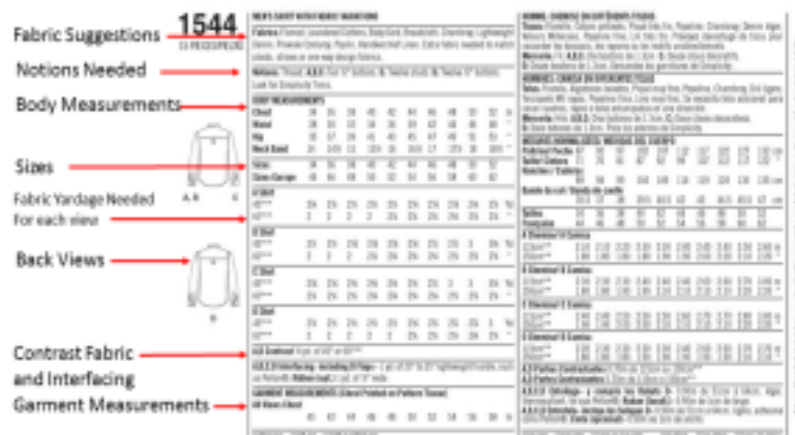
While many patterns can be found, purchased, and downloaded online, you may also enjoy finding patterns at your local craft or home goods store. Commercial patterns are packaged in a pattern envelope. The envelope has specific information for size, fabric recommendations and the amount needed notions, level of difficulty, front and back pictures or sketches, and design variations. On the front of the pattern envelope are the company or designer name, pattern number, front views of the design variations, and sometimes the size range (Apple, 2021). When purchasing a pattern, you must understand the various aspects of the pattern envelope.

See the following pictures as examples of pattern envelopes (Apple, 2021).

A. Front of Envelope

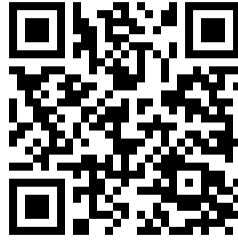


B. Back of Envelope



Watch this video on how to read a pattern envelope.

How to Read a Sewing Pattern Envelope Video



Finished Garment Measurements

How big will the garment be once it is sewn together? Looking at these numbers can give you an idea of how tight or loose the garment will fit on your body. The finished length of the skirt will help you see where the garment will hit on your legs. Use this information to help you select the size that best fits your body type and size.

TIP: The finished garment measurements are based on your ability to read and follow the directions when sewing. Be sure to note the seam allowance for the garment and follow the suggested seam allowance throughout the entire garment. Otherwise, your finished garment measurements will be skewed, and the garment will not have the intended appearance.



Pattern Classification

How complicated is this pattern? Companies have attempted to help consumers by labeling patterns according to their difficulty. In general, the level of difficulty increases as the number of pattern pieces increases. Also consider if the pattern calls for inserting a collar, zipper, or sleeves.

TIP: Consider your skills and how the pattern is classified as you select your pattern. Never forget the power of YET—you might not be able to complete this pattern at this moment in time, yet with more experience and confidence, you may find yourself accomplishing these difficult patterns with ease!

Pictures and Sketches

If you are a visual learner, you will probably enjoy looking at the pictures on the envelope to see what the finished product will look like. Look at the front and back views, noting the variations and other items you may not have noticed from the front pictures.

Notions

What is a notion? This is an inclusive word used for all the supplies you would need to complete this project (Westfall, 2013). Items could include but are not limited to thread, elastic, buttons, interfacing, zippers, bias tape, and trims.

TIP: When you buy your pattern, go ahead, and get your fabric and notions at the same time. Use the fabric color to help you pick out thread color and other notion colors. It can be overwhelming to pick out thread after you have gotten the fabric, as there are so many shades of each color!



Image by Eszter Miller from Pixabay

Suggested Fabrics

Please read the suggested fabrics! These are here for your assistance, to ensure your success as you construct your item. Use this information as you make fabric choices. Feel the bolts of fabric in the store, noticing their weight, design, and hand (the way they feel and drape). Consider how this would feel on your body if you were choosing fabric for a piece of apparel. If your pattern calls for knit fabrics, be sure to identify the correct gauge of knit as you purchase the fabric.

TIP: For beginners, I highly suggest you avoid knits. They stretch and pull as you sew and learning how to navigate the fabric can be a little overwhelming in the beginning. As you gain skills and confidence, try out some patterns involving knit fabrics!

Yardage Requirements

A chart is on the back of each pattern envelope to help you see how much fabric you would need to purchase to make the garment. Find the garment view you wish to make, then identify the row labeled with the width of the fabric you are purchasing. Follow the row across to the column labeled with your size. This is how many yards of fabric you need to buy (Westfall, 2013).

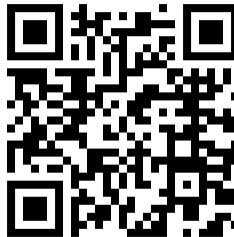
TIP: When you are in the store, take a picture of the end of the bolt of fabric. Note the fabric content and the recommended ways to launder the fabric. Don't forget to pre-wash your fabrics before you begin cutting and sewing if this is part of the preparation required for your project.

Taking Body Measurements

If you are preparing to create a piece of apparel, the first thing you need to do is to choose a pattern to fit your body size. Do not depend on the manufacturer's sizing—be sure to take your body measurements to ensure that you have the size of pattern that is going to best fit your body shape.

Watch this video on how to use a tape measure.

How to Use a Tape Measure Video



How to Take Women's Measurements

Check out these step-by-step directions and videos on how to take a woman's measurements.

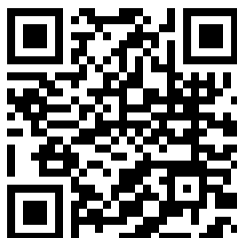


TIP: Take your measurements while wearing undergarments or tightly fitting clothing. If you have a bestie, elicit their help if you are struggling with taking some of these measurements. Be sure that the tape does not

twist and turn as you measure. Also—never forget that your value does not come from a number on a scale or a measuring tape. Each person has a unique shape and personality. Embrace your shape and amazing attributes!

How to Take Men's Measurements

Check out these step-by-step directions and videos on how to take a man's measurements.



TIP: Take your measurements while wearing undergarments or tightly fitting clothing. If you have a bestie, elicit their help if you are struggling with taking some of these measurements. Be sure that the tape does not twist and turn as you measure. As you take the neck measurements, make sure you will be able to breathe with the top button secured. Comfort in clothing is critical!



Image by Vidmir Raic from Pixabay

I've taken measurements... Now what?

Once you know your digits, compare your measurements to those listed on the pattern envelope. Sizes may appear as numbers (6, 8, 10, etc.) or as letters (A, B, C, etc.) Follow the pattern's guidelines for selecting a pattern size. Also, consider this advice:

1. Consider your preferred fit. If your measurements fall between two sizes, select the larger size for a looser fit (Westfall, 2013).
2. When making apparel designed for the upper body (jackets, shirts, dresses, coats) look at the largest

measurement, which is usually the bust or chest measurement (Westfall, 2013).


3. When making apparel for the lower body (slacks, skirts, shorts) women are advised to select their pattern based on their largest measurement (usually the hip) and men should select their size based on their largest measurement (usually the waist) (Westfall, 2013).

Hemming it Up

As you prepare to select your pattern, take the time to become familiar with the components included in a pattern envelope. Read and follow the directions! Follow the manufacturer's guidelines for fabric selection and purchase your notions at the same time to ensure the colors match or complement one another.

As you take your measurements, remember that these numbers are used to help you identify a pattern size that would fit your body type, but they should not be used to measure your worth or self-esteem.

Resources

Resources	QR Codes
How to Read a Sewing Pattern	

References

- Apple, L. (2022). *Introduction to Apparel Production Workbook*. Uark.pressbooks.pub. Retrieved 20 September 2022, from <https://uark.pressbooks.pub/introapparelproductionworkbook/>.
- Deaton, S. (2021). *Teaching Apparel Production*. Presentation.
- Westfall, M. (2013). *Successful sewing*. The Goodheart-Willcox Company, Inc.

5.

PREPARING THE FABRIC

Sheri Deaton

PREPARING THE FABRIC

I've bought my fabric... Now what?

Once you have read the pattern envelope and purchased the suggested fabric for the project you are wanting to create, it is time to prepare the fabric. What you do to the fabric will vary depending on the fabric itself.

- If the fabric is off-grain, it may need to be straightened.
- If the fabric is not already preshrunk, it needs to be. Failing to do this will cause your garment to not fit properly after being created, washed, and dried for the first time.



Image by Engin Akyurt from Pixabay

What do we mean, by “off grain”?

Fabrics that are woven or knitted together have direction or grain. This is determined by the position of the yarns and fibers in the fabric (Westfall, 2013). In woven fabrics, the grain must be straight. Pattern pieces should be cut out in the same direction as the grain so that they hang properly on the body. Not checking for straight grain is a great way to create a project that is a little “wonky” and does not fit or fall the way you had desired. Let’s unpack a few essential terms before we go further.



An interactive H5P element has been excluded from this version of the text. You can view it

online here:




<https://uark.pressbooks.pub/teachingappareldesign/?p=61#h5p-6>



Image by Stefan Schweihofer from Pixabay

How do I know if the fabric is on grain?

Fabric that is on-grain has crosswise and lengthwise threads at right angles to each other. To see if your fabric is straight of grain, straighten the cut ends of the fabric, oftentimes called **raw edges**. Watch the following videos to learn more.

How to Cut a Straight Edge	
How to Find Grain Lines on Scraps of Fabric	
How to Straighten a Fabric that is Off Grain	

Preshrinking Fabric

The best way to ensure that your garment is not going to be too small once you have made it is to preshrink the fabric. To effectively do this, follow the launder suggestions provided by the manufacturer for the fabric you have purchased. I like to wash my new fabrics by themselves to ensure they do not bleed on any other laundry.

Some fabrics will not require preshrinking. In general, preshrink any fabric unless the label states it will not shrink. I always recommend prewashing the fabric even for fabrics that do not require preshrinking. This helps get rid of any finishes that could make the needle stick or the machine skip stitches (Deaton, 2021). Also, who knows how many hands have touched this fabric before you?



Image by
SourceAndPixel from
Pixabay

Laundry Language

Have you ever accidentally shrunk your favorite shirt or pair of jeans? Have you ever ruined a garment by using an iron at too high of a setting? These situations happen far too often, resulting in damaged garments that may be beyond repair.

Knowing how to care for the fabric you have purchased is critical. Some fabrics are made of manufactured or synthetic fibers, while others are made from natural fibers. The origin of the fiber that the fabric is made of impacts how the fabric is laundered.

- **Natural fibers** come from nature, with an origin of either plants or animals. Animal-based fibers include silk and wool. Plant-based natural fibers include cotton, linen, and jute. Natural fibers tend to be absorbent, eco-friendly, and durable (*Natural vs. synthetic fibers: What's the difference?*, 2021).
- **Synthetic or manufactured fibers** are man-made, created from a variety of chemical compounds. Each fiber has its unique characteristics, but synthetic fibers tend to be cheaper, resist stains, and can be waterproof or water-resistant, depending on the finish added to the fiber or the chemicals used in the creation of the fiber (*Natural vs. synthetic fibers: What's the difference?*, 2021).

Students need opportunities and time to practice reading the laundry symbols to extend their learning and prepare them for laundering garments once they are created. Check out this free Laundry Symbols File Folder Printable shared on Teachers Pay Teachers.



An interactive H5P element has been excluded from this version of the text. You can view it online here:



<https://uark.pressbooks.pub/teachingappareldesign/?p=61#h5p-7>

Hemming it Up

The more you know about fabric, the better equipped you will be to launder it correctly. Knowing the origin of the fabric and how it will respond to stains, heat, and solutions is critical for the correct care of the fabric for the life of the garment or home goods. Take the time to get to know the fabric you are working with considering its unique characteristics before and after you invest your resources.

Lastly, before you pin a pattern piece to the fabric you have purchased, make sure that it is on grain and pre-shrunk. These two steps will save you an enormous amount of frustration and tears!

Resources

Resources	QR Codes
Lesson Planet Lesson Plans	
Laundry Symbols File Folder Printable	

References

Deaton, S. (2021). Teaching Apparel Production. Presentation.

Natural vs. synthetic fibers: What’s the difference? MasterClass. (2021, August 26). Retrieved March 31, 2023, from <https://www.masterclass.com/articles/natural-vs-synthetic-fibers>

Westfall, M. (2013). Successful sewing. The Goodheart-Willcox Company, Inc.

PART III

UNIT 3 PATTERN INSTRUCTION SHEET, CUTTING, AND MARKING

UNIT 3 PATTERN INSTRUCTION SHEET, CUTTING, AND MARKING

As you begin to unpack these concepts related to the pattern envelope, cutting, and marking, please consider the following pedagogical perspectives.

First Things First

Before you plan a lesson, think about what you can do to meet the needs of all students. Plan lessons, activities, and assignments to reflect all levels of learning, and be flexible enough to go slowly through content that is more difficult to process and understand. Get to know your students and use the results of formative assessments to drive your instructional plans.

Know your Students

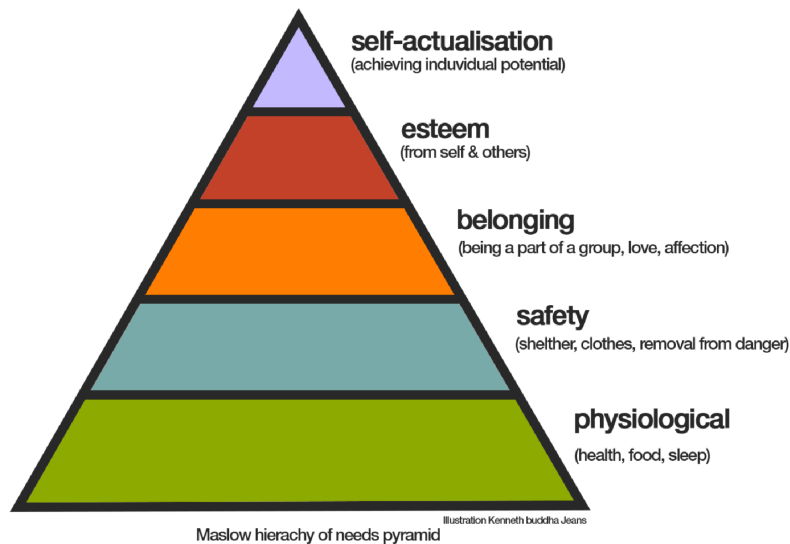
See previous chapters for specific ideas on how to get to know your students. Before you plan any lesson, you should always consider the audience. Research and implement resources for students who are exceptional learners and those who are learning English as their second language. All students can learn, but they learn at different rates and in different ways. Allow time for students to build their foundational understandings, recognizing that each student will “pop” at a different moment, and that is okay (Deaton, 2021).



Photo by Pixabay: <https://www.pexels.com/photo/food-snack-popcorn-movie-theater-33129/>

Maslow Before Bloom's

Remember that we teach students, not standards. We must actively work to ensure our students' basic physiological needs are being met before they will ever reach their full potential. It's hard to focus on reading a pattern envelope or cutting a straight line if you are hungry, cold, or feel like you do not belong. Spend time getting to know your students and plan your curriculum accordingly, considering the whole-child approach to education rather than just focusing on the cognitive domain. Students must have their basic needs met before they can dive deeper into cognitive thought processes. For more information about Maslow's Hierarchy of Needs, check out the resource listed below.



Flickr photo uploaded by George Ian Bowles

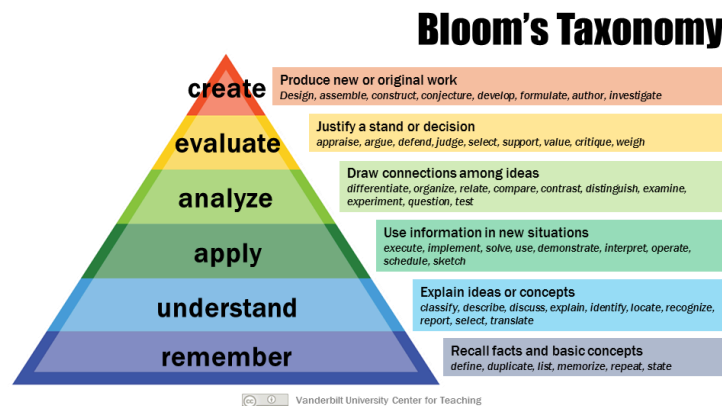
Maslow's Hierarchy of Needs



Blooming Bloom's

Educators have used Bloom's Taxonomy of verbs to help clarify learner outcomes for decades (Bloom, B.S., Engelhart, M.D., Furst, E.J., Hill, W.H., & Krathwohl, D.R., 1956). In this body of work, six levels are identified regarding the depth of cognitive ability that students would be required to use to accomplish the tasks at hand. Educators are encouraged to use a variety of verbs in their objectives and to teach to multiple levels of taxonomy, diversifying instructional strategies and approaches to meet the needs of all students.

It is important to note that one level of taxonomy is not more important than the others. Students must be able to remember what you have taught them before they will be able to understand, apply, analyze, evaluate, and create. Spend intentional moments crafting a curriculum to meet the needs of all students and ensure that you are hitting all areas of these taxonomies as you progress through your lessons (Deaton, 2021).



<https://www.flickr.com/photos/vandycft/29428436431>



Writing Objectives Using Bloom's



Forming Understanding through Formative Assessments

Teachers who use formative assessment plan this approach to learning. They collect evidence of students’ status and use this to adjust their ongoing instructional procedures (Popham, 2017). Additionally, formative assessment results could be used by students to change their current learning tactics (Popham, 2017). Consider using formative assessments throughout the apparel production course, but especially as you begin to uncover new concepts.

Done well, formative assessments give students feedback on what they have accomplished and give clear direction on how to improve (Shepard, Penuel, & Pellegrino, 2018). As you provide feedback to learners, ensure that your feedback is accurate, clear, selective, and timely based on what ideal performance looks like (Rasmussen, 2018). See the following examples of formative assessments and consider how you might implement these in your course as you teach these concepts.

KWL	
Sum it Up	

Slow and Steady

When introducing new pieces of technology in the classroom, Moore (2015) suggests the following strategies:

1. **Start Slow**
2. **Keep it Simple.**
3. **Be Selective**
4. **Be Flexible.**
5. **Allow Flexibility in Grouping.**

These are all excellent suggestions for educators to consider as they are teaching students about new pieces of technology or apparel production equipment. Some students are going to be eager to learn new techniques and new pieces of technology. Others are going to be apprehensive and concerned. Monitor and adjust to meet the needs of your students. I learned along the way that I would rather do things well than do them in a hurry (Deaton, 2021). Take your time. Allow time for reflection and acquisition of skills. Slowly and steadily, you will make progress!



Photo by Song Kaiyue: <https://www.pexels.com/photo/slow-signage-2029478/>

Pre-Assessment

Use the following drag-and-drop assessment to measure your understanding of pattern symbols before reading the text.



An interactive H5P element has been excluded from this version of the text. You can view it

online here:

<https://uark.pressbooks.pub/teachingappareldesign/?p=1007#h5p-4>

References

Bloom, B.S., Engelhart, M.D., Furst, E.J., Hill, W.H., & Krathwohl, D.R. (Eds.). (1956). *Taxonomy of educational objectives: Handbook I. Cognitive domain*. New York: David McKay.

Deaton, S. (2021). *Teaching Apparel Production*. Presentation.

Moore, K. (2015). *Effective instructional strategies* (4th ed.). SAGE.

Popham, W. (2017). *Classroom assessment* (8th ed.). Pearson.

Rasmussen, J. (2018). Google Scholar. [online] Scholar.google.com. Available at: https://scholar.google.com/scholar?cluster=3759135366356405812&hl=en&as_sdt=0,4&as_ylo=2017&as_vis=1 [Accessed 16 Nov. 2018].

Shepard, L., Penuel, W., & Pellegrino, J. (2018). Using learning and motivation theories to coherently link formative assessment, grading practices, and large-scale assessment. *Educational Measurement: Issues and Practice*, 37(1), 21-34. Available at: <https://onlinelibrary.wiley.com/doi/pdf/10.1111/emip.12189> [Accessed 15 Oct. 2018].

6.

READING THE PATTERN INSTRUCTION SHEET

Sheri Deaton

READING THE PATTERN INSTRUCTION SHEET

Read and Follow the Directions

Reading and following the pattern instruction sheet is key to a successful sewing experience. To reiterate this concept, let's read that again.

**Reading and following directions
are essential to your success in the apparel production laboratory.**

If you want to save yourself time, effort, energy, and frustration read the pattern instruction sheet thoroughly, from the first step to the end of the project **BEFORE** you begin. Look at the pictures, note the symbols used and the seam allowances for the project. Use a highlighter or sticky notes to help you see the steps and remember the key ideas that you need to know. Just like a “stitch in time saves nine,” reading through the pattern instruction sheet before beginning a project's production will save you from making multiple mistakes along the way.



Image by Gerd Altmann from Pixabay

TIP: Before you begin a clothing lab with students, expect them to read the pattern instruction sheet. Have them turn and talk with one shoulder partner or in table teams to explain the steps to one another. Check for understanding each day, each step along the way. If you are in the middle of a big project, ask students to list the first **THREE** steps they intend to work through today during class. Keeping students' eyes on the directions and their minds on the goal at hand will produce a more meaningful laboratory experience. If you have students who are struggling with reading comprehension, consider pairing them with a stronger student in this area to allow for peer tutoring and scaffolding of understanding.



Instruction Sheet Information

Pattern instruction sheets will let you know how to cut out and construct your garment. If you follow the directions carefully, you can construct your project in a timely and efficient manner. Failing to follow the directions will result in poor quality, or ineffective implementation of the intended design (Westfall, 2013).

Pattern instruction sheets have a host of information, including, but not limited to

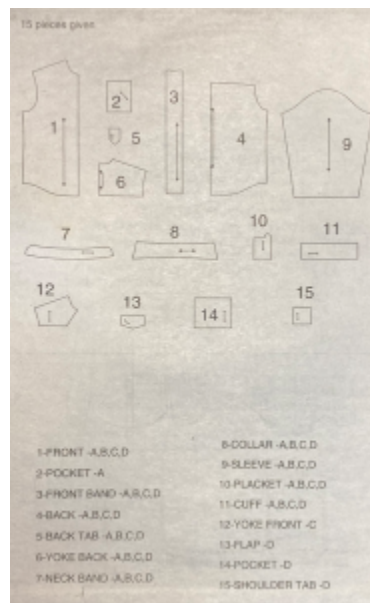
- **Front and back view of garments**
- **Pattern pieces required for each rendition**
- **Explanations for the pattern markings**
- **Instructions on how to prepare the pattern and fabric**
- **Basic construction and pressing guidelines**
- **Layout key illustrating the printed and unprinted sides of the pattern**
- **Layout directions for each view**
- **Suggestions for adjustments**
- **Definitions of special sewing terms**
- **Suggestions for how to transfer markings**
- **Fabric key**
- **Sewing directions and diagrams**

See the following pictures as examples of pattern instruction sheet sections (Apple, 2021).

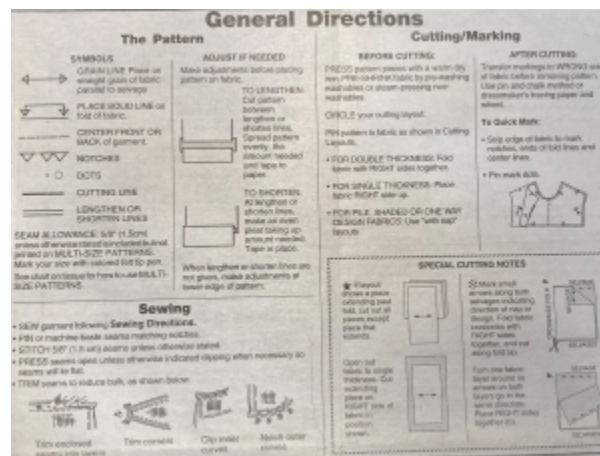
A. Description and Views



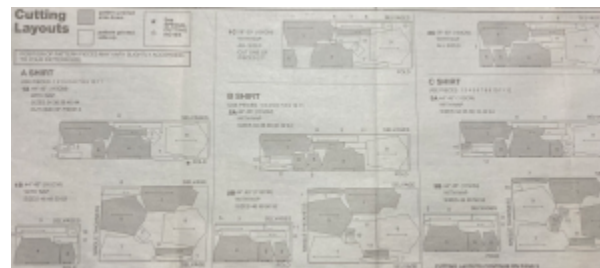
B. Pattern Pieces



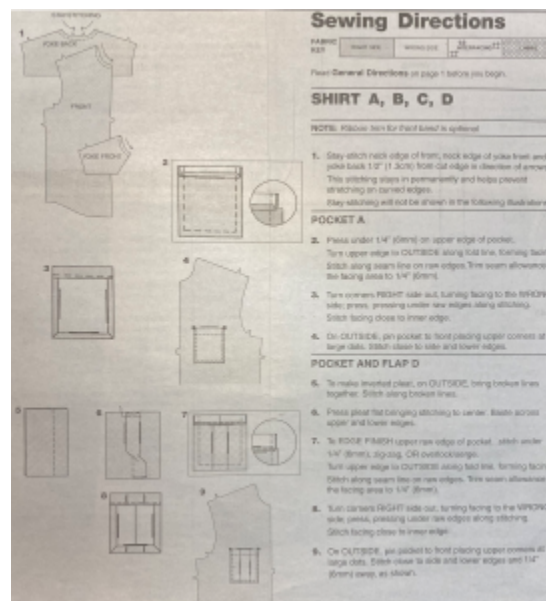
C. Symbols and Glossary of Terms



D. Cutting Layouts for Fabrics and Interfacing



E. Sewing Instructions




Hemming it Up

The best way to save yourself and your students money, time, and effort, is to thoroughly read the directions

for the pattern from the first step to the last, noting the pictures and views embedded within the instruction sheet. Do not try to reinvent the wheel—follow the directions to ensure your success! This is a life skill needed in all areas of our lives and jobs in every field of study. Instill this in yourself and your students and you will be surprised at what you can accomplish.

Resources

Resources	QR Codes
How to Read a Sewing Pattern	

References

- Apple, L. (2022). *Introduction to Apparel Production Workbook*. Uark.pressbooks.pub. Retrieved 20 September 2022, from <https://uark.pressbooks.pub/introapparelproductionworkbook/>.
- Deaton, S. (2021). *Teaching Apparel Production*. Presentation.
- Westfall, M. (2013). *Successful sewing*. The Goodheart-Willcox Company, Inc.

7.

PATTERN SYMBOLS

Sheri Deaton

PATTERN SYMBOLS

Do you remember what it was like to learn to read? Learning to associate the letters of the alphabet with specific sounds might have been daunting. Putting symbols together to form words, sentences, paragraphs, and essays took even more effort. As students are learning the symbols associated with patterns, teachers need to practice patience with students and encourage students to practice patience with themselves.

Teachers who are facilitating apparel production laboratory experiences should remember that it is important to

- **Go slow.**
- **Practice building recognition of symbols frequently.**
- **Use formative assessments and check for understanding often.**
- **Allow students opportunities to use their knowledge in various settings.**

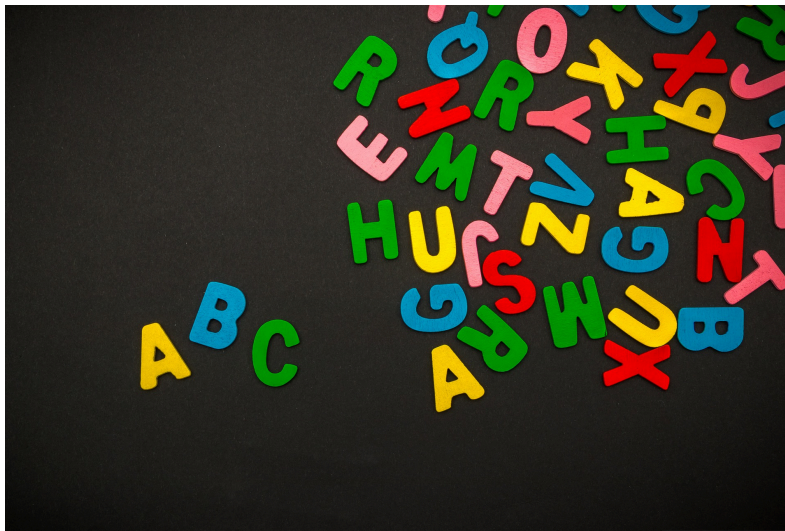


Image by Mahesh Patel from Pixabay

Symbols on patterns give a variety of information including cutting lines, stitching lines, alteration lines, button/buttonhole placement, fold lines, and dots and notches, which help match the pieces during construction. See the following symbols and explanations (Apple, 2021) below and try to apply what you have learned by completing the Sewing Pattern Symbols Google form and other formative assessments at the end of this chapter.

Solid and open dots—indicate placement to match seams or construction details, i.e., pocket placement, pleats, gathers, etc.



Single notch—indicates the front of a garment piece and is used to match pattern pieces for construction.



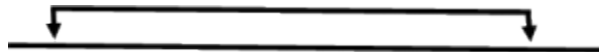
Double notches—indicate the back of a garment piece. The backside of most garments is bigger than the front side, so that is an easy way to remember the difference between the notches. Two notches indicate the back of the garment while one notch indicates it is the front of the garment.



Double-ended arrow line—used to indicate grain line. This is called the **straight-of-grain** symbol. If you see this symbol, you must place the pattern on the fabric straight of grain, with both ends of the arrow measuring an equal distance from the selvage.



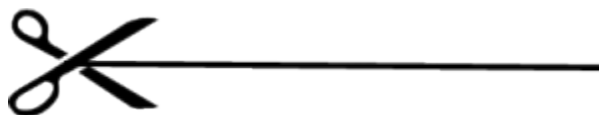
The double-ended bent arrow line—used to indicate the grain and to identify that you should place the pattern piece on the fold of the fabric.



The dotted line indicates the stitching line. The seam allowance is the distance between the dotted line and the solid line. Read the pattern instruction sheet to determine how wide the seam allowance should be for each project, noting that each project you complete may have different seam allowances.



A solid line on the outer edge of the pattern piece indicates where to cut the pattern piece.



Double solid lines on a pattern indicate where to lengthen or shorten a pattern piece for alterations. When you know how to alter a pattern, you can customize a commercial pattern to best fit your body shape.



The **crossed circle** indicates the apex of fullness. This is usually located at the bust line and hip line.



The **X** indicates where to place buttons.



The **line with end bars** indicates buttonhole placement and the length of the buttonhole.



Image by LeoNeoBoy from Pixabay

Hemming it Up

As students learn to read and decipher sewing pattern symbols and use them to construct garments, they are demonstrating a host of career readiness skills, including problem-solving, thinking critically, and using text to

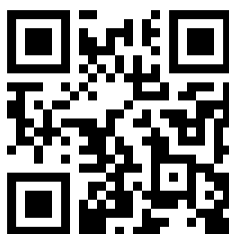
make meaning. Remind your students of the importance of tenacity, stick-to-itiveness, and their role in their success in life (Deaton, 2021).

Just like it takes a while for children to learn their A, B, and Cs, do not expect your students to learn these symbols after the first interaction with them. Check your student's understanding of these symbols through quick formative assessments along the way. Consider using tools such as Quizizz, Quizlet, Quizlet Live, or Kahoot! The more students see these symbols, the more comfortable they will become with reading them and interpreting their use and application. Practice may not make perfect, but practice will make it more permanent.

Quizizz



Quizlet



Kahoot!






In the next chapter, we will discuss how to transfer these symbols from the pattern pieces to the fabric. It is important to know what the pattern symbols mean when you are cutting out the fabric; however, failing to transfer the symbols to the fabric can result in confusion and misapplication.



Image by Gerd Altmann from Pixabay

Resources

Resources	QR Codes
Sewing Pattern Symbols Google Form Quiz	
Sewing Pattern Symbols and Techniques Kahoot	
Sewing Symbols Quizlet Cards	

References

Apple, L. (2021). Introduction to Apparel Production Workbook. Uark.pressbooks.pub. Retrieved 20 September 2022, from <https://uark.pressbooks.pub/introapparelproductionworkbook/>.

Deaton, S. (2021). Teaching Apparel Production. Presentation.

8.

TRANSFER MARKING OF PATTERN SYMBOLS

Sheri Deaton

TRANSFER MARKING OF PATTERN SYMBOLS

Transfer of Knowledge

It is important to know the pattern symbols and what they mean, but what do you do next? While it is good for students to have memorized the pattern symbols, if they cannot *use* this information in the real world and apply the concepts during a sewing lab, this knowledge is about as helpful as random trivia.

To transfer the pattern symbols to the fabric, you should select the appropriate tool based on the type of fabric you are using. There are three primary methods for transferring markings: chalk or wax pencils, tailor's tacks, or snips in the fabric (Deaton, 2021). You must know the type of fabric you are working with before using chalk or wax pencils to make sure they are appropriate and will not stain or ruin the garment.

Check out Wendy Ward's (2017) suggestions for each of these three methods (chalk or wax pencils, tailor's tacks, and snipping) in her article *How to Transfer Pattern Markings*.



For a closer step-by-step look at the transfer process, check out Debbie Colgrove's (2020) take on *How to Transfer Pattern Markings*.





Watch these videos to learn more about pattern markings and when to use them.

Video Resources

Sewing Pattern Markings	
Sewing Pattern Symbols: Buttons	
Sewing Pattern Symbols: Pleats	
Using a Tracing Wheel	



Image by Esther Merbt from Pixabay

Regardless of the tool you use (chalk, pencil, pins, tailor's tacks, or snips), you must transfer these symbols to the fabric. Notches indicating the front and back pieces will help you line up the front and back pieces, but they are useless if you do not note them. Circles indicating where to place the pocket or pleat are very helpful, but only if you transfer them to the fabric itself.

TIP: It is a good practice to check (and double-check) to ensure you have transferred all appropriate markings before unpinning the pattern from the fabric. Consider implementing self or peer evaluations for this step to reinforce the importance of transferring the markings from the pattern. Often, a fresh set of eyes can see things we have overlooked. Students who engage in self-reflection and peer evaluations learn how to accept and give constructive criticism, which is essential in many professions.

Hemming it Up

Knowledge without context and usage is trivia. While trivia and fun facts are interesting, we want students to be able to know, use, and apply what they have learned in the classroom, recognizing how to apply this in a real-world scenario (Deaton, 2021). Allow students to self-explore the process of transferring pattern markings, giving them scraps of fabric and sample patterns to practice with before implementing an actual garment.

Opportunities to practice this skill are essential.

Additionally, just as every student in the class is different, each person will have a technique they feel most confident with when transferring markings. Allowing students to practice with all three methods (chalk or wax pencils, tailor's tacks, and snipping) will help students define for themselves what avenue works best for them. Embrace the diversity represented in the classroom, recognizing that each student will have a slightly different approach and technique. **Celebrate these differences and encourage your students to do the same!**



Image by Ingrid from Pixabay

References

Colgrove, D. (2019). *How to Make Sure Your Sewing Project Will Fit Properly*. The Spruce Crafts. Retrieved 21 September 2022, from <https://www.thesprucecrafts.com/sewing-pattern-alteration-and-fitting-articles-2977364>.

Deaton, S. (2021). Teaching Apparel Production. Presentation.

Ward, W. (2017). *How to Transfer Pattern Markings*. Wendy Ward. Retrieved 21 September 2022, from <https://wendyward.wordpress.com/2017/12/30/how-to-transfer-pattern-markings/>.

9.

ALTERING PATTERNS

Sheri Deaton

ALTERING PATTERNS

The goal behind creating a garment or article of clothing is for it to be a well-fitting and attractive final product (Westfall, 2013). Anything less than this is not acceptable. Understanding that every person has a unique shape and size, we understand that commercial patterns may not be the perfect fit for each person.

Knowing how to alter a pattern for apparel production or home furnishings is an important skill. Alterations made to the pattern before pinning and cutting out the fabric can save time, effort, and energy on the back end of the project (Deaton, 2021).



Image by Lara Gonzalo from Pixabay

Steps for Success

- **Read the pattern envelope.** Look for keywords such as loose-fitting, fitted, semi-fitted, or close-fitting. These adjectives can give you an idea of what the final product will look like and how it will fit your body structure.
- **Look for the ease allocation on the pattern instruction sheet.** When we discuss ease in apparel production, we are talking about the amount of extra fabric allowed in a garment's production to make the item comfortable (Westfall, 2013).
- According to Westfall (2013), the following are minimum ease allowances:
 - Chest or bust—3-4 inches
 - Waist— ½ inch
 - Hips—1 inch (snug fit) or 2 inches (roomy fit)
 - On the pattern envelope, find the finished garment measurements. Consider these numbers in

comparison with your body measurements.

- **Utilize a variety of resources to assist your understanding of the alteration process.** Just like there is “more than one way to Wal-Mart” (Deaton, 2021), there is more than one way to alter a pattern. Evaluate the following resources as you seek to adjust patterns to best fit your body to create a well-balanced and comfortable garment.



Image by Gerd Altmann from Pixabay

Altering Sewing Patterns General Advice

The more you understand about altering patterns, the more confidence you can have in your own competence when it comes to altering manufactured patterns to meet your personal body shape, style, and comfort levels. Debbie Colgrove (2019) published this all-encompassing article of advice for altering sewing patterns. Check out her Spruce Crafts page and the suggestions she has for how to alter any sewing pattern.





Image by Pexels from Pixabay

Altering Crotch Depth

For many individuals, the standard crotch depth allowed in manufactured patterns is not appropriate for their body shape. The crotch of a garment should fit comfortably, allowing movement but not puckering or folding in awkward or unflattering places. The following resources have specific details concerning how to alter the crotch depth for a variety of garments designed to cover the lower portion of the body.

Terra Jennings (2018) shows step-by-step how to adjust for crotch and booty depth for joggers.



LLadyBird (2018) shared a step-by-step process for adjusting for crotch depth on pants.



Beth at Sew DIY (2019) created a video and step-by-step tutorial for how to lengthen or shorten the rise of a pants pattern. This tutorial could be helpful for adjustments made to the crotch.

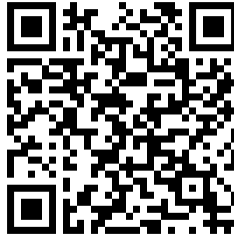


Image by PublicDomainArchive from Pixabay

Adjusting Pattern Length

Adjusting a pattern's length is the most common pattern adjustment needed (Deaton, 2021). Perhaps you found a skirt or pant pattern that fits perfectly in the waist and hip measurements, yet the length does not reflect your height. What do you do? By altering the length of the pattern before you pin it to the fabric, tailoring the pattern and the subsequent garment to fit your personal needs. When you know how to alter a pattern for length, your options for patterns greatly improve.

The Sewing Revival (2022) developed an easy step-by-step process for adjusting a pattern for the length.



Some patterns should be altered for the torso length. This is a common adaptation and one that is important to know and understand. Brittany Bumb (2020) outlined how to adjust torso length in her tutorial.



Love Notions (2017) created an outline of how and where to adjust pattern pieces for adding or subtracting length based on your height. Knowing where to adjust the pattern pieces will help ensure the final product is tailored exactly to your specifications.



Image by Myriams-Fotos from Pixabay

Adjusting Pattern Width

Each person is uniquely created. We do not all have the same size, body structure, or body mass composition. Different does not mean less than, it just means different. Embrace your unique body structure! Picolly (2020) created a step-by-step tutorial for adjusting patterns for width and embedded video tutorials on their website.



Melly Sews (2019) highlighted ways to resize sewing patterns to make them larger or smaller. This is another fantastic resource to consider when altering patterns to best fit your unique shape.



Superprof (2019) shared in this blog common hacks for adjusting any sewing pattern. Check it out!



Image by Jan Vašek from Pixabay

Adjusting Sleeve Length

Sleeve length is another common alteration. Knowing your measurements is critical before choosing a pattern.

- Females should put one arm down at a slight angle to measure their sleeve length. Put the measuring tape at the corner of the shoulder and measure down to where you would like for your sleeve to end.
- For men, this measurement is slightly different. For a jacket's sleeve shirt measurement, bend the arm slightly at the elbow. Put the measuring tape at the tip of the shoulder and run the tape down the outside of the arm toward the wrist bone. This is a common way to measure for the length of the sleeves on a jacket or sports coat. For sleeve length on a man's shirt, hold the arm out straight to the side, away from the body. Measure from the center of the upper back, using the bone in the center of his neck as a starting point. Measure from this bone to his shoulder, then to his wrist bone. This is the common way to take a sleeve length measurement for a man's shirt.

See the chapter entitled “Preparing for Pattern Selection” embedded in Unit 2: Getting Prepared for more details on how to take your measurements.

Maison Fauve (2021) outlined a step-by-step process for how to shorten or lengthen a sleeve length. This simple alteration can take a commercial product and tailor it to your specific needs.



Beth at Sew DIY (2021) created a video and step-by-step tutorial on how to adjust the sleeve length.



Fair Fit Studio also published a written tutorial with embedded videos to help visual learners understand how to make common sleeve alterations.





Image by StockSnap from Pixabay

Altering Commercial Products

What if you have purchased a prefabricated item from a home goods or clothing store but it does not fit right, now what? Knowing how to mend and alter commercially made clothing is another essential skill that can save you money in the long run (Deaton, 2021). Use the following resources as you seek to add these alteration skills to your apparel production tool belt.

Watch this video to learn how to mend and alter clothes.



Watch this video to learn how to take in the sides of a dress and make it smaller.





Image by FABIANNE SIBBIO from Pixabay

Hemming it Up

We are all uniquely made and as such, we all have unique body shapes and sizes. When you know how to alter a pattern or how to alter a garment, you can create or modify garments to best fit your shape. Ideally, you will adjust the pattern before cutting out the fabric. You should try on the garments as you are creating them. Do not wait until the last stitches are made before trying on the items. Many alterations can be made more easily during the construction of the garment instead of waiting until the end of the production.

If tailoring clothing or patterns is interesting to your students, encourage them to research the employment data for this career path. Tailors, dressmakers, and custom sewers are highly needed and sought out for occupation nationwide. Information regarding employment trends and annual wage can be found at the U.S. Bureau of Labor Statistics website: bls.gov/ooh.





Image by Jan Steiner from Pixabay

References

Deaton, S. (2021). Teaching Apparel Production. Presentation.

Westfall, M. (2013). Successful sewing. The Goodheart-Willcox Company, Inc.

10.

CUTTING PATTERNS AND FABRIC

Sheri Deaton

CUTTING PATTERNS AND FABRIC

Cutting the Pattern

The following suggestions are based on experiences in the apparel production laboratory (Deaton, 2021). Before cutting out pattern pieces, locate the views on the pattern envelope to select the view of the product you are making. Using the pattern envelope and the instruction sheet, note which pattern pieces are included in this view.

- **Do not cut out all the pattern pieces.** Only cut out what you need for this project. Save the rest for another project. Put extra pattern pieces in the pattern envelope to reduce confusion during the production process.
- **If pattern pieces are excessively wrinkled, use a cool iron and cheesecloth to smooth out the wrinkles in the pattern before cutting the pieces out.** A smooth pattern is easier for novice seamstresses to cut.
- **Note the notches—cut them OUT instead of IN.** Cutting around the notches will create a visual guide for the eyes when trying to locate the front and back of garments and will increase ease when pinning and sewing during production. Cutting into the pattern and the fabric will weaken the fabric and could create a hole in the seam if the snip is too deep.
- For apparel products, **select the correct size based on the measurements previously taken.** Note the size you are cutting out and cut out the pattern pieces on the same size for each piece involved in the product you are creating. Example: Cut on the size 10 line for all pattern pieces needed for the garment; not size 10 for some and size 8 for others.
- **Prepare before cutting the pattern.** Allow enough space and time to cut out the pattern without being rushed or cramped. Use a cutting board, sheers, a rotary cutter, and a straight ruler to assist with cutting out the pattern pieces.

Once you have successfully cut out your pattern pieces, store them in a secure place. Seek to visualize how these pieces will go together to create the final product. Visualize yourself successfully cutting out the fabric and creating the product of your choosing.



Image by Engin Akyurt from Pixabay

When all else fails... Read the directions

Following directions on the pattern instruction sheet is critical. The pattern instruction sheet will show a pattern layout illustrating how to fold the fabric and how to lay the patterns out on the folded fabric. Follow these suggestions to reduce fabric waste and increase efficiency.

Use the key on the pattern instruction sheet to ensure you are putting the pattern and fabric the way it should be pattern printed side up or pattern printed side down; fabric printed side up or fabric printed side down. Read and follow the directions!

TIP: Before students begin to fold their fabrics, have them highlight the key on the pattern instruction sheet, ensuring they see this key and understand what this means.



Folding Frenzy

There are multiple strategies for folding fabric, but the following are the most common ways to fold the fabric and prepare to pin the pattern pieces.

- **Lengthwise fold:** This is when the fabric is folded in half lengthwise, with the selvages matching (Westfall, 2013).
- **Crosswise fold:** Fabric is folded so that the cut ends match and is commonly used when pattern pieces are too wide to fit on the fabric if it was folded lengthwise (Westfall, 2013).
- **Double fold:** If the pattern instructions call for a double fold, make sure the full length of the folded side is the same width (Westfall, 2013). Measure twice! If you do this correctly, the folded edges will be straight with the grain.

TIP: Fabric that is preshrunk, on grain, and pressed is a fabric that is easier to work with. Consider having your students press their fabric before pinning pattern pieces, to ensure that the fabric is not bunched up or wrinkled in any way (Deaton, 2021). Wrinkled fabric contributes to uneven cuts, which results in uneven fabric pieces, uneven seam allowances, and an inferior product.



Image by Uwe Baumann from Pixabay

Piecing it Together

Once the pattern pieces are correctly cut out, and the fabric has been properly prepared and folded, it is time to begin pinning the patterns onto the fabric. Follow the instruction sheet and guidelines for laying out your pattern pieces (Westfall, 2013).

The following suggestions evolved from research-based practices and personal experiences in the apparel production laboratory setting (Deaton, 2021). For further assistance and greater details on each step, check out the resources at the end of the chapter.

- **Ensure that you have enough space and a flat surface on which to work.** Do not try to pin the pattern pieces when you are rushed or cramped for space. Take your time and do it correctly the first time.
- **Lay out all pattern pieces on the fabric before placing one pin.** Make sure all pattern pieces will fit on the fabric you have purchased.

- **Follow the instruction sheet for the placement of pattern pieces, allowing enough room between each pattern piece to comfortably cut.**
- **Follow the symbols on the pattern pieces.** If the pattern is to be placed on the fold, ensure that it is on the fold. If it is to be straight of grain, ensure that both ends of the arrow are equal in distance from the selvage.
- **Try not to place pattern pieces on the selvage.** Because of how they are made, selvages do not have much give; therefore, they could cause an unseemly pucker in the product.
- Once you are sure the patterns are in the correct placement, begin pinning. Each person has a different number of pins they feel comfortable pinning with. Practice will help you perfect your pinning process. **Ensure that pins are inside the cutting line and are placed diagonally on the corners.** Ensure you are pinning both sides of the fabric if the fabric is on the fold.
- For some fabrics, it is best to use pattern weights instead of pins. **Consider what works best for you and for the fabrics you are using.**
- **Measure twice, cut once!** Breathe in and out steadily as you practice safe and efficient cuts with sharp shears.



Image by Thomas Wolter from Pixabay

Self-Check

Use the following drag-and-drop assessment to measure your understanding of pattern symbols now that you have read the text.



An interactive H5P element has been excluded from this version of the text. You can view it

online here:

<https://uark.pressbooks.pub/teachingappareldesign/?p=86#h5p-4>




TIP: Consider playing classical music in the background or music that will calm yet motivate your students to spend their time productively. As a management strategy, keep the music at a level that is appropriate for students to hear with only a minimal amount of chatter and sewing noises. If students are engaging in conversations and cannot hear the music, do not turn it up, but rather encourage them to stop talking and begin working. Music in the classroom can not only ease tensions and increase productivity, but it can also be an effective tool for noise control and classroom management.

Hemming it Up

The process of cutting out a pattern and fabric for the first time can be overwhelming. As an instructor, you must provide a safe and comfortable space where students can complete these tasks. Seek opportunities to reinforce good techniques, redirect students who are off task or not following procedures, and encourage students through this process.

The first pattern pieces students cut out can be quite intimidating, so I like to use a sample pattern for students to practice cutting out before cutting on their real pattern pieces. Opportunities to practice and refine skills will increase students' confidence. Provide many opportunities to practice these skills and watch your students grow in their abilities.

Resources

Resources	QR Codes
<p data-bbox="362 1665 394 1934">Cutting Slippery Fabrics</p>	
<p data-bbox="695 1339 727 1934">Details on how to cut out a commercial sewing pattern</p>	
<p data-bbox="1027 1539 1060 1934">How to layout and cut out a pattern</p>	

Strategies for cutting for right and left-handers



References

Deaton, S. (2021). Teaching Apparel Production. Presentation.

Westfall, M. (2013). Successful sewing. The Goodheart-Willcox Company, Inc.

PART IV

UNIT 4 SEWING SUPPLIES AND PRESSING EQUIPMENT

UNIT 4 SEWING SUPPLIES AND PRESSING EQUIPMENT

The sewing supplies and pressing equipment are defined and shown in this section. Becoming familiar with the pressing equipment will ensure the safe operation of the equipment. Knowing the names of the parts of the machine and the names of the small equipment and pressing equipment used in the classroom is essential.

- **Would you trust a mechanic who said they would fix your “what-ya-ma-call-it”?**



Image by Miguel Á. Padriñán
from Pixabay

- **Would you trust a surgeon who explained how they were going to do a procedure by stating they would use a “do-dad” to remove your organ?**



Image by Sasin Tipchai from
Pixabay

Likely, the answer to these questions is, NO! Professionals are expected to know the names of their tools and equipment, and we should expect the same of ourselves and our students (Deaton, 2021). Practice using the

appropriate names for sewing supplies and pressing equipment. Create or purchase posters of the names of these items and place them in the sewing lab.

To assist your English Language Learners (ELLs), consider labeling items in their native language and in English to assist with their acquisition and understanding. Use various techniques as you integrate new vocabulary terminology with your students. Build their understanding, and scaffolding along the way to assist each student where they are and to help them get to where they need to be.



Image by Hands off my tags! Michael Gaida
from Pixabay

TIP: Consider using a variety of formative assessment tools to help you see what students know and understand, and to help them see what they know and understand. Check out a variety of digital formative assessment platforms including Quizlet, Quizizz, GimKit, and Kahoot!



Image by Beverly Buckley from Pixabay

Pre-Assessment

Use the following drag-and-drop assessment to measure your understanding of sewing equipment and supplies before reading the text.



An interactive H5P element has been excluded from this version of the text. You can view it online here:

<https://uark.pressbooks.pub/teachingappareldesign/?p=1011#h5p-3>

References

Deaton, S. (2021). Teaching Apparel Production. Presentation.

11.

SEWING SUPPLIES

Sheri Deaton

SEWING SUPPLIES

Sewing supplies can be categorized and organized in many ways. The following organization system has worked for this author and is one that is suggested for novice teachers as they begin to take inventory of their supplies and organize their apparel production labs. Consider the following categories as possible categories for the organization in your sewing laboratory.

Construction Aids

While not needed on every project, these items can save time and make construction easier. **Examples: Basting tape, dissolvable basting thread, fabric glue, fusible thread, fusible web, liquid seam sealant, and paper-backed fusible transfer paper.**



Fusible interfacing comes in various weights depending on the weight of the fabric (Apple, 2021).

TIP: Having a variety of interfacing available to students will help them see and feel the differences in weight which will help them better understand the implications of the choices they make when they are selecting this product (Deaton, 2021).

Cutting Equipment

You must purchase and maintain sharp cutting sharp-cutting equipment that creates clean cuts on not only thread and fabric, but on pattern pieces as well (Westfall, 2013). **Examples: Pattern weights, pinking shears, pins, rotary cutters, scissors, shears; thread clippers**



Shears are designed for sewing production and are longer than regular scissors. They have different size holes for the thumb and fingers. Shears should not be used to cut anything but fabric as cutting paper will dull the blades quickly (Apple, 2021).



Thread clippers are smaller than shears and are used to clip threads quickly. They can be used to cut open buttonholes and are a good tool to have when sewing (Apple, 2021).

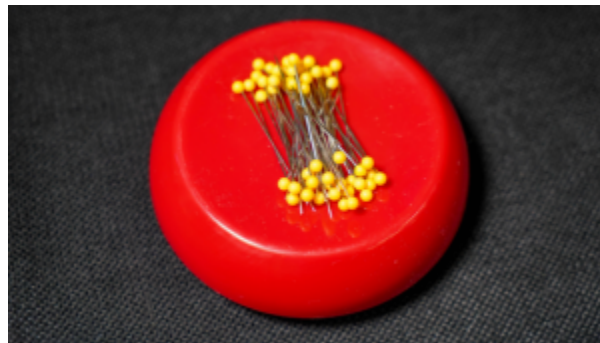
DID YOU KNOW...

- Did you know that you can sharpen your fabric shears if they have become dull? The simplest way to sharpen fabric shears is to take a piece of steel wool and cut it with the shears for about one minute. The steel will sharpen the scissors each time they make a pass through the dense material. This is a simple yet effective way to maintain sharp tools, which are necessary for crisp and clean cuts on fabric and patterns.



Hand Sewing Equipment

These are items you will need to sew on a button, to complete a tailor's tack, or another hand sewing as needed for apparel modification or mending. **Examples: Beeswax, emery bag, needles, needle threader, pin cushion, sharps, and thimble**



Roundhead quilting/dressmaking pins are best for sewing with fabric as they are longer, have a sharp point, and are easy to grasp by the roundhead. Pincushions are used to hold the pins, whether cloth or magnetic (Apple, 2021). The magnetic pincushion is pictured.



Hand sewing needles come in a variety of sizes and lengths as well as sharp or ballpoint. The most common type of hand-sewing needle is a sharp needle in sizes 5-10 (Apple, 2021). The smaller the needle number the larger the needle. ljneedles.com gives you a free downloadable guide to types of hand-sewing

needles. (jjneedles.com)



Needle threaders are used to help either thread a machine or hand needle (Apple, 2021).

TIP: Needle threaders or “cheaters” can be useful for visually impaired students, or those with limited eye-hand coordination. Consider using these as a scaffolding tool when students are beginning to learn how to thread their needles for hand sewing (Deaton, 2021).

Marking Equipment

Marking equipment is used to transfer the pattern symbols to the fabric. Different tools are used for different purposes, and the fabric type should be considered before selecting the appropriate marking equipment.

Examples: chalk, fabric pencils, fabric pens, heat transfer pencils, tracing paper, tracing pens, and tracing wheel



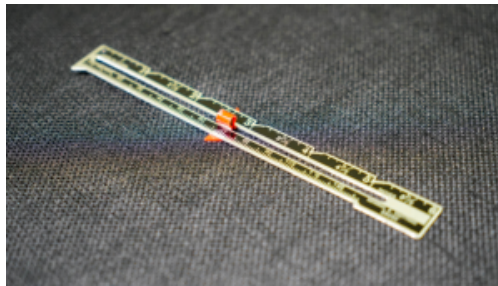
Marking pens/chalk pencils are used to transfer crucial markings from the pattern to the fabric. The type and color of the fabric determine the best method for transferring markings (Apple, 2021).

Measuring Equipment

This category includes all the tools you might use to measure accurately and precisely. Each tool has a slightly different use and not all will be needed for each item constructed. **Examples: hem gauge, grid, and bias square rules, seam gauge, tape measure, and yardsticks**



Tape Measures are designed made of cloth or plastic with the flexibility to accurately measure the circumference of the body. The tape measure has markings in both inches and centimeters (Apple, 2021).



The seam guide/sewing gauge will allow you to measure accurately. It has a sliding bar that will stay in place while you measure things like hems, buttonhole markings, pleat depths, etc. (Apple, 2021).

TIP: Do not assume that your students know how to read measuring equipment. Spend time going over how to read these tools before using them in the creation of a product. Practice makes permanent and learning how to read a measuring device is an essential skill for all students to acquire (Deaton, 2021).

Notions

Notions could include anything extra that a pattern might call for. Keeping items together can help you keep track of what you do and do not have and can assist students as they are looking for these items. **Examples: bias tape, buttons, elastics, hem tape, hooks and eyes, snaps, twill tape, and zippers**



Bias tape is used in various sewing techniques and comes in various widths and folds. It is generally used to cover a seam allowance or raw edge (Apple, 2021).



Snaps come in a variety of sizes. The size used depends on the garment to which it will be sewn. They are made from either chrome metal, black metal, or clear plastic (Apple, 2021).



Hooks and Eyes are for closures. They range in sizes that relate to the garment to which it will be sewn. There are different types of eyes, flat or round that are used with the same type of hook. There are also skirt/pant hooks that are wide and flat for closures of waistbands on skirts and pants (Apple, 2021).



Buttons are used as a type of closure. There are numerous varieties of button shapes, sizes, and colors. The two main types of buttons are flat and shanked buttons. The buttons needed for the shirt project in this course are flat buttons flat with four holes. There are shirt buttons with two holes that will work also (Apple, 2021).



Zippers are closures that come in different varieties, from separating zippers found in coats to all-purpose zippers and invisible zippers (Apple, 2021).

Random but Important

These tools can save several tears and a lot of time if needed in a project. **Examples: awl, bodkin, loop turner, point turner, and seam ripper**



Seam rippers are used to remove seams and threads. They typically have a long sharp point to easily be inserted into a stitch for cutting and a shorter point with a protective balled cap to prevent ripping fabric (Apple, 2021).

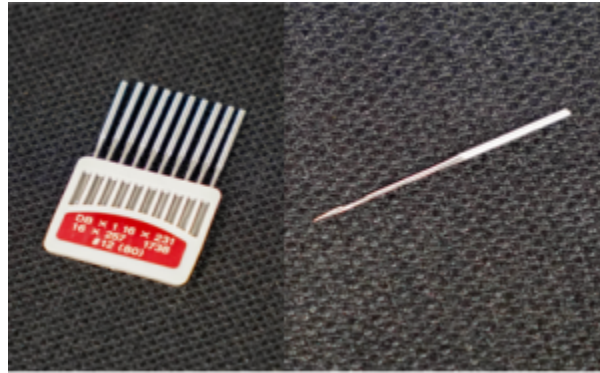
TIP: Students need to learn how to use seam rippers correctly and safely. They also should embrace the concept of making mistakes. Perhaps the seam is not straight YET, but eventually, you will master the art of sewing straight seams. “Sally the seam ripper” can be a useful tool for helping students uncover their mistakes and start again (Deaton, 2021).

- **Did you know that you can sharpen seam rippers? Check out this article by the National Sewing Circle Editors on How to Sharpen Seam Rippers.**

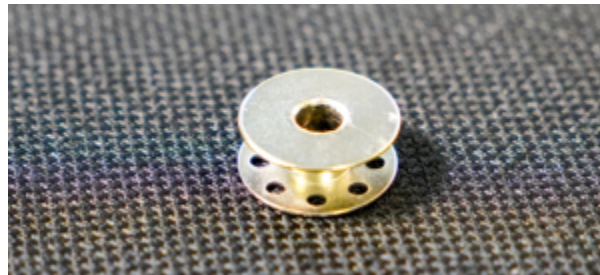


Sewing Machine Equipment

It is important to keep an adequate supply of all items needed for the sewing machine. This could include replacement parts or items needed for proper maintenance. **Examples: bobbins, duster, machine oil, needles, and tweezers**



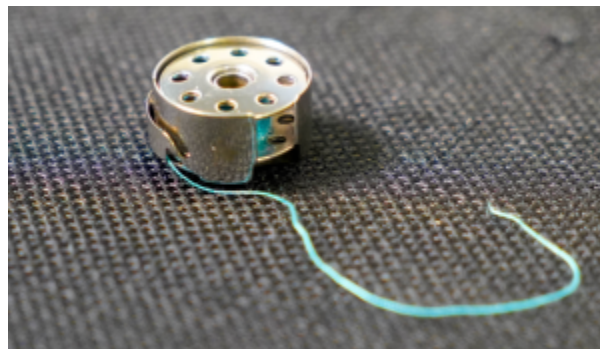
Machine and hand sewing needles are designed with a sharp or ballpoint and an eye for threading. Machine needles are specific to types of machines. Check your manual to determine the best needle for your machine. Sharp needles are used when sewing with woven fabrics and ballpoint needles are used for knits (Apple, 2021).



Bobbins are used to hold the lower thread of the stitch (Apple, 2021).



Bobbin Case is used to hold the bobbin and is inserted in the lower part of the machine. This picture is of the lever side and the opening of a bobbin case (Apple, 2021).



The bobbin fits in the open side of the post and is threaded through the tension bar (Apple, 2021).

Self-Check

Use the following drag-and-drop assessment to measure your understanding of sewing equipment and supplies now that you have read the text.



An interactive H5P element has been excluded from this version of the text. You can view it online here:

<https://uark.pressbooks.pub/teachingappareldesign/?p=109#h5p-3>

Organized Chaos

For many seamstresses and apparel production teachers, the sewing supplies closet, cupboards, or drawers can be one of pure chaos. Organizing sewing supplies according to their usage is a helpful technique; however, the ownership of maintaining this system must be transferred to your students. Encourage your students each day to do a brief drawer/tote check, noting any items that are out of place and putting them back in their place. These small steps every day will lead to an organized classroom instead of “organized” chaos (Deaton, 2021).



Image by Pexels from Pixabay

Hemming it Up

According to the Code of Ethics for Arkansas Educators, Standard 4 states:

“An educator entrusted with public funds and property, including school-sponsored activity funds, honors that trust with honest, responsible stewardship.”



Teachers who are entrusted with sewing equipment and supplies should do their part to ensure that they are good stewards of the items entrusted under their care. Students should not be allowed to eat or drink around sewing machines, and all equipment and supplies should be kept in good working order to ensure their effective use and the safety of the students using them. Teachers serve as role models for many concepts in and

out of the classroom. Students will see and model a teacher's approach to the organization and maintenance of equipment if the policies and procedures are taught and consistently reinforced.

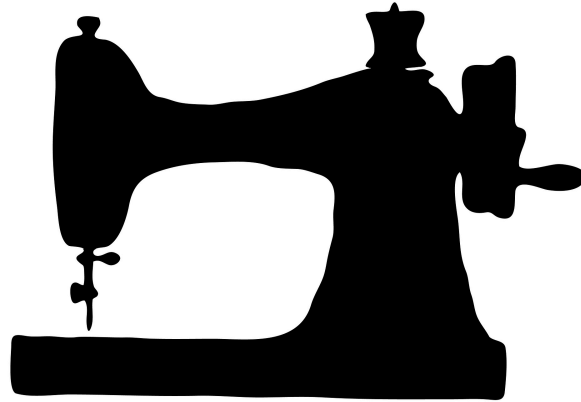


Image by No-longer-here from Pixabay

References

- Apple, L. (2021). Introduction to Apparel Production Workbook. Uark.pressbooks.pub. Retrieved 20 September 2022, from <https://uark.pressbooks.pub/introapparelproductionworkbook/>.
- Deaton, S. (2021). Teaching Apparel Production. Presentation.
- Westfall, M. (2013). Successful sewing. The Goodheart-Willcox Company, Inc.

12.

PRESSING EQUIPMENT

Sheri Deaton

PRESSING EQUIPMENT

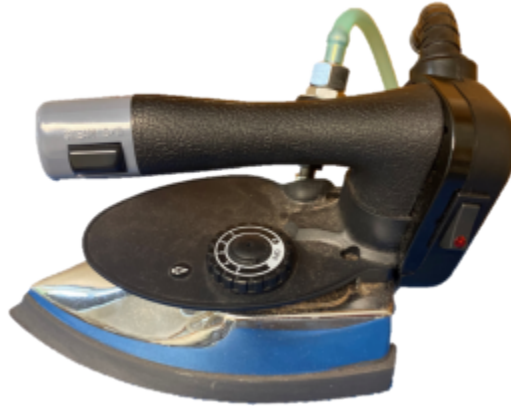
The National Teacher Education Competencies for Family and Consumer Sciences (FCS) outlines the expectations for teachers who facilitate educational experiences related to FCS. Standard 9: Laboratory Maintenance states that teacher educators should:

“Develop, implement, and demonstrate laboratory policies and procedures based on current industry standards specific to the focus of the course to ensure both the safety of students and clients and sustainability of products and the environment.”



As you facilitate apparel production laboratory experiences, keep this expectation at the forefront of your mind. Pressing equipment can seem quite daunting to use for some students. Encourage appropriate usage of names for each piece of equipment. **Model appropriate use, care, and maintenance for each item in the laboratory, including pressing equipment (Deaton, 2021).**

Irons are used for pressing and sometimes forming fabric. The heat and steam from the iron are also used to adhere fusible interfacings to parts of fabrics that need stability (Apple, 2021).



Vacuum Ironing Board Tables use a vacuum system to hold the fabric in place while ironing and allow for fast drying of damp items (Apple, 2021). There is an attached swing arm to get into smaller spaces such as sleeves, necklines, etc.



Ironing Boards are essential for ironing or pressing. Boards come in a variety of shapes, sizes, and colors. Consider purchasing a variety of boards for the sewing lab so that students can see how to use boards in a variety of shapes, sizes, and styles.



Photo by Karolina Grabowska:
<https://www.pexels.com/photo/person-ironing-a-fabric-5202911/>

Additional Tools: Other items you may consider purchasing for the apparel production lab or your own sewing room include but are not limited to a clapper, EZY hem, press cloth, sleeve board, and tailor's ham.

- Beth at Sew DIY (2020) created a brief video outlining Tools for Better Pressing. Check it out! She also describes some of her favorite tools and includes links for purchasing.



Pressing Vs. Ironing

Pressing and ironing are not the same.

- **Pressing** is when you press the iron down on a specific part of the project and lift it back up (Westfall, 2013).
- **Ironing** is when you slide an iron back and forth on a surface to remove wrinkles (Westfall, 2013).

Iron Safely

Personally, I love to iron! I love seeing the wrinkles leave the clothing and the smell of starch mixed with steam. Instant gratification is one that I do not receive in many areas of my life. However, ironing can be quite tedious, disastrous, and dangerous if not done properly. When you are ironing or pressing, be sure to follow these guidelines (Deaton, 2021):

- **Don't iron distracted.** Put away the phone, put away the drink, and put away any distractions that might interfere with your ability to focus on the task at hand.
- **Plug in safely.** Plug in the iron with dry hands, ensuring that the plug goes firmly into the socket, without forcing it in the wrong way.
- **Read and follow directions.** Read and follow the labels on garments regarding the use of heat and steam. Not following directions can not only result in an unsafe experience but can also result in ruined clothing.
- **Iron away.** Situate the ironing board so that you can iron away from your body, not towards your body.
- **Be cautious!** If you have the iron on the steam setting, watch your fingers and your face. Steam burns are dangerous and should be attended to properly.
- **Watch the cord.** As you are moving around the laboratory, watch out for cords. Move cautiously and with purpose, paying attention to where you are going and where items are plugged in around the room.
- **Unplug safely.** Unplug the iron from the plug—do not yank on the cord. This could cause electrical damage to the cord's interior and could lead to a faulty iron.
- **When you are done with your iron, put it away.** Do not leave it plugged in and easily accessible for young children.



Photo by cottonbro: <https://www.pexels.com/photo/man-in-coveralls-standing-by-ironing-board-3951358/>

TIP: After teaching students the expectations for how to press and iron safely, consider having students develop brief skits where they demonstrate one or more of the safety guidelines. Allow the class to guess what they are demonstrating, and why this is important for us to know and understand.

Hemming it Up

The more opportunities students have to practice their pressing or ironing skills, the more confident they will be at accomplishing this skill. Teach and enforce ironing and pressing safety skills throughout your lessons, insisting that these are always followed. Remind yourself and your students, even on tough days, to **PRESS ON!**



Photo by Karolina Grabowska:
<https://www.pexels.com/photo/black-clothes-iron-on-a-ironing-board-5202910/>

Resources

Resources	QR Codes
How to Iron a Long-Sleeved Button Shirt Video	
How to Organize all of your Ironing Supplies Video	
Ironing Tips for Pants Video	
Life Skills in a Minute: Ironing vs. Pressing	
Pressing Fabrics Video	

References

- Apple, L. (2021). Introduction to Apparel Production Workbook. Uark.pressbooks.pub. Retrieved 20 September 2022, from <https://uark.pressbooks.pub/introapparelproductionworkbook/>.
- Deaton, S. (2021). Teaching Apparel Production. Presentation.
- Westfall, M. (2013). Successful sewing. The Goodheart-Willcox Company, Inc.

13.

SEWING MACHINE PARTS AND SAFETY

Sheri Deaton

SEWING MACHINE PARTS AND SAFETY

Knowledge is Power

You have likely heard before that “knowledge is power.” This is true in many areas of life, and sewing is no exception. The more you know about sewing machines and how to operate them safely, the better equipped you will be to handle issues that will inevitably arise. Machines will break down, parts will be discontinued, and issues will have to be addressed. Knowing how a machine works and the names of the parts involved will help you pinpoint issues and communicate clearly if your machine needs repair (Deaton, 2021).



Image by Anna Ventura from Pixabay

For example, did you know that the size of the sewing machine needles varies? According to Westfall (2013), the following sizes should be used for the following fabric weights:

- Size 9-11 for lightweight fabrics
- Size 12-14 for medium-weight fabrics
- Size 16-18 for heavy fabrics

This simple piece of information can save you a host of time, frustration, and fabric. The more we know about sewing machine parts and how to operate a machine safely, the better equipped we are to accomplish projects in the apparel production laboratory.



Photo by cottonbro: <https://www.pexels.com/photo/woman-sewing-while-sitting-on-chair-3738088/>

Regardless of the brand of sewing machine you are operating, the names and parts are going to be similar. For this text, Janome Sewing Machines will be referenced and used as a resource due to their availability and ease of use in the classroom.

TIP: Consider the socioeconomic conditions of students enrolled in your classroom. Consider purchasing machines comparable to the type of machine they could afford if they wanted to purchase one for home projects. Having a few higher-end machines in the classroom is a good way to showcase a variety of price points; however, the machines they use daily should be similar to those they could afford and use at home. Discuss these concepts with your students, encouraging them to purchase a machine that best fits their needs, lifestyle, and budget, while also informing them of other options they could pursue at different points in their life (Deaton, 2021).

- **Read this article on Janome Life discussing the importance of knowing the parts of your machine.**



For this text, we are going to explore the names and parts of sewing machines using Quizlet. Quizlet is an online resource designed to help students study through interactive tools, flashcards, and games.

- **Check out this set of Sewing Machine Quizlet Cards to help you see the parts of the sewing**

machine and their definitions.



Sewing Machine Safety

Some students will approach the sewing machine from a perspective of wonder, while others will approach it from a place of trepidation. Teachers should know their students and respond appropriately. The more students know about how the machines work, the more they begin to understand and respect the process of using a sewing machine. Teach and practice the following guidelines to ensure you and your students are safe in the apparel production lab: (Deaton, 2021):

- **Read the manual.** Sewing machines will vary in their processes and abilities, so take time to familiarize yourself with your machine by reading the sewing machine manual.
- **Don't drive distracted.** Put away the phone, put away the drink, and put away any distractions that might interfere with your ability to focus on the task at hand.
- **Plug in safely.** Plug in the iron with dry hands, ensuring that the plug goes firmly into the socket, without forcing it in the wrong way.
- **Unplug safely.** Unplug the machine from the plug—do not yank on the cord. This could cause electrical damage to the cord's interior and lead to a faulty machine.
- **Sit comfortably.** Move the machine closer to you or farther away from you so that you can “drive” comfortably. Practice proper posture as you complete your sewing projects.
- **Relax!** Have fun, enjoying the process, one stitch at a time.



Image by whirligigtop from Pixabay

TIP: Once you know your students, pick a formative assessment tool matching their interests or career aspirations. Use either collaborative or competitive games to encourage remembrance of part names, recognition of where they are located, and recall of the purpose of the sewing machine part.

“Sewing is like driving... you can’t do it well if you are not comfortable. Arrange your machine and foot pedal so that you are comfortably seated and ready to drive.”

–Sheri Deaton



Photo by Márton Novák:
<https://www.pexels.com/photo/gray-scale-photo-of-man-driving-a-convertible-car-13460823/>

TIP: For students who are struggling with keeping the foot pedal stabilized, consider having students create

a non-slip foot pedal pad as a modification and resource. Check out this step-by-step tutorial for a Non-Slip Sewing Machine Foot Pedal Pad.



Hemming it Up

Knowing the names of the sewing machine parts is the beginning of becoming comfortable and confident with the use of the machine. Students should be able to identify the sewing machine parts on their machines and describe how each part works together to make the machine function.

Model and reinforce proper use of names of parts of machines, demonstrating the workplace behaviors and knowledge expected of those who work in the apparel industry. We will build off of this knowledge as we seek to understand how the machine works as well as how to solve common issues that arise when using a sewing machine.

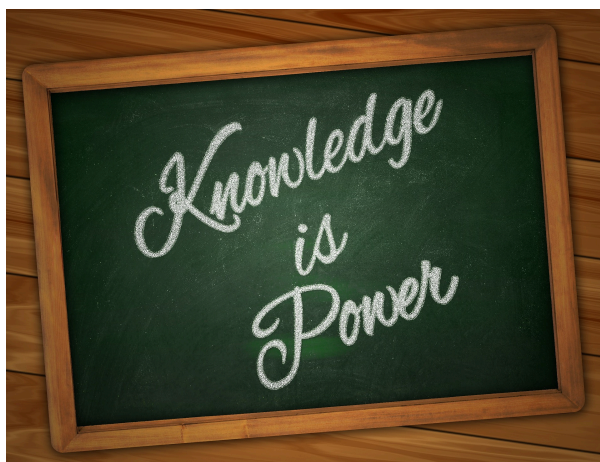


Image by Gerd Altmann from Pixabay

Resources

Resources	QR Code
Sewing Machine Parts and their Functions Worksheet	

References

Deaton, S. (2021). Teaching Apparel Production. Presentation.

Westfall, M. (2013). Successful sewing. The Goodheart-Willcox Company, Inc.

14.

SEWING MACHINE PROBLEM SOLVING

Sheri Deaton

SEWING MACHINE PROBLEM SOLVING

Those who have been sewing for any amount of time can probably relate to sewing machine issues. Some problems are easy to fix, while others require some thought, adjustments, and perhaps an outside expert. Proper use and maintenance of a sewing machine will result in happier days in the laboratory and better products created by those who use the machines.

Before we unpack the problems, let's uncover the tips and tricks for how to operate a machine most efficiently. Regardless of the machine you are using, learning these simple steps will save you many frustrating moments in the future.



Image by Robin Higgins from Pixabay

- **Maintain your machines.** Proper maintenance is the key to lengthening the life and productivity of your sewing machine. Read the owner's manual for your machine and follow the guidelines suggested by the manufacturer.

Check out this video on Sewing Machine Maintenance. Proper sewing machine maintenance is one of the most important things you can do for your machine!

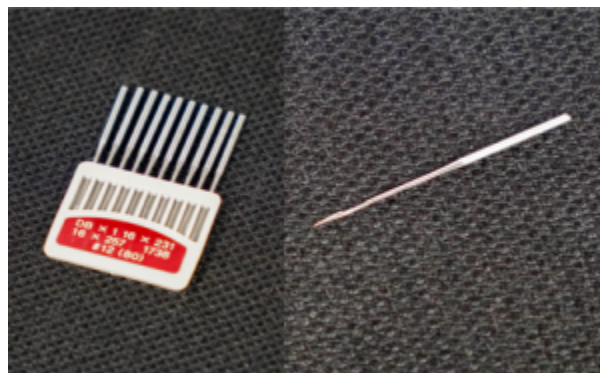


TIP: At the end of the semester, teach your students how to service the sewing machines. Show them how to properly dust and oil their machines. Show them how to take out the needle and replace it with a fresh needle. This practice will teach students how to service machines and will ensure all machines are serviced and ready to go for the next group of students. If you teach students how to accomplish this skill on the machines in the classroom, this will increase their confidence and abilities to transfer this knowledge to other machines outside of the classroom (Deaton, 2021).



Image by Peter H from Pixabay

- **Change the Needle.** When sewing with the sewing machine, it is important to choose the appropriate needle size for the weight of the fabric you are using. Changing the needle to reflect the fabric that you are using will assist in the ease of creating this product. Additionally, remember that needles get dull over time. This can cause tears, rips, or holes in the fabric. At the end of each semester, we change the sewing machine needles out as part of our regular maintenance. Consider how often your machine is used, and change the needle as needed (Deaton, 2021).



Check out this video on How to Change Needles and how to Choose the Right one. Every person operating a sewing machine should understand how to select and install sewing machine needles.



TIP: Properly dispose of used and broken needles. Consider double bagging the trash and leaving a note for the custodial staff to prevent their injury. Do your part to keep your students safe, and to keep those who work with you safe as well.

- **Check the Feed Dogs.** Sometimes the drop feed button might get hit or adjusted as sewing machines are moved back and forth. If you are trying to sew and the fabric is not moving through, check to see if the feed dogs are up or lowered. If they are lowered, adjust them so they are up so they can catch the fabric and move it through as you sew.



Photo by cottonbro:
<https://www.pexels.com/photo/person-using-a-sewing-machine-3738095/>

TIP: Encourage your students to touch the feed dogs when the machine is unplugged and turned off. As students feel the texture of these metal parts, the words “feed dog” may resonate more deeply in their brain. Encourage them to visually observe the “teeth” of the machine moving as they turn the hand wheel toward

them. Visual learners will enjoy seeing the feed dogs and kinesthetic learners will make greater connections with this term if allowed to touch, raise, and lower the feed dogs. Create opportunities for students to safely explore the various aspects of the sewing machine as you teach them the names of the parts of the machines and their functions (Deaton, 2021).

- **Drop the Foot.** Frequently, novice apparel production students will begin sewing and forget to put their presser foot down. This results in the fabric moving around, inconsistent stitches, and an inability to sew a straight line. Be sure to lower the presser foot before beginning to sew. The combination of the presser foot from the top and the feed dogs from the bottom will easily move the fabric through the machine.



Image by Anna Ventura from Pixabay

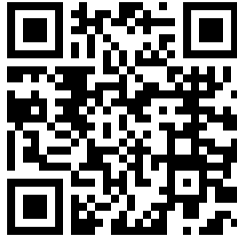
TIP: A room full of sewing students dropping their presser feet all day long can get exhausting for the instructor. Discuss with students the importance of respecting the equipment and how lowering the feet can help with the wear and tear of the machine over time. Model for the students how to do this quietly, setting the “norm” for the classroom. Some students will enjoy having a contest to see who can raise and lower their presser foot the quietest for a set amount of time (Deaton, 2021).



Image by Willfried Wende from Pixabay

- **Thread Carefully.** Most of the time when a student tells me they are having an issue with the machine it is because it is not threaded correctly. This is the first step to check if you are having problems.

Every sewing machine is threaded differently, yet the process is very similar. Check out this machine where Mrs. Roth explains how to thread a sewing machine to her students at South View Middle School. This is one example of how teachers can use technology to assist their students as they explore these concepts and apply these skills on their own.



TIP: Practice, practice, practice this skill! Time spent teaching students how to thread their machines is not wasted; rather, it is time invested. Allow students to work together in heterogeneous groups created by the teacher. The use of grouping techniques can increase students' motivation and confidence as they practice and problem-solve together. Note the students in the class who have mastered these skills, and consider utilizing them as a “more knowledgeable other” during other laboratory experiences. Consider having threading the machine races where students work together to correctly thread their machines to see who can do this the fastest yet without error. The use of games can spark energy and excitement in the classroom faster than direct instruction or a teacher demonstration (Deaton, 2021).

- **Adjust the Tension.** Balanced stitches are essential for sturdy seams that will wear evenly and will withstand wear over time. If a stitch is not balanced, it can easily be pulled. This problem should be addressed by adjusting the tension on the tension regulator on the machine.
 - If the bobbin thread lies along the surface of the fabric, the upper tension is too loose. Turn it to a higher number to increase the tension and create a more balanced stitch (Westfall, 2013).
 - If the top thread is lying along the surface of the fabric, the upper tension is perhaps too tight. Turn the regulator to a lower number to decrease the upper tension and create a more balanced stitch (Westfall, 2013).



Image by Nemo Jo from Pixabay

TIP: Create sample stitches demonstrating tension that is too tight, too loose, and balanced tension. Post samples around the room and challenge students to identify which sample best matches the descriptions. Encourage students to problem solve and consider what they should do if they see their thread tension has been skewed. This can be a difficult concept for students to understand, so creating examples for students to see will enhance their comprehension of what they are looking for and what they should do if they encounter this problem (Deaton, 2021).

- **Consult an Expert.** Sometimes issues are beyond our understanding or our abilities to repair. Check out this resource created by Coats as another reference for you to look into to Solve your Sewing Problems.



TIP: Consider the use of skits as you teach students how to problem-solve when they encounter issues with the sewing machines. Assign students a sample “problem” and then allow them to create a brief skit showcasing what they would do if this was their issue. Students can learn through these vicarious experiences. Their ability to problem-solve with pretend problems will increase their confidence when they encounter these issues in the production process (Deaton, 2021).



Hemming it Up

Sewing can be so much fun! It can also be incredibly frustrating. Inevitably, your bobbin will run out of thread, a needle will break, or your sewing machine will become unthreaded. These issues happen. How we respond to these issues sets the tone for the classroom. Practice patience with yourself and with your students as they are learning how to operate a sewing machine.



Remember, children rarely learn how to tie their shoes proficiently and quickly in one sitting. This skill takes time, repetition, and patient teaching.

Students rarely learn how to thread a machine and use it with ease the first time. This takes time, repetition, and patience. With proper guidance and support, students will learn how to properly use the machines, becoming more confident in their abilities, one stitch at a time.



Image by 👁️ Mabel Amber, who will one day
from Pixabay

Resources

Resources	QR Codes
Sewing Machine Tension Top 10 Tips	
Understanding Thread Tension on your Sewing Machine	

References

Deaton, S. (2021). Teaching Apparel Production. Presentation.

Westfall, M. (2013). Successful sewing. The Goodheart-Willcox Company, Inc.

PART V

UNIT 5 HAND SEWING

UNIT 5 HAND SEWING

While many individuals will go through their lives without ever needing to purchase or use a sewing machine, most individuals will likely find the need for a needle and thread to mend their clothing at least once in their life.

- **Buttons fall off.**
- **Hems come out.**
- **Holes happen.**

In all of these situations, a needle, thread, and know-how will make the difference between a disheveled garment that needs to be discarded and a dignified modification. “Knowledge is power” and knowing how to sew simple stitches, attach fasteners, or mend holes are all important concepts to uncover and discover for oneself (Deaton, 2021). Check out the resources at the end of this chapter as you begin to teach this new concept to your students.

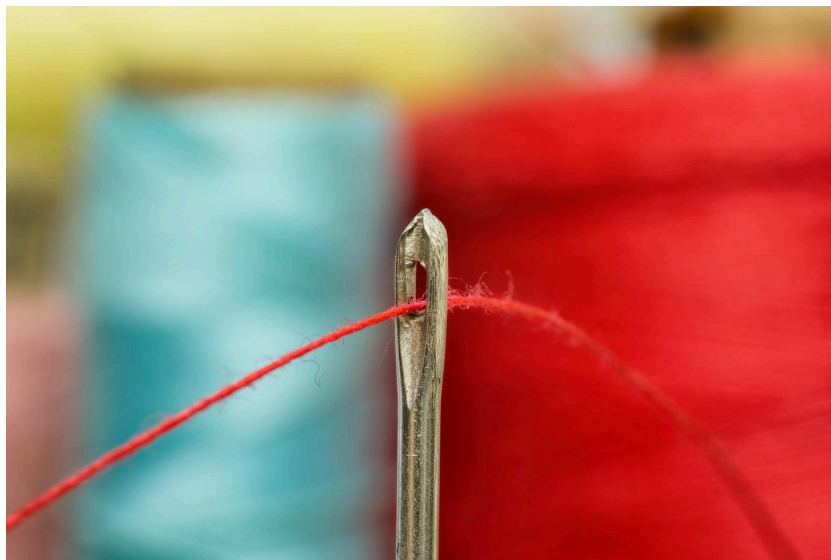


Image by Dejan Dodic from Pixabay

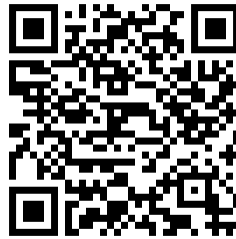
TIP: As you teach these skills, empower your students to learn from their mistakes. Each stitch is a new opportunity. Seek ways to craft conversations around how they can transfer these skills to assist them with real-

world connections. Remind them that they are not just learning how to sew, but they are also learning how to...

- **Problem solve**
- **Think critically**
- **Creatively find solutions**
- **Demonstrate perseverance**
- **Collaborate with others**

These skills reflect many of the 21st Century Skills which have been identified as essential skills to promote success. As defined by Panorama Education, 21st Century Skills

“Refer to the knowledge, life skills, career skills, habits, and traits that are critically important to student success in today’s world, particularly as students move on to college, the workforce, and adult life.”



Remind your students WHY these skills are important, especially on the days they are struggling.

“When you remember your WHY, it is much easier to accomplish your goals, especially on the days when you don’t know your WHAT or your HOW” (Deaton, 2021).



Image by Gerd Altmann from Pixabay

General Hand Sewing Tips

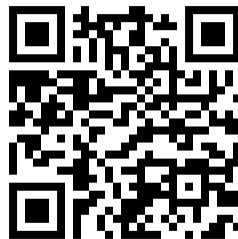
- **Consider the color and type of thread you are using.**

Some hand stitches are designed to stand out, while others should be hidden when implemented correctly. Consider the purpose of the stitches and the desire for their visibility. For stitches that should blend in, consider taking a fabric sample or the garment with you when you select a thread to ensure the colors match. When using stitches designed to stand out, consider the use of black, white, or a complementary color.



Image by Myriams-Fotos from Pixabay

The type of thread you use should also be considered when hand sewing. [Treasurie](#) has an excellent blog on the best types of thread for your sewing project. Check this out!



- **Use sharp needles that are the appropriate size.**

A sharp needle is going to penetrate the fabric easier and is less likely to create a hole or tear in the garment you are repairing or creating. There are many brands of sewing needles, and they all have various sizes which indicate their use. When purchasing needles for hand sewing, note the size and the weight of the fabric suggested by the manufacturer.

Needles by John James is an excellent site to learn more about the various sizes available by various producers and the specific weight of fabric recommended for each.



For a resource on how to sharpen sewing needles, check out Sewing is Cool's blog How to Sharpen Sewing Needles at Home (6 Easy Ways).



- **1, 2, 3: That's enough for me.**

When hand sewing, I like to pull enough thread for the length of my arm. Too much more than this, and I find the thread likes to knot up and tangle. For a fun way to remember this, students often say, “1, 2, 3, that's enough for me” as they are unwinding their thread and typically find this is the length of their arm and enough for hand sewing (Deaton, 2021).






Image by Mariya Muschard from Pixabay

- **Sew with sufficient light.**

Sewing with insufficient light causes strain on the eyes and can lead to poor posture when sewing. Practice proper posture when sewing at the machine and when hand sewing and use sufficient lighting in both scenarios to ensure a safe and proficient sewing experience.

Resources

Resources	QR Codes
17 Sewing Tips Every Crafter Needs to Know	
Basic Hand Stitching: 9 Techniques Every Sewer Should Learn	
How to Hand Sew Basic Stitches	

References

Deaton, S. (2021). Teaching Apparel Production. Presentation.

15.

BASTING STITCH

Sheri Deaton

BASTING STITCH

Basics on Basting

A basting stitch temporarily holds layers of fabric together. This could be used in a variety of settings and is not a step that should be overlooked. If the instructions call for a basting stitch, do not skip this step! The result will be seam allowances that are not even, and many hours spent with “Sally the Seam Ripper” (Deaton, 2021).



A straight basting stitch is probably the most used type of basting stitch, and this can be created on a sewing machine by adjusting the stitch length, or by hand sewing. For the purposes of this chapter, we will focus on the steps needed to complete a hand-sewn basting stitch.



Photo by [Vignesh Moorthy](#) on Unsplash

Generic Guidelines

- Thread the needle and make a double knot at the end of the thread.

TIP: For a quick review of how to create a double knot at the end of the thread, watch the videos embedded at the end of this chapter. Just like there is “more than one way to Wal-Mart” there is more than one way to tie a knot at the end of the thread. Allow students opportunities to explore various options to determine which style works best for them.

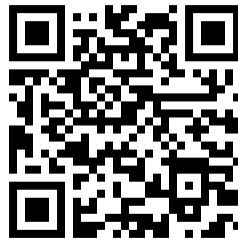
- Weave the needle in and out of the fabric.
- The length of the stitch may vary depending on the fabric used, but the stitches should be equal in distance from each other and should create an even seam allowance.
- Finish the seam with a back-tacking knot.

TIP: For a quick review of how to create a back-tack knot to finish a seam, watch the videos embedded at the end of the chapter. Allow your students multiple opportunities to practice and refine this skill, as this is an essential skill for every hand-sewing project.



Photo by Anna Tarazevich:
<https://www.pexels.com/photo/person-holding-a-thread-and-needle-5963171/>

- For more information about basting, including how to do this with a sewing machine, check out **What is Basting in Sewing?**



Hemming it Up

Many authors spend a substantial amount of time pressing the delete key or using an eraser when they go through their manuscript for a second or third revision. The work they put into the rough draft helped them get to the point of perfection in the later renditions, but the draft does not need to be seen by the readers.

A basting stitch is like a rough draft of stitches. It is not something that is going to be seen, it will be taken out, but it creates a solid foundation from which to build. Do not neglect this important step in the apparel production process.

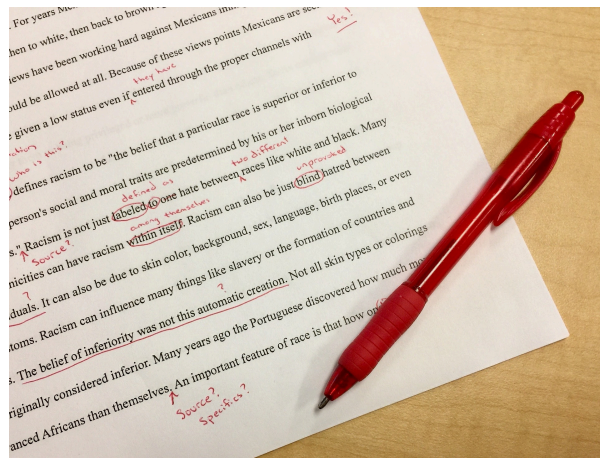







Image by Anne Karakash from Pixabay

Resources

Resources	QR Codes
Designer 1 Sewing Skills How to Hand Sew Basting Stitches	
Designer 1 Sewing Skills How to Prepare Your Needle and Thread	
Hand Sewing: Tie Off	
How to Tie a Knot Ready for Sewing	
Kristen McCoy Rethink Tailoring: How to Tie a Knot	

Preventing Thread Tangle



References

Deaton, S. (2021). Teaching Apparel Production. Presentation.

16.

HEMMING STITCH

Sheri Deaton

HEMMING STITCH

Every fashionista needs to learn how to hem a garment. Hems are found in almost every garment and the likelihood of one falling out is high. Knowing how to hem a garment to repair a stitch that has failed is an essential piece of knowledge. Sometimes a repair must be made by hand, which is where hemming hand stitches come into play.

If you are not replacing a hem, but rather creating a hem, you may choose to use a sewing machine to increase the speed at which you can finish the project. Creating a hem using a sewing machine is more clearly outlined in this text in Unit 9: Finishing Touches in the chapter “Hemming Techniques.”



Photo by MART PRODUCTION:
<https://www.pexels.com/photo/hand-holding-bottom-hem-of-denim-jeans-7277903/>

Hemming Basics

The hemming technique you utilize depends on the type of fabric you are using, the amount of hem you are creating or repairing, and the amount of time you have to devote to the project. The following tips are helpful for any hemming stitch you choose to use.

- Thread the needle and make a double knot at the end of the thread.
- Pick up one or two threads of garment fabric close to the hem.
- Push the needle up through the hem, and pull the needle through.
- Move ¼” to the left and repeat the stitch. Keep stitches evenly spaced.
- Finish the seam with a back-tack knot.

TIP: While teaching hand sewing to students, reinforce the importance of consistent stitches that are evenly spaced. Short evenly spaced stitches will create a strong hem which is more likely to retain its strength even through launder and wear. Consider using a working portfolio, where students showcase their first attempt at a skill, while also including their final or perfected attempt.

Hand-Rolled Hem

The hand-rolled hem is a more difficult hem to create, but this technique is needed when working with lightweight or sheer fabrics.

- Thread the needle and make a double knot at the end of the thread.
- With the hem turned over $\frac{1}{8}$ ", make a stitch $\frac{1}{4}$ " long in the hem.
- Pull the needle through the fabric. Take another stitch, picking up one or two threads on the main fabric. Pull through.
- Move to the left $\frac{1}{16}$ " and repeat the stitch. After repeating for about 1" the fabric will roll over on itself forming a very small, rolled hem.
- Finish the seam with a back-tack knot.



Photo by Karolina Grabowska:
<https://www.pexels.com/photo/flowing-orange-sheer-fabric-under-clear-sky-4711996/>

Hemming it Up





Knowing how to repair a hem in a garment is a helpful skill and one that will likely come in handy throughout your life. Selecting a thread color that compliments the color of the fabric is critical to hide the hemming stitches. The goal behind practicing these skills is to allow you an opportunity to become familiar with and proficient in multiple hemming strategies so that you are empowered to repair or alter any garment.

We will unpack additional ways to sew seams and hem garments in the next few chapters. As you grow through practicing these skills, embrace the opportunities to try new things, modeling the flexible mindset necessary for lifelong learning. Check out the resources at the end of each chapter to extend your learning through tutorials and video demonstrations.



Image by Gerd Altmann from Pixabay

Resources

Resources	QR Codes
5 ways to hand stitch a hem Colette Blog	
How to Hand Sew a Hem: 14 Steps (with Pictures) – wikiHow	
How to Hem a Dress by Hand: 12 Steps (with Pictures) – wikiHow	
How to hem pants or shorts – No sewing machine – Sew a hem by hand – Easy hemming tutorial	
How to sew a hemming stitch	

References

Deaton, S. (2021). Teaching Apparel Production. Presentation.

17.

BLANKET STITCH

Sheri Deaton

BLANKET STITCH

What is a blanket stitch?

A blanket stitch is generally used to bind a raw edge or reinforce the edge of a thicker material. The purpose of this stitch can be both practical because it helps reduce fraying and decorative.

Blanket stitches could also be referred to as cable stitches or crochet stitches. Regardless of the name, it is important to note that the blanket stitch is visible on both sides of the garment; therefore, consistent spacing and depth of stitches are essential to creating a unified look and stable edge.

Blanket stitches can be created by sewing blanket stitches by hand, using a serger, or through the blanket stitch setting on the sewing machine. Read your machine's sewing manual to correctly identify the appropriate setting, if applicable.



Photo by Teona Swift:
[https://www.pexels.com/
photo/
smiling-asian-woman-se
wing-fabric-in-workshop
-6851153/](https://www.pexels.com/photo/smiling-asian-woman-sewing-fabric-in-workshop-6851153/)

TIP: If you have an apparel production lab with access to a serger, consider introducing students to the serger's abilities to create a blanket stitch to finish an edge. Teach, practice, and monitor safety when using sergers in the classroom (Deaton, 2021).

Blanket Stitch Basics

- Thread the needle and make a double knot at the end of the thread.

TIP: Watch the videos embedded at the end of this chapter for a quick review of how to create a double knot at the end of the thread. Just like there is “more than one way to Wal-Mart” there is more than one way to tie a knot at the end of the thread. Allow students opportunities to explore various options to determine which style works best for them.

- Place the needle through the fabric, about $\frac{1}{4}$ ” from the raw edge. Do not pull the needle all the way through, but rather loop the thread around the needle.
- Pull the needle through the fabric.
- Move to the left and repeat the stitch, keeping distances between stitches even.

TIP: Make marks on your fingers to indicate the depth and width of the stitches you are making. Using this technique, you can sew more consistent stitches in a faster manner.

- Finish the seam with a back-tack knot.

TIP: For a quick review of how to create a back-tack knot to finish a seam, watch the videos embedded at the end of the chapter. Allow your students multiple opportunities to practice and refine this skill, as this is an essential skill for every hand-sewing project.



Image by Rebecca Matthews from Pixabay

For more information about blanket stitches, including a step-by-step picture tutorial, check out this article [Sewing the Blanket Stitch](#). Additionally, check out the tutorials, videos, and sample projects linked in the references at the end of this chapter.







Hemming it Up



The blanket stitch can be created through hand stitches, a sewing machine, or a serger. The more you practice this stitch, the more confident you will become in your abilities to create consistent stitches that are both beautiful and functional. This stitch can be created by going from left to right or from right to left, so consider altering the direction of the stitching if students are struggling with this concept. Your students may find a specific direction is more comfortable to them depending on which hand is their dominant. To assist students with their development of this new skill, give them time, clear directions, and multiple opportunities to practice their blanket stitches.



Image by Gerd Altmann from Pixabay

Resources

Resources	QR Codes
Bubba Bookmark	
BUBBA Bookmark Rubric	
Designer 1 Sewing Skills How to Prepare Your Needle and Thread	
Hand Sewing – The Blanket Stitch	
Hand Sewing: Tie Off	

<p>How to Tie a Knot Ready for Sewing</p>	
<p>Preventing Thread Tangle</p>	

References

Deaton, S. (2021). Teaching Apparel Production. Presentation.

18.

CATCH STITCH

Sheri Deaton

CATCH STITCH

Catfish Catch Stitch

The catch stitch (also called the herringbone stitch) is commonly used to hem garments. It can also be useful when tacking two pieces of fabric together. A catch stitch is a good option when sewing thicker fabrics or knits, as the pattern of stitches allows for movement and give. The catch stitch is often found on the hem of higher-end garments and is an excellent skill for students to learn. The type of fabric that you are using will be one of the most important deciding factors to consider when you are creating a hem. Fabrics with stretch tend to do better with a blind stitch or catch stitch, both of which allow for movement and give.

Do not be fooled—this stitch is neither weak nor difficult to master. Opportunities to practice this skill, along with directions in students' preferred method of learning are two excellent strategies to employ when teaching the catch stitch. Some students will learn this skill through reading the directions, others will grasp this by looking at pictures, while yet others need a video or demonstration to assist them in their understanding. Know your students and choose the teaching strategy that best fits the needs of your learners (Deaton, 2021).

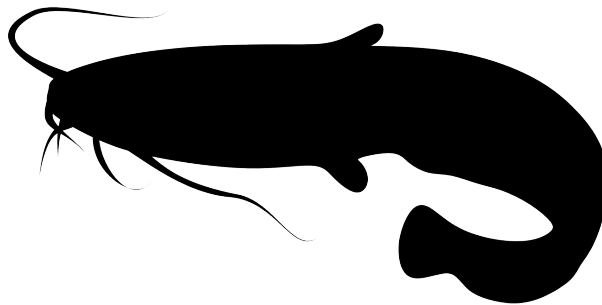


Image by Anna from Pixabay

Catchy Catch Stitch Creation

- Thread the needle and make a double knot at the end of the thread.

TIP: For a project, encourage students to pick a thread color that matches the fabric to ensure that the stitches do not show through on the other side. For a practice/demonstration on this skill, consider using a contrasting color so that students will see the stitches and see how they look from both sides of the fabric.

- Work from left to right. Pick up one or two threads of garment fabric directly above the hem. Pull the

thread through the fabric. Do not pull too tightly, otherwise the seam will pucker.

- Move ¼” to the right. Take a small stitch in the hem, 1/8” down from the edge of the hem.
- Pull the thread through. Move to the right and repeat the stitch. This crisscross pattern should be created using stitches of consistent depth and length.
- Finish the seam with a back-tack knot.

Spruce Crafts (Johanson, 2020) created a step-by-step picture tutorial for how to make a catch stitch. Check out her directions found on her blog [How to Do a Catch Stitch](#).



Hemming it Up



The catch stitch is a skill every sewer needs to have as a tool in their toolbox. You do not want to be caught off guard without this skill!

Knowing how to sew a hem on a heavy fabric or a knit fabric is essential for a well-balanced approach and holistic understanding of hand sewing. Practice patience with yourself and your students as they learn this new skill. Practice makes permanent!



Image by Clker-Free-Vector-Images from Pixabay

Resources

Resources	QR Codes
Catch Stitch Hand Sewing	
How to Sew: The Catch Stitch Herringbone & Basic Hem Heavy Fabrics	

References

Deaton, S. (2021). Teaching Apparel Production. Presentation.

19.

OVERCAST STITCH

Sheri Deaton

OVERCAST STITCH

The overcast stitch (also called the whip stitch) is commonly used to prevent a flat, raw edge from raveling or it can be used to stitch pieces of fabric together in a visible and decorative manner. This stitch is a great choice for a finishing touch on a light-medium-weight fabric. Sergers have the capability to create this stitch, as do many sewing machines. Knowing how to sew this stitch by hand can be helpful for small projects and for situations where you do not have access to a serger or a sewing machine.

Knowing that the stitches will be seen, many choose to use a contrasting color of thread to create a decorative stitch that stands out. Some choose to use the same color of thread to camouflage these stitches. Regardless of the thread choice, consistent and even stitches are necessary to create a sturdy version of this stitch (Deaton, 2021).



Photo by Teona Swift: <https://www.pexels.com/photo/woman-making-stitch-on-fabric-while-sewing-in-studio-6851161/>

Overcast Stitch Overview

- Thread the needle and make a double knot at the end of the thread.

TIP: Be sure to use a needle that is appropriate for the type of fabric you are sewing.

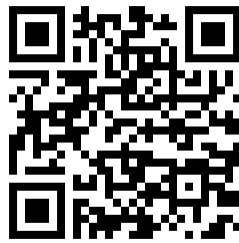
- Insert the needle through the fabric, about ¼” below the raw edge. Start from the back of the fabric and bring it through the fabric to the front side, ensuring that the knot stays hidden on the underside. Pull the thread through.

- Loop the thread over the fabric edge and move $\frac{1}{4}$ " to the left and repeat the stitch. Be sure to bring the needle through the fabric from the back to the front in the same direction. Pull the thread so that it is tight, but not so tight that the fabric wrinkles or crimps.

TIP: This stitch is historically easier to do if you work from the right to the left. Keep stitches evenly spaced.

- Allow the threads to wrap over the edge of the fabric and pass the needle through again. Always go from the back to the front.
- Repeat this process and finish the seam with a back-tack knot.

TIP: Treasurie created a step-by-step tutorial on using the overcast stitch as a hemming technique. Check out this tutorial if you are interested in using the overcast stitch as a way to hem the edges of a garment.





Hemming it Up

Once you know how to complete an overcast stitch, you can whip it out in a few moments, even on a cloudy or overcast day. The more opportunities you take to practice these skills, the more confident you will feel in your abilities to create this stitch and teach this to others.



Photo by Gabriela Palai:
[https://www.pexels.com/photo/
person-standing-on-brown-wooden-dock-3951
96/](https://www.pexels.com/photo/person-standing-on-brown-wooden-dock-395196/)

Resources

Resources	QR Codes
How to Handsew: The Overcast Stitch Craftsy	
What Is an Overcast Stitch and How Do You Hand Sew It?	

References

Deaton, S. (2021). Teaching Apparel Production. Presentation.

20.

SLIP STITCH

Sheri Deaton

SLIP STITCH

A slip stitch (also called a ladder stitch) has many uses and is commonly selected by seamstresses and tailors to discreetly repair a seam, hem, or attach a binding. This stitch is designed to be invisible, so using a thread color that mirrors the color of the fabric is critical.

TIP: For demonstration purposes, consider using a contrasting color of thread to help students see how the seam is created. Teach students to use a complementary color when creating projects, but challenge them to use a contrasting color as they are creating their samples for a class portfolio. When using a contrasting color you can really see the stitch being created and can identify weaknesses and strengths in stitching techniques (Deaton, 2021).



Photo by Anna Tarazevich:
<https://www.pexels.com/photo/person-holding-a-thread-and-needle-5963171/>

Slip Stitch Strategies

- Thread the needle and make a double knot at the end of the thread.

TIP: Some tailors prefer to tie a knot at the end of one thread instead of two. Consider having students try

to create this seam with a double-strength stitch and then one with a single-strength stitch to see if they can identify the differences.

- Iron or finger press the hem of the garment so that the folds are toward the inside seam. Fabric that lays flat will be easier to sew.
- To hide your knot, start on one side of the closure, inserting your needle inside one of the folds. Pull the thread through.
- Bring the needle to the opposite fold and pick up one or two threads of garment fabric close to the hem. Be sure not to catch any threads from the fabric on the outside. Pull the needle through. This stitch should NOT be visible from the “good” side.
- Move ¼” to the left and repeat the stitch. Continue to make slip stitches in the same format, going back and forth between the two folds. Keep stitches evenly spaced.
- Repeat this process and finish the seam with a back-tack knot. Looking at your stitches you will see what looks like a ladder, which is where this stitch gets its nickname.



Image by Wolfgang
Eckert from Pixabay

Hemming it Up

The slip stitch is perhaps one of the more difficult finishing stitches to master. Its versatile uses however make this stitch one worth struggling through. As with many things in life, once you get the hang of the process, you will see great improvement in your proficiency. We climb the ladder of success one rung at a time and that is

the approach we should take to the slip stitch as well. One stitch at a time, one practice sample at a time, and this skill will be mastered!

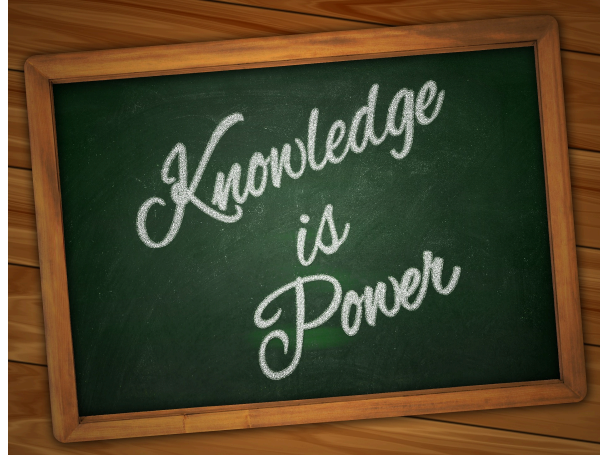




Image by Gerd Altmann from Pixabay

Resources

Resources	QR Codes
How to Sew a Slip Stitch (Ladder Stitch)	
The Slipstitch – Historical Sewing	

References

Deaton, S. (2021). Teaching Apparel Production. Presentation.

PART VI

UNIT 6 FASTENERS

UNIT 6 FASTENERS

Buttons, Snaps, and Zippers—Oh My!

There are a myriad of examples, styles, and purposes of fasteners used in apparel production. The purpose of this unit in your text is to introduce you to some of the more commonly used fasteners in apparel production including buttons, hooks and eyes, snaps, and zippers.

It is important to note that there are many more types of fasteners for you to uncover! The skills you gain through exercises in these chapters are designed to be transferable skills that will better prepare you for inserting, altering, or mending any fastener you may encounter in your sewing experiences.



Photo by Suzy Hazelwood:
<https://www.pexels.com/photo/assorted-color-button-pin-on-brown-surface-1232131/>

Eve Tokens (2016) outlines many clothing fastener options in her article *Clothes Fastenings: 15 Different Types of Fastenings for Clothes*. Check this out for more details on a variety of fasteners available for application in apparel production.



How do you know which fastener to use?

If you purchase a pattern, the pattern envelope will include the list of notions for the project, including the fasteners suggested by the producer of the pattern. In general, fasteners are selected based on the garment type, fabric type, position of the opening, amount of stress on the fastener, and the overall aesthetic appearance that is desired (Hackler, 2018).

Fantastic Fasteners

If we affixed a fastener on a garment only to have it fall off after a few short uses, that fastener application would likely receive an “F” on an evaluation score for implementation and effectiveness. Effectively installed fasteners are appropriate for the garment and are neatly constructed.

According to Hackler (2018, p. 1), fantastic fasteners would be:

- neat in appearance with no loose or unsightly threads
- appropriate for the garment design and fabric being used
- applied to an area that has been reinforced with interfacing
- sewn in place with a double strand of all-purpose dual-duty sewing thread or a single strand for heavy-duty thread
- secured so stitches do not show on the right side of the garment/fabric
- appropriately placed so the garment edges are held together smoothly and evenly
- applied with appropriate hand stitch (buttonhole or whip) to secure the fastener to the garment
- secured tightly to the fabric surface



Image by Gerd Altmann from Pixabay

Keep these principles in mind as you repair, alter, or install fasteners. Additionally, remember to follow all hand sewing tips discussed in Unit 5: Hand Sewing.

General Hand Sewing Tips

- **Consider the color and type of thread you are using.**

When sewing on fasteners, you may choose to use a thread that complements the fabric, mirrors the fabric, or stands out from the fabric. Consider the overall appearance of the garment as you select a thread color for the fasteners used in the project. Use a thread that is going to be strong enough to secure the fastener, checking the fabric type and weight before you select the thread.

- **Use sharp needles that are the appropriate size.**

A sharp needle is going to penetrate the fabric easier and is less likely to create a hole or tear in the garment you are repairing or creating. Consider the size of the fastener, the weight of the fabric, and the type of thread used as you select the appropriately sized needle.

- **1, 2, 3: That's enough for me.**

Using too much thread when sewing a button or a hook and eye is a great way to cause knots in the thread and a mess in the stitches on the underside of the garment. Use enough thread to complete the project, not too much, not too little. As a rule of thumb, the amount of thread that extends from your arm to your fingers is a sufficient amount of thread to use for a hand-sewing project involving sewing on fasteners. For a fun way

to remember this, students often say, “1, 2, 3, that’s enough for me” as they are unwinding their thread and typically find this is the length of their arm and enough for hand-sewing (Deaton, 2021).



- **Sew with sufficient light.**

Sewing with insufficient light causes strain on the eyes and can lead to poor posture when sewing. Practice proper posture when sewing at the machine and when hand sewing and use sufficient lighting in both scenarios to ensure a safe and proficient sewing experience. This is true for hand-sewing seams and for securing fasteners.



Image by PIRO from Pixabay

Resources

Resources	QR Codes
Hooks & Eyes, Snaps, and Tape Fasteners	
Types of Fasteners Short Course	

References

Deaton, S. (2021). Teaching Apparel Production. Presentation.

Hackler, N. (2018) Hooks & eyes, snaps, and tape fasteners – University of Kentucky. Edited by M.M. Baker. University of Kentucky College of Agriculture, Food, and Environment. Available at: https://fcs-hes.ca.uky.edu/sites/fcs-hes.ca.uky.edu/files/ct-mmb-029_0.pdf (Accessed: November 4, 2022).

21.

BUTTONS

Sheri Deaton

BUTTONS

Buttons are used on many different types of clothing to temporarily hold two pieces of fabric together. They can be found on dress shirts, skirts, jeans, flannels, and almost any garment. Buttons can be applied for both functional and design.

Learning how to sew a button can be an excellent skill to help you save time and money. Buttons can have two holes, four holes, or a shank. The approach used for buttons varies depending on the style of the button, so learning how to put on all types of buttons is important (Deaton, 2021).

TIP: There is more than one way to approach this process, so embrace the concept of creativity and multi-modal approaches to demonstrating proficiency in this skill. Instruct students using a variety of teaching strategies including, but not limited to demonstration, written directions, video tutorials, and direct instruction.



Photo by Pixabay: <https://www.pexels.com/photo/brass-needle-through-red-cloth-button-39548/>

Two-Hole and Four-Hole Button Steps

- Double-thread a needle and tie a knot at the end.
- Bring the needle up through the ugly side of the fabric and ONE hole of the button.
- Leave a loop.
- Add the space (a pin) between the thread and the button.
- Bring the needle back down through an opposite hole.
- Repeat roughly 6-8 times with the same two holes.

NOTE: If you are sewing a four-hole button, move on to the next pair, forming an X pattern.

- Tie a secure knot.
- Put a needle through the stitches on the wrong side of the fabric.
- Pull the thread through, stopping short to form a loop. Take your needle through the loop and pull tight then repeat once.

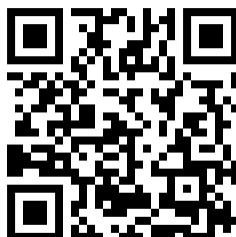
TIP: If you are replacing a button on a garment, note how the other buttons are secured to the fabric. If the garment has buttons with parallel lines on the buttons, create this image using these same steps, but create parallel lines rather than an X with the threads. Match the garment's other buttons to create consistency in appearance and to reduce the chances of noticing the new button placement.



Image by LeoNeoBoy from Pixabay

Watch this video to see step-by-step how to apply these concepts when sewing on buttons.

- **How to Sew Buttons**



Shank Buttons

- Double-thread a needle and tie a knot at the end.
- Pull the needle AND thread through the button and back through the fabric.
- Repeat this 6-8 times.
- Tie a secure knot
 - Put a needle through the stitches on the wrong side of the fabric.
 - Pull the thread through, stopping short to form a loop. Take your needle through the loop and pull tight then repeat once.



Image by PublicDomainPictures from Pixabay

Watch this video to see step-by-step how to apply these concepts when sewing on buttons.

- **Sewing a Button**



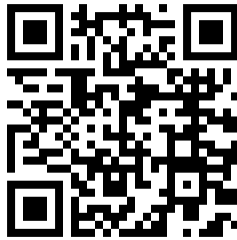
Tightening Loose Buttons or Altering Clothing

Sometimes the buttons are on the garment, but they have gotten too loose. Perhaps you want to add buttons to a garment as a decorative piece, or you need to move buttons to alter a garment for a better fit. In these situations, what should you do and what do you need to accomplish these skills?

Gather items (as necessary) for your project so that you can work efficiently. Items might include small scissors, chalk, measuring tape or seam gauge, sewing pins, a needle, and thread matching the color used on the garment.

Watch this video to see how to simply and securely repair loose buttons.

- **How to Fix a Button: Repair and Tighten a Loose Button**



Watch this video to see how to sew on a button like a master tailor.

- **Sew on a Button Like a Master Tailor**



Hemming it Up



Buttons will fall off or get loose on clothing or home furnishings. Learning how to sew on a button is a worthwhile skill that should be taught in apparel production classrooms. Regardless of the style of the button, all students should be able to sew a button on with ease. Threads should be secured on the back of the garment, and threads should be neatly snipped.

Opportunities to practice these skills will increase students' confidence and abilities in demonstrating this essential skill. Consider using a variety of resources or techniques to allow students to engage in the demonstration of these skills.



Photo by Suzy Hazelwood: <https://www.pexels.com/photo/assorted-color-button-pin-on-brown-surface-1232131/>

Resources

Resources	QR Codes
Bubba Bookmark	
BUBBA Bookmark Rubric	

References

Deaton, S. (2021). Teaching Apparel Production. Presentation.

22.

HOOKS AND EYES

Sheri Deaton

HOOKS AND EYES

Hooks and eyes are commonly used fasteners for areas of a garment that receive a good amount of stress. These could include waistlines of skirts and pants, cuffs of shirts, lingerie, and neck openings. Additionally, hooks and eyes are the most common fastener used on bras.

Hooks and eyes come in a variety of sizes, with size 0 being the smallest and size 3 being the largest (Hackler, 2018). Some patterns will call for multiple hooks and eyes if the area being secured is wide; however, most patterns use one set of hooks and eyes. In general, here are the common uses for the different types of hooks and eyes:

- **Heavy Duty Hooks & Eyes:** Waistband closures
- **Hook & Round Eye:** Necklines where the edges of the garment meet, but do not overlap
- **Hook & Straight Eye:** Necklines where the edges of the garment overlap



Hook & Eye How-To

While there is “more than one way to Wal-Mart” the following step-by-step tutorial was co-created in the author’s course by students who were involved in researching and teaching this topic. Student success has been consistent when students focus on their skills for one part of this fastener at a time. Additionally, consider using

tape to hold the fasteners in place if they are slipping as you begin to sew. Take your time, breath, and relax (Deaton, 2021).

Steps for Hook

- Double-thread your needle with a knot at the end.
- Prepare your hook and eye for use by placing them on your fabric (1/8th of an inch away from the side of the fabric; hook on the left, eye on the right).
- Start the stitch where you plan to place your hook or eye to hide the starting point, but only stitch through the top layer of fabric.
- Sew on top of that stitch 2-3 times.
- Position the hook on your fabric and slide the thread underneath the actual hook sliding the needle through the fabric to the side of the hook (use the width of the hook to determine where to enter and exit the fabric; do this 2-3 times).
- During the last stitch of securing the hook, bring the needle to the top and exit through the hole.
- Bring your needle and thread back through the hole and put your needle through the loop, as if you're knotting it off. Do this 4-5 times.
- Do the same thing to the other hole. Finish the seam with a backtack knot.

Steps for Eye

- Position the eye on the hook.
- Line up the garment so you know exactly where to sew the eye.
- Sew through the eyes just like you did on the holes of the hook.
- Anchor down the loop of the eye by doing the same stitch you did on the eyes to one side (2-3 times).
- Do the same thing to the other side of the loop. Finish the seam with the backtack knot.
- Hook the eye into the hook and you are finished!






Photo by Pixabay: <https://www.pexels.com/photo/contemporary-gradient-handrails-perspective-434645/>

Hemming it Up

Lau Tzu is credited with saying “The journey of a thousand miles begins with one step.” To properly insert hooks and eyes you need to take many steps. Each step along the way, practice small and even stitches, pulling the thread all the way through to eliminate bunches of thread and knots. Ideally, the back of the hook and eye will be neat, and the fasteners will firmly adhere to the fabric.

Remember that each step must be taken, so do not rush through this process or you will be disappointed with the results of your work. One step at a time, one stitch at a time, and this fastener will be secured, and you will be happy with the product.

Resources

Resources	QR Codes
Hooks & Eyes, Snaps, and Tape Fasteners	
How to Sew Hooks and Eyes Video Tutorial	
Sewing Hook and Eyes	

References

Deaton, S. (2021). Teaching Apparel Production. Presentation.

Hackler, N. (2018) Hooks & eyes, snaps, and tape fasteners – University of Kentucky. Edited by M.M. Baker. University of Kentucky College of Agriculture, Food, and Environment. Available at: https://fcs-hes.ca.uky.edu/sites/fcs-hes.ca.uky.edu/files/ct-mmb-029_0.pdf (Accessed: November 4, 2022).

23.

SNAPS

Sheri Deaton

SNAPS

While hooks and eyes are commonly used fasteners for areas of a garment that receive a good amount of stress, snaps are generally used in areas where there is little stress or strain on the fabric (Hackler, 2018). Snaps are an alternative fastener to buttons and are commonly used in bridal apparel, costumes, infant and toddler clothing, shirts, and lingerie.



Photo by Polina Tankilevitch:
<https://www.pexels.com/photo/baby-clothes-arranged-on-bed-3875080/>

Snaps come in a variety of sizes, colors, and finishes (Hackler, 2018). Each type of snap has various applications and purposes. In general, use small-sized snaps for lightweight fabrics and larger-sized snaps for heavyweight fabrics. There are two different parts to a snap:

- The **ball** has a little round knob that sticks up. The ball goes into the socket.
- The **socket** is concave and allows the ball to fit in the opening.



Oh, Snap!

The following are general suggestions for how to affix a snap to a garment. It is important to note that hanging snaps, covered snaps, gripper-type snaps, and snap tape are all installed in slightly different ways. Teaching students how to install a traditional snap is most important as this knowledge can be transferred to other types of snaps and their specific installation techniques (Deaton, 2021).

- Double-thread your needle with a knot at the end.
- Position your ball snap about 1/8 inch from the edge of the garment on the wrong side of the fabric.
- Make a small stitch, catching only the inside layer of the fabric.
- Start your stitching with a knot that will lie under the snap.
- Thread the needle through one hole on the snap, and work through the hole with 3-4 stitches to secure.
- Once you complete the first few stitches, push the needle across the top layer of the fabric and underneath the hole to move on to the next hole. Repeat step 3 for each of the four holes around the edge of the snap.
- Once the snap is sewn on, knot off the thread with a backtack stitch concealed under the snap. Going through just the top layer will ensure an invisible finish.

TIP: Double-check that you have this correct before stitching the snaps onto the garment, otherwise you may finish sewing and find that you have put one side on the wrong way therefore the ball cannot go into the socket.

- Repeat these steps for the socket side of the snap. The socket side will be sewn on the top of the underside of the flap. Check to be sure the garment will lie smoothly when snapped.



Image by Nebraska Department of Education
from Pixabay

TIP: Give students ample time in class to practice this skill, creating a classroom that is calm and conducive to student engagement and construction. Light music playing in the background can calm students' nerves and set the tone for the day. This skill would be an excellent skill to put in a working portfolio as students continue to refine their hand-sewing abilities. Consider even taking some snapshots of students creating snaps as a fun play on words and a way to document their growth and abilities.

Hemming it Up

Sewing on snaps can be quite tricky for individuals as it requires an enormous amount of hand-eye coordination and meticulous stitches. To prevent students from snapping, offer multiple opportunities for them to practice this skill. We know that practice makes permanent!

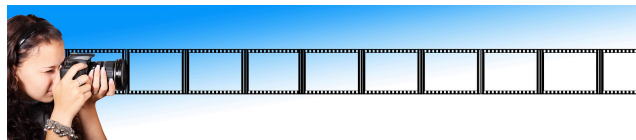




Image by Gerd Altmann from Pixabay

Resources

Resources	QR Codes
How To Attach Snaps to Clothing	
Setting Snaps: How to Set 4 Types	

References

Deaton, S. (2021). Teaching Apparel Production. Presentation.

Hackler, N. (2018) Hooks & eyes, snaps, and tape fasteners – University of Kentucky. Edited by M.M. Baker. University of Kentucky College of Agriculture, Food, and Environment. Available at: https://fcs-hes.ca.uky.edu/sites/fcs-hes.ca.uky.edu/files/ct-mmb-029_0.pdf (Accessed: November 4, 2022).

24.

ZIPPERS

Sheri Deaton

ZIPPERS

Growing up, my family did not have an enormous amount of discretionary spending money. What we lacked in finances, my family more than made up for in love, talents, and work ethic. I remember my mother and grandmother making numerous articles of clothing for me over the years. I also remember my mom dreading the installation of the zipper.

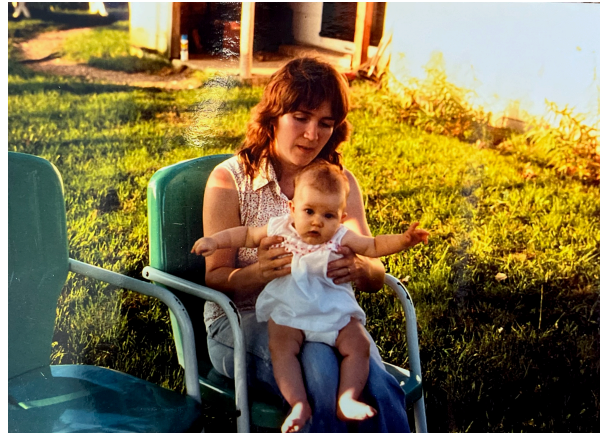


Photo of Dr. Deaton and her mother

When I took an apparel production course in college, I dreaded the day we began discussing how to install a zipper. However, I also remember the instructor letting us in on a few tips and tricks that she used to ensure a quality zipper that was installed with limited tears and frustration. I went from dreading the installation of zippers to looking forward to the challenge (Deaton, 2021).

Before diving into the procedures for installing a zipper, let us make sure we know the zipper terminology.

TIP: Do not forget your professional blind spots. What are these? Professional blind spots are areas where you are the expert, and you may forget or not see that others do not know something that you consider “common sense” or “common knowledge.” Take time to establish a base floor of understanding with your students, never forgetting how difficult these concepts might be for someone new to sewing.

Zipper 101

- Zippers have **TEETH**. The teeth are the metal or plastic parts of the zipper that interlock into each other.
- Zippers have **TAPE**. This is the fabric part of the zipper that does not have teeth. You will be using the

edge of the tape to line up with the zipper installation line or the edge of the fabric, depending on the installation technique used.

- Zippers have a **TAB**, also called **SLIDER**. The tab (or slider) is the metal or plastic pull that is used to zip up or unzip the teeth of the zipper.
- Zippers have a **CLAMP**, or a **STOP**, at the end of the teeth. The clamp (or stop) could be metal or plastic. The purpose of this part of the zipper is to keep the teeth together.
- Zippers should be installed using a **ZIPPER FOOT**. The zipper foot was designed to allow the foot to gently push the teeth back while sewing to ensure that the seam is as close to the teeth as possible.
- Zippers have different classifications and lengths. Read the pattern envelope to determine the length of the zipper you need to purchase and the type of zipper you need to purchase. A standard zipper is common for many projects; however, an invisible zipper may be called for in certain apparel. Always purchase the appropriate style and length of the zipper.

NOTE: For a step-by-step process on how to alter the length of a zipper, check out the resources at the end of this chapter.



Image by PublicDomainPictures from Pixabay

Zippity Do-Da

While everyone has their unique approach to installing zippers, consider the following concepts as you tackle this task.

- The first thing you need to do is to change your regular presser foot to a zipper foot.

TIP: You can put the zipper foot on EITHER way, so the needle is on the left or the right. The goal behind the placement of the zipper foot is to ensure that the needle is as close to the teeth of the zipper as when sewing.

Technique #1

Use this technique when sewing a zipper to two separate pieces of fabric.

- Put the GOOD side of your zipper on the good side of the fabric.
- The tape and edge of the fabric should be lined up.
- Sew SLOWLY, adjusting as needed. Backtack at the beginning and end. Move the zipper pull as needed.
- Once you have sewn one side, sew the other, matching the pretty side of the zipper with the pretty side of the fabric, with the tape of the zipper on the edge of the fabric.
- Sew the same seam allowance that you sewed on the other side, backtacking at the beginning and end.
- Press the fabric.
- Topstitch to make the fabric less likely to get caught in the zipper.

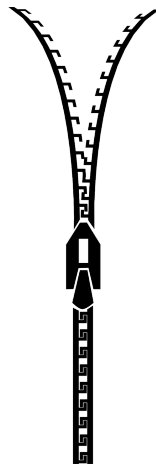


Image by
OpenClipart-Vectors
from Pixabay

Technique #2

Use this technique when creating a concealed zipper.

- BASTE a 5/8" seam, with the right sides of the fabric together. Do NOT backtack at either end.
- Press the seam open.
- Line up the teeth of the zipper along the center of the basted seam. Pin this carefully!
- Carefully and slowly sew along the side of the zipper.
- Sew until you are below the metal clamp.

- Turn the fabric with the needle in and sew across the base.
- Turn the fabric with the needle in and sew up the other side.
- Using a seam ripper, rip open the basting stitches, revealing the teeth of the zipper. Do this slowly and carefully!
- Take out all loose threads. Press and you are done!



Image by Alexa from Pixabay

Technique #3

Use this technique when installing an invisible zipper. If the pattern calls for an invisible zipper, be sure to purchase an invisible zipper, not a standard zipper. Also, many sewing machines have an invisible zipper foot that you could use when installing an invisible zipper. You can use the standard zipper foot if your machine does not have this foot.

- Stabilize the seam with interfacing about 1" longer than the zipper.
- Line up the interfacing on raw edges and press.
- Press the zipper teeth away from the zipper tape.
- Use the line on the zipper to guide your sewing.
- Start with the zipper closed, with the right side of the zipper on the right side of the fabric.
- Pin in place, then unzip the zipper.
- Line up the zipper's edge on the seam allowance's edge. Pin in place.
- Sew until notch/mark at the bottom to indicate where sewing should stop.
- Make a mark on the other side of the zipper to indicate where you should stop sewing.
- Pin the other side of the zipper, with the right side of the zipper on the right side of the fabric.
- Pin in place, then open the zipper all the way.
- Pin in place as you did before.
- Move your foot so the zipper teeth are close to the needle.

- Stitch until the mark on your zipper. **Very important that these match up!
- Place the pin on the seam allowance under the zipper teeth, pushing the zipper out of the way.
- Start sewing just a few stitches above where you left off, and stitch down a few more inches.
- Switch to a standard presser foot and finish off the seam allowance.
- Start on your last stitch and sew to the end of the fabric.



Photo by cottonbro studio:
<https://www.pexels.com/photo/a-woman-unzipping-her-dress-6862117/>

Hemming it Up

Zippers may seem intimidating to install, and admittedly, they do require time, effort, and patience. However, once you have practiced this skill you may find yourself zipping through projects just to get to the zipper installation!






This author challenges you never to give up, never stop learning, and keep on, even when the project or life seems difficult. It is in those difficult moments that true strength is developed and skills like problem-solving, critical thinking and stick-to-itiveness are formed.






Photo by Prateek Katyal:
<https://www.pexels.com/photo/black-and-white-laptop-2740956/>

Author Created Tutorials

Check out these videos created during the spring 2020 semester for step-by-step tutorials on how to create zippers using these techniques.

Resources	QR Codes
Technique 1: part 1	
Technique 1: part 2	
Technique 2	
Technique 3: part 1	
Technique 3: part 2	

Resources

Resources	QR Codes
How to Shorten a Zipper, Three Ways on the Craftsy Blog	
Sewing a Centered Zipper	
Structure of a Zipper / YKK FASTENING PRODUCTS GROUP	

References

Deaton, S. (2021). Teaching Apparel Production. Presentation.

PART VII

UNIT 7 SEAMS

UNIT 7 SEAMS

Practice makes permanent.

Regardless of the type of seam students are creating, they need opportunities to practice their skills. Practicing on paper first may prove to be an economical choice. Allow students the opportunity to practice making straight and curvy stitches. Additionally, allow them opportunities to practice turning corners while leaving the needle in the paper.

Practicing on paper first will increase students' confidence, speed, and proficiency (Deaton, 2021). Consider using the resources located at the end of each chapter as you teach your students how to sew on the sewing machine.

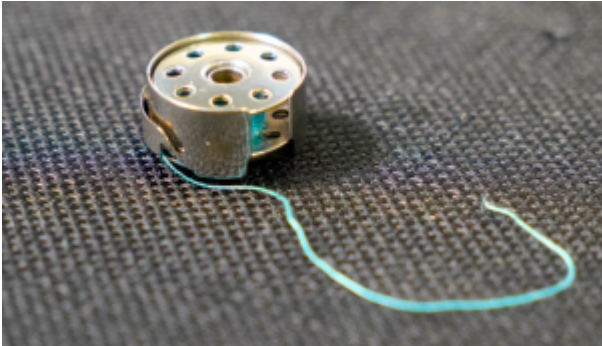
As students become more proficient in sewing straight stitches, allow students to sew fabric scraps together to both increase students' proficiency and confidence while also reducing the amount of scrap fabric on hand. Remind students of how to thread the sewing machine and model for them the correct techniques for how to problem solve when they hit a roadblock.





Photo by cottonbro:
<https://www.pexels.com/photo/person-using-a-sewing-machine-3738095/>

TIP: Have sewing machine threading races or bobbin winding races to reinforce the correct techniques for

each process. As students begin sewing seams, they will need to change their thread color and wind bobbins frequently, so the more practice they get, the more proficient they will become with this task.



Resources

Resources	QR Codes
7 Different Types of Seams and How to Use Them in Garments – 2022 – MasterClass	
Sewing Machine Practice Sheets	

References

Deaton, S. (2021). Teaching Apparel Production. Presentation.

25.

STRAIGHT SEAM

Sheri Deaton

STRAIGHT SEAM

Apparel and home furnishings are created through the use of a variety of seams, with the straight seam being the easiest one to master and the one most frequently used. The straight seam, also called a simple seam, is a straightforward application of sewing two pieces of fabric together. Do not be confused by the name... a straight seam can be curved, straight, or at an angle. The fact that it is a simple application is what gives it the name “straight seam” (Deaton, 2021).

TIP: Have students practice sewing straight seams together on scraps of fabric. Ensure that they backtack at the beginning and the end of the seam. Show them how to sew various seam allowance depths, including $5/8$ ", $1/2$ ", and $1/4$ " or presser foot distance.



Image by jacqueline macou from Pixabay

When two pieces of fabric are stitched together, this is a seam. Below are some general expectations for seam creation, with a few exceptions along the way.

Seams Straight Forward

- **Seams are created by putting two pieces of fabric together, with the right sides facing each other.** Some fabrics do not have a true right or wrong side, yet most do. The “right” side of the fabric is the side that has the print or bright and pretty colors on it. The wrong side of the fabric is the underside of the fabric. This “ugly” side is the wrong side of the fabric and is hidden when the project is completed. There are a few exceptions to this rule, one of which is the creation of the French seam.

TIP: Use as many pins as you feel necessary for pinning the fabric together. I like to use as few pins as possible. If you do use pins, be sure to take them out before you get to them to ensure you do not break your needle!



Photo by Anete Lusina:
<https://www.pexels.com/photo/black-textile-with-sewing-pins-in-studio-7256915/>

- **Seams are held together with a knot at the beginning and the end of the seam.** This is created through backtacking at the beginning and the end. Without a knot at one or both ends, the seam would split wide open.

Simple Process

- Line up the needle creating the appropriate seam allowance. Most patterns call for a 5/8" seam allowance. *Always read and follow the pattern envelope.*
- Put the presser foot down. Sew forward 2-3 stitches.
- Hold the reverse button (or reverse switch) and sew backward over the stitches you just made. This is called "backtacking" and is how you make a knot at the beginning of the seam.
- Release the reverse button or switch. Sew forward, back over the same stitches you just made, sewing down to the end of the length of fabric, or wherever the seam is marked to end. Keep the fabric straight, ensuring you are sewing a straight seam and creating a straight seam allowance.

TIP: If you are sewing with a slippery fabric like velvet or satin, you may consider using a rubber band on your throat plate on the designated seam allowance line. As you sew, keep your eyes on the fabric to ensure that it

stays on the edge of the rubber band. This strategy can help not only with certain fabrics, but also with those who are new to sewing, those who are visually impaired, or those who lack confidence in their abilities.

- At the end of the fabric, or where the seam is supposed to end, stop. Use the reverse button (or switch) and sew backward 2-3 stitches over the stitches you just made.
- Release the reverse button or switch and sew forward to the end, sewing again over the stitches you just made. This is called “backtacking,” and this is how you make a knot at the end of the seam you just created.



Image by Bruno /Germany from Pixabay

Hemming it Up

The straight seam is one that is simple, straightforward, and should be easy for students to master. It is a good idea to introduce this seam application to students first as students’ mastery of this skill will build their self-efficacy, skills, and problem-solving abilities. Remind students of the importance of backtacking to ensure their hard work does not unravel.

To ensure the appropriate fit of garments and sizes of items for home furnishings, reinforce the concept of reading the pattern envelope to ensure the seam allowances are created appropriately. A pattern that calls for a 5/8” seam allowance will not be properly constructed if it is sewn at a 1/4” or 3/8” seam allowance.

Regardless of the seam application, it is essential to read and follow the directions. Allow students opportunities to make healthy mistakes and to use “Sally the seam ripper” when they mess up. Sewing is a process that takes time to master, one stitch at a time.

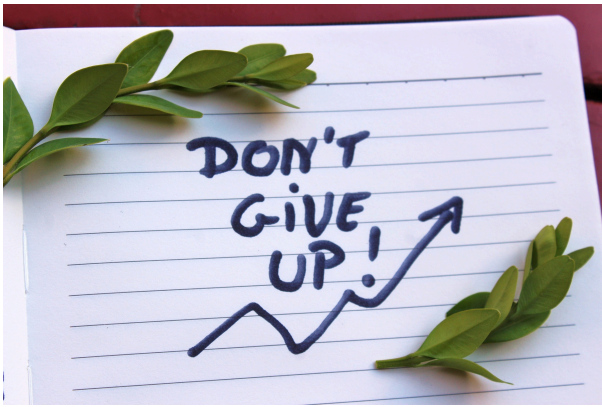




Image by Marta Kulesza from Pixabay

Resources

Resource	QR Codes
HOW TO SEW A STRAIGHT STITCH	
Plain Seams	

References

Deaton, S. (2021). Teaching Apparel Production. Presentation.

26.

FLAT FELLED SEAM

Sheri Deaton

FLAT FELLED SEAM

The flat felled seam is one that is used frequently on shirts, outerwear, and denim. It is extremely durable and sturdy, providing a clean and neat finished look to the product created. Many machines come with a specialty foot that can be used for this seam, however, you can also create this seam with the standard presser foot. Regardless of the presser foot used, patience and practice are critical components as you grow in your abilities to create a flat felled seam (Deaton, 2021).



Photo by Engin Akyurt:
<https://www.pexels.com/photo/photo-of-blue-denim-textile-1482180/>

No Fail Flat Felled Seam

To make a no-fail flat felled seam, consider using the following steps. Additionally, consider utilizing the resources found at the end of the chapter to continue to aid in your understanding of this process.

- With the wrong sides of the fabric together, sew a straight seam using the seam allowance indicated on the pattern envelope. Backtacking at both ends to secure the seam.
- Press the seam allowances in one direction.
- Using fabric shears, trim the upper seam allowance to $\frac{1}{4}$ ".
- On the remaining seam allowance, turn it under $\frac{1}{4}$ " and press. Fold this side over the trimmed edge, hiding the seam allowance that was trimmed. Pin in place as needed, ensuring the width of this seam is consistent.

- Sew 1/16" along the folded edge of the seam allowance, backtracking at the beginning and the end.

TIP: Always follow the pattern envelope's directions for the seam allowance. Many patterns use a 5/8" seam allowance, so this is a good place to start for students who are developing their sewing skills.



Image by NatureFriend from Pixabay

Hemming it Up

Personally, this seam was perhaps the toughest seam to stitch but was very rewarding to finally accomplish. In this author's experiences, students will have a love or hate relationship with this seam.

Knowing how to create a flat felled seam is essential if students are going to create apparel or home furnishings that use this seam. The more opportunities students have to practice creating these parallel lines, the more comfortable they will be with their approach and application of this seam.



Image by Gerd Altmann from Pixabay

Resources

Resources	QR Codes
How To Sew A Flat Felled Seam: A Tutorial With Pictures – The Creative Curator	
How to sew Flat felled and French Seams	
Sewing a Flat Fell Seam	
Tutorial: How to sew a flat felled seam without a specialty foot Colette Blog	

References

Deaton, S. (2021). Teaching Apparel Production. Presentation.

27.

FRENCH SEAM

Sheri Deaton

FRENCH SEAM

The French seam creates a durable, self-enclosed seam to ensure that none of the raw edges are visible. This seam is common on sheer fabrics, children's clothing, pillowcases, and in window treatments. While difficult to create on a curved seam, French seams can be quite easy to sew on straight seams once the technique is mastered (Deaton, 2021).



Image by Jill Wellington from Pixabay

For a project integrating French seams, check out the Magic Pillowcase in this textbook located in Unit 10: Sample Projects.

TIP: Consider integrating French vocabulary words, music, and even thematic decorations in your classroom as you teach this skill. Integration of the senses will help these skills stick with students in their long-term memory.



Image by Dan Novac from Pixabay

French Seam Voila

To make a French seam, consider using the following steps. Additionally, consider utilizing the resources found at the end of the chapter to continue to aid in your understanding of this process.

- Place the wrong sides of the fabric together. This is the opposite of what you do for a simple straight stitch. Pin in place as needed, and stitch a $\frac{3}{8}$ " seam, backtacking on each end.
- Trim the seam allowance so that it is less than $\frac{1}{4}$ ".
- Press the seam allowance open.
- Fold the right sides together and press again, pressing the seam allowance into the seam. Stitch along the original seamline, $\frac{1}{4}$ " or presser foot distance from the fold, backtacking at the beginning and the end.
- Press the seam to one side.



Photo by Marcos Abreu:
<https://www.pexels.com/photo/serial-shot-of-city-3631051/>

TIP: The general rule of thumb for creating a French seam is to subtract $\frac{1}{4}$ " from the normal seam allowance. These directions are written from the perspective of a $\frac{5}{8}$ " seam allowance because many patterns use this as a standard seam allowance. Always read and follow the directions provided by the manufacturer.

Hemming it Up

You do not have to take a trip across the globe to experience the elegance of the French seam. While challenging in the beginning, learning how to create this seam is a worthwhile investment and one that can take your apparel or home furnishings to the next level.




Students who do not have access to a serger may find this technique helpful as they finish seams to prevent raveling as it encloses the raw edges of the seam allowance. Remind students of the skills they are learning as

they create these seams and do not forget to use positive reinforcement along the way. ***Bon travail!*** (Good work!)



Image by Pexels from Pixabay

Resources

Resources	QR Codes
Best Way How to Sew a French Seam TREASURIE	
How to sew Flat felled and French Seams	
How to Sew a French Seam	

References

Deaton, S. (2021). Teaching Apparel Production. Presentation.

28.

WELT SEAM

Sheri Deaton

WELT SEAM

The Welt seam is similar to the flat felled seam and is suitable for medium to heavy-weight fabrics. Seam allowances may vary, but this strong and functional seam makes a beautiful decorative finish. While most seams are best designed using a thread color that mirrors the fabric, consider creating this seam with a complementary or contrasting thread to showcase this beautiful seam.

TIP: For a professional and smooth finish, consider pressing the fabric at each stage of creation. Do not neglect this part of the process! A few extra moments at the ironing board will save you tears and a date with Sally the Seam Ripper.



Photo by Karolina Grabowska:
[https://www.pexels.com/photo/
person-ironing-a-fabric-5202911/](https://www.pexels.com/photo/person-ironing-a-fabric-5202911/)

We Welt

To make a Welt seam, consider using the following steps. Remember, “there is more than one way to Wal-Mart,” (Deaton, 2021), so if these steps do not make sense to you, or you are more of a visual learner, utilize the resources found at the end of the chapter to assist you with this seam.

- Place the right sides of the fabric together. Pin in place as needed, and stitch a $\frac{3}{8}$ " seam, backtacking on each end.
- Press the stitches to set the seam. Then, press the seam in one direction, ensuring the seam does not pucker.
- Trim the lower seam allowance so that it is less than $\frac{1}{4}$ ".

- Overlock or zigzag the top layer of the seam allowance.
- Press the finished seam allowance flat.
- From the right side, top stitch to enclose the shorter seam allowance. As you sew through three layers (garment layer, finished seam allowance, raw seam allowance) this conceals the raw edge and sets this durable seam in place.
- Press the seam for a finished and professional look.



Image by Gábor Adonyi from Pixabay




TIP: Consider adding extra layers of topstitching for a more decorative finish. Contrasting or complementary colors of thread will make this seam pop!

Hemming it Up

The Welt seam is an excellent one for you to add to your skill set if you are looking for a polished way to finish seams without using a serger. This enclosed seam is less likely to fray with everyday use and care.

Students will need patience and opportunities to practice the Welt seam before they feel confident and proficient in implementing this skill. Progress may not come in leaps and bounds, but it will come in one stitch at a time. You've got this!

Resources

Resources	QR Codes
How To Sew Welt Seam – Fashion Wanderer	
Welt Seam – Easy Tutorial for Strong Seams	
Welt Seam Tutorial: 5 Simple Steps – The Creative Curator	

References

Deaton, S. (2021). Teaching Apparel Production. Presentation.

PART VIII

UNIT 8 APPAREL CONSTRUCTION

UNIT 8 APPAREL CONSTRUCTION

In this section of the text, we will explore specific skills needed for apparel construction. While this section focuses on the application of these skills in the apparel industry, knowing how to accomplish these tasks will assist you with any sewing project.



Image by [Lara Gonzalo](#) from [Pixabay](#)

Specific skills we will unpack in this section of the textbook include how to: ***use gathering and easing, and how to create darts, tucks, pleats, ruffles, pockets, and ties.*** While all of these skills will not be used in creating apparel or home goods, knowing how to quickly and efficiently implement these will ensure a professionally created product that reflects industry standards (Deaton, 2021).



Photo by Ksenia Chernaya:
<https://www.pexels.com/photo/a-ruffled-flower-shaped-fabric-with-polka-dots-on-a-hanger-6334379/>

It is important to note that there are multiple interpretations of how to accomplish each of these skills. The step-by-step directions presented in this text are reflective of this author's decades of teaching these skills in the classroom. Use the resources provided at the end of each chapter to better understand these concepts and consider how to apply these principles in apparel production.



Image by Gerd Altmann from Pixabay

References

Deaton, S. (2021). Teaching Apparel Production. Presentation.

29.

GATHERING AND EASING

Sheri Deaton

GATHERING AND EASING

Gathering and easing are both strategies for controlling extra fabric when you have two pieces of fabric that are not the same length. In general, easing is used for a little extra length and adds a small amount of shape to a garment while gathering controls a larger amount of fabric and creates more interest and movement.

When the directions state to create gathers, the purpose is to work in fullness. Generally, gathering is used to work in a greater amount of fullness than easing. Both techniques are essential to know and understand and are easy ways to add movement or shape (Deaton, 2021).



Photo by Luiz Fernando:
<https://www.pexels.com/photo/dreamy-woman-in-historical-costume-with-apple-near-window-2922445/>

Gathering Guidelines

Consider following these step-by-step directions to create a simple gathering for your next project. Additional resources are located at the end of the chapter to enhance your sewing experiences and allow you to explore this topic through a variety of mediums.

- Adjust the stitch length on your machine to make it a longer stitch. (3.0 – 4.0)

- Sew one row of basting stitches $\frac{1}{8}$ " from the edge of the fabric across the area to be gathered. Do not backtack. Leave tails of thread at the end of the seam.
- Sew a parallel line $\frac{1}{8}$ " from this first basting stitch, following the same method.
- Grab the top strings from both seams and pull the fabric toward you. You should start to see the seam gather.

TIP: Some people find it valuable to wrap the remaining strings around a pin to ensure they stay in place as they gather. Consider using this technique to see if it works well for you!

- Pull the top strings from both sides, ensuring the gathers are even and the fabric is the length you desire.
- Once you have the fabric gathered enough and to the right size, tie off both sides. Tie all four strings together on both ends of the fabric to ensure the gathers do not come out when you adjust and sew.
- When the gathers are where you want them, adjust your machine back to a normal sewing stitch length. Sew a normal straight seam through the middle of the two basting rows.
- Sew slowly and guide the fabric to ensure a straight stitch and that the gathers are evenly spaced. Backtack at the beginning and end of the seam.
- Use a seam ripper and carefully remove the basting stitches.

TIP: The gathering seams will be removed during the final phases of construction, so it is not necessary to choose a thread color that mirrors the fabric. Encourage students to use a thread that contrasts or pops against the fabric to see the gathers more clearly when they are first learning how to accomplish this skill.



Image by Renee Olmsted from Pixabay

Easy Easing

Easing is typically used when you need to add an extra amount of shape to a garment in the shoulder, sleeves, hem, or waistband. Note the pattern symbols (dots, circles or notches) and transfer these markings to the

fabric. While there are many strategies for easing in easing, consider using the following approach to help with this process.

- Transfer the pattern markings indicating where the easing will start and stop
- Pin the seam at the beginning and end of the area to be eased
- Bend the seam slightly away from you to smooth out the ease
- Pin down the fullness to keep it from bunching
- Follow the steps for creating gathers by creating parallel basting stitches and finishing the seam (See above)



Photo by Payam Rafiee:
<https://www.pexels.com/photo/woman-in-white-long-sleeve-shirt-and-cap-6604520/>

Hemming it Up

Gathering and easing are fun ways to add movement, bulk, and interest to apparel. Creating gathers and easing are fairly simple processes, but ones that should be practiced. The most common error in creating either of these techniques is not adjusting the stitch length to create the basting stitches. Remind yourself of the importance of this step and you will see success in your gatherings.

Go forth and Gather with Ease!



Image by Keith Johnston from Pixabay

Resources

Resource	QR Codes
Easing and Gathering	
Easing, Gathering, and Shirring	
Gathering Fabric This Way from Now On	
Gathering Fabric Techniques	
How to Gather Fabric	

The Ease Stitch



References

Deaton, S. (2021). Teaching Apparel Production. Presentation.

30.

DARTS

Sheri Deaton

DARTS

Darts are folds that are sewn into the fabric to provide shape to a garment. The purpose of a dart is to shape flat fabric to fit the curves of the body. Darts can be used to alter clothing to make garments more fitted to the body. In apparel production, darts can be sewn on shirts, skirts, pants, dresses, and other pieces of clothing (Deaton, 2021).

Darts may be straight or curved, and they may have one or two points. These additions to a garment provide interest and shape and are commonly found in female clothing. It is imperative to transfer the dart markings from the pattern to the fabric with care and precision to ensure perfect placement and execution of this skill.



Photo by cottonbro studio:
<https://www.pexels.com/photo/woman-in-black-hat-standing-near-the-chair-9210386/>

Darling Darts

Use these directions to learn the process of how to create a dart, but please follow the specific guidelines in the pattern instruction sheet to ensure the quality construction of darts for your project.

- Transfer the pattern markings from the pattern to the fabric.
- Fold the dart to match the dots/lines. Pin in place as desired.

TIP: For those new to sewing, consider using a straight ruler and a fabric pencil to draw a straight line from the beginning of the dart to the edge of the fabric. Seeing this straight line will assist in creating a straight and smooth dart.

- Start sewing slowly along the marked line on one side. Backtack at the start of the seam.
- Sew off the edge of the fabric. Do not backtack.
- Knot the thread close to the edge to ensure it does not come undone.
- Press the dart toward the seam allowance, or as directed in the pattern envelope.

TIP: Some darts are very bulky and require trimming. Consider trying this technique and note the difference in appearance between a trimmed dart and an untrimmed dart.



Image by Victoria_Watercolor
from Pixabay

Duo Darts

If you are sewing a double-pointed dart, sew it as though it were two single-pointed darts using the following guidelines.

- Transfer the pattern markings from the pattern to the fabric.
- Start sewing at the widest point of the dart without backtacking.
- Sew off the edge of the dart just like you would a single dart and finish with a hand knot. (See above.)
- Return to the center of the dart and stitch over the previous starting stitches, sewing toward the other end of the dart.

- Finish this end of the dart using the same techniques as you would for a single dart. (See above.)
- Clip the center of the dart (at the widest part) to relieve fabric stress.



Image by jacqueline macou from Pixabay

Hemming it Up





Learning how to create darts is an essential skill for every aspiring tailor or seamstress. Darts add shape, structure, and interest to a garment. Placement of the darts can either accentuate or camouflage parts of the body, creating a sleek and polished look to enhance any body type.

Altering dart sizes can be an adaptation to an ill-fitting garment and a simple adaptation to consider implementing if the clothing purchased is too large or does not flatter your body type. Check out this resource created by Heather Handmade where she outlines how to add back darts to address for a better fit. Challenge yourself to use this technique in your next apparel production project!



Image by Tumisu from Pixabay

Resources

Resource	QR Codes
How to Sew Darts for Shaping Fabric	
How to Sew Plain & Curved Darts: Sewing 101 for Beginners	
Sewing Darts Tutorial	
Tutorial: How to sew darts	

References

Deaton, S. (2021). Teaching Apparel Production. Presentation.

31.

TUCKS

Sheri Deaton

TUCKS

A tuck is a stitched fold of the fabric. Tucks are primarily decorative, while released tucks can also add shape and structure to a garment (Deaton, 2021). Tucks add a high-end design quality to a finished product. There are multiple ways to create tucks, with some of the most common being pintucks, dart tucks, blind tucks, and spaced tucks. Regardless of the type of tuck you are creating, you will need patience, marking tools, and opportunities to practice this skill.

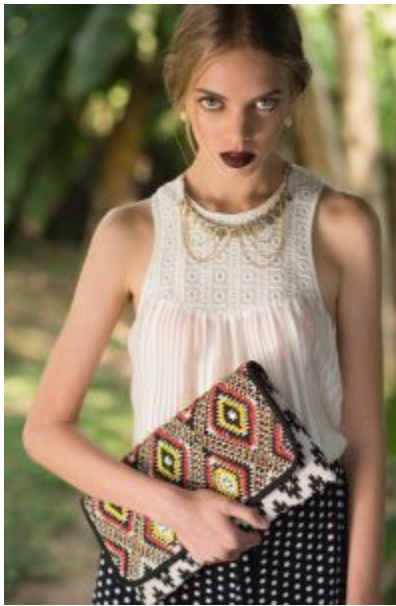


Photo by Rulo Davila:
<https://www.pexels.com/photo/woman-wearing-a-white-blouse-holding-a-handbag-5315334/>

For this chapter, we are going to focus on how to create pintucks. Pintucks are very thin folds of fabric that are stitched and ironed to one side. This decorative feature is used on lightweight fabrics, blouses, and dresses, as well as various tailored items like trousers, blazers, and jackets. While pintucks are very narrow and subtle, they make a huge difference to the design of a garment. Finally, although pintucks do not affect fit, they can give the illusion of a slender, taller figure.



Photo by Ron Lach:
<https://www.pexels.com/photo/body-of-woman-with-brown-pleated-dress-7944784/>

TIP: When teaching a new skill or concept to students, spend time activating their minds to help them see where this new learning might fit within their current schema. Below are a few activation questions to consider integrating into your practice as you strive to help students build deeper understandings.

- What do you already know about _____?
- Where have you seen _____ implemented/utilized?
- What skills/techniques do you think would be important to know and possess for the creation of _____?
- Why do you think this is an important skill/concept to understand?

Questions such as this help build students' connections with the content and build on their current and previous understandings. These Higher Ordered Thinking (HOT) questions or Depth of Knowledge (DOK) questions begin to activate students' prior knowledge, thus building the connections between former knowledge and current constructs. This scaffolding technique will help new findings to be "tucked" into students' memories and will better equip them for storing this understanding in their long-term memory (Deaton, 2021).

For more information about HOT questions, check out this Higher Ordered Question article by Dataworks Educational Research.



To learn more about DOK questions and how to integrate them into your educational practice, check out this DOK Wheel Slide for Teachers distributed by The University of Texas.



Photo by Leeloo Thefirst:
<https://www.pexels.com/photo/question-marks-on-paper-crafts-5428833/>

Perfect Pin Tucks:

- Mark the fold lines 1" apart. It is very important to make these lines consistent.
- Fold and press each of the fold lines. Make sure these are straight.

- Sew each fold line at 3/8" (presser foot distance). Backtrack at the beginning and the end of each seam.
- Press the seam allowances flat and in one direction.
- Either use a basting stitch across the top of the stitches or use spray starch to keep the tucks flat. If using starch, spray the starch on the fabric and then iron flat.

TIP: If you want wider tucks, follow the same directions but use 2" tucks, marking the fold lines 2" apart instead of 1" apart.

Hemming it Up




Decorative tucks are an excellent way to add interest and shape to a garment. The applications for tucks are endless, with your creativity being the only limitation. Each variation of a tuck creates a different optical perspective, making this technique a highly valued technique among tailors and fashionistas.

As you prepare to create tucks, ensure that you have adequate lighting, proper sewing and pinning posture, and ample time to focus on the task at hand. Don't tucker out on this task—keep at it and you will be pleased with the final product!



Photo by cottonbro: <https://www.pexels.com/photo/woman-sewing-while-sitting-on-chair-3738088/>

Resources

Resource	QR Codes
How to Manipulate Fabric with Tucks	
Sewing Beautiful Tucks	
What Are Fabric Tucks And How To Sew Them – Doina Alexei	

References

Deaton, S. (2021). Teaching Apparel Production. Presentation.

32.

PLEATS

Sheri Deaton

PLEATS

Pleats are decorative and can help remove unwanted bulk from garments. Pleats are commonly found in skirts or dresses. They allow the fabric to be fitted in one area, while full in another.

Used around the waistline, pleats can be for decorative purposes to accentuate the narrowness of a waistline while enhancing an hourglass silhouette. Pleats are also common in home décor, curtains, and upholstery. Knowing how to create a neat pleat will enable you to create a professional and polished garment or home goods.



Photo by Polina Tankilevitch:
<https://www.pexels.com/photo/a-girl-in-white-pleated-skirt-standing-on-green-grass-field-8217267/>

Neat Pleats

There are three primary types of pleats including knife pleats, box pleats, and inverted pleats. While the strategies vary for creating pleats, three key skills are necessary for the proper implementation of pleats (Deaton, 2021).

1. **Measure carefully.** Regardless of the type of pleat you are creating, the key behind consistent pleats is

accurate measurements.

2. **Pin perfectly.** While many skills do not require extensive amounts of pins, this author's experiences have led her to conclude that you cannot skimp on pins when creating pleats. Place your pins carefully, ensuring you can sew the seams without the movement of pins or sewing over pins in the process.
3. **Iron away!** Do not skip out on ironing when you are creating pleats. Pressing the pleats flat before sewing may take an extra minute or two in the process, but it will prevent many moments of tears or dates with "Sally the Seam ripper" due to improper pleat placement.



Photo by Anete Lusina:
<https://www.pexels.com/photo/black-textile-with-sewing-pins-in-studio-7256915/>

TIP: Always know the fabric content before pressing or ironing. Fabrics made from synthetic fibers or those with a satin weave tend to be slippery and more challenging to work with. Additionally, most synthetics cannot be pressed with high heat; so they may not be the best choice for pleating.

Cotton, wool, and linen are all-natural fibers, and as such, they can withstand higher heat. Midweight fabrics made from natural fibers tend to be the easiest to work with due to their heat resistance and ability to manipulate. For these reasons, consider using fabrics made with natural fibers as you try out this new skill.



Photo by Karolina Grabowska:
<https://www.pexels.com/photo/person-ironing-a-fabric-5202911/>

Pleating Perfection

While the actual measurements and spacing will be indicated on your pattern instruction sheet, the following guidelines will help you create perfect knife pleats. Additional resources are located at the end of the chapter for how to create box pleats and inverted box pleats.

Knife Pleats

- Start with fabric on the wrong side.
- Mark pleats according to the pattern directions. For practice, consider using 1" as a standard measurement. Mark 1" across the length of the fabric using the tailor's chalk or a water-soluble fabric pencil or marker.
- After your fabric is marked, fold the fabric from one mark toward the next mark. Pin this on the RIGHT side of the fabric. Pin perfectly, using ample amounts of pins to secure each pleat.

TIP: Some people find cutting a small notch at the end of each mark helps them see the marks better and to create more even pleats. Consider using this strategy and see how it works for you.

- Once the pins are in place, press your fabric to get ready for sewing. Press carefully, creating crisp pleats.
- Sew a basting stitch at $\frac{5}{8}$ " inches on the top (don't forget to backtack on both ends).
- Press one last time to get a crisp, clean look.

Looking for a creative and innovative strategy for making pleats? Go to your kitchen and grab a fork! Check out this article on How to Sew Pleats while using a fork.

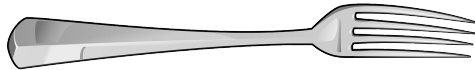


Image by Clker-Free-Vector-Images
from Pixabay

Hemming it Up

Pleats may seem daunting, yet they are quite fun to create once you get the hang of them! Ensure that your fabric is smooth, your lighting is appropriate, and you have all of the equipment needed before tackling this skill.

Once you know how to pleat, you may find yourself excited to implement this strategy in your next skirt or home goods. Learn how to make one style of pleats, then move to the next style, pinning your way to success one neat pleat at a time.

Resources

Resources	QR Codes
Forming Box Pleats	
Forming Knife Pleats	
How to Sew Pleats: Step by Step Easiest Methods	
I Made 1,000 Pleats Using a Homemade Pleating Board	
Quick and Easy Pleats	

References

Deaton, S. (2021). Teaching Apparel Production. Presentation.

33.

RUFFLES

Sheri Deaton

RUFFLES

What do German soldiers, Jerry Seinfeld, and Marie Antionette all have in common? ***Ruffles***. Ruffles have been in fashion since the 1500s when German soldiers began the trend of slashing the outer layer of clothing to reveal a wrinkled layer of clothing. These wrinkled layers caught on and have seen the ebb and flow of implementation in fashion ever since (Deaton, 2021).

For more information on the history of ruffles, check out Nicole Livey's (2019) article *Charting the Unlikely History of Ruffles* and the *Fashion History Timeline Ruffles*.



Charting the Unlikely History of Ruffles	Fashion History Timeline: Ruffles
	



Image by Thomas Mayer from Pixabay

Ruffles, which were once unisex, have now been integrated into clothing and home goods as a flirty and

feminine accent. Dresses, skirts, home décor, and craft projects are likely to integrate this apparel production skill. Ruffles can be used to distract or disguise larger areas of the body, accentuating most body types when implemented effectively.

Ruffle applications are as varied as their history. Different types of ruffles include cascading, center, circle, fold-over, straight-cut, and tube. Check out the resources located at the end of this chapter to continue exploring the various styles of ruffles and their applications.



Photo by Antony Trivet:
<https://www.pexels.com/photo/beautiful-fashionable-young-woman-12891032/>

Ruffle Recommendations

Always follow the guidelines in the pattern instruction sheet when creating a ruffle from a pattern. The following guidelines are helpful when making any type of ruffle and can be followed when creating sample ruffles for a portfolio or when you are learning these new skills.

- Generally, a ruffle fabric piece is going to be 2-3 times longer than the edge it is sewn to. The longer it is, the more full the ruffle will be. For practice, consider using a ruffle fabric that is two times longer than the fabric you will be sewing the ruffle to. Example: If one piece of fabric is 10", the ruffle fabric piece would be 20".
- Before sewing the ruffle, clean the finished edge or hem the ruffle's edge. This can be accomplished through a variety of measures, including using a serger, magic tape, hand stitching the hem, or using a

clean finish hem.

To remind yourself of hemming techniques, check out the “Hemming Stitch” chapter embedded in Unit 5: Hand Sewing of this text, or see the “Hemming Techniques” chapter located in Unit 9: Finishing Touches.

- After finishing the hem of the ruffle, you are ready to start with the basting stitches. We will be following the same steps we used for gathering located in the “Gathering and Easing” chapter found in this text in Unit 8: Apparel Construction.
- Adjust the stitch length on your machine to make it a longer stitch. (3.0 – 4.0)
- Sew one row of basting stitches $\frac{1}{8}$ ” from the edge of the fabric across the area to be gathered. Do not backtack. Leave tails of thread at the end of the seam.
- Sew a parallel line $\frac{1}{8}$ ” from this first basting stitch, following the same method.
- Grab the top strings from both seams and pull the fabric toward you. You should start to see the seam gather.

TIP: Some people find it valuable to wrap the remaining strings around a pin to ensure they stay in place as they gather. Consider using this technique to see if it works well for you!

- Pull the top strings from both sides, ensuring the gathers are even and the fabric is the length you desire.
- Once you have the fabric gathered so that it is the size of the other piece of fabric, tie all four strings together on both ends of the fabric to ensure the gathers do not come out when you adjust and sew.
- Pin the gathered ruffle fabric to the other piece of fabric using pins placed parallel to the seam. This will help keep the gathering in place as you sew.
- Adjust your machine back to a normal sewing stitch length. Sew a normal straight seam just below the lower gathering seam. Sew slowly and guide the fabric to ensure a straight stitch and that the gathers are evenly spaced. Backtack at the beginning and end of the seam.
- Use a serger to clean and finish the edge of the ruffle, or use the zig-zag stitch on a sewing machine to finish the edge of the ruffle and ensure that the fabric does not fray.
- Iron the ruffle seam with the seam allowance pointed away from the gathering. Do not iron the gathers.



Photo by Ron Lach:
<https://www.pexels.com/photo/women-holding-a-necklace-10661584/>

Hemming it Up




“Ruffles have ridges.” Perhaps you have heard this expression used before in a potato chip commercial. Clothing ruffles are similar to potato chips in that once you start trying them, you may have a hard time stopping!

You can have your chips and eat them too, just do not try to eat while creating ruffles. Give this task your undivided attention and you will be pleased with the results. Try not to get your feathers ruffled when things do not go your way. Keep at it, and keep working to accomplish this skill, one stitch at a time.



Photo by Yan Krukau:
<https://www.pexels.com/photo/selective-focus-photo-of-a-glass-bowl-with-chips-9069287/>

Resources

Resources	QR Codes
How to Sew a Ruffle Video	
How to Sew and Attach a Ruffle Tutorial	
Ruffle 101: 7 Ways to Make a Ruffle	

References

Deaton, S. (2021). Teaching Apparel Production. Presentation.

34.

POCKETS

Sheri Deaton

POCKETS

Pockets here, pockets there, look around and you will find pockets everywhere! Jeans, shirts, skirts, dresses, aprons, and handbags are just a few of the many places you will see pockets. Some pockets are for decoration, yet many are for function. Pockets come in all sizes, shapes, and applications.

Knowing how to properly create and install a pocket is an essential skill for every fashionista to work through so they can accomplish this skill which is found in a variety of projects.

There are over thirteen categories for pockets outlined by *Treasurie* in their blog *Types of Pockets: Best Style Guide*. Check it out!

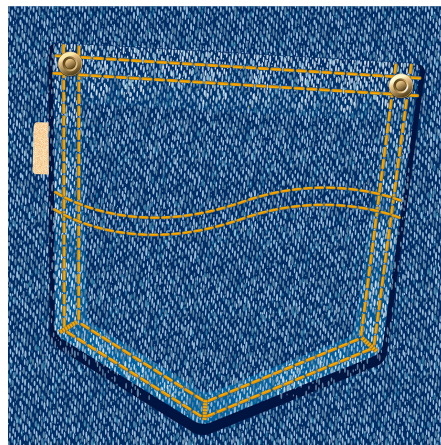


Image by Alexander Lesnitsky from Pixabay

Perfect Patch Pockets

Just like there are many different styles, applications, and functions of pockets, there are many different techniques to use when installing pockets or altering a garment to include pockets. Always follow the pattern

instruction sheet developed by the manufacturer of the pattern you are using. The following guidelines can be followed to create a simple patch pocket.

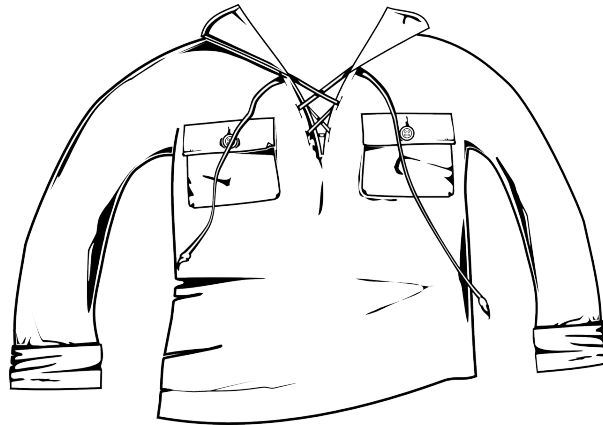


Image by Clker-Free-Vector-Images from Pixabay

- Make the pattern. Figure out the size and shape of the pocket you would like to add and draw it on a piece of paper.

TIP: For a symmetrical pattern, consider folding the paper in $\frac{1}{2}$ and then tracing the design. Keep the paper in $\frac{1}{2}$ as you add the seam allowance and as you cut the pattern. Use heavy-weight paper such as construction paper or cardboard to assist those new to pattern creation.

- Add a seam allowance. I prefer to add $\frac{1}{2}$ " seam allowance to allow for extra room for sewing corners or curves.
- Cut out the pattern.
- Pin the pattern to two pieces of fabric. Consider using natural fibers or natural fiber blends due to their ability to withstand high heat when pressed or ironed.

TIP: For extra stability, consider using a layer of fusible interfacing. This will not only add stability and structure to your pocket, but it will bulk up thin fabrics making them more durable.

- After cutting out the patterns, transfer the stitching lines to the wrong sides of the fabric to ensure you have the correct shape and width of seam allowances.

TIP: This step can be skipped if you are confident in your abilities to sew a straight and consistent seam allowance. Use tailor's chalk or a fabric pencil or marker that will be easily laundered out of the fabric you are using.

- Placing the two right sides together, stitch the pocket pieces together all around, leaving a gap wide enough for two of your fingers to fit through (approximately 1 ½ to 2”). Leave this opening on one of the straight sides of the pocket, on the side, or the bottom of the pocket.
- Clip the corners and the curves as needed. Clipping is where you cut slits equal distance apart and equal depths into the seam allowance. This is done on all seams with an inside or concave curve to prevent bunching and promote a smooth finish. Clipping allows the concave curve to stretch out and adjust when it is matched up with its convex counterpart. Clipping is an essential step when sewing a collar, inserting a sleeve, or sewing any curved edge (Deaton, 2021).

For more insights on clipping and notching, explore the “Clipping and Notching” chapter embedded in this text in Unit 9: Finishing Touches.

- After clipping, turn the pocket the right way out and press this very well. Ensure that corners are poked out and curves are smooth.
- Pin the pocket in place on the right side of the garment or project you are creating. Ensure that it is straight, even, and placed appropriately.
- Stitch around the sides and bottom of the pocket with a topstitch that is close to the edge. This seam will not only secure the pocket to the garment but will also close the gap on the bottom or side that was left in the previous step.

TIP: Consider using a similarly colored thread if you would like the topstitch to blend in with the fabric. Use a complementary thread color that will pop or complement the fabric if you would like the topstitch to be more prominently seen.

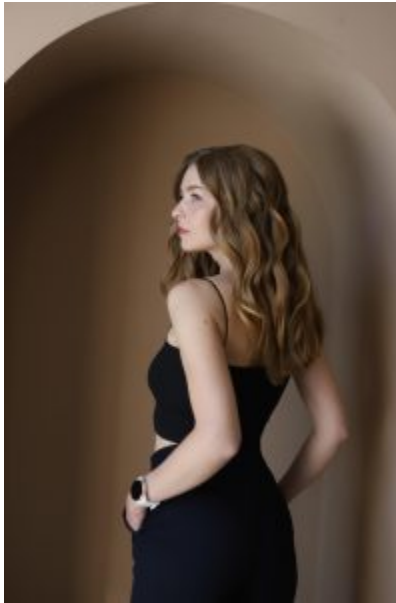


Photo by Nataliia Solodun:
<https://www.pexels.com/photo/attractive-young-woman-posing-10392026/>

If you are looking for a resource related to how to alter a garment to add in a side seam pocket, check out this step-by-step tutorial posted by Julia Gara (2023) on how to sew a simple side seam pocket into any garment.

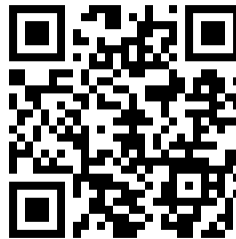




Photo by MART PRODUCTION:
<https://www.pexels.com/photo/woman-in-pink-long-sleeve-shirt-9558236/>

Hemming it Up






Pockets can seem quite daunting, and some installations of pockets are more complicated than others. Regardless of the type of pocket you install, consistency with measuring and stitching seam allowances is critical. Ensure that you are working with fabric that is smooth and can be pressed, as pressing the fabrics is one strategy for ensuring even cuts and smooth application.

As you teach these skills to others, be sure to practice patience with yourself and your students. Apparel production abilities will be gained one stitch at a time. Confidence will grow with opportunities to practice and with a supportive environment that encourages growth from healthy mistakes.



Image by Gerd Altmann from Pixabay

Resources

Resources	QR Codes
How to Sew a Pocket	
How to Sew a Pocket: Pockets the Easy Way	
How to Sew a Simple Side Seam Pocket into Any Garment	
Sample patch pockets	
Types of Pockets: Best Style Guide	

References

Deaton, S. (2021). Teaching Apparel Production. Presentation.

35.

FABRIC TIES

Sheri Deaton

FABRIC TIES

Fabric ties are made out of fabric and can be used to add an attractive detail to almost any project. Many individuals choose to use fabric ties when making straps for aprons or spaghetti straps for shirts.

In the spring of 2020, many individuals used fabric ties to create homemade face masks. This author remembers the shortage of elastic products and their limited availability in this region of the country. The lack of supplies coupled with the increased need for masks created the perfect opportunity for fashionistas to break out their abilities in making fabric ties (Deaton, 2021).



[Image by Pixabay](#) Please support me! Thank you! [from Pixabay](#)

Fabric ties can be wide or narrow—the applications are endless! Common applications include the enhancement of blouses, cushions, drapes, duvet covers, pillows, Roman shades, and skirts. Some ties are functional, while others are purely decorative. Regardless of the function, fabric ties add an extra dimension of pop and polish to any project.



Photo by Ketut Subiyanto:
<https://www.pexels.com/photo/photo-of-woman-in-white-long-sleeve-shirt-and-apron-while-holding-a-cup-of-coffee-4349812/>

Wonderfully Wide Fabric Ties

As you have probably read multiple times, the most important thing you can do when creating a garment is to read and follow the directions. The following guidelines can help you create your first set of fabric ties. *Use this technique if the completed fabric tie is going to be 2" wide or greater.*

- Fold your piece of fabric hot dog style and iron it flat with the right sides facing each other.
- Sew a straight seam along the length of the fabric, using a $\frac{1}{2}$ " seam allowance. Backtack at the beginning and end of the seam leaving the ends open.
- Start from one end of the tie and begin to roll the edges back until you have flipped the fabric inside out. Consider using a safety pin or turner to assist you with this process.
- Press the fabric flat, with the seam being one side of the tie and the fabric on the other.
- At each end of the tie, fold the fabric in $\frac{1}{2}$ " to hide the raw edges.
- Press each end, ensuring the fabric is turned under in equal amounts to create a straight seam.
- Sew each end up $\frac{1}{8}$ " from the edge, or presser foot distance.
- Iron the fabric tie flat. Starch if needed; attach to garment or project.



Photo by Mikhail Nilov:
<https://www.pexels.com/photo/girl-in-white-and-green-crew-neck-t-shirt-holding-brown-and-black-cake-6957572/>

Narrow Nancy Fabric Ties

Use this technique for narrow ties that cannot be easily turned due to their width.

- Fold the piece of fabric hot dog style and iron it flat with the wrong sides facing each other. *You should see the right sides of the fabric if this is folded correctly.



- Open up the pressed fabric. Turn one side of the fabric down toward the inside crease. The raw edge of the fabric should be flush with the crease in the middle of the fabric. Press carefully.





- Repeat this process with the other side of the fabric. You should now have all raw edges hidden toward the center of the narrow tie.



- Press the tie together once more, hiding all raw edges and creating a narrow tie.



- Sew a straight seam along the length of the fabric, presser foot's distance from the edge. Backtack at the beginning and end of the seam leaving the ends open.
- At each end of the tie, fold the fabric in $\frac{1}{2}$ " to hide the raw edges.
- Press each end, ensuring the fabric is turned under in equal amounts to create a straight seam.
- Sew each end up $\frac{1}{8}$ " from the edge, or presser foot distance.
- Iron the fabric tie flat. Starch if needed; attach to garment or project.



Photo by Marcelo Verfe:
<https://www.pexels.com/photo/a-spaghetti-black-and-white-dress-hanging-on-a-wooden-hanger-14513896/>

Hemming it Up

Fabric ties are used in a variety of home furnishings and apparel productions. Knowing how to create these will not only enhance your abilities but will also open up new possibilities for the application and implementation of ties in future projects.

Try both techniques presented in the text and use the resources located at the end of the chapter to assist you in furthering your understanding of how to implement and apply these skills. When you get frustrated with turning the ties, take a deep breath and remember that patience is a virtue. You've got this!



Image by Tumisu from Pixabay

Resources

Resources	QR Codes
DIY Easy Add Thick Straps to Strapless Dress	
How to Make Fabric Ties	
How to Make a Face Mask with Fabric Ties	
How to Make Spaghetti Straps	
How to Turn and Press Skinny Ties and Straps	

References

Deaton, S. (2021). Teaching Apparel Production. Presentation.

PART IX

UNIT 9 FINISHING TOUCHES

UNIT 9 FINISHING TOUCHES

It is often the finishing touches of a product that differentiate it from its counterparts. We see this in apparel and home furnishings.

- Drawer pulls enhance the cabinets and cause them to stand out.
- Lighting fixtures create the mood and overall feel of a living room.
- Jewelry and other accessories can turn a drab outfit into a fabulous outfit.

When creating an item in the sewing laboratory, the finishing touches add extra pop and pizzazz. These finishes can create a more professional appearance and increase the durability and wearability of the item. Knowing how and when to clip, notch, trim, grade, and the hem is paramount to creating a finished product that can stand the test of time. Finishing touches are often the “behind the scenes” aspects of apparel production. Some of these skills will not be seen in the finished product, but failing to do these will result in a less superior garment or home furnishing (Deaton, 2021).



Image by [Siggy Nowak](#) from [Pixabay](#)

TIP: Students may not WANT to put the finishing touches on a garment or an item they are creating for the home. The strain of finishing the item often makes them want to “phone it in” at the end and just “get it done.”

Encourage your students to finish empty, giving it their all every single day. Knowing how to complete these finishing touches is important and using these (as applicable) will truly finish the project professionally.

Finish Strong

Runners have not finished their course until they have crossed the finish line. The game is not over until the last seconds have expired from the clock. You are not truly finished with your project until you have completed all steps, and this includes the finishing touches. Use these resources in this chapter to help you finish the task at hand and complete the project with skill and proficiency.



Photo by RUN 4 FFWPU:
<https://www.pexels.com/photo/woman-running-2567025/>

References

Deaton, S. (2021). Teaching Apparel Production. Presentation.

36.

CLIPPING AND NOTCHING

Sheri Deaton

CLIPPING AND NOTCHING

What is Clipping?

Clipping is where you cut slits equal distance apart and equal depths into the seam allowance. This is done on all seams with an **inside or concave curve** to prevent bunching and promote a smooth finish. Clipping allows the concave curve to stretch out and adjust when it is matched up with its convex counterpart. Clipping is essential when sewing a collar, inserting a sleeve, or sewing any curved edge (Deaton, 2021).

Word Associations: Concave... go INSIDE a cave... clip your toenails at home (inside).

TIP: Teach students how to sew curved seams on paper first. Find an online worksheet with curved lines and have them sew the lines to the best of their abilities, staying on the line. Practice first on paper, then on fabric. Encourage the growth mindset when students encounter difficulties. Perhaps they do not have the skill down, YET. But there is power in the word YET.

Practice makes permanent, so keep practicing on paper or scraps of fabric. Once they have this skill mastered, teach them about the importance of clipping. Once again, encourage them to practice this skill on scraps before practicing on a final project or garment. One error students make is in clipping too close to the seam allowance resulting in a clipped seam.



Image by Gerd Altmann from Pixabay

What is Notching?

Notching is cutting wedges an equal distance apart into the seam allowance. This is often done by cutting a V-shaped notch in the seam allowance when you have a convex curve. Notching should be utilized on seams with an **outside or convex curve**. Knowing how to do this is important when you are sewing a collar, inserting a sleeve, or sewing any curved edge.

Word Associations: Convex... go outside to see a t-rex... notch your wood into a V in the tree... trees grow outside of the house.



Photo by Anna Shvets:
<https://www.pexels.com/photo/man-cutting-out-a-circle-from-fabric-5830644/>

TIP: Notching is a great skill to teach students through demonstration techniques. Many times students ask “How far apart are my notches supposed to be?” I like to demonstrate how you can use the width of your thumb to create a visual guide for how far apart to make the notches. The key behind this finishing technique is consistency in spacing and depth of notches. Remind students to be careful as they notch close to the seam allowance, not cutting into the seam at any point.



Image by succo from Pixabay

Safety First

Teachers must ensure that their students are practicing safety in the apparel laboratory. Establishing policies, procedures, and norms for behavior with supplies is critical, not only for the safety of the classroom but also for the teachers' abilities to manage the classroom effectively. As a review, consider these concepts to promote shear and scissor safety (Deaton, 2021). Teach, model, and reinforce these concepts.

- **Respect the equipment in the laboratory.** Always use scissors/shears with care. Do not run with, throw, or use these items for tasks other than their intended purpose.
- **Use designated fabric shears/scissors to ONLY cut fabric.** Cutting other materials with these items will dull the edges over time, resulting in inconsistent cuts and tears in the fabric.
- **Sharp shears/scissors are safer for students than dull shears/scissors.** Keep items sharp, maintaining equipment to ensure items are at peak performance for students.
- **Retrieve items from their assigned places and put them back in the same designated area.** Small equipment should not be left out in the classroom for students to trip over, nor should it be strewn around the room. This will result in a lack of productivity as students struggle to find the items they need to accomplish the task. To promote an organized and productive lab, remember that “there is a place for everything and everything has a place.”
- **Pay attention.** Students should devote their time and full attention to the task at hand, especially when using items that could cut, burn, or harm a person if used incorrectly.

Hemming it Up



Learning a new skill takes time, concentration, and practice. Mistakes are par for the course. Sometimes a new technique is a “swing and a miss.”

Some students have greater eye-hand coordination than others. Allow students opportunities to practice clipping and notching and encourage the use of problem-solving if (or when) they clip the seam. Embrace the concept of being a life-long learner and create the type of classroom where students feel supported to do the same. Practice silly word association techniques and allow students to develop their own. You never know what might help a concept stick to a student’s brain and be stored in their long-term memory.



Photo by Jopwell: <https://www.pexels.com/photo/boy-holding-golf-club-in-front-of-crouching-woman-1325655/>

Resources

Resources	QR Codes
Sewing Bias Binding onto Curved Seams	
Sewing Concave and Convex Seams	

References

Deaton, S. (2021). Teaching Apparel Production. Presentation.

37.

TRIMMING AND GRADING

Sheri Deaton

TRIMMING AND GRADING

What is trimming?

Trimming is when you cut off part of the seam allowance to reduce bulkiness. This is often done on French Seams. See the “Magic Pillowcase Pattern” in Unit 10: Sample Projects of this textbook as an example of how to integrate this skill into the classroom.

Practice Makes Permanent

For extra practice on identifying measurements and sewing correct seam allowances, consider using the following steps to test your students’ abilities to accurately read a seam gauge, follow directions, sew at an appropriate seam allowance, and demonstrate the trimming technique (Deaton, 2021).

- On a scrap of fabric, sew a $\frac{5}{8}$ ” seam lengthwise down the fabric.
- Backtack or backstitch at the beginning and the end of the seam to demonstrate appropriate sewing techniques.
- Using a seam gauge, straight edge ruler, and a fabric marker or chalk, mark the seam allowance to reflect a $\frac{3}{8}$ ” seam allowance.
- Complete a peer review, meaning, switch fabric swatches with a classmate and have them evaluate your abilities to appropriately measure $\frac{3}{8}$ ” while you evaluate their work.
- Receive and give feedback following the expectation that students are to build one another up and strengthen each other, never giving or receiving feedback from a critical lens.
- Adjust markings if needed. Otherwise, use scissors, shears, or a rotary cutter to trim the $\frac{5}{8}$ ” seam allowance down to $\frac{3}{8}$ ”.
- Allow the instructor to evaluate your work.
- Reflect on what you learned about the importance of creating a straight seam, using accurate measurements, and having the ability to trim fabric evenly and consistently.



Photo by Darling Arias on
Unsplash

What is grading?

Grading is when you trim each layer of the seam allowance to a different width. This is often done on flat felled seams. See the “Flat Felled Seams” chapter in Unit 7 Seams of this textbook for step-by-step processes on how to create a flat felled seam.

Let's Grade

To assist students with understanding the difference between grading and trimming, consider using the following example procedures.

As students complete this experience, they will be demonstrating many skills, including their ability to accurately read a seam gauge, follow directions, sew at an appropriate seam allowance, and demonstrate the grading technique (Deaton, 2021).

- On a scrap of fabric, sew a $\frac{5}{8}$ " seam lengthwise down the fabric.
- Backtack or backstitch at the beginning and the end of the seam to demonstrate appropriate sewing techniques.
- Following ironing safety guidelines, adjust the iron to the setting that is appropriate for the fabric used in this project. Press the seam allowance open.
- Using a seam gauge, straight edge ruler, and a fabric marker or chalk, mark the upper seam allowance to

reflect a $\frac{1}{4}$ " seam allowance.

- Complete a peer review, meaning, switch fabric swatches with a classmate and have them evaluate your abilities to appropriately measure $\frac{1}{4}$ " while you evaluate their work.
- Receive and give feedback following the expectation that students are to build one another up and strengthen each other, never giving or receiving feedback from a critical lens.
- Adjust markings if needed. Otherwise, use scissors, shears, or a rotary cutter to trim the upper seam allowance to a depth of $\frac{1}{4}$ ". **Only trim the upper seam allowance.**
- Allow the instructor to evaluate your work.
- Reflect on what you learned about the importance of creating a straight seam, using accurate measurements, and your abilities to grade a seam allowance.



Photo by Brandin T:
<https://www.pexels.com/photo/a-person-cutting-a-fabric-11004381/>

Hemming it Up

Grading and trimming both require students to read and follow directions, demonstrate proficiency in measuring, and safely and accurately use cutting equipment. Both techniques are used to reduce the bulkiness of seam allowances. When trimming is used, the seam allowances are both trimmed down to the same depth. When grading is employed, one seam allowance is cut at a different level than the other.



To help students remember the difference between trimming and grading you may consider using this

analogy. We TRIM bushes to make them all the same height, but students earn different GRADES based on their performance. Word or phrase associations like this may be helpful for learners who are struggling to comprehend the difference between these two finishing techniques.



Image by Ron Porter from Pixabay

Resources

Resources	QR Codes
How to Trim and Grade Seams	
Trim and Grade Seam Allowances	

References

Deaton, S. (2021). Teaching Apparel Production. Presentation.

38.

TOP STITCHING

Sheri Deaton

TOP STITCHING

What is top stitching?

Top stitching is a line of stitching done on the outside or right side of the garment. This can be functional or used for decorations. Top stitching is seen on many garments including but not limited to hats, slacks, shirts, jeans, dresses, and skirts. This finishing touch may be used to hold facings in place, hold seams flat and neat, or even add definition and strength to side seams.



Image by NatureFriend from Pixabay

One important note on top stitching is that this is typically a stitch that will be seen and that is designed to be seen. While traditional construction seams are designed to be hidden with a thread color that mirrors the fabric, it is not uncommon for patterns to call for the use of an opposite or complementary thread color to be used for the top stitch. Due to the placement and prevalence of this seam, students must practice sewing even seams on both straight lines and curved lines as well (Deaton, 2021). Practice on multiple swatches of fabric, noting students' abilities to monitor and adjust.

TIP: Top stitches would be a good skill to integrate into a student's working portfolio. The primary difference between a working portfolio and a mastery portfolio is the use of multiple renditions of projects. In a working portfolio, students include their first, second, and subsequent attempts at a skill, demonstrating their growth in proficiency. In a mastery portfolio, only the best samples are included. Regardless of the type of portfolio utilized in an apparel production course, portfolios are excellent ways for students to showcase and document their abilities and skills.



Image by Fakhruddin Memon from Pixabay

Top stitching requires a steady hand, good eye-hand coordination, accurate measurements, and patience. The best way for students to demonstrate this skill is through practice. One example of this is through embedding an assignment related to creating a burp cloth. Numerous patterns can be found online, but *Treasurie* has one that allows for student choice in shape and includes the skills of clipping and top stitching.



TIP: Consider having students create a burp cloth then encourage them to donate them to a local women’s shelter or your local child advocacy service. Teaching students to care for their community and to share their talents and skills with others will promote altruism and increase community involvement.






Photo by RODNAE Productions:
[https://www.pexels.com/photo/
landscape-man-love-people-6646852/](https://www.pexels.com/photo/landscape-man-love-people-6646852/)

Hemming it Up

Top stitches can not only be decorative, but they can also be structural. This finishing touch may quite literally stand out on a finished product. Sewing a straight stitch that is going to be seen may be an intimidating task for some students.

Opportunities to practice top stitching will help them increase their proficiency and confidence in their abilities while including examples of their projects in a portfolio will better enable students to showcase the skills they have mastered while in an apparel production class.

Resources

Resources	QR Codes
Free Burp Cloth Pattern and Tutorial	
How to Top Stitch and Under Stitch	
Top Stitch Seam	

References

Deaton, S. (2021). Teaching Apparel Production. Presentation.

39.

UNDERSTITCHING

Sheri Deaton

UNDERSTITCHING

Understitching is often an overlooked and underutilized apparel production technique. Learning how to understitch will help keep facing and linings neatly inside of garments and will create a finished look for home furnishings.

Understitching Understandings

The purpose of understitching is to keep the facing from rolling toward the outside of the garment. Understitching is a row of stitches that are sewn close to the edge of the facing for this purpose. This is an essential skill to master when making a blouse, dress, or jacket to ensure the neckline is smooth and professionally executed.



Image by Republica from Pixabay

TIP: Encourage students to sew slowly, paying careful attention to the seam line when accomplishing this skill. It is always best to not “drive distracted” and that is especially true when implementing this finishing touch (Deaton, 2021).

Your Understitch

You can implement an effective understitch using the following steps. For additional resources to enhance your learning experiences, check out the resources found at the end of the chapter to assist you with creating this stitch.

- Place the right sides of the fabric together and sew the two pieces together using the pattern’s suggested seam allowance.

- If sewing a curved edge, clip or notch the curves as needed. Press the seam allowance toward the facing or lining.
- From the good side of the fabric, stitch close to the seam line, approximately $\frac{1}{8}$ " or $\frac{1}{4}$ " away from the original seam.

TIP: If accessible, consider using an edge stitch foot to assist with this process. Check out this article from the Seasoned HomeMaker on how to use the edge stitch foot.



- Press the facing toward the inside of the garment. You're done!



Image by 2649771 from Pixabay

Hemming it Up



Understitching can seem a daunting task due to the precise sewing requirement needed to perfectly execute this finishing touch. Using a thread that is a similar color to the fabric is a strategy used by many to hide the understitched seam. If you desire to see this seam, consider using a contrasting color or one that will pop against the fabric.

Practice makes it permanent. Practice makes progress. Sew slowly and practice this underutilized but important skill to create a smooth neckline in your next garment.



Image by Marta Kulesza from Pixabay

Resources

Resources	QR Codes
How to Understitch a Facing or Lining	
Understitching	

References

Deaton, S. (2021). Teaching Apparel Production. Presentation.

40.

USING INTERFACING

Sheri Deaton

USING INTERFACING

Importance of Interfacing

Some patterns will call for the use of interfacing. If the pattern calls for it—use it! When appropriately applied, interfacing will provide the professional polish and support that a garment needs. Interfacing may be used in a variety of projects including, but not limited to collars, cuffs, curved areas, knit fabrics, and bags. Interfacing provides support and stability, and without this finishing touch, the project may fall flat (Deaton, 2021).



Image by Clker-Free-Vector-Images from Pixabay

To Sew or Not to Sew... that is the Question

There are two major categories for interfacing: fusible and sew-in. When the pattern calls for interfacing, many are faced with the question: *Do I use fusible interfacing or do I use sew-in interfacing?*

FUSIBLE INTERFACING: For many individuals new to sewing, fusible interfacing may be the perfect addition. If the fabric you are using can be pressed with an iron, most pattern directions will call for the use of fusible interfacing. When applied correctly, fusible interfacing will be fused, or glued to, the wrong side of the fabric. It is important to note that fusible interfacing has glue on one side that is activated by the heat of the iron. In general, the fusible side is bumpy to the touch, while the non-fusible side is smooth. Placing this on the fabric the wrong way will result in the interfacing melting to the iron. Read and follow the directions, including putting the iron at the appropriate setting when using fusible interfacing.

SEW-IN INTERFACING: If the fabric you are using cannot be pressed with an iron, it is not uncommon for the pattern directions to call for the use of sew-in interfacing. This is sewn into the wrong side of the fabric. Sewing the interfacing to the fabric must be done at a specific point in the production process, so be sure to read and follow the pattern directions, never skipping over a step to “save time.”

TIP: Both fusible and sew-in interfacing will change the fabric hand or the way the fabric feels. The fabric will be stiffer after interfacing has been applied, but the degree of stiffness depends on the weight of the interfacing. Purchase a variety of weights of interfacing to allow students an opportunity to feel the difference in weights before using these in a project.



Photo by Liliana Drew:
<https://www.pexels.com/photo/close-up-of-a-person-ironing-9462682/>

Weight... what?

Regardless of the type of interfacing used, it is important to read the pattern envelope to determine the weight of interfacing that should be used. Interfacing comes in several weights, ranging from light to heavy weight. In general, medium-weight interfacing will be an appropriate choice for many projects; however, it is important to note the suggestions provided by the pattern maker and use the suggested weight for each project.

- For more information, check out Apple Green Cottage’s (2022) article “What is interfacing in sewing—Tips for Beginners.”



Image by OpenClipart-Vectors
from Pixabay

Hemming it Up

Interfacing is not created equally. While lightweight interfacing may be best utilized in free-flowing garments, heavy-weight interfacing would be needed to stabilize a duffle bag. Fusible interfacing may be easier to use; however, if the fabric you are using does not allow you to press it with an iron, sew-in interfacing is the better choice. Take time to explore both types of interfacings and the various weights for each. Remember: proper implementation of this finishing touch can make or break your apparel project.





When in doubt, read and follow the directions!

Exploration of this topic will increase students' confidence and abilities when applying interfacing. Check out the resources located at the end of this chapter. Never stop exploring!



Photo by Dale Brooks: <https://www.pexels.com/photo/never-stop-exploring-signboard-954662/>

Resources

Resources	QR Codes
How to Fuse Iron-On Interfacing to Fabric	
Sewing Interfacing Basics: The Ultimate Video Guide	
The Basics of Interfacing	
The Difference between Interfacing and Stabilizer	

References

Deaton, S. (2021). Teaching Apparel Production. Presentation.

41.

HEMMING TECHNIQUES

Sheri Deaton

HEMMING TECHNIQUES

Her, Hem?

You may be asking yourself, could I hem a garment? Could she hem the curtains or fix the bottom of a skirt? The answer to this question is **YES! Yes, you can!**

Hemming a garment, or home furnishing such as curtains can seem like a daunting task. Having the appropriate tools for the task at hand, the time to complete the project, and the skills needed to accurately measure and mark the hemline is essential. Once you have gathered the supplies needed, simply follow directions and measure appropriately to ensure an even hem on the project you are creating or altering (Deaton, 2021).



Image by StockSnap from Pixabay

Supplies Needed

The following small equipment supplies are commonly used when hemming. They will not be used on every project but are important to have access to if you need them for the hemming required for the project at hand.

- Seam gauge, wide ruler, or measuring tape
- Chalk or fabric pencil
- Pin cushion with pins
- Shears or scissors
- Iron
- Hand sewing: needle and thread

- Machine sewing: matching thread
- Adhesive hem: hemming tape

NOTE: Some hems are completed on the sewing machine, while others can be accomplished with hand stitching. Even still, some projects can be completed with the help of hemming tape, a very useful invention! Only use supplies required for the specific type of hem you are using, and always follow the manufacturer’s suggestions regarding the application of heat through ironing or pressing.



Image by andreas N from Pixabay

Generic Guidelines

The following steps are general strategies for hemming any garment or home furnishing. Check out the resources linked at the end of this chapter to see tutorial videos and step-by-step directions for specific types of hems. Additionally, hand-sewing hemming techniques are more clearly outlined in this text in Unit 5 Hand Sewing in the chapter “Hemming Stitch.”

Step 1: Determine where the hem needs to be.

- If you are adjusting the length of curtains, hang the curtains at the appropriate height on the wall to determine where you want the curtains to land on the wall, or how close you would like for them to land to the floor.
- If you are adjusting the length of a skirt, dress, trousers, or pants, you may need to enlist the help of a friend or use a mirror. Stand up straight on a flat surface and note where the hem needs to be adjusted. Mark this in an appropriate way, which could include placing a pin in the fabric or a safety pin.

Step 2: Mark the hemline on the inside or the wrong side of the garment.

- Turn the garment inside out, or turn the home furnishing to the wrong side and mark the hemline.

- Lay the item on a flat surface and smooth out the surface.
- Use the appropriate measuring tool (seam gauge, wide ruler, or measuring tape) and use the appropriate marking tools (chalk, fabric markers, etc.) to mark the hemline evenly.

Step 3: Mark another line below the hemline to indicate the cutting line.

- For some projects, this step is not necessary because you are not cutting off material, instead, you are creating a small hem (1") to increase the fit or to adjust the length.
- If you are making a substantial change in the length of the garment or home furnishing item, cut off the excess material. The general rule of thumb is to leave 2" of fabric below the hemline to create a 1" hem.

Step 4: Cut the excess fabric off.

- Use sharp shears or scissors to ensure an even cut.
- Take your time! You got this!

Step 5: Determine the type of hem you need to complete.

- Read the directions on the pattern envelope and follow the guidelines suggested by the manufacturer.
- If you are completing a hem using hemming tape, check out this tutorial: [How to use hemming tape](#). Hemming tape is an excellent tool to use for those new to sewing or for those who are limited on time.



- If you are hemming an item by hand, check out this tutorial: [How to hem a dress by hand](#). Regardless of the project you are completing, this step-by-step tutorial is an excellent way to see how to accomplish each step.



- If you are going to sew your hem, the blind hemming technique is highly revered for its durability and lack of visibility. Check out this tutorial on How to sew a blind hem.



- Additional resources are posted at the end of this chapter, including how to make a double-fold hem and how to use a rolled hem or hemmer foot on the sewing machine.

TIP: Create opportunities for students to explore multiple hemming techniques. While teaching hand sewing to students, reinforce the importance of consistent stitches that are evenly spaced. Short evenly spaced stitches will create a strong hem which is more likely to retain its strength even through launder and wear. Show students how to use hemming tape, and practice ironing safely while demonstrating these skills. Discuss the cost of hemming tape and the trade-off between time spent hemming and money spent on a tool to assist and speed up the process.

Hemming it Up






The hem helps secure the bottom of the garment or project. A quality hem is even, does not show through on the other side of the garment (unless that is part of the design), and secures the ends of the fabric so that they do not fray when laundered.



Inevitably, a hem is going to come out of a garment or a hem will need to be adjusted due to variations in height. Knowing how to complete a hem is a powerful tool to put in your proverbial sewing tool belt. **You can do this!**



Pixabay, Free for commercial use

Resources

Resources	QR Codes
3 Ways to Hem Pants like a Pro With or Without a Machine	
How to sew a blind hem	
How to sew a blind hem stitch	
How to use hemming tape	
How to hem a dress by hand	

How to make a double-fold hem	
How to use a rolled hem (hemmer foot)	

References

Deaton, S. (2021). Teaching Apparel Production. Presentation.

PART X

UNIT 10 SAMPLE PROJECTS

UNIT 10 SAMPLE PROJECTS

Prior to selecting sample projects for your students, it is essential to be in tune with their skill sets, their interests, and the state and national standards you are expected to teach.

The following sample projects have been utilized in an undergraduate course for teacher candidates who were learning how to sew while also learning how to teach these skills.



Image by whirligigtop from Pixabay

42.

APRON

Sheri Deaton

APRON

There are numerous patterns, styles, and approaches to teaching how to make an apron. The apron is a historic staple in the family and consumer science classroom and curriculum. In 2021 the American Association of Family & Consumer Sciences (AAFCS) invited students and professionals to share an inspirational story about their apron, chef coat, or lab coat (“FCS Day 2021 Special Celebration Activities – American Association of Family and Consumer Sciences”, 2022).

The committee selected professionals from around the country, one of which was this author. To watch the videos where professionals shared their “apron” story, check out this AAFCS page.



Degree of difficulty: Moderate

This assignment can be used as a method to check for students’ comprehension and confidence. This project is centered around students taking the lead, taking ownership, and striving to solve their problems on their own (Deaton, 2021).

Embedded in the directions are numerous “checkpoints” where students have their instructor check their work. These are strategically embedded at various points to ensure that students are following directions and will be successful.

Skills Demonstrated

- Read, comprehend, and follow directions
- Create pattern
- Measure fabric
- Transfer pattern markings
- Cut fabric
- Read and modify directions as needed
- Measure and mark seam allowances
- Create cased seams
- Sew straight seams
- Press fabric

- Demonstrate hemming abilities
- Problem solve
- Think critically

Apron Directions and Checklist



Apron Project Directions (Deaton, 2021)	
Apron Checklist with Points	



Image by George Mutambuka
from Pixabay

References

Deaton, S. (2021). Teaching Apparel Production. Presentation.

FCS Day 2021 Special Celebration Activities – American Association of Family and Consumer Sciences.
Aafcs.org. (2022). Retrieved 23 September 2022, from <https://www.aafcs.org/aafcs-events/all-events/fcsday2021/aafcs-events-fcsday-2021-activities>.

43.

CORD HOLDER

Sheri Deaton

CORD HOLDER

Sheri Deaton

If you have several gadgets around the house or office, you may wonder how you could organize and find chargers quickly. In this tutorial, the author outlines how to use various scraps of fabric to create cord holders. Additionally, the author outlines various ways to adapt the patterns depending on the fasteners you have available and/or the skills you have.

Degree of difficulty: Easy to Moderate depending on the fastener selected

Skills Demonstrated

This is an excellent project for those who are new to sewing. As students complete this project, they are demonstrating their abilities to

- Read and follow directions
- Measure fabric
- Transfer pattern markings
- Cut fabric
- Modify directions
- Measure and mark seam allowances
- Seal raw edges of the ribbon
- Clip corners
- Turn fabric
- Use interfacing
- Sew straight seams
- Press fabric
- Attach fastener
- Problem solve
- Think critically

Cord Holder Tutorial

<https://craftyforhome.com/2021/02/11/diy-fabric-cord-holder-tutorial/>



Cross-Curricular Involvement

Students involved in this author's apparel production course were invited to facilitate "Sewing with a Twist" days where they taught new skills to other college students who were pursuing a degree in elementary education. The sessions were offered two times, with each session building on previous content knowledge. In the first session, learners were introduced to the sewing machine, the parts of the machine, how to use the machine safely, and how to thread the machine properly.

The cord holder was the final product for the students to make in their final "Sewing with a Twist" session. Through this assignment, the students in the apparel production course were actively demonstrating their abilities to teach others. At the end of the sessions, learners were invited to complete a google form reflection where participants evaluated the effectiveness of their assigned teacher and gave feedback regarding the learning process. The following anecdotal quotes reflect the themes that emerged from the analysis of the data:

- "I had so much fun! I can't wait to come back!"
- "My teacher was great. She knew what she was doing and was able to help when we needed it."
- "She was a great teacher... very helpful and kind toward my partner and me."
- "She was great! She taught it to us well and was very attentive helping us if we messed up. She gave gentle reminders of the right way to do things."

As you facilitate apparel production laboratory experiences in your courses, you are encouraged to seek partnerships with others, creating opportunities for your students to engage in the skills of teaching sewing. It is one thing to know the skills of how to construct a garment, but how to teach others is an entirely different set of skills altogether (Deaton, 2021).

References

Deaton, S. (2021). Teaching Apparel Production. Presentation.

44.

MAGIC PILLOWCASE

Sheri Deaton

MAGIC PILLOWCASE

This project combines multiple skills and techniques, making it an excellent assessment for students as they learn to construct apparel. The pillowcases can be modified according to the size of the pillow, giving students another opportunity to practice their altering skills. The magic pillowcase is a favorite project for students in my course, and many students choose to make more than one. Some students will find the process intimidating, but others will jump in and enjoy the challenge. Once students understand the process, they may not want to make a plain pillowcase again.

If you are looking for a good community service project, consider having your FCCLA students make these pillowcases and donate them to a local organization working with children in foster care or a shelter for women and children.



Image by StockSnap from
Pixabay

Degree of difficulty: Easy to Moderate

Skills Demonstrated

As students complete this project, they are demonstrating their abilities to

- Read and follow directions
- Measure fabric
- Cut fabric

- Measure and mark seam allowances
- Sew French seam
- Trim seam allowances
- Clip corners
- Turn fabric
- Sew straight seams, aligning seams and corners.
- Alter pattern, if needed
- Problem solve
- Think critically

Magic Pillowcase Pattern

<https://www.alandacraft.com/2016/10/25/magic-pillow-case-tutorial/>



CTSO Connection

The fourth purpose of FCCLA is “to encourage individual and group involvement in helping achieve global cooperation and harmony” (FCCLA, 2019). Embedding community service projects into an apparel production course is an excellent way for students to see how they can use their skills to benefit others in their community.

If you are looking for a good community service project, consider having your FCCLA students make these pillowcases and donate them to a local organization working with children in foster care or a shelter for women and children.



References

Deaton, S. (2021). Teaching Apparel Production. Presentation.

Family, Career, and Community Leaders of America (FCCLA). (n.d.). *About FCCLA*. Family, Career, and Community Leaders of America (FCCLA). Retrieved January 12, 2023, from <https://fcclainc.org/about#:~:text=The%20work%20of%20FCCLA%20helps,in%20four%20specific%20Career%20Pathways>.

45.

PINCUSHION

Sheri Deaton

PINCUSHION

Sheri Deaton

This pattern requires limited fabric, thread, stuffing, and skills, so it is a wonderful assignment for someone new to sewing. After students create their aprons, they can use scraps of their apron fabric to create a matching pincushion.

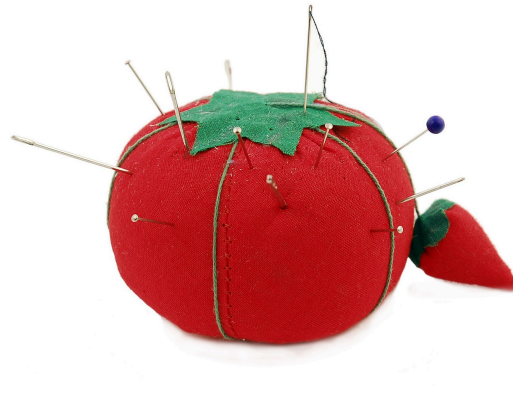


Image by WikimediaImages from Pixabay

Degree of difficulty: Simple

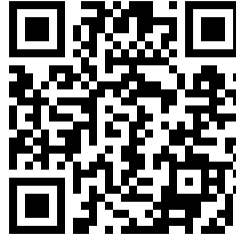
Skills Demonstrated

As students complete this project, they are demonstrating their abilities to

- Watch/listen and follow directions
- Measure fabric
- Transfer pattern markings
- Cut fabric
- Measure and mark seam allowances
- Sew curved seams
- Clip corners
- Turn fabric
- Use stuffing
- Attach button
- Problem solve
- Think critically

Easy Pincushion Pattern Tutorial

<https://www.youtube.com/watch?v=znyZ8jr0JtQ>

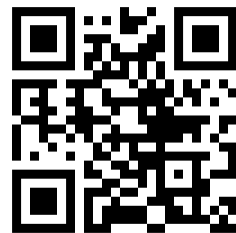


TIP: Consider filling the pincushion with not only stuffing but also steel wool to make your needle-sharpening pincushion.

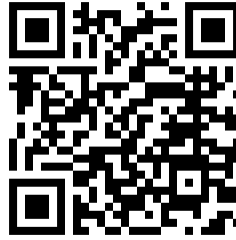
Historical Connections

Research shows us that students must be able to connect what they are currently learning with the information they previously learned (Deaton, 2021). One way to build students' schema is to connect current content with students' understandings is to connect the content of the day with a historical moment or uncovering the origin of the item you are making or using.

5MinuteHistory has a host of five-minute videos covering a plethora of topics related to history including the history of shoes, underwear, and coffee, just to name a few.



Additionally, researching this day in history on History.com will empower you with information to connect students with historical facts and events that happened on a specific date in history.



Did you know that the pincushion can be dated back to the Middle Ages? Check out this article on the origin of the pincushion. *What fun fact did you learn about pincushions that you could share with your students?*



References

Deaton, S. (2021). Teaching Apparel Production. Presentation.

PART XI

UNIT 11 RESOURCES

UNIT 11 RESOURCES

Effective teachers know their students, know their content, know how to manage their classroom, and use resources to assist with their professional growth and development (Deaton, 2021). The Danielson Framework for Teaching (FFT) was devised to create a common vernacular for educators as we strive to support lifelong learning (Danielson, 2007). In this model, Danielson focuses on four domains that encompass effective teaching: planning & preparation, the classroom environment, instruction, and principled teaching.

To learn more about the Danielson Framework for Teaching (FFT), check out The Danielson Group at <https://danielsongroup.org/the-framework-for-teaching/>



Every educator should stay current in their craft. Successful and effective teachers will continue to engage in collaborative inquiry with colleagues and will use resources to assist them with their professional growth plans. Family and Consumer Sciences educators should use their national and state standards to assist them with the development of curriculum for their students.

Use these resources to help you better understand the national and state expectations for teachers who are engaged in the work of teaching Family and Consumer Sciences.



Image by Gerd Altmann from Pixabay

References

Danielson, C. (2007). Enhancing professional practice: A framework for teaching. Second Edition. ASCD. 9781416605171

Deaton, S. (2021). Teaching Apparel Production. Presentation.

46.

NATIONAL FAMILY AND CONSUMER SCIENCES STANDARDS AND RESOURCES

Sheri Deaton

NATIONAL FAMILY AND CONSUMER SCIENCES STANDARDS AND RESOURCES

Sheri Deaton

The following resources can be utilized to help you research the standards and relevant resources available for teaching content related to family and consumer sciences.



Image by Gordon Johnson from Pixabay

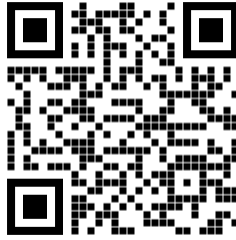
American Association of Family & Consumer Sciences (AAFCS) Publications

<https://www.aafcs.org/resources/publications-products/journal-consumer-sciences>



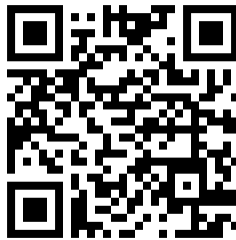
Journal of Family and Consumer Sciences Education

<https://natefacs-ojs-ttu.tdl.org/natefacs/index>



National Family and Consumer Sciences Areas of Study

<http://www.leadfcsed.org/national-standards.html>



National Standards for Family and Consumer Sciences Overview

<https://study.com/academy/popular/the-national-standards-for-family-consumer-sciences.html>



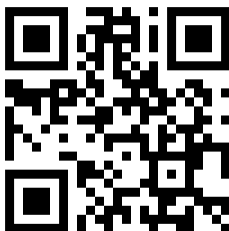
Alignment of National Standards to Initiatives

<https://www.aafcs.org/credentialing-center/pre-pac/assessment-alignment>



American Association of Family and Consumer Sciences (AAFCS)

<https://www.aafcs.org/home>



Family and Consumer Sciences Educators

<https://www.fcscd.net/home>



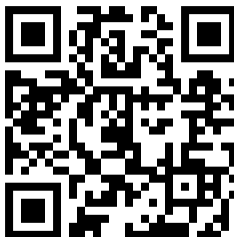
Family and Consumer Sciences Resources

<https://www.familyconsumersciences.com/>



Family, Career, and Community Leaders of America (FCCLA)

<https://fcclainc.org/>



Family and Consumer Sciences Community

“Family and consumer sciences professionals help individuals and families develop essential skills to successfully live and work in a complex world.”

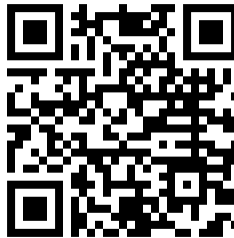
<https://www.facebook.com/FamilyConsumerSciences>



Family and Consumer Sciences Teachers

“A group for all FCS teachers current and former to ask questions and offer ideas.”

<https://www.facebook.com/groups/FCSteachers>



Hyper Docs for Family and Consumer Sciences

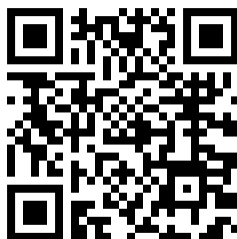
“A group of like-minded Family and Consumer Science teachers committed to contributing to and sharing Hyper Docs, Digital Lesson Plans, Worksheets and Information related to learning about and using Google Apps in the classroom.”

<https://www.facebook.com/groups/1306909996064284>



Sample Projects

Utah Education Network: Clothing 1 Sample Notebook



Hemming it Up

- There are numerous resources to utilize as you prepare to teach a course related to family and consumer sciences. Be sure you are referencing the most recent and relevant research as you develop curriculum related to your students.
 - Links on this page will be monitored and edited as needed. Please contact the author if you have any questions or concerns.
-

47.

ARKANSAS FAMILY AND CONSUMER SCIENCES STANDARDS AND RESOURCES

Sheri Deaton

ARKANSAS FAMILY AND CONSUMER SCIENCES STANDARDS AND RESOURCES

Sheri Deaton

The following resources can be utilized to help you research the Arkansas standards and relevant resources available for teaching content related to family and consumer sciences. It is important to note that standards are frequently revisited and revised to meet current business and industry standards.



Image by Clker-Free-Vector-Images from Pixabay

Arkansas Family and Consumer Sciences Overview

Learn more about the programs of study, certifications, equipment lists, standards, and safety checklists for teachers in Arkansas.

<https://dcte.ade.arkansas.gov/Page/OccupationalProgramAreas>



Arkansas Family and Consumer Sciences Standards

“Family and Consumer Sciences prepares students to make informed choices regarding consumer

education, food and nutrition, relationships, housing, and textiles and provides skills for careers in the Hospitality and Tourism, Education and Training, and Human Services career clusters.”

https://drive.google.com/drive/folders/1weQ5zOMf-5mVCNp0nysnExF_gFuxOGhf



Arkansas Family and Consumer Sciences Resources

Use this link to the shared Arkansas Google drive folder for access to resources created and shared by teachers in Arkansas.

https://drive.google.com/drive/folders/14qnRoddQK8pWNxYvaRN-1soxzQX_GGBX



Arkansas Association of Teachers of Family and Consumer Sciences Resources

Use this link to the shared Google drive folder for access to resources shared at the 2022 AATFCS Conference.

https://drive.google.com/drive/folders/1XZSlZPgDys19evg_qlTGQYEX7wAta6gm



Arkansas Playbook for Advanced Fashion Design

Use this link to the shared Google drive folder for access to resources created and shared by teachers across the state of Arkansas in response to the COVID-19 pandemic.

https://drive.google.com/drive/folders/1O_04IBB-8DiEh_VdmO-pMAfim6yBeeYb

**Dr. Deaton's Resources**

This site was created for current students enrolled in the author's classroom but is accessible to any person who is interested in learning more about career and technical education. Resources shared here can be utilized in any family and consumer sciences course.

<https://sites.google.com/view/2020cateinfo/resources>



Image by Gerd Altmann from Pixabay

Social Media Connections**Arkansas Family and Consumer Sciences Teachers Collaborate**

"A place for ARKANSAS Family and Consumer Science teachers to collaborate and join forces as we face

the future (with warm courage and high hope) while planning to meet the needs of our students and help prepare them for real-world life experiences.”

<https://www.facebook.com/groups/262149291523094>



FCS Digital Notebooks

“A place for FCS teachers to collaborate, share, and help each other through creating digital interactive notebooks.”

<https://www.facebook.com/groups/992739101175891>



Hemming it Up

- Teachers in Arkansas have a strong connection to one another and a variety of resources supplied by fellow educators. As you glean from resources shared, be sure you are referencing the most recent and relevant resources.
 - Links on this page will be monitored and edited as needed. Please contact the author if you have any questions or concerns.
-

AUTHOR BIOGRAPHY

Sheri Deaton

AUTHOR BIOGRAPHY

Sheri Deaton is a Career and Technical Education Teaching Assistant Professor in the College of Education and Health Professions at the University of Arkansas. She is a Nationally Board-certified teacher with over two decades of experience including teaching middle school, high school, and collegiate-level courses. Dr. Deaton instructs, mentors, and supervises Career and Technical Education teacher candidates, while also providing content courses for Family and Consumer Sciences education students.

Dr. Deaton frequently presents research at the Association for Career & Technical Educators (ACTE) conferences and was a 2021 National Finalist for the Post-Secondary Teacher Educator of the Year. She enjoys spending time with her family, traveling, reading, exercising, sewing, and cooking in her free time.



Feel free to contact Dr. Deaton with any comments or questions.