

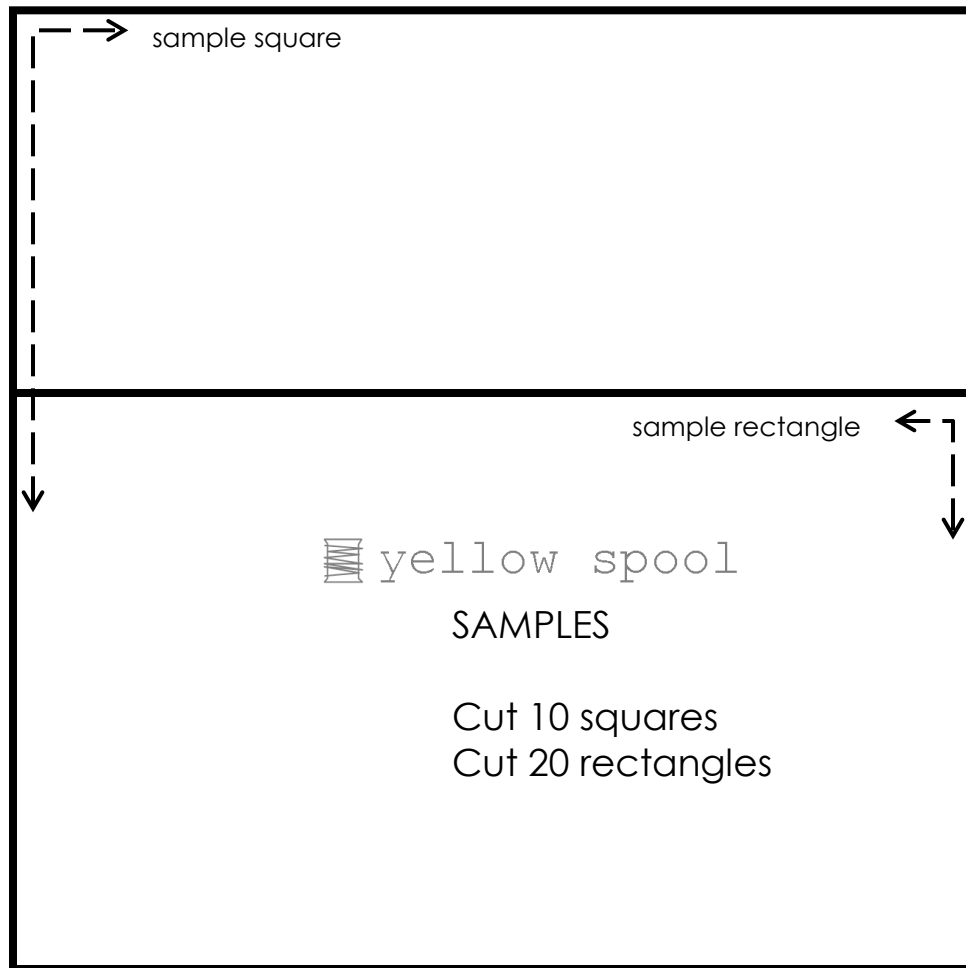
AN INTRODUCTION TO SEWING

Sample Book

www.yellowspool.com

SAMPLES

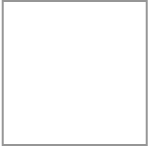
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Sample Squares: 5"x5", cut 10

Sample Rectangles: 3"x5", cut 20

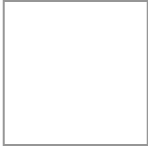
FABRIC BASICS



WOVEN:
Vertical and horizontal yarns woven together.



NON-WOVEN:
Fibers held together by heat, pressure, and glue.

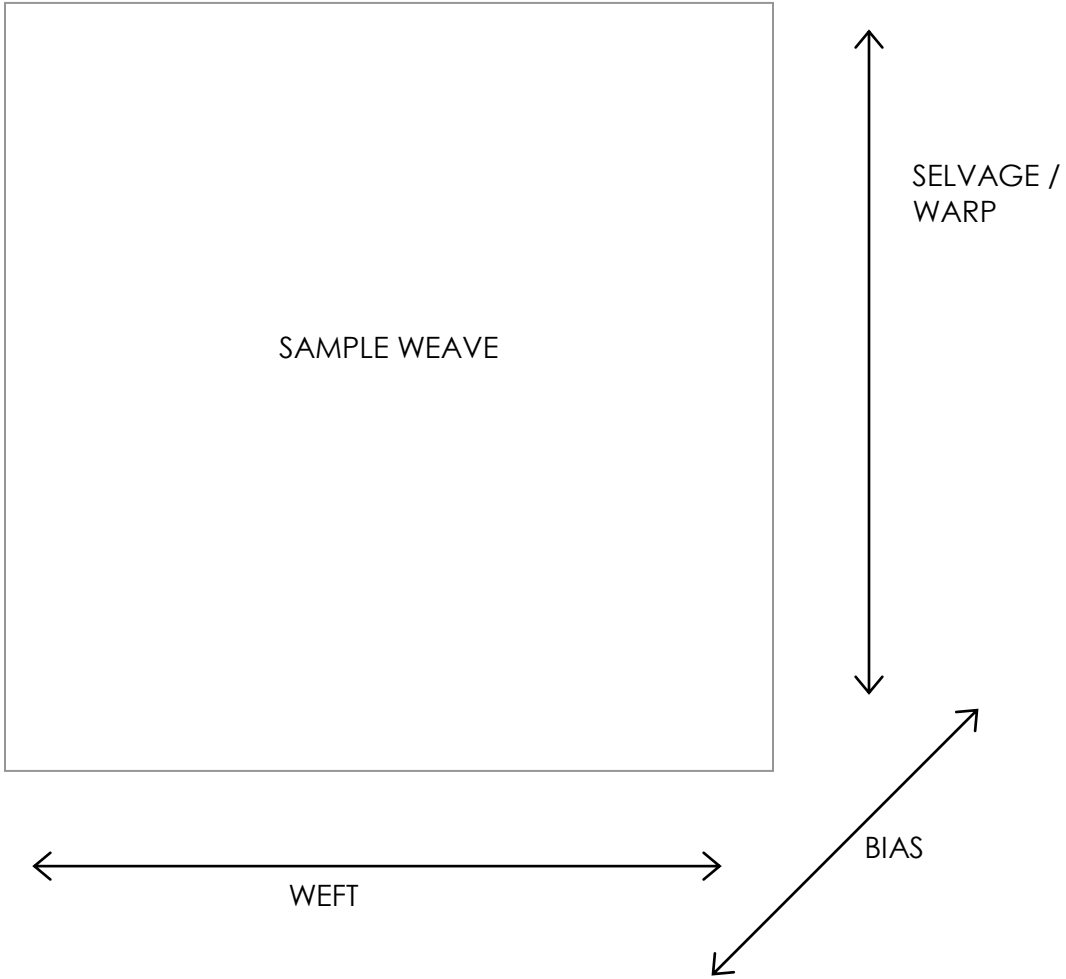


KNIT:
Yarns looped together on knitting machines.

SELVAGE: Bound, manufactured edge that does not fray.

WARP/ WEFT: The yarns that are woven along the length of the fabric, alongside the selvage, are called warp. The yards that run along the width of fabric are called weft.

BIAS: The 45 degree angle of the fabric has some stretch, even in a non-stretch material.



NOTES:

HAND STITCHING

SEWING ON A BUTTON

Pull the needle up through one of your button's holes. Thread it back down through the hole directly across from the point you came up through. Repeat a few times, until you feel the button is secure. To create a shank, bring the needle between the button and the fabric and wrap it around the button several times.



RUNNING STITCH

A running stitch can be used to temporarily baste two pieces of fabric together, or in some cases, as a decorative stitch.



Bring the needle up through both layers from the wrong side of the fabric. Create small stitches, moving in a down-over, up-over motion in one direction.

HAND STITCHING

LADDER STITCH

The ladder stitch is used to fasten fabrics together when binding an edge or closing an opening.



Iron the sides to be sewn under $\frac{1}{2}$ ". Bring the needle up into the fold from the back side of the fabric. Insert it directly across into the fold of the other piece of fabric to bring them together. Run the needle inside the fold and bring the needle back out through to the right side of the fabric. Jump directly across into the fold of the other piece of fabric and repeat.

WHIP STITCH

A whip stitch is a quick stitch used to create a seam.



Pull the needle through from the back. Bring the needle all the way around the edge and up then through both layers, about $\frac{1}{8}$ " from the starting point. Repeat.

HAND STITCHING

BACK STITCH

The back stitch is a decorative stitch used in embroidery.



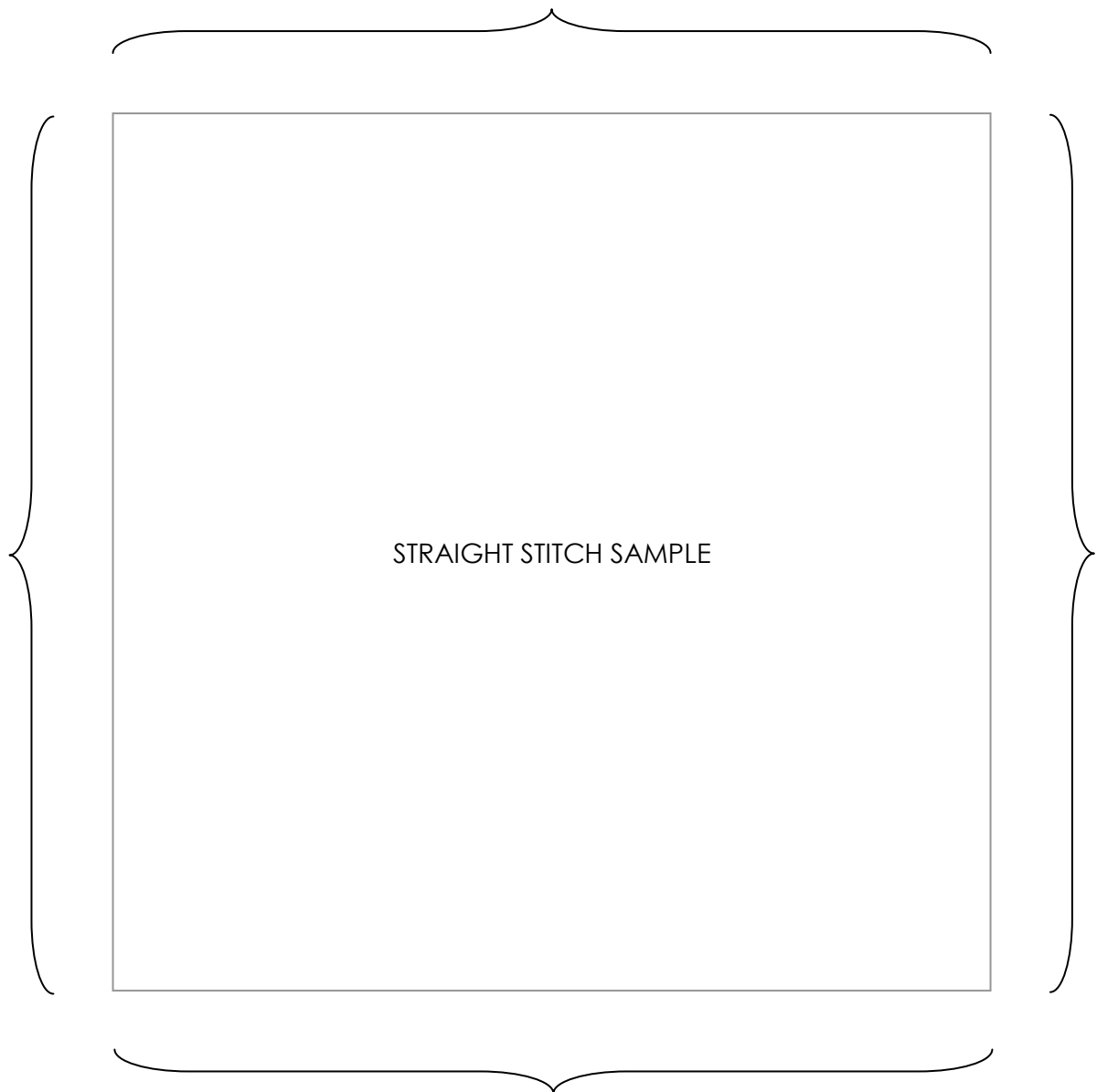
Bring the thread up at the starting point from the back side of the fabric. Push the needle down into the fabric creating one small stitch. Bring the needle back up next to the first stitch. Move the needle back one step, inserting into the same place you finished the first stitch. That is called the "back stitch" and it closes that second stitch. Bring the needle back up in the same place you did in for the previous stitch and repeat.

NOTES:

SEWING A STRAIGHT LINE

SEAM ALLOWANCE: The space between the edge of the fabric and the stitching. The seam allowance is determined by the markings on the needle plate that are used to guide as you sew.

REVERSE STITCH: Basic stitching can come undone, especially when it's pulled at. A reverse stitch is exactly what it sounds like, stitching in reverse at the beginning and end of a seam to reinforce the stitches.



NOTES:

IRONING

DOUBLE HEM

When a raw edge is not sewn into a seam, it can be hemmed. Ironed one side of the sample under twice and top-stitch near the inner fold to hide the raw edge.



PRESSING A SEAM

Sew a standard seam. Sometimes when you press a seam open you get a little fold in the seam. Avoiding this is simple, all you need to do is press your seam flat *before* you press it open or to the side.



NOTES:

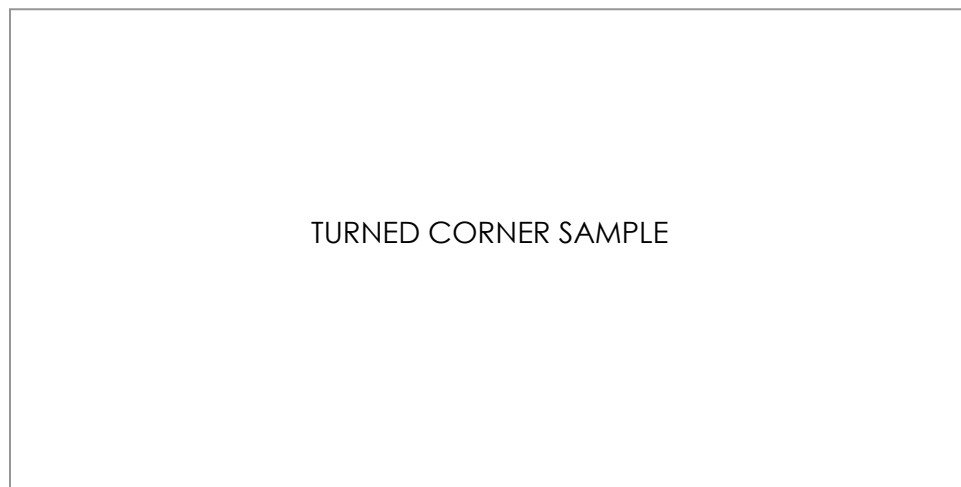
CORNERS & PIVOTING

SEWING AND CLIPPING A CORNER

The key to sewing around a corner is to stop with the needle down before you reach the edge of the fabric.

Line two sample rectangles with right sides together. Sew down the first side and try to stop with the same distance from the needle to the upcoming edge as the seam allowance. Stop with the needle down, lift the presser foot, turn the fabric 90 degrees, put the presser foot back down, and continue sewing.

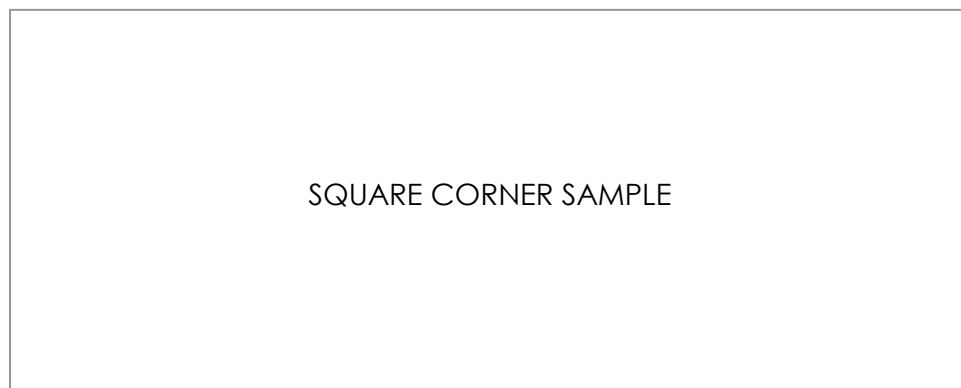
If the corner is going to be turned, it's a good idea to clip the corner at a 45 degree angle, coming close to the stitching, without clipping through it.



SQUARE CORNER

Press a double hem along both sides of the corner by pressing under $\frac{1}{4}$ " and then $\frac{1}{2}$ ". This leaves a square overlap, and hides the raw edges inside the fold along both sides.

Top stitch along the inner fold, sewing around the corner using the method shown above.



CORNERS & PIVOTING

MITERED CORNER

Press a double hem along both sides of the corner by pressing under $\frac{1}{4}$ " and then $\frac{1}{2}$ ".

Notice how one side is folded on top of another side. Open the upper side up all the way, leaving the under-side folded in place. Take the corner and fold it all the way down to the second crease mark on the side you unfolded. Fold the entire side back in guiding with the crease marks, and pin the mitered corner securely.

Top stitch along the inner fold, sewing around the corner using the method shown above.



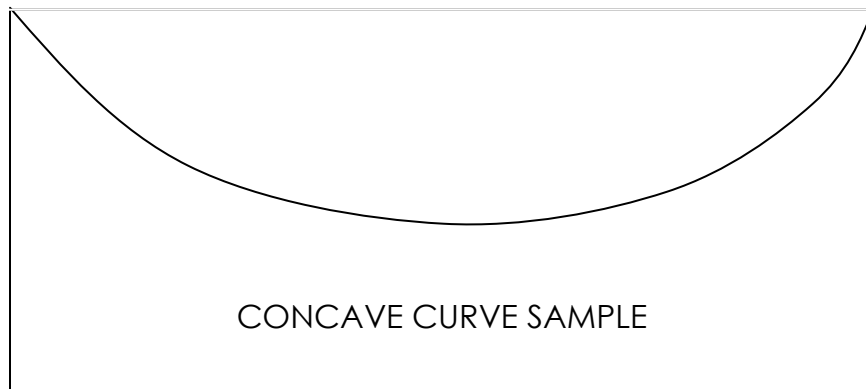
NOTES:

SEWING ON A CURVE

When sewing on a curve, remember to focus in line with the needle. The edge approaching the needle will look like it is too far away from, or too close to the needle, don't worry about that. All that matters is that the point directly next to the needle is lined up where you want it for the right seam allowance. Remember to use your hands to steer the fabric in a curve motion, you don't need to push it through.

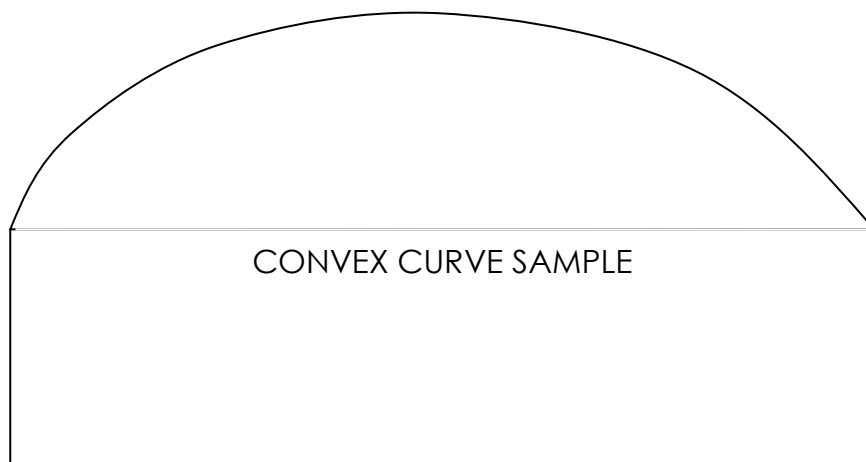
CONCAVE CURVE

When the seam is sewn it won't lay flat when you turn your fabric because there is less fabric at the edge of the seam allowance than there is at the seam. It will pull the seam in and pucker. To avoid this, clip into the seam allowance along the curve. This helps it "stretch" to the length of the stitching so it can lay flat. Turn and press.



CONVEX CURVE

When the seam is sewn it won't lay flat when you turn your fabric because there is more fabric at the edge of the seam allowance than there is at the seam. It will look bunched. To avoid this, clip notches into the seam allowance. This removes some of the fabric so it can lay flat. Turn and Press.

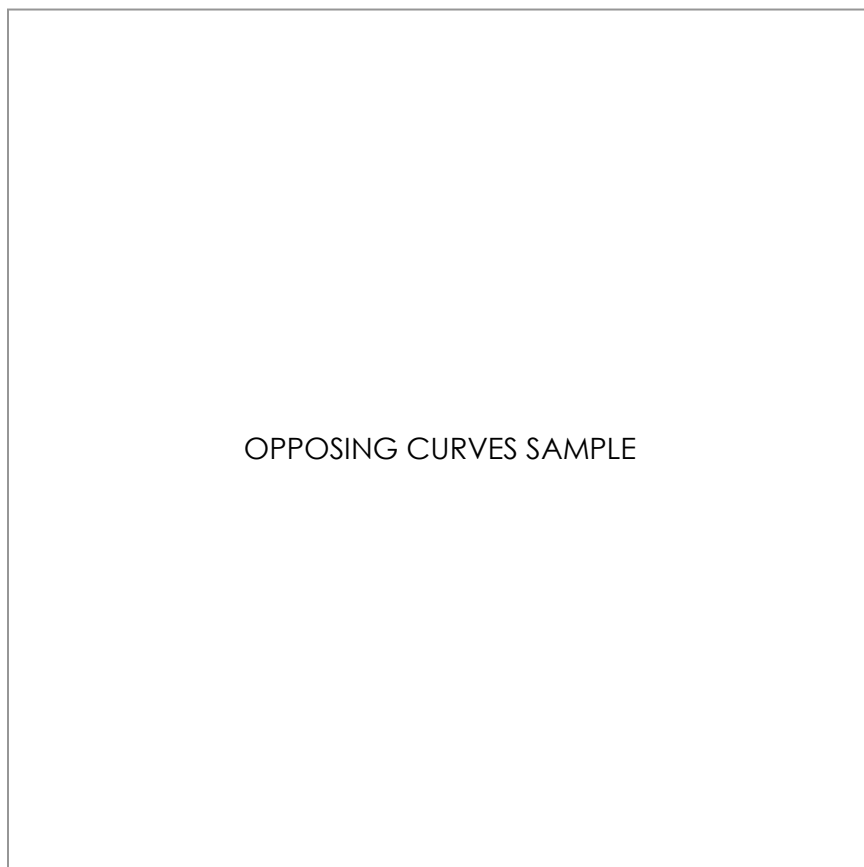


SEWING ON A CURVE

OPPOSING CURVES

Line the convex to the concave with RIGHT-SIDES-TOGETHER and pin them at the center. Pull the convex curve up to the concave curve and pin along both sides. As you sew, straighten the edge slightly to help visualize the seam allowance (straightening the edge is NOT advised for the other two methods).

For some projects, like sewing in a sleeve, you shouldn't need to clip or notch because you want the shape it gives. However, if you want the curve to lay flat, you will want to clip the concave seam allowance and notch the convex side of the seam allowance.



NOTES:

ADJUSTING THE STITCH

STRAIGHT



ZIG ZAG



NOTES: