

## SEWING CAN BE FUN.

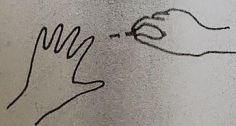
It really can, you know. Not only fun but easy too. We have taken out all the guesswork. No need to ask your mother or the neighbors. EVERYTHING you need to know is right here. You can say with pride, "I made it all by myself."

### EASY-TO-FOLLOW INSTRUCTIONS

Follow our step-by-step directions carefully. Put a check in each box as you complete the step so you know where you are at all times.

The drawings of the pin, the presser foot, and the iron will show you what to do where.

When you are told to pin, the drawing will show you HOW to place the pins.



When you are told to stitch, the drawing will show you in WHAT direction. Follow it exactly.

When you are told to press, the drawing will show you WHERE.



In all the drawings the right side of the fabric will be shown in BLUE and the wrong side in WHITE.

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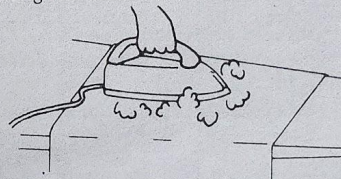
## GET READY

Make sure that you have all the supplies listed on the back.

- Set up an ironing board and a steam iron.
- Set up your sewing machine.
- If you do not know how to use your machine, read the instruction booklet that came with it. Get to know it well.

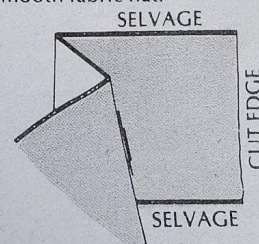
## GET SET

- Open out your fabric. If it is wrinkled, press it on the wrong side with a steam iron.



- Place your fabric on the floor or on a large table. If your fabric has a right and a wrong side, make sure that the right side is up. Smooth fabric flat.

STOP...Notice the narrow strips on the two long, uncut edges of the fabric. They are called SELVAGE EDGES.



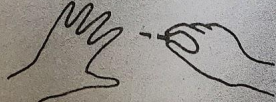
- Unfold tissue pattern. DO NOT CUT APART PATTERN SHAPES. Gently smooth out wrinkles. If it is very wrinkled, press with a DRY iron.

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## PIN

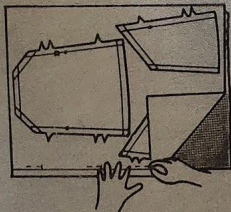
Use sharp, rust-free pins to hold tissue to fabric.

□ To pin, hold fabric down near where you want to pin with the fingers of your left hand. With the right hand, push pin in and out of a small amount of fabric close to the left fingers.



□ Place the tissue pattern over the fabric, keeping the printed side up.

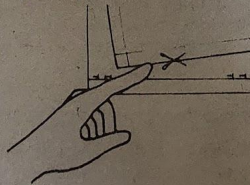
□ Place the SELVAGE LINE printed on the tissue along the finished edge closest to you, as shown in the drawing.



□ Pin tissue to your fabric above the SELVAGE LINE, placing pins about 6" (15cm) apart.

□ Smooth out the tissue above the pins. You are now ready to pin the pattern shapes in place.

**STOP...**Look at the tissue. Notice the thick black line with a drawing of a scissors on it that outlines all the pattern shapes. These are called **CUTTING LINES**.

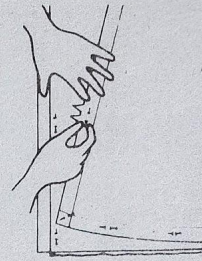


Starting with the shape closest to you, pin the tissue to the fabric, following the pinning instructions listed below:

1. Pin corners first, placing pins into corners at an angle as shown, keeping the points inside the cutting lines.

2. Pin all remaining edges of shapes, placing pins inside cutting lines. Keep pins about 6" (15cm) apart on long straight edges and a little closer on curved edges.

□ Pin all edges of all pattern shapes in place.



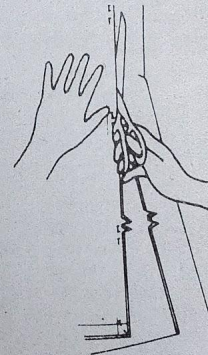
## CUT

Now that you are ready to cut out the pattern shapes, study the **CUTTING HINTS** below before you go on.

1. Use the same flat surface to cut you used for pinning.

2. Use sharp scissors. **DO NOT** use pinking shears.

3. Cut along the cutting lines with long, smooth strokes, using your free hand to keep fabric flat close to where you are cutting. Watch your fingers.



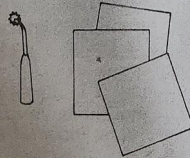
□ Cut out each pattern shape completely before going on to the next one. DO NOT UNPIN TISSUE.

Note: Save the largest scraps of fabric to practice stitching.

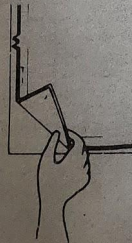
## MARK

Now is the time when you must mark all the remaining lines and symbols from the pattern tissue to the wrong side of your fabric. Before you do, study the TRACING HITS below:

1. You will need a tracing wheel and dressmakers tracing paper in a contrasting color.



2. Place one sheet of tracing paper on a hard, flat surface, with colored or waxed side up.



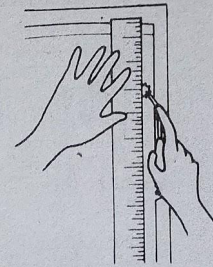
3. Now place one fabric shape over tracing paper with the wrong side of the fabric against the tracing paper.

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4. Roll tracing wheel AWAY from you on all the solid lines inside the pattern shape.

5. Trace each line ONLY ONCE. Do not go back and forth.

6. Use a ruler as a guide for all straight lines. Along curved lines, it will be easier to control the wheel if you trace slowly.

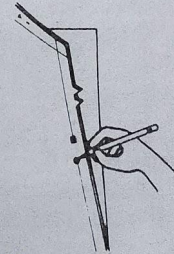


NOTE: When paper is smaller than the line being traced, simply move paper as you work.

□ Trace all the lines on all the pattern shapes in this way.

STOP... Notice that some pattern shapes have symbols such as o's that appear on the lines. These must also be traced onto the wrong side of your fabric.

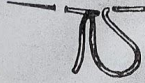
□ Using a dull pencil, trace all symbols carefully. DO NOT trace the arrowheads or the lines between them that appear in the center of each shape. (You will need them only if you make the garment a second time.)



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STOP...Look at the wrong side of each fabric piece to make sure you have traced all lines and symbols.

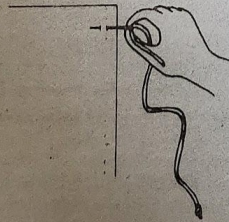
- Look at the tissue pattern once more. Notice that some lines have a drawing of a needle on them.



This means that those lines must also appear on the right side of the fabric. This is done with HAND BASTING explained below.

1. Unpin tissue from fabric one piece at a time.
2. Turn the fabric piece with the wrong side toward you so you can see the traced lines.
3. Thread a needle with a short length of thread (about 20" (50cm) long) in a color different from your fabric to make it easy to see. Knot one end.

4. Working on the wrong side of the fabric, push the needle in and out of the fabric at the beginning of the traced line, having about 1/2" (13mm) of fabric on the needle.



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5. Push needle in and out again about 1/2" (13mm) from the first stitch.



6. Continue along the entire traced line, making sure the needle comes in and goes out exactly on the traced line.

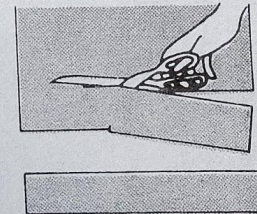
## SEW

Before you start to sew your garment, get the feel of your machine.

### PRACTICE SEAMS

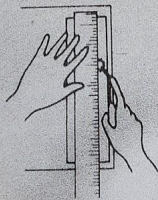
Try stitching a few practice seams on some scraps of fabric. Here's how to do it:

- Cut two pieces of fabric the same size.



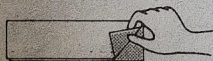
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□ On the wrong side of both pieces, mark a line (called a **SEAMLINE**)  $5/8''$  (15mm) from one long edge.



**STOP...** The  $5/8''$  (15mm) of fabric between the marked line and the cut edge of the fabric is called a seam allowance. Most patterns have a  $5/8''$  (15mm) seam allowance. Sometimes it may be bigger or smaller for a special reason. If it is, the instructions will tell you what size it is and why.

□ With **RIGHT SIDES INSIDE**, place the two pieces of fabric together, keeping raw edges even.



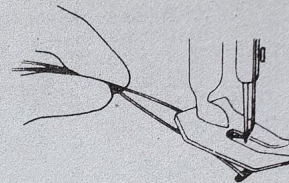
□ Pin the marked edges together, matching **SEAMLINES**, and placing pins about  $3''$  (7.5cm) apart with the heads outside the edge as shown in the drawing.



To match **SEAMLINES**, jab a pin through the seamline on the top piece of fabric, making sure it comes out on the seamline of the bottom piece.

□ Turn the handwheel on the machine to raise needle to high position.

□ Raise presser foot and place both threads under and behind the foot.



**STOP...** Threads must be fastened at the beginning and the end of each seam to prevent them from opening up. There are two methods of doing this. Try doing both of them.

### METHOD 1 - BACKSTITCHING

Place your fabric under the presser foot with the seam allowance to the left.

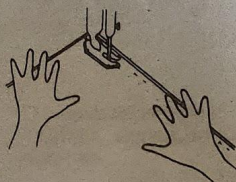
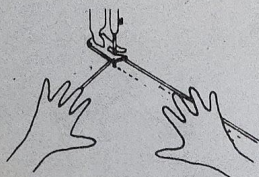
□ Lower needle into the fabric **EXACTLY** on the seamline about  $1/2''$  (15mm) from the cut edge.



□ Lower presser foot. Turn the hand wheel toward you to make 4 or 5 stitches, or just to the end of the fabric.



□ With the needle in the fabric, lift the presser foot and turn your fabric around so that the seam allowance is to the RIGHT.



□ Stitch forward along the marked seamline, removing pins as you get to them.

□ Stop at the end of the traced line, leaving the needle in the fabric.

□ Lift the presser foot and turn the fabric again so that the seam allowance is to the LEFT.



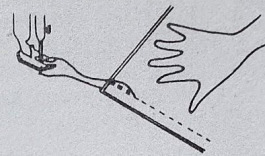
□ Turn the handwheel toward you, making 4 or 5 stitches.

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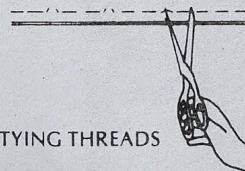
□ Raise the needle to high position and lift the presser foot.

□ Pull fabric out from behind the presser foot until threads are about 6" (15cm) long.

□ Cut threads close to stitching.



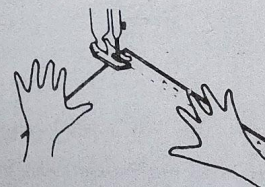
STOP...If you found it hard to stitch with just pins holding your fabric together, next time hand baste the edges together before stitching. Remove basting before pressing seams open. To remove basting stitches, snip thread about every 2" (5cm). Pull out thread in small pieces. Do not attempt to remove basting thread in one piece. You may damage your fabric or snap the machine stitches.



## METHOD 2 - TYING THREADS

□ Lower needle into fabric EXACTLY on the seamline at the edge of the fabric.

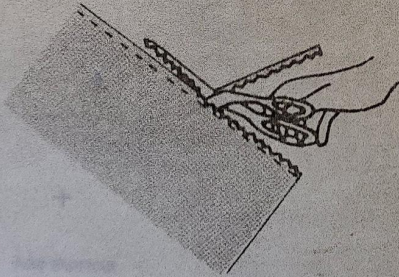
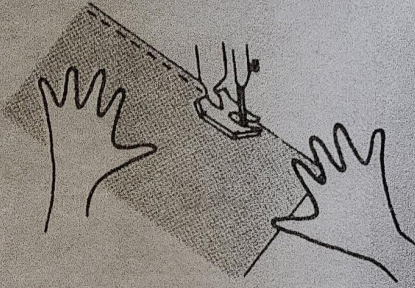
□ Lower presser foot and stitch along the marked line, removing pins as you get to them.



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METHOD 2 - STITCH AND PINK

□ Stitch 1/4" (3mm) from the raw edge.



□ Trim edge with pink-ing shears.