If there is difficulty in tightening the under tension there may be a knot of thread caught under the spring on the bobbin case. Loosen the tension screw sufficiently, release the knot and remove it.

**Preparing to Sew**

Pull sufficient thread through the needle to start sewing, hold the end of the thread in the left hand and, with the right, turn the balance wheel over until the needle goes down and the under thread is pulled up through the needle hole in the throat plate. (See Fig. 22).

![Fig. 22. Pulling up Under Thread](image)

Lay both threads back under the presser foot diagonally across the feed, as shown in Fig. 23, to the right or left, depending upon which side of the needle the material is located, so that when the presser foot is lowered, the threads will be firmly held between the feed and the presser foot.

![Fig. 23. Threads in Position to Commence Sewing](image)

The edge of the garment to be stitched should be placed just far enough under the presser foot so that the first stitch may be taken in the material. Never place the material so far in front of the needle that the first stitch will not be taken in the material, as this will allow the thread to become caught in the bobbin case, also the material may not feed under the foot properly unless the edge has been caught with the needle. Always lower the presser bar before starting to sew, bringing the tension into operation and preventing the thread from being caught in the bobbin case. See Fig. 24 for the proper starting of material under the presser foot.

**Finishing a Seam**

When finishing a seam, never sew beyond the end of the material. Stop the machine by placing the hand on the balance wheel shortly before the end of the seam is reached. This will prevent the thread from becoming caught in the bobbin case. See Fig. 25.

![Fig. 24. Beginning a Seam](image)
Do not attempt to release the material from the machine until the take-up lever is at the highest point. See T, Fig. 33. When the take-up is in this position and the presser foot is raised, the tension is released. Always take the material from the machine by pulling it straight back or away from you. This will prevent the needle from becoming bent or broken.

![Fig. 25 Finishing a Seam](image)

Always have a sufficient length of thread to prevent its pulling through the needle when you start to sew the next seam. This may be provided for by pulling the material back from you far enough to allow the upper and lower threads to enter thread cutter A, Fig. 22. Hold thread with both hands and cut with a quick downward motion.

**Hints for Sewing Various Seams**

Always keep the material to the left of the presser foot, allowing the seam to extend to the right. This helps to prevent machine oil from soiling the goods and allows greater freedom of feeding than when the garment is allowed to pass under the arm of the machine.

In stitching a skirt, all patterns are made so that the seams must be stitched from the top down. This is true of every seam in a garment. In stitching a blouse the shoulder seams must be stitched from the neck down, and the under-arm and sleeve seams must be stitched from the armhole down. This is also true when sewing bias seams on a skirt. It must be stitched from the waist line down in order that the pattern will come together correctly.

When sewing a bias edge to a straight edge, place the straight edge against the feed. Hold the bias edge toward you in order to adjust and ease the fullness in to prevent its stretching.