

LESSON 1

CREATIVITY

12 - 18 Year Olds

PURPOSE

To develop personal creativity and learn basic construction skills, building on previous knowledge.

OBJECTIVES

Youth will be able to:

- Identify different sewing machine needles, hand sewing needles, and pins.
- Practice using different special sewing machine feet.
- Learn about special use seams and seam finishes.
- Experiment with different special threads in a creative project.
- Take body measurements.
- Experiment with different interfacings on different fabric.
- Learn some ways to embellish fabric.
- Use embellishment techniques to create a special vest.

LESSON TIME

45 Minutes

LEARNING ACTIVITIES

WHAT'S THE POINT?

SPECIAL FEET

SPLENDID SEAMS AND FINISHES

SPECIAL THREADS

INTERFACING

EMBELLISHMENT

PATTERN SUCCESS

A SPECIAL VEST

ADVANCE PREPARATION

1. Read the BACKGROUND BASICS on Creativity.
2. Review activities and choose the appropriate one(s) to use.
3. Secure necessary materials, as described.

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Do

The following is suggested for using the activities in Lesson 1. Materials needed for each are listed within the activity.

- ◆ Practice using different types of sewing machine needles in WHAT'S THE POINT.
- ◆ Experiment with different sewing machine feet in SPECIAL FEET.
- ◆ Make different seams and seam finishes in SPLENDID SEAMS AND FINISHES
- ◆ Make a Christmas ornament using SPECIAL THREADS.
- ◆ Practice taking body measurements and determining pattern size and figure type in PATTERN SUCCESS.
- ◆ Experiment with different types of interfacing in INTERFACING.
- ◆ Make a sample of each of the embellishment techniques in EMBELLISHMENT.
- ◆ Design and make a creative vest using embellishment techniques in A SPECIAL VEST.

REFLECT

After completing the activities in this lesson, help youth reflect on what they have learned using these questions:

- ◆ Describe the stitch made using a twin needle.
two straight stitches on top with a zigzag stitch on bottom.
- ◆ Where would you use a zigzag foot?
seams for stretch fabrics, as a seam finish on medium to heavyweight fabrics, to finish an appliqué
- ◆ What is a French seam?
a seam within a seam
- ◆ Did any of the special threads give you a problem? How did you correct the problem?
- ◆ What measurements determine pattern size?
horizontal -- bust/chest, waist, hips
- ◆ Which type of interfacing do you prefer -- fusible or sew-in? Why?
- ◆ What was your favorite way to embellish?
- ◆ What would you do differently the next time you embellish a vest?

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APPLY

- ◆ Help youth learn to apply what they have learned.
- ◆ Show someone your stitching samples and explain the different pins and needles you used?
- ◆ Practice putting in a zipper using a zipper foot
- ◆ Look at your clothing to see if seams and hem finishes were used.
- ◆ Continue to experiment with special threads.
- ◆ Use your body measurements to determine pattern size and figure type of a blouse/shirt.
- ◆ Look at five garments in your closet to see where interfacing was used and the type used.
- ◆ Show a friend your embellishment samples and explain how to do them.
- ◆ Do a demonstration on one embellishment technique.

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BACKGROUND BASICS . . . Creativity

It's exciting to learn about new "things" that can help us be more creative in our clothing construction. Here is an opportunity to learn about needles (sewing machine and hand) and pins, some special sewing machine feet, new seams and seam finishes, special threads to create interesting looks, how to select pattern size and figure type, how to select interfacing fabrics, learn some embellishing techniques, and then create a vest design using some of the equipment and techniques learned.

Sewing Machine Needles

There are several different types of sewing machine needles. Some are designed for specific fabrics or purposes. In order to eliminate stitching problems, let's learn to select the one most suited for the task.

Universal/All-Purpose needles are used on most types and weights of fabrics. Sizes range from 8-19 or 60-120.

Ballpoint needles have a rounded point that goes between the fibers to prevent piercing or snagging thread that could cause a run. Ballpoint needles are used on knit and stretch fabrics. They will make a wavy stitch line on woven fabrics. Size range is 9-16 or 70-90.

Twin needles have one body and two (shafts) needles. A twin needle is used for making two rows of straight or decorative stitching. They come in a variety of sizes (width apart stitching) from very close together to 1/4 inch apart.

Topstitching needles have a longer eye and deeper groove that makes it easier to thread with two threads or with a heavier thread.

Stretch needles have a light ballpoint for use with very stretchy fabrics. Depth of shank is smaller and scarf is deeper.

Leather/wedge needles have a knife-like point (three-sided point) that makes a slit. A wedge needle is used only on leather, leather-like materials and vinyls. Size range is 14-18 or 90-100.

Wing needles have a flat extension on the sides of the shaft which make large holes. This needle is used for decorative stitching and hemstitching. They also come as a twin needle with one regular needle and one wing needle.

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Handsewing Needles

Handsewing needles are selected to prevent damage to the fabric. They come in several sizes and types. The most common types for handsewing are:

Sharps: an average length needle with round eyes.

Between: short needles with round eyes.

Crewels: average length needles with long slender eyes.

Fine fabrics require the use of thin, sharp needles. Heavy fabrics require sturdy needles. The higher the number, the smaller the size of the needle.

Pins

Pins should be fine, sharp, and rustproof. The ones with plastic coated or glass heads are easier to use and see. Some of the plastic coated ones can melt if ironed over. Pins may be ballpoint, extra long, or extra fine.

Special Sewing Machine Feet

There are many "feet" that can assist in special sewing functions.

A *straight stitch* foot has a small hole, two toes with one thicker and one longer and is designed to do straight stitching.

A *zigzag* foot has a wide oval hole, flat bottom, may be see-through plastic and is designed to do zigzag stitching and all other stitching.

A *satin stitch* foot has a wide channel on bottom of the foot behind the needle hole to help stitches move smoothly without flattening. It may be of see-through plastic. It is used to do design stitching, appliqué and satin stitching.

A *blind hem* foot has a blade or edge that is placed against the fold of the hem and is used to make blind hems.

A *roller* foot has a roller mechanism in front and back of the needle position to evenly feed difficult fabrics.

A *pin tucking* foot has many narrow channels on bottom that "fits" over tucks. It is used to make evenly spaced pin tucks and even rows when using twin needles.

A *ruffler* foot has a screw and adjuster for determining the amount of gathers or pleats. It is used to create pleated-shirred fabric. You can make a separate ruffle or attach and ruffle at the same time.

A *quilting* foot with guide has one toe; the guide slides into an adjustable hole or slot to the right. It is used to make even rows when quilting, topstitching, cording and piping.

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Seams and Seam Finishes

A *double stitched seam* is used for added durability in stress areas. First, make a plain seam, then add a second row of stitching 1/8 inch from the first stitching. Trim seam to 1/4 inch.

A *French seam* is used on "see-through" fabrics. It is a seam within a seam. Place the wrong sides of fabric together and stitch a 1/4 inch seam. Turn and press. Place right sides together and stitch a 3/8 inch seam. On very lightweight fabrics you may want to take a deeper seam, so you end up with a finished 1/8 inch seam, instead of a 3/8 inch seam.

A *turned under and stitched seam* finish is used on light to medium weight fabrics. This is a good finish for unlined jackets, if there are no extremely curved seams. BE SURE to allow 3/4 inch seams. Turn under 1/8 inch and machine stitch close to edge. Be sure to work from the top side and not "fight" with the narrow turn under.

A *Hong Kong seam* finish encloses the seam, but is less bulky than regular bias tape binding. A very lightweight woven or sheer knit fabric is needed to make the 1 inch binding. Use woven fabric cut on the bias or knit fabric cut on the crosswise. Place right side of binding to right side of seam. Stitch at 1/8 inch from edge. Turn binding over edge to inside. Stitch-in-the-ditch on the top side in the seamline where you joined the bias to the edge.

Special Threads

There are many special threads on the market which can be used to embellish a garment or accessory. You can even use a combination of different threads and yarns for a unique look. You can use special threads to topstitch, to finish an edge, in free-form stitching, in special needles such as a twin needle, to couch threads and yarns using transparent thread, to emphasize designs in a fabric, and to add emphasis to an applique or trim.

For a better stitch quality you may need to use interfacing or stabilizer under your stitched area and a needle lubricant on your sewing machine needle.

Metallic/Silver/Foil can be used as the upper thread or in the bobbin of your sewing machine. Sometimes you may want to use two threads to get more "shine." How to use: always test on the type of fabric you will be using with the same interfacing/stabilizer, usually requires a larger needle (14-16, 80-90), requires an even speed, use the embroidery foot (if you have one) if using a decorative stitch, you may need to loosen the upper tension, so you do not see the bobbin thread, and you may need to use an interfacing/stabilizer to prevent puckering.

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Rayon thread is used for embellishment, since it has a silk look. You may want to use two threads. It can be used as the upper thread or in the bobbin or both. How to use: always test on your fabric, use an 11-14 (70-80) needle, you may need to loosen upper tension or bypass the bobbin tension if using heavy rayon thread, and a stabilizer to prevent puckering may be needed.

Pearl thread is a crochet thread that can be used in your bobbin. It is a heavy thread with texture and depending on the fiber (cotton, rayon or acrylic), may have a slight luster. How to use: always test on your fabric; you may need a stabilizer to prevent puckering; the tension will usually need to be loosened, you may need to bypass the tension in your bobbin, stitch slowly and at an even speed, and hand wind onto your bobbin.

Transparent thread is nylon filament. It is not a decorative thread, but is used with decorative threads -- as the "other" thread, when not using decorative threads in all areas of threading of your machine. Today's transparent thread is soft and not wiry. It can be used on your sewing machine. It is a clear thread and comes in two colors -- light and dark. How to use: begin by testing on your fabric to determine if you need a stabilizer on your fabric or need to change your tension. You will need to wind the bobbin slowly and at an even speed (so you don't stretch the thread); stitch slowly for best results; can be used on your sewing machine; place a net covering over the spool/cone to assure an even feed of fabric.

Yarn may be used in your bobbin (hand wind, bypass the bobbin tension) or for couching. Couching is when the yarn(s) are placed under the presser foot (or if very heavy without the presser foot) and is "couched" using a regular thread or transparent thread. On a larger yarn you may just want to stitch on top of the yarn in a random fashion or use one of your decorative stitches on your sewing machine.

Patterns

Before purchasing a pattern take your body measurements, so you can select the correct size and figure type. If you sew frequently and have any weight gain, loss, or shift; always make sure you are purchasing the correct pattern size. Sizes in pattern companies are similar to each other BUT they have no relation to ready-to-wear sizing. In fact, ready-to-wear sizes are not standardized, so you may fit into "several" sizes.

When taking body measurements for the vest pattern, have youth take their measurement over the shirt or t-shirt that they plan to wear with the vest. For greatest accuracy in measuring use a plastic coated tape measure and keep it snug, but comfortable.

For determining pattern size take the following horizontal measurements: bust/chest -- over the fullest part of the bust/chest and around the back; waist -- natural curve of the waistline; hips -- highest part of the seat (needed only if making a long vest).

For determining pattern figure type take the following vertical measurements: height and back waist length -- measure from the prominent bone at your neck base to your waistline. Select the figure type that most nearly fits their vertical measurements. Then select the pattern size that

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most nearly fits their horizontal measurements remembering to allow a minimum of 6 inches of ease through the bust/chest.

Interfacing

Interfacing is an inner construction material that lies between layers of fashion fabric or between fashion fabric and a lining. It adds shape, strength, and body. Interfacing supports the fashion fabric and adds crispness, not bulk. It helps a garment to maintain its shape, wearing after wearing. Grain or "give" should be the same as your fashion fabric. In vests it should be used at the armholes and around the front and back at the neckline.

There are several types of interfacing fabrics. Each type of interfacing gives a different effect on a fabric. *Woven* interfacings have lengthwise and crosswise grain. Be sure to cut on the same grain as the fashion fabric. *Non-woven* interfacings are made by bonding or felting fibers together. They are flexible. They will not ravel, wrinkle, or lose their shape. They may be stable with little give, stretch in crosswise, or be all-bias - stretching in all directions. *Knit* interfacings, *fusible tricot*, and *weft insertion* give soft shaping. Both woven and non-woven interfacings come as sew-in or fusible and in several different weights. Select the one that is best suited for your fabric. Always test on a scrap of your fashion fabric.

Embellishment

There are many different methods of embellishing a garment. Directions are given in the activity on how to do couching, stitch and slash, cobweb lace, sawtooth edge finish, crinkle and wrinkle, button ideas, crazy patchwork, pinweaving, and odds and ends. In addition you may have some methods that you use that you will want to share with the youth in assisting them to design a very special vest.

LESSON 1: CREATIVITY

Activity 1: What's the Point?

OBJECTIVE:	Youth will: <ul style="list-style-type: none">○ identify different sewing machine needles, hand sewing needles, and pins.○ practice using different sewing machine needles and hand needles with the appropriate fabric.
LIFE SKILLS:	<ul style="list-style-type: none">○ Acquiring, analyzing and using information○ Decision-making skills
MATERIALS:	Three sewing machines, if available Sewing machine needles (different sizes, if possible) <ul style="list-style-type: none">- Universal/all-purpose- Ballpoint- Twin needles- One of these, if available:<ul style="list-style-type: none">- Topstitching- Leather/Wedge- Stretch- Wing Handsewing needles: Sharps, Betweens, Crewel Pins: Extra-long, Plastic Head, and Regular Thread Sewing machine (3) Fabric swatches, 6" x 6": <ul style="list-style-type: none">- Chiffon, batiste or voile- Broadcloth, percale or gingham- Jersey, tricot or swimwear Sewing box (Youth may have their own) Copies of OBSERVATION CHART for each participant Copies of FRAME IT! for mounting samples for each participant
TIME:	45 Minutes
SETTING:	Room with comfortable tables and chairs, with multiple outlets if needed.
ADVANCE PREPARATION:	Collect materials and make a package for each group. Each youth will need 3 fabric swatches (1 of each type of fabric). In addition, the group will need different types of needles, handsewing needles and machine needles, and pins.

LEADER INFORMATION:

This activity is set up for each group of youth to rotate to each of the three machines, with different types of needles.

INTRODUCTION

Have you ever noticed how many different pins, handsewing needles and sewing machine needles there are? Wow! Can you buy only one type and use them for everything? Guess not, since each seems to be for a specific fabric. Today, you will have the opportunity to try different needles and pins with a variety of different fabrics -- and that's the "point" of this activity.

Do

Check out "WHAT'S THE POINT?"

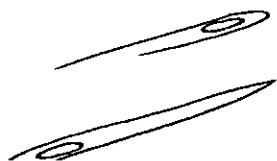
- ◆ Divide into groups of 2, 3, or 4 depending on availability of sewing machines for rotation.
- ◆ Hand each group a package with all the materials needed for this activity and explain there are three parts to the activity, sewing machine needles, handsewing needles, and pins. Groups will need to rotate to use the sewing machines.
- ◆ Set each sewing machine with a straight stitch, 10-12 stitches per inch. Instruct each team to stitch a seam using each needle on the three fabrics. Evaluate and write observations of stitch on each fabric and needle type.
- ◆ Thread each handsewing needle and make a running stitch on each fabric. Evaluate ease of threading and write observations of needle for each fabric.
- ◆ Use each type of pin in each fabric. Evaluate which pin is most suitable for each fabric and ease of use.
- ◆ Mount samples for future reference.

Reflect

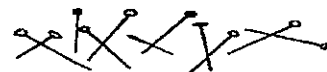
- ◆ Describe and identify a sewing machine needle you used for the first time today.
- ◆ Describe and identify the handsewing needle you prefer. Why?
- ◆ Name and explain what type of needle and pin should be used on sheer fabrics.
a small needle which is thin and very sharp will easily go through the fabric.
- ◆ Name and explain the type of sewing machine needle to use with knits.
ballpoint because it can slide through fabric and not pierce and break one of the yarns.
- ◆ Describe the stitch made using a twin needle.
two straight stitches on top with zigzag on bottom.

APPLY

- ◆ List the types of sewing machine and handsewing needles you have in your sewing basket.
- ◆ Identify the needle sizes, if possible.
- ◆ Mount and show someone your stitching samples and explain the different pins and needles you used. Consider preparing an exhibit or demonstration for others using your samples.



WHAT'S THE POINT?



SEWING MACHINE NEEDLE REFERENCE

NAME	USED ON	DESCRIPTION	SIZES
UNIVERSAL/ ALL-PURPOSE	Most types and weights of fabric	Has a sharp even point	8-19 or 60-120
BALLPOINT	Knits and stretch fabrics	Has a rounded point to go between the fibers	9-16 or 70-90
TWIN	Most smooth surfaced fabrics to create a decorative effect	Has one body and two needles	
TOP STITCHING	Fabrics you want to topstitch	Has a longer eye and deeper groove to handle two or heavier threads	
STRETCH	Very stretchy fabrics	Depth of shank is small, has a light ballpoint and the scarf is deeper	
LEATHER/WEDGE	Leather, leather-like, vinyl, suede	Has a knife-like point (three-sided) that makes a slit	14-18 or 90-100
WING	Fabrics for decorative heirloom stitching and hemstitching	Has flat extensions on the sides of the shaft to make large holes	14-18 or 90-100

WHAT'S THE POINT?

OBSERVATION CHART

NEEDLES	HOW DID IT WORK?		
	SHEER FABRICS	WOVEN FABRICS	KNIT FABRICS
SEWING MACHINE:			
Universal/All Purpose			
Twin Needle			
Ball Point			
Other: _____			
HAND SEWING:			
Sharps			
Between			
Crewels			
PINS:			
Extra Long			
Plastic Head			
Regular			



FRAME IT!

Mount Samples Here.

(Pin or Staple)

Record techniques used and notes for future reference such as types of fabrics, needles, stitch length and other procedures/steps.

Create your own reference notebook for future use!



- OBJECTIVES:** Youth will:
- identify special sewing machine feet.
 - practice using special sewing machine feet.
- LIFE SKILLS**
- Acquiring, analyzing and using information
 - Decision-making skills
- MATERIALS:**
- Sewing machine(s)
 - Sewing machine feet
 - zigzag
 - zipper
 - one of the following:
 - Satin stitch
 - Blind hem
 - Roller
 - Pin tucking
 - Ruffler
 - Quilting foot with guide
 - Medium weight fabric, preferably in solid colors. Each person will need two 6 inch squares and one 10 inch square (for zipper)
 - Contrasting thread
 - 7-inch zipper (1 per youth)
 - Sewing box (Ask youth to provide their own with basic supplies)
 - Copies of FRAME IT! for mounting samples for each participant
- TIME:** 45 minutes
- ADVANCE PREPARATION:**
- Set up sewing machine(s) with special feet. Cut fabric swatches or have youth do this if time permits. Collect additional notions as needed. Make sample step-by-step directions for putting in a zipper.

INTRODUCTION

One of the exciting things about sewing is learning how and when to use special sewing machine feet. Most machines come with straight stitch, zigzag and zipper feet. Some include other styles. Today we are going to use some of them and with one of them learn how to put in a zipper.

Do

Get experience with "SPECIAL FEET!"

- ◆ Show and explains how to use each foot, except zipper. Explain the different uses.
- ◆ Provide each youth with the two 6-inch swatches.
- ◆ Divide youth into groups (based on number of sewing machines with different machine feet you are using) letting them rotate from one machine to the next to gain

experience using the different feet. Distribute copies of FRAME IT! and have youth mount their samples for future reference.

- ◆ Give each youth the materials needed for the zipper application (zipper, contrasting thread, and 10-inch square).
- ◆ Demonstrate step-by-step how to use the zipper foot in putting in a lapped zipper.
- ◆ Let the youth do a step before you demonstrate the next step.
- ◆ Mount samples for future reference.

REFLECT

- ◆ Which feet would you use most often? Were some easier or harder to use?
- ◆ Describe the different feet. How would you distinguish between them?
- ◆ Where would you use a zigzag foot?
seams for stretch fabrics, as a seam finish on medium to heavy weight fabrics, to finish an appliqué.
- ◆ How did the zipper foot help you in stitching a lapped zipper?
could stitch close to teeth; could change sides for needle or change feet to stitch up both sides.
- ◆ What did you learn from this activity?
there are different feet to assist in specialized stitching.

APPLY

- ◆ Practice putting in a zipper.
- ◆ Mount and show your samples to your family and explain what you learned.
- ◆ Prepare and give a demonstration or exhibit on the techniques learned.

FRAME IT!

Mount Samples Here.

(Pin or Staple)

Record techniques used and notes for future reference such as types of fabrics, needles, stitch length and other procedures/steps.

Create your own reference notebook for future use!

OBJECTIVES:	Youth will: <ul style="list-style-type: none">○ learn about special use seams and finishes○ make a double stitched seam, French seam, Hong Kong seam finish, and turned and edge stitched seam finish
LIFE SKILLS:	○ Acquiring, analyzing and using information
MATERIALS:	Fabric swatches (6" x 6") for each youth: <ul style="list-style-type: none">- medium weight firmly woven fabric, such as broadcloth- linen-like fabric- sheer fabric such as voile- silky lining fabric Sewing machine(s) Contrasting thread Sewing box (Youth may have their own) Iron and ironing board Copies of SPLENDID SEAMS AND FINISHES for each participant Copies of FRAME IT! for mounting samples for each participant
TIME:	30 minutes
SETTING:	A room with tables and chairs and sufficient outlets for machines and iron.
ADVANCE PREPARATION:	Prepare fabric swatches for each person. Set up sewing machines.

INTRODUCTION

Some finishes may require a special seam or seam finish for a neat look. But no one seam or seam finish is suitable for all fabrics. As you sew on new fabrics why not think about using a special seam or seam finish to improve the look and quality of your garment. Today, we are going to experiment with three different fabric finishes.

Do

Experiment with "SPLENDID SEAMS AND FINISHES."

- ◆ Divide into groups (preferably two youth to each machine).
- ◆ Distribute copies of **SPLENDID SEAMS AND FINISHES** to each participant.
- ◆ Demonstrate how to make each seam, sharing where it might be used.
- ◆ Have each person make the two seams and seam finishes on each of the fabrics. Distribute copies of **FRAME IT!** to mount samples for future reference.

REFLECT

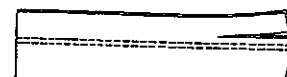
- ◆ Which seam finish is most suitable for the different fabrics used?
- ◆ Had you made any of these seams or seam finishes before today? Describe the garment and where you used it.
- ◆ What seam finishes do you use most often? Why?
- ◆ What is a French seam?
a seam within a seam
- ◆ Name three fabrics where you would use a French seam? Why?
voile, organdy, lace, chiffon, etc. They are see-through fabrics. This seam gives a neat appearance.
- ◆ What other seam finishes have you used? Describe what types and the fabrics.

APPLY

- ◆ When you return home look at your clothing to see if these seams and seam finishes were used.
- ◆ Show your samples to at least one other person explaining how to make them and where they would be used.
- ◆ How could you use this information in shopping for garments in the future?

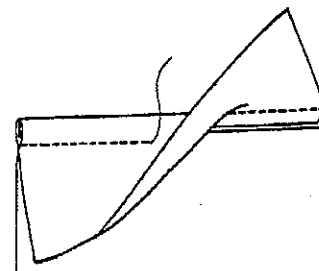
SPLENDID SEAMS AND FINISHES REFERENCE

A **double-stitched seam** is used for added durability in stress areas. First make a plain seam, then add a second row of stitching $\frac{1}{8}$ inch from first stitching. Seam is usually trimmed to $\frac{1}{4}$ inch.



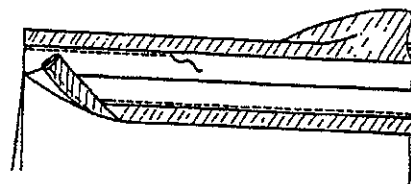
DOUBLE-STITCH

A **French seam** is used on "see-through" fabrics. It is a seam within a seam. Place the wrong sides of fabric together and stitch a $\frac{1}{4}$ inch seam. Turn and press. Place right sides together and stitch a $\frac{3}{8}$ inch seam. On very lightweight fabrics you may want to have a narrower finished seam, so stitch a $\frac{3}{8}$ inch seam, trim to $\frac{1}{8}$ inch and then stitch a $\frac{1}{4}$ inch seam.



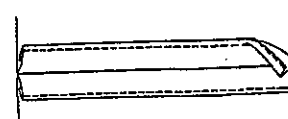
FRENCH

A **Hong Kong seam finish** is used to enclose seams, but is less bulky than using double fold bias tape. A very lightweight woven or sheer knit fabric is needed to make the 1 inch binding. Use woven fabric cut on the bias. Cut knit fabric on crosswise. Place right side of binding to right side of seam. Stitch at $\frac{1}{8}$ inch from edge. Turn binding over edge to inside. Stitch-in-the-ditch on top side.



HONG KONG

A **Turned Under and Stitched seam finish** is used on light to medium weight fabrics. This is a good finish for unlined jackets, if there are no extremely curved seams. BE SURE to allow $\frac{3}{4}$ inch seam. Turn $\frac{1}{8}$ inch and machine stitch close to edge. Work from top side of the seam so you do not fight with the narrow turn under.



**TURNED UNDER
AND STITCHED**



**Clothes
That Click**

FRAME IT!

Mount Samples Here.

[Pin or Staple]

Record techniques used and notes for future reference such as types of fabrics, needles, stitch length and other procedures/steps.

Create your own reference notebook for future use!

OBJECTIVES:	Youth will: <ul style="list-style-type: none"> ○ know characteristics and uses of special threads to use for embellishment. ○ practice using metallic, rayon, pearl cotton, and transparent thread in a creative project.
LIFE SKILLS:	<ul style="list-style-type: none"> ○ Creativity skills ○ Acquiring , analyzing and using information
MATERIALS:	Firmly woven fabric (2 pieces 6" x 6") Fusible interfacing (1 piece 6" x 6") Thread (metallic, rayon, pearl and cotton) Transparent thread Sewing machine(s) Sewing box (Youth provide their own basic supplies.) Copies of PATTERNS FOR CHRISTMAS ORNAMENTS Copies of SPECIAL THREADS REFERENCE SHEET
TIME:	1 hour
SETTING:	A comfortable room with tables and chairs. Check electrical outlets for machines.
ADVANCE PREPARATION:	Fuse interfacing to wrong side of one piece of woven fabric for each youth, or if meeting time permits instruct youth in doing this. Set up sewing machines.

INTRODUCTION

There are a lot of different threads on the market. They give a very unique look to a fabric. Using a variety of threads and yarns can create an interesting texture. Sewing machines have been set up with different threads and stitches. Let's have fun today playing with threads to create a Christmas ornament.

Do

Design a "SPECIAL THREADS" Christmas ornament.

- ◆ Give each participant one fused fabric piece, one regular fabric piece, pattern designs and a SPECIAL THREADS REFERENCE SHEET.
- ◆ Demonstrate each thread -- rayon, metallic, pearl cotton, and transparent -- as you create a design on your fabric.
- ◆ Have each youth "create their own design" stitching with different threads on the fabric square prior to tracing and cutting pattern shape.
- ◆ Demonstrate how to place pattern on fabric and trace around it. Let them trace their pattern and place other fabric underneath (wrong sides together) and stitch traced line. Cut close to stitching and then use a satin (close zigzag) stitch around the edge.
- ◆ Make hanger loop using metallic thread.

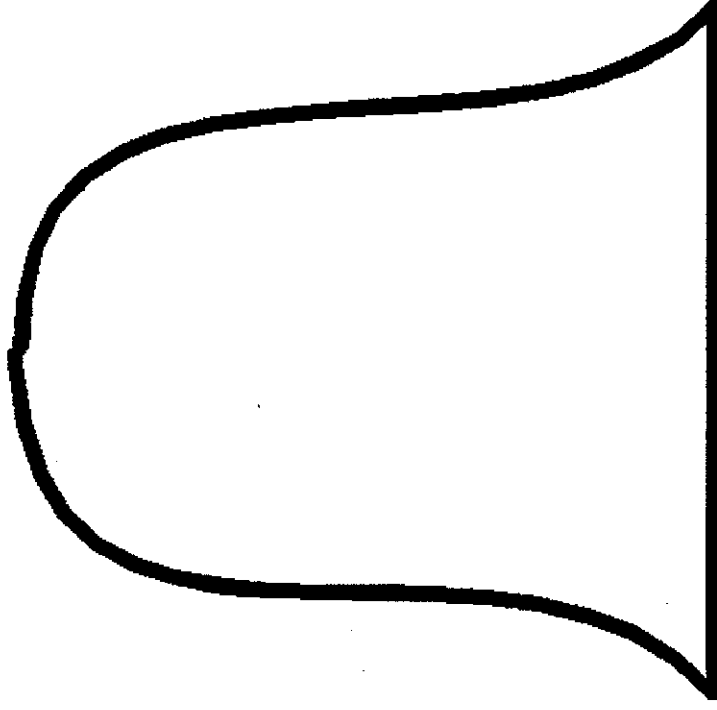
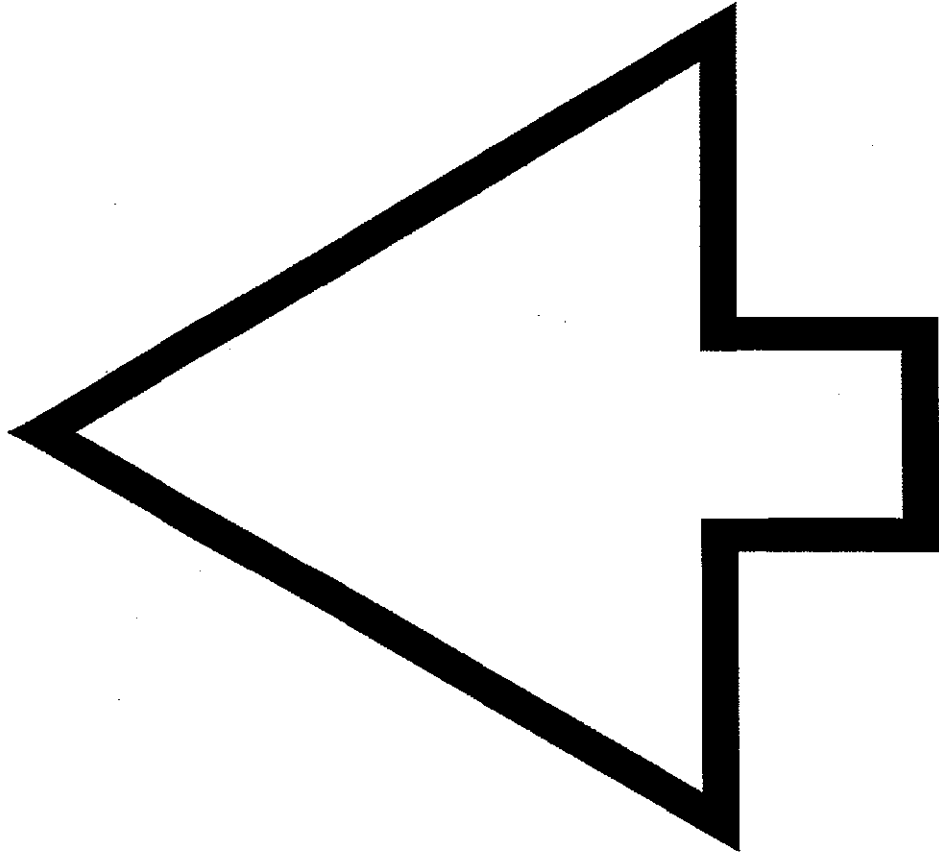
REFLECT

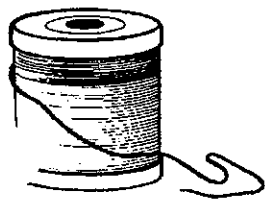
- ◆ Did any of the special threads give you a problem? What was it? How did you correct it.
- ◆ Which was your favorite thread?
- ◆ What did you learn from using these threads?
- ◆ What happens if a hot iron comes in contact with the transparent thread?
it may melt.

APPLY

- ◆ Which thread(s), will you use in the future? How will you use it (them)?
- ◆ Make a Christmas ornament for a friend.
- ◆ Continue to experiment with special threads. Make a set of samples and mount in your notebook for future reference.

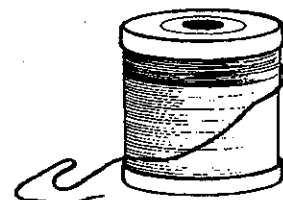
ORNAMENT PATTERNS





SPECIAL THREADS

Reference



There are many decorative threads on the market which can be used to embellish a garment or accessory. Select the one that provides the look you want. Or use a combination of different threads and yarns for a unique look. You can use decorative threads:

- ◆ to topstitch
- ◆ to finish an edge
- ◆ in free-form stitching
- ◆ in special needles, especially twin and triple.
- ◆ to "couch" using transparent thread.
- ◆ to emphasize designs in a fabric.
- ◆ to add emphasis to an appliqué or trim.

For a better stitch quality you may need to use interfacing or stabilizer behind your stitched area and a needle lubricant for your sewing machine needle.

METALLIC/SILVER/FOIL

There are many different types of metallic threads, some are all metallic and some are part metallic. Most metallic threads can be used as the upper thread and in the bobbin of your sewing machine. Sometimes you may want to use two threads in order to get more "shine."

Advantages

- ◆ adds glitter/shine.

Uses

- ◆ decorative stitching
- ◆ appliqué
- ◆ topstitching
- ◆ machine quilting
- ◆ with another heavier thread in your serger (threads are treated as one)

How to use

- ◆ always test on the type of fabric you will be using with the same interfacing/stabilizer.
- ◆ usually requires a 14 or 16 (80-90) needle.
- ◆ requires an even consistent speed -- not fast, then slow.
- ◆ if making a decorative stitch, then use your embroidery foot, if you have one.
- ◆ you may need to loosen the upper tension so you do not see the bobbin thread.
- ◆ you may need to use a stabilizer to prevent puckering.

RAYON THREAD

Rayon thread is used for embellishment, since it has a silk look. It may be lightweight and used "as usual" or it can be heavy and used in the bobbin.

Advantages

- ◆ sheen

Uses

- ◆ embroidery
- ◆ monogramming
- ◆ decorative stitching/serging
- ◆ French machine stitching
- ◆ appliqués
- ◆ machine stitchery
- ◆ machine quilting

How To Use

- ◆ always test on fabric
- ◆ use an 11 or 14 (70-80) needle
- ◆ if possible, do decorative stitching on individual pieces
- ◆ may need to loosen upper tension or bypass the bobbin tension if using heavy rayon thread
- ◆ may need to use a stabilizer to prevent puckering



PEARL

Pearl is a crochet thread that can be used on your bobbin. It is a very heavy thread with texture and depending on the fiber may have a slight luster. It can be of cotton, rayon or acrylic fiber.

Advantages

- ◆ a heavier thread, so covers area easily and is easily seen

Uses

- ◆ on edges, when serged
- ◆ decorative stitches
- ◆ with a braiding foot, if available for your machine
- ◆ in the bobbin of your sewing machine
- ◆ in the loopers of your serger

How To Use

- ◆ always test on your fabric
- ◆ may need a stabilizer to prevent puckering
- ◆ tension will usually need to be loosened
- ◆ you may need to bypass the tension in your bobbin/looper
- ◆ stitch slowly and at an even speed
- ◆ hand wind onto your bobbin

TRANSPARENT THREAD

Transparent thread is nylon filament. It is not a decorative thread, but is used with decorative threads -- as the "other" thread, when not using decorative threads in all areas of the threading of your machine. Today's transparent thread is soft and not wiry. It can be used on your sewing machine and serger. It is a clear thread and comes in two colors -- light and dark.

Advantages

- ◆ automatically matches the color of the fabric and other thread

Uses

- ◆ buttonholes in silk-like fabrics
- ◆ with decorative threads
- ◆ when couching yarns
- ◆ when sewing on sequins, pearls, and beads
- ◆ whenever you do not have a matching thread

How To Use

- ◆ may need a stabilizer on your fabric
- ◆ always test on your fabric
- ◆ may need to change your tension
- ◆ wind on bobbin slowly and at an even speed (so you don't stretch the thread)
- ◆ stitch slowly for best results
- ◆ can be used on your sewing machine and serger
- ◆ place a net covering over the spool/cone to assure an even feed of fabric

NOTE: If you have trouble with the special thread shredding, try one of these:

- ◆ loosen your upper tension
- ◆ use a 90/14 stretch needle or 80/12 embroidery needle



OBJECTIVES:	Youth will: <ul style="list-style-type: none"> ○ explain the purpose of using interfacing in garments. ○ identify different types of interfacing. ○ experiment with using different interfacing on different fabrics. 										
LIFE SKILLS:	<ul style="list-style-type: none"> ○ Decision-making skills ○ Analyzing, acquiring and using information 										
MATERIALS:	<p>Scraps (about 5" by 5") of at least three different fabrics such as:</p> <table> <tr> <td>denim</td><td>seersucker</td></tr> <tr> <td>poplin</td><td>corduroy</td></tr> <tr> <td>calico</td><td>silky polyester</td></tr> <tr> <td>broadcloth</td><td>satin</td></tr> <tr> <td>lace</td><td>linen-like.</td></tr> </table> <p>At least three interfacings about 2" by 5", such as:</p> <ul style="list-style-type: none"> fusible featherweight non-woven fusible lightweight non-woven sew-in woven fusible tricot fusible woven <p>Timer</p> <p>Irons and ironing boards or presses</p> <p>Scissors</p> <p>Sewing machine or handsewing needles and thread(s) (optional for sewing types of interfacing)</p> <p>Copies of OBSERVATION CHART for each group</p>	denim	seersucker	poplin	corduroy	calico	silky polyester	broadcloth	satin	lace	linen-like.
denim	seersucker										
poplin	corduroy										
calico	silky polyester										
broadcloth	satin										
lace	linen-like.										
TIME:	30 minutes										
SETTING:	A comfortable room with tables and chairs and sufficient electrical outlets.										
ADVANCE PREPARATION:	Prepare fabrics. Each group will need 4 (5" x 5") swatches of each fabric on which to test 3 different types of interfacings and have 1 without interfacing as a comparison.										

INTRODUCTION

What is interfacing? **It is an inner construction material that lies between layers of fashion fabric.** Did you know that the majority of garments should be interfaced to support the fashion fabric and help the fabric maintain its shape? Did you, also, know that no one interfacing is suitable for all fabrics? Today, you will have the opportunity to experiment with different types of fabrics and interfacings.

Do

Experiment with "INTERFACING."

- ◆ Divide into groups based on number of irons and ironing boards and/or pressers available.
- ◆ Give each group an OBSERVATION CHART.

- ◆ Have one person from each group select three different fabrics (will need four swatches of each chosen fabric) and three different interfacing fabrics.
- ◆ Demonstrate how to apply each type of interfacing -- **especially stress the need to accurately follow directions.** Also, either handsew the sew-in type or have one sewing machine set up for all to use.
- ◆ Instruct youth to place a 2-inch by 5-inch piece of interfacing at the top of a 5 inch x 5 inch fabric.
- ◆ Use the correct method to secure interfacing to fabric -- fuse or sew-in.
- ◆ Compare the three types of interfacing on the fabric.
- ◆ On the OBSERVATION CHART circle the best interfacing choice for that fabric.
- ◆ Repeat with two other fabrics.

REFLECT

After completing the experiments, have each group list on a board the best choice for each fabric they tested. Compare and contrast their findings using these questions.

- ◆ Which interfacing worked best on more than one fabric? Why?
- ◆ Was there a fabric that did not have a suitable interfacing? Why?
- ◆ Which type of interfacing do you prefer -- fusible or sew-in? Why?
- ◆ Which fabric(s) were not suitable for using a fusible interfacing?
seersucker, lace
- ◆ What did you learn from this experiment using interfacing?
- ◆ Which interfacing worked best in more than one fabric? Why?
- ◆ Where is interfacing usually used?
collars, cuffs, facings
- ◆ What is the purpose of an interfacing?
to provide support and prevent stretching
- ◆ What is the basic rule for the selection of interfacing?
same weight or lighter in weight than fashion fabric

APPLY

- ◆ Look at five garments in your closet to see where interfacing was used and the type used.
- ◆ Use interfacing in the next garment you make.

OBSERVATION CHART

	Describe Kind of Interfacing	How Does It Compare With Fabric Without Interfacing?	Rank Which Is Best. 1 - 2 - 3
FABRIC #1			
INTERFACING A			
INTERFACING B			
INTERFACING C			
FABRIC #2			
INTERFACING A			
INTERFACING B			
INTERFACING C			
FABRIC #3			
INTERFACING A			
INTERFACING B			
INTERFACING C			

*Rank your test results to your preferences (1 = Best Choice, 2 = Second 3 = Third)



OBJECTIVES:	Youth will <ul style="list-style-type: none">○ learn some embellishing techniques.○ practice ways of embellishing which can be used on a vest.
LIFE SKILLS:	<ul style="list-style-type: none">○ Creative expression○ Planning and design skills
MATERIALS:	Copies of booklet CREATIVE EMBELLISHMENTS Supplies for embellishing as listed in booklet Sewing machine(s) Sewing equipment Copies of CREATE A VEST Workbook Activity, page 2 Copies of EMBELLISHMENTS & MORE, Workbook pages 3-4
TIME:	1-½ hours
SETTING:	A comfortable room with tables and chairs and sufficient electrical outlets for sewing machine(s).
ADVANCE PREPARATION:	Collect necessary supplies for making embellished samples. Create examples of the various embellishment techniques.

INTRODUCTION

Today is a unique day. A day that you will have the opportunity to learn some ways to embellish a “plain” fabric and make it unique. It is a time for you to be creative -- in making and using embellishment to create “your designer design.” Have fun!

Do

Create an “EMBELLISHMENT” Sampler.

- ◆ Distribute copies of the “CREATIVE EMBELLISHMENTS” booklet.
- ◆ Demonstrate each embellishment technique. Post step-by-step samples of how to do each one.
- ◆ Divide into groups (based on number of sewing machines). If possible have a volunteer work with each group.
- ◆ Instruct them to make a 6 inch x 6 inch sample of each embellishment idea in the booklet.
- ◆ Mount and label each sample for future reference.

REFLECT

- ◆ What was your favorite way to embellish?
- ◆ Which one was the most difficult?
- ◆ What did you learn from this activity?
- ◆ Where are places on garments you could use embellishment?
yokes, cuffs, belts, pockets, collars, etc.
- ◆ How else could you use these embellishments?

APPLY

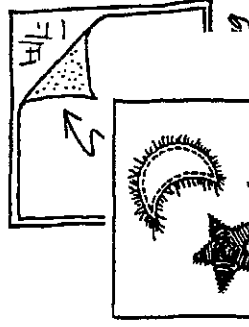
- ◆ Show a friend or your family your samples and explain how to do them.
- ◆ Look at garments and list ways they have been embellished. Star those you especially like.
- ◆ Create their vest design on CREATE A VEST Workbook Activity on pages 5-6.
- ◆ Apply chosen embellishments to a vest you make or some other ready-to-wear items.
- ◆ Keep a record of the number of times you use the new techniques learned.

COUCHING

- ✓ Select a combination of different threads and washable yarns in one or several colors and textures.

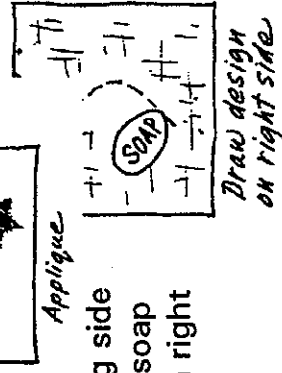


- ✓ Thread sewing machine with transparent thread on top and matching thread (to fabric) in bobbin.



- ✓ Set sewing machine for wide zigzag and long stitch length.

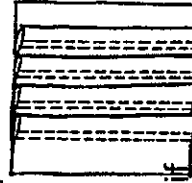
- ✓ Add fusible interfacing to wrong side of fabric and draw design with soap slivers or marking pen/pencil on right side of fabric.



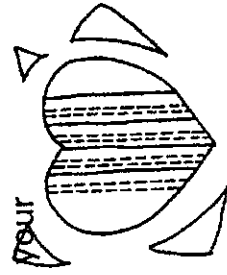
- ✓ Tie knot in one end of "threads."



- ✓ Place at the edge of fabric and machine "tack" in place. Lower presser foot (use a cording foot if available), twist yarns and stitch slowly.



- ✓ Continue this process following your design until complete.

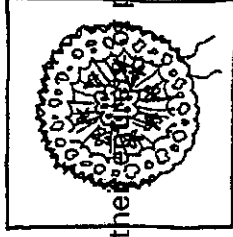


- ✓ Machine "tack" at the end.

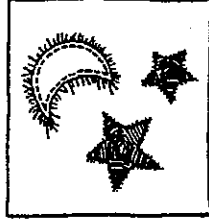
CAUTION: Pressing with a hot iron may melt transparent thread.

ODDS AND ENDS

- ◆ Add embroidered linens or crochet pieces in the center of the design.

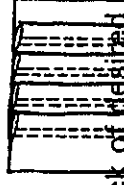


- ◆ Add one or more appliques. Think about fraying the edges for a more casual look.

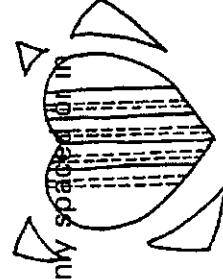


- ◆ Add an embroidery design or edging.

- ◆ Stitch several narrow strips of fabric together. Applique desired shape/pattern piece. Add contrasting topstitching on seams if desired.



- ◆ Add an applique. Add fusible on paper on back of desired fabric; Fuse, following manufacturer's directions. Cut out desired shape and remove paper. Fuse applique to desired location on garment. Machine stitch around applique edges.



- ◆ Make several rows of 1/4 to 1/2 inch tucks (evenly spaced) in groups.

- ◆ Make several rows of tucks using a twin needle and contrasting thread, then cut out shape/pattern piece. These could be evenly spaced or in groups.

PIN WEAVING

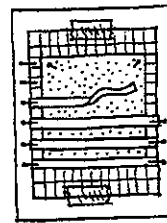
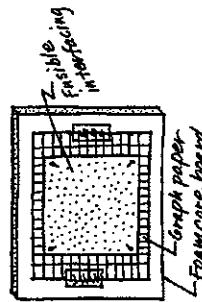
MATERIALS NEEDED:

- Heavy corrugated or foamcore board
- Graph paper (or evenly lined paper -- horizontal and vertical)
- Large headed long pins
- Fusible interfacing
- Fabric strips, single fold bias tape, two sizes of ribbon($\frac{1}{8}$ to $\frac{1}{4}$ inch) for putting in warp and to use for weaving.
- Iron and ironing board
- Weaving shuttle cut from plastic bottle

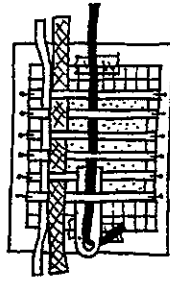
It is easy to weave a square or rectangle and cut to desired shapes such as a yoke or a pocket.

HOW TO DO:

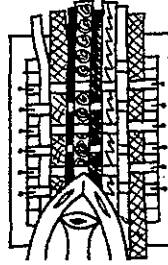
- ◆ Tape lined paper to board.
- ◆ Cut fusible interfacing the size you want the piece.
- ◆ Pin fusible interfacing with fusible side up to board.
- ◆ Place pins at top and bottom at your desired spacing (usually $\frac{1}{2}$ to 1 inch apart).
- ◆ Lay in warp (vertical) using $\frac{1}{8}$ inch narrow ribbon.



- ◆ Pin "warp" at bottom and top. Continue until all "warp" has been laid.



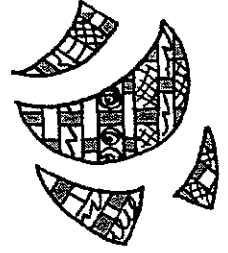
- ◆ Decide on what arrangement you want with your fabric strips, bias tape and/or ribbons.
- ◆ Thread a weaving needle and do plain weave or one of your own creation. Complete weaving.



- ◆ Go to ironing board and heat baste (being careful NOT to press over the pins).



- ◆ Remove pins and fuse following manufacturer's directions.



- ◆ Cut out desired shape or pattern piece.

STITCH AND SLASH

Basic:

- ◆ Sandwich four layers of firmly woven washable fabrics together.

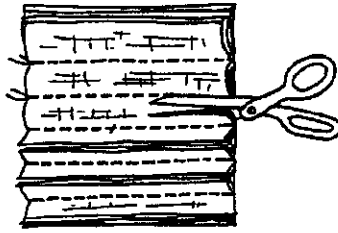
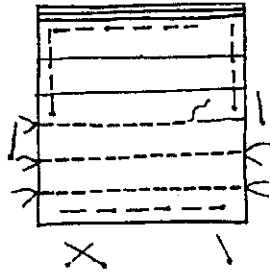
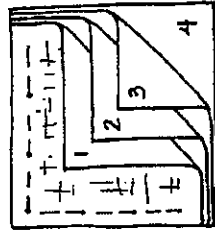
- ◆ Draw a stitching pattern -- parallel lines on the bias about 1/2-inch apart. Pin.

- ◆ Stitch (matching or contrasting thread) along these lines, removing pins as you come to them.

- ◆ Use your scissors to cut to but not through the top three layers (do not cut the bottom layer) in an "X".

NOTE: To make the fabric "bloom," machine wash and dry sample.

Creative option: use different patterns of stitching.



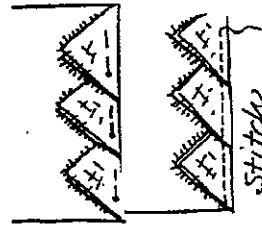
SAWTOOTH EDGE FINISH

- ◆ Cut 12 two-inch squares of matching woven fabrics.

- ◆ Fold in half diagonally and press.

- ◆ Place over edge of fabric surface lapping slightly over each one, continuing around one corner. Pin in place.

- ◆ Machine stitch 1/4 inch (or wherever you desire) from edge. You can use regular thread (matching or contrasting) or a decorative thread or couching.



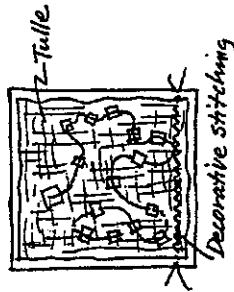
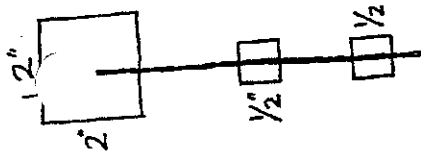
COBWEB LACE

- ◆ Cut 18 very small pieces of fabric (same color or different colors) -- 1/2 inch by 1/2 inch -- and one piece 2 inches by 2 inches.

- ◆ Using the 2 inches by 2 inches piece, begin stitching a chain (1 to 2 inches) then add a small fabric piece. Continue until all pieces have been added.

- ◆ Arrange the chain on your fabric in a creative design.

- ◆ Cover design with tulle. Do decorative thread stitching with different colors of thread or metallic thread.



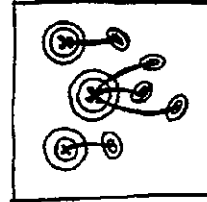
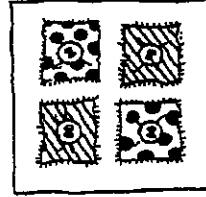
BUTTON IDEAS

- ◆ Stack buttons and arrange in a design.

- ◆ Use buttons to hold colorful squares of fabric in place.

- ◆ Tear strips of fabric into squares, then into smaller squares. Attach to garment with buttons.

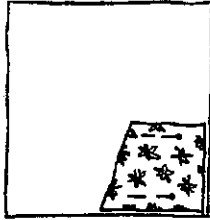
- ◆ Create a pin effect with buttons hanging down from a larger button.



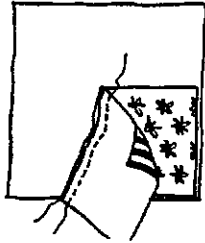
CRAZY PATCHWORK

You will need a variety of small fabrics in various shapes, which will be used to cover your 6 inch by 6 inch square.

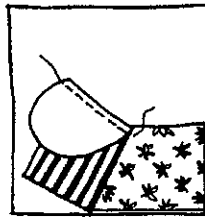
- ◆ Pin a fabric scrap at a right angle to one corner of your fabric square.



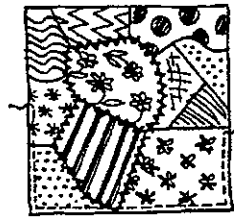
- ◆ Lay the next scrap right sides together over the first scrap and stitch a ¼ inch seam on one side of fabric scrap. Flip scrap to right side.



- ◆ Continue to sew scraps to the fabric scrap, clipping curved seams as needed. Change direction of sewing as desired.

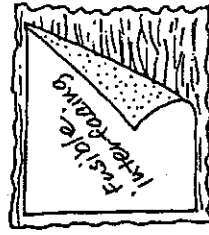


- ◆ After fabric square is covered, do decorative or contrasting thread stitching over seams, if desired, OR you could do hand embroidery stitches.

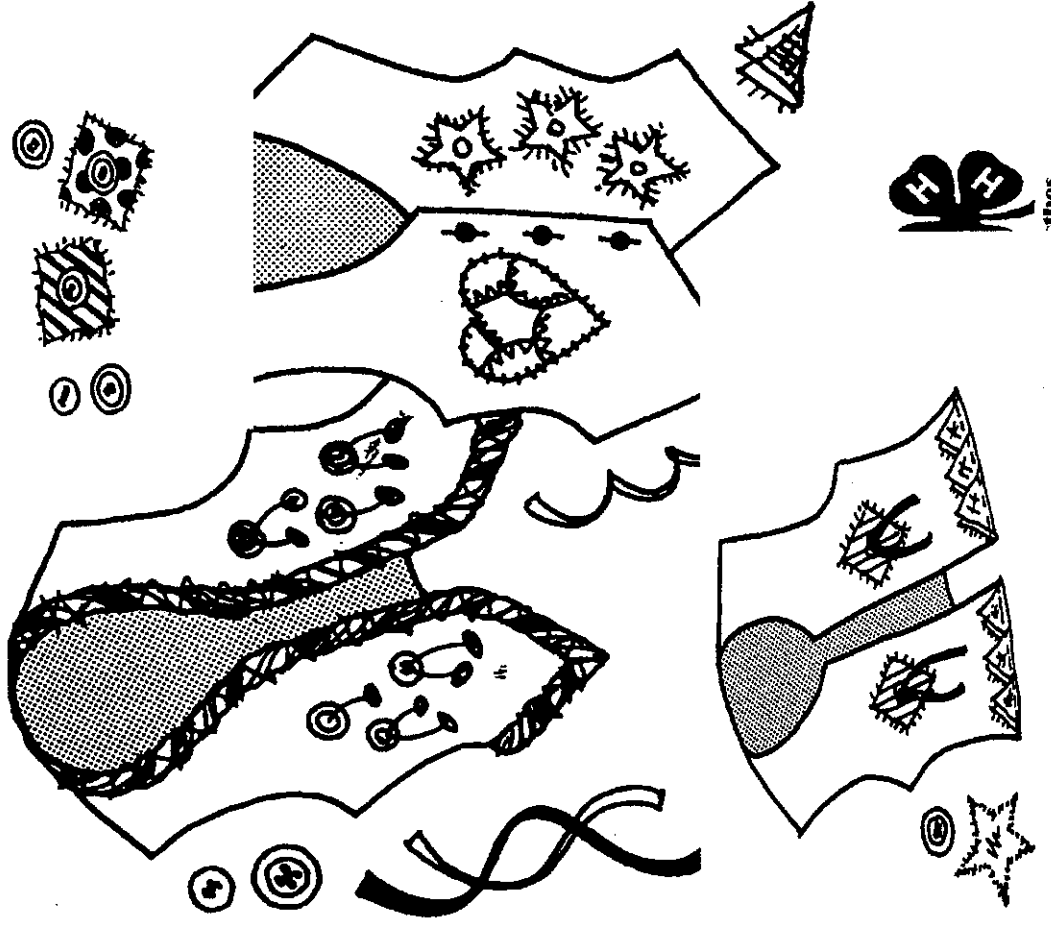


CRINKLE AND WRINKLE

- ◆ Wet the fabric and wring out.
- ◆ Hand gather fabric, then twist as tightly as you can. It should roll back on itself.
- ◆ Fasten with cotton string or fabric scrap. Let air dry or toss in dryer with a heavy towel (will take several hours to dry if a large piece). It MUST be completely dry!
- ◆ Untie, carefully unfold to the shape you desire, leaving it wrinkled.
- ◆ Fuse lightweight fusible interfacing to wrong side. Cut out desired shape or pattern piece.



CREATIVE EMBELLISHMENTS



FRAME IT!

Mount Samples Here.

(Pin or Staple)

Record techniques used and notes for future reference such as types of fabrics, needles, stitch length and other procedures/steps.

Create your own reference notebook for future use!

OBJECTIVES:	Youth will <ul style="list-style-type: none">○ take body measurements.○ use body measurements and description to determine figure type and pattern size.
LIFE SKILLS:	○ Decision-making skills
MATERIALS:	Tape measures for every 2 youth Copies of PATTERN SUCCESS Activity Sheet for each participant Pencils
TIME:	30 minutes
SETTING:	Comfortable room

INTRODUCTION

Selecting the correct pattern size and pattern figure type are both important in helping you to have a vest that will fit you. Sizes in pattern companies are similar to each other, but they have no relation to ready-to-wear sizing. Also, since you are still growing, you need to take measurements each time you make a garment. REMEMBER: Accuracy is very important!

Do

Measure up for "PATTERN SUCCESS."

- ◆ Demonstrate how to measure back waist length, bust, and height.
- ◆ Distribute a copy of the PATTERN SUCCESS sheet to each participant.
- ◆ Divide into pairs and let them measure each other and fill out the sheet.
- ◆ Read figure type descriptions of Girls, Juniors, Misses, Boys, and Men and assist them in deciding which figure type they are.
- ◆ Use vest pattern (you have selected for them to use) to read chest/bust measurements.
- ◆ Assist the youth in deciding which figure type they are and have them complete the sheet.

REFLECT

- ◆ What measurements determine figure type?
vertical -- height, back waist length
- ◆ What measurements determine pattern size?
horizontal -- bust/chest, waist, hips
- ◆ How does it help for a pattern to have information on “finished” measurements?
it tells you the amount of design ease that has been allowed.

APPLY

- ◆ Use your measurements to determine pattern size and figure type of a shirt and another vest pattern.

PATTERN SUCCESS

Measurements Needed:

Height: _____

Bust/Chest: _____

Back Waist Length: _____

Shopping List for Vest:

Pattern Company: _____

Pattern Number: _____

Figure Type: _____

Fabric Type to Purchase: _____

Amount of Fabric to Purchase: _____

Fusible Interfacing Amount: _____

Notions Needed: _____

Date Needed: _____



OBJECTIVES:	Youth will <ul style="list-style-type: none">○ use embellishment techniques to create a special vest○ learn how to line a vest
LIFE SKILLS:	<ul style="list-style-type: none">○ Creativity skills○ Decision-making skills
MATERIALS:	Vest pattern Fabric for vest Materials for embellishing (refer to Booklet, <i>Embellishment</i>) Sewing machine(s) Sewing equipment Fusible interfacing Thread Copies of A SPECIAL VEST Checklist
TIME:	8 - 12 hours
SETTING:	A comfortable room with table s and chairs and sufficient electrical outlets for machines.
ADVANCE PREPARATION:	Prepare step-by-step samples of how to put the vest together. Bring embellishment samples for their reference.

INTRODUCTION

Vests are a popular item for many young people. They can be plain -- or they can be a design of your own "one of a kind" vest. Today, you are going to decide how you want to embellish your vest before cutting out and constructing.

Do

Make "A SPECIAL VEST."

- ◆ Review the following from CLOTHING CAPERS -- Creativity and apply to making a vest.
 - Activity 1: Setting the Stage
 - Activity 3: Find That Info
 - Activity 4: Script Reading...Pattern Markings and Layout
- ◆ Review their plans for embellishment, in case a change will need to be made in layout.
- ◆ Demonstrate layout, cutting, and marking.
- ◆ Give each participant a check list to follow in the construction of their vest.
- ◆ Give each participant a copy of the A SPECIAL VEST Checklist to follow in the construction of their vest and review with the youth.

- ◆ Demonstrate how to apply interfacing.
- ◆ Demonstrate how to line a vest.

REFLECT

- ◆ Why did you select the embellishment techniques you used?
- ◆ What did you learn in making a lined vest?
- ◆ Name the new techniques you learned.
- ◆ What would you do differently the next time you make a vest?

APPLY

- ◆ Model your vest for friends while explaining one new technique you learned.
- ◆ Make another embellished project.
- ◆ Enter your vest in the Fashion Show or as an exhibit in the county fair.
- ◆ Do a demonstration on embellishing.

SPECIAL VEST CHECKLIST



PREPARE FABRIC. Check each step as you complete.



Pre-wash.



Fold in half lengthwise, matching selvages and press.



PATTERN LAYOUT AND CUTTING



Select pattern pieces needed.



Circle the layout to use on guide sheet based on fabric width and pattern size.



Measure pattern (bust/chest and length) to see if pattern is large enough.



Lay out vest front and vest back with the shoulder seams at the same end of fabric.



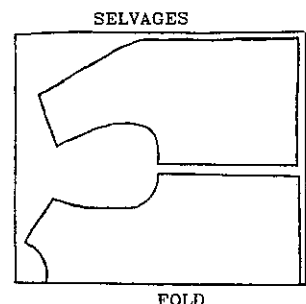
Pin the pattern pieces to the fabric matching folds on grainlines.



Cut out vest front and back.



Repeat for cutting out lining.



MARKING



Mark all markings on vest fronts and vest backs.

SPECIAL VEST CHECKLIST

(con't.)



INTERFACING



Place interfacing pattern on interfacing. Pin and cut out.



Follow package directions and fuse interfacing to the wrong sides of fronts.



CONSTRUCTION



Pin right sides of the front vest fabric to right side of vest lining.



Stitch, leaving side and shoulder seams open. Grade



Carefully clip curved area, if needed, and turn fronts inside out.



Understitch as much as possible, catching the seam to the lining. This rolls the seam to lining.



Pin right side of back to right side of back lining and stitch neck and armhole seams. Grade seam.



Carefully clip curved area, if needed. Understitch as much as possible.



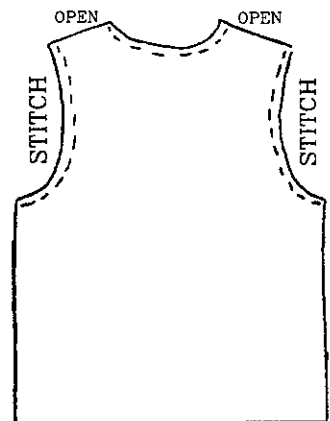
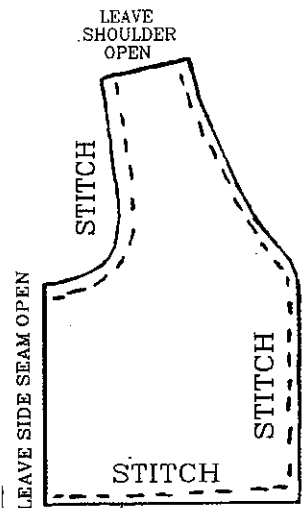
With right sides up, lap vest fronts, match center marking. Pin together.



Slip fronts between back section with fabric on front facing the same fabric on back.



Match notches on raw edges and outside edges. Pin shoulder seams together, then sandwich vest front seams between back side seam. Match top edge notches and raw edges.



SPECIAL VEST CHECKLIST

(con't.)

- ☐ Stitch these four pinned seams with a 5/8 inch seam.
- ☐ Stitch lower back edge, leaving an 8-inch center opening. Be careful to not catch the front vest edges in seam. Grade seams and trim corners.
- ☐ Turn vest right side out through the lower back opening. Carefully flatten finished edges so the seam is centered exactly between the two layers. Press.
- ☐ Slip stitch the opening closed and topstitch edges, if desired.

