

Sharman's Sewing Centers

112A Johnston St
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Sewing Club – July 2020 (the Facebook Edition)

Back to the Basics

(Teaching the Next Generation or Brushing Up on the Basics)

With more people spending time at home – many have taken up sewing for the first time (or the first time in a long time). We have spoken to many of you that are teaching kids, grandkids, daughters, daughters-in-love, and other family members to sew. Many of you are brushing up on techniques that you have not used in a while. So, this class is going to take everyone back to the basics. Great guideline for teaching yourself, someone else or brushing up on your basic skills.

Starting at the Beginning –

One of the First things we recommend for the kids (or any beginner) is to sew on paper first. The next page is actually one of the exercises we do in Kids Sewing. For this you can use an old needle and unthread the machine. This is going to help remember to lower the presser foot and to “Drive Straight”.

Sewing Practice Sheet #1

Without Thread on the Machine – Stitch Length at 2-3 – Stitching on the lines – starting at the Car and Ending at the Stop Sign

The practice sheet consists of 12 rows. Each row begins on the left with a cartoon illustration of a car with a smiling driver. A horizontal line extends from the car to the right, ending at a black octagonal stop sign with the word "STOP" in white. The first 10 rows are straight horizontal lines. The 11th row is a line that starts straight, then curves downwards to form a V-shape, and then curves back up to the stop sign. The 12th row is a line that starts straight, then curves downwards to form a V-shape, and then curves back up to the stop sign.

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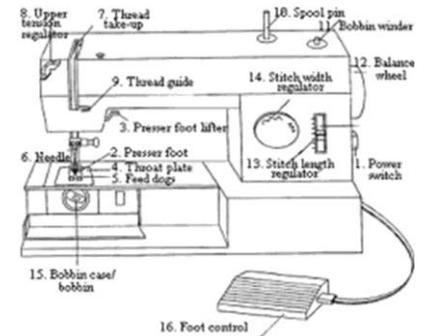
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Now it is time to thread the machine:

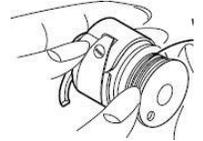
1. First thing is that we are going to change and put in a new needle.

- For what we are going to work on a Universal 80/12 or 90/14 will be fine.
- There is a screw to the right of most every needle that will loosen and the old needle will come out – you should never have to remove the screw completely (some machines will need a small screwdriver for this).
- For most every machine that the bobbin is in the front – the flat side of the needle should face the back of the machine. (If your bobbin case loads from the left end – your flat side will face the right – with the exception of a Singer 221 Featherweight)
- Place the new needle in as high as it will go and screw in place.
- Needles needed to be changed every 30-40 hours of sewing (every project to every other project – they loose their point and start deflecting and damaging other parts of the machine)



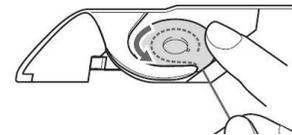
2. Winding the bobbin is out next step.

- This will vary on most machines – but there should be a path the thread follows from the spool holder to the bobbin that passes some sort of tension disk – this will help wind the thread tighter and straight.
- Make sure that you are using the correct bobbin and that there is no other thread on the bobbin. **DO NOT STACK DIFFERENT COLOR THREADS ON ONE BOBBIN.** You may need to refer to your owner's manual. On many machine this path will be designated with broken lines.
- Once your bobbin is wound – it will need to be placed in the bobbin case.
 - If you remove a metal bobbin case – if you are looking at the case – the bobbin should rotate clockwise and then the thread will slid



into the tension clip (except for Singer 221 Feather weight)

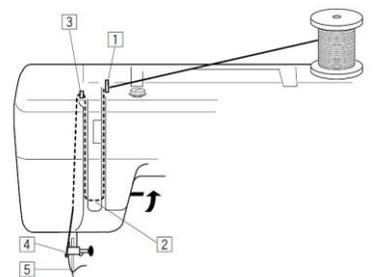
- If you have a drop in bobbin case – it will need to rotate counter-clockwise then loaded and then thru it's tension clips



- The direction that the bobbin rotates is just as important as the tension clip it goes thru – bobbin not threaded correctly – machine will not sew properly!

3. Threading the Top of the Machine – NO matter the brand, age or model – all sewing machines thread basically the same way.

- Make sure that the presser foot is raised before threading and that the take-up lever is at it's highest position.
- Thread always starts at the spool pin
- Then it is going to go to the tension next – there are probably a guide or two between the spool pin and tensions. Presser foot lifter – lifts the presser foot and opens the tension disk to release the pressure on the thread.
- The Thread will travel up to the Take-up lever. Make sure it is at it's highest position when finished sewing and when threading
- Then there are usually 1-2 guides above the needle
- Thread the Needle front to back of the bobbin is in the front and left to right is the bobbin is



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on the side (except for Singer 221 Featherweight)

4. **Pulling the Bobbin Thread Up** - many of the Newer Sewing Machines with thread cutters – do not need to bring the bobbin thread to the top – for those that do:
 - a. Hold the end of the upper thread –
 - b. Turn the handwheel of the sewing machine toward you – one full rotation. The machine has made one full rotation when the take-up lever has gone all the way down and is back at the top position.
 - c. Pull on the upper thread and the bobbin thread will come up from the bottom
 - d. Pull both threads under the presser foot and to the back.
 - e. You are now Ready to Sew

How to Make a Seam

A seam is defined as the stitch that sews 2 or more pieces of fabric together

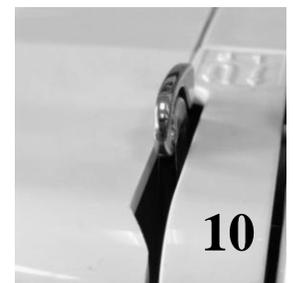
1. Place the 2 pieces of fabric right sides or pretty sides together
2. Place the fabrics under the presser foot
3. Turn the handwheel to lower the needle to catch the fabric at the edge
4. Lower the presser foot lifter down
5. Sew forward – 3-5 stitches
6. Holding the Reverse lever down – sew backwards 3-5 stitches (this is called backstitching at the beginning of the seam)
7. Sew forward – guiding the seam edge along the edge of the presser foot
8. When you get to the end of the seam – holding the Reverse lever down – sew backwards 3-5 stitches (this is called backstitching at the end of the seam)
9. Sew to the edge
10. When you reach the edge – turn the handwheel of the sewing machine until the take-up lever is all of the way up
11. Lift the presser foot lifter and remove the fabric from the machine

You have now sewn a seam!!

Majority of what we sew are made up of seams – they will have different seam allowances. This is how far the seam is from the edge of the fabric. Most garment sewing allows are a 5/8" seam. Most Quilting allows for a 1/4" seam.

Practicing getting straight seams is the best starting point of any sewing – just be patient with yourself or the one you are teaching– this comes with practice. The more you sew – the better you will get at this.

Now let's make a project!!!



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Sew & Flip Table Runner

This can be a placemat, table runner, Quilt, side of a purse or bag and much more!!!!

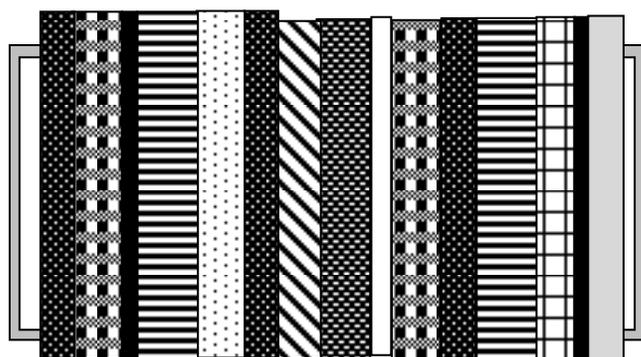
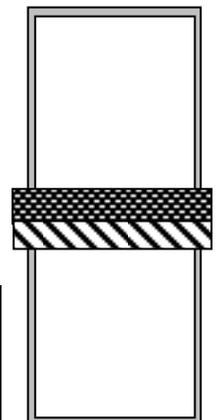
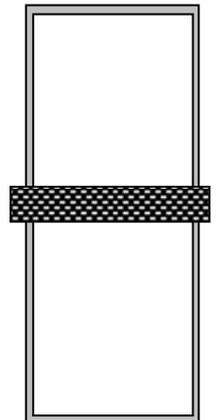
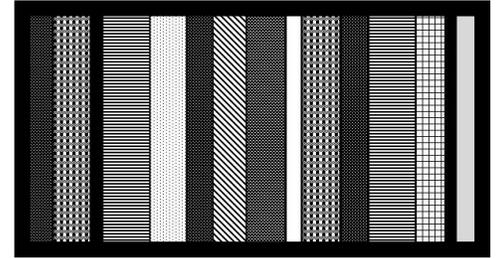
Fabrics Needed: (Table Runner approximate size 17" x 42")

- ½ yd of Backing Fabric
- ½ yd of Fusible Batting or Fleece
- 4-6 Fat Quarters (or a Jelly Roll)
- 1/3 yd of Fabric for Binding
- Thread to match backing fabric

You would just add more fabric for larger projects

Sewing Steps:

1. Fuse the Back fabric to one side of the batting. Pretty Side Facing out
2. Cut your fat Quarters in to different widths strips – ranging from 1 ½" - 3". The variety of size will give it whimsy and hide un-even seam allowances. If you cut all the same width – your precision in your seam allowances will show.
3. Lay your first strip in the center (or close to the center) of the project – the batting side of the back/batting piece facing up and the wrong side of the strip facing up. It is okay for the strips to go out beyond the edges of the back – we can trim up later.
4. Fuse the strip in place – you may find an Applique Pressing Sheet between the iron and the batting will prevent any of the batting getting on the iron.
5. Thread your machine, top and bottom with the thread that matches the backing fabric.
6. For this project – you can use a ¼" presser foot or just the width of your regular foot as the seam guide.
7. Place the next piece – right sides together with the first piece – matching on of the long sides. Stitch them together (thru both layers of fabric, batting and back).
8. Fold back so that you can see both pretty sides and press.
9. This time add a piece on either side of the 2 you started with – this will allow you to make 2 seams then press verses 1 at a time (this is why we start in center)
10. Continue adding until the entire back/batting piece is covers
11. Trim away the excess top (turn over to the back side to trim to the back piece.
- 12.



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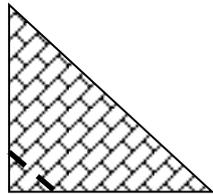
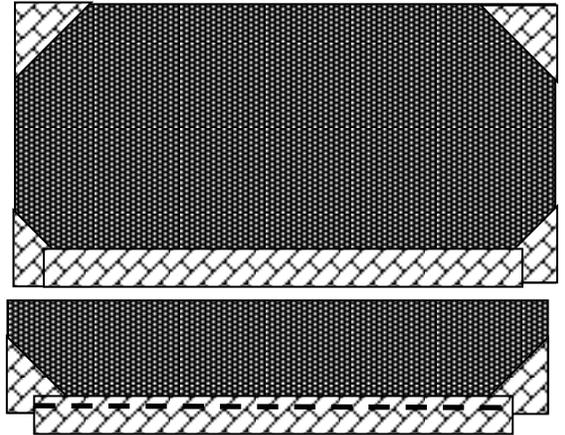
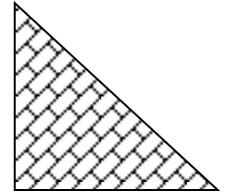
Faced Binding

For those of you that hate mitering corners!!!

This technique is also good when you don't want a binding to show on the front side

Sewing Steps:

1. Measure your project – Width and Length
2. Cut 2 – 2" strips width minus 2 and Cut 2 – 2" strips – length minus 2" (you might need to piece the strips to get your desired size)
3. Cut 4 – 5" Squares
4. Press the strips in half lengthwise – right sides facing out.
5. Press the Squares in half -from corner to corner – right sides out (this will form a triangle)
6. Working from the right side of your project – pin the 4 squares to the 4 corners – matching the raw edges together – folded edge facing toward the center of the quilt
7. Now place the strips on their side – centering the strips – they do not need to overlap in the corner – just get over the triangle – so if they are not perfectly centered – know one will know. The strips just don't need to overlap in the corner – too much bulk to deal with
8. Stitch around all 4 sides – ¼" seam
9. Press the strips out
10. Using an Edge Joining Foot – Topstitch along the seam on the strip side of the seam – This is a Garment Sewing Tip – called Under stitching. Stitch a Facing to the seam will allow it to fold to the back and not try to roll to the front. Keeps your facings on your garment inside the garment. The technique will accomplish the same effect here.
11. Once you have under stitched the side strips – turn to the wrong side and using Clover's Wonder Clips – Clip on Place
12. At the corners – clip the excess from the corners
13. Turn the triangles to the back side – press well
14. Clip down the corners
15. Whip stitch by hand the facing to the wrong side

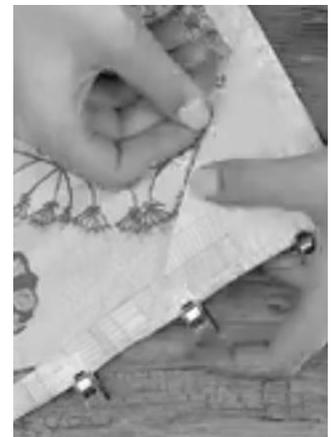


You can add this to backside and pull everything to the front for a more decorative front

Enjoy!!!

Variations on the project:

- ♥ Practice some of your decorative stitches on the seams on in the middle of the rows.
- ♥ If a seam is just horrible – top stitch Rick Rack over it
- ♥ Add Rick Rack in between two of the pieces – catching in the seam
- ♥ Patchwork different rows



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Working Around a Center

For this we are going to make placemats.

Supplies (for 4 placemats)

- 1 yd for backing (or 4 fat Quarters)
- 1 yd Fusible Batting or Fleece
- 4-6 Fat Quarters or a Jelly Roll
- 3/4 yd fabric for binding
- 4 Center Fabrics – either a Fun Focal Fabric, Printed Blocks or Photos Printed on EQ Printable Fabric
- Thread to Match Backing

Sewing Steps:

1. Fuse batting to the wrong side of the 1yard piece and cut into 4 – 18" x 22" pieces or fuse the wrong side of the 4 Fat Quarters.
2. Place a center design – photo, large print, pre-printed block or embroidery in center (or off center for fun). Pretty side up – pin in place.
3. Add a strip on either side of center – place the strips right sides together with the center piece and stitch all the way thru all of the layers. Seam allowance size is not as important as being straight. Can use the width of a standard presser foot or a 1/4" foot.
4. Press the strips out and then add a strip on top and bottom – covering the block and the first 2 strips.
5. Press
6. Keep alternating sides – then top until you have covered the entire back. You can use even or un-even strips – your choice (un-even width strips will hide more errors than even strips)
7. Trim all to same size
8. Bind like the table runner.

Remember practice makes perfect and allow yourself to make mistakes and learn.

Enjoy!!!

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