

# DYNAMICS OF CLOTHING II

**UNIT VII:** *CREATIVE SEWING*

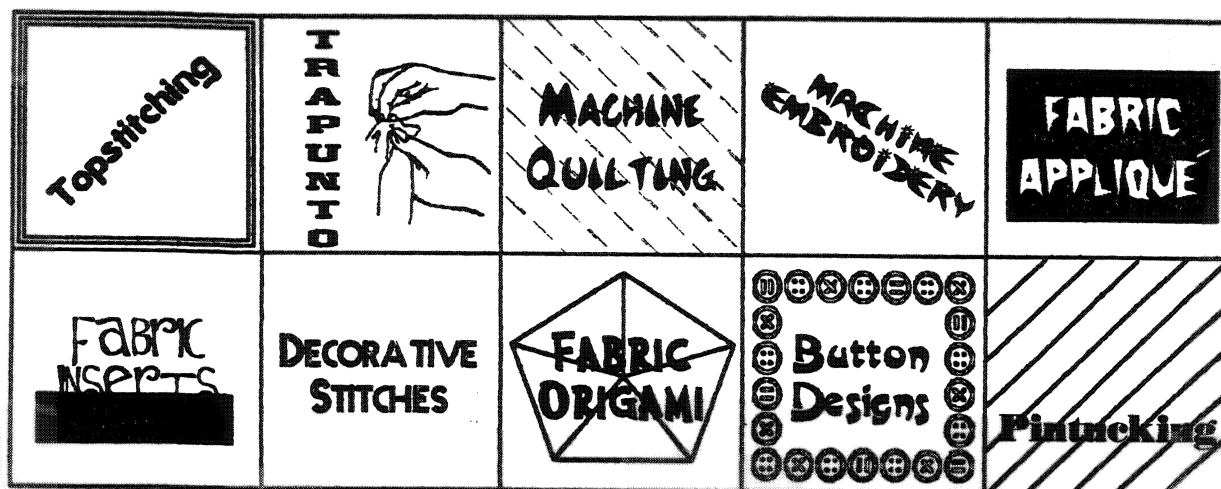
**TOPIC A:** **SPECIALIZED TECHNIQUES**

**OBJECTIVE:** Students will be able to perform a number of specialized sewing techniques for garment enhancement.

**CONCEPT:** Sewing can be a creative outlet that incorporates a variety of specialized sewing techniques. These techniques can enhance the appearance of the garment while filling a desire for creativity.

**COMPETENCIES:**

1. Recognize sewing as a creative outlet.
2. Perform specialized sewing techniques such as machine quilting, machine embroidery, inserting piping or pregathered lace, machine appliqué, pintucks, etc.
3. Apply specialized sewing techniques to garments/projects.



**ACTIVITIES/OPTIONS****SUPPLIES NEEDED**

- |   |  |
|---|--|
| 1. Machine Quilting                     | Fabric and batting<br>Darning feet<br>Copies of student instructions   |
| 2. Machine Appliqué                     | Pieces of fabric<br>Fusible web<br>Copies of student activity guide<br>(II-VII-20)   |
| 3. Machine Embroidery                   | Embroidery hoops<br>Darning feet<br>Machine embroidery thread<br>Copies of student instructions                              |
| 4. Inserts: Piping, etc.                | Fabric pieces<br>Pieces of insertable trims<br>Zipper feet   |
| 5. Pintucks                             | Fabric pieces<br>Double needles<br>Copies of student instructions  |
| 6. Topstitching                         | Fabric pieces<br>Special threads<br>Copies of student instructions   |
| 7. Decorative Stitches in Creative Ways | Fabric pieces<br>Special threads<br>Copies of student instructions   |
| 8. Fabric Origami                       | Fabric pieces<br>Copies of student instructions  |
| 9. Trapunto                             | Fabric pieces<br>Batting scraps<br>Copies of student instructions  |
| 10. Button Designs                      | Fabric pieces<br>Small flat buttons (shirt buttons)<br>Copies of <u>The Button Blanket</u><br>Copies of student instructions |
| 11. Technique Combo                     | Same as supplies listed above  |
| 12. Projects                            | (Supplied by students)   |



## ACTIVITIES/OPTIONS

**Note:** There are ten (10) specialized sewing techniques listed in this unit. It is impossible to cover all of them thoroughly in the time allotted, so the teacher will need to do some picking and choosing. Rather than trying to do one or two big projects utilizing few techniques, work toward learning more techniques on smaller areas, such as patchwork pieces.

There are many resources available for step-by-step instruction on each technique. Because there are so many available, specific titles have not been listed. Probably the two major sources for these resource books are **Nancy's Notions** and **Clotilde**. Each company has a large selection from which to choose.

All of the techniques covered in this unit are based on fabric and machine stitching. Techniques and/or projects which require glue do not qualify as sewing techniques and should not be included.

Some of these techniques can be dovetailed with other units, such as children's clothing, holiday items, home fashions, redesigning/recycling, or other.

One important concept of this unit is to encourage creativity and see what the students can do using the various techniques. Please be sure to allow for that. The excitement comes from mastering control of the machine and doing such fun things. Be careful not to get so caught up with every detail being perfect that the students aren't having fun. Remember, this topic is designed to introduce students to new techniques, not make them masters of each one

Look for people in your community who have expertise in particular techniques and ask them to be visiting demonstrators. It is okay if the teacher learns with the students.

Because there are so many resources readily available to support this unit, specific instructions for each technique have not been included in this curriculum. Only some general background information about each technique has been provided.

Many of these techniques require different machine feet and tension adjustments. Be sure to include the machine adjustments with each set of directions provided.

Most of all—have fun with this topic.

**ACTIVITIES/OPTIONS****Option 1: Machine Quilting**

Some guidelines for free-motion machine quilting have been provided. A different machine attachment will need to be used along with tension adjustments.

**Option 2: Machine Appliqué**

Some guidelines for successful machine appliqué have been provided.

**Option 3: Machine Embroidery**

Some guidelines for successful machine embroidery have been provided. A different machine attachment will need to be used along with tension adjustments.

**Option 4: Inserts: Piping, Pregathered Lace, Etc.**

There are a number of types of trims that can be inserted into a seam that will enhance the appearance of an article. Inserting takes a little skill but can be mastered fairly quickly with some practice. A different machine attachment may be needed for applying the inserts. Zipper feet are commonly used for this type of application.

**Option 5: Pintucks**

A different machine attachment will need to be used along with tension adjustments. Pintucks require a double needle, and cording can be inserted, also. Different tension adjustments give different looks to the tuck. Have students try several different types of pintucks.

**Option 6: Topstitching**

Some guidelines for successful machine embroidery have been provided. Heavier thread, such as buttonhole twist, can be used to produce stitching that is more prominent, and other specialty threads can be used to create other looks. Have students try several types of topstitching, including using the double needle. Some machine adjustments may be necessary when using buttonhole twist or other heavy threads.

**Option 7: Decorative Stitches in Creative Ways**

Have the students use the decorative stitches available on their sewing machines and be creative about using them together, using different kinds and colors of threads, adjusting widths and lengths, etc.

**Option 8: Fabric Origami**

Just like paper origami, this Japanese folk art can be used with fabric. After the fabric is folded, it is incorporated into an article of clothing, a quilt piece, or whatever by stitching it in place. It's easy to do and not too time consuming.

**ACTIVITIES/OPTIONS****Option 9: Trapunto**

Adding filler to the back of a design gives added dimensions to a design. Trapunto is fairly easy to do and can be learned quickly. A very simple design is suggested for a sample.

**Option 10: Button Designs**

This technique was developed by the Indian tribes of the Northwest. Flat, simple buttons are sewn all the way around a design to outline it, then other buttons are sewn in the center for features, design enhancement, etc. This is a fairly easy technique to do and one that the students could get into easily.

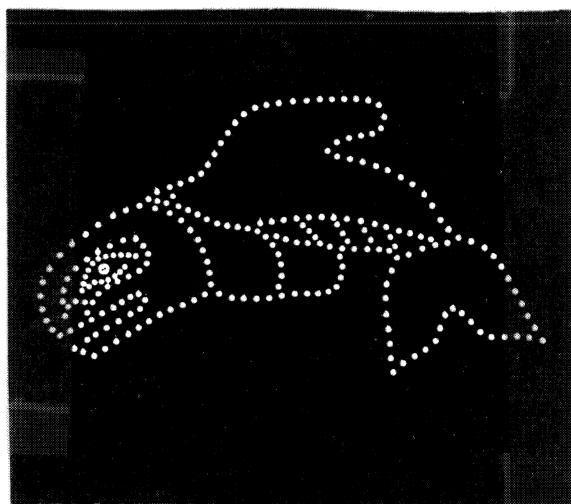
**Option 11: Technique Combo**

Assign the students to incorporate two or three of the techniques into one design, using the different techniques to complement each other. Let their creativity flow.

**Option 12: Projects/Technique Application**

As was stated in the introduction to this unit, steer the students away from big projects with one or two specific techniques. Encourage SMALL samples that could be incorporated into a project such as a nine-patch pillow top, patchwork vest, or patchwork teddy bear with one patch for each technique learned. Again, encourage the students to be creative with their colors, applications, etc.

Once the students have learned these techniques, they can and will begin to incorporate them into many projects in many different ways.





## RESOURCES

### Television

Sewing with Nancy on the educational channel. Teachers can learn a lot of tips and quick techniques from watching this regularly.

### Books

Clothing, by Jeannette Weber, Glencoe/McGraw-Hill, P.O. Box 543, Blacklick, OH 43004. 1-800-334-7344.

A Guide to Fashion Sewing, Fairchild Books and Visuals, 7 West 34th Street, New York, NY 10001-8191. 1-800-247-6622. Catalog No. 748-0.

Creative Sewing Ideas and More Creative Sewing Ideas, Singer Sewing Series, Sew Perfect, P.O. Box 2400, Tupelo, MS 38803-2400, 1-800-344-3964. Catalog Nos. 388025, 387977.

Decorative Machine Stitching, Singer Sewing Series, Sew Perfect, P.O. Box 2400, Tupelo, MS 38803-2400, 1-800-344-3964. Catalog No. 387985.

McCall's Needlework Treasury, McCall Pattern Company, 230 Park Avenue, New York, NY 10163.

The Button Blanket, by Nan McNutt, Northwest Coast Indian Art Series, P.O. Box 295, Petersburg, AK 99833. ISBN: 0-9614534-1-9.

101 Sewing Secrets, Singer Sewing Series, Sew Perfect, P.O. Box 2400, Tupelo, MS 38803-2400, 1-800-344-3964. Catalog No. 387985.

Dimensions in Clothing, Nancy's Notions, P.O. Box 683, Beaver Dam, WI 53916-0683.

### Resource Books and Notions Suppliers

Nancy's Notions, P. O. Box 683, Beaver Dam, WI 53916-0683.

Clotilde, 2 Sew Smart Way B8031, Stevens Point, WI 54481-8031. 1-800-772-2891.

Dover Publications, Inc., 31 East 2nd Street, Mineola, NY 11501. Ask for the Complete Needlecraft Catalog.

**EVALUATION/TEST QUESTIONS****1. Recognize sewing as a creative outlet.**

1. Sewing is an art form.  
A.\* True  
B. False
2. People have only been making beautiful works of art using fabric and various sewing techniques since the early 1900s.  
A. True  
B.\* False
3. Fabric becomes to the creative sewer what the canvas is to a painter.  
A.\* True  
B. False
4. When sewing becomes a creative outlet, it also becomes more enjoyable.  
A.\* True  
B. False
5. The number of techniques that offer a means of creativity is very limited when it comes to sewing.  
A. True  
B.\* False

**2. Perform specialized sewing techniques such as machine quilting, inserting piping or pregathered lace, machine appliqué, pintucks, machine embroidery, etc.****Machine Quilting**

1. The feed dogs should be \_\_\_\_\_ while machine quilting.  
A. Up  
B.\* Down
2. The \_\_\_\_\_ foot should be used for machine quilting.  
A.\* Darning  
B. Zipper  
C. Cording  
D. Hemming
3. The bobbin thread should always be brought to the surface before beginning to quilt.  
A.\* True  
B. False

**EVALUATION/TEST QUESTIONS**

4. You should try to run the machine at a fairly slow speed when machine quilting.  
A. True  
B.\* False
  
5. When machine quilting, it is best to keep your eyes on:  
A. The needle  
B. The hole in the darning foot  
C.\* Where you are going  
D. What you have just done
  
6. A constant speed is the secret to successful machine quilting.  
A.\* True  
B. False
  
7. You should control the quilt with:  
A. Your whole hand  
B.\* Your fingertips  
C. Your wrists  
D. All of the above
  
8. If you need to move from one quilting area to another, you should stop and cut your threads before you start again.  
A. True  
B.\* False
  
9. If you need to reposition your hands as you work, it is best to stop:  
A.\* With the needle down in the fabric  
B. With the needle up out of the fabric  
C. It really doesn't matter
  
10. To become really good at machine quilting takes:  
A. Very little practice  
B.\* Lots of practice





## EVALUATION/TEST QUESTIONS

## Machine Appliqué

1. Appliqué means:
- A. Combining scraps of fabric to create a design
  - B. To sew using a machine embroidery technique
  - C.\* Both of the above
  - D. Neither of the above
2. You can put an appliqué in place with:
- A. Pins
  - B. Glue stick
  - C. Fusible web
  - D.\* All of the above
3. When appliquéing, overlapping areas are done \_\_\_\_\_ underlying detail  
is stitched.
- A.\* After
  - B. Before
4. When appliquéing, set the machine to sew:
- A. With a very narrow, short zigzag stitch
  - B.\* With a very wide, short zigzag stitch
  - C. With a very wide, long zigzag stitch
  - D. With a very narrow, long zigzag stitch
5. The stitch setting used for appliqué is also called:
- A. The overcast stitch
  - B. The backstitch
  - C.\* The satin stitch
6. The stitching process requires that the operator:
- A. Pivot the work regularly
  - B. Secure threads and fabric before starting
  - C. Hold the fabric or hoop loosely
  - D.\* Both A and B are correct
7. To prepare an appliqué, how should the materials be layered on the ironing board?
- |                |                     |
|----------------|---------------------|
| Top:           | White butcher paper |
| Top middle:    | Appliqué piece      |
| Bottom middle: | Fusion material     |
| Bottom:        | Garment or fabric   |



## EVALUATION/TEST QUESTIONS

## Machine Embroidery

1. The feed dogs should be \_\_\_\_\_ while embroidering with the machine.  
A. Up  
B.\* Down
2. The \_\_\_\_\_ foot should be used for machine embroidery.  
A.\* Darning  
B. Zipper  
C. Cording  
D. Hemming
3. The bobbin thread should always be brought to the surface before beginning to embroider.  
A.\* True  
B. False
4. You should try to run the machine at a fairly slow speed when machine embroidering.  
A. True  
B.\* False
5. When machine embroidering, it is best to keep your eyes on:  
A. The needle  
B. The hole in the darning foot  
C.\* Where you are going  
D. What you have just done
6. A constant speed is the secret to successful machine embroidery.  
A.\* True  
B. False
7. You should control the fabric or hoop with:  
A. Your whole hand  
B.\* Your fingertips  
C. Your wrists
8. If you need to move from one embroidery area to another, you should stop and cut your threads before you start again.  
A. True  
B.\* False
9. If you need to reposition your hands as you work, it is best to stop:  
A.\* With the needle down in the fabric  
B. With the needle up out of the fabric

**EVALUATION/TEST QUESTIONS****Inserts: Piping, Pregathered Lace, Etc.**

1. Trims are inserted in a garment:
  - A. After the garment is constructed
  - B.\* During construction of the garment
  - C. Before the garment is constructed
  - D. During or after construction of the garment
  
2. Many different types of trims are available pregathered and ready to be sewn in.
  - A.\* True
  - B. False
  
3. How many layers of fabric are necessary to insert a trim?
  - A. One
  - B.\* Two
  - C. Three
  - D. Four
  
4. To insert a trim means to:
  - A. Sew the trim on top
  - B. Sew the trim underneath
  - C.\* Sandwich the trim between the layers
  - D. Any of the above are correct
  
5. A foot that is commonly used when inserting trims is the:
  - A. Blind hem foot
  - B.\* Zipper foot
  - C. Darning foot
  - D. Cording foot
  
6. Because one is sewing through a number of thicknesses to insert something, one may have to use a heavier weight needle to keep it from breaking.
  - A.\* True
  - B. False

**EVALUATION/TEST QUESTIONS****Pintucks**

1. To make a pintuck, one needs a:
  - A. Special foot
  - B. Two layers of cloth
  - C.\* Double needle
  - D. Special machine
  
2. To get a tighter tuck, one should:
  - A.\* Tighten the tension
  - B. Loosen the tension
  - C. Use a heavier thread
  - D. Use a bigger needle
  
3. To get a really prominent tuck, one should:
  - A. Sew it twice
  - B.\* Add a thin cord to it
  - C. Add a thick cord to it
  
4. Pintucking should always be done:
  - A. After the garment is constructed
  - B. During construction of the garment
  - C.\* Before the garment is constructed
  - D. During or after construction of the garment
  
5. Pintucking is a quick and easy way to enhance the appearance of a garment.
  - A.\* True
  - B. False
  
6. Double needles with a wider space between the needles make a:
  - A. Smaller tuck
  - B. Bigger tuck
  - C. Wider tuck
  - D. Taller tuck
  - E.\* Both B and D are correct
  
7. To really accent the pintucks, one should:
  - A.\* Use a different color of thread
  - B. Use the same color of thread
  - C. It doesn't matter

**EVALUATION/TEST QUESTIONS****Topstitching**

1. You are using machine stitching applied to the right side of the garment to accent its style lines. Which stitch should you use?
  - A. Understitching
  - B.\* Topstitching
  - C. Overstitching
  - D. Pick stitching
  
2. Topstitching:
  - A. Keeps the seams from coming apart or the stitching from coming out
  - B. Adds life to the garment by preventing raveling
  - C.\* Provides decoration; keeps edges flat and prevents facing from rolling to the right side
  
3. To topstitch a rounded area with a double needle, one should:
  - A. Stitch to the corner; stop; pivot the fabric 45 degrees one time; continue stitching
  - B.\* Stitch to the beginning of the corner; stop; pivot the fabric slightly; stitch two to three stitches; stop; pivot slightly; stitch two to three stitches; etc.
  - C. Stitch to the corner area and try to hold the fabric so one side doesn't feed as fast as the other
  
4. Topstitching can be done with:
  - A. One thread through the needle
  - B. Two threads through the same needle
  - C. A heavier thread such as buttonhole twist
  - D. A double needle
  - E.\* All of the above
  
5. Topstitching provides a finishing touch to garments.
  - A.\* True
  - B. False
  
6. This foot provides a guide to help you topstitch straight and even.
  - A.\* Blind hem foot
  - B. Zipper foot
  - C. Darning foot
  - D. Cording foot

**EVALUATION/TEST QUESTIONS****Decorative Stitches in Creative Ways**

1. The length and width of decorative stitches can be controlled and changed to create different effects.  
A.\* True  
B. False
2. Decorative stitches can only be used individually as shown on the machine.  
A. True  
B.\* False
3. Decorative stitches can become more creative by:  
A. Using different kinds of thread  
B. Using different colors of thread  
C. Changing the width and/or length  
D. Making a pattern using two or more decorative stitches  
E.\* All of the above
4. Using a silk thread for a decorative stitch will give a very different appearance than using a poly/cotton blend thread.  
A.\* True  
B. False

**Fabric Origami**

1. This fabric art was originated by the Japanese.  
A. Button Designs  
B.\* Fabric Origami  
C. Seminole Patchwork  
D. Mola
2. Describe fabric origami.  
It is the folding of fabric to create a design; then the design is stitched onto another piece of fabric and integrated into an article of clothing.
3. List three (3) ways that creativity can come from fabric origami.
  1. The folding of the fabric
  2. The use of color
  3. The combination of fabrics
4. Fabric oragami is a very difficult type of fabric art.  
A. True  
B.\* False

**EVALUATION/TEST QUESTIONS****Trapunto**

1. Describe the trapunto technique.  
A technique whereby a design is sewn through two pieces of fabric; the back piece is slit open and a filling is stuffed into the opening. When the opening is sewn shut, a two-dimensional effect has been created.
2. The filling should be added between the layers before the design is stitched.  
A. True  
B.\* False
3. Quilt batting can be used for the filling.  
A.\* True  
B. False
4. The trapunto can be used in combination with:  
A. Machine embroidery  
B. Appliqué  
C. Hand embroidery  
D.\* All of the above

**Button Designs**

1. This fabric art was originated by the Indians tribes of the Northwest.  
A.\* Button Designs  
B. Fabric Origami  
C. Seminole Patchwork  
D. Mola
2. The kind of buttons used for button designs are:  
A. Shank buttons  
B.\* Very flat buttons  
C. All kinds of buttons
3. The fabric to be used for button designs should be:  
A. Very light weight; thin  
B. Medium weight; medium thickness  
C.\* Heavier weight; thick
4. The fabric to be used for button designs should also be:  
A.\* Tightly woven; stable  
B. Loosely woven; unstable