

TOPIC #10: Textiles Occupational Skills**Student Activity Guide****BOOKMARK INSTRUCTIONS**

This project gives you the opportunity to:

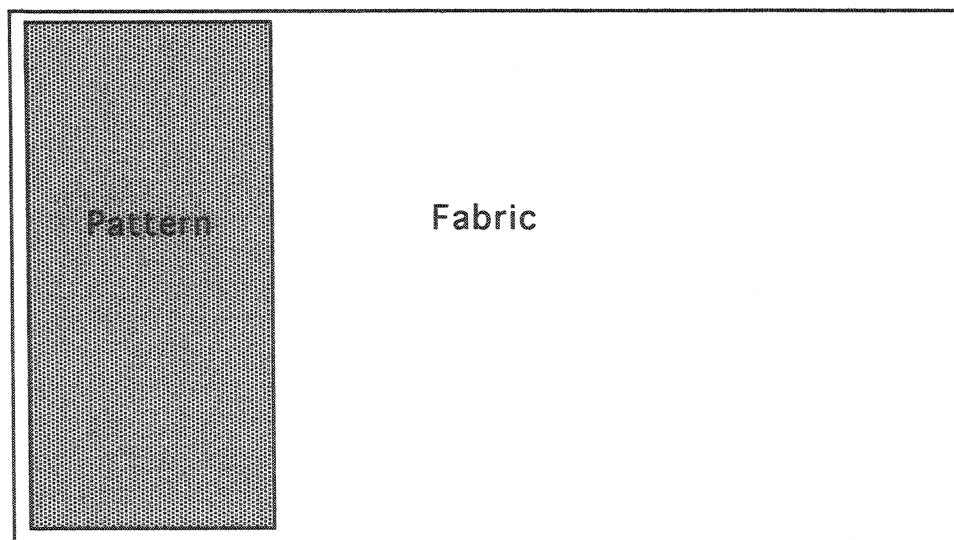
LEARN:	How to use a conventional sewing machine.
DEVELOP:	Skill in stitching straight.
EXPERIENCE:	Independent use of the sewing machine.
PRODUCE:	A bookmark for you or a gift for a friend.

SUPPLIES NEEDED: Bookmark fabric
Rotary cutter and mat
6-inch wide plastic ruler
Threaded sewing machine
(Thread should be a different color than your bookmark.)

(The teacher may have these supplies already in a packet for you.)

DIRECTIONS FOR CUTTING OUT A BOOKMARK:

Step 1: Place the pattern provided by your teacher on the edge of your fabric as shown below. Be sure the edge of the pattern lies straight along the edge of the fabric.



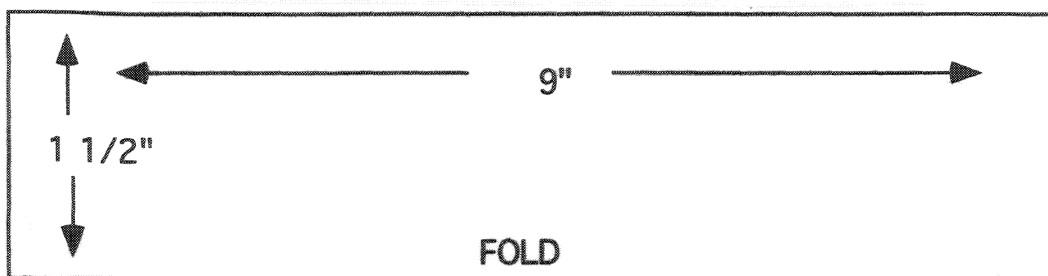
Step 2: Place the rotary cutter at the bottom of the pattern. Press firmly. Guide the cutter as it rolls along the edges of the pattern. Cut around the edges of the pattern. Check to be sure the cutter has cut completely through the fabric(s).



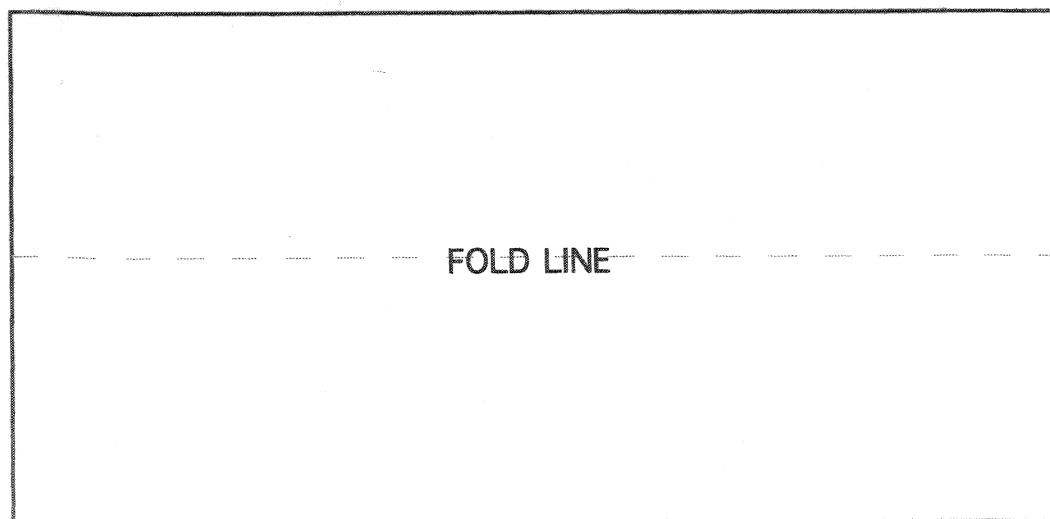
BOOKMARK INSTRUCTIONS - PAGE 2

DIRECTIONS FOR SEWING A BOOKMARK:

- Step 1:** Fold the 3-inch by 9-inch piece of fabric in half so it will measure 1½ inches wide by 9 inches long. Crease along the fold with your fingers or press it with an iron set on medium heat or permanent press.



- Step 2:** Open the folded fabric and center the machine needle on the crease at one end of the fold.



- Step 3:** Set the following controls on the sewing machine for a decorative stitch:
- Stitch width control: _____ (maximum width)
 - Stitch length control: _____ (long stitch)
 - Needle position: center
 - Stitch pattern selector: zigzag or decorative stitch.

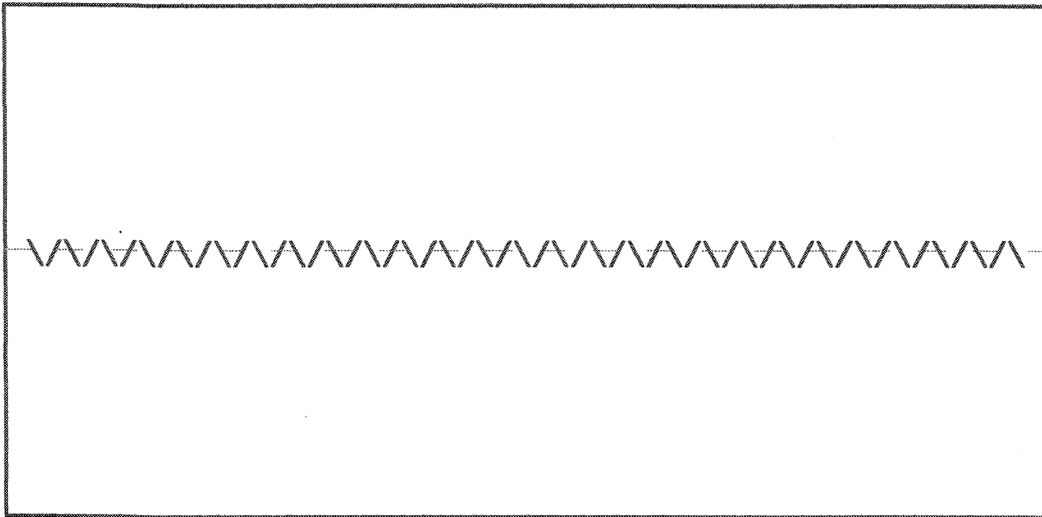
**BOOKMARK INSTRUCTIONS - PAGE 3**

Step 4: Sew down the fold line (center) of the fabric with a zigzag (or decorative) stitching using the crease as a guide.

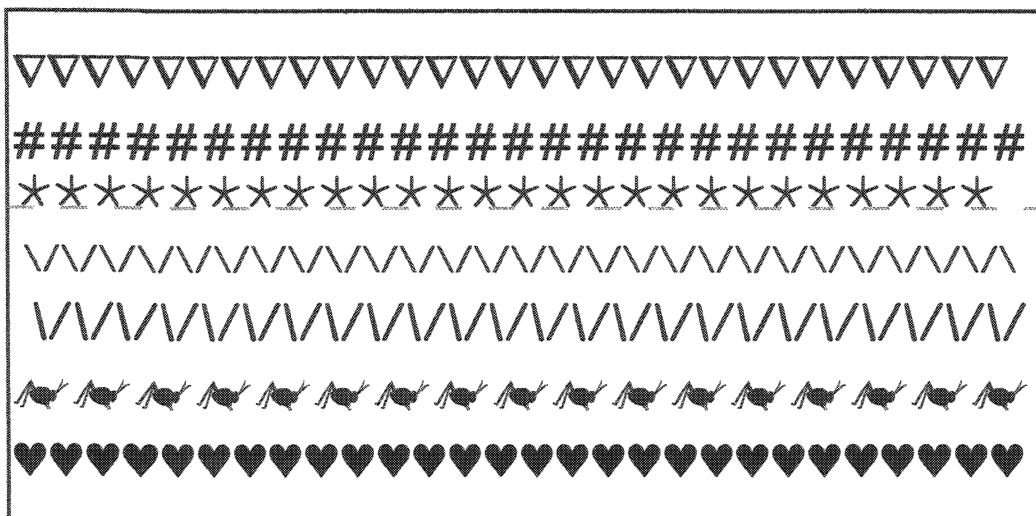
Use the presser foot as a guide to help you sew evenly!

DO NOT BACKSTITCH!

Trim your excess threads as you sew each line of stitching.



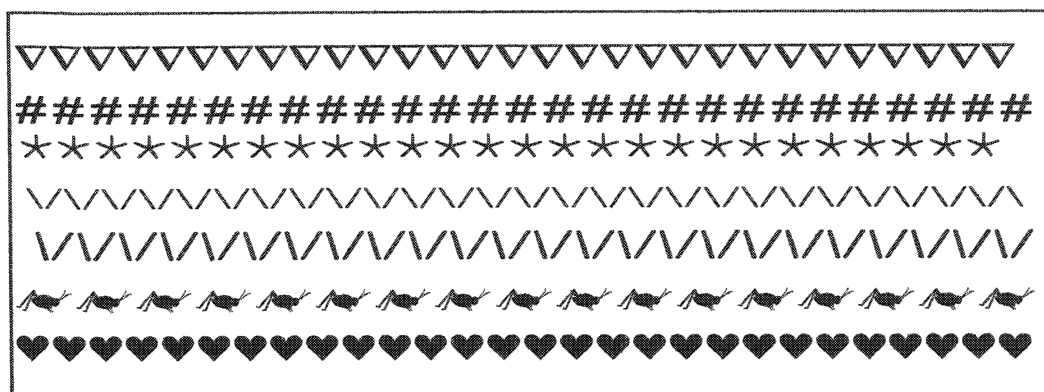
Step 5: Continue making rows of decorative stitching on your bookmark, using as many different stitches and settings as possible. Be creative as you add the rows of stitching, working from the center out to the edges. Try to keep your lines of stitching evenly spaced.



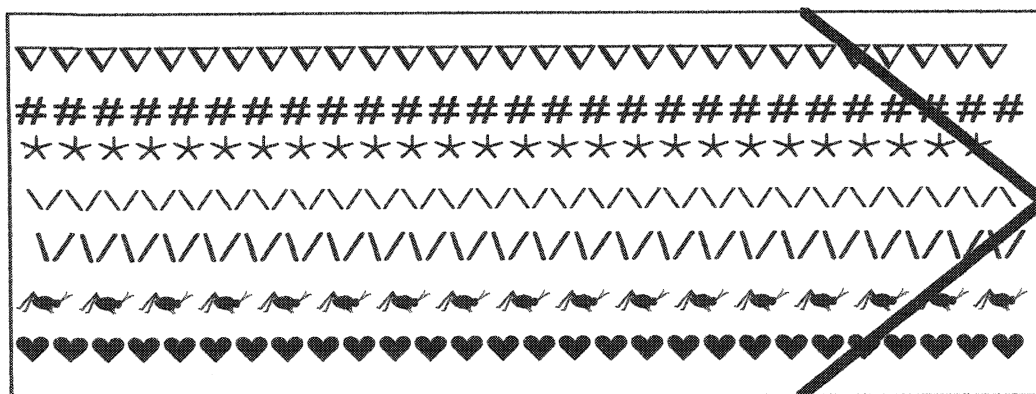


BOOKMARK INSTRUCTIONS - PAGE 4

- Step 6: Trim the edges of the bookmark with the rotary cutter close to the last row of decorative stitching on each side.



- Step 7: Cut a point on one end of the bookmark and a straight edge on the other end. (Or, cut a point on both ends.)



USE YOUR BOOKMARK AND ENJOY A GOOD BOOK,
OR GIVE THE BOOKMARK TO A FRIEND!

TOPIC #10: Textiles Occupational Skills

Student Activity Guide



TABLE PAD INSTRUCTIONS

Have you ever noticed the fancy stitches on jeans or other articles of clothing? These stitches are done on a sewing machine that does special types of stitches. You will now have an opportunity to try one of the special stitches on your sewing machine. You will be sewing your designed fabrics together to form a table pad to put hot dishes on.

This project gives you the opportunity to:

LEARN:	Use of sewing machine, serger, and rotary cutter
DEVELOP:	Skill in stitching straight and stitching zigzag
EXPERIENCE:	Independent use of the sewing machine, serger, and rotary cutter
PRODUCE:	A table pad for your kitchen.

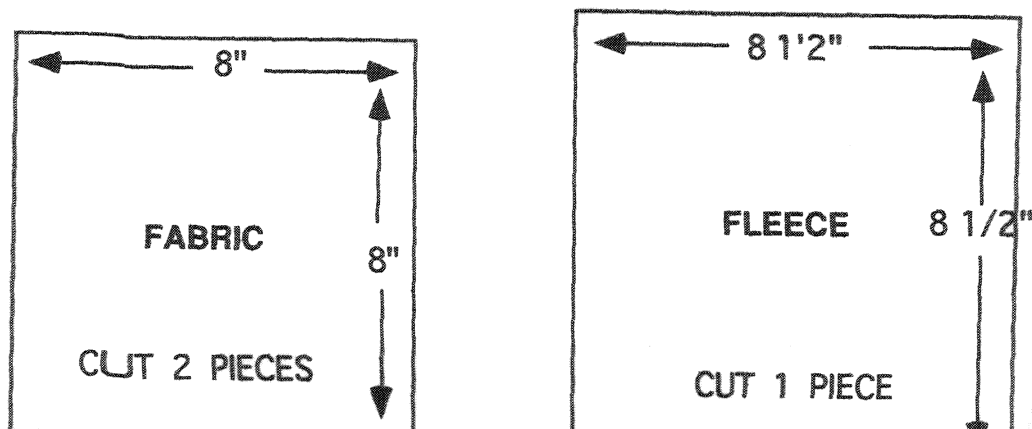
To complete this activity, you will need:

2 - 8-inch by 8-inch fabric pieces	Sewing pins
1 - 8 ½ -inch x 8 ½ -inch pellow fleece	Thread

(The teacher may have these supplies already in a packet for you.)

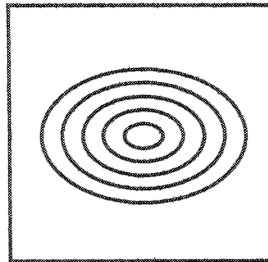
DIRECTIONS FOR CUTTING OUT YOUR TABLE PAD:

- Step 1: Cut two (2) pieces of fabric 8 inches by 8 inches in size. Place the pattern on the edge of the fabric and use the rotary cutter to go around it.
- Step 2: Cut one (1) or two (2) pieces of pellow fleece 8 ½ inch by 8 ½ inch for filling.
(It's easier to sew with just one piece.) Again, place the pattern on the edge of the filling fabric and use the rotary cutter to go around it.

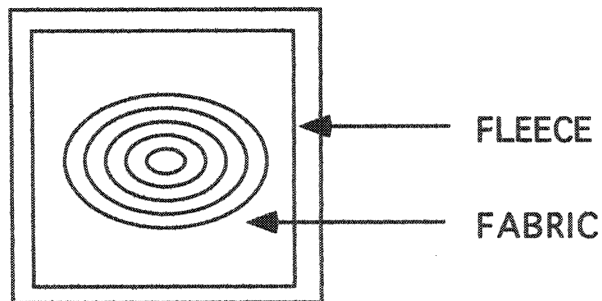


**TABLE PAD INSTRUCTIONS - PAGE 2****DIRECTIONS FOR SEWING YOUR TABLE PAD:**

- Step 1: Draw or trace a simple design provided by your teacher on the right side of one piece of fabric with chalk or a marking pencil. (Or, you can be creative and draw your own design or your initials.)



- Step 2: Put the pieces together like a sandwich in this order:
- Lay one of your fabric pieces on the table, right side down.
 - Lay the pellow fleece piece(s) on top of the fabric piece.
 - Lay the other fabric piece with the design on top of the pellow fleece, right side up.



- Step 3: Line up the edges of the fabrics and pin them together as shown.

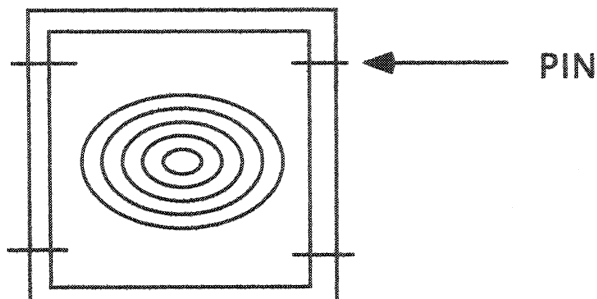




TABLE PAD INSTRUCTIONS - PAGE 3

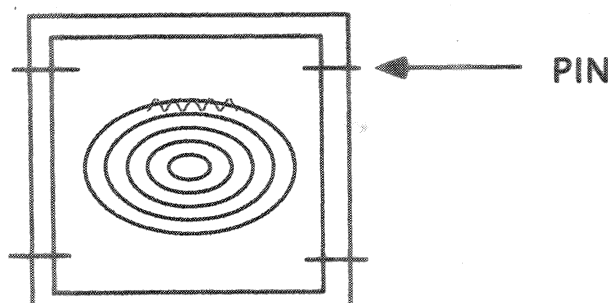
Step 4: Set your machine to do a zigzag stitch.

Width selector: _____

Length selector: _____

Needle Position: Center

Step 5: Carefully stitch around the design you drew on the fabric using the zigzag stitch. Pivot at any corners as needed. **DO NOT BACKSTITCH, BUT OVERLAP THE DESIGN AT THE END!** (You will be stitching through three or four thicknesses.) Trim your threads.



Step 6: Set the machine dials for a basting (straight) stitch.

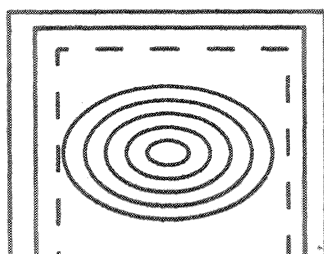
Width selector: _____

Length selector: _____

Needle Position: Center

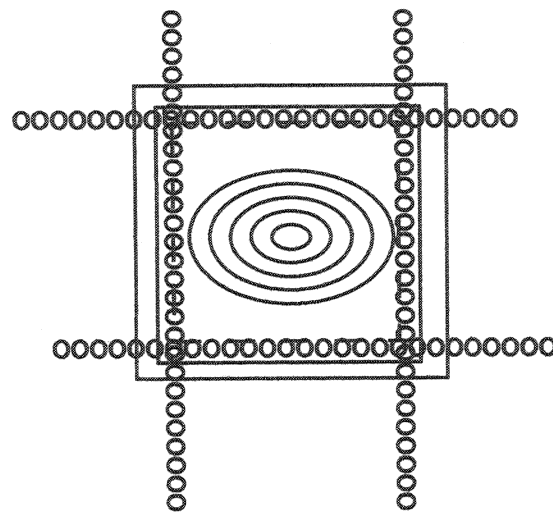
Step 7: Place the table pad under the presser foot. The edge of the fabric should line up with the 3/8-inch seam allowance marking on the needle plate.

Step 8: Lower the presser foot lever and baste (sew) around the entire outside edge of your table pad, removing any pins before you sew over them, and pivoting at the corners. Trim your threads.



**TABLE PAD INSTRUCTIONS - PAGE 4**

- Step 9 Go to the serger and serge each of the edges, following along the 3/8-inch stitching line, and chaining off at each corner. Trim threads or tie off ends with darning needles.



YOU HAVE JUST COMPLETED YOUR PROJECT!! GOOD WORK!!
TAKE YOUR TABLE PAD HOME TO USE WITH YOUR FAMILY
OR USE IT AS A GIFT FOR SOMEONE!

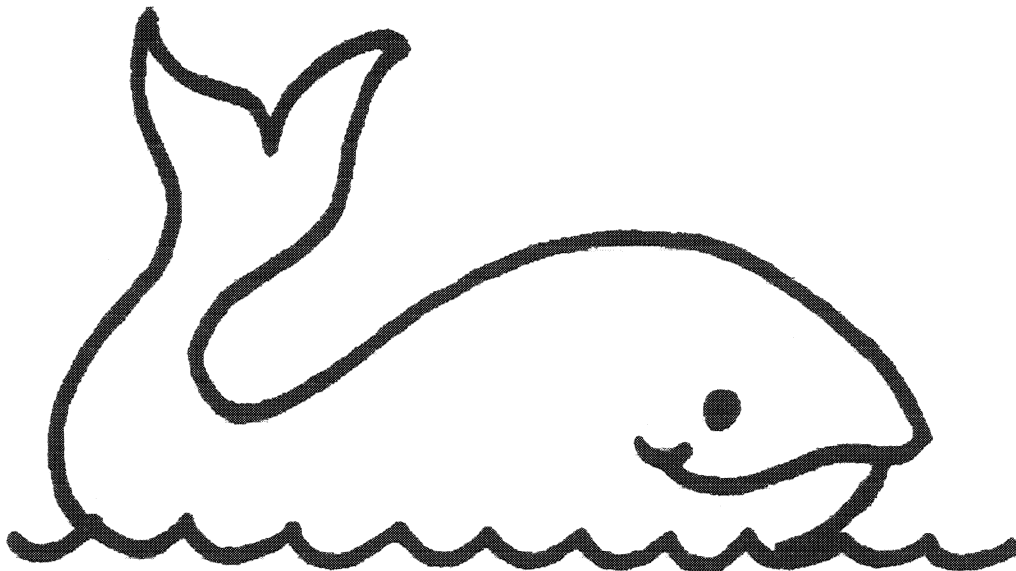
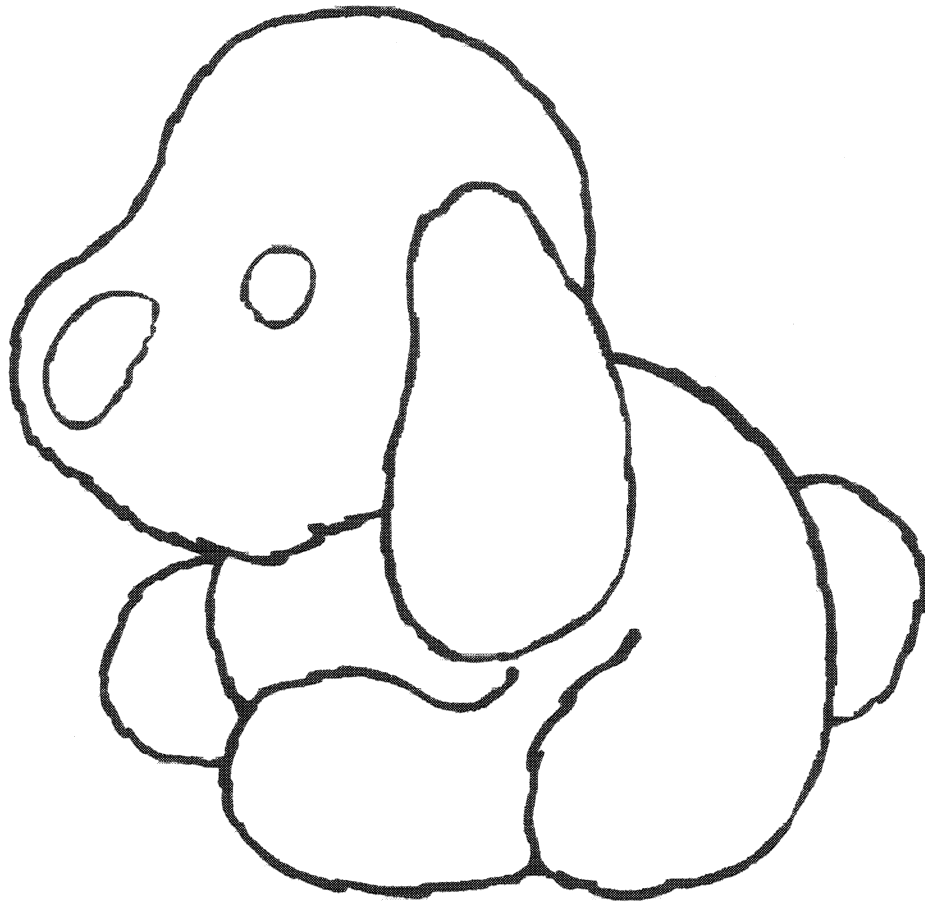
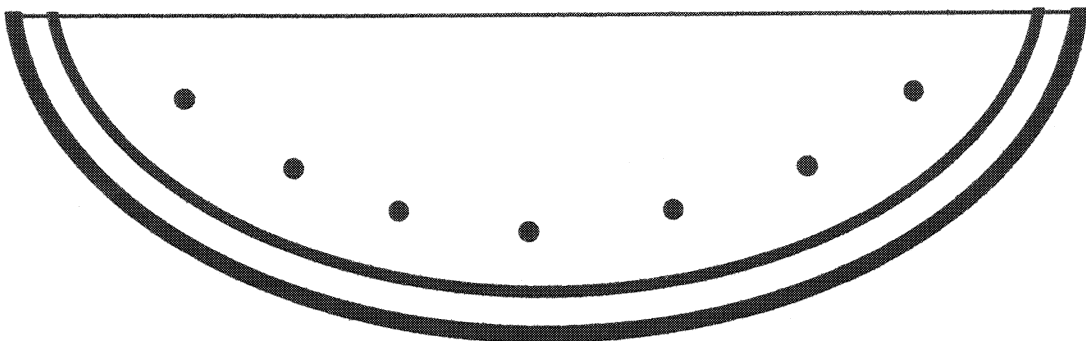
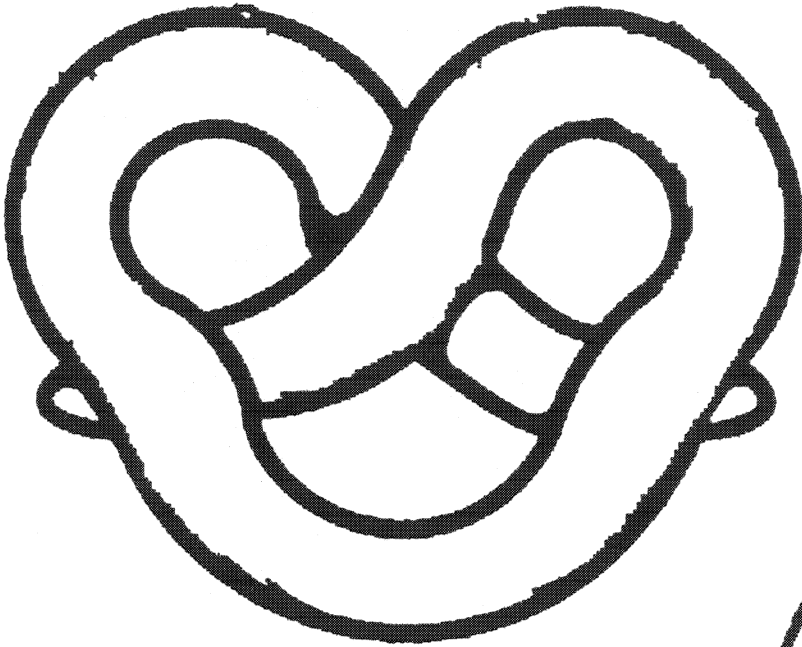
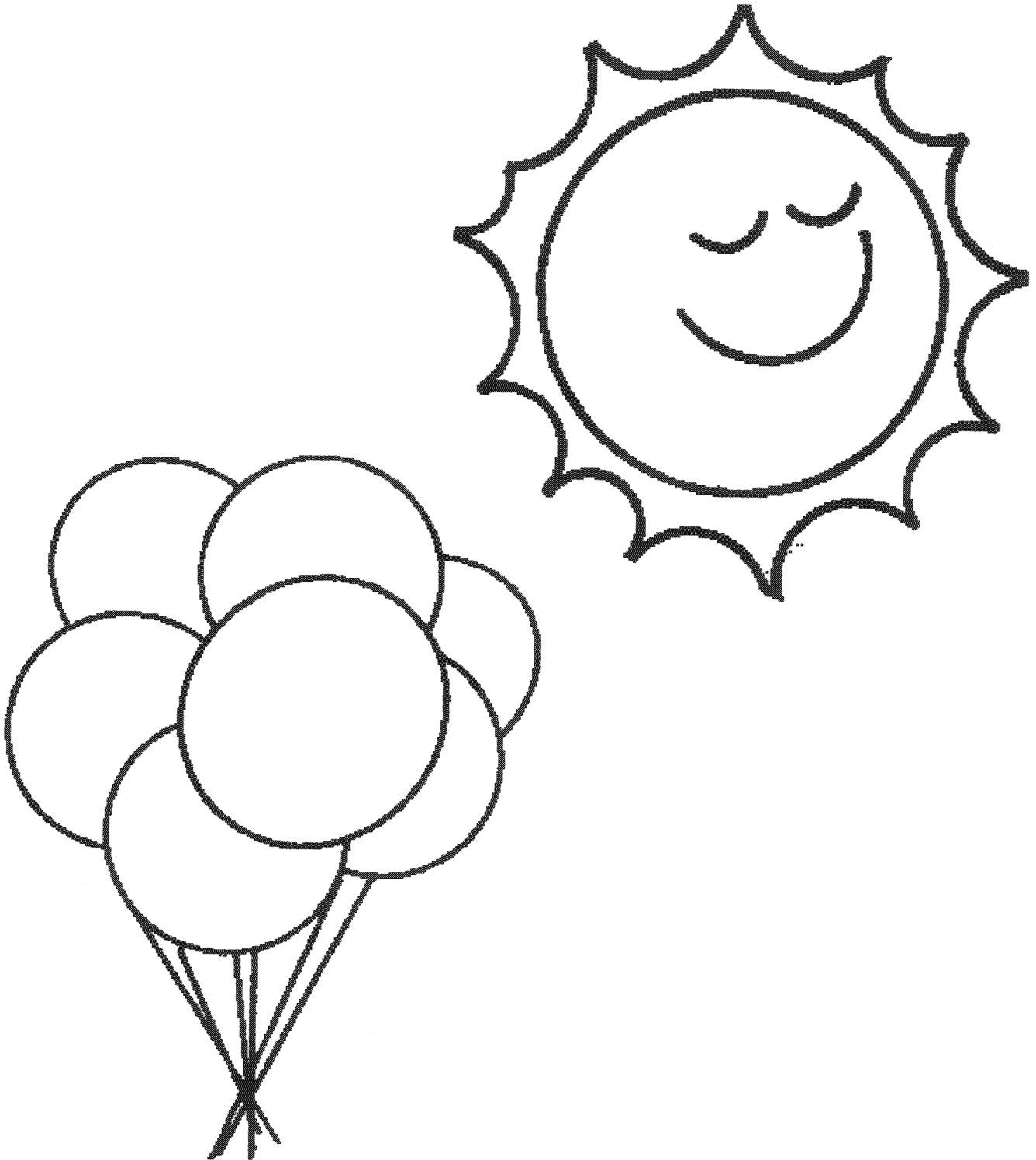
**TABLE PAD DESIGNS - PAGE 1**



TABLE PAD DESIGNS - PAGE 2



**TABLE PAD DESIGNS - PAGE 3**



WINDSOCK INSTRUCTIONS

This project gives you the opportunity to:

LEARN:	Use of sewing machine, serger, and rotary cutter
DEVELOP:	Skill in stitching straight, and stitching zigzag
EXPERIENCE:	Independent use of the sewing machine, serger, and rotary cutter
PRODUCE:	A windsock for your room or patio

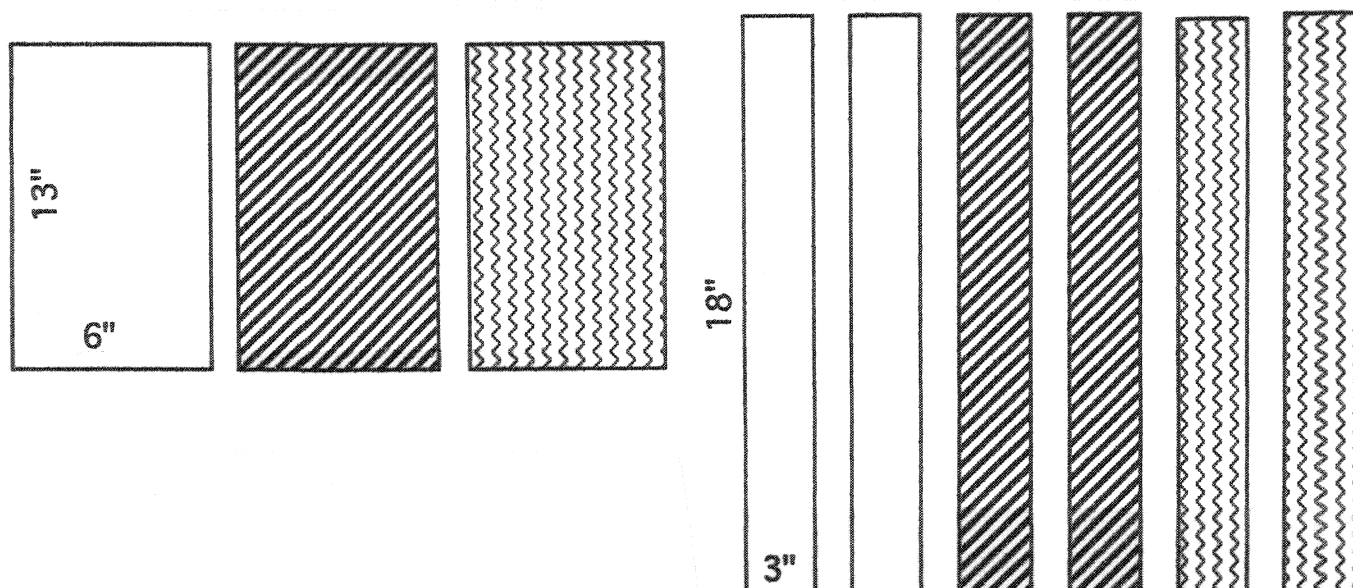
SUPPLIES NEEDED:

- 3 pieces of fabric - 6 inches by 13 inches (one piece of three different colors for the windsock body)
- 6 pieces of fabric - 3 inches by 18 inches (two pieces each of three different colors for the windsock streamers)
- 1 piece of crinoline or tagboard ½ inch wide by 13 inches long
- Thread
- Fabric glue stick
- 3 pieces of lightweight nylon cord, 30 inches long

(The teacher may have these supplies already in a packet for you.)

DIRECTIONS FOR CUTTING OUT YOUR WINDSOCK:

Step 1: Cut out the nine pieces of fabric needed to complete your windsock. The pieces and sizes are listed above and are diagrammed below.

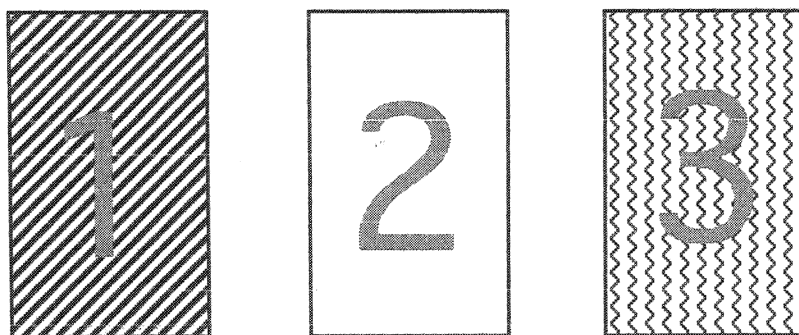




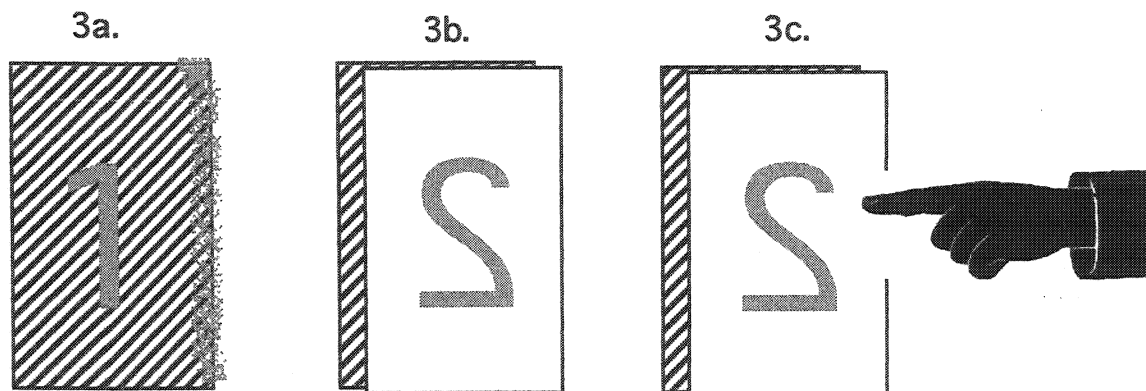
WINDSOCK DIRECTIONS - PAGE 2

DIRECTIONS FOR ASSEMBLING YOUR WINDSOCK:

- Step 1:** Determine the right and wrong side of the fabric and write your initials on the wrong side of each piece with chalk or pencil. (If the fabric looks the same on both sides, mark the same side on all the pieces.)
- Step 2:** Take the three 6-inch by 13-inch pieces and decide on the order you want the colors. Number the pieces on the wrong side with chalk. These three pieces form the body of your windsock.



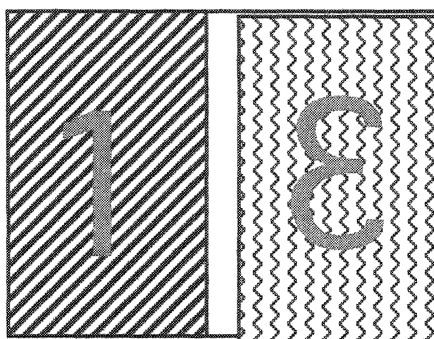
- Step 3:**
- Apply a thin layer of fabric glue to the long edge of the 6-inch by 13-inch piece of fabric marked #1 (on the right side).
 - Lay the #2 6-inch by 13-inch piece of fabric on top, right sides together.
 - Press the two pieces together firmly so the glue will stick. Allow the fabric glue to dry a few minutes.



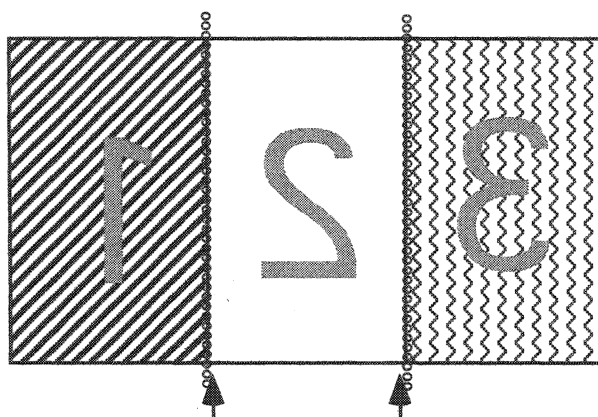


WINDSOCK DIRECTIONS - PAGE 3

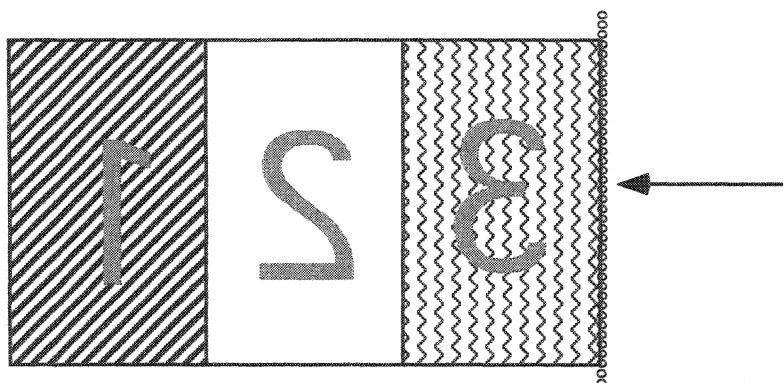
- Step 4: Position and glue the #3 piece of fabric to the long edge of the #2 piece, again putting right sides together. Allow the fabric glue to dry a few minutes.



- Step 5: Serge along the two seams, stitching right along the edge. Pull the chained-off threads to form a knot. Trim threads.



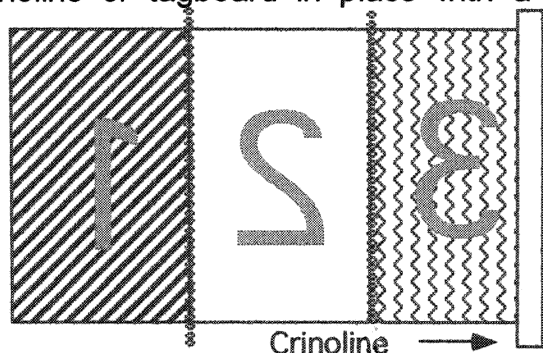
- Step 6: Serge along one 13-inch edge of the body of the windsock and trim the threads. This will be the top edge of the windsock.



**WINDSOCK DIRECTIONS - PAGE 4**

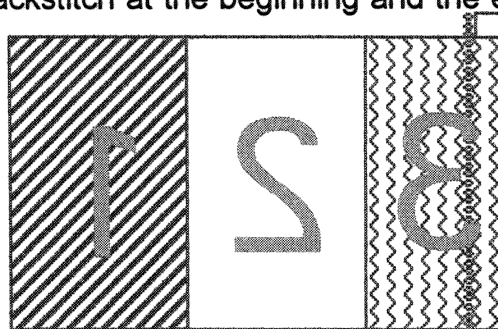
Step 7:

- Lay the windsock body on the table with the wrong side facing up.
- Place the piece of crinoline or tagboard along the top just under the serged stitching.
- Glue the crinoline or tagboard in place with a thin layer of fabric glue.



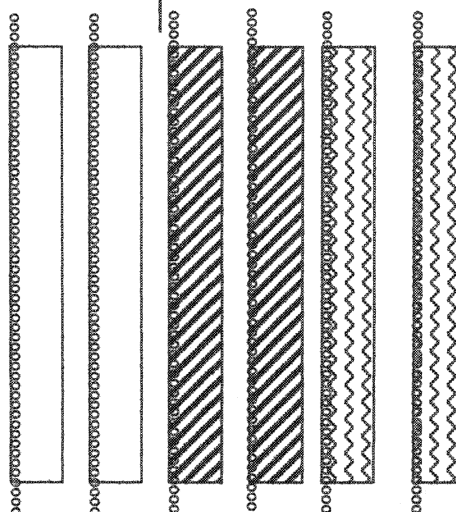
Step 8:

- Fold the crinoline or tagboard and the top of the windsock down 3/4 inches, folding along the bottom edge of the crinoline or tagboard. This forms a fabric casing for the crinoline or tagboard.
- Use a straight stitch on the conventional sewing machine and sew just inside the serged edge and follow the edge of the crinoline or tagboard.
- Be sure to backstitch at the beginning and the end of the seam. Trim threads.



Step 9:

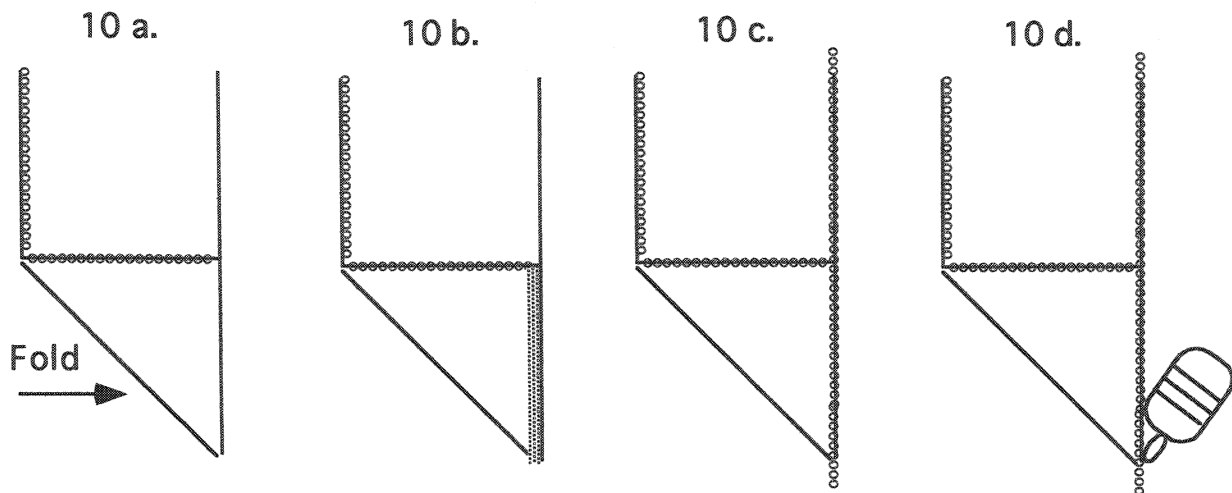
Take the remaining six (6) strips of fabric you have cut out and serge down the length of the fabric pieces with the wrong side up. (Serge one at a time.) These pieces will be your windsock streamers.



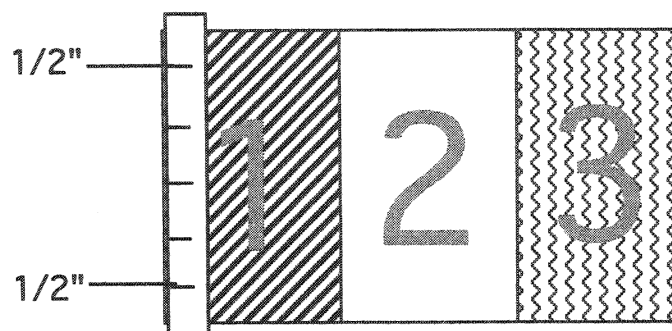


WINDSOCK DIRECTIONS - PAGE 5

- Step 10:
- Finish the bottom of each streamer by folding the bottom left corner until it matches the right edge of the fabric and forms a point at the bottom right corner. The wrong sides of the fabric should be on the inside of the fold.
 - Apply a thin layer of fabric glue to the edge and press the fabric pieces together.
 - Now serge along the right edge of the streamer pieces, sewing the folded part into the seam.
 - Apply a product that prevents fraying on each point and let it dry before trimming the threads at the point.



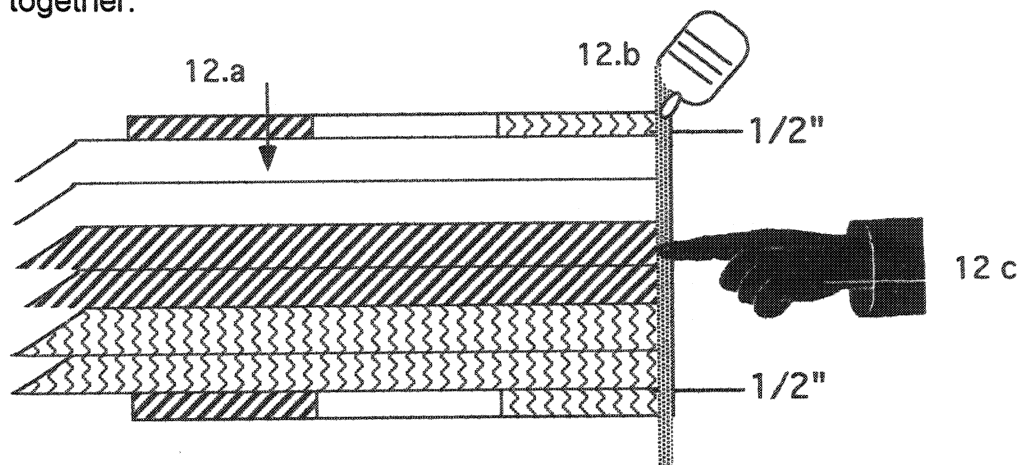
- Step 11: Lay the body of the windsock on a flat surface with the right side up. On the bottom, measure $\frac{1}{2}$ inch from each edge and mark with chalk or pencil.



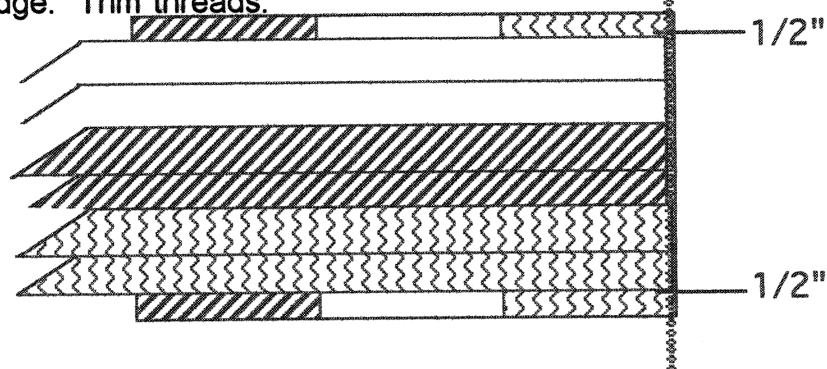


WINDSOCK DIRECTIONS - PAGE 6

- Step 12:
- With right sides together (windsock body and windsock streamers), place the top of the streamers along the bottom edge of the windsock body between the 1/2-inch marks, and overlap the streamers to fit into the space. (The streamers should be laying on top of the body, with wrong sides facing up.)
 - Apply a thin layer of fabric glue to the top of each streamer and lay it in place, pressing firmly.
 - Press along this seamline to help the glue hold the fabric pieces together.

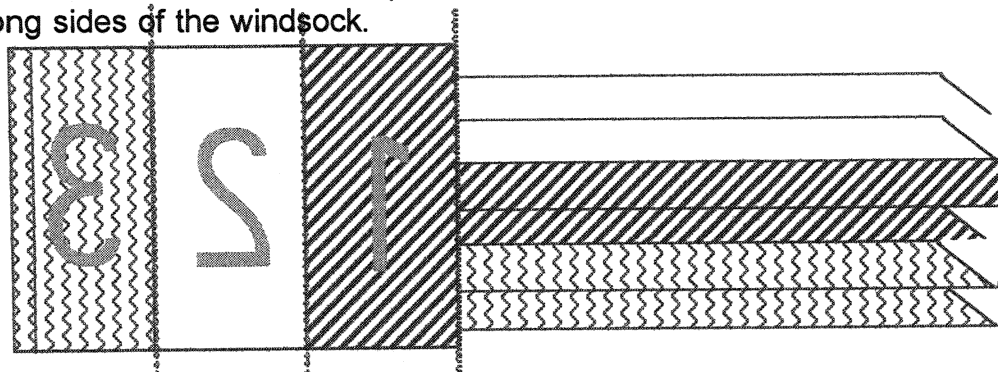


- Step 13: Serge the windsock streamers onto the body of the windsock, stitching right along the edge. Trim threads.



- Step 14: Press the seams toward the top of the windsock. Press both the right and wrong sides of the windsock.

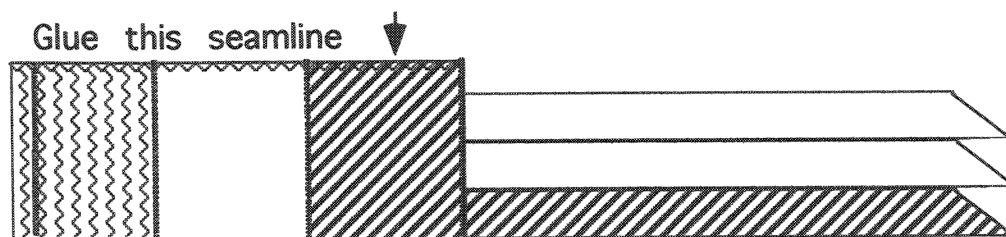
Top of
windsock-->



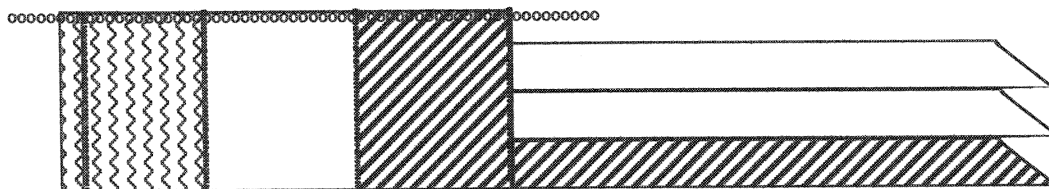


WINDSOCK DIRECTIONS - PAGE 7

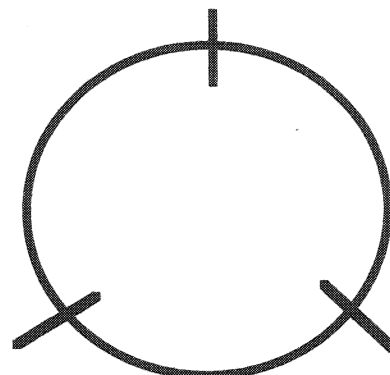
- Step 15: To close the windsock, fold the windsock body in half with right sides together. Be sure the edges are even. Apply a thin layer of fabric glue to the edge of one piece of fabric and press edges together firmly, again lining up the edges.



- Step 16: Serge along the 1/2-inch seam line.
 NOTE: You will be serging through the crinoline or tagboard, so sew slowly and be very careful!
 Secure and trim threads. Turn the windsock right side out.



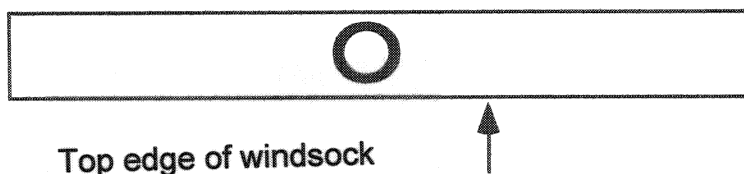
- Step 17: Measure the circumference of the top of your windsock and divide by three (3). Now measure from your seam and mark the three points along the top of your windsock. (For example: A 12-inch circumference divided by 3 equals 4 inches for each part. The marks would be at 4 inches, 8 inches, and 12 inches.)



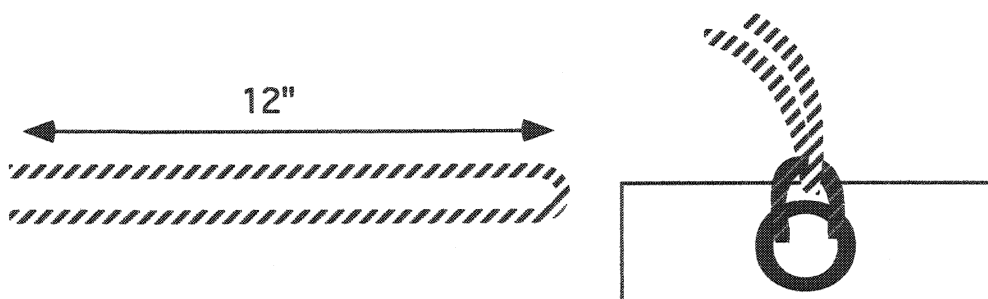


WINDSOCK DIRECTIONS - PAGE 8

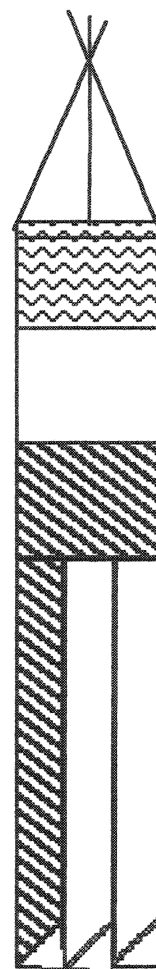
- Step 18: Use a hole punch (hand-type) and punch three holes through the hem and crinoline area. Punch the holes at the three points marked.



- Step 19: Cut three (3) pieces of nylon string 30 inches long. Fold each string in half, and thread the loop end of the folded strings through the holes. Then pull the other two end pieces through the loop. Keep the string ends even and pull until the knot is formed. This is called a rya (ri uh) knot.



- Step 20: Pull all three pieces of nylon string together at the top and tie them in a knot. Trim the ends so they are even.



CONGRATULATIONS!

You have just completed your T-L-C windsock!
Please complete your evaluation sheet and
turn it in with your windsock.

TOPIC #10: Textiles Occupational Skills**Student Activity Guide**

Name _____ Hour _____ Date _____

WINDSOCK PROGRESS AND EVALUATION SHEET

THIS WORKSHEET WILL HELP YOU:

1. PLAN YOUR WORK
2. EVALUATE YOUR WORK ON YOUR WINDSOCK

AT THE END OF EACH CLASS PERIOD, PLEASE RECORD YOUR PROGRESS ON THIS PAPER. WRITE IN THE DATE YOU COMPLETE EACH STEP ALONG WITH A GRADE FOR YOURSELF (1 POOR - 5 EXCELLENT). DON'T FORGET! YOU'LL BE SURPRISED HOW QUICKLY YOU CAN LEARN TO SEW!

		STUDENT GRADE	TEACHER GRADE	DATE
1.	GATHER NECESSARY SUPPLIES FOR WINDSOCK			
2.	MARK RIGHT AND WRONG SIDES WITH INITIALS			
3.	SERGE BODY PIECES TOGETHER			
4.	MAKE CASING			
5.	SERGE STREAMER SIDES			
6.	MAKE STREAMER POINTS			
7.	SERGE STREAMERS TO BODY			
8.	SERGE BODY TOGETHER			
9.	ATTACH NYLON STRINGS			

TOPIC #10: Textiles Occupational Skills

Student Activity Guide

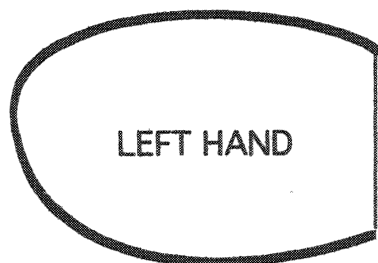
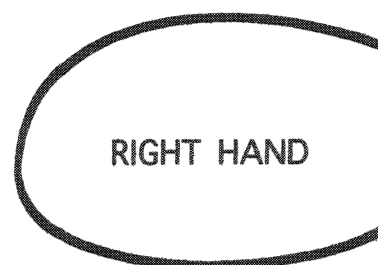
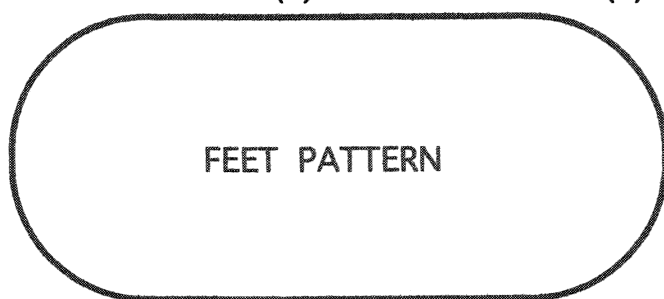


JELLY BELLY BAG OPTIONAL/ADDITIONAL SEWING PROJECT

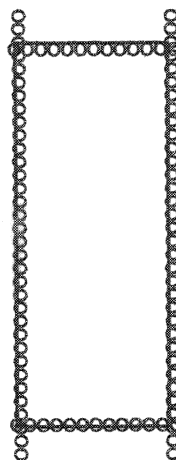
- SUPPLIES NEEDED:**
- 1 piece of fabric 5 inches by 15 inches
 - 2 - 3/4-inch buttons (or 10mm EZ glue eyes)
 - 1 - 1/2-inch button (or pom-pom)
 - (Hot glue)
 - 18-inch ribbon or cord or shoelace (1/8 inch to 1/4 inch wide)

CUTTING AND SEWING INSTRUCTIONS:

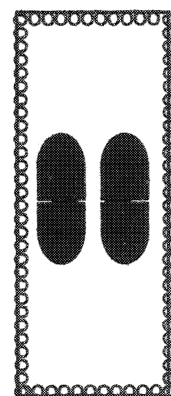
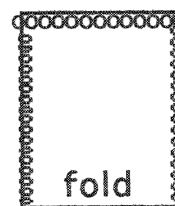
1. Cut out two (2) felt hands and two (2) felt feet.



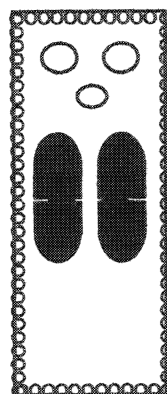
2. Cut out one (1) body piece - 5 inches by 15 inches. Serge around entire body piece; trim threads.



3. Fold the body piece in half with wrong sides together. Press the center fold. Open fabric flat, right side up, and pin the felt feet in place on fold line. Stitch feet in place, stitching along fold line. Be sure to backstitch at the beginning and the end of the stitching.



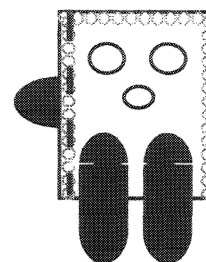
4. Place the eyes and nose in place on the top half of the fabric above the fold. If buttons are used, sew them on. If EZ eyes and pom pom are used, hot glue in place.



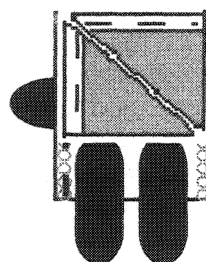


JELLY BELLY BAG - PAGE 2 OPTIONAL/ADDITIONAL SEWING PROJECT

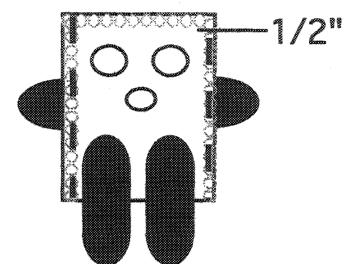
5. Fold fabric in half again, with wrong sides together. Place one (1) hand between front and back pieces, halfway between the top and bottom. Pin in place and stitch down the center of the serged line with a regular length straight stitch. Backstitch at the beginning and the end.



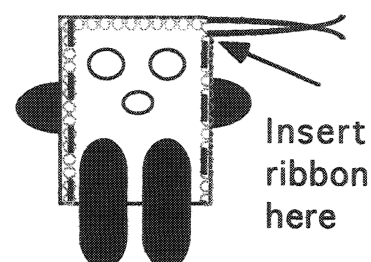
6. Fold the top edge down ½ inch to the inside and pin in place. Stitch along the center of the serged line with a straight stitch. Backstitch at the beginning and the end. The folded part will be your casing for the ribbon.



7. Place the other felt hand between the front and back pieces on the other side, making sure the hand is even with the other one. Again, pin in place and stitch along the center of the serged line, backstitching at the beginning and the end. BUT, ONLY SEW UP TO THE EDGE OF THE SERGED STITCHING AT THE TOP. DO NOT SEW TO THE EDGE!



8. Insert ribbon, cord, or shoelace through opening on casing. Pull ribbon through with a small safety pin. (Be sure to return the safety pin to the teacher's desk. Thanks!)



Fill with your favorite things!



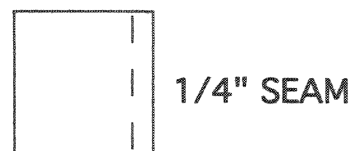
MINIATURE PILLOW OPTIONAL/ADDITIONAL SEWING PROJECT

SUPPLIES NEEDED:

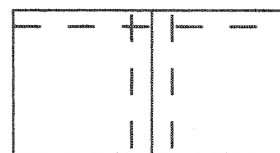
- 8 3-inch squares
- Thread
- Filling

CUTTING AND SEWING INSTRUCTIONS:

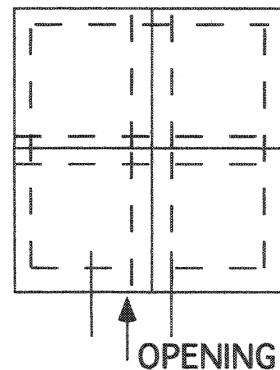
1. Sew two of the pieces together by placing the right sides together and sewing a 1/4-inch seam. Sew two more pieces together the same way.



2. Sew the other four pieces together the same way.



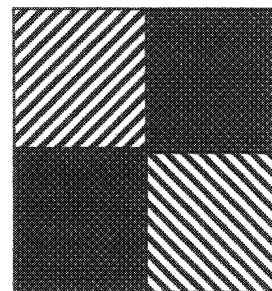
3. Take two of the sewn pieces and sew them together on the long edge by putting right sides together and sewing a 1/4-inch seam. Then sew the other two pieces together the same way. Press seams open.



4. Put the two pieces that you have now, right sides together, with edges matching all the way around. Pin together in a few places.

5. Sew a 1/4-inch seam around the outside edges as shown, except for the 2-inch opening. Backstitch at the beginning and the end.

6. Clip corners. Turn pillow right side out and press with a wet press cloth or steam iron. Stuff with filling and sew the 2-inch opening closed with a needle and thread.





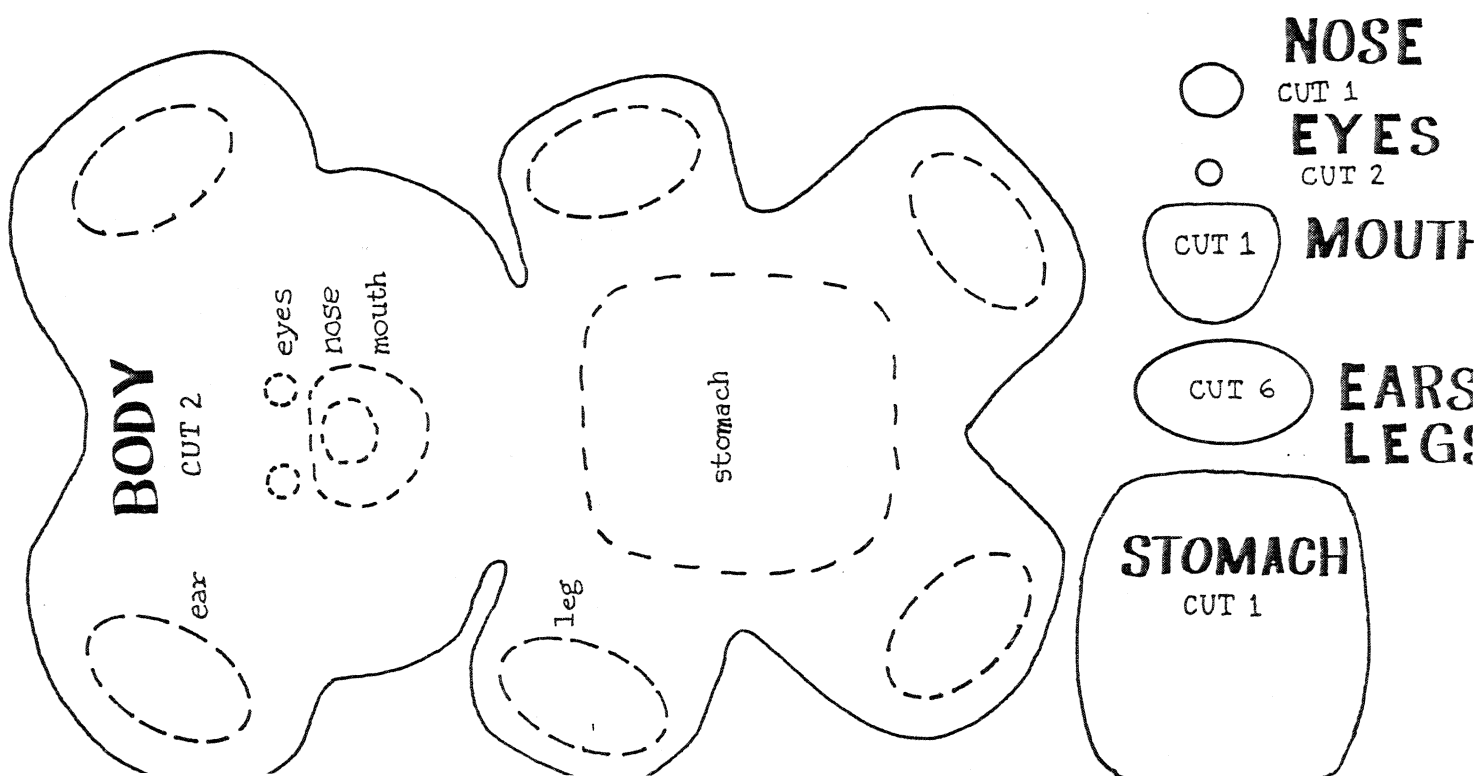
TEDDY BEAR ORNAMENT OPTIONAL/ADDITIONAL SEWING PROJECT

SUPPLIES NEEDED:

- Felt fabric(s) and thread
- Felt scraps for stomach, nose, eyes, ears, legs
- Glue stick

CUTTING AND SEWING INSTRUCTIONS:

1. Pin the pattern pieces on the fabric and cut them out carefully. Be sure to cut the number indicated on the pattern piece.
2. Glue the nose, eyes, mouth, ears, feet, and stomach pieces on the right side of the front body piece of your ornament. Allow glue to dry for a few minutes while you are threading your machine.
3. Set your machine on a very short, narrow zigzag stitch and sew around each of these pieces. Overlap your stitching a bit when you get back to where you started.
4. Pin the two body pieces together and with a straight stitch, sew 1/4 inch from the edge around the body. Pivot and turn corners as need. Trim threads.





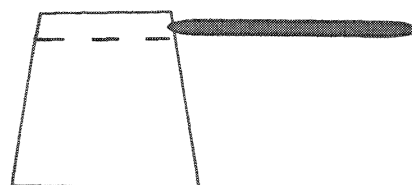
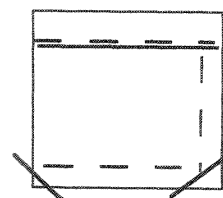
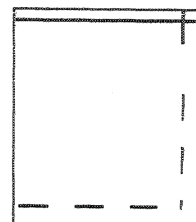
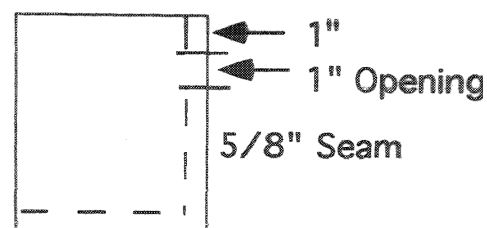
DRAWSTRING BAG OPTIONAL/ADDITIONAL SEWING PROJECT

SUPPLIES NEEDED:

- Fabric
- Thread
- Ribbon or cord
- Safety pin

CUTTING AND SEWING INSTRUCTIONS:

1. Cut or tear a piece of fabric twice the size of the bag you would like when finished. Be sure to cut on the grain of the fabric.
2. Fold fabric in half, right sides together. Make a $\frac{5}{8}$ -inch seam down the side and bottom, as shown, leaving a 1-inch opening 1 inch from the top. Be sure to backstitch at the beginning and the end each time you start and stop. At the corner, pivot the fabric while the needle is down.
3. Clean-finish around the top edge of the bag. (A clean-finish is when you fold the fabric to the inside $\frac{1}{4}$ inch and stitch in place.)
4. Now fold the top edge to the inside 1 inch and pin in place.
5. Stitch along the edge of the folded piece all around the top of the bag. Backstitch at the beginning and the end.
6. Clip corners. Turn right side out. Press. Run a cord through the top with a safety pin.





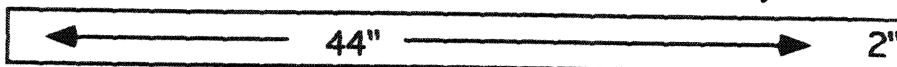
MAGIC TIE OPTIONAL/ADDITIONAL SEWING PROJECT

SUPPLIES NEEDED:

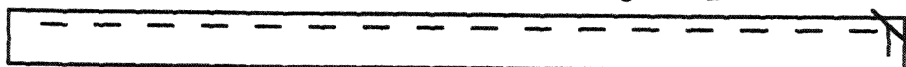
- Woven fabric: 4 inches by 44 inches
- Thread
- 1 tablespoon AGROSAKE root watering crystals (purchased at a farm supply store)

CUTTING AND SEWING INSTRUCTIONS:

1. Cut or tear fabric into a 4-inch by 44-inch piece.
Fold fabric right sides together lengthwise, so it is 2 inches by 44 inches long.



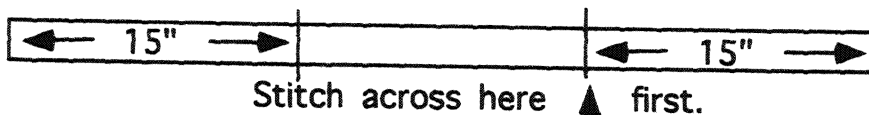
2. Using a 1/4-inch seam allowance, sew across the short end, pivoting at the corner and up the long side. Backstitch at the beginning and the end.



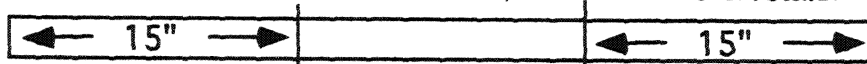
3. Trim corner and turn the tube inside out; press flat, working out seam while pressing.



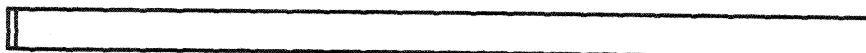
4. Measure 15 inches from each end and mark with chalk, pencil, or other fabric marker. On the mark closest to the finished end, sew across the tube several times.



5. Add 1 tablespoon AGROSAKE to the tube through the open end. Sew across the second mark several times, enclosing the crystals.



6. Fold the open end to the inside 1/2 inch and pin the ends together. Stitch across the open end of the tube to close it.



To activate the crystals, soak in hot or cold water for one hour or longer. The crystals will swell with the water, filling up the enclosed tube. Freeze, refrigerate, or heat until ready to use. As the crystals dry, they will reduce in size. May be immersed repeatedly for repeated use.

Optional: The ends of the tube can be cut and sewn to be tapered instead of square if desired.



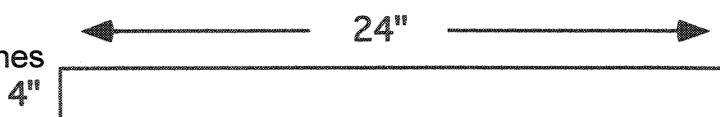
HAIR SCRUNCHIE

SUPPLIES NEEDED:

6 to 8 inches of 1/4-inch elastic
 Fabric piece - 4 inches by 44 inches
 2 medium safety pins
 Needle and thread
 Sewing machine or serger

CUTTING AND SEWING INSTRUCTIONS:

1. Cut piece of fabric - 4 inches by 44 inches
 Cut on the straight of grain.



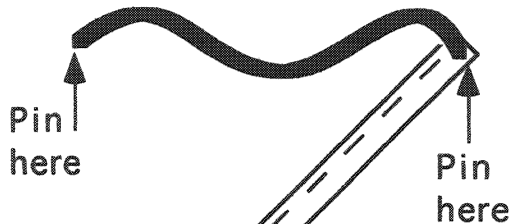
2. Serge across both short ends of the fabric.
 Press 1/2 inch to wrong side on one short end.



3. Fold the fabric in half lengthwise with right sides together.
 Stitch a 1/4-inch seam along lengthwise edge.
 This can be done with a conventional sewing machine or a serger.

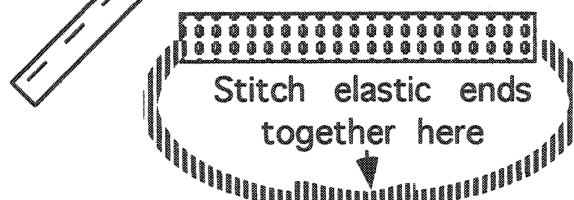


4. With one of the safety pins, pin one end of the elastic to one end of the tube near the seam. Put the other safety pin in the other end of the elastic.

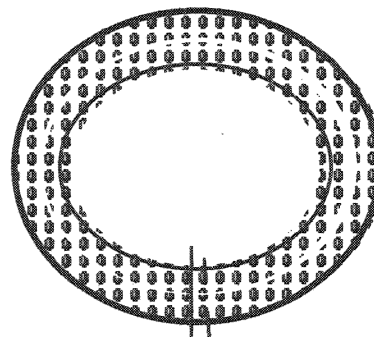


5. Drop elastic through the tube and grasp safety pin at the bottom. Pull gently and turn tube right side out. This will "scrunch" the fabric.

6. Carefully unpin the elastic ends and overlap them 1/2 inch. Pin together. Using the sewing machine, stitch the elastic pieces together. Go forward and backward several times so it holds securely.



7. Insert the serged end of the tube into the folded end 1/2 inch. Pin together. Machine or hand stitch the fabrics together through all layers.



8. Your hair scrunchie is finished!