
UNIT: SEWING
TOPIC: Pressing and Hand Stitches
TIMELINE: 2 days

OBJECTIVES:

1. Identify pieces of pressing equipment.
 2. Discuss purposes of pressing equipment.
 3. Observe a demonstration of pressing techniques.
 4. Learn basic hand stitches used in clothing repair and construction.
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MOTIVATOR/INTRODUCTION:

Have a nicely ironed, well-cared for shirt and a wrinkled, unkempt shirt to show the students. Discuss the differences. Explain that today they will learn two important techniques: pressing and hand stitches. These techniques are important in construction as well as in keeping clothing in good repair.

INFORMATION:

AS THIS INFORMATION IS REVIEWED, DEMONSTRATE WHAT YOU ARE TALKING ABOUT.

1. Pressing Basics
 2. Pressing as You Go--4-H Clothing Yourself!--Section 8
 3. Hand Stitches--4-H Clothing Yourself!--Section 5--The teacher should select the stitches she/he wishes to teach, then demonstrate them and have students practice the stitches, preferably on a project.
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INDIVIDUALIZED ACTIVITIES:

1. CONSTRUCTION PROJECT--Students will make a belt bag to practice all the techniques they have learned thus far.
 2. CLOTHING REPAIR--While one group of students is sewing, the other group will complete and correct the unit test.
 3. HAND STITCHES--Students will select the hand stitches they need to use on their projects and do a practice sample before completing the technique on their projects.
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GROUP ACTIVITIES:

CHALLENGE PROJECTS:

1. PROJECT--Students can make a project of their choice at home, using the techniques learned in class.
 2. CLOTHING REPAIRS--Students can do clothing repairs for their family: sewing on buttons, ironing, repairing seams, etc.
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SUMMARY:

Pressing and learning to do hand stitches are a very basic part of clothing construction and care.

RESOURCES:

PRESSING BASICS

DIRECTIONS: Display pressing equipment mentioned below.

What is the difference between ironing and pressing?

Ironing is done after washing and drying clothes to remove wrinkles. Pressing is done as you sew for a professional look.

While sewing, it is about average to spend 1/3 of your time at the sewing machine, 1/3 of your time pressing at the ironing board, 1/3 of your time cutting, unpicking and hand sewing.

WHEN SHOULD YOU PRESS?

1. Pattern pieces--Use a dry iron to remove wrinkles.
2. Uncut fabric--Press wrinkles and center fold using steam.
3. Construction Details--Press each sewn line before crossing with another line of stitching. When pressing seams, use the tip of the iron. Stitch several seams and then go to the pressing area and press each one. Press the seam flat first. Then press the seam open on the wrong side of the fabric. Last, press the seam on the right side of the fabric.
4. Completion--Press the completed item with the grain of the fabric. Let heat instead of pressure do the work. Do not press over pins, hooks, zippers--they will scratch the sole plate and can permanently mark the fabric.

THE IMPORTANCE OF PRESSING

When pressing, you are using heat, moisture and pressure. (REMEMBER: Hilda Makes Pies)

HEAT: Check the fiber content of the fabric before turning on the iron. Using a swatch of fabric on a hidden place on the garment, test to see if the temperature is correct. If in doubt, test the iron at a low heat. Acetate or acrylics are the lowest settings. Linen is usually the highest setting.

MOISTURE: Most fabrics require moisture along with the heat. Steam can shape the fabric, eliminate unwanted fullness and remove wrinkles better than a dry iron. To protect your iron, you should fill the steam chamber with bottled water or soft water. Otherwise, hard water deposits will form inside the vents and ruin the iron. Remove the water when you are finished pressing.

PRESSURE: Use an up and down motion. A heavy back and forth motion is ironing--not pressing. Always press with the grain of the fabric.

SEWING~~~~~INFORMATION continued

IRON: Set temperature to correspond with the fabric. Hold the iron firmly, but not tightly. Pressing is easier if the iron is kept clean. Stop ironing as soon as you notice the iron sticking to your fabric. Allow it to cool, then rub the sole plate with a clean, wet cloth or iron cleaner.

IRONING BOARD: The ironing board is usually thought of as laundry equipment, but it is as important to successful sewing as the sewing machine itself. Proper padding makes pressing easier. Wrinkles on the ironing board cover will cause pressed garments to have marks or shiny places on them.

PRESSING CLOTH: You can purchase a special cloth with a silicone treatment to let the iron slide easily, or use a clean, lint free cloth. The pressing cloth is usually used while damp. Pressing cloths prevent shine and scorching of the fabric.