

Ultimate Sewing Challenge

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Clothing Construction I

Pre-Test

Matching (26 points- 1 point per question)

Match the sewing machine part to the machine part name.

- A. Needle Clamp
- B. Thread Regulator
- C. Selector Level
- D. Supplementary Thread Guide
- E. Buttonhole Knob

- A. Handwheel
- B. Needle Position Knob
- C. Hinged Front Cover
- D. Carrying Handle
- E. Knob for Sewing/Darning

- A. Thread Tension Slot
- B. Loosen for Winding Bobbin
- C. Stitch Plate
- D. Bobbin Winder Stop
- E. Mains/Foot Control Socket

- A. Stitch Length Knob
- B. Securing Pins for Table
- C. Bobbin Spindle
- D. Presser Foot
- E. Thread Tension Adjustment Knob

- A. Thread Take-up Lever
- B. Thread Holder Pins
- C. Thread Guide
- D. Power/Light Switch
- E. Stitch Width Knob

A Pre Tension Stud

Insert Picture of Sewing Machine Here

Matching (4 points- 1 point per question)

Match the picture of each weave to weave name.

- | | | |
|------------------|----|----|
| 27. Twill Weave | A. | B. |
| 28. Plain Weave | | |
| 29. Satin Weave | C. | D. |
| 30. Basket Weave | | |

Matching (15 points- 1 per question)

Match the definition to the vocabulary term.

- | | |
|---------------------|---|
| 31. Seam Ripper | A. Must be kept sharp to make cutting easier. |
| 32. Pins | B. Measuring long distances, straight of grain and body measurements |
| 33. Shears | C. Diagonal angle on fabric- Provides the greatest amount of stretch in the fabric |
| 34. Seam Gauge | D. Useful in removing small stitches |
| 35. Tape Measure | E. Long, temporary stitches used to hold pieces of fabric together. |
| 36. Grading | A. Holds layers of fabric together for cutting and sewing. |
| 37. Bias | B. Matching material sewn to garment to finish a neck, armhole, or waist band- aides in support and structure |
| 38. Basting | C. To stitch the seam allowance to the under-section of the garment. |
| 39. Facing | D. Metal six inch ruler with a sliding marker |
| 40. Ease Stitching | E. Trimming layers of seam allowance to decrease bulk |
| 41. Under stitching | A. 2-3 parallel rows of lengthened stitches to create fullness in a garment |
| 42. Notching | B. A tunnel through which elastic or cording is threaded |
| 43. Gathering | C. To slightly lengthen stitch used for easing in fullness. |
| 44. Clipping | D. Cutting v-shaped wedges out of the seam allowance. |
| 45. Casing | E. A short cut made in the seam allowance- not through the stitching- to allow for bendability |

Multiple Choice (35 points- 1 point per question)

Mark the answer that best answers the question.

46. The presser lever/lifter:
- A. keeps the fabric in place.
 - B. runs the sewing machine.
 - C. raises and lowers the presser foot.
 - D. presses the needle through the fabric.

47. When pressing a garment, using pressing cloths protect the fabric from:
- A. the heat of the iron.
 - B. shiny marks made by the iron.
 - C. getting wet from the steam.
 - D. It doesn't do any good to use a pressing cloth.
48. The outside edge of the presser foot is approximately:
- A. $5/8$ " from the needle when in the center position.
 - B. $3/4$ " from the needle when in the center position.
 - C. $1/4$ " from the needle when in the center position.
 - D. $1/8$ " from the needle when in the center position.
49. The thread take-up lever needs to be:
- A. tight before starting to sew.
 - B. in the middle before starting to sew.
 - C. at the lowest point before starting to sew.
 - D. at the highest point before starting to sew.
50. A normal stitch width for seam allowances on most commercial patterns is:
- A. $5/8$ "
 - B. $3/4$ "
 - C. $1/4$ "
 - D. $1/8$ "
51. Pressing a garment is done in a:
- A. lifting and lowering motion.
 - B. sliding motion.
 - C. hard, fast motion.
 - D. slow and sliding motion.
52. The rule of pressing is to:
- A. press at the end.
 - B. press after every three steps.
 - C. press as you go.
 - D. take it to the cleaners and get it professionally pressed.
53. A common reason for skipped stitches is because:
- A. the needle is blunt, bent or threaded incorrectly.
 - B. the tension isn't right.
 - C. the machine is broken.
 - D. none of the above.
54. Puckered seams is a result of:
- A. a dull needle.
 - B. having the tension too tight.
 - C. cotton thread.
 - D. bad fabric.

55. When fabric keeps snagging the:
- A. tension is too tight.
 - B. fabric is bad.
 - C. thread is catching in the bobbin.
 - D. needle is dull/blunt or hooked on the end.
56. When stitches are not flat on both sides of the fabric, you should:
- A. check the upper threading.
 - B. check the upper and lower tensions.
 - C. Both A & B
 - D. None of the above.
57. Cotton is comfortable to wear. It also:
- A. absorbs moisture.
 - B. takes a long time to dry.
 - C. is expensive.
 - D. comes from animals.
58. Linen is:
- A. made from flax.
 - B. stronger than cotton.
 - C. expensive.
 - D. All of the above.
59. Synthetic fibers are:
- A. naturally produced.
 - B. manufactured through the use of chemical substances.
 - C. produced from animal hair fibers.
 - D. produced from plant substances.
60. This fiber is less absorbent than natural fibers and heat sensitive.
- A. Blended Fibers
 - B. Wool Fibers
 - C. Synthetic Fibers
 - D. Cotton Fibers
61. To press nylon use:
- A. low pressing temperatures.
 - B. high pressing temperatures.
 - C. It doesn't matter what the pressing temperature is.
 - D. You don't need to press nylon.
62. Blends are created in yarns and threads to:
- A. make materials more "full".
 - B. make aesthetically pleasing designs in fabrics.

- C. reduce the cost of yarns.
- D. utilize the positive characteristics of each fiber.

63. Stains should be:

- A. bleached immediately.
- B. treated immediately to avoid setting.
- C. left alone until it can be washed.
- D. rubbed and scrubbed at.

64. Stains should be soaked in:

- A. hot water.
- B. cold water.
- C. bleach.
- D. Stains shouldn't be soaked.

65. Ball point pen can often be removed by:

- A. rubbing with peanut butter.
- B. spraying with aerosol hair spray.
- C. placing the stained garment in the freezer.
- D. None of the above.

66. When cutting out a pattern the notch is:

- A. a straight line with arrows on the end of it.
- B. the guide for the straight of the grain.
- C. the guide for cutting out the right size.
- D. a small diamond shaped marking.

67. The fold line on a pattern is:

- A. a straight line with arrows on the end of it.
- B. the guide for cutting out the right size.
- C. a solid arrow that is bent on both ends.
- D. a small diamond shaped marking.

68. Ease is:

- A. added for style and fit.
- B. the short fibers that create texture on fabrics.
- C. increasing/decreasing the size of the pattern.
- D. not that important in sewing.

69. When pre-washing fabrics you should:

- A. always use hot water.
- B. launder it the same way it will be washed and dried when it is completed.
- C. always dry clean the materials.
- D. always use cold water and avoid machine drying the material.

70. The straight of grain runs:
- A. parallel to the selvage.
 - B. perpendicular to the selvage.
 - C. diagonal to the selvage.
 - D. the same direction as the print on the fabric.
71. When cutting one-way, directional prints:
- A. it does not matter which direction the pieces are laid out.
 - B. cut one pattern piece at a time.
 - C. make sure to cut all pieces in the same direction.
 - D. None of the above.
72. Small needles are needed for:
- A. Heavy fabrics.
 - B. thick fabrics.
 - C. expensive fabrics.
 - D. wool fabrics.
73. Universal needles are recommended for:
- A. knits
 - B. wovens
 - C. Both A & B
 - D. Non of the above.
74. The bias runs:
- A. diagonal to the grain.
 - B. perpendicular to the grain.
 - C. parallel to the grain.
 - D. None of the above.
75. To prevent fraying, raw edges should always:
- A. be hemmed.
 - B. be folded up and hemmed.
 - C. be trimmed close to the seam.
 - D. be serged.
76. Casings for elastic or drawstrings should be:
- A. 1/2" larger than the elastic or cord.
 - B. 1/2" smaller than the elastic or cord.
 - C. 1/4" larger than the elastic or cord.
 - D. 1/4" smaller than the elastic or cord.
77. To reduce bulk in garments:
- A. cut small notches from the fabric in the seam allowance.
 - B. cut off the seam allowance completely.

- C. use thin fabrics all the time.
- D. None of the above.

78. Buttonhole length is determined by:
- A. the size of your casing.
 - B. the diameter of the button.
 - C. 1.5x's the diameter of the button length.
 - D. adding button diameter plus button thickness.
79. To reduce bulk for in-seam pockets:
- A. cut off seam allowances completely
 - B. thick fabrics should be used.
 - C. thin fabrics should be used.
 - D. in-seam pockets don't have any bulk.
80. Position buttons on a shirt _____ buttonholes are made.
- A. before
 - B. after
 - C. during
 - D. It doesn't matter.

[illegible]

[illegible]

Clothing

Practice Quiz Sample

1. The seam width guidelines in the sewing machine are located on the:
 - A. Stitch Plate
 - B. Stitch length control
 - C. Stitch number control
 - D. None of the above
2. How does the sewing machine form a stitch:
 - A. Lower thread wrap around each other.
 - B. Upper thread wraps around the needle and interlocks through the fabric
 - C. Upper thread and bobbin threads interlock.
 - D. None of the above
3. The feed dogs:
 - A. Holds the fabric in place
 - B. Move the fabric while stitching.
 - C. Push the needle up and down.
 - D. All of the above
4. The presser foot lifter/lever:
 - A. Raises and lowers the presser foot
 - B. Is found on the front of the sewing machine
 - C. Raises or lowers the feed dogs.
 - D. None of the above
5. The function of the thread tension is to:
 - A. Sew straight stitches
 - B. Controls the tightness or looseness of the thread
 - C. Moves the fabric while stitching
 - D. All of the above
6. What is the best tool for measuring short distances of six inches or less:
 - A. Plastic tape Measure
 - B. Yard stick
 - C. Ruler
 - D. A seam gauge
7. Around what part on a serger are the stitches formed:
 - A. Stitch finger
 - B. Feed dogs
 - C. Presser foot
 - D. Non of the above
8. The part of the serger that trims the fabric as it stitches is/are the:
 - A. Knives
 - B. Blades
 - C. Scissors
 - D. Edger
9. What part of the serger controls the lower thread?
 - A. Feed dogs
 - B. Stitch fingers
 - C. The upper thread
 - D. Knives
10. The best tool to take out stitches with is:
 - A. Scissors
 - B. Knives
 - C. A seam ripper
 - D. A seam pointer
11. What is used to hold the fabric together for cutting:
 - A. Bias tape
 - B. Pins
 - C. Patterns
 - D. Scotch guard
12. Which of the following is used to take body measurements:
 - A. Yard stick
 - B. Seam Gauge
 - C. Ruler
 - D. Tape measurer

REVIEW SHEET

The following information is a review from Clothing I. You are required to know **all** of this information!!!

PRESSING:

1. Press as you sew. Do not wait until entire project is finished before you press.
2. Tailor's ham. Used to press curved areas such as darts and rounded seams.
3. Sleeve Roll presses enclosed seams.
4. Sleeve Board presses small areas that won't fit on a regular ironing board.
5. Press Cloth is a lightweight cotton fabric used to protect both the iron and the fabric.
6. Pressing requires an up and down motion of the iron with light pressure.
7. Pressing during construction helps give a professional look.
8. Pressing makes the construction process easier.
9. Most fabrics require moisture in the form of steam.
10. Distilled water reduces the mineral buildup in the iron (mineral build up can cause staining)
11. Steam requires a higher temperature setting on iron.
12. Shot/serge of steam adds extra steam.
13. Using a damp pressing cloth is another way of providing moisture/steam.

PATTERN ENVELOPE:

1. Pattern envelope charts determine the correct amount of fabric for a particular view, depending upon pattern size and width of fabric.
2. Additional fabric requirements when using one-way directional prints, nap/pile fabrics, plaids.
3. Determine the appropriate size by reading size chart using body measurements.

BODY AND PATTERN MEASUREMENTS:

1. Back waist measurement is taken from the prominent bone at the back of the neck to the waist.
2. Chest/bust measurement is taken around the fullest part of the chest/bust.
3. High bust measurement is often more accurate for determining size if bust is small.
4. Men's total sleeve length is measured from the crotch to the desired hem length.
5. Ease is the amount of fullness added to a pattern to allow for movement and comfort; additional ease may be added for design/style.
6. When selecting a pattern size for a dress or shirt, use chest/bust measurement.
7. Use hip measurement when selecting a pattern size for pants or skirt.

ALTERATIONS:

1. To increase/decrease a pattern measurement side seams divide total by 4.
(Example: increase 1" around the hip area you need to add 1/4" to each side seam.
2", add 1/2 inch; decrease 1" subtract 1/4", decrease 2" subtract 1/2 inch.
2. If the pattern doesn't have a crotch depth adjustment line, draw a line right angle to the grainline and shorten or lengthen as needed.
3. When shortening or increasing the length of the front of a pattern you must also adjust the back.

LAYOUT:

1. Preshrink fabric before using layout. (Wash and dry fabric as you will when project is finished.
2. Press if needed and straighten grain.
3. Layout illustrations on the guide sheet indicating the placement of pattern pieces on fabric.
4. Inverted pattern pieces have diagonal line or are shaded; place these printed side down.
5. Check for one-way and/or nap layout if appropriate; all pieces must be in the same direction.
6. Directional patterns/prints use a with nap layout. (Plaids, uneven stripes.)
7. Select layout according to view, fabric width, and pattern size.
8. Align pattern pieces checking grainline.
9. Ends of grainline arrow should measure equal distance from selvage.
10. Double check all before cutting.
11. Cutting on grain allows garment to hang correctly on the body.
12. Place pins several inches apart in the seam allowance.
13. If layout diagram has two pattern pieces of the same number; cut it out twice.
14. Without nap examples include broadcloth and calico.
15. With nap layout examples are velvet, corduroy, terrycloth.

CUTTING AND MARKING:

1. Rotary cutter may only be used on a mat.
2. Cut all notches. Cut them **away** from the seam allowance.
3. Keep the fabric as flat as possible on the table when cutting pattern pieces out.
4. Use regular paper scissors for trimming out pattern. Use fabric shears only on fabrics!
5. Markings to be transferred to the fabric include: notches, darts, circles.
6. Disappearing pens, or marking pens that will sponge out with water are acceptable tools.
7. Tracing wheel/paper can sometimes be difficult to remove.
8. Tailor's chalk works well especially on thick, fuzzy fabrics. Will brush out.

FIBERS:

1. Natural fibers come from plants and animals.
2. Natural fibers are cotton, linen, silk, wool.
3. Synthetic fibers are nylon, polyester, acrylic, rayon, spandex, acetate.
4. Blends are created to utilize the best characteristics of each fiber.
5. Polyester and cotton most popular blend.

Natural Fibers:

Cotton: from the cotton plant, least expensive, absorbs moisture, comfortable to wear, strong, durable, suitable for summer clothing, press at high temperature, wrinkles easily, shrinks.

Linen: from the flax plant, characteristics of cotton, wrinkles easily, expensive, often used in blends, spring/summer wear, fine suits, may require dry cleaning, press at higher temperatures.

Silk: from the silkworm, luxury fabric, beautiful colors, wrinkles easily, weakened by the sun, care may be washable or dry clean.

Wool: from animals (sheep, rabbits, goats, etc.) Warm, shrinks and mats easily, natural fire-retardant, eases and shapes well, absorbs moisture, keeps body heat in, repels moisture, doesn't show sewing errors, often used for coats and outer clothing, quality suits, care varies from washable to dry cleanable only.

Synthetic Fibers Made from chemicals, less absorbent, heat sensitive, press at low temperature, tend to peel or ball.

Nylon: strongest fiber, used in sportswear, low pressing temperature.

Polyester: washes easily, resists wrinkling, retains oily stains, fine to heavy weight, tends to peel or ball.

Acrylic: created to be similar to wool, sold, warm, light, used in sweaters, machine wash, tends to peel or ball.

Rayon: made from wood pulp, not strong, wrinkles easily, some washable some dry cleanable, can be made to resemble cotton or silk, soft and draping.

Spandex: used in activewear, swim wear and stretchable garments, provides elasticity, avoid chlorine, dryer, or hot iron.

Acetate: created to be a silk look alike, formal wear, often used in linings, usually dry cleanable only.

Weaves:

Fibers are created into yarns, yarns are then woven or knit into fabrics, fabrics used for projects.

Weaves: suggested for beginning sewers, two or more yarns woven at right angles.

Selvage (Parallel to lengthwise grain, tightly woven edge of fabric)

Lengthwise (Parallel to selvage, stronger threads)

Crosswise (Right angle to lengthwise grain)

Bias (Diagonal angle, 45 degree to the selvage edge, provides stretch)

Knits: made by needles into a series of interlocking loops to make a fabric. They provide stretch, do not need seam finishes, ball point needle recommended, single (curls to right side when stretched) or interlock (thicker, don't curl when stretched)

Non-woven: made when fibers are pressed together using heat and moisture (felt and nonwoven interfacing)

Nap: short fibers that create texture on fabric, use with a nap layout, treat the same way as a one way directional fabric.

Name _____

1. Acquire a square of fabric from your teacher.
2. Put a serge seam finish around the edge of your square.
3. Fold one edge over 1 ¼ inch; pin in place
4. Using a 5/8" seam, sew a regular stitch to hold folded fabric in place; make sure to back stitch at both ends.
5. On the edge opposite the fold, sew a decorative stitch using a 5/8" guide.
6. Clip all threads and staple this paper to the square of fabric.

Name _____

1. Acquire a square of fabric from your teacher.
2. Fold square in half and pin long raw edges together.
3. At the raw edges opposite the fold, sew a ¼ " seam to connect the edges; make sure to backstitch.
4. Place a serge seam finish around the 3 raw edges. Press.
5. Sew a decorative stitch 5/8" from the fold.
6. Clip all threads and staple this paper to the square of fabric.

Name _____

1. Acquire a square of fabric from your teacher.
2. Fold square in half and pin long raw edges together.
3. Using a regular stitch, sew long raw edges together at 5/8" seam. Serge this side only.
4. On each short side, sew together at ¼ "using a zig zag stitch.
5. In the center of the folded fabric, parallel to the regular stitch, place a decorative stitch from one edge to the other.
6. Clip all threads and staple this paper to the square of fabric.

Name _____

1. Acquire a square of fabric from your teacher.
2. Put a serge seam finish around the edge of your square.
3. Fold one edge over ¼ inch; pin in place.
4. Using a regular stitch, sew 1/8" to stitch down the middle of the folded seam.
5. Fold over again ½ inch; pin in place.
6. Using a decorative stitch, sew ¼" stitch from the fold.
7. Clip all threads and staple this paper to the square of fabric.

Name _____

1. Acquire a square of fabric from your teacher.
2. Put a serge seam finish around the edge of your square.
3. Fold in half and pin together.
4. Sew a regular stitch at 5/8 inch all around rectangle; remember to pivot and to backstitch.
5. Sew a decorative stitch down the middle of the long side of the rectangle.
6. Clip all threads and staple this paper to the square of fabric.