

3 FABRIC PILLOWCASE

(to make 1 standard pillowcase)

SUPPLIES:

45" wide woven fabric

- Contrasting edge A: a fat 1/8 yd (smallest)
- Contrasting edge B: 1/4 yd
- Main Fabric: 5/8 yd

Matching all-purpose thread

DIRECTIONS

1. Pre-wash Fabric
2. Cut edge fabric A - 3" x 42" (smallest)
3. Cut edge fabric B - 9" x 42"
4. Cut main fabric C - 27" x 42"
5. Lay Fabric B on a flat surface with the pretty side up (this will be the hot dog bun)
6. Fold Fabric A in $\frac{1}{2}$ the long way, pretty sides out and iron (smallest).
7. Lay folded Fabric A on top of Fabric B with the cut edges even.
8. Place Fabric C pretty side down on top of Fabric A and B with one edge perfectly even with all the cut edges. Fabric A is in between C and B.
9. Roll Fabric C (semi-small roll) until it is 2-3" from the top. (This is the hotdog)
10. Wrap Fabric B over the roll and pin the 5 cut edges perfectly together.
11. Stitch a $\frac{3}{8}$ " seam along the pinned edge.
12. Reach into sewn tube and gently pull out fabric C
13. IRON
14. Fold in $\frac{1}{2}$ Hamburger and pin the side and bottom
15. Sew the side and bottom with a $\frac{5}{8}$ " seam allowance.
16. Carefully serge the 2 seams by lining the edge of the serger's presser foot along the stitches of the seam.
17. Turn right side out and press.

Lora Thompson
Centennial Middle School
Provo School District

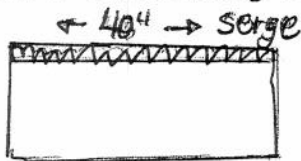
PILLOWCASE INSTRUCTIONS

- *To make one standard pillowcase about 19" wide and 29" long
- *Supplies: 1 and 1/8 yd woven fabric and matching thread
- *Pre-wash fabric

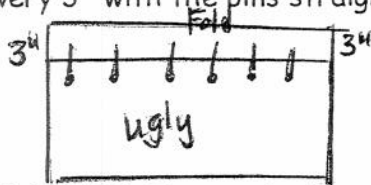
CHECK OFF as your complete each step.

_____ STEP 1- CUT-OUT- Cut or tear a rectangle 40" across the width of the fabric and 34" up the length of the fabric. Fabric with lines must be cut, directional fabric should be turned 34" w and 40" L.

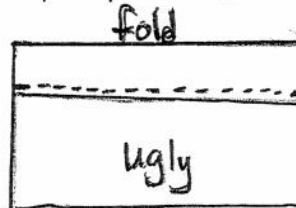
_____ STEP 2- SERGE 1 long 40" edge barely trimming about $\frac{1}{4}$ "



_____ STEP 3- HEM-fold the serged edge 3" toward the wrong side of the fabric. Pin with 1 pin every 3" with the pins straight across the serging.



_____ STEP 4- SEW: To sew the hem, make sure you have matching thread in your spool and bobbin. If your serging is straight then line your presser foot on the edge of the serging and sew a nice straight hem

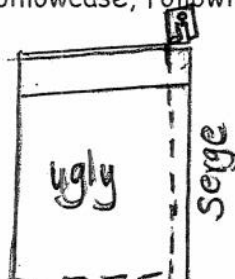


_____ STEP 5- FOLD the pillowcase the fat way, (hamburger) with the pretty sides together. Start pinning at the top edge of the hem. The hem must be even at the top. Pin the side and the bottom.



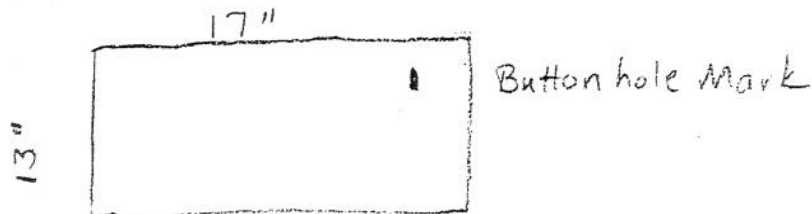
_____ STEP 6- SEW- Use the $\frac{5}{8}$ " regular seam allowance (the black line on your sewing machine). Backstitch at the beginning and end. (Leave side with the hem open!!!)

_____ STEP 7- SERGE- Line the serger's presser foot left edge with your seam line. Serge the side and bottom of the pillowcase, following the seam, and barely trimming.

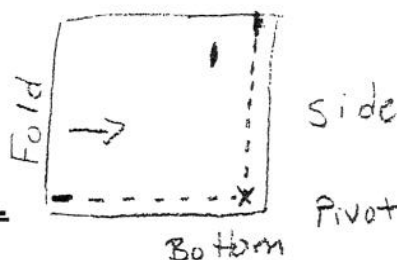


DRAWSTRING BAG

1. CUT OR TEAR A RECTANGLE-PIECE OF FABRIC 13 INCHES BY 17 INCHES OR SMALLER (DO NOT MAKE IT BIGGER IF YOU ARE USING MY FABRIC!)
2. SERGE AROUND ALL 4 SIDES OF THE RECTANGLE, BARELY TRIMMING.
3. TO MARK THE PLACE FOR A BUTTON HOLE: USING THE WHITE OR BLUE FABRIC PENS (IN THE GREY BOXES BY THE BOBBIN CASES) DRAW A 1/2 INCH LINE IN 1 CORNER OF THE FABRIC 1 1/2 INCHES AWAY FROM THE EDGES.



4. PIN A 4-5 INCH PIECE OF TEAR-A-WAY UNDER THE LINE.
5. MAKE A 1/2 INCH LONG BUTTON HOLE ON THE LINE, TEAR AWAY THE TEAR-A-WAY, CAREFULLY OPEN THE BUTTONHOLE WITH A SEAM RIPPER.
6. FOLD THE RECTANGLE THE HAMBURGER WAY WITH THE PRETTY SIDES TOGETHER AND THE UGLY SIDES OUT, THEN SEW ALONG THE SIDE AND BOTTOM OF THE BAG. (PIVOT AT THE CORNER, BACKSTITCH AT THE START AND END) (LEAVE THE TOP BY THE BUTTON HOLE OPEN)



7. TURN THE BAG RIGHT SIDE OUT.
8. FOLD THE TOP EDGE 1 1/4 INCHES INTO THE INSIDE. PIN, AND SEW, FOLLOW THE SERGING LINE (BACKSTITCH AT THE START AND END).
9. TIE THE DRAWSTRING TO A SAFETY PIN OR PAPERCLIP AND PUSH IT THROUGH THE BUTTON HOLE AND CLEAR AROUND THE TUBE (CASING) AND BACK OUT OF THE BUTTONHOLE
10. TAKE OFF THE PIN OR PAPERCLIP & TIE THE STRING TOGETHER.

- Sports Backpack -

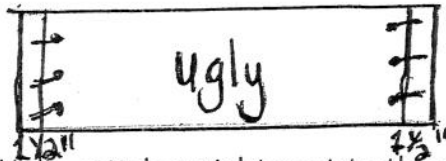
SMALL DRAWSTRING BACKPACK

SUPPLIES

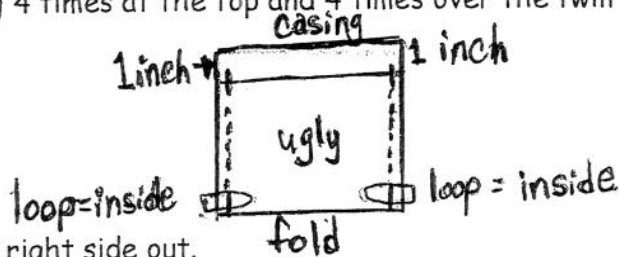
- $\frac{1}{2}$ yd sturdy woven fabric
- Matching All-Purpose Thread
- Cording: Short = 3 yd of thin $\frac{3}{8}$ " cording or a pair 54" shoe laces
Medium = $3\frac{3}{4}$ yd of thin $\frac{3}{8}$ " cording
Long = 4 yd $\frac{3}{8}$ " cording or 1 pair 72" shoes laces
- 7 inches of matching twill tape or bias tape

DIRECTIONS:

1. Cut or tear a rectangle 15" x 36" or 17" x 38"
2. If you are using directional fabric, cut 2- 16" by 18" pieces
3. Carefully serge all 4 sides of fabric
4. Fold both short ends in $1\frac{1}{2}$ " toward the ugly side to make casings, iron & pin.



5. Sew the casings, with the stitches right next to the serging.
6. Fold bag in half "hamburger" pretty sides together with the 2 two casings at the top.
7. Match the top and sides of the bag together, pin the sides.
8. Cut the twill/bias tape in $\frac{1}{2}$, so there are 2 - approx. 3" pieces. Fold each 3" piece in half and slip the twill tape into the seam allowance at the bottom corner of each side with the folded looped edge inside the bag. Pin in place.
9. Starting 1 inch down from the top of the casing, sew a $\frac{5}{8}$ " seam allowance backstitching 4 times at the top and 4 times over the twill tape.



10. Turn the bag right side out.
11. If you have cording, cut it in half (the end may need to be burned or taped to stop fray)
12. Put a big safety pin in one piece of cording or shoe lace, push the cording through the casing going all the way around the bag in a circle, ending with both ends of the cording on the same side.
13. Put one end of the cording through the Twill Tape loop and tie it to the other end with a square knot.
14. Starting on the other side of the bag, do step 12 and 13 with the second piece of cording or shoe lace.

Lesson Plan: Placemat Bag

Objective: Students will practice good basic sewing techniques while completing this project

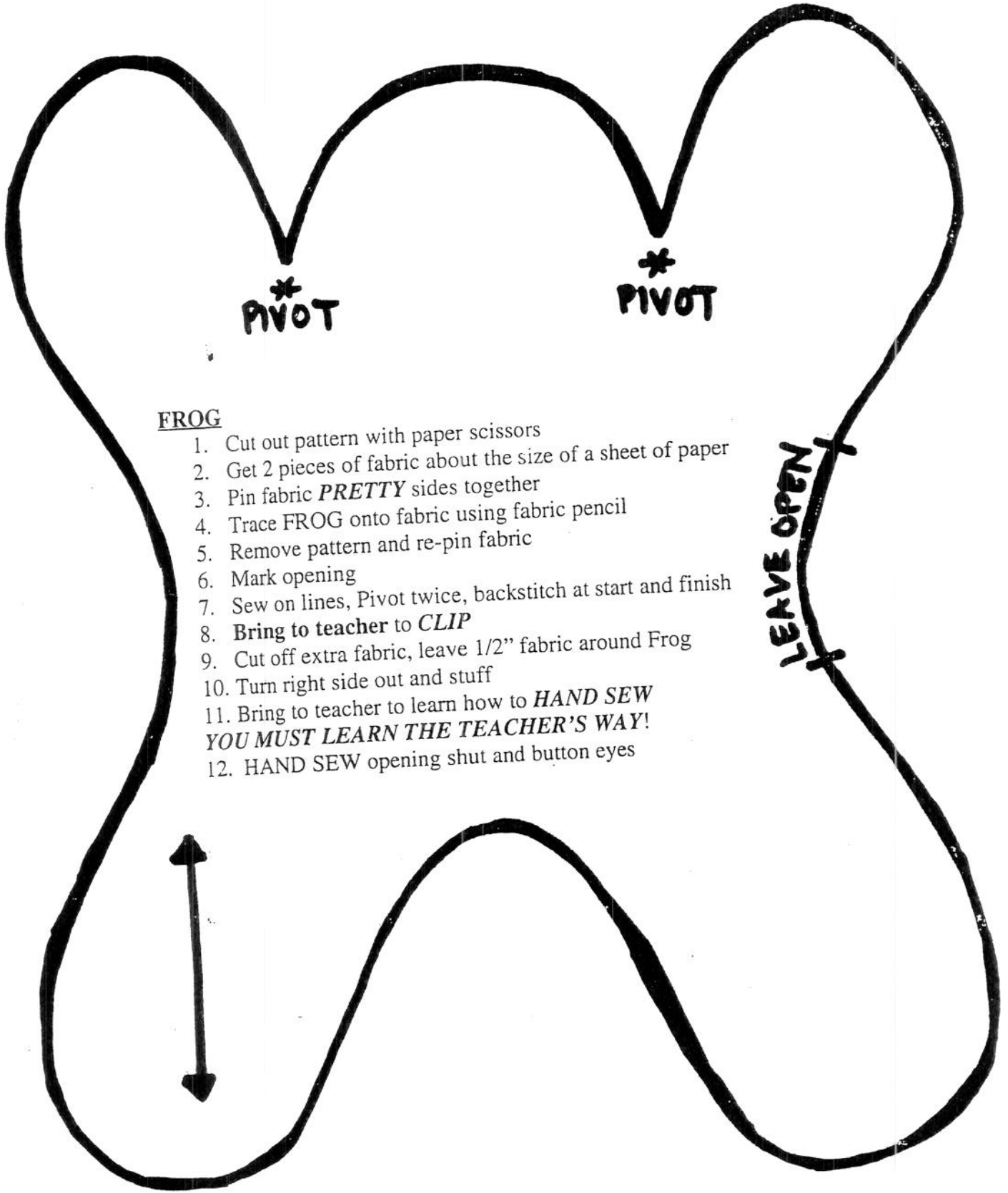
Supplies: Placemat, 2 Matching Napkins, Matching Thread

1. Fold placemat hamburger with pretty sides together.
2. Sew 5/8" seams down both sides.
3. Box the corners by sewing a 1 & 1/2" line across each corner
4. For the 2 Handles: Cut the napkin into 4 long strips, with even width
5. Sew 2 strips together for one handle
6. Iron 1/3 of each side of straps toward the center, Pretty sides out.
7. Iron straps again in 1/2 down the center with the folds in and the pretty side out
8. Sew down both long sides of straps 1/4" seam allowance
9. Turn bag right side out
10. Pin the ends of each handle, evenly spaced on bag and sew repetitively
11. Cut a piece of an old binder 3 & 1/2" x 9"
12. Sew 2nd napkin into a cover for the binder piece
13. Insert the covered binder piece into the bottom of the bag.

Evaluation:

- | | | |
|----------------------------------|-------|----------|
| 1- Are loose threads trimmed off | _____ | 5 points |
| 2- Are seams secure on the ends. | _____ | 5 points |
| 3- Are seams straight. | _____ | 5 points |
| 4- Is strap even and secure | _____ | 5 points |
| 5- Are Corners Straight | _____ | 5 points |
| 6- Is insert finished nicly | _____ | 5 points |

Total out of 30 _____



*
PIVOT

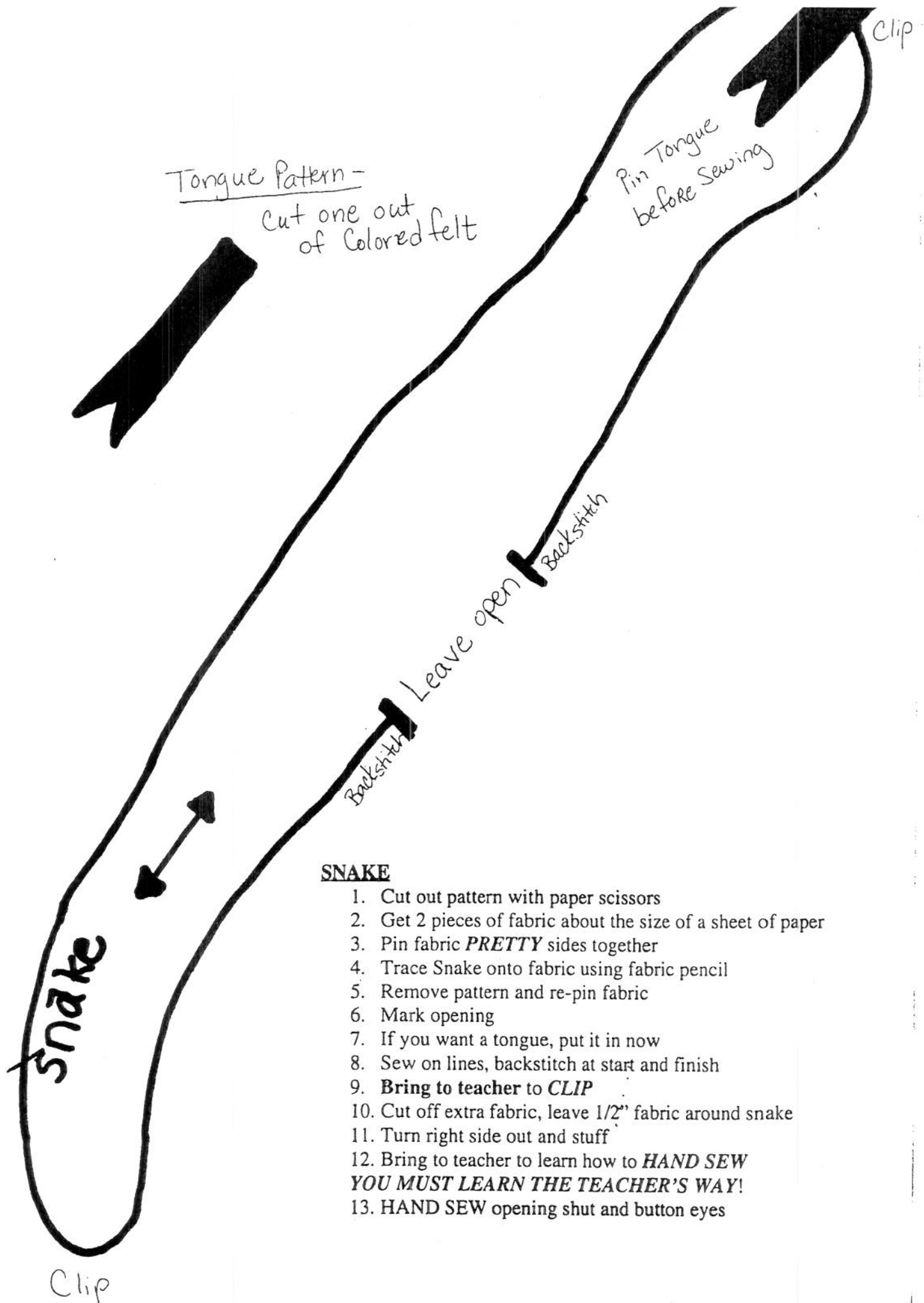
*
PIVOT

FROG

1. Cut out pattern with paper scissors
2. Get 2 pieces of fabric about the size of a sheet of paper
3. Pin fabric *PRETTY* sides together
4. Trace FROG onto fabric using fabric pencil
5. Remove pattern and re-pin fabric
6. Mark opening
7. Sew on lines, Pivot twice, backstitch at start and finish
8. **Bring to teacher to CLIP**
9. Cut off extra fabric, leave 1/2" fabric around Frog
10. Turn right side out and stuff
11. Bring to teacher to learn how to *HAND SEW*
YOU MUST LEARN THE TEACHER'S WAY!
12. HAND SEW opening shut and button eyes

LEAVE OPEN





Tongue Pattern -
cut one out
of Colored felt

Pin Tongue
before Sewing

Clip

Leave open
Backstitch

Backstitch



snake

Clip

SNAKE

1. Cut out pattern with paper scissors
2. Get 2 pieces of fabric about the size of a sheet of paper
3. Pin fabric **PRETTY** sides together
4. Trace Snake onto fabric using fabric pencil
5. Remove pattern and re-pin fabric
6. Mark opening
7. If you want a tongue, put it in now
8. Sew on lines, backstitch at start and finish
9. **Bring to teacher to CLIP**
10. Cut off extra fabric, leave 1/2" fabric around snake
11. Turn right side out and stuff
12. Bring to teacher to learn how to **HAND SEW**
YOU MUST LEARN THE TEACHER'S WAY!
13. **HAND SEW** opening shut and button eyes

VIDEO/DVD NOTES

1st Video

Must be completely filled in for 20 points FOR EACH VIDEO

Name of VIDEO/DVD: _____

LIST 5 points covered by the VIDEO/DVD or, things you learned from watching it:

1. _____
2. _____
3. _____
4. _____
5. _____

Did you like this video? Was it useful to watch? Why?

2nd VIDEO

Name of VIDEO/DVD: _____

LIST 5 points covered by the VIDEO/DVD or, things you learned from watching it:

- 1- _____
- 2- _____
- 3- _____
- 4- _____
- 5- _____

Did you like this video? Was it useful to watch? Why?

Name _____

Period _____

Measuring Activity

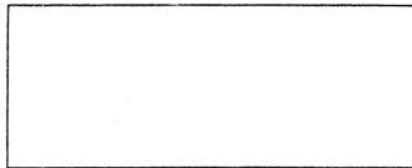
1. Measure the objects below and write down the measurements in the space next to the object.







2. Mark this one inch ruler like your ruler. You should mark and label $\frac{1}{2}$, $\frac{1}{4}$, and $\frac{1}{8}$.



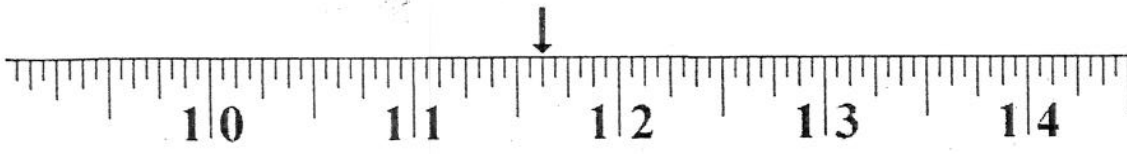
3. Sharing rulers and tape measures with class mates measure the following items. Write down your answers on the lines provided.

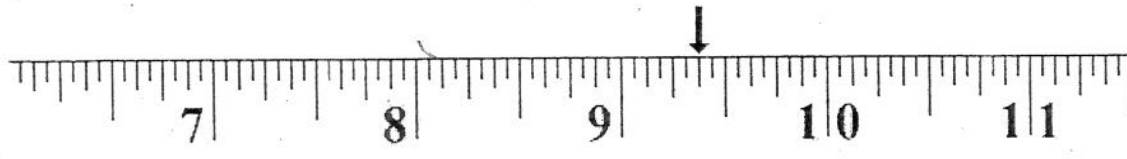
- A pen or pencil _____
- Your friend's wrist _____
- Your shoe _____

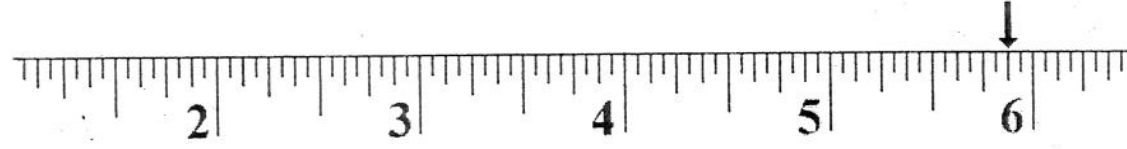
4. Why is it so important for you to know how to measure correctly?

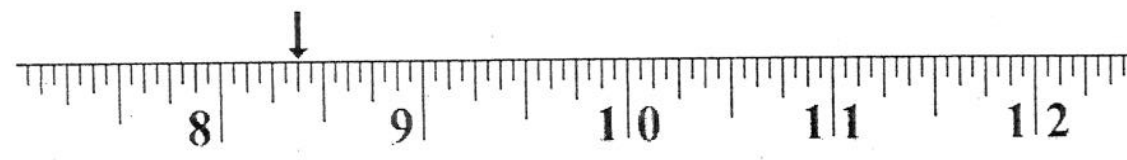
Name _____

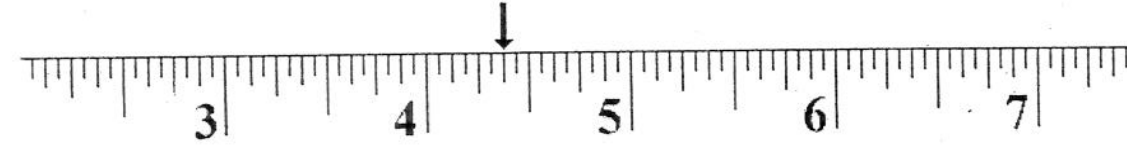
Date _____

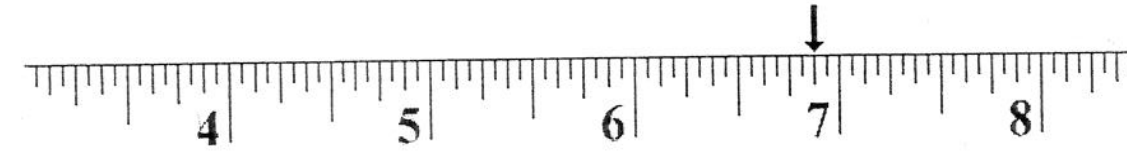


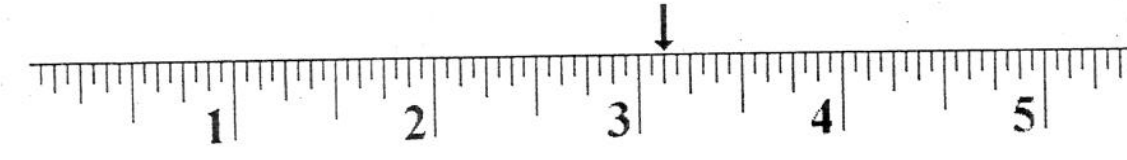


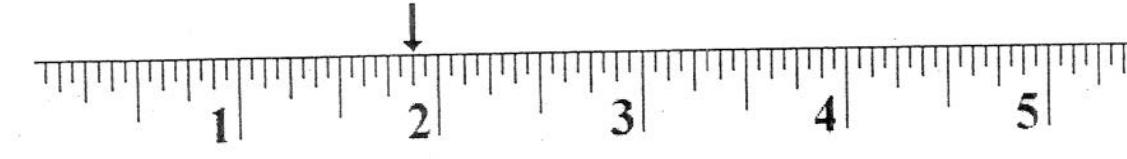












Fabric to make an APRON is DUE: _____

- 1 yd of pre-washed woven cotton fabric & matching thread.

1- Students can bring the fabric on time.

2- A student can use the school's fabric **and replace it with 1 yard of similar fabric**. Come in during first lunch or after school to get fabric **BEFORE** the DUE DATE. Points will not be given until the fabric is replaced.

3- A student can use the school's fabric and **pay \$3.00 for it**. Points will not be given until the fabric is paid for. Thread is \$1.00.

4- If a student's family cannot provide the fabric or the \$3.00 then bring this back **SIGNED** by a PARENT/GUARDIAN to Ms. Thompson. Come in during **FIRST LUNCH** or **AFTER SCHOOL** to get fabric **BEFORE** The DUE DATE.

_____ needs to use fabric provided by the School.

Parent Signature: _____

Students **MUST** have **FABRIC** for the **CUT-OUT** day or they will not be able to make the project and will not be able to make-up the points.

HOW TO MAKE A DR. SUESS HAT

(Use edge of presser foot/ 1/4" seam allowance for entire hat!)

Supplies:

- 1/2 yard of at least 60" wide colored felt (most felt is 72" wide)
- Matching thread

Out of Main Color Cut:

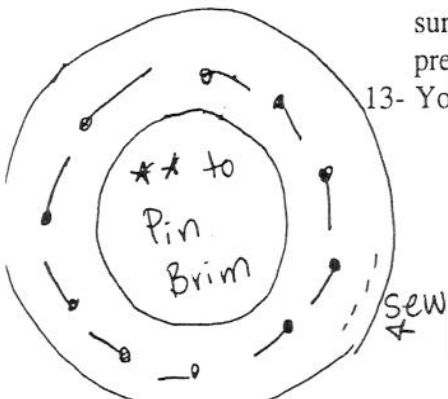
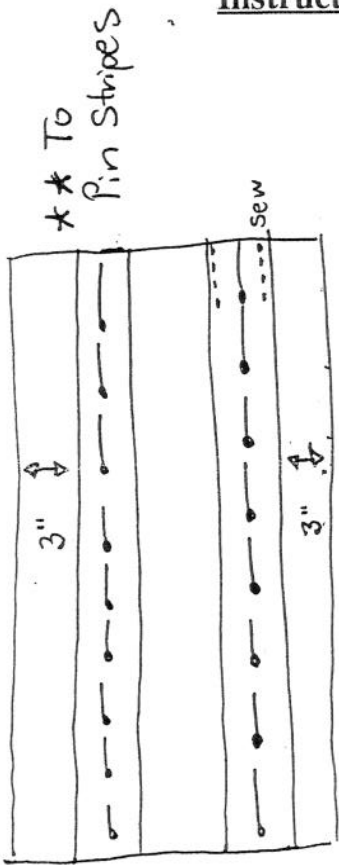
- 1 Rectangle 14" x 21"
- 1 Circle Top


Out of Contrasting color(s) Cut (after you trade)

- 2 Stripes- 3" x 21"
- 2 Brim

Instructions:

- 1- Using a yardstick measure a 14" x 21" rectangle and draw a light outline on the felt, carefully cut out.
- 2- Pin or trace 1 circle top on the felt and cut out.
- 3- **Take your leftover piece of felt and trade with the teacher or another student to get contrasting colors for brims and stripes.
- 4- Using a yardstick measure 2 stripes 3" x 21" and draw light outlines on the felt and carefully cut out.
- 5- Get 2 brim patterns, place them together like a circle and trace and cut out or pin and cut out (you need to do this twice so you have 2 brims that look like donuts)
- 6- Carefully trim stripe edges so they look smooth and straight
- 7- Measure 3" from the bottom of the big rectangle and pin the 1st stripe on nice and straight and 3" from the top of the big rectangle and pin 2nd stripe on nice and straight. (BE SURE TO PUT PINS RIGHT DOWN THE MIDDLE OF THE STRIPE-*see picture)
- 8- Carefully sew the long edges of the stripe, with the edge of your presser foot on the edges of the stripe. When you sew the stripes, gently pull the fabric so nothing slides or ripples.
- 9- Fold the rectangle HAMBURGER and pin the stripes on top of each other first, then gently stretch the rest of the edge and pin and sew just one edge to make a tube. (edge of presser foot)
- 10- Place the 2 brims on top of each other and PIN DOWN CENTER(**see picture)-trim the outside and inside edges so they are the same. ONLY SEW THE OUTSIDE EDGE- using the edge of the presser foot -gently pull and flatten as you sew so it doesn't ripple.
- 11- Turn the tube with the stripes WRONG SIDE OUT, pin circle top on, (Use lots of pins and stretch the hat gently to fit the top) DO NOT TRIM CIRCLE! Sew on using edge of presser foot
- 12- Turn the hat RIGHT SIDE OUT and pin the brim on, when you pin make sure you are getting all 3 edges together evenly! Sew on using edge of presser foot.
- 13- You are Done! You must show the teacher to get points





Dr. Suess hat

Top $7\frac{1}{2}$ " circle
cut 1

Body of hat = One $21" \times 14"$ Rectangle
Stripes = Cut 2 - $3" \times 21"$
circle for top

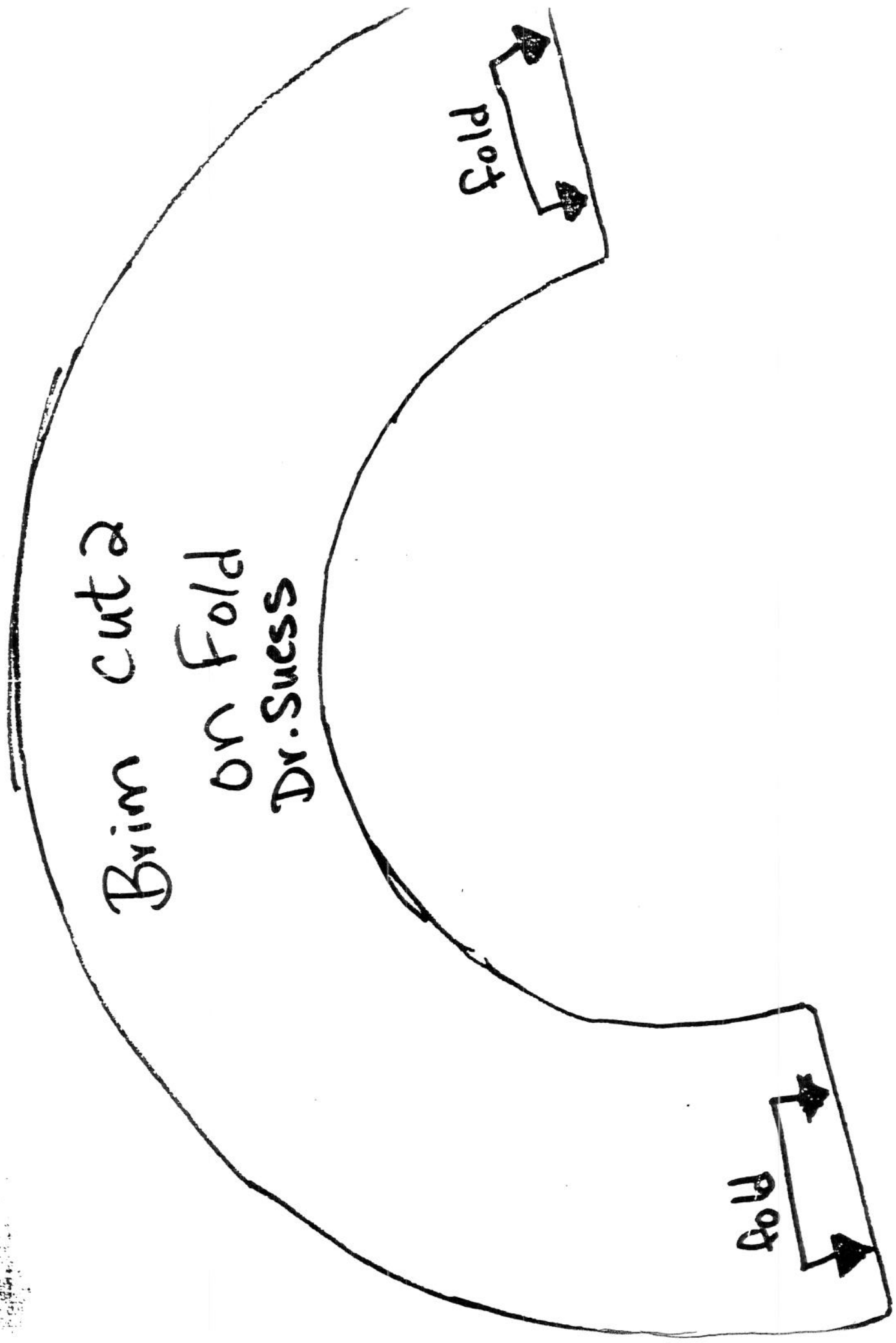
Brim cut 2

on Fold

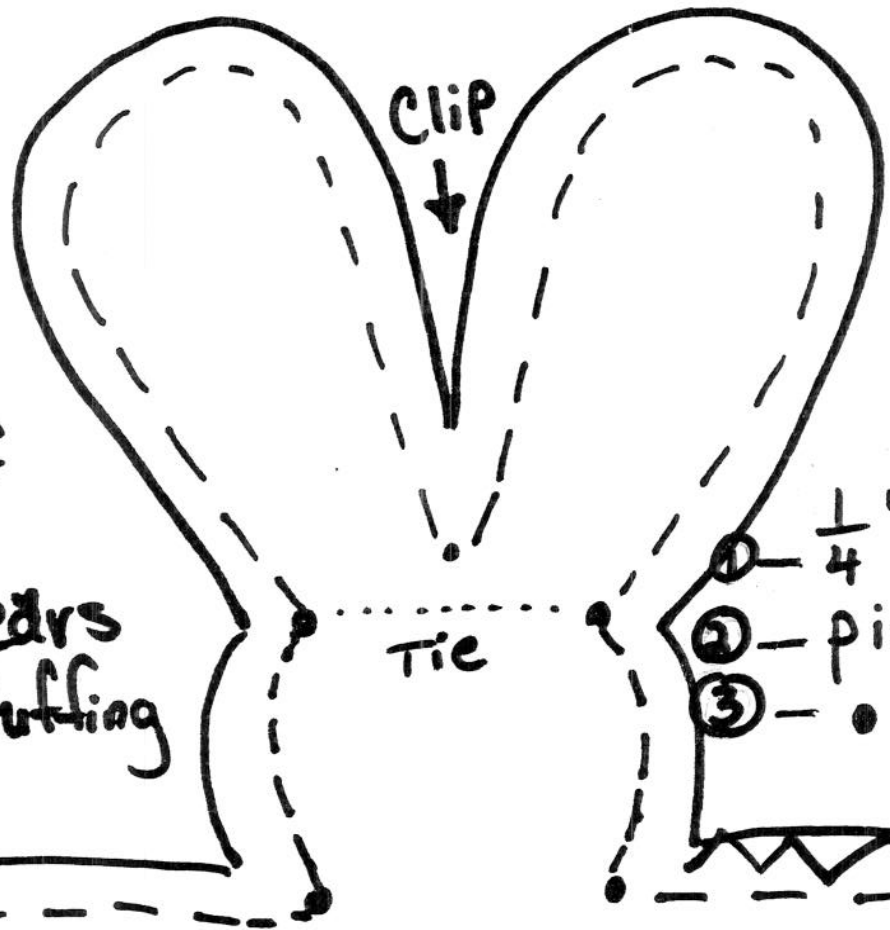
Dr. Sues

Fold

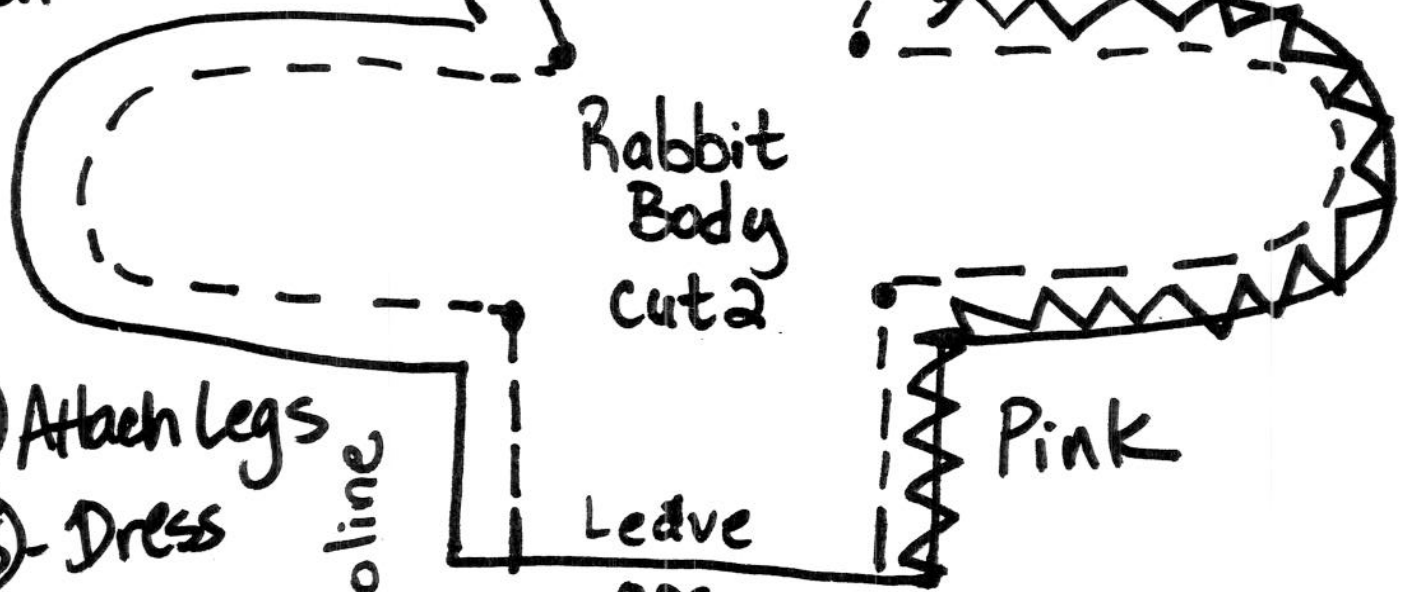
Fold



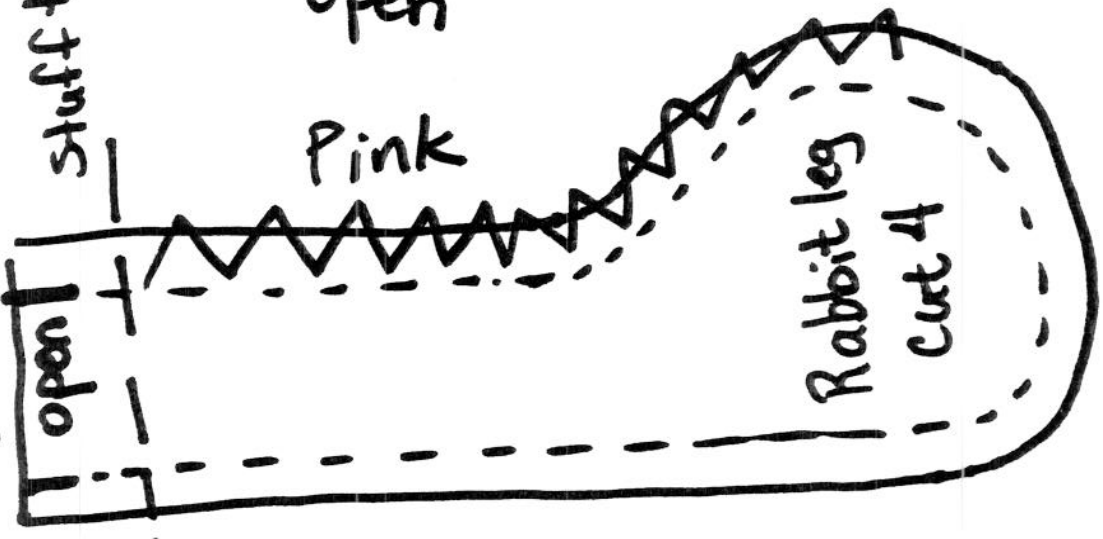
1) Don't Stuff ears
 2) Tie off ears before stuffing
 Don't turn



① - 1/4" Seam Allow.
 ② - pink Seams
 ③ - • = Pivot

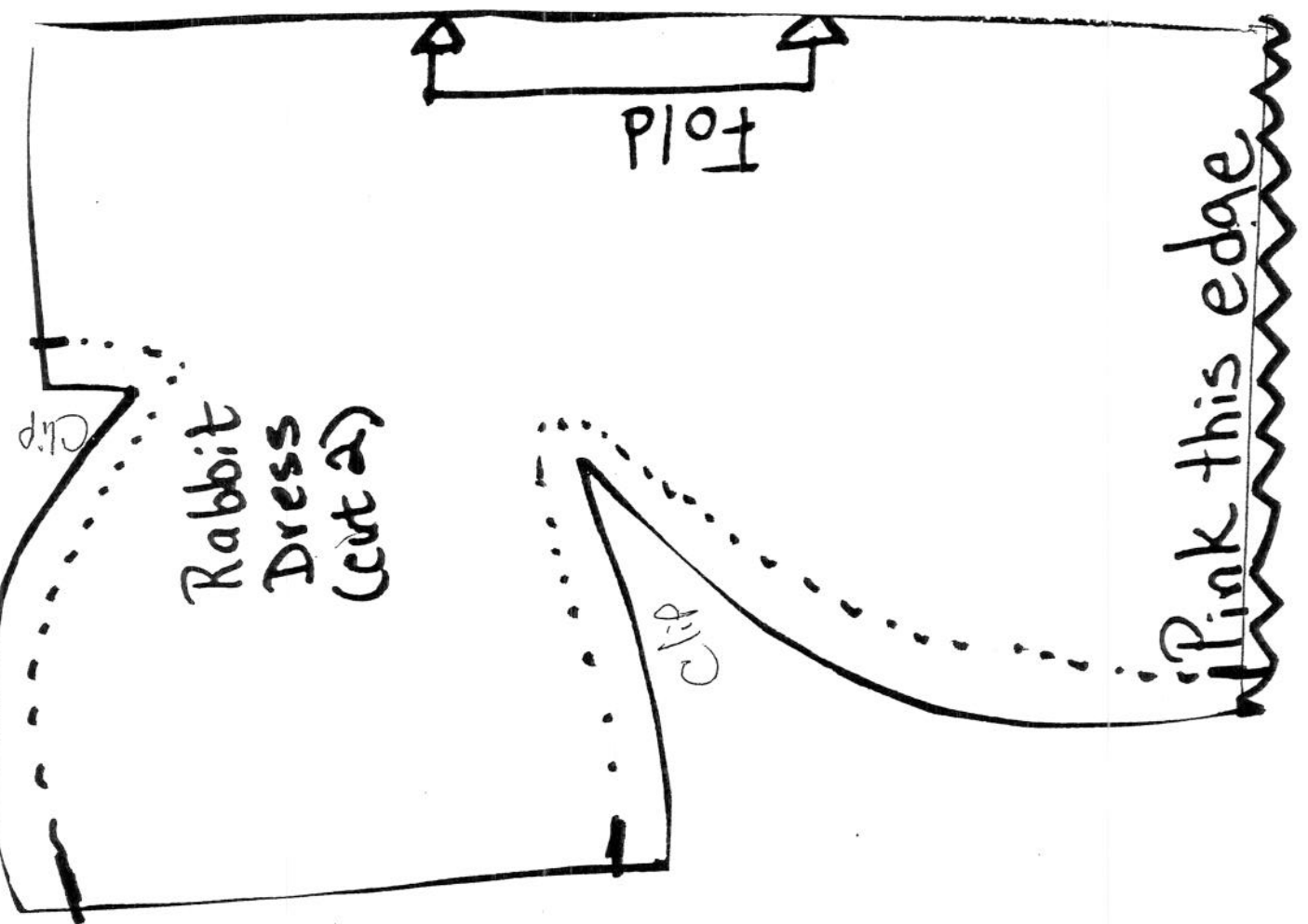
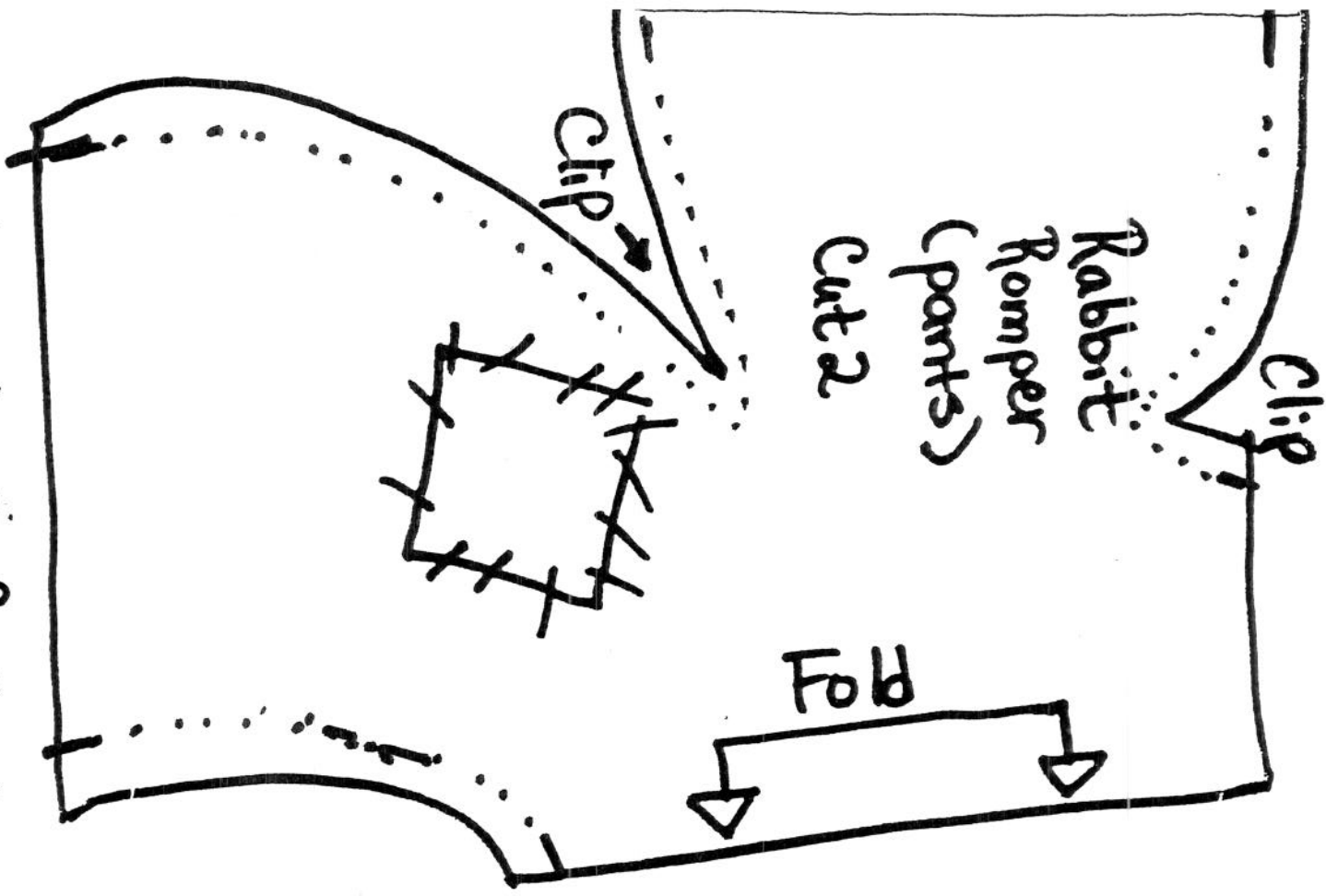


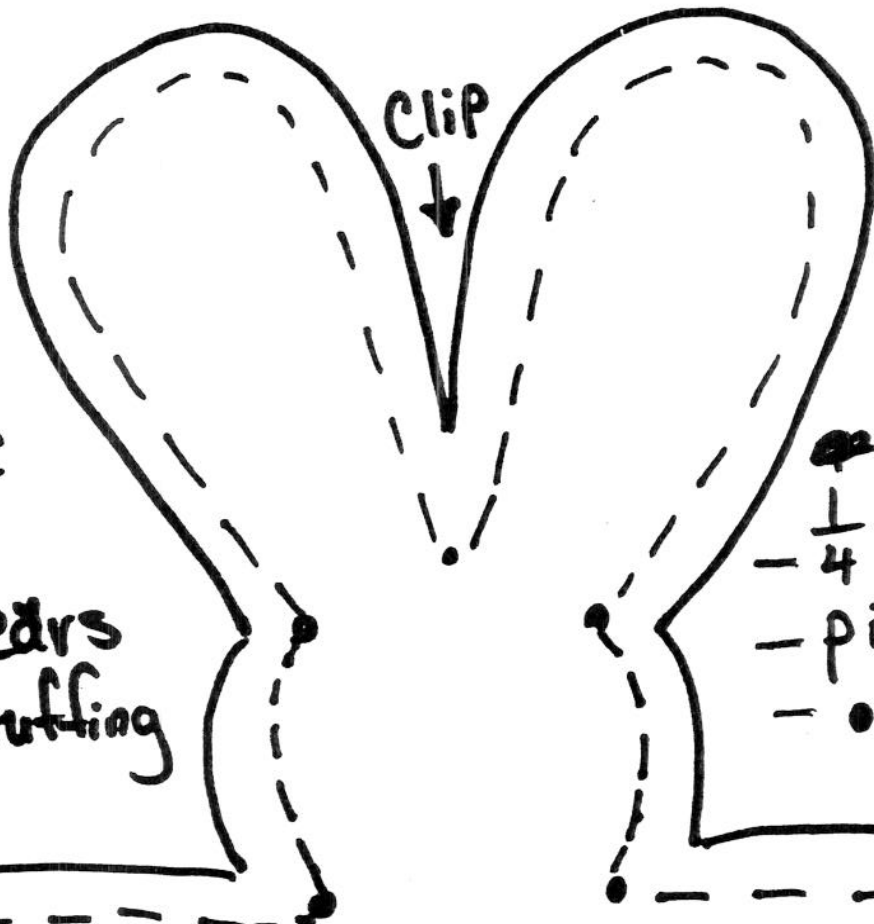
7) Attach legs
 8) Dress



9) Hand Baste Clothing

1. Cut
2. Pretty together
3. Sew
4. Turn
5. Hand Back

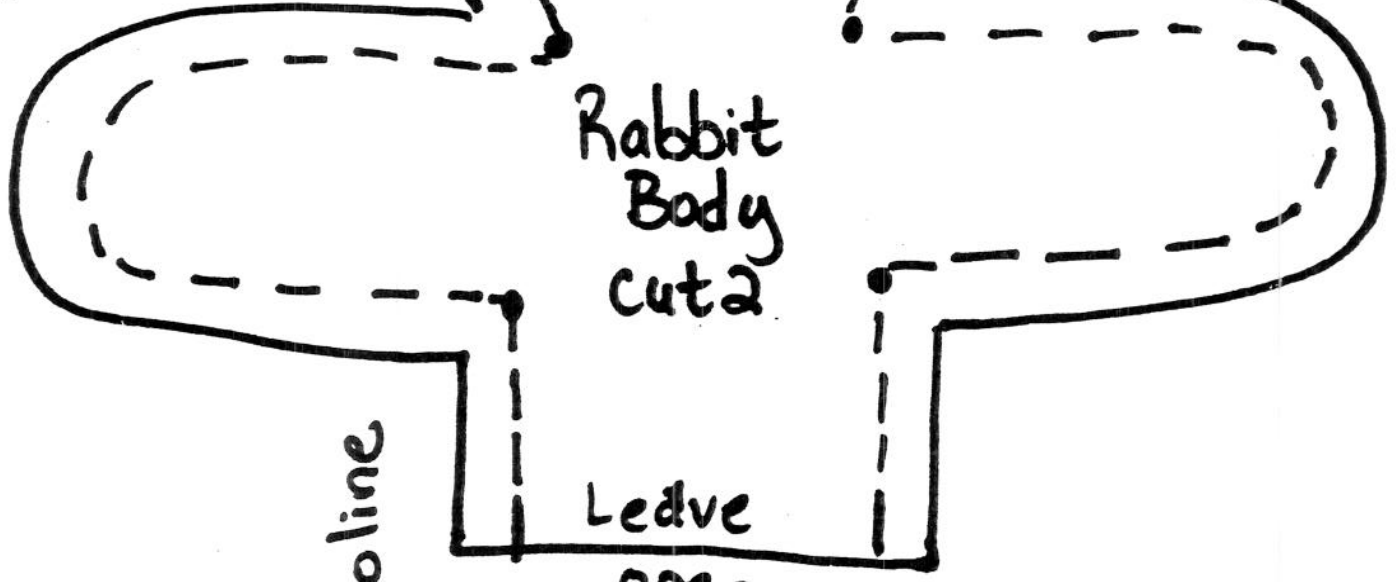




CLIP
↓

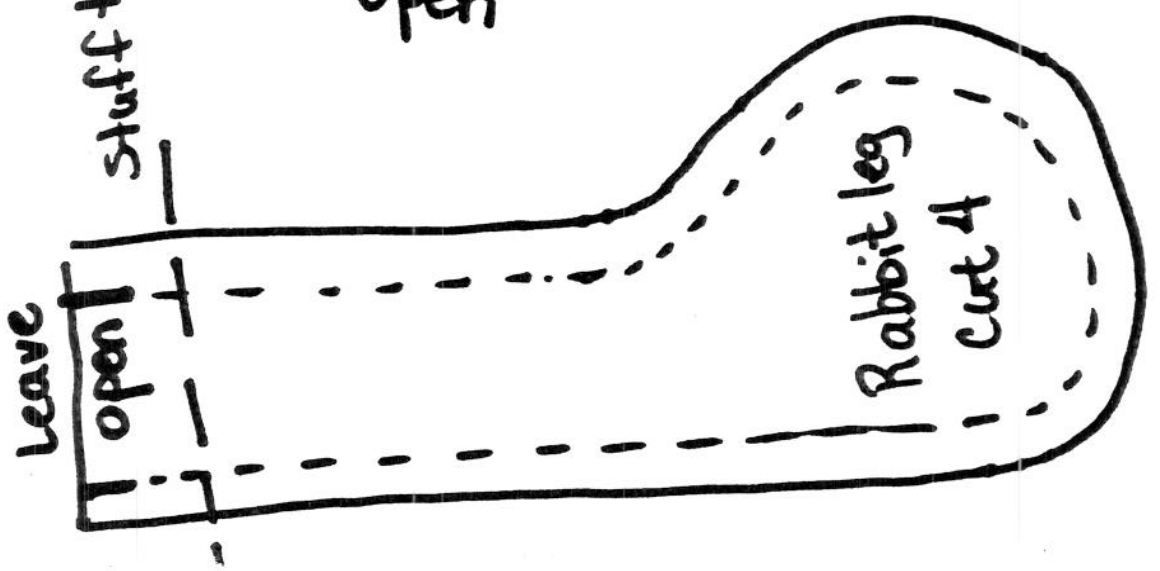
- 1/4" Seam Allow.
- pink Seams
- • = Pivot

Don't Stuff
ears
tie off ears
before stuffing
Don't turn



Rabbit
Body
cut 2

Leave
open



Rabbit leg
cut 4

leave
open

stuff to line

