



Beginners Machine Sewing Course



START-UP – SEAMS WORKBOOK Pt. 1




www.sheillasewingschool.com


with
video
tutorial
support



How to use the Workbook

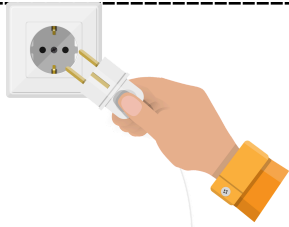
1. For each page of this workbook, there is a video you should watch.
 2. Read the worksheet and carry out any activities that are needed.
 3. Gather a basic tool kit together.
 4. Set up your machine for sewing.
 5. Use the Stitch Practice worksheets as your 'fabric'.
 6. Stitch straight seams.
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There may be other videos which might be helpful to you. These videos will be hosted on YouTube. You do not need to watch to complete the course.

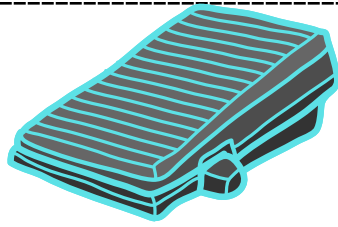


Sewing Machine Safety

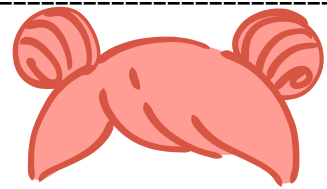
Your machine is safe when used properly. Follow these simple rules every time you sew.



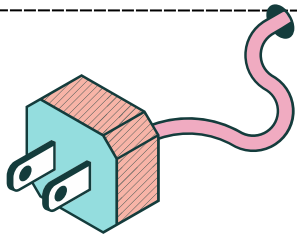
Turn off your machine when not in use.



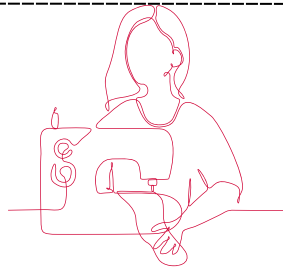
Keep your foot away from foot controller when not in use.



Keep your hair, cuffs and jewelry away from machine.



Set up your machine safely and avoid trailing electrical wires



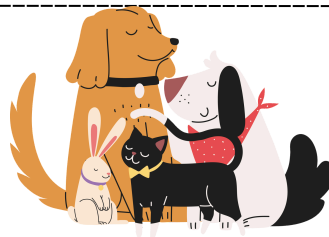
Keep your fingers away from the needle



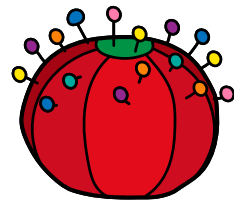
Press the foot controller GENTLY and sew slowly



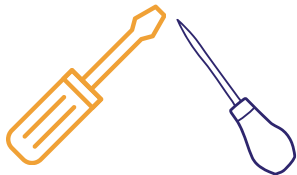
Avoid talking to anyone while the machine is in operation



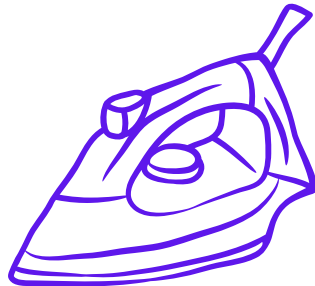
Keep pets away from the sewing area.



Keep pins in a container. If one is dropped, find it!!



Use a flat screwdriver or awl to guide fabric under needle

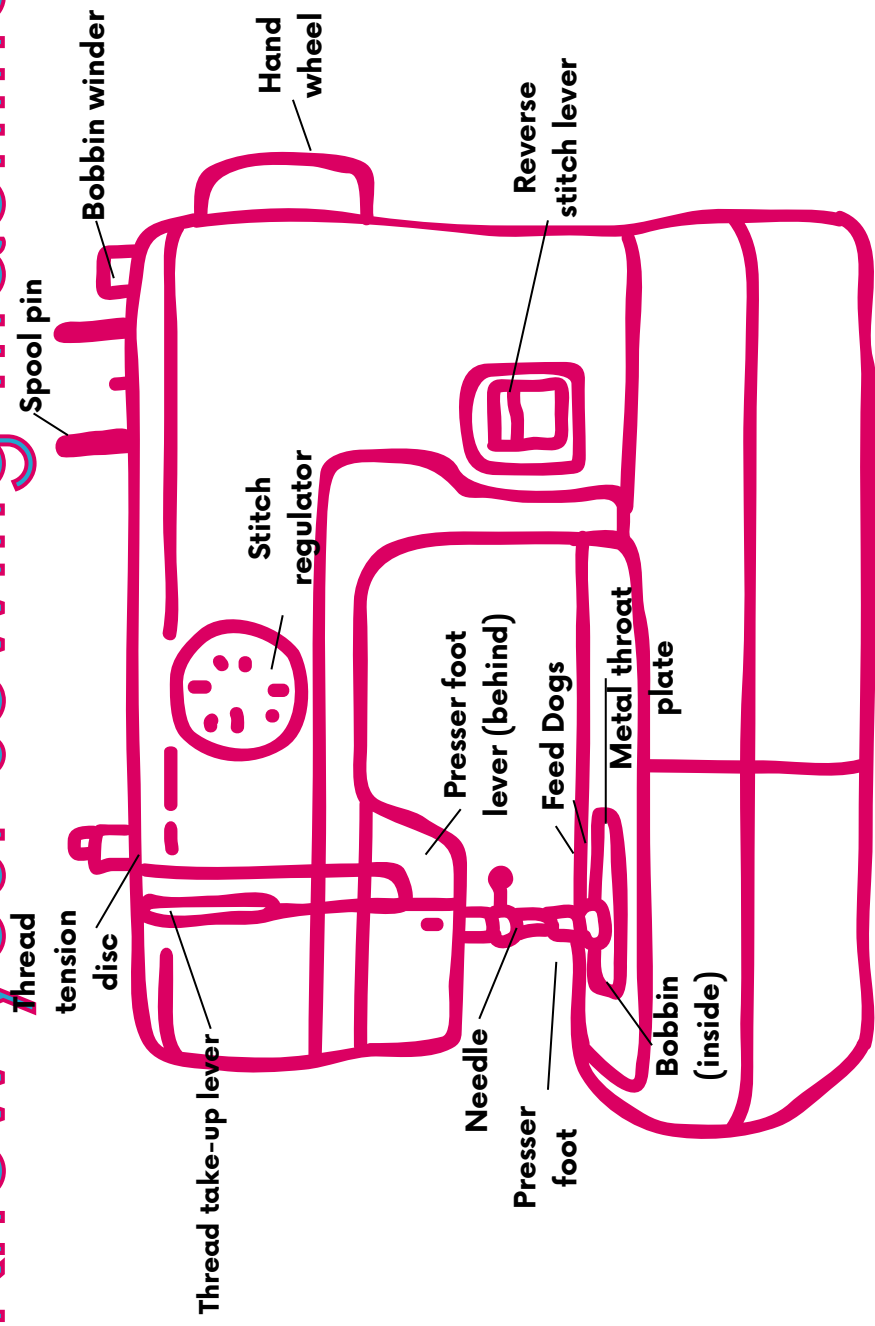


Turn off iron when not in use






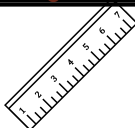
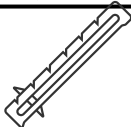


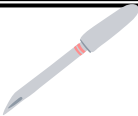

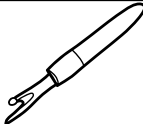


The sewing machine is NOT A TOY. Use it with care and respect.

Know your sewing machine




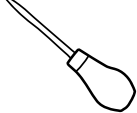



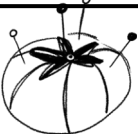




















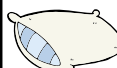
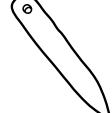

Sewing Tools

In addition to sewing machine needles and thread; the basic tool kit will be a pair of scissors, a measuring tool, pins or clips, and a marking tool. Use the list below to find your tool kit - but see over for alternatives.

Cutting Tools	Item		Have/ Borrow	Buy Now	Buy Later
	Shears				
	Scissors				
Measuring Tools	Tape measure				
	Ruler				
	Hem gauge				
Marking Tools	Marking Pens				
	Chalk marker				
Sewing Tools	Machine needles				
	Pins & pin cushion				
	Seam ripper				
	Thread				
Pressing	Iron & Board				

Alternative Sewing Tools

When you first start sewing there are many alternatives to buying sewing tools. You can save money and get sewing more quickly if you can put together a tool kit. Which ones can you find at home?

Item	Alternative	
 Awl/Stiletto	 Flat head screwdriver  Chop Stick  silicone spoon	
 Pins & pin cushion	 Paper clips  bulldog clips  pegs	
 Seam Guide	 washi tape  scrunchie  plastic card	
 Loop Turner	 Large safety pin	
 machine cleaning brush	 mascara brush (clean)  make-up brush (clean)	
 seam roller	 facial roller	
 fabric thread bin	 plastic or paper bag 	
 Sewing shears or scissors	 Nail clippers	
 Pressing Cloth	 Clean, old pillow case	
 Point turner	 Knitting needle	

Preparing to Sew

Start practicing good habits when you get ready to sew at your machine. Watch the video on threading your machine and filling the bobbin.



Sew in good light



Have clean hands



Sit properly at your machine



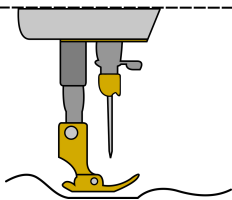
Lay tools out neatly by the machine



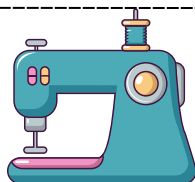
Set up a waste thread & fabric bin



Check your bobbin is correctly wound



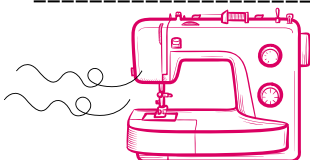
Make sure your presser foot is raised



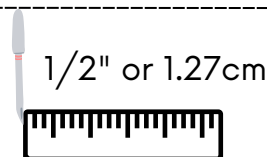
Check the top thread is correctly placed and follows the path to the needle



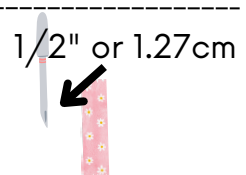
Pull up the bobbin thread by hand cranking the needle



Place both threads to the back and left of the machine




Take a ruler and place it against the needle & measure half-inch to the right and mark.



Use tape or a card to mark the half-inch seam allowance

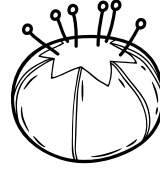
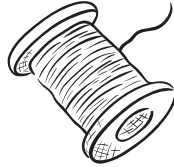
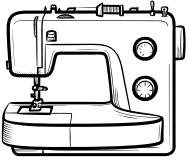
Starting to Sew Checklist

Item	
Sewing machine is plugged in and switched on. Power foot is connected. Sit down to start sewing.	
The needle is properly threaded with the correct thread.	
The bobbin is correctly placed and loaded with thread.	
The machine stitch indicator is set to the stitch needed. The seam allowance guide is in place.	
The tail ends of the two threads are at the back of the machine and reach the table.	
The presser foot lever is lowered and the hand wheel is turned forwards so that the needle is down into the fabric. Keep hold of the threads to avoid them blocking the machine.	
Gently rest both hands flat on the fabric and straighten it. Keep your fingers away from the needle.	
Gently press the foot pedal and slowly start to sew. Do not push or pull the fabric - just GUIDE it.	



SEWING Sew Straight Lines PRACTICE 1

Take the thread out of your needle and sew along straight lines. Use your hands to gently guide the paper under the needle.

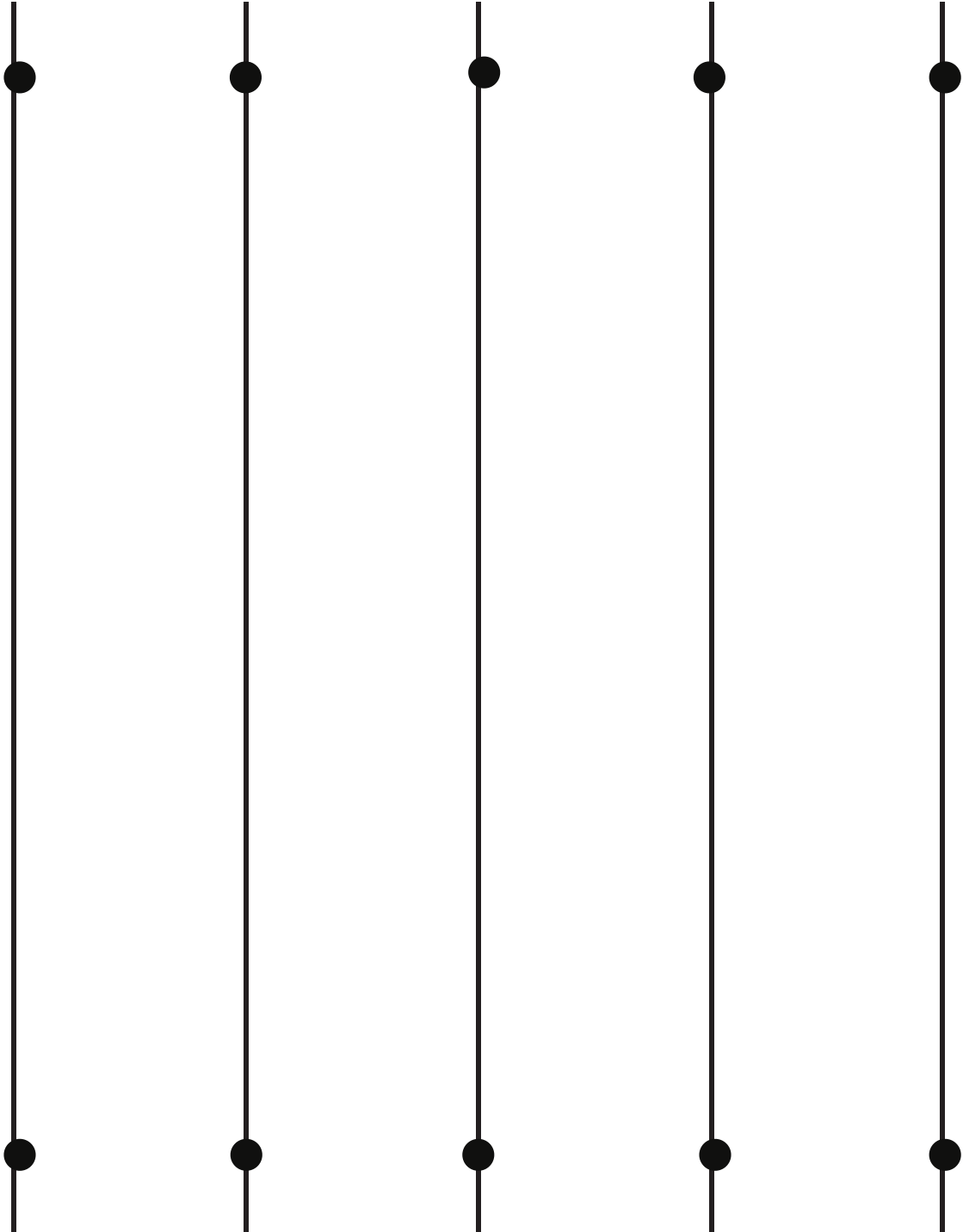
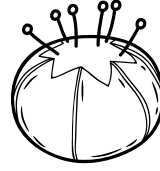
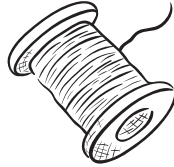
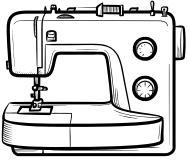


SEWING

PRACTICE 2

Sew Straight Line with backstitch

Take the thread out of your needle and sew in straight lines with backstitch. Sew forward to the dot, then press reverse lever and sew back to edge (do not sew off edge). The stop pressing reverse lever and sew forward. Repeat at the bottom dot.

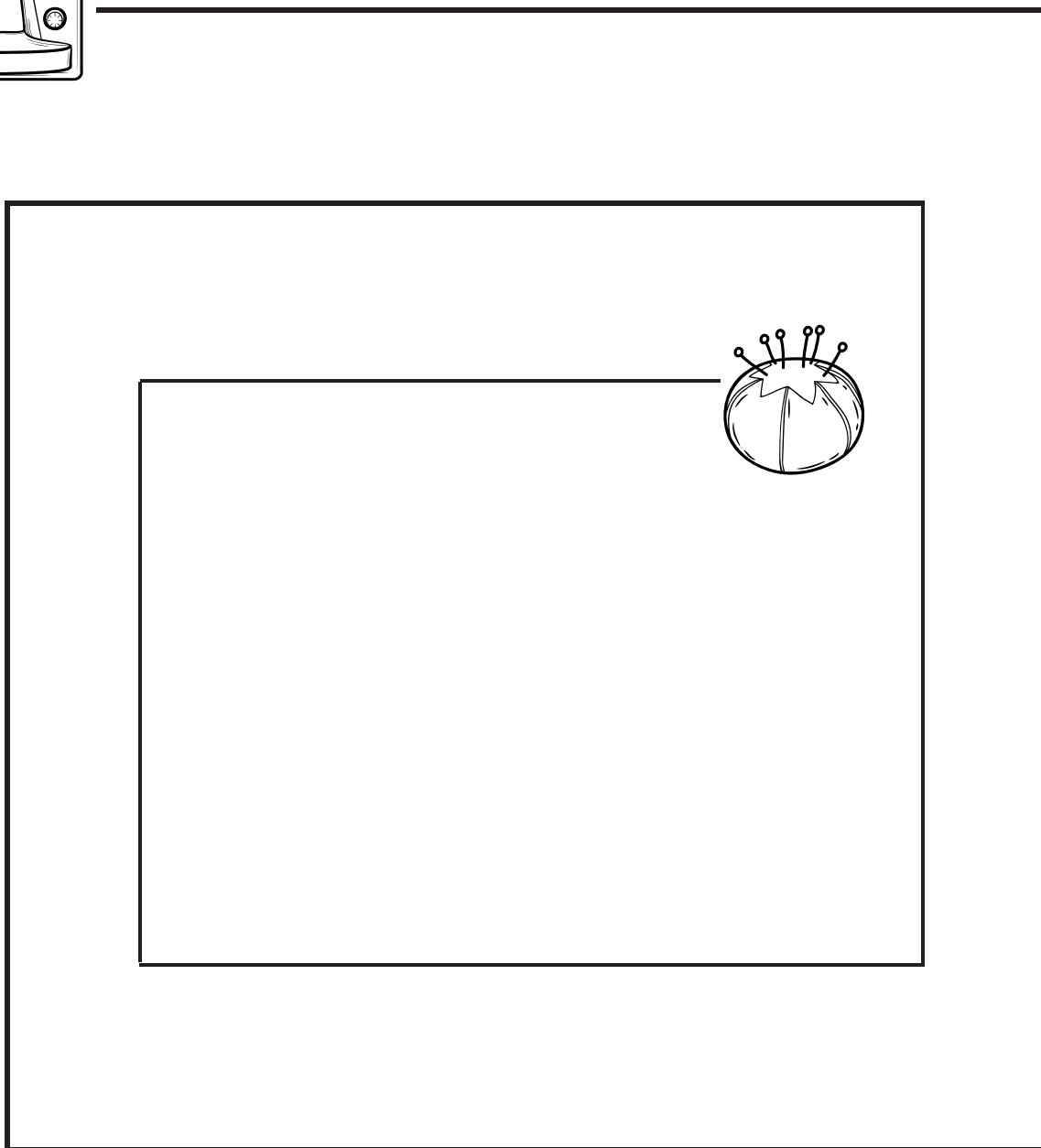
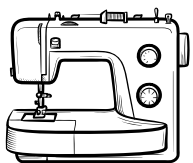




SEWING PRACTICE 3

Sew and Pivot

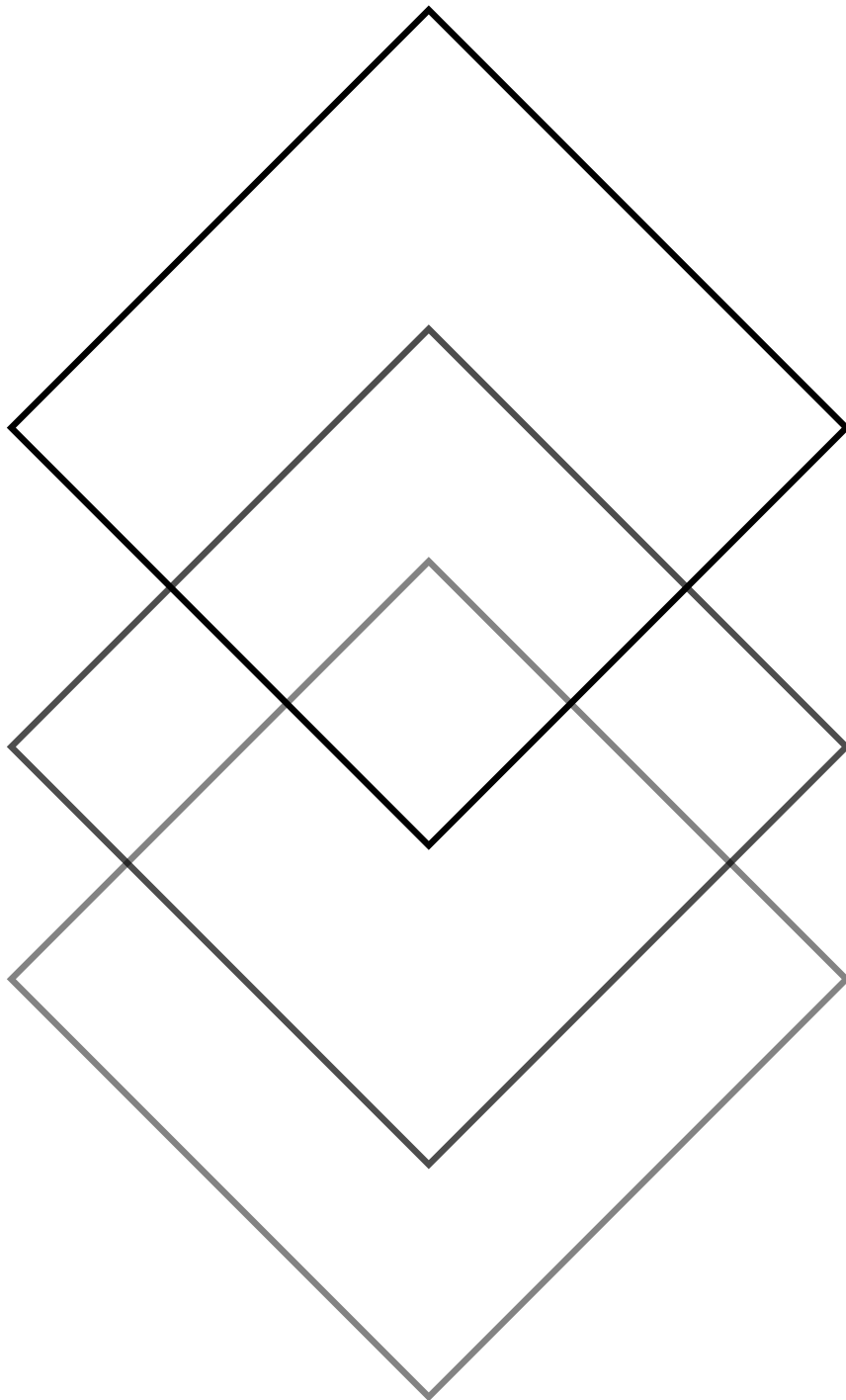
Take the thread out of your needle and sew in straight lines. Sew straight until you reach the turn. Stop exactly on the corner with the needle down. Lift the presser lever up and turn the paper towards the line. Drop the presser lever down and sew straight along the line until you reach the next turn and repeat process.



SEWING PRACTICE 4

Sew and Pivot

Take the thread out of your needle and sew straight until you reach the turn. Stop exactly on the corner with the needle down. Lift the presser lever up and turn the paper towards the line. Drop the presser lever down and sew straight along the line until you reach the next turn and repeat process.

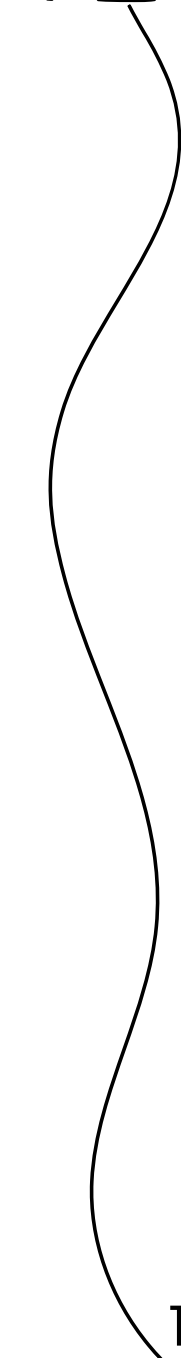
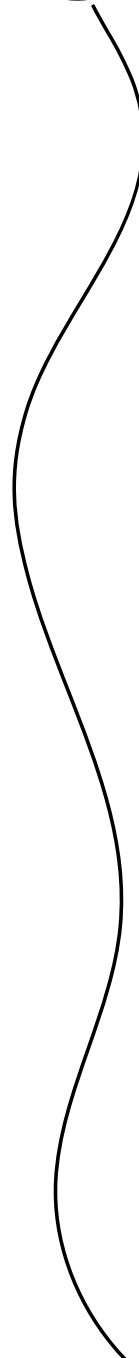
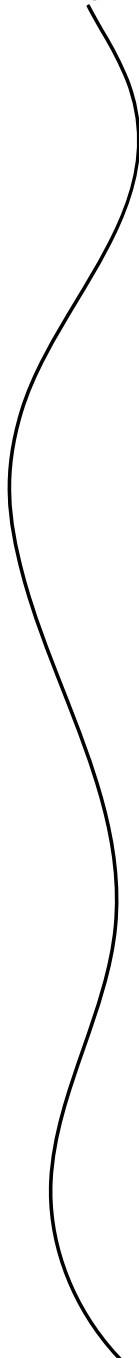
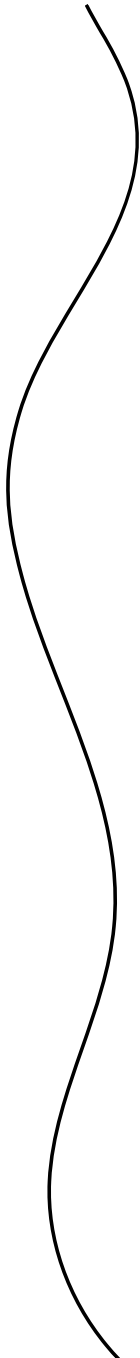
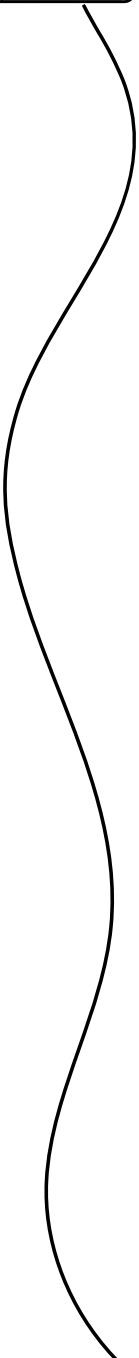
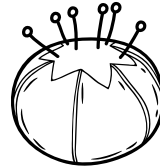
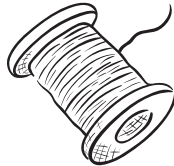
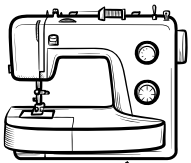




SEWING PRACTICE 5

Sew curves

Take the thread out of your needle. Keep the needle on the line by gently turning the paper.

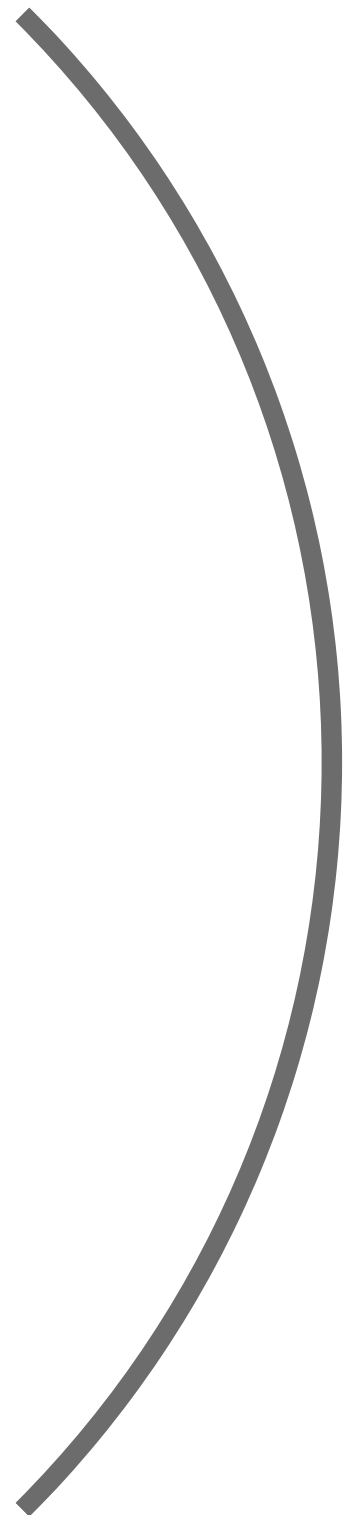
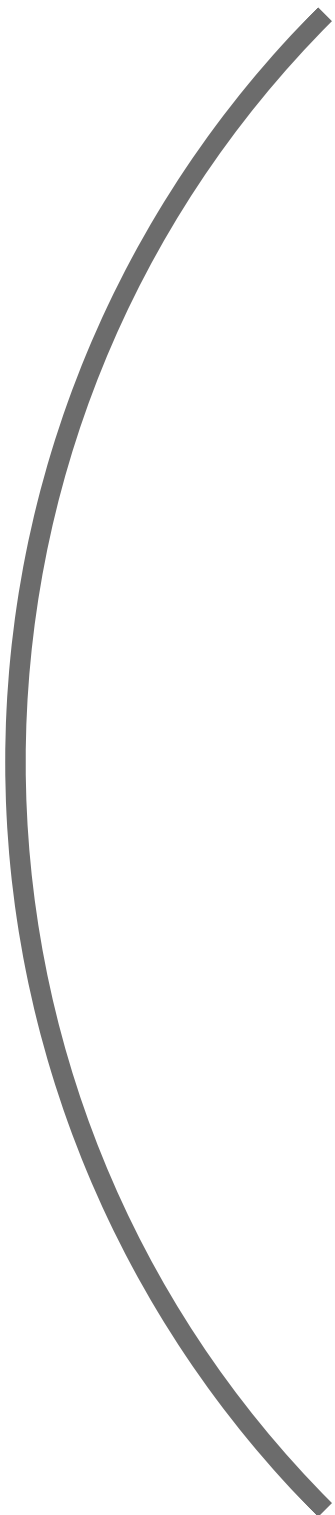




SEWING PRACTICE 6

Sew curves

Watch the video on setting up your machine to sew a curved seam then sew a curved seam.



SEWING PRACTICE 7

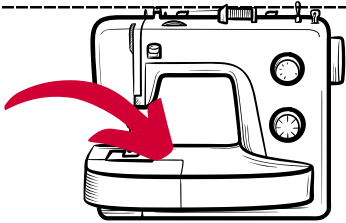
Sew Stitch Pattern Library

Take the thread out of your needle and sew in straight lines. You have 12 or more stitches on your machine. Stitch each style in a straight line. Turn the stitch selector to each stitch pattern and then sew in a straight line - on the lines.

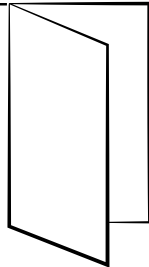
A series of 12 horizontal black lines, evenly spaced, intended for sewing practice. The lines are arranged in a vertical column across the page.

Sewing a Seam

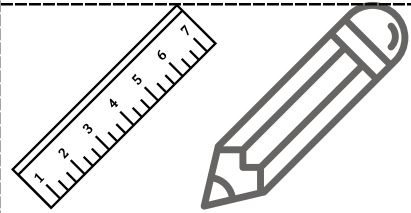
You are now ready to sew your first seam! Before you sew on precious fabric, you will practice on paper. Use ordinary paper or a sheet of kitchen roll. You will need to thread your needle.



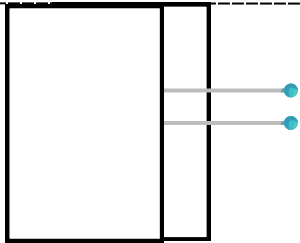
Set up a seam guide on your machine using one of the methods shown in the video.



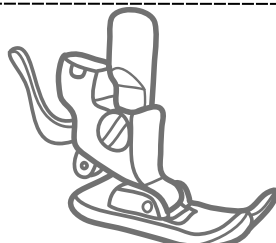
Take a sheet of kitchen towel and fold in half.



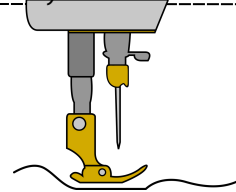
Use your marking tools to draw the seam line on the kitchen towel. Use a 1/2" (1.27cm) seam allowance.



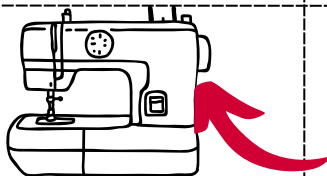
Pin the two sides together using pins, clips or whatever you have.



Take your 'fabric' to the machine and lay it out flat under the presser foot.



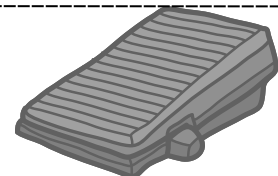
Straighten the fabric and place the marked seam under the presser foot and lower.



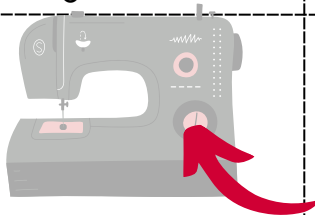
Turn the handwheel forward and drop the needle into the beginning of the seam.



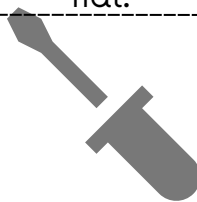
Straighten the fabric up along your seam guide and relax your hands flat.



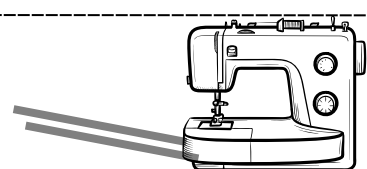
Gently press the foot pedal to start the machine and sew a few stitches.



Press the reverse button and stitch back a few stitches then go forward.



Use your screwdriver, awl or chopstick to keep the fabric flat as it runs under the needle



After reverse stitching and then finishing the end of the seam, lift the presser foot and gently pull the fabric to the left and cut the threads.

Ending the sewing session

When you have finished your sewing session get into good habits.



When you get to the end of the time, you need to clear away your project and equipment **ESPECIALLY** if you share your space.



Use a sewing journal to make a list of tasks completed and tasks for next time.



Schedule your next sewing session.



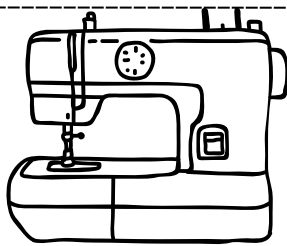
Tidy up your sewing tools and put them back in place.



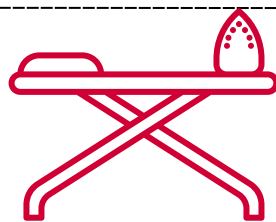
Fold your fabric neatly and store it in a box or bag.



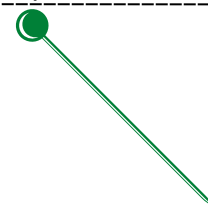
Place all threads and scrap fabric in a bag to keep for stuffing.



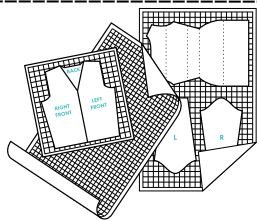
Cleaning sewing station and cutting mat (if used).



Clean iron and ironing board and put away.



Check the floor for pins and Hoover up threads.



Ensure that all fabric pieces are pinned to the pattern piece so you can identify them.



Fold your pattern pieces neatly. Take care to avoid removing pins, clips or markings.



Place folded fabric and pattern together with threads and trims in a project wallet. Store safely.



Samples Record

Cut your paper about one inch (2.5 cm) away from the seam and glue the completed samples of seams here. Are the seams straight? Keep practising until you are satisfied your seam is straight.

Congratulations

You have completed part one of the Beginners Course and can now sew a straight and curved seam.

You are now ready to move onto part 2 of the Beginners Course where you will learn about buttonholes and zips.

You are probably thinking about fabric and what you will sew, have a look at Part 3 of the Beginners Course on Fabric.