

Beginners Machine Sewing Course



ZIPS – BUTTONHOLES WORKBOOK Pt. 2



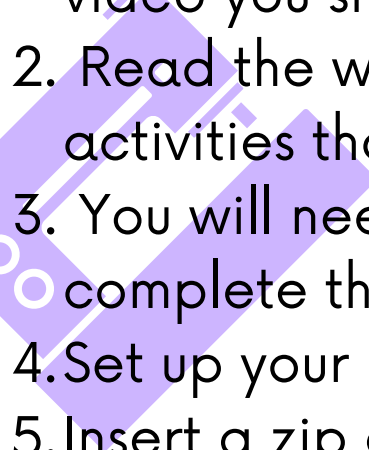

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with
video
tutorial
support



How to use the Workbook

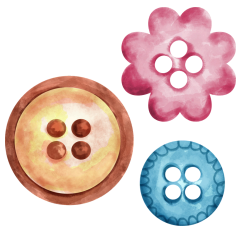
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1. For each page of this workbook, there is a video you should watch.
 2. Read the worksheet and carry out any activities that are needed.
 3. You will need a zip and a button to complete the exercises.
 4. Set up your machine for sewing.
 5. Insert a zip and make a buttonhole.
 6. Simple hand stitching.



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.

Closures - Buttons, Zips etc

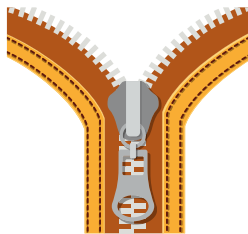
Closures sometimes appear to be difficult but every garment and project will have a closure of some type. Buttonholes and Zips are sewn on the machine but other closures such as snaps need a separate tool to insert them. Hooks and eyes are hand sewn.



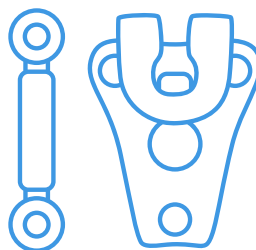
BUTTONS - Buttons have been in use for thousands of years. The original buttons were sea shells. Buttons were used to decorate clothing but also to indicate status.

Now here is a huge range of buttons both in size and decoration. Flat buttons usually have two or four holes. Shank buttons are hand sewn.

Start a button box and keep buttons from clothing you are reusing or recycling.



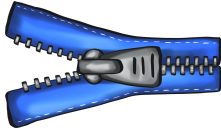
ZIP - Zips were invented in the 1860s as the hookless fastener but became popular in the 1930s. Zips were originally never seen and were sewn into seams but they are now seen as a highlight and sewn to the outside of garments. Zips can clash in colour with the garment or project. Zip pullers have become a fashion statement.



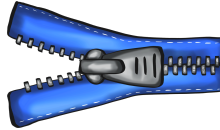
HOOK & EYE - Hooks and eyes were patented in 1900 but have been used since the 14th century. Originally used at the waistband where the tension kept the hook and eye closed.

Inserting a Zip(per)

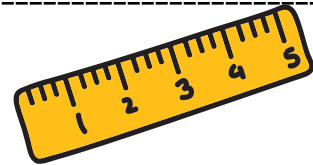
There are a number of ways to insert a zip depending on the type of project. This is a simple way to insert a central zip. Use a longer zip than your seam. Move the zipper pull out of the way of the presser foot while you sew the beginning and end.



Obtain a zip - either buy one or recycle one by unpicking from another garment.



The zip can be metal or plastic.



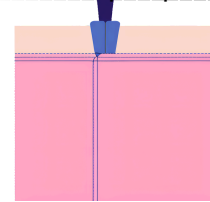
Measure the length of the zip and make sure it works properly



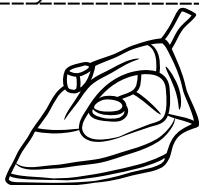
If your machine comes with a zipper foot (see video) then insert it.



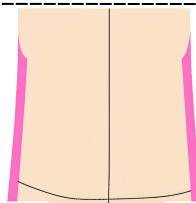
Using either kitchen roll or fabric sew a straight seam using a long (basting) stitch.



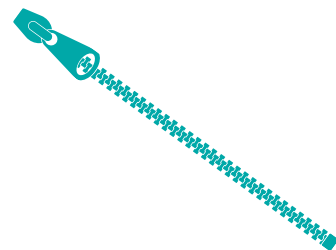
Make sure the seam is at least one-half inch longer than the zip length at either end.



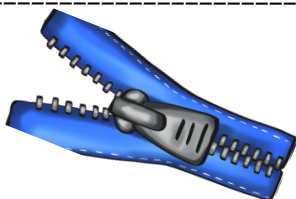
Press the seam flat out using finger pressing and/or an iron.



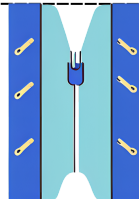
Lay your fabric out flat in front of you with seam facing you.



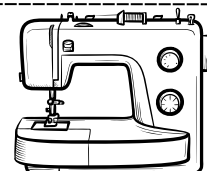
Lay out the zip along the centre of the seam with the zip puller underneath.



Make sure that the zipper puller is approximately half-inch from edge of seam.

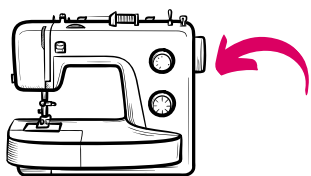


Pin the zip along its length, or use low tack tape to tape it in place.

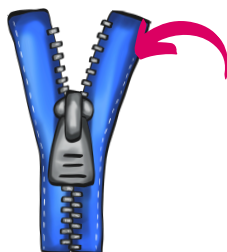


Position the pinned or taped zip under the presser foot AVOIDING the teeth.

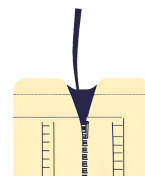
Inserting a Zip(per) - part 2



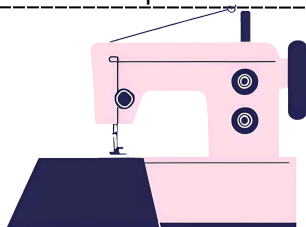
Using the hand wheel of the machine turn it forwards to allow the needle to sink into the zip tape.



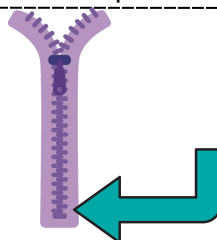
Make sure that the needle is in the tape. Make sure you avoid the puller.



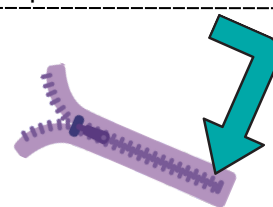
With the needle and presser foot down note where the edge of the zip tape is as a seam guide.



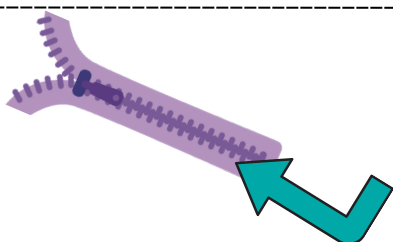
SLOWLY sew in a straight line down the first side of the zip.



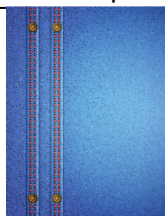
Sew to just past the zip end. Stop with needle down and pivot.



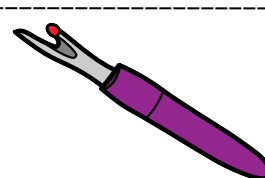
VERY SLOWLY sew across the bottom of the zip: do NOT sew into metal teeth; then pivot again.



Sew up the other side of the zip to the end, avoiding the puller.



Turn the fabric to the right side with the zip underneath.



If you used a basting seam gently insert the seam ripper spike into the seam just above the bottom of the seam.



Rip a few seam stitches then take the seam ripper out and turn it over. Run the red knob along the teeth of the zip and undo the basting seam. Remove threads



If you taped down the zip on top remove the tape.

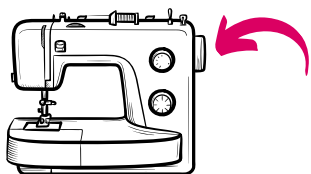


Press the right side of the seam and zipper to flatten out. Use a pressing cloth.

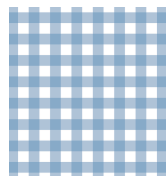
Making a buttonhole

Some machine have a 4-step buttonhole stitch while other have a buttonhole foot which does all the work for you. Both methods are set out below.

4-step method



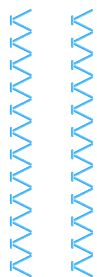
Turn the stitch selector to the buttonhole stitch.



Take a sheet of kitchen roll or a scrap of fabric and double it over.



Measure $1\frac{1}{4}$ " (3.2cm) and draw a line on the fabric.



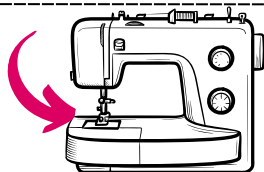
Look for the buttonhole side stitch on your stitch selector and select it.



Put your marked fabric under the presser foot and position with your marked line to one side.



Turn the hand wheel forwards and watch the needle. Make sure the stitch does not touch your marked lined



When you are in the correct position leave the needle down. Drop the presser foot and start to sew slowly



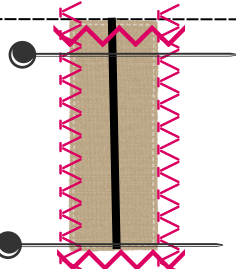
Sew down one side (in satin stitch) to end of your marked line.



Re-position your fabric and sew the other side of the marked line.



Select the top and bottom button stitch (bar tack) and sew the top and bottom of your marked line.



When the sewing is completed place a pin at either end of the side sewing.

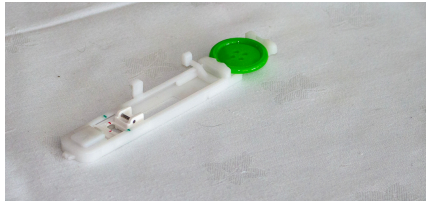


Take the seam ripper and GENTLY pierce the fabric with the point. Turn the ripper around and use the red ball to rip the buttonhole. The pins stop the ripper.

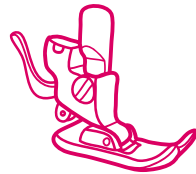
Making a buttonhole

Using a buttonhole foot

If your machine has a buttonhole and/or button foot, making a buttonhole is easy.



Your buttonhole foot is a long white plastic foot.



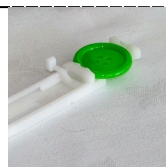
Remove the foot from your machine and replace with buttonhole foot.



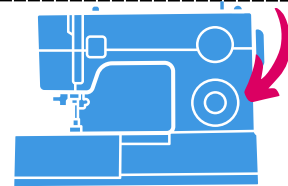
Follow the procedure in your instruction booklet.



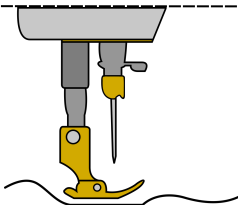
Mark the length of the buttonhole on the fabric you are using.



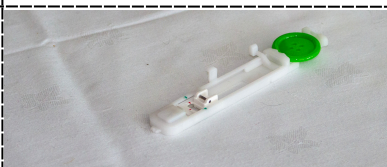
Fit the button you are sewing a buttonhole for into the back end of the buttonhole foot by sliding it back and inserting the button.



Select the appropriate buttonhole stitch on your machine. You may have more than one.



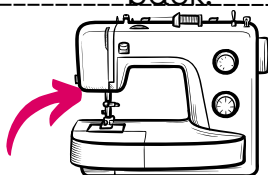
Lower the needle into the gap in the foot and pull through the lower thread and bring them to the back.



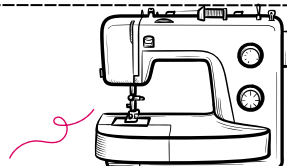
Line up the front end of the mark on your fabric with the red marks on the foot.



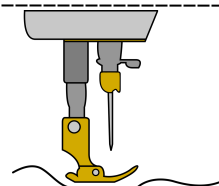
Lower the presser foot and avoid moving anything on the foot.



Pull down the buttonhole lever onto the buttonhole foot.




Keep hold of the threads and start sewing. The machine sews both sides and then top and bottom.



Raise the needle and presser foot and remove the fabric. Cut the threads. Raise the buttonhole lever.

Sewing on a button

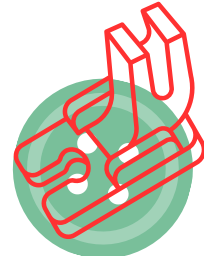
Sewing a button on a button using the machine requires some care to avoid breaking the needle. Where your machine has no option to change stitch length, it may be better to hand crank the machine. Use zigzag stitch. 



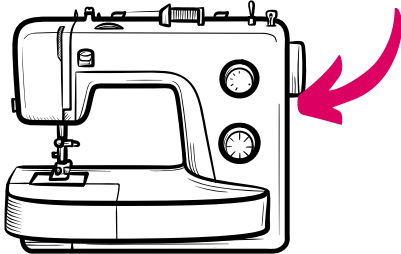
Choose a flat button with 2 or 4 holes that fits into the buttonhole you have made.



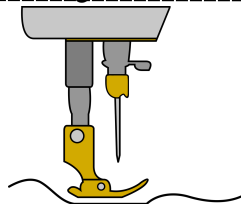
If your machines has a specific button foot, change to it. If not use your zigzag foot or straight foot.



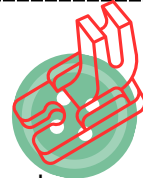
Place the button under the presser foot and drop the press lever.



SLOWLY turn the hand wheel forward to see where the needle lands.



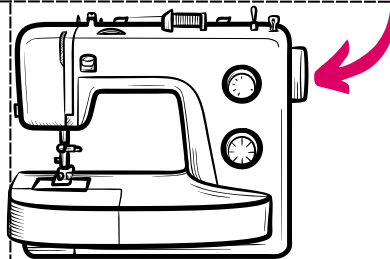
If the needle misses the buttonhole, raise the needle and the presser foot and move the button..



Once the needle is positioned above the first hole, continue to hand crank the wheel to check the stitch lands in the second hole



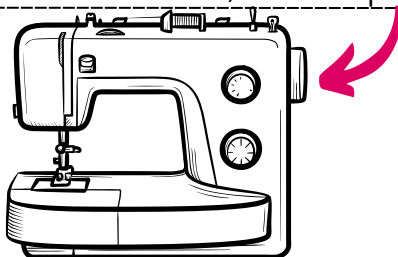
If you are happy with the placement of the needle and buttonholes then you can SLOWLY start sewing for 5 stitches, then stop.



You can use the hand wheel to sew in the button if you wish.



When you have stitched the first two holes, then re-position for the second two holes.



Repeat the process of sewing the second holes.



If your machine stitch is set but does not fit the buttonholes you will have to handsew the button



Thread the two machine threads into a hand sewing needle and pass it through one buttonhole. At the back of the button pass the needle over and under the stitches to tie off the stitch. **6**

Hand sewing

To finish off your projects, you will sometimes need to use handstitching. You may also need to hand sew buttons.

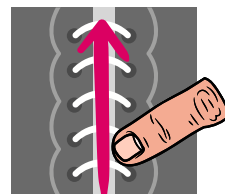
Closing a seam gap with ladder stitch



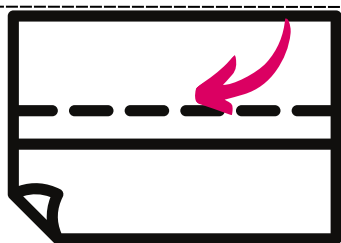
Thread the sewing needle with thread from your machine and knot the end..



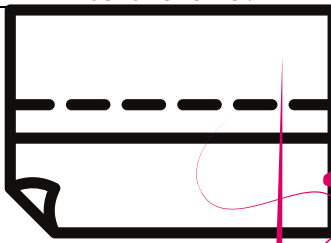
Take a sheet of kitchen roll and sew a straight seam for about two inches and stop. Leave a gap of two inches and then sew to the end.



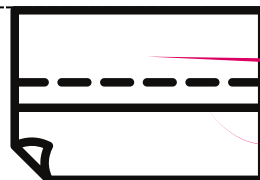
Finger press the seam open from the back. Then fold the kitchen roll so that the seam is on the underside.



Use a coloured pen to make dots 1 cm apart along the length of the gap. .



Put your needle underneath the seam.. Bring it out through the fold at the coloured dot.



Insert the needle at the opposite coloured dot and pull through. Keep the thread underneath and go to the next mark.



Continue backwards and forwards across the gap making stitches underneath. You will have a ladder effect.



When you have stitched the gap, pull the thread gently. The seam will be invisible.

Closing a gap with whip stitch



Thread your needle and take the seam with the gap in one hand. Insert the needle underneath and bring it out on one side of the seam fold



Take your thread over the top of the outside of the seam and insert the needle back into the fabric and pull through to the back.




Making small stitches go over and under along the gap. The stitches need to be neat as they are more visible than ladder stitch.



Congratulations!

You have now completed Parts 1 and 2 of the Beginner's techniques and are definitely ready to start working on projects now.



You have probably started thinking about finding fabric and making a project. Download the Fabric and Sustainability Workbook and start looking for fabric.

You can also try one of the Beginners projects to start increasing your confidence in sewing.

