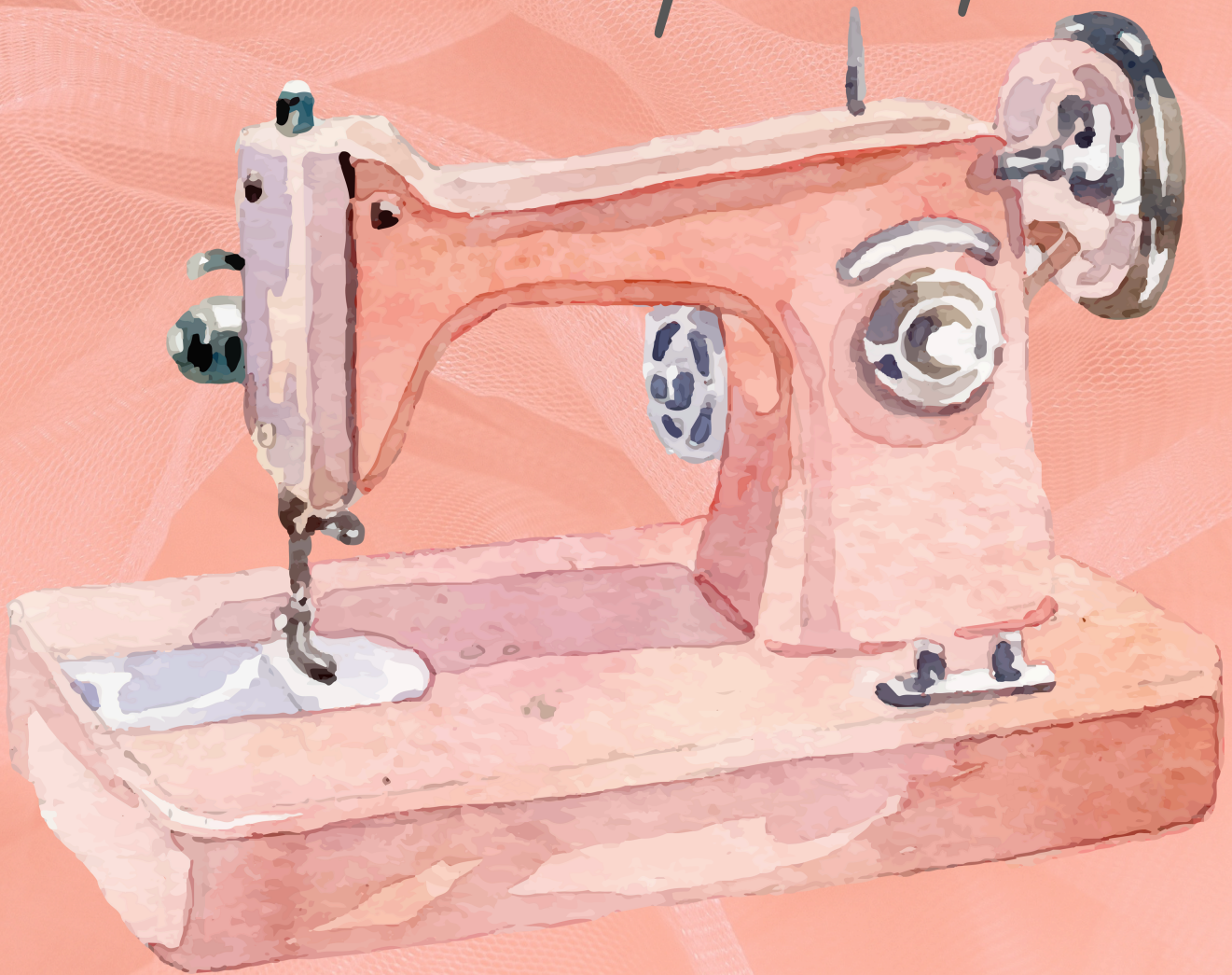




# SEWING FUNDAMENTALS

*workbook*





# Welcome!

**I am so excited you joined this course!**

Let's get to know each other...

I started out sewing as soon as my little feet could reach the foot pedal of a sewing machine at about 5 years old. I would design clothes for my Barbies. I grew up watching my Nana sewing. She owned a custom bridal salon in the 80's and 90's...

Everything was over the top and I was in love. She hated to hand sew on beading and trim. I found it therapeutic. By the age of about 12 I was feeling quite accomplished helping make wedding dresses. I wanted to be a fashion designer.



I modeled in fashion shows a few times a year at bridal expos. It was at a bridal expo I found out about an upcoming pageant. I designed and stitched out my gown... I won! I was in love with the glitz and the glamour. I began making clothes for other people as a way to pay for pageants. That turned into a 15 year career as a national winning pageant designer. My pageant designs can be seen on numerous episodes of Toddlers & Tiaras.

After high school, I landed a job with Curtain Call Dance Costumes, where I had the thrilling opportunity to help launch their ice-skating collection. This experience allowed me to merge my passion for design with the world of performance, creating costumes that brought joy to young skaters. At 21, I transitioned back into the bridal industry, working for Jessica McClintock in the Bridal department. It was a dream come true, and I proudly named two dresses after my children, which were featured in the collection for many years.

Now it's my turn to teach you. I am ready to share my tips and tricks to help you become your own designer.

*Christie Mauri*

SupremeSewingSchool.com

Christie@SupremeSewingSchool.com





# MODULES

## MODULE 1

1. Welcome
2. What Sewing Machine Is Right For Me?

## MODULE 2

1. Anatomy of a sewing Machine
2. Wind your bobbin and thread your machine

## MODULE 3

1. Stitching Lines Practice
2. Stitching Corners Practice
3. Stitching Curves Practice
4. Seam Allowance Practice

## MODULE 4

1. Sewing Gathering Stitch
2. How To use a Ruffler Foot
3. Sewing Pleats
4. Sewing Stretch Fabric
5. Sewing a Tube & Top Stitching

## MODULE 5

1. How To Read A Pattern

## BONUS

Sewing Project: Makeup Cape







MODULE 1

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# Sewing Tools



# Sewing Tools

Welcome to Sewing Fundamentals! Are you excited to dive into the wonderful world of sewing? Before we begin, it's important to gather all the necessary tools to ensure a smooth and successful learning experience.

In this course, we have created a lesson called "Sewing Tools" that provides a comprehensive list of the tools you will need to have at your disposal. To access this detailed list, please navigate to the lesson titled "Sewing Tools".

To make your shopping experience convenient, we have included Amazon links for each tool on the list. These links will direct you to the respective product pages, allowing you to easily add them to your shopping cart.

By having the right tools, you can enhance your learning journey and make the most of this course. So, let's get started and remember to check out the lesson "Sewing Tools" for the complete list of tools and their corresponding Amazon links.

Happy learning and happy sewing!







MODULE 2

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# Introduction To Your Sewing Machine



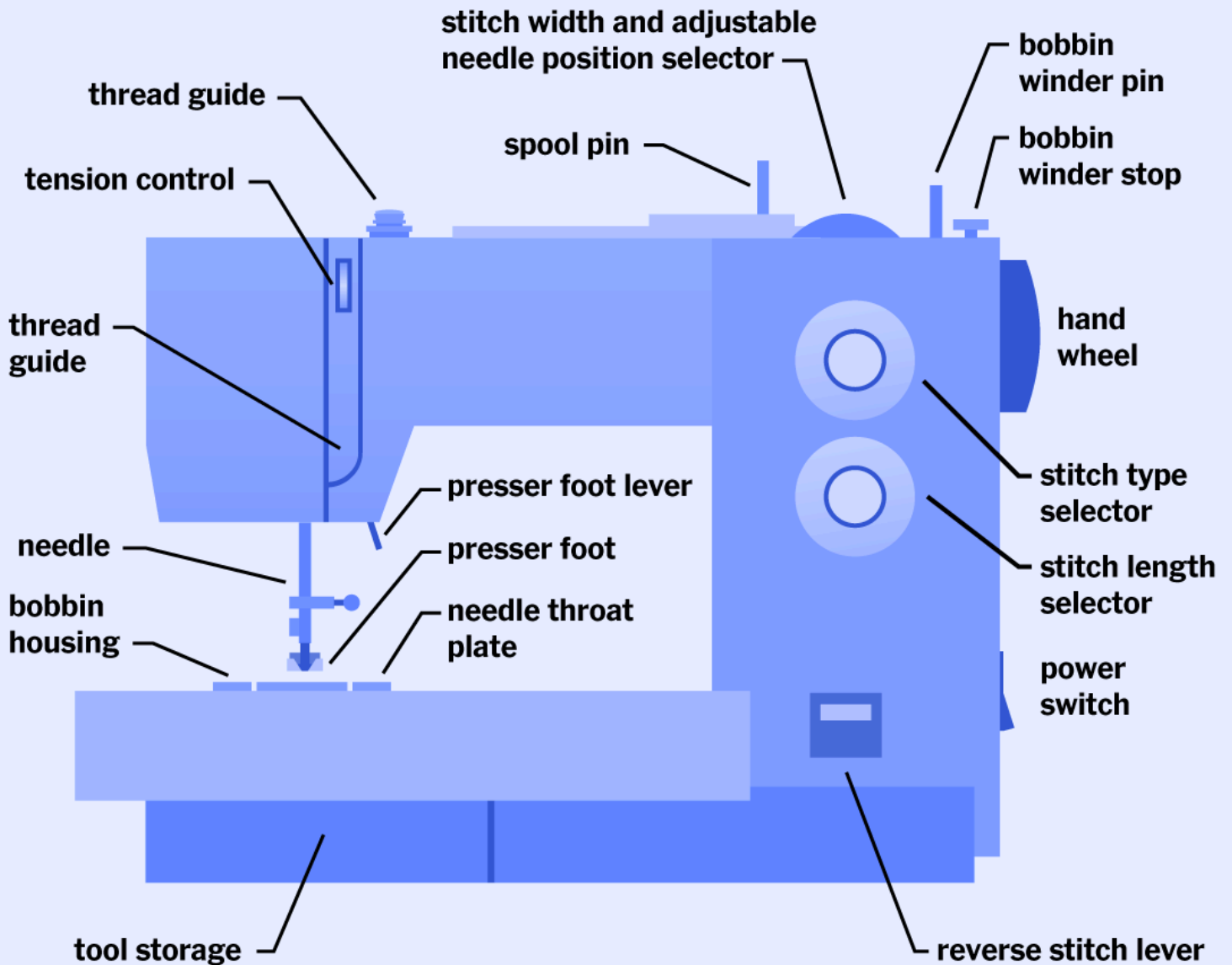


# Sewing Machine Anatomy

Foot Pedal



Feed Dogs



# Sewing Machine Anatomy

## 1) Foot Pedal

**Press the foot pedal to operate the machine.** Some computerized machines have a button that bypasses the foot pedal to operate the machine automatically.

## 2) Reverse Stitch Lever

This makes the feed dogs turn in the opposite direction to move the fabric towards you as you sew. **This is used to lock in the stitches**

## 3) Handwheel

**Also known as the flywheel or balance wheel can be used to operate the machine by hand, but also turns when the foot pedal is pressed.** Some machines may require you to manually disengage when winding a bobbin by pulling it away from the machine.

## 4) Bobbin Winder Stop

**This stops the bobbin from winding when it is full.**

## 5) Bobbin Winder

**This holds the bobbin in place for the thread to be wound onto it.**

## 6) Spool Pins

**Spool pins can be vertical or horizontal.** These hold the thread on the sewing machine. Many machines have 2 so that 2 threads can be used with a double needle.

## 7) Stitch Type Selector

**This is turned to select the symbol of the stitch pattern.** On computerized machines, stitches are selected on the menu screen.

## 8) Stitch Length Selector

**This controls the speed of the feed dogs concerning the needle.** The longer the stitch the faster the feed dogs pull the fabric through making the stitches farther apart. Most modern machines measure from 0 to 1/16" (0 to 4mm); while some higher end machines go up to 1/4" (6mm)



# Sewing Machine Anatomy Continued

## 9) Stitch Width

**This controls how far left or right the needle can operate from the center.** Most machines can make a 4 millimeter wide stitch, while some can go up to 9mm wide. adjusting the stitch width can also adjust the needle position to the left or right for straight stitching

## 10) Bobbin Winder Tension

**The thread passes between these small round disks to keep an even tension on the thread when winding a bobbin.**

## 11) Upper Thread Guide

**The thread passes through this after leaving the spool pin and before passing through the tension disks.**

## 12) Thread Uptake Lever

**The thread passes through a small eye at the front after it passes the tension disks inside the machine. It moves up and down with the needle and should be in the highest position at the beginning and end of a seam to prevent the needle from coming untreaded and tangled thread.**

## 13) Tension Control Dial

**These are two metal disks side by side inside the casing of the machine, and the thread goes between the disks.** The tension disks control the speed of the top thread. The dial usually can be set from 0 to 9; where 0 sets the loosest tension and 9 sets the tightest. **It is usually set to 4.** Looser tension spreads the disks apart and creates more room for the threads to pass through faster, while tighter tension brings the disks closer together and slows the tread down.

## 14) Lower Thread Guide

**All machines have a guide right above the needle to help the thread go straight down into the fabric with the needle.** Some machines have an additional guide.

## 15) Presser Foot

**Holds the fabric against the feed dogs.**

# Sewing Machine Anatomy

## 16) Needle Throat Plate

Also called the face plate or the throat plate, the needle plate has a hole in it for the needle to pass through and markings for seam guides. For top load bobbins, there is a separate plate that slides for access to the bobbin.

## 17) Feed Dogs

This moves in an elliptical motion; the little teeth grip the bottom layer of fabric and move the fabric upwards as the needle makes the stitch.

## 18) Extension Table and Tool Storage Box

These can be removed for free-arm sewing when sewing narrow tubes such as hemming pants and sleeves. They can also be removed to access front load bobbins.

## 19) Needle

A needle's job is to pierce the fabric, such as cotton or denim, bypassing through its threads and creating loops called stitches at the other side. Sewing machine needles come in standard sizes from 8 to 18, with the lower numbers being larger and the higher numbers being smaller. **Specialized needles should be used for projects like stretch fabrics and denim.**

## 20) Presser Foot Lever

This can be located on the back left hand side or on the right side of needle. **This part raises and lowers your presser foot**

## 21) Thread Cutter

**Most machines come with a notch that has a blade to cut the threads.** This notch can be located on the left side of the machine near the needle or on the back side of the machine.





MODULE 3

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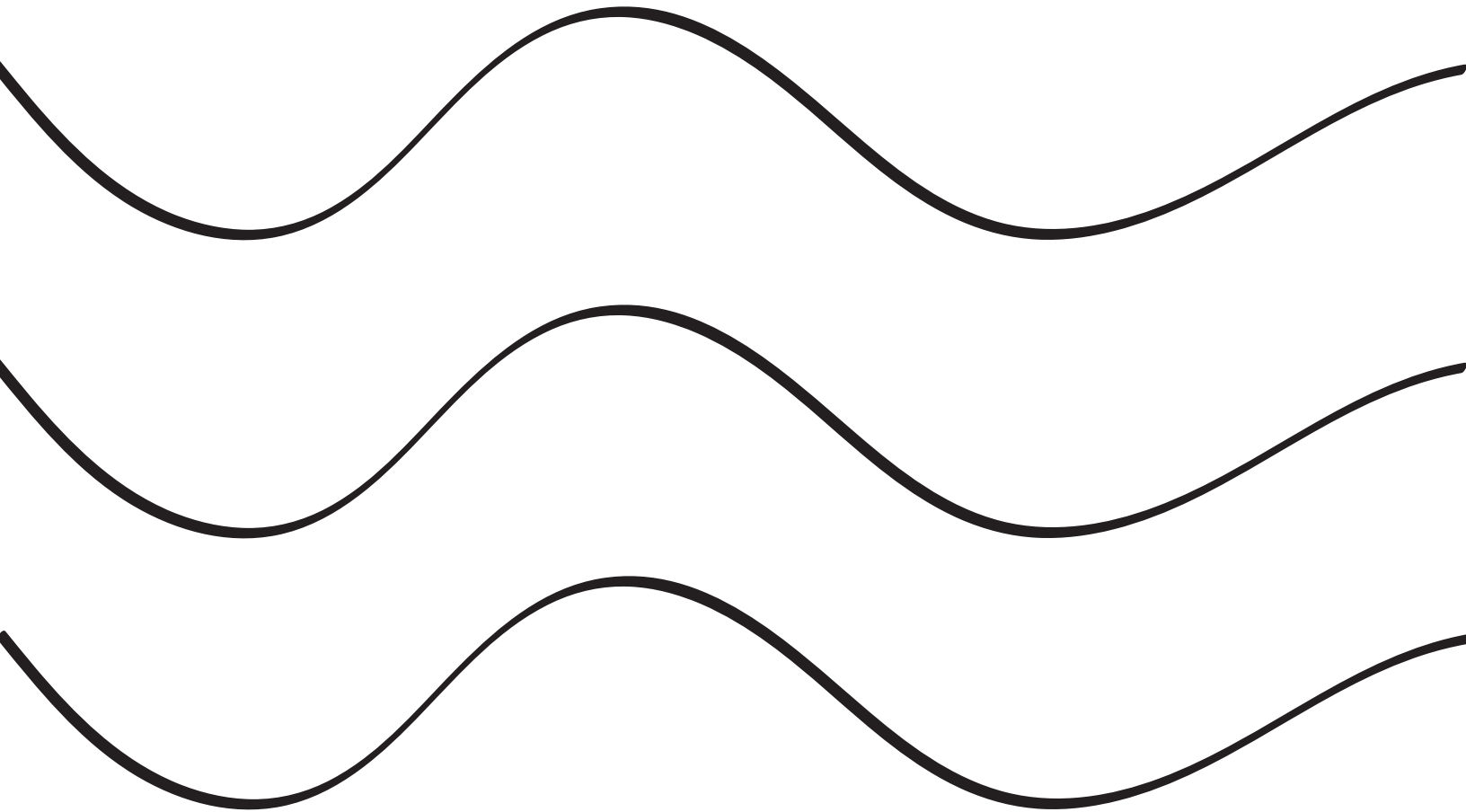
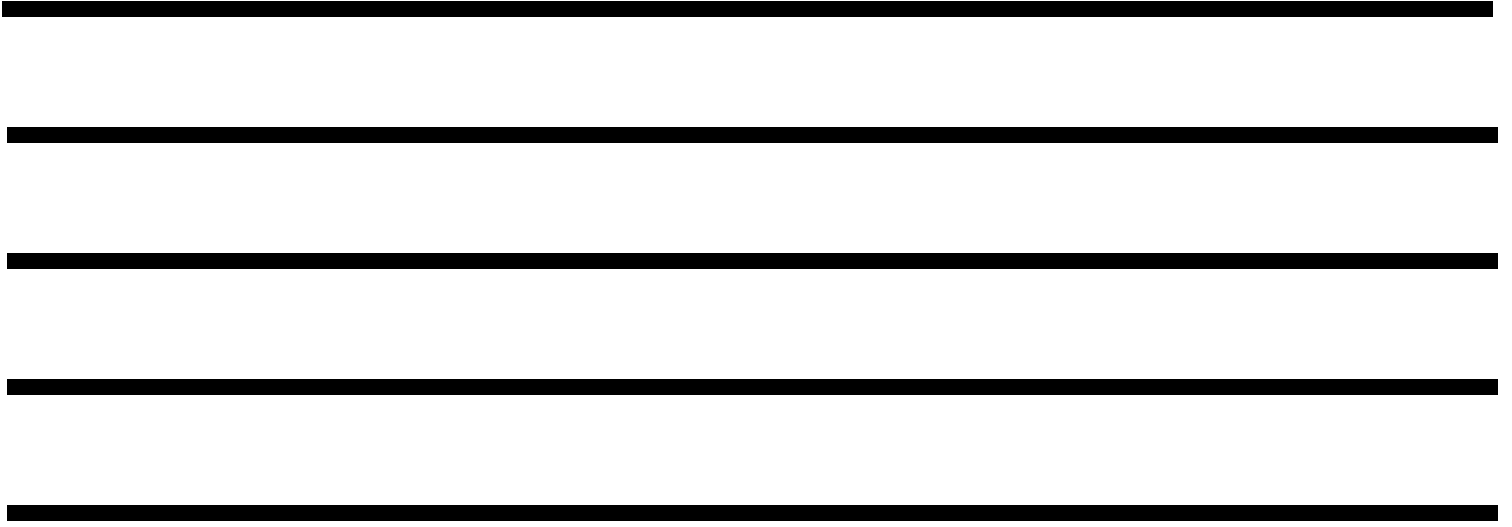
# Stitching Practice





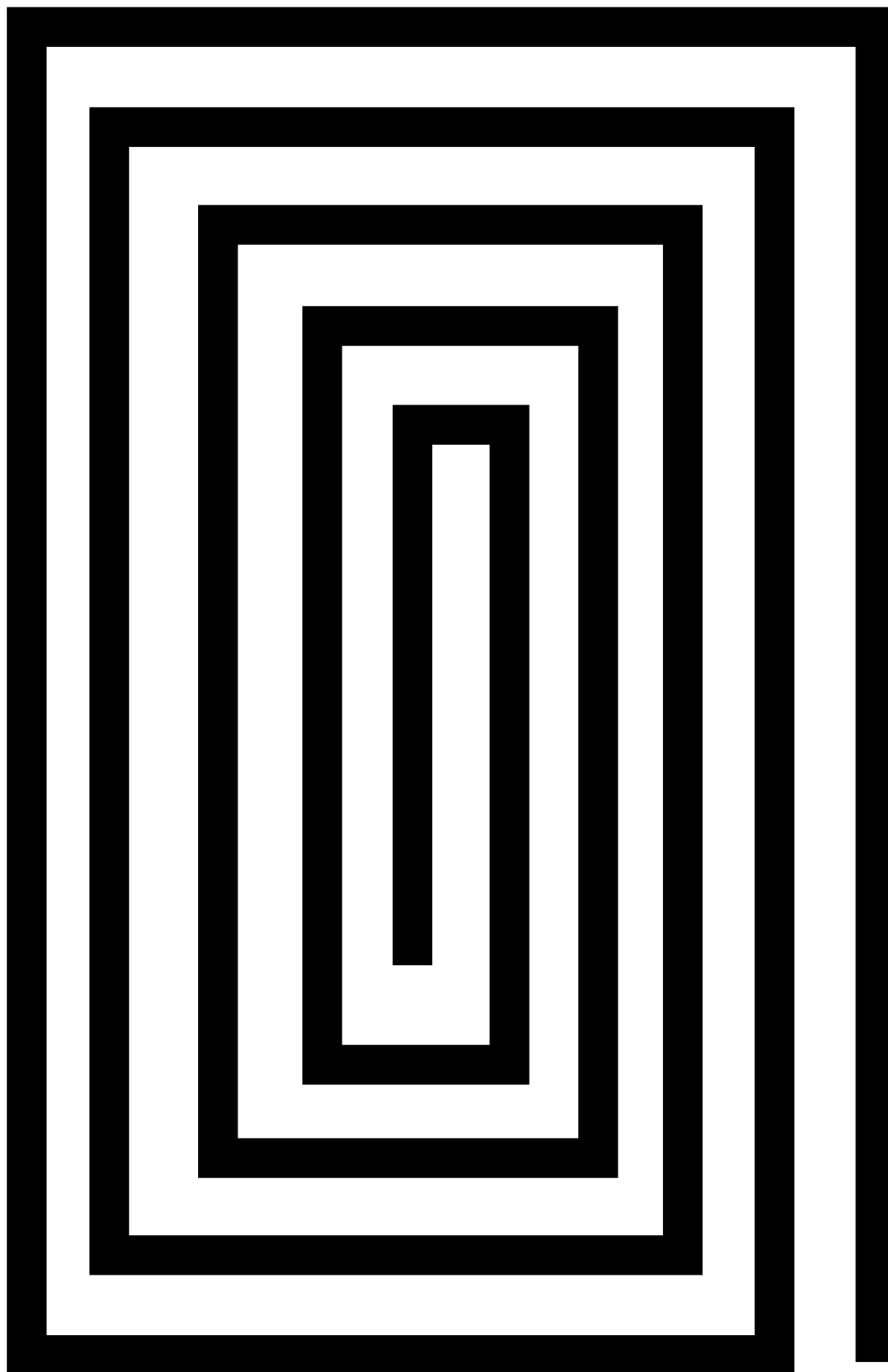
# STITCHING LINES PRACTICE

It is easiest to begin with the straight lines and work toward the curves



## STITCHING CORNERS PRACTICE

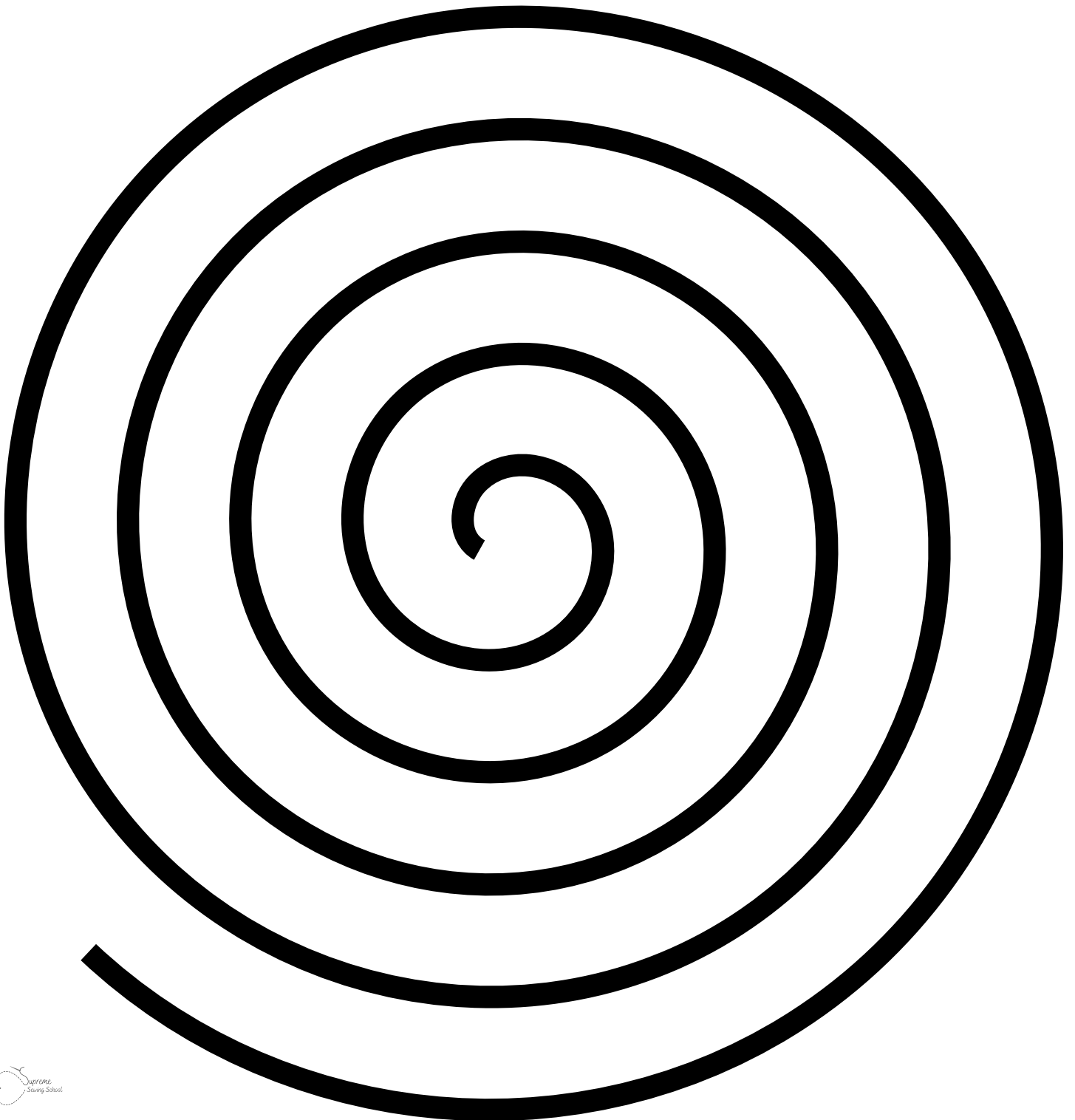
At the corners STOP. Stop as close to the corner as possible. Put needle down. Lift the presser foot. Pivot the paper. Lower the presser foot. Continue stitching.





## STITCHING CURVES PRACTICE

STITCH spiral circle using a straight stitch. It is easiest to begin with the largest circle and work your way to the smallest.





Stitch  $\frac{5}{8}$  inch from the edge



Cut



Stitch  $\frac{1}{2}$  inch from the edge



Cut



Stitch  $\frac{3}{8}$  inch from the edge



Cut



Stitch  $\frac{1}{4}$  inch from the edge



Cut



Stitch zigzag  $\frac{5}{8}$  inch from the edge





MODULE 4

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# Sewing Techniques



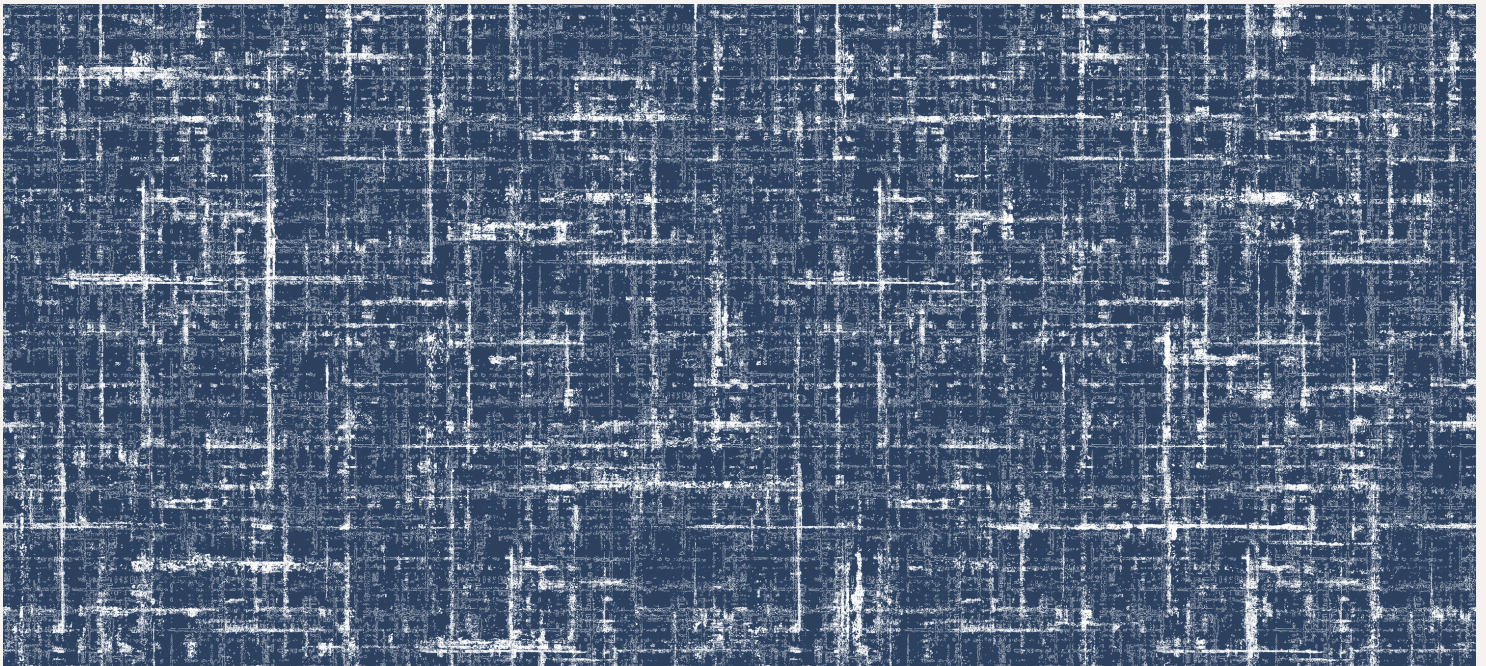




# Sewing Techniques

## Gathering Stitch

I recommend using a different color for your bobbin or a heavier weight thread  
Set your machine to the longest stitch length. This is called a basting stitch. Sew 2 lines of basting stitches inside of where your seam allowance will be. **Make sure not to back stitch.** Flip your fabric over and hold the tails for the bobbin thread. Gently push the fabric to the center. You can tie off the threads at the other side. I recommend if you have a long piece wrap the threads around a straight pin to keep them from slipping. If you need to gather from that side (sometimes stitches pop or get stuck) so you need to start from the other side you can meet everything in the middle.



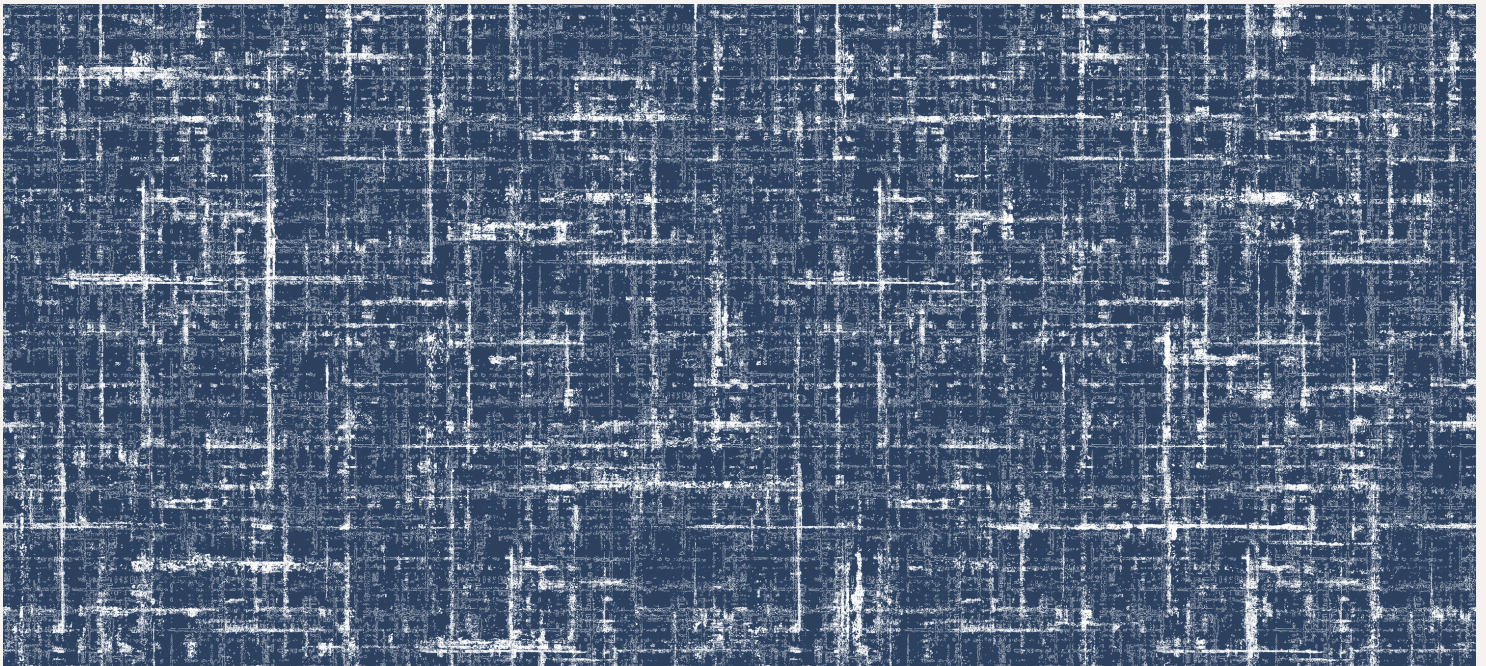




# Sewing Techniques

## Ruffler Foot

Using a ruffler foot on your sewing machine can seem daunting at first, but with a few simple steps, you'll be creating beautiful ruffles and pleats in no time! Begin by attaching the ruffler foot to your machine, making sure the fork arm is positioned around the needle clamp and the foot is securely fastened. Adjust the settings on the ruffler foot to control the depth and frequency of the pleats or gathers you want to create. You can choose settings that pleat with every stitch, every 6th stitch, or every 12th stitch. Once your settings are in place, feed your fabric through the ruffler foot, ensuring it is properly aligned. As you sew, the ruffler foot will automatically create the pleats or gathers, giving your project a professional finish. With a bit of practice, you'll be able to add ruffles to any sewing project with ease!



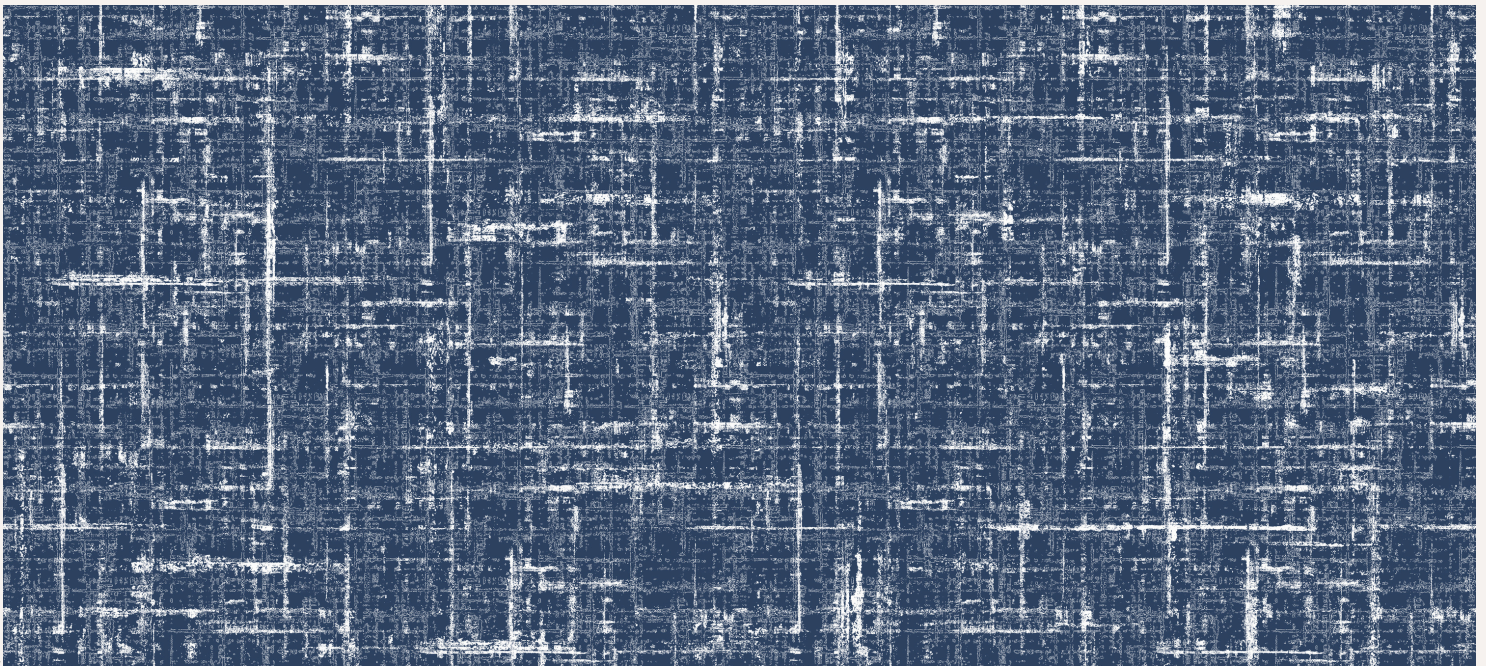


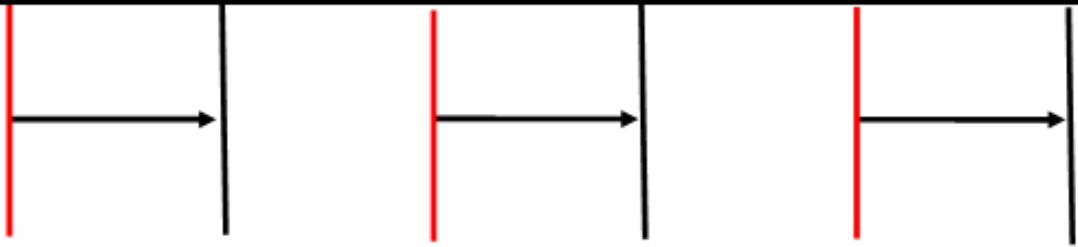


# Sewing Techniques

## Pleats

Pleats create fullness to your fabric and are a good alternative to gathering. Instead of scrunching up the fabric along the stitch line, you simply create folds. Pleats can be a lot easier than gathering. They are quick and lie really flat. However, you do have to make sure they are consistently sized and placed, and that can be the tricky part. Often times patterns will have pleat placement guides which indicate the size and position of the pleats! This is really nice and takes out the guess work of pleating. So, as we practice how to make pleats we will use placement guides. To create pleats you need two guide-marks, where the pleat starts and where it stops. you could do something similar with fabric markers or chalk, something that will wash away. You can also use pins of different colors as guide-marks. When you pleat, you fold the fabric at the starting point and bring it over to meet the stopping point mark, hiding the fabric between the two marks, and following the direction of the arrows.





# Pleating Sample 1



# Pleating Sample 2







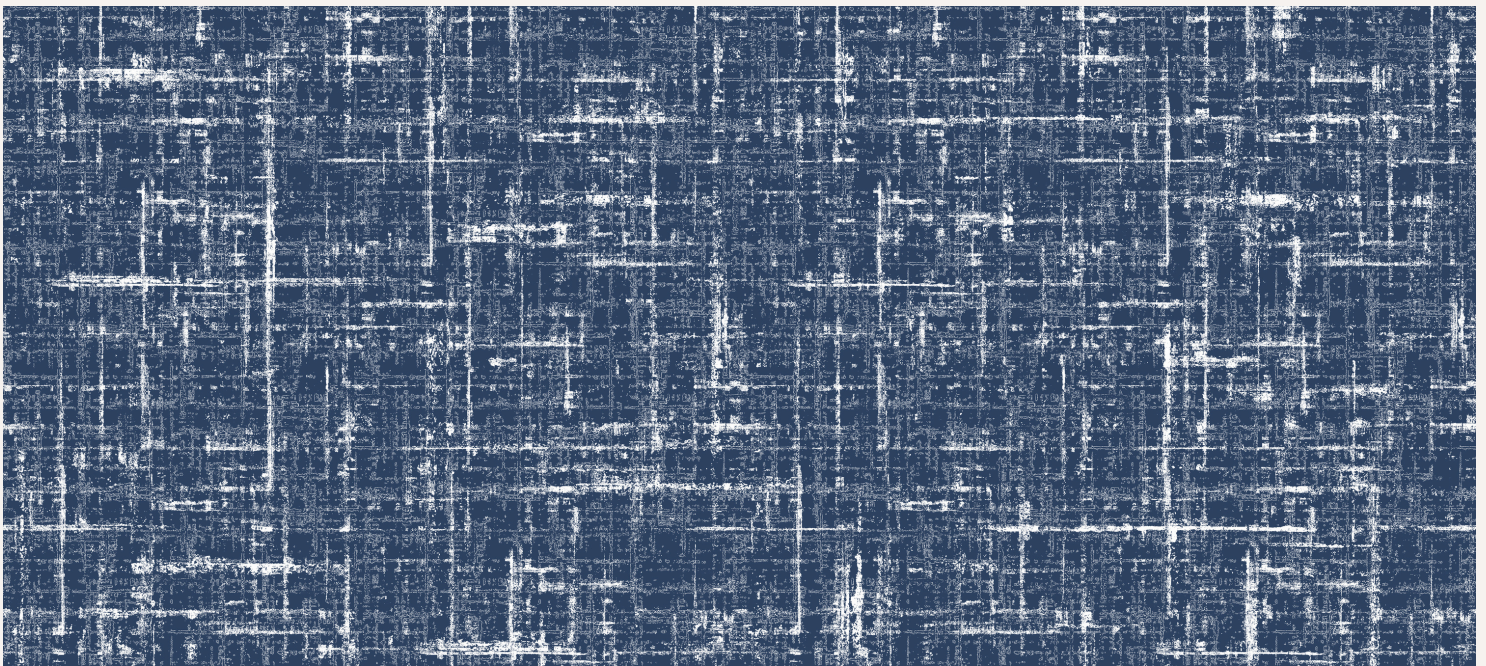
# Sewing Techniques

## Stretch Fabric

When Selecting your fabric give your fabric a gentle pull in both directions. Does the fabric have more stretch in one direction than the other? Keep this in mind when cutting your out your garment. 4-Way stretch will stretch in all directions.

**Be sure to choose the needle and thread best suited for the job. Change your sewing machine needle to a stretch needle. Stretch needles have a ball point tip this helps to part the strands of the fabric. Because stretch fabrics have flex to them this helps the needle glide through the fabric instead of punching it's way through like other needles. This avoids skipped stitches and damaging the fabric while you sew. I recommend a polyester 40 weight thread for garment construction.**

Straight stitches will pop when the fabric is stretched. The best stitches for stretch fabrics are a triple stretch stitch or a zig zag stitch. Not all machines have a triple stretch stich. You will want to use a narrow zig zag for straight stitches. You can adjust the stitch length to allow more stretch between stitches. Do not push or pull the fabric because that will distort your hem. If you find you are getting friction you can use a piece of tissue paper as a stabilizer.







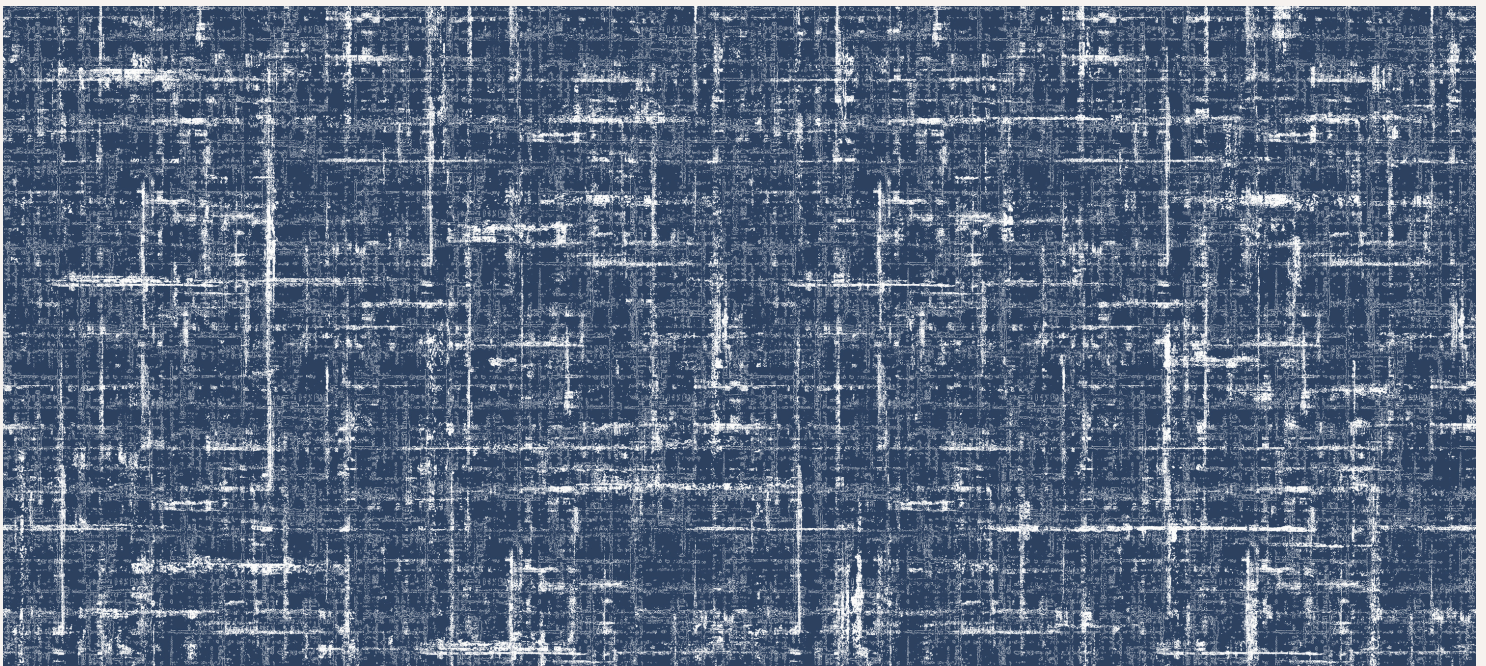
# Sewing Techniques

## Channel and Top Stitching

Select your strip of fabric. Place right sides together, and sew a 1/4" seam along the edge of the fabric. Remembering to reverse stitch to tack down the threads at the beginning and end of your seam. Once you pull this tube off your machine pin a safety pin in one end. Push the safety pin back into the tube until it comes out the other side. Ta da! Now you made a tube or a channel.

This can now be used to make a strap, scrunchies, or a channel for elastic to go through like a waistband.

Once you have it turned right side out smooth it out with a finger press then Iron flat. Once you have ironed your tube flat bring it to the sewing machine to top stitch. Top stitch using 1/8" seam allowance around all the edges.







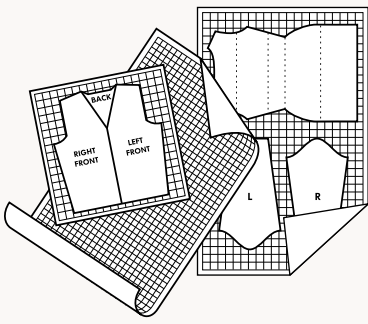
MODULE 5

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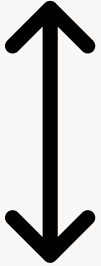
# How To Read A Pattern







# Pattern Symbols



## GRAIN LINE

Heavy solid line with arrows at both ends. Place pattern pieces parallel to the direction of the salvage.



## FOLD BRACKET

Long bracket with arrows at each end or place on fold instructions. Place pattern edge exactly on fold of fabric.

## CUTTING LINES



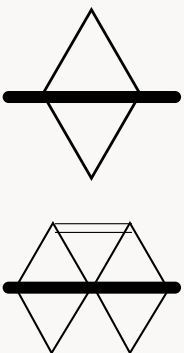
Heavy solid line along outer edged of pattern. Cut on this line. When more than one size is printed for pattern, use the cutting line that fits best

## ADJUSTMENT LINES

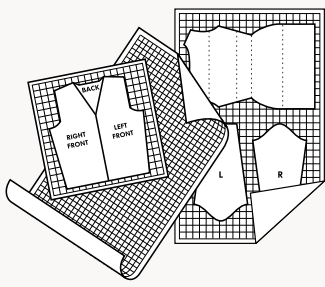


Double line indicating where pattern can be lengthened or shortened. To shorten, make a tuck in the pattern between the lines. To lengthen, cut pattern between lines and spread apart.

## NOTCHES




Diamond Shapes along cutting line, used for matching seams. Numbered in order which seams are joined. Cut out onto margin of pattern or make short snips. Match each like numbered notches accurately.




# Pattern Symbols

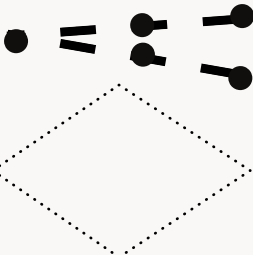
## SEAM LINE

 Long broken line inside cutting line. Multi sized patterns do not have seam lines. Unless otherwise specified, stitch 1/2" from cut edge.

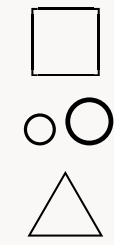
## FOLD LINE

 Solid line marking where garment is to be folded during construction. Fold along this line when sewing facings, hems, tucks, and pleats.


## DART

 Broken lines and dots forming a V shape or diamond. Usually at hipline, bust line, or elbow. Mark, fold along center line and carefully match lines and dots. Stitch to a point.

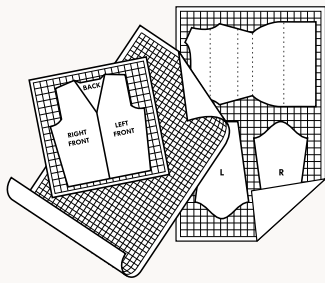
## DOTS LARGE AND SMALL, SQUARES, OR TRIANGLES

 Usually found along seam line or darts. Areas of construction where precise matching, clipping, or stitching is essential.

## EASE LINE

 Small broken line with small dot at each end, and marking area to be eased. Ease stitch longer pieces; pull up stitching to match shorter stitches.






# Pattern Symbols

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## GATHERING LINES

 2 solid or broken lines with dots on each end, marking area to be gathered. Make 2 rows of basting stitches. Gather material.




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## ZIPPER PLACEMENT

 Indicates where along the seamline the zipper should be placed. Insert zipper so pull tab and bottom stop are positioned where indicated

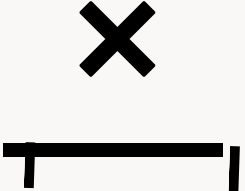
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## POCKET PLACEMENT

 Broken lines indicating placement of pockets. Mark and position detail where indicated.

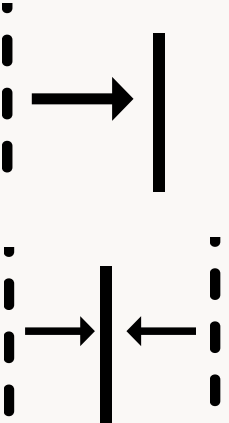
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## BUTTON AND BUTTON HOLE PLACEMENT

 Solid lines indicates lengths of button hole. X or illustration indicates button size and placement. Mark and position where indicated

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## PLEAT OR TUCK

 Solid or dotted lines with an arrow indicating the direction to meet fabric. See pleats worksheet and video for reference.



**B O U N S**

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# Sew Along





In this detailed video tutorial, we'll guide you through the process of creating your very own makeup cape, tailored to your preferences.

Whether you prefer a design with arm holes or without, we'll cover both options, ensuring you have the freedom to choose what suits you best. Our step-by-step instructions will take you through the entire crafting journey, from selecting the right fabric to mastering essential sewing techniques. Join us in this practical and informative session, where creativity meets functionality. By the end of the video, you'll have a customized makeup cape that perfectly fits your style and needs, crafted by your own hands. Happy sewing!

To begin, you'll need to gather all the necessary materials. This includes your preferred fabric, scissors, a sewing machine, ruffler foot, and any decorative elements you want to add to your cape.

Next, we'll move onto the sewing process. For those who prefer a makeup cape with arm holes, we'll show you how to cut and sew those in. For those who prefer a cape without arm holes, we'll guide you through the process of omitting that step.

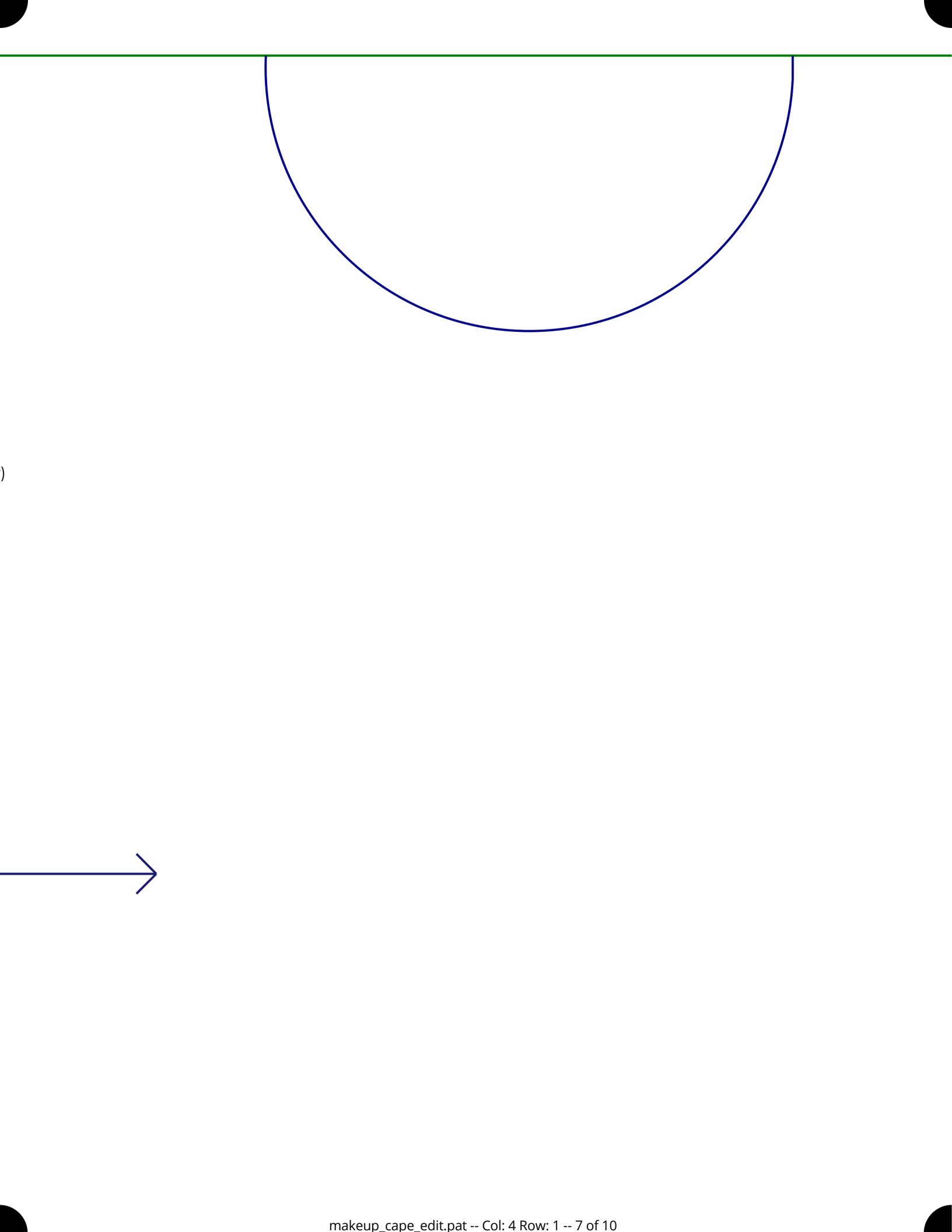
Throughout the tutorial, we'll also provide tips and tricks to ensure your makeup cape comes out looking professional and polished. This includes guidance on proper stitching techniques and ensuring the final product fits comfortably and securely.

By the end of the video, you'll have a beautiful and functional makeup cape that meets all your needs and perfectly reflects your personal style. So, let's get started and create something truly unique!

Place on fold

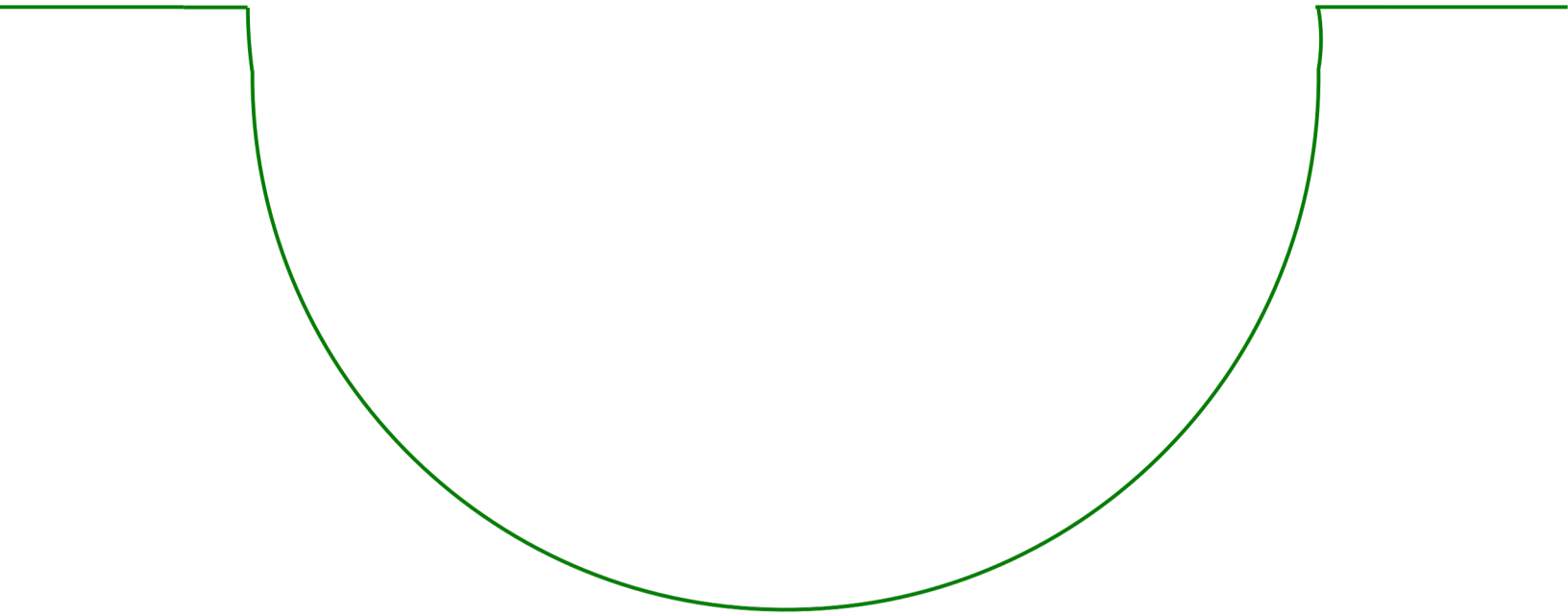






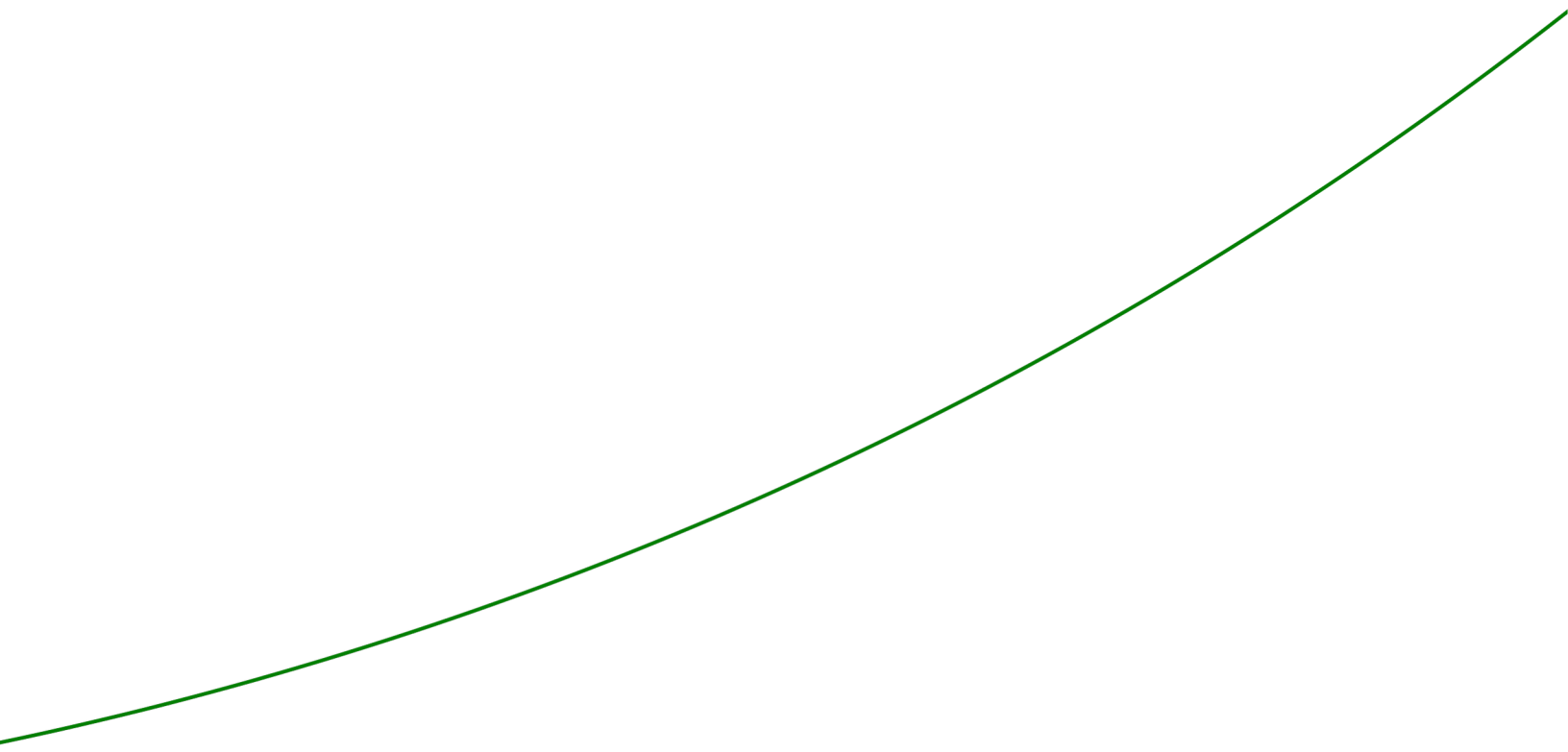




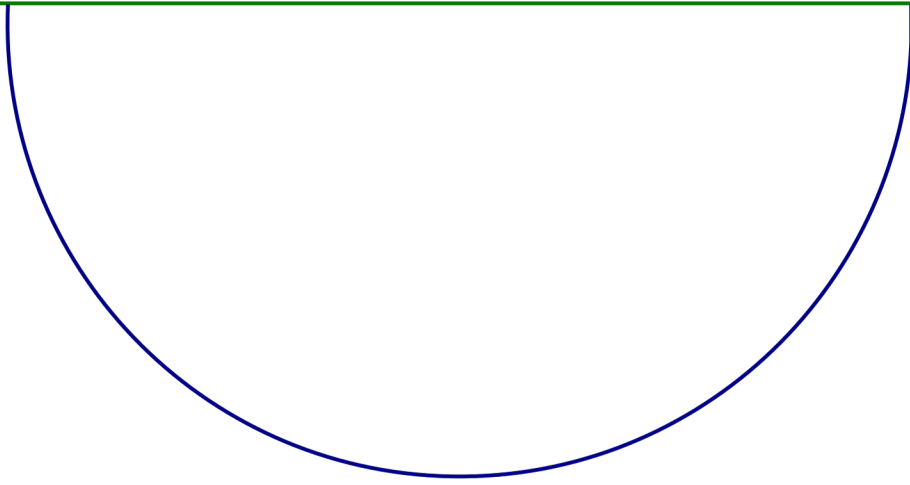


Pattern: Analisse Make-up cap  
Cut 2 (1 liner layer and 1 outer layer)  
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2023-Present





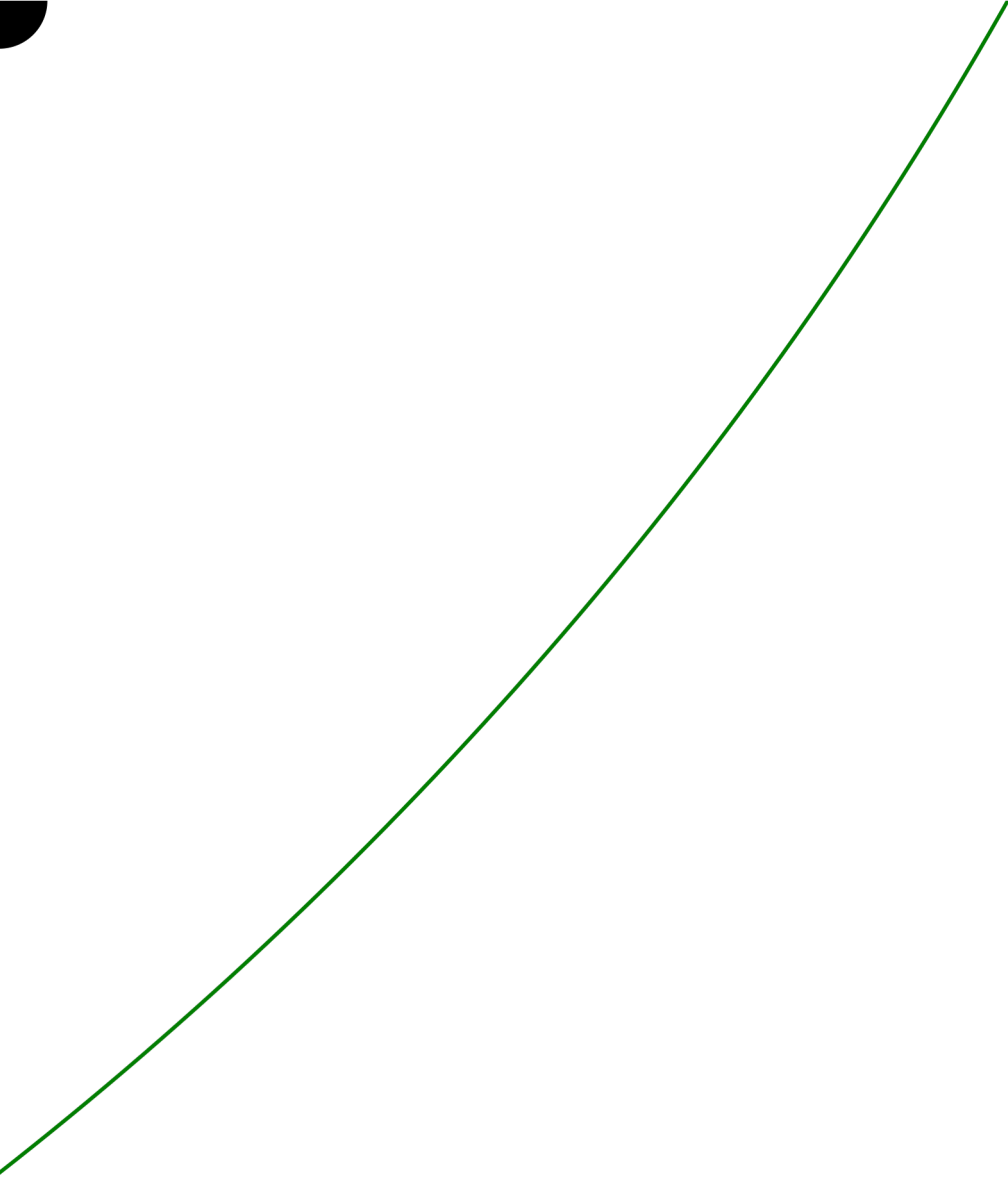






Place on fold





# Thank-you!

I'm so excited to continue working with you, please reach out to learn more.

3...2...1... Blast OFF! Did you have a blast in this course? Would you like to enroll in more classes? We have some exciting news to share with you, and I can't wait to tell you all about our plans.



## Contact:

[Christie@SupremeSewingSchool.com](mailto:Christie@SupremeSewingSchool.com)



Supreme Sewing School

