

Self-Sufficient Sewing Instruction
Presented In Simple, Step by Step,
Skill-based, Standardized,
Sequential Segments



Activity

0:1

Complete this lesson
before beginning
Unit 1

Parts
Operation
Use
Threading
Troubleshooting

LEARN TO USE THE SEWING MACHINE

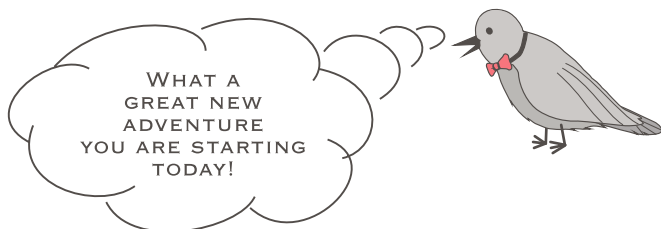


DIRECTIONS
LEARN
TO SEW

Can you tie your shoes into a neat bow?
Can you color pictures "inside the lines"?
Can you write your name in all same sized letters?
Then **You Can Learn To Sew** today!

TIPS FOR STUDENTS

- * Work slowly and correctly.
- * This book is easier if you have an adult to help you with the reading. Have them read their "tips" on page 31.
- * Follow each instruction, one at a time.
- * You should finish in about an hour and a half.
- * File your SkillCards in your Reference Organizer.
- * Spend as much time as you like during the machine practice on step #8.
- * Make 3 or 4 copies of the center sheet of practice papers instead of cutting up your book.



THREAD THE MACHINE

5^{step}
a

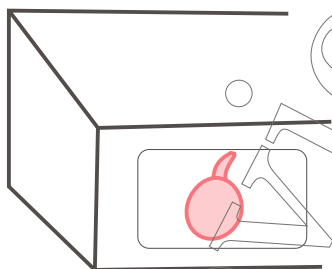
DONE ☐

Read your sewing machine manual to find out how to load your bobbin. It will also tell you how to wind the bobbin with thread.

Each brand of sewing machine has a bobbin case that looks a little different from the others. They all work the same way. A hook on the bobbin shuttle grabs the spool thread and makes a loop around the bobbin thread. This makes one stitch.

Most likely, your bobbin and bobbin case will look like one of these:

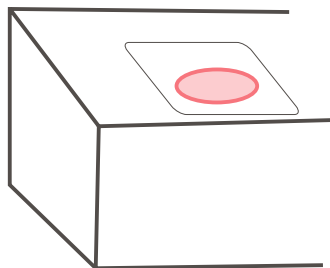
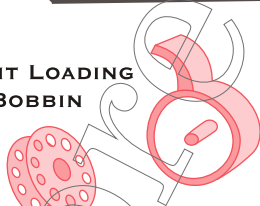
0-1:15



**TOP LOADING
BOBBIN**



**FRONT LOADING
BOBBIN**



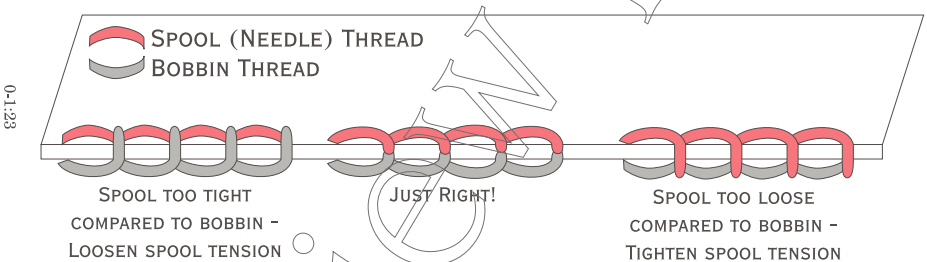
Follow the instructions in your sewing machine manual for winding and threading your bobbin. Use a different color of thread for the spool and for the bobbin.

CHECK TENSION

7^{step}

The spool thread tension disks have a tension adjustment dial. The bobbin case has a tension adjustment screw. If you skipped a step and used the same color of thread for both your spool and your bobbin, go back to Step #5 and thread your machine with different colors.

Look closely at your row of stitching. Does it look the same on both sides? You have good tension. Read over the rest of this page so you know it for later, but leave all the tension settings right where they are.



Do you see little bumps of another color on either side? Then your tension is unbalanced. Look at the side that is the color of your spool. Are the bumps of another color on this side? Turn your spool tension dial one number looser (lower). Are the bumps of this color on the bobbin side? Turn your spool tension dial one number tighter (higher). Stitch another line and check it again.

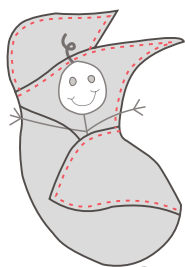
Changing the bobbin tension screw is tricky for a beginner and can usually be avoided. Find an experienced sewing machine person to help you with this if the stitches still show colored bumps after turning your spool tension dial as far as it will go.

WHAT CAN YOU DO NOW?

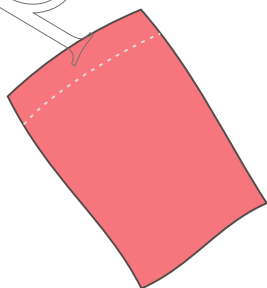
GET STARTED ON UNIT 1 SEWING PROJECTS

Complete 3 projects to finish Red Unit 1
and move up to Orange Unit 2.

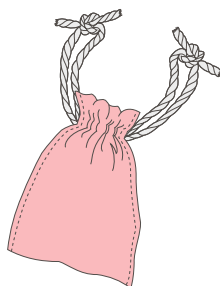
ONE project from
Unit 1
Section 1



ONE project from
Unit 1
Section 2



ONE project from
Unit 1
Section 3



You can sew as many Unit 1 Projects as you like.
The suggestions here are the
minimum requirements to advance to Unit 2

TIPS FOR PARENTS & TEACHERS

This lesson picks up where your sewing machine manual leaves off. It is an excellent beginning to excellent sewing. Students learning correct basics with this Lesson are more likely to enjoy sewing, do it well, and continue sewing regularly.

Lesson Packet 0:1 contains all the SkillCards for all the Unit One Lesson Projects. Each Unit One Project Book will tell you when to look up a SkillCard. Some are referenced for only one project, others are needed for every project. File them in your Reference Organizer so Student has ready access to them.

Always have Student do all their own work. You might like to do a "show and tell" for a particular step, but then always have the student repeat the step completely on their own.

Do all the steps, in the order presented. The order presented has already been tested and will save you much effort later on.

Allow plenty of time for the practice for Step #8. Student should be allowed to flow with the machine in a spirit of playtime rather than be expected to "create" something or to "be creative". Think of how you might feel or act during fingerpainting time.

Keep the sewing session relaxed and flowing. Like bicycle riding and water skiing, sewing must be learned in Student's own special way. Your task is to provide a learning environment.

Allow each student to work at their own pace. Avoid forcing Student to hurry hurry hurry. I have seen so-called quick learners relax quickly into slow and steady pace, and slower methodical types pick up speed later in the Lessons to shine brightly.



Learn To Use The Sewing Machine

Average Sewing Time: 1.5 hours

Materials List

THREAD

Three Spools of Good Quality
in Three Different Colors

FABRIC

A piece or two as big as this book
optional fusible web half that size
solid color, woven

TOTAL CONTROL PAPERS

At least two Practice Papers #1
At least two Practice Papers #2
(photocopy center sheet of book)

Supplies List

Sewing Machine
Sewing Machine Manual
Short Scissors

UNIT 1

First
Steps

UNIT 2

Basic
Building Blocks

UNIT 3

Stretching
Your Skills

UNIT 4

Expanding
Universe

UNIT 5

Getting It
Together

UNIT 6

Advanced
Concepts

Step by Step to Sewing Success



PRODUCT OF U.S.A.

Learn To Use The Sewing Machine #0:1

Complete this lesson
before you start
UNIT 1
to become familiar
with the
sewing machine