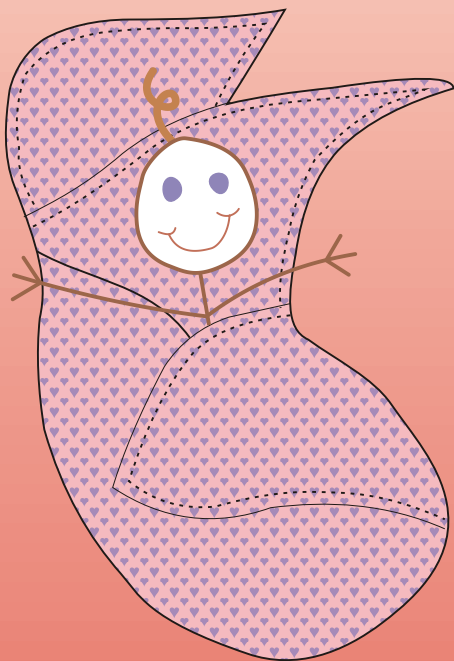


Self-Sufficient Sewing Instruction
Presented In Simple, Step by Step,
Skill-based, Standardized,
Sequential Segments



Unit Activity
1 : **1A**

Unit 1:
"FIRST STEPS"
Section 1:
"HEM IT"

PRACTICE

Straight Sewing
Measuring
Pinning
Hemming

**Baby's
Receiving
Blanket**

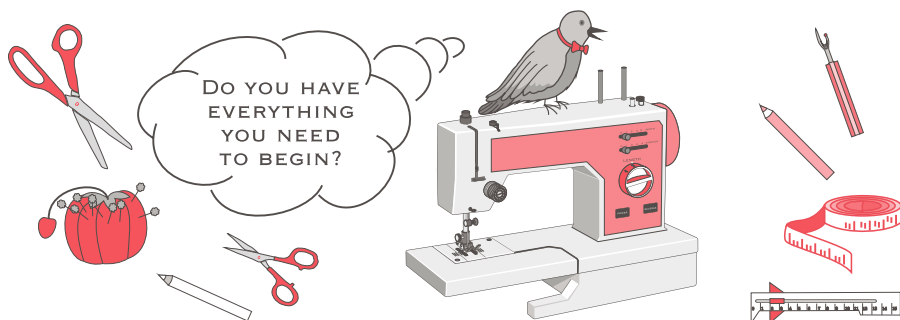


Can you thread your sewing machine
and run it by yourself?
Can you read "easy reader" books?
Then **You Can Sew This Project** today!

TIPS FOR STUDENTS

- * Work slowly and correctly.
- * Follow each instruction, one at a time.
- * Have your adult helper read their "tips" on page 19.
- * You should finish in about two hours.
- * Use your SkillCards to help you understand the details.
- * Read this whole book, then start sewing.
- * Every project you sew gets better and better.
- * Make 3 or 4 copies of the center sheet of practice papers instead of cutting up your book.

1:1A.2



means the right side of the fabric



means the wrong side of the fabric



means the work you are doing now

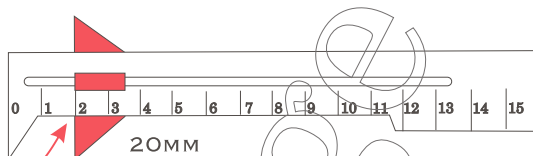


means the work that is already done,
like stitches already sewn.

step 4a ☐ DONE

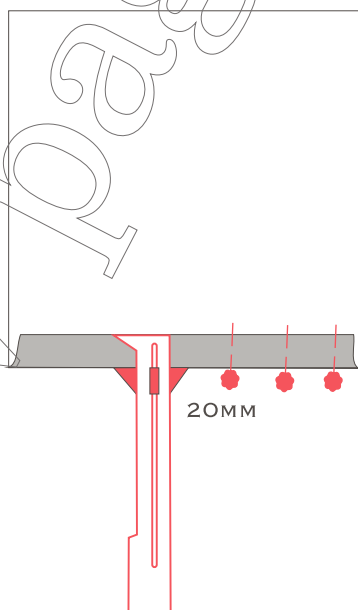
HEM THE SIDES

Set your seam gauge at 20mm.
(0:1/R7, R8)



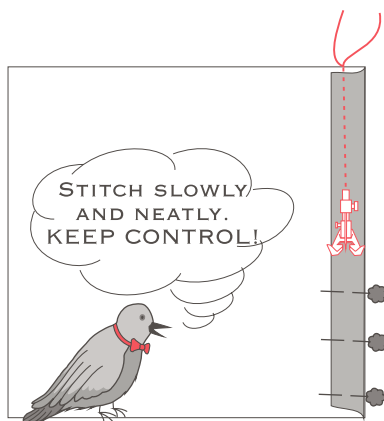
Unfold
your blanket square.

Measure and Pin
a 20mm hem
on one side
of the blanket square.
(0:1/R4, R8)



Thread your sewing
machine and set it for
straight stitch,
medium length.

Stitch down
the middle of the hem.
Take out your pins
as you sew.
(0:1/R2, R6, Y2)



WHAT CAN YOU DO NOW?

▼ EASY ▼

Fix the edges of things that have come unstitched

Make a whole stack of Baby Blankets
for your Hospital's Maternity Ward

Make a smaller Blanket for premature Babies

Use an embroidery machine to stitch
a pretty design on the corners

Use fabric paints or markers to draw initials or a name

▼ ADVANCED ▼

Sew on or iron-on a pretty patch

Make two Baby Blankets through Step #4,
then stitch them together for an extra thick blanket

Use a baby blanket cut from a cheerful holiday print
for a small tablecloth or centerpiece runner

What else can you think of to sew
that uses your new sewing skills?

TIPS FOR PARENTS & TEACHERS

This lesson references the SkillCards from Lesson Module 0:1 "Learn to Use the Sewing Machine". Since this is the first lesson, the only prerequisite is that Student can thread and operate a sewing machine.

Have Student stitch one or two Total Control Practice Papers at the beginning of each sewing session as a warmup to relax the fingers and help the mind and body get into sewing mode. You can pull out the center page and use it now, then photocopy the next-center for more practice later.

Always have Student do all their own work. If you want to work on a Baby Blanket, make your own. This is a wonderful way to provide "show and tell" help to Student.

Do all the steps, in the order presented. Taking shortcuts too soon is like teaching a child to use a calculator before they understand addition.

I-1A:19 Provide a relaxed learning environment. Allow Student to learn in their own special way.

Allow each student to work at their own pace. Like bicycle riding and water skiing, sewing must be learned in Student's own special way. Avoid forcing Student to hurry.

Have a larger DollBaby on hand for the day Student finishes the Baby Blanket. Have Student wrap up DollBaby right away. It is good to see how the finished project works and how much nicer it is than mass production.

Crooked sewing is fine for now. You will see it get better and better as Student continues to stitch each of the eight long lines required for the Baby Blanket.

Slow, accurate work gets faster with practice. Fast sloppy work never becomes accurate. "Practice Makes Permanent."



Baby's Receiving Blanket

Average Sewing Time: 2 hours

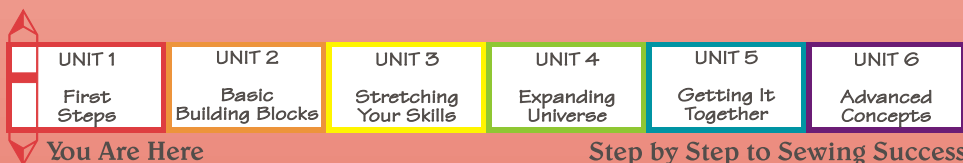
Materials List

THREAD
One Spool of Good Quality
May Match or Contrast

FABRIC
1.2 M (1 & 1/4 yd)
114 cm (45") wide
Washable Baby Flannel

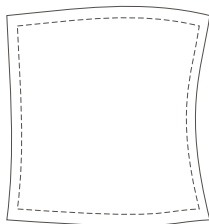
Supplies List

Sewing Machine
Seam Gauge
Pins (and Pin Cushion)
Flexible Tape Measure
Scissors
Shears
Seam Ripper (just in case)
Fabric Marking Pen, Pencil, or Chalk



Baby's Receiving Blanket #1:1A

PRODUCT OF U.S.A.



FINISHED SIZE
ABOUT 90x90CM
(36x36")