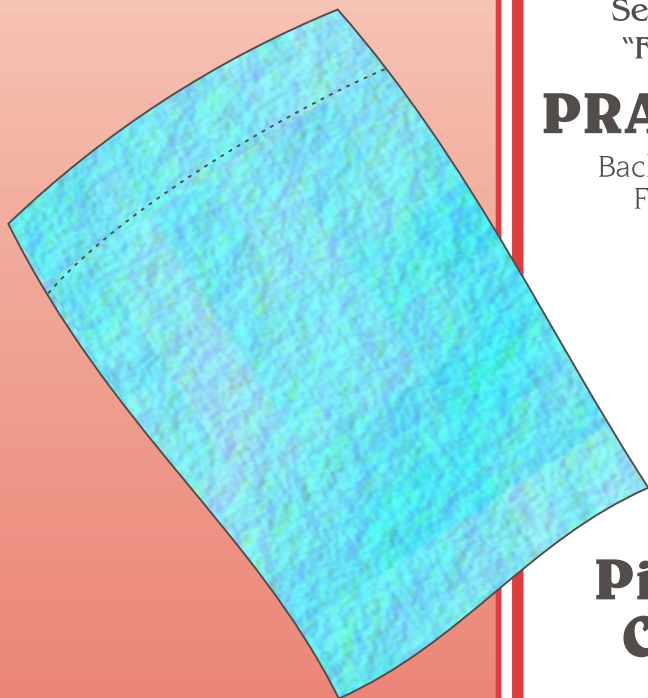


Self-Sufficient Sewing Instruction
Presented In Simple, Step by Step,
Skill-based, Standardized,
Sequential Segments



Unit

1

Activity

2A

Unit 1:
"FIRST STEPS"
Section 2:
"FLIP IT"

PRACTICE

Backstitching
Flipping

Pillow Case



DIRECTIONS

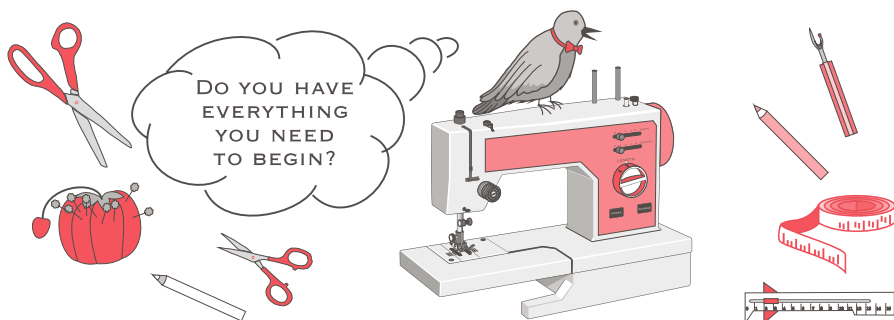
LEARN
TO SEW

Can you thread your sewing machine
and run it by yourself?
Can you measure, pin, and stitch a simple hem?
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.

1:2A.2



means the right side of the fabric



means the wrong side of the fabric



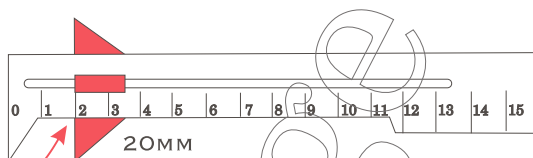
means the work you are doing now



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

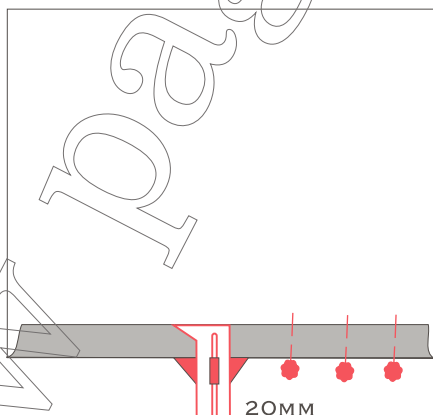
step 4a DONE

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



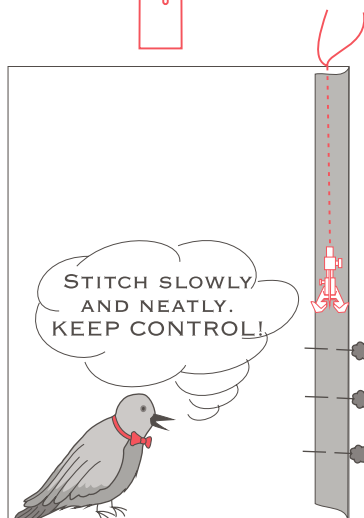
Unfold your pillowcase rectangle.

Measure and Pin
a 20mm hem
on one long side
of the rectangle.
(0:1/R4, R8)
This is the top.



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 ▼

Replace the stitching on things that have come unstitched

Make a whole stack of Pillow Cases
for community service helping bags

Make a smaller pillowcase
for a doll bed set

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

Use fabric paints or markers to draw initials or a name

▼ ADVANCED ▼

Sew on or iron-on a pretty patch

Make your pillowcase even nicer
by stitching the side before stitching the hem.
Can you figure out how to do it?

Use 150cm (60") wide fabric
to make a king-size pillowcase

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". In addition to the ability to thread and operate a sewing machine, Student should also be competent in measuring and pinning. These skills were presented in prior Lessons.

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.

Always have Student do all their own work. If you want to work on a Pillow Case, 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.

1:2A:19 Provide a relaxed learning environment. Allow Student to learn in their own special way. Be ready to answer questions instead of hovering over every stitch.

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 standard bed pillow on hand for the day Student finishes the Pillow Case. Have Student put the Pillow Case on the pillow right away. It is good to see how the finished project works and how much nicer it is than mass production.

After all the great practice in Section 1, the stitching in Section 2 should be smooth and neat. There is still room for a little error without affecting the finished project.

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

Unit 1: 2A

Pillow Case

Average Sewing Time: 2 hours

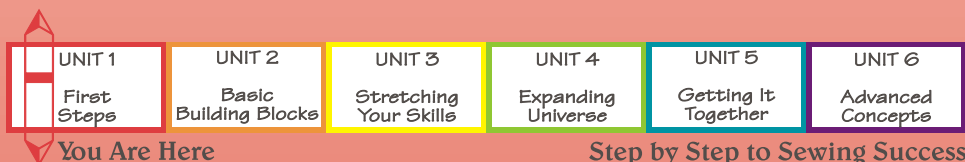
Materials List

THREAD
One Spool of Good Quality
May Match or Contrast

FABRIC
1.0 M (1 & 1/8 yd)
114 cm (45") wide
Cotton or Poly/Cotton

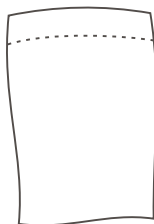
Supplies List

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



PRODUCT OF U.S.A.

Pillow Case #1:2A



FINISHED SIZE
ABOUT 50x75CM
(19.5x29.5")
(STANDARD PILLOW SIZE)