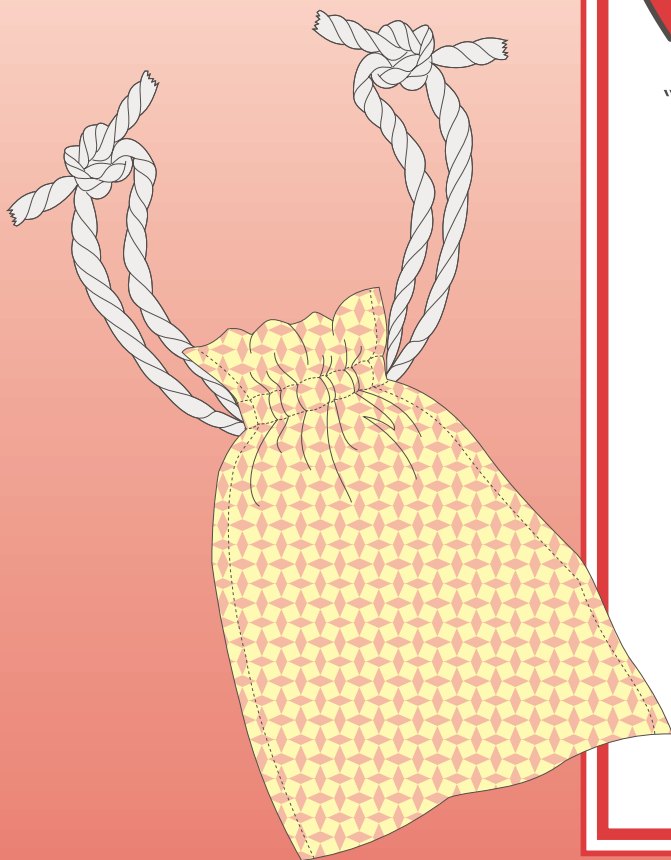


Self-Sufficient Sewing Instruction
Presented In Simple, Step by Step,
Skill-based, Standardized,
Sequential Modules



Unit

1

Activity

3A

Unit 1:
"FIRST STEPS"
Section 3:
"PULL IT"

PRACTICE

Casings
Pull Cords

Double Cord Tote



DIRECTIONS

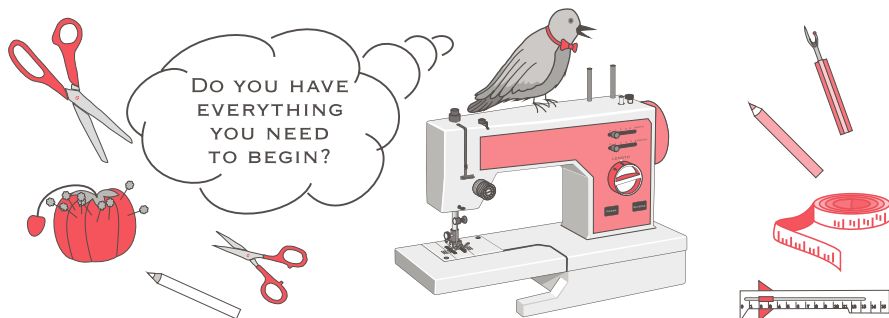
LEARN
TO SEW

Can you thread your sewing machine
and run it by yourself?
Can you sew a simple hem and a very straight line?
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.

1:3A.2



means the right side of the fabric



means the wrong side of the fabric



means the work you are doing now



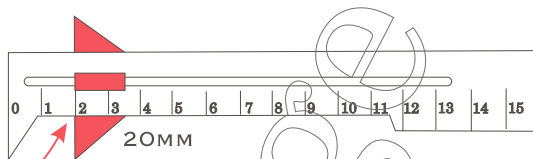
means the work that is already done,
like stitches already sewn.

step 4a HEM THE SIDES



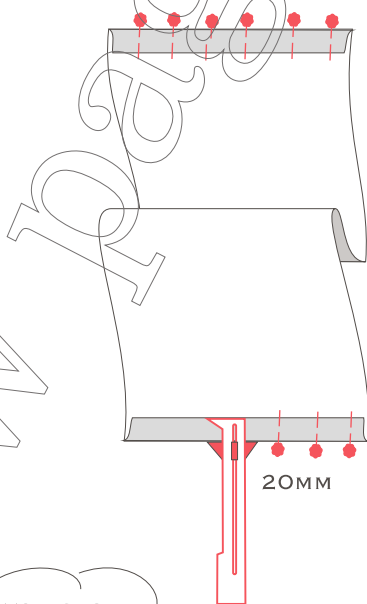
DONE

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



Unfold
your blanket square.

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

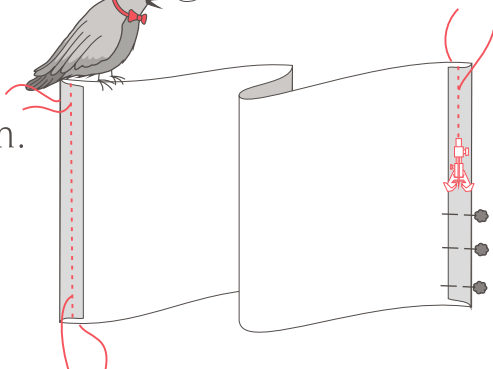


1:3A:6

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

STITCH SLOWLY
AND NEATLY.
KEEP CONTROL!

Stitch down
the middle of each hem.
Take out your pins
as you sew.
(0:1/R2, R6, Y1, Y2)



WHAT CAN YOU DO NOW?

▼ EASY ▼

Fix the edges or casings
of things that have come unstitched

Make a several totes
so you have one for books, one for toys, one for sewing

Make a tote and fill it with toiletries or school supplies
for a community service project

Use a holiday print for trick-or-treat

Use fabric paints or markers to draw initials or a name
or an interesting picture

▼ ADVANCED ▼

Sew on or iron-on a pretty patch

Make a smaller size for pencils
or a larger size for a gift bag

Add some lace or fringe inside the side stitching

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, and competency in measuring and pinning, Student should also be well along in stitching a very straight line. 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 Tote, 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.

1-3A:27

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 some books or toys on hand for the day Student finishes the Tote. Have Student put the items in the tote right away. It is good to see how the finished project works and how much nicer it is than mass production.

All Unit1-Section 3 activities require more accurate stitching than was needed for earlier projects, especially for the cord casing stitching. If you chose to skip earlier projects, be prepared to do some ripping out if stitching is too crooked for the pull cords to fit between the lines.

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

Level **1** : Activity **3A**

Double Cord Tote

Average Sewing Time: 3 hours

Materials List

THREAD
One Spool of Good Quality
May Matching or Contrast

FABRIC
0.6 M (5/8 yd)
114 cm (45") wide
Washable Woven
Print or Solid

CORD
3.0 M (3&1/4 yd)
White Cable Cord
size 250 (10mm) (3/8")

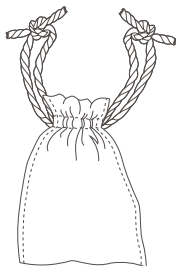
Supplies List

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

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
You Are Here			Step by Step to Sewing Success		



Double Cord Tote #1:3A



FINISHED SIZE
42x45CM
(16.5x18")

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