

NEEDLEWORK DEVELOPMENT SERIES: Price 1/6



NDS

Starting to Sew



pins



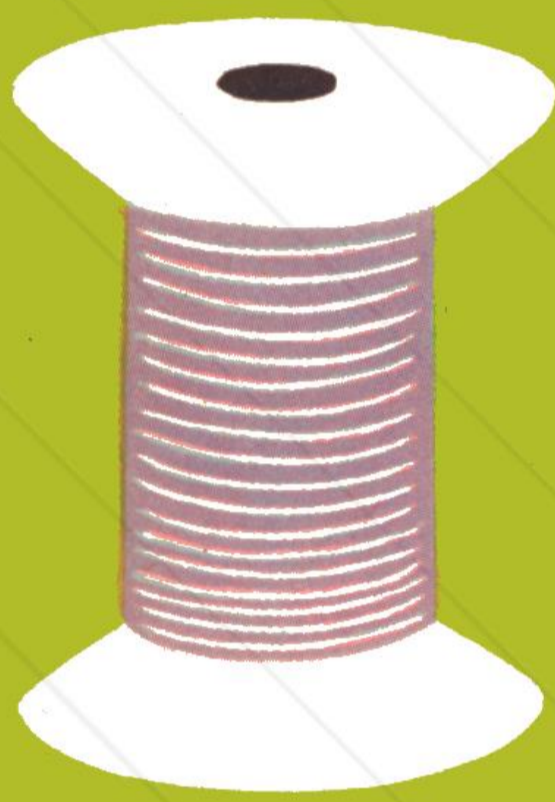
thimble



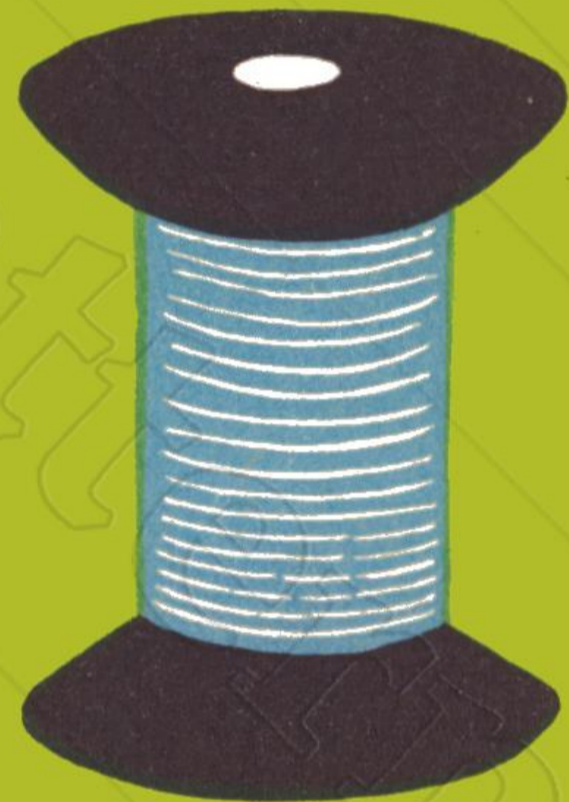
scissors for cutting paper



buttons



reels of



sewing thread



scissors for cutting fabric



needles



measuring tape



hook and eye



press stud



embroidery threads

Introduction

Isn't it fun to make your own dolls and dress them in clothes made by yourself? You will enjoy the help this book will give you to plan, cut out and sew the dresses and other garments you will want to make. Look carefully at all the pictures and read what is written about them. You will find also some ideas for making your work gay and attractive with simple embroidery stitches. Later, when you wish to learn more embroidery stitches, you will find many simple ones clearly shown in colour in our Embroidery Stitches Books. After you have learned these first simple steps in sewing, you will then be able to plan and make many useful and pretty things both for yourself and as gifts for your family and friends.



NEEDLEWORK DEVELOPMENT SCHEME



Starting to Sew

The work-box

Ann is making a dress for her doll. On the table is her work-box made from a strong shoe box, covered with patterned paper. Can you think of all the things she will need to keep in the box? She will want a needlebook, pincushion, thimble, tape measure, two pairs of scissors (one for cutting paper and the other for cutting fabric), embroidery threads and reels of sewing thread, a little box to hold fasteners, buttons, hooks and eyes and press studs and another box for brightly coloured beads and sequins.

Using a thimble

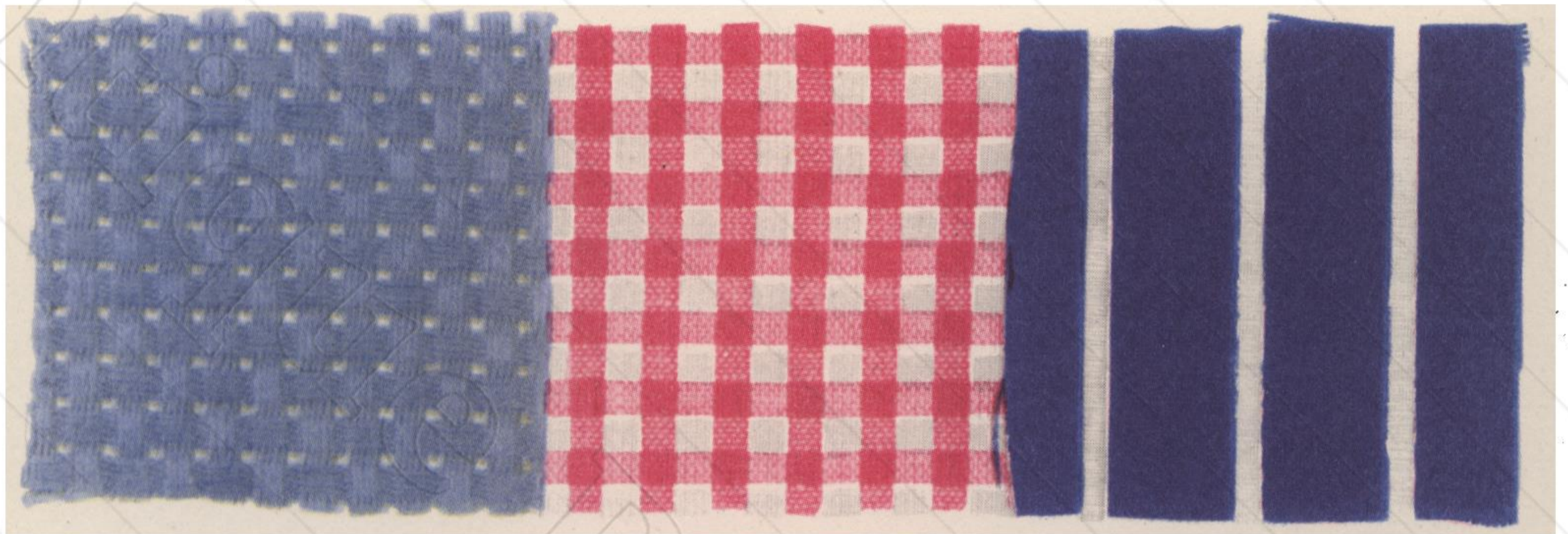
Do you see that Ann is wearing her thimble on her middle finger? A thimble seems difficult to use at first, but keep trying and before long you will find that you can sew more easily and better with its help.



The piece box

These children in Ann's class are all busy today. Some are making dolls, while others are helping to make a big picture, using fabrics, which will go right round the classroom wall. Look at all the boxes they have made for keeping neat and tidy their wools and laces, ribbons, threads and scraps of materials.

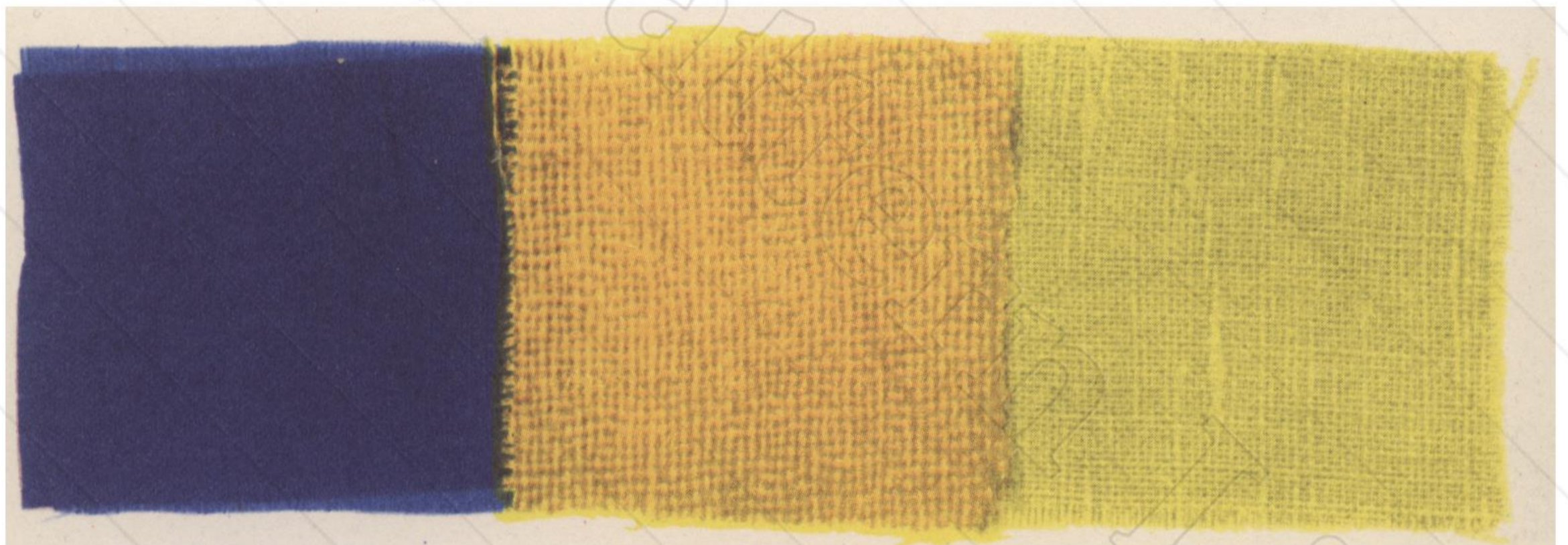
Some of the materials from the piece box



canvas

gingham

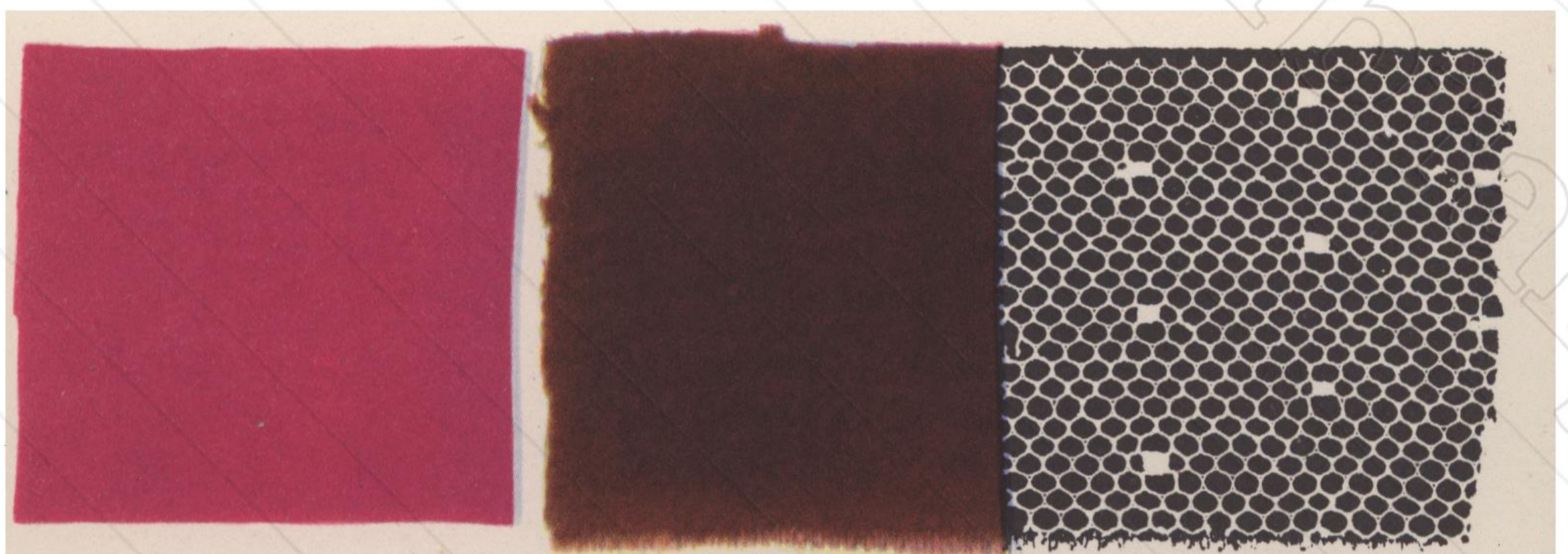
printed cotton



silk

wool

linen



felt

velvet

net

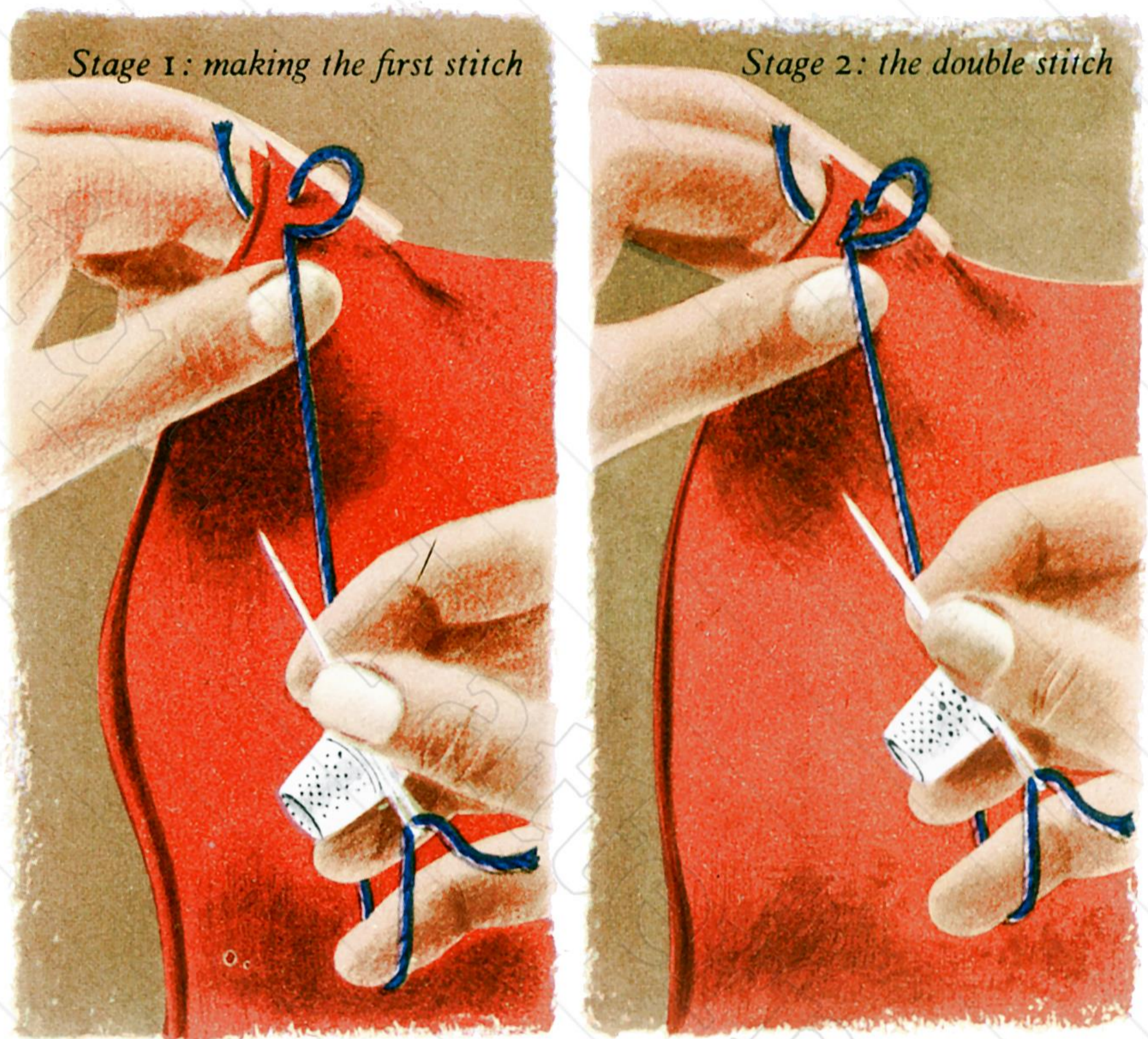
Cutting out from a pattern



What is Betty doing? She is cutting out her doll's dress. She found it helped to make a paper shape first and doing this is called making a pattern. Draw the shape on paper (newspaper will do), and cut it out, then try it against your doll to see if it fits. Make it a little bigger to allow for turnings. Remember that when sewn it will become smaller because of the joins. Make sure that the fabric is quite smooth before very carefully placing and pinning your pattern on it, as near the edge as possible, so that none is wasted.



Here is a paper pattern pinned in position. Do you see the fabric is doubled and the pattern against the fold? Cut slowly and evenly round the pattern, taking care not to cut the pattern itself. Do not have jagged edges for they are difficult to sew.



Start with a double stitch

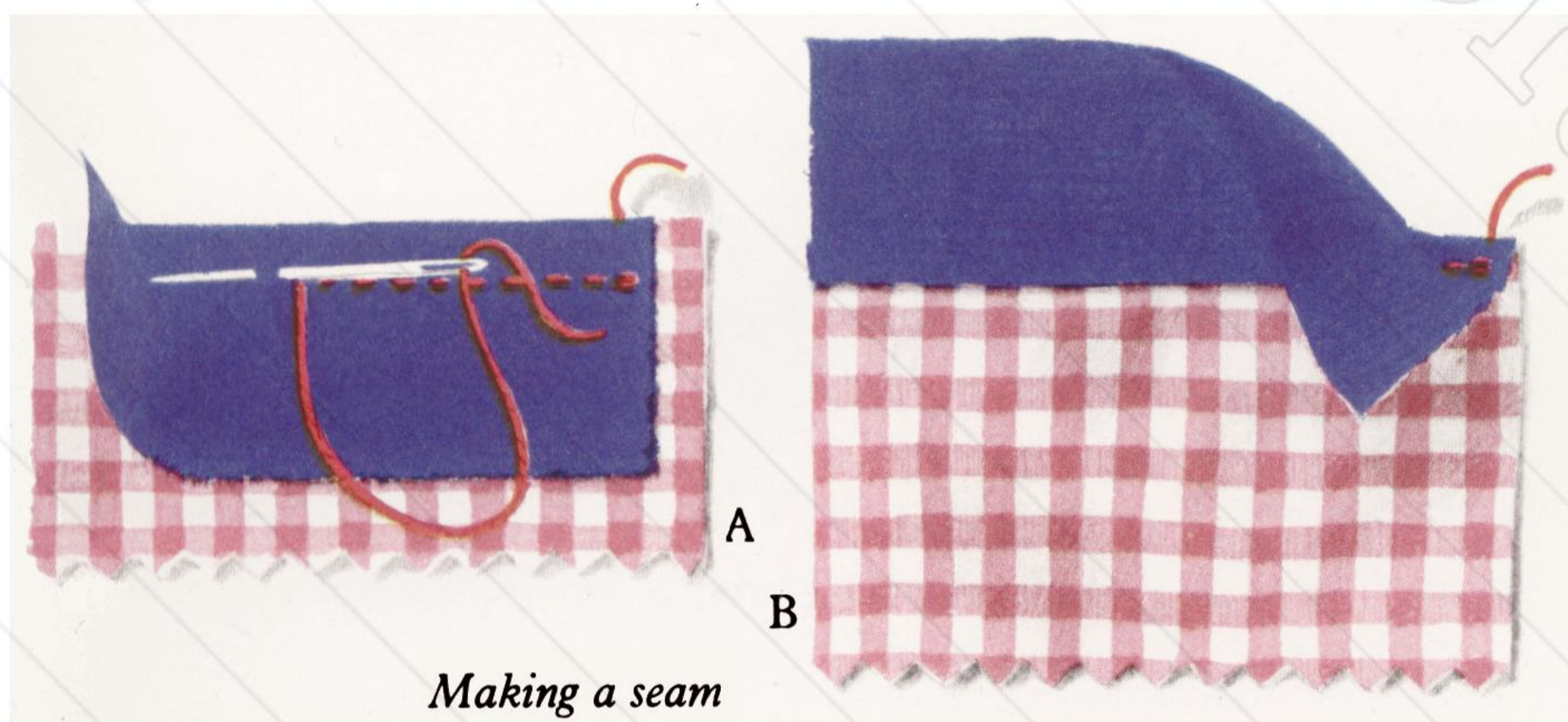
Here is a close-up of Ann's sewing. She begins by bringing her needle through to the front of the work, then she makes two little stitches, one above the other. This is called a double stitch and it fastens the thread. When she has finished, Ann fastens off in the same way. When tacking with big stitches you may start with a knot so that the tacking thread can be taken out again easily after the sewing is done.

Sewing with Running Stitches

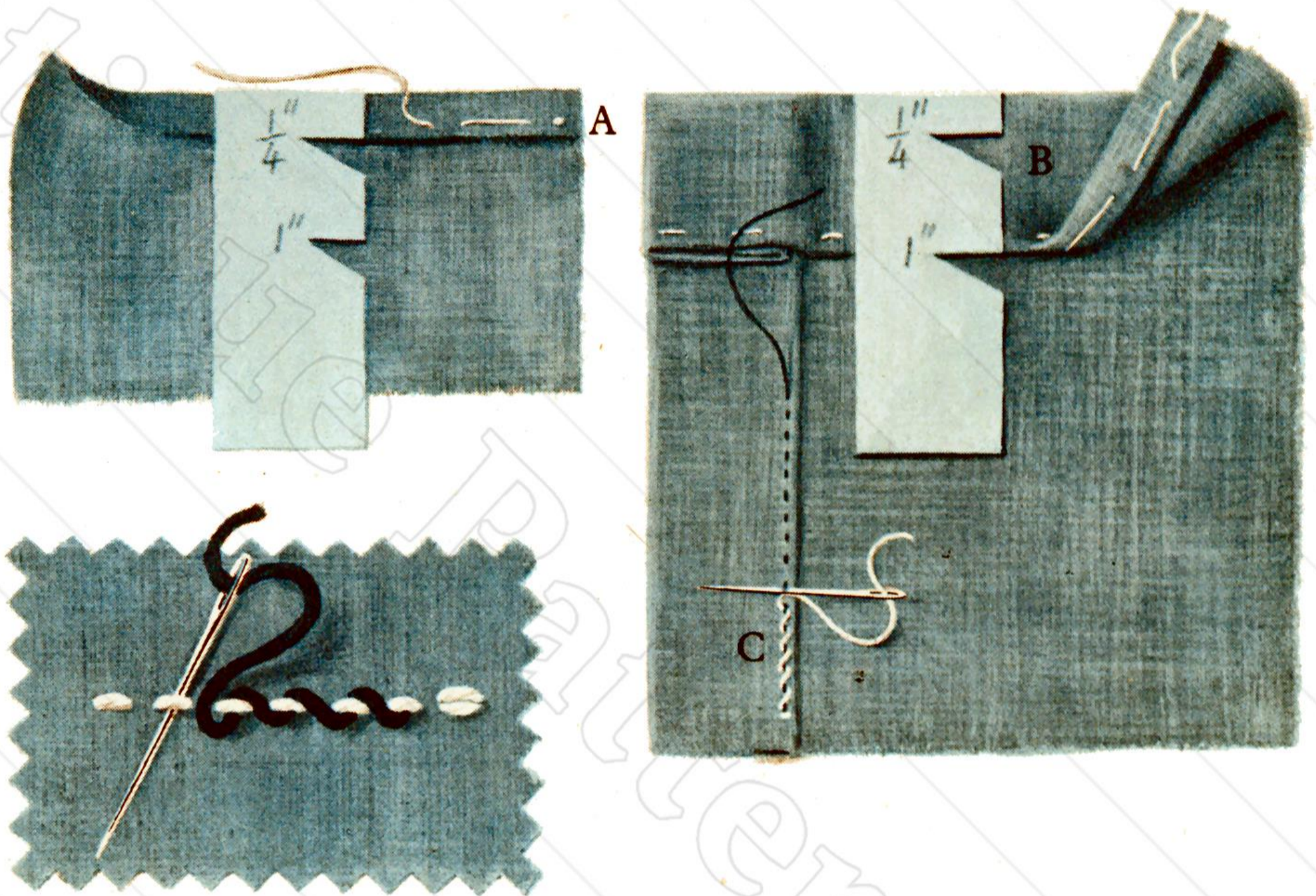
Now you are ready to sew. Choose a needle and a short length of thread and put on your thimble. To join up the sides of a dress you can use Running Stitch.



When Running Stitch is used to join two pieces of fabric this is called making a seam (A). There are other ways of making a seam about which you will learn later. If you do not want the cut edges to show, you must put the right sides of the fabric facing together, make your seams, then turn the dress to its right side (B).



Making a hem



Whipped Running Stitch

If you have cut edges at the bottom of a dress, you will need to turn these up so that they do not fray. This is called making a hem. You can make yourself a cardboard measure like the one shown above so that you can mark the hem evenly all round. Turn it up once (A), tack it, then turn it up a second time (B) and tack it again. You can now work a fancy stitch, perhaps in another colour, to keep the hem in position (C). In the picture you see Whipped Running Stitch in two colours, but there are many other stitches you can use instead. Remember to unpick your tacking stitches when you have finished.

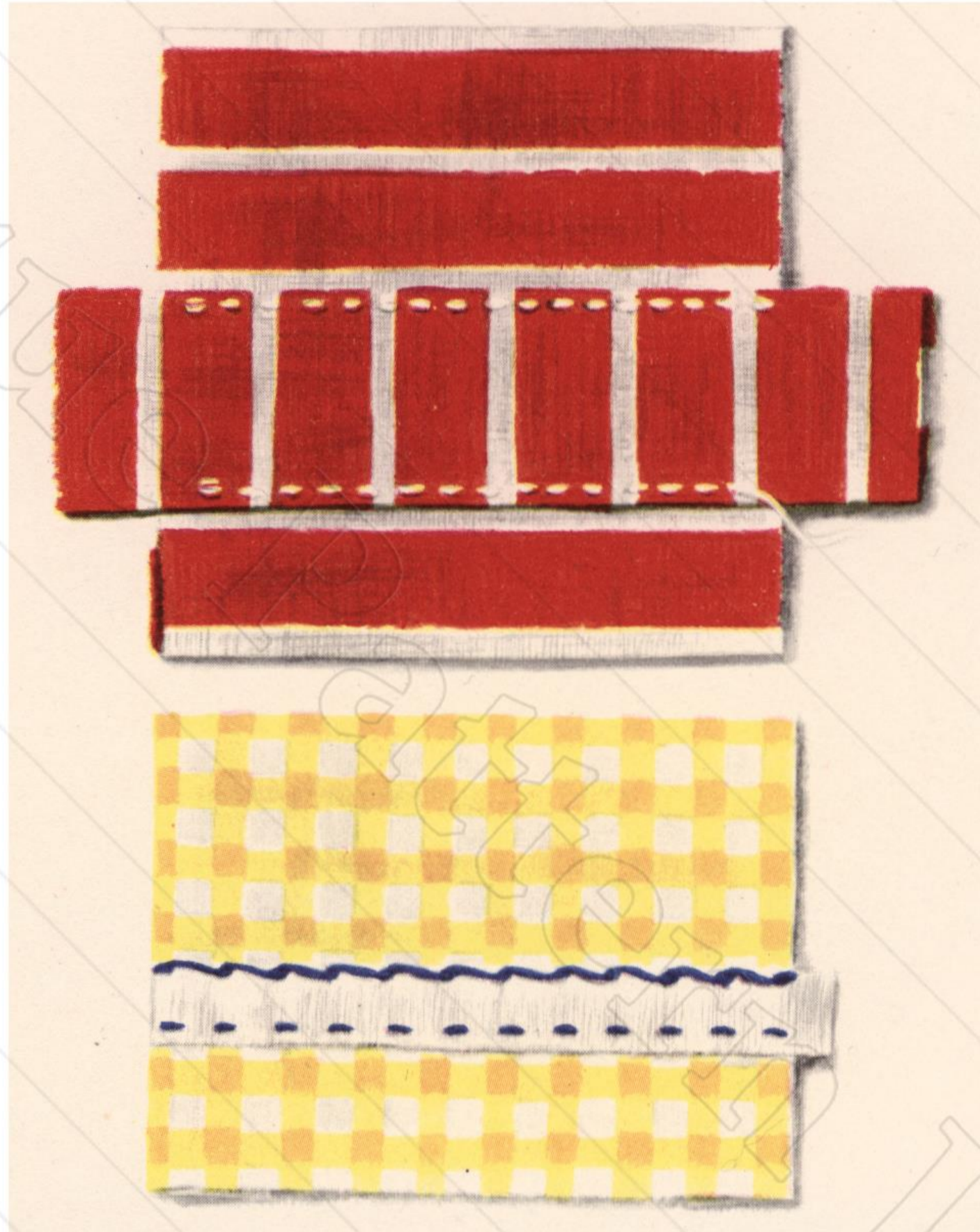
Making gathers



Threaded Running Stitch

Running Stitch can be used also for making gathers. Start with a double stitch (A) and when you have pulled the gathers up to the right size, be sure to fasten off again carefully. Do you see the stitches which have been worked to make a design on the hem of this skirt?

Making borders with stitches



Running Stitch can also be used for sewing on tape.



You can make a pattern out of paper to help you when cutting out pieces of felt to make a border. Can you name the stitches used on this one?

Apron with drawstring



Chain Stitch

This spotted apron has a hem at the top and at the bottom. A length of tape is threaded through the top hem and drawn up to fit the doll's waist. A design is made round the hem at the bottom by linking the spots together with Chain Stitch and Fly Stitch in coloured thread.

Joining with oversewing



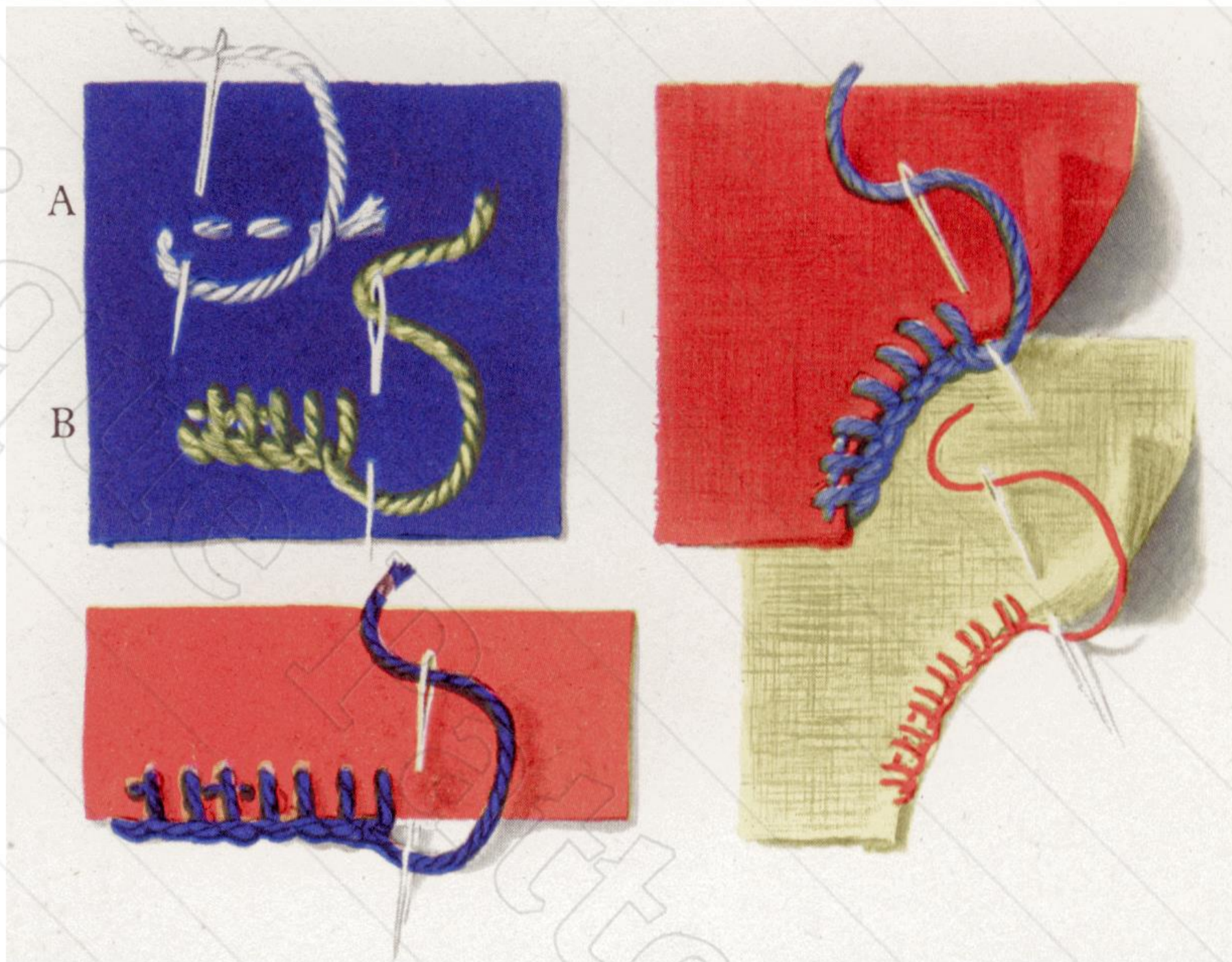
Another way of joining two edges is by oversewing them together. Here you can see how to do this. Begin, not with a double stitch, but by placing the thread along the top from left to right and working over it to hold it in position. When oversewing, work from right to left, bringing the needle from the back to the front of the fabric at the depth required for the stitch. If you hold the needle straight, a good slanting stitch is made. Finish by working back over the last three stitches so that cross stitches are formed. This is a strong way of fastening off.

Now make a gay skirt



This skirt has ribbon threaded through the top hem to draw it up at the waist and the ribbon ties at the front in a bow. Oversewing is used for the join and embroidery stitches make the skirt look gay and pretty.

How to work Blanket Stitch



Blanket Stitch is worked from left to right. To hold the end of the thread firmly, begin by making three small Running Stitches. Work the Blanket Stitch over them by putting the needle into the fabric above and a little to the right of the place where the thread has come through; then bring it out exactly underneath (A). Do you see that the needle is drawn through with the point going over the thread to form a loop (B)? Blanket Stitch is so named because it is often used to neaten the edge of blankets. You can use it to neaten the edges of many things and you can join two Blanket Stitched edges together by oversewing the loops. As well as being a useful edge stitch, Blanket Stitch can also make an attractive decoration on some other part of your work.



A class sewing book

Mary is writing about all the things she has found out today in the sewing class. Her discoveries, as well as those of the other children, will make a very useful class sewing book.



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