

**Complete the sentences.**

- 4. A zipper should be applied \_\_\_\_\_ a facing has been applied, but \_\_\_\_\_ a band has been applied to a garment.
- 5. Coil zippers are made of \_\_\_\_\_ or \_\_\_\_\_. One advantage of them is the ease with which a stuck piece of thread or fabric may be \_\_\_\_\_.
- 6. It is best to insert a zipper when the garment sections are \_\_\_\_\_.

**Do this activity.**

- 7. Apply a zipper to the dress you have begun by either the centered or lapped method. If you do not have a zipper the correct length, shorten a longer one as described in this lesson. Fold the tabs of the zipper under since the neckline is finished already.

## Lesson 5

## Pockets; Seam Finishes

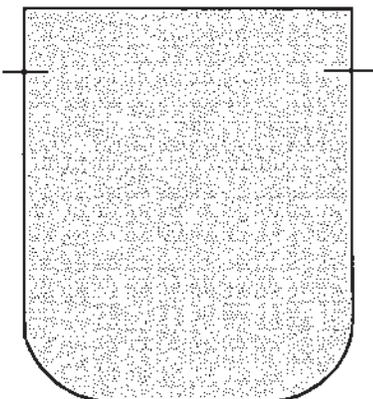
### POCKETS

#### Patch Pockets

There are many ways to make patch pockets. This section will explain the basics about well-made patch pockets. The first thing to consider is your fabric. If it is a plaid, stripe, or print, you must decide if you will match it to the fabric pattern of the garment. This will determine where you will place the pocket pattern on the fabric to cut it out. A

striped or plaid may be cut on the opposite grain or on the bias for contrast.

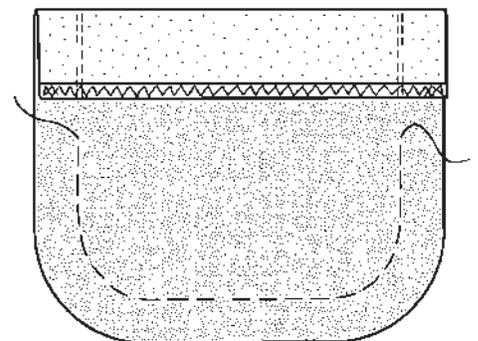
1. Cut the pocket by the pattern and mark the hemline at each side.



2. Turn the top edge of the pocket under  $\frac{3}{8}$ " (1 cm), press it in place, and sew with a zigzag stitch. Use hem tape instead if the pocket will stretch or if you don't have a zigzag machine.

3. Fold the pocket at the marks for the top hemline with right sides together and stitch.

4. If the pocket has rounded corners at the bottom, sew an ease basting seam  $\frac{3}{8}$ " (1 cm) from the edge around each curve.

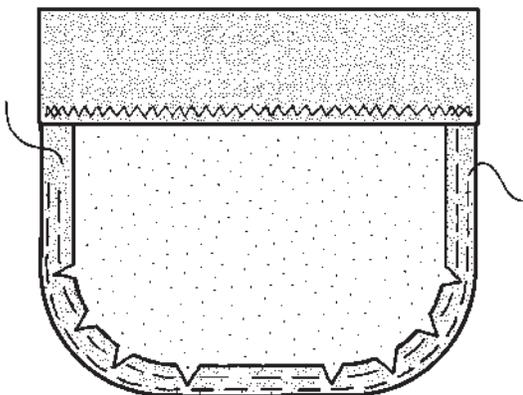


5. Stitch around the pocket  $\frac{1}{2}$ " (1.3 cm) from the edge if the pocket has rounded corners. If the pocket has square corners, sew only down each side but not across the bottom.

6. Turn the top pocket hem to the wrong side of the pocket. In a pocket with rounded corners

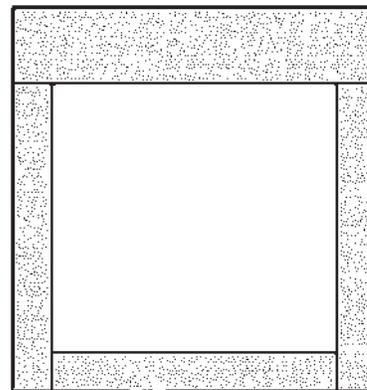
this will pull all the raw edges to the back of the pocket. Pull the ease-basting seams to make the

rounded corners smooth and even. Notch the corners to eliminate some fabric if the corners look bulky. Press the seam allowances in place.



7. In a pocket with square corners, press the bottom seam allowance to the wrong side first. Then turn the top hem and side seam allowances to the back. Slip-stitch the bottom corners of the side seams to the

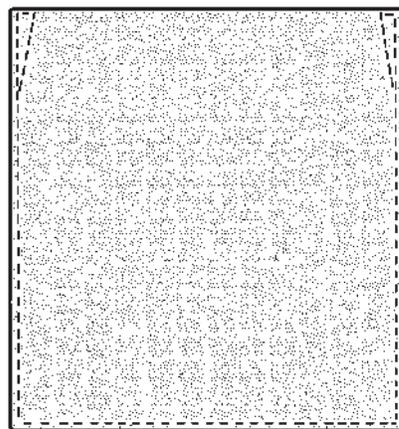
bottom seam allowance. Press all seam allowances in place.



8. Pin the pocket to the garment. If you are matching stripes, plaids, or print, you may wish to hand-baste the pocket to the garment to keep it exactly where you want it when you sew.

9. Begin at one side of the pocket top and sew around the pocket

$\frac{1}{4}$ " -  $\frac{3}{8}$ " (0.6 - 1 cm) from the edge. You may wish to reinforce the corners by stitching a small triangle in the corner as shown in the illustration.

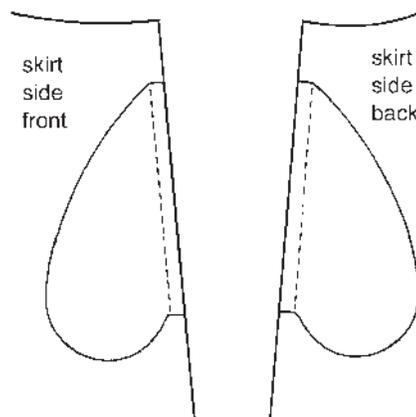


### Do this activity.

1. Use the patch pocket pattern at the back of this LightUnit to cut out a pocket. Work through Steps 1-7 to make the pocket. Wait to attach it (Steps 8, 9) until after you make the buttonhole in the next lesson.

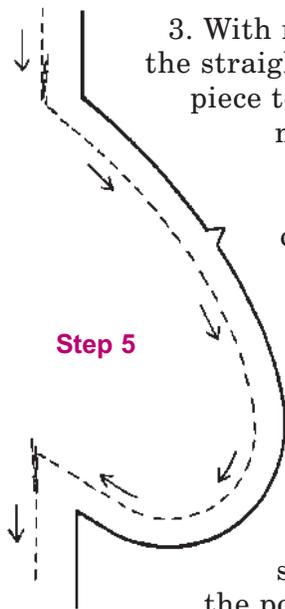
### Invisible Pockets

These pockets are also called inseam pockets because they are stitched in the side seams of the skirt of a garment. A garment may have such a pocket on both sides or on only one side. Each pocket requires two pieces exactly alike. The pocket pieces are stitched to the skirt sides before they are stitched together.



## Lesson 5

1. Cut out the pocket pieces.
2. Mark the pocket opening carefully on the wrong side of each skirt section.



3. With right sides together, pin the straight side of each pocket piece to the skirt side at the marked opening. Stitch along the straight side with a  $\frac{3}{8}$ " (1 cm) seam. Fold the pocket out and press the seam allowance toward the pocket. Understitch the pocket and seam allowance.

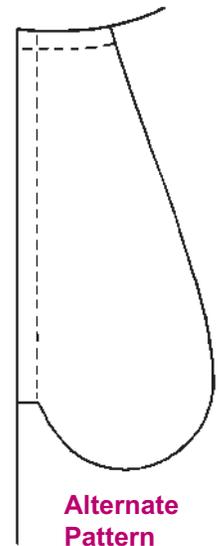
4. With right sides together, pin the skirt sides together. Pin the pocket pieces together.

5. Beginning at the top of the skirt, stitch the side seam to the top of the pocket opening. Backstitch at that point for reinforcement. Sew around the pocket to the bottom of the pocket opening. Backstitch for reinforcement, then continue sewing the length of the skirt side seam.

6. Press the pocket toward the front of the garment. If you wish the seams to lie flat, clip the seam allowance to the seamline and press it open.

### Alternate Pocket Pattern

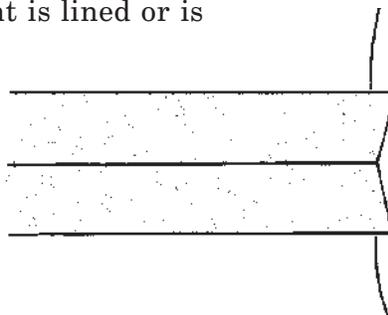
Sewing the pocket into the waist makes it sturdier. It also lies flatter and stays more firmly in place.



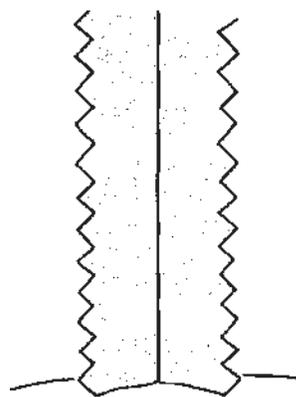
## SEAM FINISHES

The most important reason for finishing the raw edges of a seam is to keep the fabric from fraying. Seam finishes can also improve the appearance and comfort of a garment.

*Cut edge or raw edge* means that nothing is done to the raw edges. They are simply left as they are cut. This can only be done when the garment is lined or is made of a knit that does not fray. It is also appropriate for nonwoven fabrics like felt, vinyl, leather, and suede.



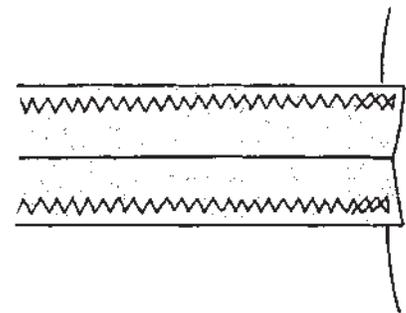
*Pinked or stitched and pinked* is quick and easy. It can be used on fabrics that do not ravel easily. Pinking shears shouldn't be used to cut out the garment pieces. Cut them out with regular shears. After the garment is sewn, stitch the



seam allowance  $\frac{1}{4}$ " from the edge; then pink the edges.

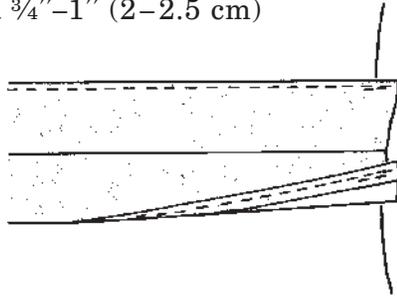
*Zigzagged stitches* can be used on almost any woven fabric and are especially suitable for washable garments. Stitches are placed

near but not over the edge. If lightweight fabric tends to roll, it may be helpful to lengthen and/or widen the stitches. If the fabric is fairly lightweight, the seam allowances can be zigzagged together and pressed to one side.



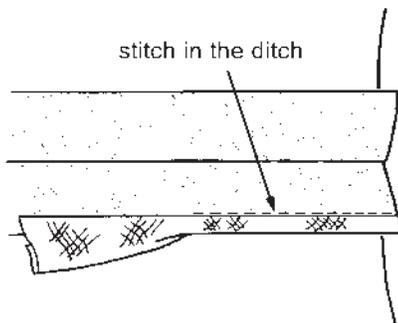
Your machine may have several variations of the zig-zagged stitch for finishing seams. Check the machine manual to learn what is available on your machine. Practice several zigzag finishes on fabric scraps.

*Clean finished* is a good finish for lightweight fabrics. It washes well and provides a neat finish for unlined jackets. You must allow a  $\frac{3}{4}$ "–1" (2–2.5 cm) seam allowance. Turn under  $\frac{1}{4}$ " (0.6 cm) and edge-stitch from the right side of the fabric. Stitch only in the seam allowance.



*Bound finish* is a neat finish for unlined garments of heavier weights where a clean finish would be too bulky.

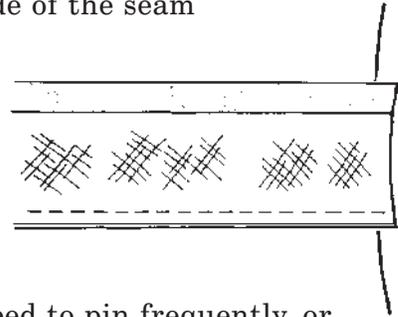
Enclose the cut edge of the seam allowance with the tape. Set the machine for a straight or zigzag



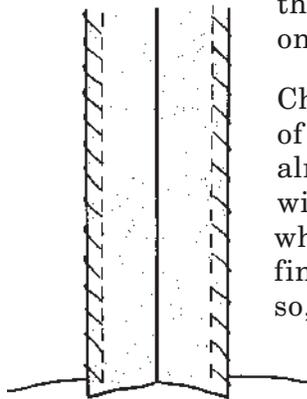
or zigzag stitch. Stitch the tape to the seam allowance. Use the inside of the presser foot as a gauge to stitch closely to the edge of the tape.

If you use a lining, stitch the strip to the right side of the seam allowance. Trim to  $\frac{1}{8}$ "

(0.3 cm). Press the strip up and over the cut edge to the wrong side. Press the raw edge of the lining  $\frac{1}{4}$ " (0.6 cm) to the inside. Stitch to the wrong side of the seam allowance by stitching in the ditch on the right side. To keep the fabric from wrinkling as you sew, you may need to pin frequently, or glue it in place before sewing.



*Overcasting by hand* can also be done to produce a flat finish without stiffness. Before machines had zigzag stitching, this time-consuming method was used frequently. Machine stitch  $\frac{1}{8}$ " (0.3 cm) from the edge. Work from left to right and space hand stitches  $\frac{1}{8}$ "– $\frac{1}{4}$ " (0.3 – 0.6 cm) apart, using the machine stitching as a gauge for stitch depth. Use your left thumb to hold each stitch on the diagonal.



Check the raw seam edges of the garment you have almost completed. Discuss with your teacher whether they should be finished in some way. If so, decide together how it should be done.

Since the ends of some seams are sewn into other seams, you may not be able to finish all seams completely to the end.

### Do this activity.

1. Finish the sleeves of the dress according to one of the methods described in this LightUnit. Turn up the bottom edge of the dress skirt  $\frac{1}{2}$ " (1.3 cm) by pressing it to the wrong side. Zigzag completely around the hem. Fold a 2" (5 cm) hem to the wrong side; press and pin in place. Stitch the hem in place by hand or by using the hemming stitch on your machine (check the manual for directions).

## Lessons 5, 6

### Complete these sentences.

- When a seamstress applies a patch pocket to a printed/striped/plaid fabric, she must take care to \_\_\_\_\_.
- Invisible pockets are applied in the \_\_\_\_\_ of a skirt.
- Invisible pockets should be pressed toward the \_\_\_\_\_ of a garment.

### Match.

- |  |   |
|--|---|
| 5. ____ cut edge or raw edge               | a. enclose the cut edge of the seam allowance with tape |
| 6. ____ pinked or pinked and stitched edge | b. use pinking shears and zigzag stitch                 |
| 7. ____ clean finish edge                  | c. nothing done to the edges                            |
| 8. ____ bound finish edge                  | d. machine stitch a guideline; hand-sew edge            |
| 9. ____ overcast by hand                   | e. turn under seam allowance and stitch                 |

## Lesson 6

## Buttonholes and Buttons

### BUTTONHOLES AND BUTTONS

Buttons are a practical way to open and close garments. It should also be noted that they can “make or break” a garment. Crooked buttonholes that are clipped too close to the thread will make an otherwise well-made garment look shoddy and fuzzy. Correctly made buttonholes are so well done that no one notices them.

Most sewing machines are designed to make buttonholes either with or without attachments. Study your machine’s manual and practice making buttonholes on fabric scraps. When you are ready to make buttonholes on any garment, always make a practice buttonhole or two on a garment fabric scrap and test to see if the button slides through it. Many machine manuals also con-

tain instructions for sewing buttons on garments by machine. You may want to learn how to do this by practicing on fabric scraps. For most garments, it is best to attach buttons by hand.

Buttonholes are located on the left front in men’s garments, and on the right front or the back left in women’s garments. In any garment they should be exactly the same in width and length; they should be spaced evenly, and located the same distance from the edge of the garment.

Buttonhole size is determined by the diameter and thickness of the button. Use a narrow strip of paper or fabric to measure around the thickest or widest part of the button. Remove the button and fold the

paper in half to determine the minimum length of the buttonhole. The button should slip in and out of the buttonhole without strain, but the buttonhole should not be so long that the button slips out of its own accord. If the buttonhole is the least bit tight, it is too small, and the corners will eventually fray. Rough buttons require a larger buttonhole than smooth ones.

### Machine-Made Buttonholes

It is a good idea to reinforce the edge of a garment where buttonholes are to be placed. Iron a strip of fusible interfacing on the wrong side of the garment. This can often be done between the garment and the facing. It is especially important to do this on knits because they tend to stretch when the buttonholes are stitched and cut.

Here are some other tips to remember when making machine-made buttonholes:

- Skipped stitches are often a problem with machine-stitched buttonholes. Stitching through paper or lubricating the needle may help with this problem.
- Loosen the upper tension slightly.
- Use a seam ripper to slash the buttonhole after it is made. Insert the ripper straight down into one end, slash to the center; repeat from the other end.
- If the interfacing shows when the buttonhole is slashed, use a soft-tip pen the color of the garment to dye the interfacing.
- Sometimes the slash looks frayed and fuzzy because there is fabric between the buttonhole binding threads. This can be trimmed away with a pair of small sharp scissors. Work carefully to avoid cutting the buttonhole threads.

### Hand-Made Buttonholes

1. Determine the length of the buttonhole needed.

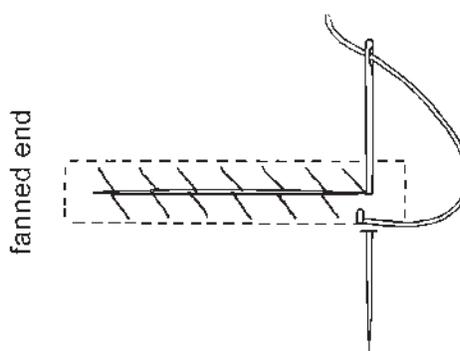
2. Mark the exact length of each buttonhole at the proper location on the garment with a fabric marker.

3. Decide the depth of the stitches you will use on each side of the buttonhole. This is usually  $1/16'' - 1/8''$  (0.2 – 0.3 cm). Draw lines exactly this distance on each side of the buttonhole line and across the ends the same distance from the buttonhole ends. When you finish you should have a rectangle around the original line.

4. Use a regular machine stitch to stitch around the rectangle. Raise the presser foot at each corner and lower the needle exactly at the corner of the rectangle, then pivot, lower the presser foot, and continue sewing.

5. Use small sharp scissors or a razor blade to cut through the mark for the buttonhole. Cut through all layers exactly to the ends of the buttonhole mark. Do not cut to the ends of the rectangle.

6. Overcast the edges of the buttonhole slit by hand. Most handmade buttonholes are rounded (fanned) at one end and finished with a straight stitch at the other. Turn the garment so that the end of the buttonhole to be fanned is positioned to the left.

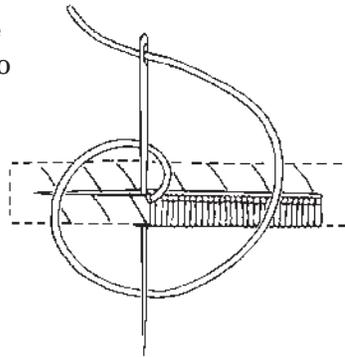


7. Thread your needle with a single strand of buttonhole twist or heavy-duty sewing

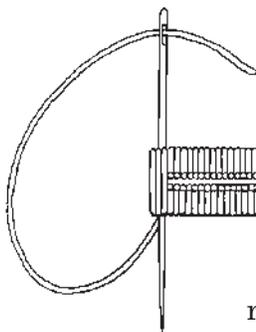
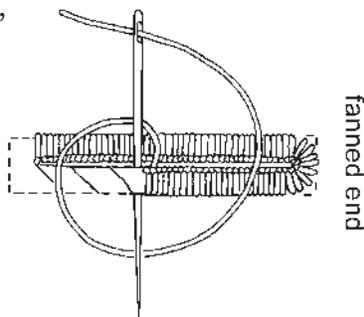
thread. If you use a double strand of regular thread, you will need to be sure that you pull both strands uniformly with each stitch. Pull the thread through beeswax or an old candle to make it stronger and keep it from twisting and tangling. Make a short backstitch at the opposite end of the fanned end between the slit and the machine stitching to fasten the thread for hand-stitching.

## Lesson 6

8. Start working from right to left with the needle pointing toward you. Put the needle in from underneath and have the point come out at the machine stitching. For each stitch loop the thread around to the left and then down to the right under the point of the needle. Pull the needle through the fabric and then away from you to position the purl on the cut edge.



9. Keep taking successive stitches along the buttonhole. The stitches should lie beside but not on top of one another. At the end, fan stitches around the end, as shown in the illustration, turning the buttonhole as you work. Use 5 to 7 stitches around the fan. Continue stitching along the second side until you reach the opposite end.

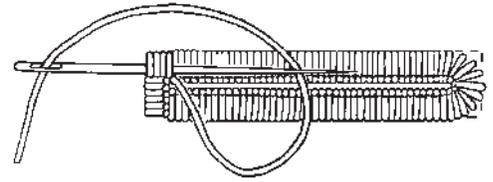


10. Insert the point of the needle into the purl of the very first stitch and to the wrong side of the buttonhole.

Bring the needle up to the right side just below the last stitch. Take several long stitches close together across the width of the entire buttonhole. This forms the base for the bar tack.

11. With the point of the needle toward the buttonhole, begin at one end of the bar tack and insert the needle into the fabric by going under the long stitches. Keep the

thread under the needle point as you work across the long stitches. Keep stitching until you have covered the long stitches.



Keyhole buttonholes have round holes at one end that are made by a punch or by making special cuts as shown. This allows

for thicker button shanks. Keyhole buttonholes are used on fine tailored garments, men's suits, and outerwear.

### Attaching Buttons

Most buttons are attached with a double strand of thread knotted at the ends. The needle is inserted at the wrong side and brought up through the shank or the holes of the button.

To mark the position for buttons, pin the garment together exactly as you wish it to be when it is completed. Insert a marking pencil into the rounded end of the buttonhole and mark the exact spot where the button should be.

If a garment fabric is rather thick, you will need to allow space beneath the button so that the the fabric will not buckle between buttonholes. After you have taken a couple of stitches through the button, pull it away from the fabric a little more than the thickness of the fabric that will be fitted under it. Hold it away from the fabric as you continue to place stitches through it. After you have stitched 7 or 8 times, bring the thread up through the fabric, but not through the holes of the button. With a circular motion, wrap the threads between the button and the fabric; insert the needle through to the wrong side, pull up the thread and knot it off.

Sometimes seamstresses insert a matchstick under the button as they sew to provide the needed space for thick fabric.

 **Do this activity.**

- 1. Apply a handworked or a machine-stitched buttonhole in the center of the top hem of the patch pocket for the dress you are sewing. Then sew the pocket to the dress. Sew a button on the skirt directly beneath it so that it can be buttoned shut neatly. The dress you have just completed will fit either a large doll or a baby girl. Will you keep it or give it away?

 **Follow these directions.**

- 2. Put buttonholes on the \_\_\_\_\_ front for men’s garments, on the \_\_\_\_\_ front or \_\_\_\_\_ back in women’s garments.
- 3. The button should slip in and out of the buttonhole without \_\_\_\_\_, but not of its \_\_\_\_\_.
- 4. It may be good to \_\_\_\_\_ the edge of a garment where the buttonholes are to be placed.
- 5. Tell how to make sure the buttonhole and the button match. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
- 6. Explain how to add space between the button and material if needed. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Lesson 7**

**Review and Quiz 1**

**REVIEW AND QUIZ 1**



It’s time to see how well you remember what you have learned. Prepare for Quiz 1 by reviewing the work you have done in this LightUnit.

- **Tell your teacher when you are ready for Quiz 1.**