

Got a Notion to Sew?

Concepts To Work With

TOOLS

Measuring

- Tape measure
- Seam gauge
- hard edge rulers

Cutting

- Scissors
- Shears
- Rotary cutter
- Pinking/scallop shears

Needles

- Hand sewing
- Machine needles
- Machine embroidery needles
- Serger needles

Marking Tools

- Tracing paper/tracing wheel
- Air erasable markers
- Water erasable markers
- Chalk markers

Pressing

- Irons/ steam/ ironing boards

Stabilizers

- For decorative stitching
- For machine embroidery
- Various types: Tear away, wash away, cut away, poly, permanent, others

Sewing Safety

- Cutting
- Pressing
- Sewing machines
- Other sewing equipment

Machines

- Basic sewing
- Machine embroidery
- Sergers

Project Ideas

- Name banner
- Memory quilt
- Pillow case
- Pillow
- Simple bag
- Fleece blanket
- Hat

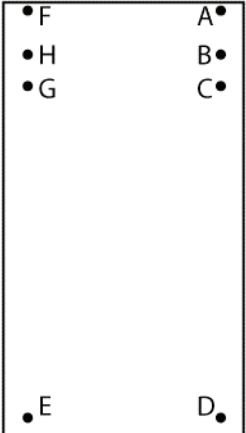
Careers in the FACS Field

Other


- Zipper insertion
- Simple buttonholes/button

DRAWSTRING or BACK-PACK BAG Project Instructions


Pattern Layout & Marking

1.	Place fabric <u>RIGHT</u> sides together. Make sure SELVAGE edges are even and match. PIN fabric together in 5-6 places.	
2.	Place pattern on fabric.	
3.	TRACE around pattern with tailor's chalk. You will now have a 14 1/2" x 22" rectangle.	
4.	Neatly and accurately transfer ALL pattern markings/symbols to the <u>WRONG</u> side of <u>TOP</u> (facing you) fabric.	
5.	Have work <i>OK'd</i> by your teacher before moving to Step 6.	

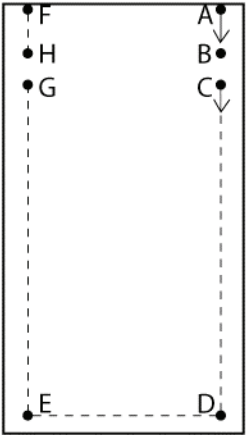
Cutting

6.	Use shears to carefully CUT fabric on your marked SOLID LINES. NOTE- You will be cutting 2 layers of fabric at the same time!	
7.	Write "TOP" on the bottom fabric.	

Seam Finish and Patch/Trim

8.	Sew a zigzag seam finish on all 4 sides of the paper given you. Have your practice seam finish <i>OK'd</i> by your teacher before moving to Step 9.	
9.	Seam finish 4 "cut" edges (AD, DE, EF, FA) on <u>separate</u> fabric sections. Use a _____ stitch length and a _____ width zigzag. NOTE- this zigzag stitching will prevent raveling/shedding.	
10.	PIN trim/patch on fabric OR complete your embroidery design. Have teacher " OK " before ironing or sewing your patch/trim on the fabric.	

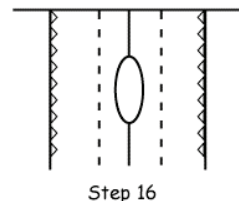
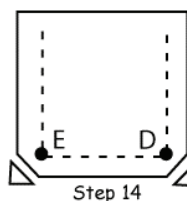
Sewing Drawstring or Back-Pack Bag

11.	PIN the 2 pieces of fabric, RIGHT sides together. Match dots A, B, C, D, E, (G & H if making back pack) & F . Pins should be placed every 3-4" and perpendicular to the stitching line. <i>Have teacher "OK" your pinning.</i>	
12.	PRACTICE sewing a 5/8" seam using 2 pieces of paper (pretend it is your actual fabric project!) <i>Have teacher "OK" your practice sewing before moving to step 13.</i>	
13.	Sew a 5/8" wide seam in the following sequence. ____ A. Beginning at A (<i>the very top edge of you fabric</i>), backstitch, sew to B and backstitch ____ B. *** Leave section between B and C unsewn/open. ____ C. Beginning at C , backstitch, sew to D . ____ D. Pivot at D , sew to E , pivot, sew to (BACKPACK version sew to G , backstitch, <u>leave space between G and H unsewn/open</u> , start sewing again at H (<i>backstitch</i>) and sew to F (<i>should now be at the very top edge of your fabric</i>) and backstitch. ____ E. Trim threads.	

DRAWSTRING or BACK-PACK BAG Project Instructions

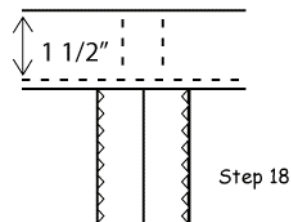
Sewing Drawstring or Back-Pack Bag

- | | |
|-----|--|
| 14. | Clip corners using a shears. <i>**Look at example before clipping!</i> |
| 15. | Finger press seams open. Pretend the seams allowances are 2 pages of an open book! |
| 16. | To reinforce drawstring opening, machine stitch along each side of opening $\frac{1}{4}$ " from folded edge through fabric and seam allowance.
<i>** Look at example before sewing!</i> |



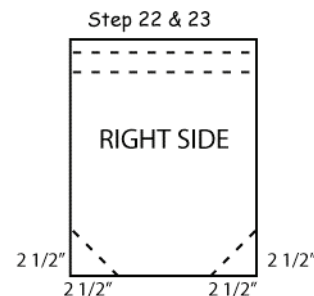
Sewing the Drawstring Casing

- | | |
|-----|---|
| 17. | Turn $\frac{1}{2}$ " of the unfinished edge (AF) to the WRONG side, pin, then sew close to the fold. <i>Look at example!</i> |
| 18. | Turn folded edge to WRONG side of bag to form a $1\frac{1}{2}$ " casing. Pin folded fabric in place. <i>Have teacher "OK" your work.</i> |
| 19. | Sew close to the TOP edge, all the way around the bag. Backstitch at beginning and at end of sewing. |
| 20. | Sew close to the BOTTOM of the $1\frac{1}{2}$ " casing through all layers of fabric. Backstitch at beginning and end of sewing. If sewing a drawstring bag, or you have used webbing, skip to step 26. |



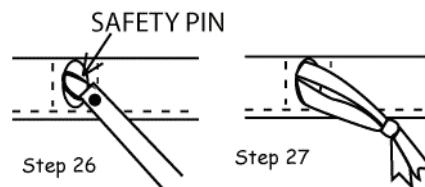
Back-Pack Corners and Grommets

- | | |
|-----|---|
| 21. | Turn project to the RIGHT side. Carefully and neatly flatten seam area so there is no "floppy-extra fabric wings". <i>Look at example!</i> |
| 22. | Use a ruler or seam gauge to measure UP $2\frac{1}{2}$ " from each corner and $2\frac{1}{2}$ " IN from each corner. Mark each $2\frac{1}{2}$ " spot with a chalk dot. |
| 23. | Use a ruler to neatly draw a chalk line between the 2 corner dots. |
| 24. | Sew on your chalk line. Be sure to backstitch when you start and end. |
| 25. | Have teacher help you pound in the $\frac{3}{8}$ " grommets. |



Cording

- | | |
|-----|---|
| 26. | Place a safety pin through the end of your cording or shoelace. Slide pin and drawstring through casing, being sure to hold onto the other end of the cord/shoelace so that it does not pull into the casing. |
| 27. | Knot cording/shoe lace ends together. |
| 28. | <i>BACK-PACK version.</i> Cut your $4\frac{1}{2}$ yds. of cording in half. Be sure to tape the cut ends. Now follow step 25- then REPEAT step 25 a second time with the 2 nd cording- be sure to start at the <i>other</i> opening. Finally, "thread" your cording through a grommet and tie a knot on the back. Repeat with the 2 nd cording and grommet. |



Completion

- Carefully remove/cut any loose threads inside and out.
- Turn drawstring bag so the RIGHT side is out. Finger press.
- Complete your evaluation sheet.
- Place the evaluation sheet INSIDE your project.
- Hand in as directed.

DRAWSTRING or BACK-PACK BAG Project Evaluation

Name _____
Date _____ Class _____

	Possible Points	Student	Teacher
1. Pattern Layout -pattern on grain of fabric -Teacher ok'd before cutting	4		
2. Cutting -long, smooth cuts -on marked cutting line	4		
3. Marking -dots clearly & accurately marked -letters clearly & accurately marked -markings on wrong side of fabric - TOP written on both fabric pieces	4		
4. Zigzag Stitching (seam finish to prevent raveling) -on cut edge of fabric -single layer of fabric -on all sides of fabric -even thread tension	10		
5. Bag Seams -Backstitched at beginning and end -opening(s) left for cording -Pivot at corners -5/8" seam allowance -neat, even stitching -even thread tension	15		
6. Stitching at top of bag (casing) -Stitching to reinforce drawstring opening (uniform, fabric flat, no puckers) -Backstitched at beginning and end - 1/2" turned under and stitched evenly -Accurately measured, pinned, and stitched 1 1/2" from top folded edge -Stitched close to top edge -Neat, even stitching -No tucks or folds	15		
7. Back Pack version -Webbing even, securely stitched at corners OR -Grommets secure, corners accurately stitched (no puckers or lumpy seams)	10 <i>(No points recorded if making a drawstring bag)</i>		
8. Cording -Accurately inserted in casing (webbing or grommets) -Ends knotted, not raveled	2		
9. Appearance of project -Customized & personalized -Iron-on/embroidered design neat & secure -Loose threads trimmed and removed	3		
10. Time Management -Materials in class on date due -Used time efficiently, wisely, effectively -Worked quietly and cooperatively -Showed respect for others and equipment -Helped with clean-up	8		
TOTAL POINTS EARNED-			
Draw String Bag=	65		
Back Pack Bag=	75		

Don't Bug Me or Just Zip It Bag

Supplies:

- 1 – 12” zipper
- 1 – 9” zipper
- 1 – 7” zipper

Note: contrast colors can be used as well as recycled zippers from unused items.

- ¾ yd. of 45” wide medium weight fabric or
- ½ yd. of 54” or wider fabric
- 3 ½ yd. strapping
- (Optional for straps: 3/8 yd. of 45” fabric or ¼ yd. of 54” or wider fabric to make your own straps)

Cutting Directions:

Use a marking tool to draw the following measurements on your fabric. Cut with a shears or measure on a cutting board and cut out with a rotary cutter.

- Main piece: cut 14” x 36”
- Pocket 1: 11 ½” length x 8 ½” width (for use with 7” zipper)
- Pocket 2: 7 ½ “ length x 11 ½ “ width (for use with 9” zipper)
- Optional fabric straps:
 - 54” or wider fabric: cut 2 pieces 2 ¼” x 50”
 - 45” fabric: cut 4 pieces 2 ¼” x 25 ¼ ”

Pressing Directions:

- Press all fabric before marking and cutting. Set iron on cotton and use steam.
- Press carefully throughout the construction.
- Be cautious around zippers. Some zippers can melt or scratch the iron.

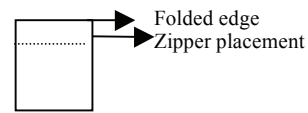
Sewing Directions:

Step one:

Press the 14” x 36” fabric in half – piece will now measure 14” x 18”. The folded edge is the top of your bag.

Step two:

On one side only, measure down 2” from fold and draw a line across to mark zipper placement.



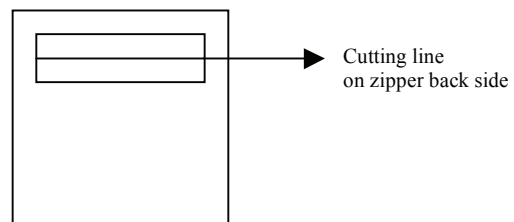
Step three:

Open fabric to a single layer. On right side of fabric, place 12” zipper on top of marked line. Zipper can be taped in place until sewing is complete. (Note: Entire zipper will show on the outside of the bag.)

Step four:

Using a zipper foot on the sewing machine, sew down the center of each side of zipper and across ends of the zipper. Use a 2.0 stitch length to sew close to the zipper teeth, across the ends and then sew another row of stitching around the zipper outside edge.

Turn fabric to wrong side. Carefully cut a slit in the center of zipper stitching and cut the length of the zipper teeth. Trim away excess fabric from the teeth of the zipper, about 1/8” from the stitching.

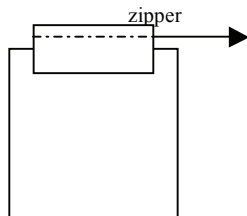


Step five:

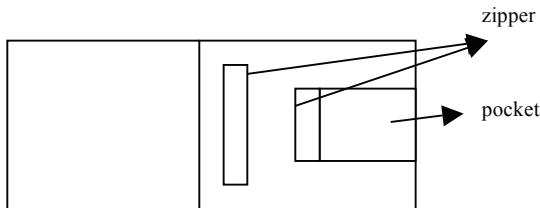
Pocket one – use 7” zipper

Fold top edge (8 ½” edge) ¼” to right side of pocket, press.

With right side of fabric facing you, center zipper over pressed edge along the edge of the zipper teeth. The fold of the fabric will be along the zipper teeth. Half the zipper will be on the fabric and half will be off the fabric.



Center pocket on the main fabric on the same side as the long zipper, raw edges together along the bottom of bag.



Baste pocket in place using a 4.0 stitch length along the sides and bottom.

Use a 2.5 stitch length and sew along zipper teeth and edge of zipper to secure to the bag. (Note: be sure to sew on the zipper side that was not sewn previously.)

Pocket two – use 9” zipper

On long side (11 ½” side) press ¼” toward right side of fabric.

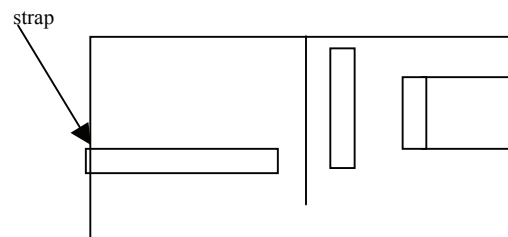
Place 9” zipper along this side, with right side of fabric and zipper facing you, about 1” from the bottom edge. Half the zipper

will extend past the fabric as it did in pocket one.

Sew along zipper teeth (2.5 stitch length) and again along edge of zipper to attach to the pocket.

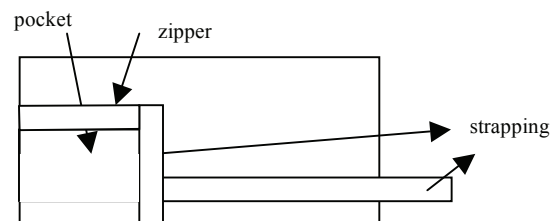
Set aside.

Cut one strapping piece 50” long. On the side of the bag where pocket two will be placed (the side with no zipper), pin strapping in place on this side only. Place the strap 2” from the side edge of bag with raw edges even on the bottom of the bag. Sew on both edges of strap to within 4” of fold crease line (top of bag). Pocket 2 will be placed *over* the strapping.



Place pocket two over strap with raw edges even on bottom and side. Zipper will be close to center of the bag. Baste in place along the edges without the zipper. Sew along zipper teeth and edge of zipper, using 2.5 stitch length to secure to bag.

Cut a piece of strapping 11 ½” long. Place over pocket top edge covering the raw edge of the pocket. Sew strapping in place along both edges. Strapping will extend over center of bag, past the zipper edge.



Step six:*Strapping*

On bag where one side of the first strap is sewn, pin loose end of strap in place, 2 ½” from side of bag with raw edge of strap even with the bottom of the bag. Stitch strap in place stopping about 6” from the top of bag. Remember: crease line in the middle is the top of the bag.

Cut another piece of strapping 50” long. On the opposite side place strap, centering over the pocket sides. Sew the strap on each side as done previously to within 6” from top of bag.

Optional method using self-made straps:
54” or wider fabric: cut two pieces each 2 ¼” x 50”

45” fabric cut 4 pieces each 2 ¼” x 25 ¼” (Sew two pieces right sides together along the 2 ¼” edge to create a long strip. Make 2 of these.)

Cut one piece 2 ¼” x 11 ½”
Sew each piece in half lengthwise, right sides together. Turn right side out. Press. Use in place of purchased strapping.

Time for Bugs!

Decorate your bag while it is still a long, flat piece.

Some options are:

- With pencil, lightly draw some bugs or other “critters” on your bag, then paint with fabric dye as if coloring
- Use stencils and sponge with fabric paints.
- Use stamps (foam or rubber) to stamp designs on the fabric.

Suggestions for decorating:

- Cover table with plastic
- Place paper toweling or plastic inside pockets to prevent dyes from bleeding through.
- Dyes may need to be heat set by pressing when dry.
- Let dye or paints dry thoroughly before completing construction.

Have fun decorating your bag!**Step seven:**

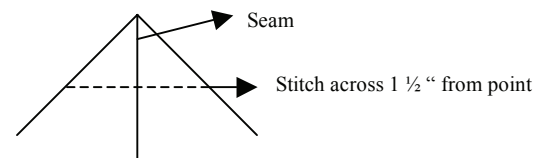
Fold entire bag in half, right sides together and raw edges even.

Sew, then zigzag or serge both sides and bottom with ¼” seams.

Turn right side out. Press.

To “square” the bag:

On each corner of bag, with inside of bag showing (bag is inside out), flatten corner with seam in the center. Sew across seam 1 ½” from point. Sew all four corners.



Turn right side out. Press.

Finished! Enjoy, don’t get bugged!

Complete score sheet and turn in for grading.

Name: _____

Don't Bug Me or Just Zip It Bag

Score Sheet

Each criteria worth 5 points for a total of 50 possible points.

0 = not completed, 1 = low, 5 = best

Followed step-by-step directions.	
Measured and marked fabric correctly.	
Cut all fabric pieces accurately and straight.	
Pressed as needed.	
Zippers secured in place, sewn neatly.	
Pockets sewn correctly.	
Straps sewn in place correctly, neatly.	
Straight and even seams on all pieces. Seams serged or zigzagged.	
Dye or paint successfully applied.	
Appropriate use of equipment, helped with clean-up. Good time management.	
Total points:	

Comments:

Grade: _____