

Welcome

To

SewMoreForU

Sample Only

Your Introduction To Sewing Guide

by

CTBaird

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CTBaird

<http://www.sewmoreforu.com>

[sewmoreforu\[at\]gmail.com](mailto:sewmoreforu[at]gmail.com)

SewMoreForU is proud to present to you an introduction to sewing, In this comprehensive eGuide you will find all the basics for getting started with sewing. Sewing is a wonderful pastime, very satisfying. When you wear an outfit you have made yourself, it feels so good and it is you, you did it, you made it happen.

Each new step in sewing you take on, something you haven't tried before, will, once mastered, build your confidence and spur you on to bigger and better projects.

Many a time, particularly when you are new to sewing, there will be areas of the garment construction you are not overly familiar with, things that you don't do every time you get to your sewing machine. Sew More For U will help you with instructions, tips and techniques in these areas.

SewMoreForU Introduction To Sewing is just that, it will guide you through all you need to get started, from what you need in the area of tools and equipment to how to recognize problems with fitting your garment so you can get that perfect fit. We hope you get much enjoyment from your sewing.

We make no claims to being and are not professional dressmakers, just years of experience sewing for ourselves and friends and family. Much of this expertise we felt others like yourself could benefit from and we hope you do.

If there are areas we have not covered and you would like covered, drop us an email to [sewmoreforu\[at\]gmail.com](mailto:sewmoreforu[at]gmail.com) with SUBJECT Ask Sewing Susie, let us know what it is and we will endeavor to help you.

Best regards

Carmel Baird

Sew More For U Your DIY Sewing Companion
<http://www.sewmoreforu.com>

Subscribe to our newsletter and we will send you some great sewing hints and tips to make your sewing easier and more enjoyable plus a gift from us, just for joining.

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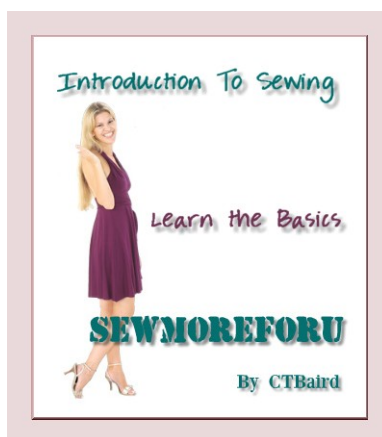


Table of Contents

Chapter 1	4
Chapter 2	6
Your Sewing Machine	6
Chapter 3	8
Making Up Your Samples	8
Chapter 4	9
Pressing The Garment	9
Chapter 5	10
How To Take Body Measurements	10
Chapter 6	12
Needles and Threads	12
Chapter 7	13
Fabrics	13
Chapter 8	16
Paper Patterns	16
Chapter 9	18
Cutting Your Pattern Out	18
Chapter 10	20
How To Recognize Fitting Problems	20
Chapter 11	21
Which Body Shape Are You?	21
Chapter 12	25
Sewing Terms and Definitions	25

Chapter 1

Your Sewing Tools and Equipment

These are the basic tools and equipment you will need in your sewing box. As you develop more and more skills, you will add more to your sewing box.

First and foremost you need **good scissors**. We have a call in our home “NOT THE GOOD SCISSORS”. No one but no one, apart from me that is, is allowed to use my good dressmaking scissors. These are only used to cut fabrics. They are kept sharpened so they will always give me that very nice cut on my fabrics.



Get yourself a second pair for cutting patterns and another smaller pair with good sharp points for clipping and notching around curves and into corners. These smaller ones, you should keep for these jobs too, never use on anything else.



Dressmakers pins, buy the longer ones with the glass heads. They are usually finer than the short ones and will not damage your fabric. You also need less of these when you are pinning.

A good tape measure. I always have two. Make sure you have inches and centimeters on them. In the measuring area, it is a good idea to have **a yard rule, a curve rule** and the normal **12 or 15-inch ruler**.

A **‘T’ square** is always handy too.

Tailors chalk or pencils. The pencils often have a little brush on the end to brush out the marks, white, blue and pink are the usual colors.

An unpicker---who can survive without an unpicker. Buy a good quality one, I have had mine for over years. Sewing needles in various sizes. These you need for your machine as well as hand sewing.

A needle threader, the one I use came with my machine and I would be lost without it.

A thimble. You can customize your own thimble now with the new leather ones. I have several different ones and they are always there if someone needs one. I think I was behind the door when the thimble lesson was on. I put the thimble on my finger and then proceed to hold that finger out of the way and get small holes in the top of my next finger from pushing the needle through. Mind you, that next finger has toughened up over the years.

Threads.

You will find over time you will build up a good selection of threads. You need cotton as well as polyester threads. By choosing the correct thread for the fabric you are sewing, your results will be so much better. You will avoid tension problems with your machine.



We do cover thread sizes and what needle to use in another chapter.

When starting out or learning a new technique, it is a good idea to do a practice or sample of each technique. Keep some plain cotton fabric for these and when you perfect the technique, file it away in a plastic sleeve for future reference.

When you see cotton thread on special, buy a few spools and keep them for tacking and basting, saves using your good threads.

I like to have on hand eyelet kits, hook and eye sets and press studs in various sizes and colors, like silver, clear and black. Button kits are very handy too, many times it is hard to find just the right color button, no problem when you have a kit on hand, just make your own. A tracing wheel and tracing paper are essential for marking your pattern onto your fabric.

There are lots of other tools you can add as you go along, like: -

- . Seam Ripper
- . Point Turner
- . Button Gauge
- . Bodkin
- . Loop Turner
- . Chalk Wheel
- . EZY Hem Gauge

•

Manila folders are very handy to keep in your kit. The folder is a good weight for many things, including making a hem template or a template for pockets. Then there is the filing away of all your future projects you cut out of magazines.

Now you have your kit assembled you will need something to store it all in. This is one area where you will find so many options. Storage containers come in all shapes and size these days. One with a combination of drawers and compartments would be ideal. Don't forget to check out the 'boys toys', often times their tool kit boxes are just the thing.

Chapter 2

Your Sewing Machine

It is important to get to know and love your machine. It will become your best friend when it comes to sewing and the more you get to know it the more enjoyable your sewing experience.



There is a manual that comes with the machine. Take some time to read it and become familiar with the various sections of the machine.

Get to know where the oil points are, you will need to oil your machine on a regular basis.



Stitch length	This is where you set how long or short you want your stitch to be.
Stitch width	For zig-zag or any other stitch with width
Reverse button	When pressed this allows you to sew backwards. Good for finishing of a seam to secure it.
Bobbin	This is the small reel for sewing the back of the stitch
Bobbin case	The housing for the bobbin and can be found under the foot
Bobbin Winder	Normally on the top of the machine, this allows the thread to be wound onto the bobbin reel
Foot or Pedal	The control foot pedal to make the machine go. Sometimes has a switch for fast or slow sewing

Chapter 3

Making Up Your Samples.

This is a combination of getting to know your machine and learning to perfect the basic stitching and techniques.

Practice each technique and when you are happy

More about this in the full ebook



Chapter 4

Pressing The Garment

Your iron and ironing board should be set up within easy reach of your sewing machine.

I remember when I was young and first starting to sew for myself, my Mum used to say “Press as you go”. Whenever I got the sewing machine out to make an outfit I was always in a hurry, had to wear it out that night, so it was rush, rush, rush, no time to stop and press.

Did you know there is a difference between ironing and pressing? Well there is.

There is lots more in the ebook.....



Chapter 5

How To Take Body Measurements

It's impossible, well almost, to measure yourself, so ask someone to help you out.

The measurements you need to take are:-

This is one of the most important chapters, read more in the full ebook



Chapter 6

Needles and Threads

In the full ebook the table below gives you all the right threads, needles and fabrics that you need to work with.

Thread	Machine Needle Size	Fabric



Chapter 7

Fabrics

There are so many different types of fabrics today—we have the, natural fibers, man-made fibers and the knits and stretches.

With natural fibers we have-

Cotton ---

Wool ---

Linen ---

Silk

The beauty of sewing your own clothes is you can use all these natural fabrics and your outfit will cost you a fraction of that a ready made shop bought outfit would, in the same fabric.

Don't be put off by the dry-cleaning, most natural fabrics can be hand washed with care, always dry in the shade and iron while damp.

Next we have the man-made fibers.

Knitted Fabrics --- The choice of knitted fabrics has increased since first introduced to the home sewer.

Use the correct stretch or knitted fabric for the garment you are making. There is a stretch gauge on the back of pattern for you to check.

Always use strong synthetic thread and you will love the results.

Stretch Gauge

< 4 inches of folded knit fabric > < stretch to 5 . inches >

===== / =====

For Moderate Stretch Knits

< 4 inches of folded knit fabric > < stretch to 6 inches >

===== / =====

For Two-way Stretch Knits only

< 4 inches of folded knit fabric > < stretch to 7 - inches >

===== / =====

For Rib Knits only



Chapter 8

Paper Patterns

When you select a pattern from the Pattern Books in stores, the sketch on the front of the packet will have the various options of styles the pattern can be made up in.



Chapter 9

Cutting Your Pattern Out

You have bought your pattern, checked what you will need to make it up on the back of the envelope. Bought your fabric, taken note of the yardage (meterage) with or without nap and matching plaids etc. You've bought your notions, like zips, threads etc

Okay, you're home and ready to cut out your new outfit

BTW Put tracing paper and tracing wheel on your next shopping list, after you use them, you will wonder how you go along without them. You can get a plastic and a metal tracing wheel, get both and use the plastic one to trace the paper patterns.

If you are working with silky or slippery fabric, put a



Chapter 10

How To Recognize Fitting Problems

Ever been walking behind someone and their outfit is well.... not fitting...there are wrinkles where it should be smooth.

The correct fit of a garment should cover the body curves without wrinkles or riding up.

So here are the problems and how to recognize them

Chapter 11

Which Body Shape Are You?

Every body is shaped differently. Look around, we humans come in all shapes and sizes. Some names for the different body shapes sound nice enough, like pear, apple etc. until you think about it. Basically body shapes come down to these:--

- Heavy on the bottom
- Heavy on the top
- Heavy top and bottom
- Slender
- Hourglass

There are a few guidelines for each shape to draw attention away from the faults and have the attention focus on your best features.

BRA FITTING.

For a correct bra fit follow these simple steps:

Chapter .12

Sewing Terms and Definitions

Some sewing terms you may only come across a few times, others you will be seeing every time you read a pattern. So we have devoted this chapter to these terms so you will have a reference for the main ones.

INTRODUCTION TO SEWING

We hope you have enjoyed our Introduction To Sewing Guide. Our DIY Sewing Companion is a very popular ebook for beginners and those who have been sewing for some time. We have many sewing techniques that will get you that professional look to your finished garment.

Why not take a browse through SewMoreForU DIY Sewing Companion, you can [click on this link here](#)

Want more information, then visit SewMoreForU by [clicking this link](#) now!

Our sewing tips are available by joining our newsletter, signing up is very simple, and will not cost you a cent. You can access the sign up form [here](#)

