



Using a Sewing Machine

Lesson 4 Study Guide

Directions: As you read the lesson, answer the following questions. Later you can use this study guide to review for the Part 2 Handbook test.

1. Why is a ballpoint needle especially good for knits? _____

2. How is a leather needle designed for its purpose? _____

3. Which size needle is finer, a 9 or a 14? How do you know this? _____

4. Why must the take-up lever move up and down as you sew? _____

5. What is the function of the tension discs? _____

6. What do the numbers on the stitch-length control indicate? _____

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Lesson 4
Study Guide (continued)

7. How do a basting stitch and a reinforcement stitch compare in length? What is the reason for this difference?

8. How does a properly balanced stitch appear? _____

9. Why is correct pressure between the presser foot and feed dogs important to sewing a secure seam?

10. Identify three possible causes for skipped stitches in a seam. _____

11. Why is the zipper foot useful for attaching zippers? _____

12. How would you remove lint from a sewing machine? _____

13. Why might you choose a computerized machine? Why might you not? _____



Parts of a Sewing Machine

Lesson 4 Activity

Directions: Read the functions of the sewing machine components described below. In the space provided, write the name of the correct part. No part will be used more than once. Some parts will not be used.

Bobbin	Needle	Stitch-pattern control
Bobbin case	Needle clamp	Stitch-width control
Bobbin winder	Presser foot	Take-up lever
Feed dog	Reverse button	Tension control
Foot or knee control	Spool pins	Thread guides
Hand wheel	Stitch-length control	Throat or needle plate

- _____ 1. Helps guide upper thread from spool to needle without tangling.
- _____ 2. Controls movement of the take-up lever; can be turned by hand to raise or lower the needle.
- _____ 3. Teeth that move the fabric under the presser foot, advancing the fabric one stitch at a time.
- _____ 4. Holds the bottom thread.
- _____ 5. Holds spools of thread.
- _____ 6. Holds the fabric against the feed as you stitch.
- _____ 7. Regulates the tension of the tension discs on the needle thread.
- _____ 8. Control that allows you to stitch backwards.
- _____ 9. Regulates the starting, running, and stopping of the machine.
- _____ 10. Controls the amount of thread pulled from the top spool for each stitch; moves up and down as you stitch.
- _____ 11. Regulates the width of zigzag stitching and positions the needle for straight stitching.
- _____ 12. Regulates the length of the stitch.
- _____ 13. Located directly under the needle; usually has guidelines to help maintain straight stitching.
- _____ 14. Pierces the fabric with the upper thread to form stitches.
- _____ 15. Regulates the selection of different stitches.



Sewing Machine Knowledge

Lesson 4
Activity

Directions: Decide whether you agree or disagree with each statement below, placing a check mark in the appropriate box. For any statement that you disagree with, cross out the incorrect part. On the line provided, write substitute words that make the statement accurate.

Agree Disagree

- 1. Replace sewing machine needles when they become dull, bent, or rough.

- 2. Ballpoint needles have a tip that is filled with a small amount of ink.

- 3. A low needle number, such as 11, is designed for thick, heavyweight fabric.

- 4. Bobbins hold the bottom thread in sewing machines.

- 5. Tension discs should be threaded after threading the take-up lever.

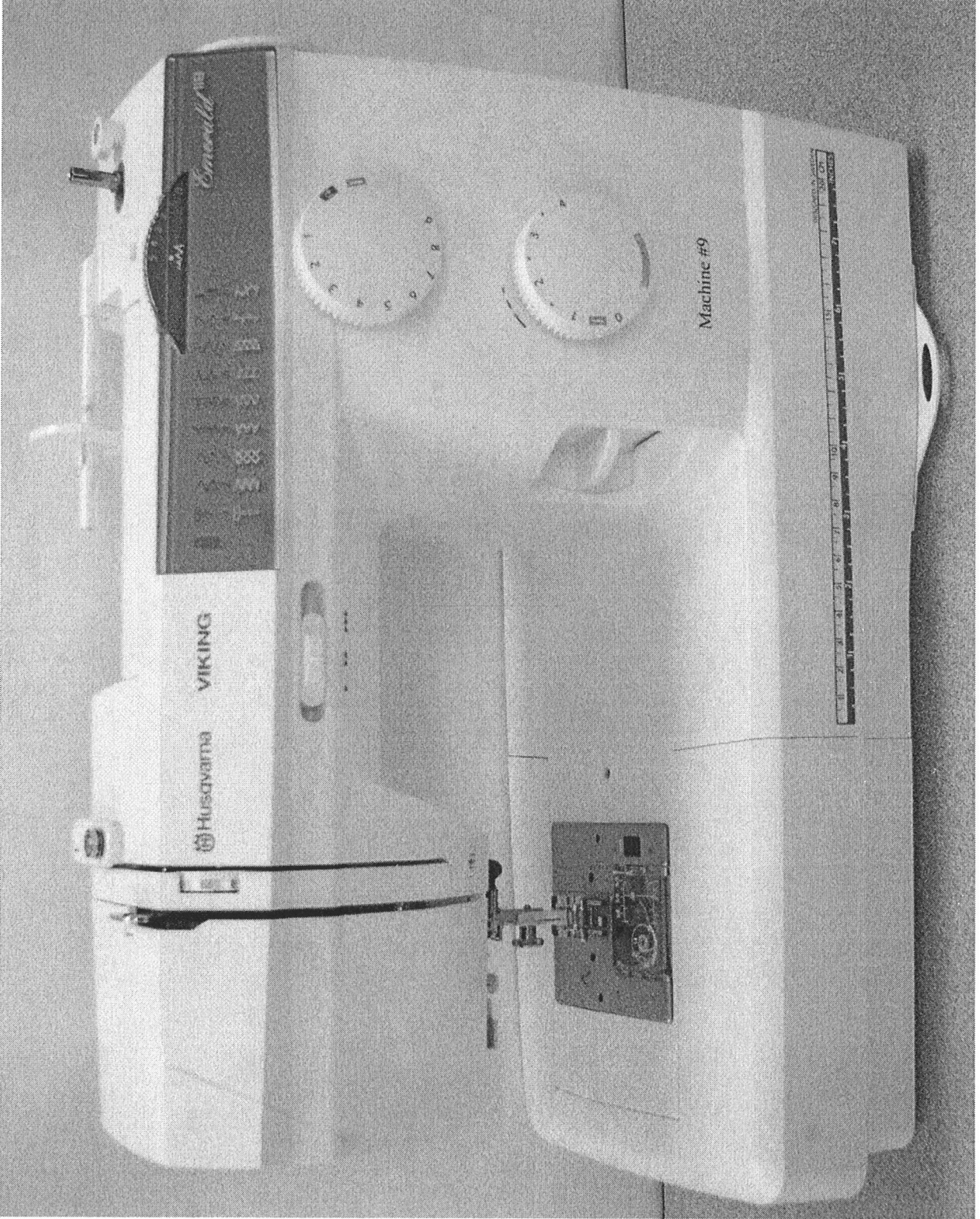
- 6. After raising the bobbin thread, pull the thread ends toward the back of the machine to prevent tangling.

- 7. Setting the stitch-length control to 3 means that you will sew three stitches per inch.

- 8. The presser foot of the sewing machine holds the fabric against the feed dog.

- 9. If the needle breaks while you are sewing, you may have too many layers of fabric.

- 10. To avoid oil stains on fabric, do not add oil to your sewing machine.



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Identifying Sewing Equipment

Lesson 6 Study Guide

Directions: As you read the lesson, answer the following questions. Later you can use this study guide to review for the Part 2 Handbook test.

1. What are the six basic purposes of sewing equipment? _____

2. What is a sewing gauge used for? _____

3. For what tasks is a transparent ruler especially useful? _____

4. Describe three uses for pins in sewing. _____

5. What kind of pin is best for working with a knitted fabric? _____
6. Why do shears have bent handles? _____

7. What is the purpose of pinking shears? Would you use them if you are using a serger for your project? Why or why not?

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Lesson 6
Study Guide (continued)

8. List four tools used to mark fabric. _____

9. What is one advantage of using a fabric marking pen? _____

10. How are glue sticks and basting tape similar? _____

11. What are two uses for a press cloth? _____

12. What pieces of equipment are specially made for pressing curved areas of a garment? _____

13. Give three tips for organizing a sewing box. _____

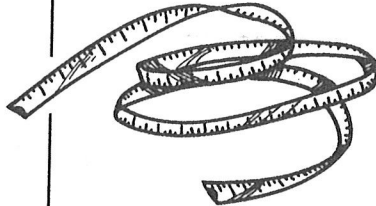
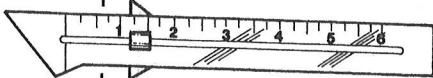
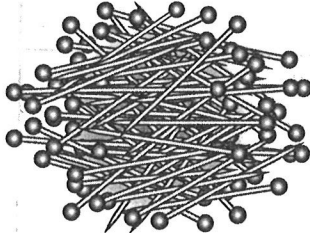
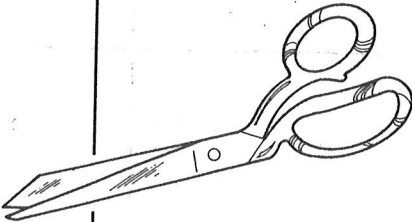

14. What may result from ironing over pins? _____



Identifying Tools and Supplies

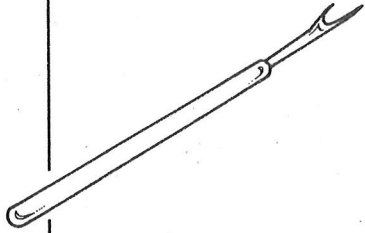
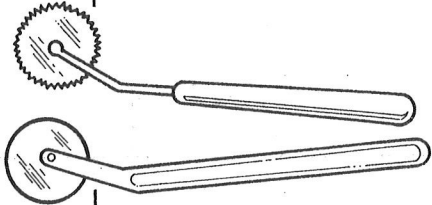
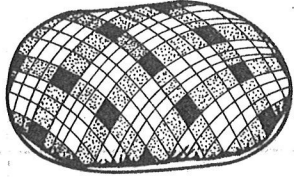
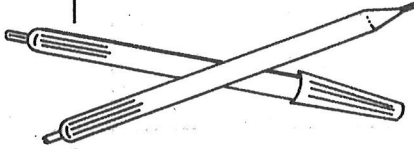
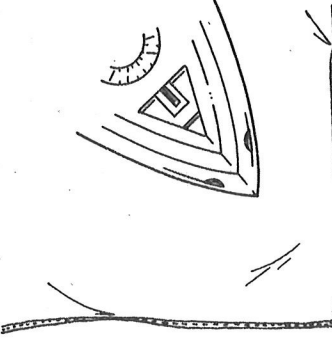
Lesson 6 Activity

Directions: Complete the chart below by providing the missing information in the boxes. When writing descriptions, specify the purpose of the tool or supply.

Name of Tool or Supply	Description	Illustration
1.		
2.		
3.		
4.		
5.		

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Lesson 6
Activity (continued)

Name of Tool or Supply	Description	Illustration
6.		
7.		
8.		
9.		
10.		



Pressing Fabric

Lesson 14 Study Guide

Directions: As you read the lesson, answer the following questions. Later you can use this study guide to review for the Part 4 Handbook test.

1. Why is pressing rather than ironing better for garment construction? _____

2. What should you check for when “test pressing” a fabric before pressing the garment? _____

3. When do you need to use a press cloth? Why? _____

4. Why are seams pressed flat before they’re pressed open? _____

5. In what order should you press the parts of an entire garment? _____

6. How can you prevent pressing a crease at the end of a dart? _____



Pressing Pointers

Lesson 14 Activity

Directions: Imagine that you are a guest on a talk show that is featuring special sewing segments this month. The studio audience has submitted the following questions about today's topic, pressing fabric. Write your responses on the lines provided.

1. I am never sure which temperature setting to use. How do I decide? _____

2. I ended up with the imprint of my iron on a skirt I was making. I do not think the iron was too hot. What could have happened?

3. Do you have any hints for pressing curved areas of a garment? _____

4. I know you are supposed to press seams open, but I do not like being able to see the press marks on the right side of the fabric. Is there a way to avoid this?

5. What is the best way to press a finished project? Is there a certain order to follow?

6. Is there a way to deal with a hem that has too much fullness?



Stitching by Machine

Lesson 12 Study Guide

Directions: As you read the lesson, answer the following questions. Later you can use this study guide to review for the Part 4 Handbook test.

1. List the three stitch lengths from longest to shortest. _____

2. When in the sewing process is staystitching added and what is its purpose? _____

3. Why is understitching used? _____

4. How did the stitch-in-the-ditch get its name? _____

5. Explain what is meant by “chaining off.” _____

6. What points should you look for when checking a machine before sewing? _____

7. What are the steps in unit construction? _____

8. What tools are used for removing stitches? _____



Identifying Machine Stitches

Lesson 12
Activity

Directions: Complete the sentences below by writing the name of the correct machine stitch in the blank to the left of each statement. Some machine stitches will be used more than once.

- _____ 1. Straight lines of gold stitches down the legs of blue jeans show that ___?___ can be both decorative and functional.
- _____ 2. Even before joining garment pieces, you may need to use ___?___ to help them keep their shape.
- _____ 3. ___?___ acts as an anchor, holding the ends of stitching lines fast.
- _____ 4. When used on straight fabric grain, ___?___ stitching may run either left to right or right to left.
- _____ 5. With ___?___ stitching, 10 to 12 stitches per inches (2 to 2.5 mm in length) is common.
- _____ 6. As the name suggests, ___?___ tightly holds fabric pieces close to the finished area.
- _____ 7. Narrow ___?___ stitches create a decorative effect; broader stitches are more functional.
- _____ 8. ___?___ stitching runs next to a seam line to secure fabric.
- _____ 9. ___?___ is often used to “hide” facing and bottom layers of fabric.
- _____ 10. Garment parts held together only by ___?___ stitches need more careful handling than completed parts.
- _____ 11. Since diagonal lines add excitement to a design, ___?___ stitching can be added for dramatic effect.
- _____ 12. Tiny ___?___ stitches add strength by securing only a few fabric yarns per stitch.
- _____ 13. The length of ___?___ stitching varies with the weight of the fabric.
- _____ 14. Unless a pattern piece specifies a seam width of more or less than $\frac{5}{8}$ inch (1.5 cm), you should use ___?___ stitching.
- _____ 15. ___?___ is placed within the seam allowance of one piece of fabric.
- _____ 16. Gathering fabric into ruffles is one use for ___?___ stitches.
- _____ 17. Add ___?___ stitches to a seam before giving an area a close trim.



Sewing Plain Seams

Lesson 17 Study Guide

Directions: As you read the lesson, answer the following questions. Later you can use this study guide to review for the Part 4 Handbook test.

1. How do you secure the beginning and end of a seam? _____

2. Why might you take diagonal stitches when turning a sharp point? _____

3. How would you trim the seam allowances of a very pointed corner? _____

4. How do you grade a seam allowance? _____

5. When is notching useful? _____

6. When are seam finishes added when using a sewing machine? When using a serger? _____

7. How would you make a secured, pinked seam finish? _____

