

Sewing Fun!

IFEOMA VICTOR-IGWE



Objectives -- Adventures will:

Know

Know that God is interested in your creativity and sewing fun experience.

Feel

Feel motivated because God inspires and empowers your creative mindset.

Respond by

Respond by creating fun things and encouraging others to trust God in your creativity.

Achieve

Achieve the sewing fun honour





Requirements

Tell what the first sewing needles were probably made of

Describe what was probably first used as thread.

Tell when sewing machines first came into existence



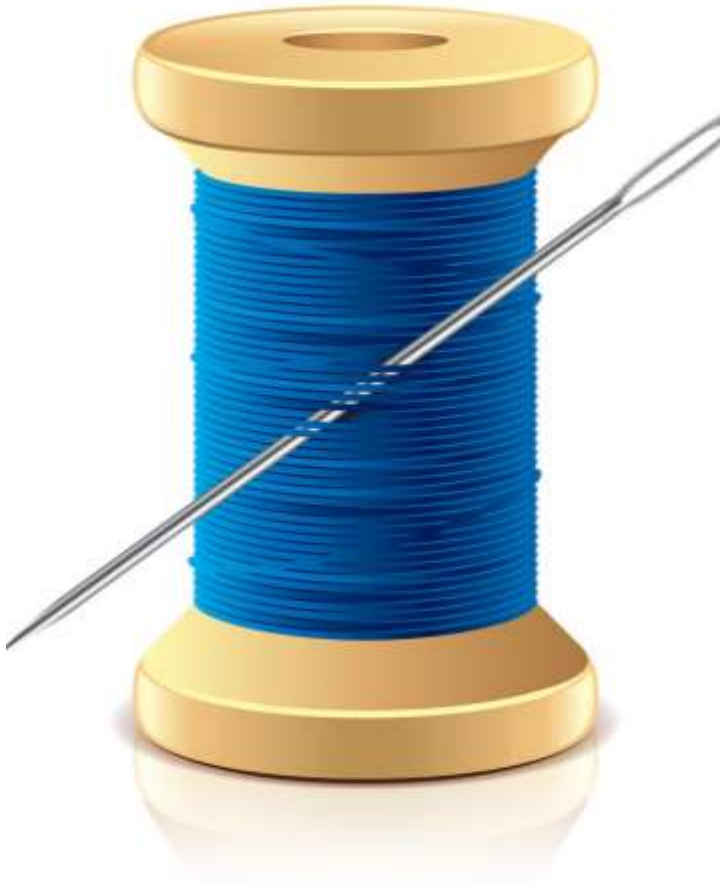
Requirements

Demonstrate how to thread a needle and knot the end of the thread

Sew a button onto a piece of cloth

Sew two snaps or press studs and connect them properly

Demonstrate the ability to start and finish a project with backstitches



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What is Sewing?

Sewing is the **craft** of fastening or attaching objects using stitches made with a needle and thread.

Sewing is just having FUN!!



What can you sew?



Which design on these cushions
have been printed or sewn?



Upcycle your used clothes



What we all are wearing
was sewn!



Name three things you need for sewing



What you
need for
sewing

Where do you think sewing began?



The beginning of Sewing

Genesis 3: 7 NIV

Then the eyes of both of them were opened, and they realized they were naked; so they sewed fig leaves together and made coverings for themselves.



The beginning of sewing!!

The LORD God made garments of skin for Adam and his wife and clothed them.
Gen. 3:21 NIV

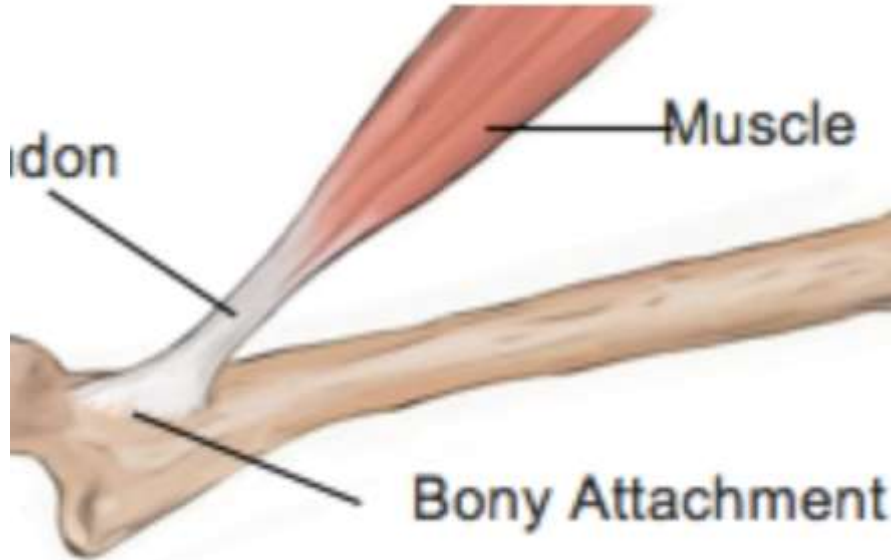


What was used as thread for sewing?



What was used as thread for Sewing? Horsehair and hair of other animals.

<https://www.youtube.com/watch?v=n8ZyLBcYVoY>



What was used as thread
for Sewing? Sinew, fibre from plants

Types of commonly used thread



After the Industrial Revolution (Silk)

https://www.youtube.com/watch?v=eqFm_7KyfHI

What we use for sewing. Thread – After the Industrial Revolution (Cotton)

https://www.youtube.com/watch?v=kH_b3Heo48I



What we use for sewing. Thread – After the Industrial Revolution (Synthetic Fiber)

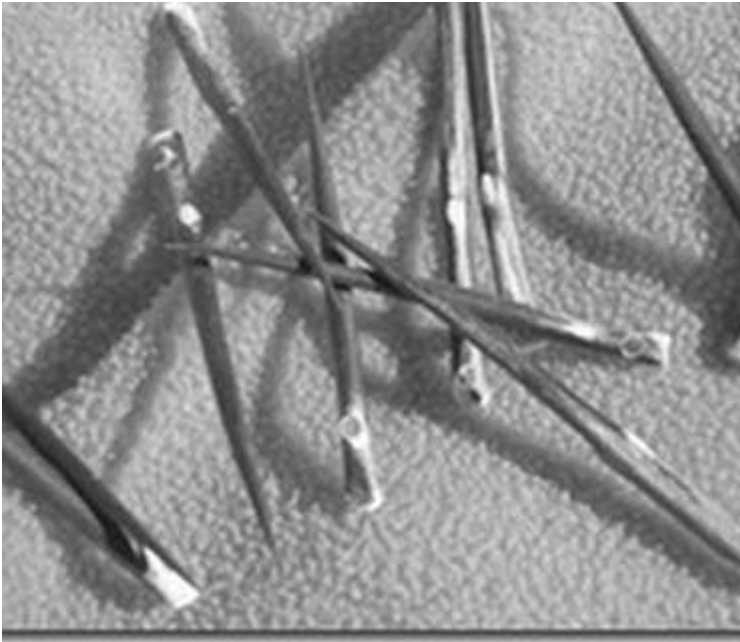
<https://www.youtube.com/watch?v=zYkglUysDKk>



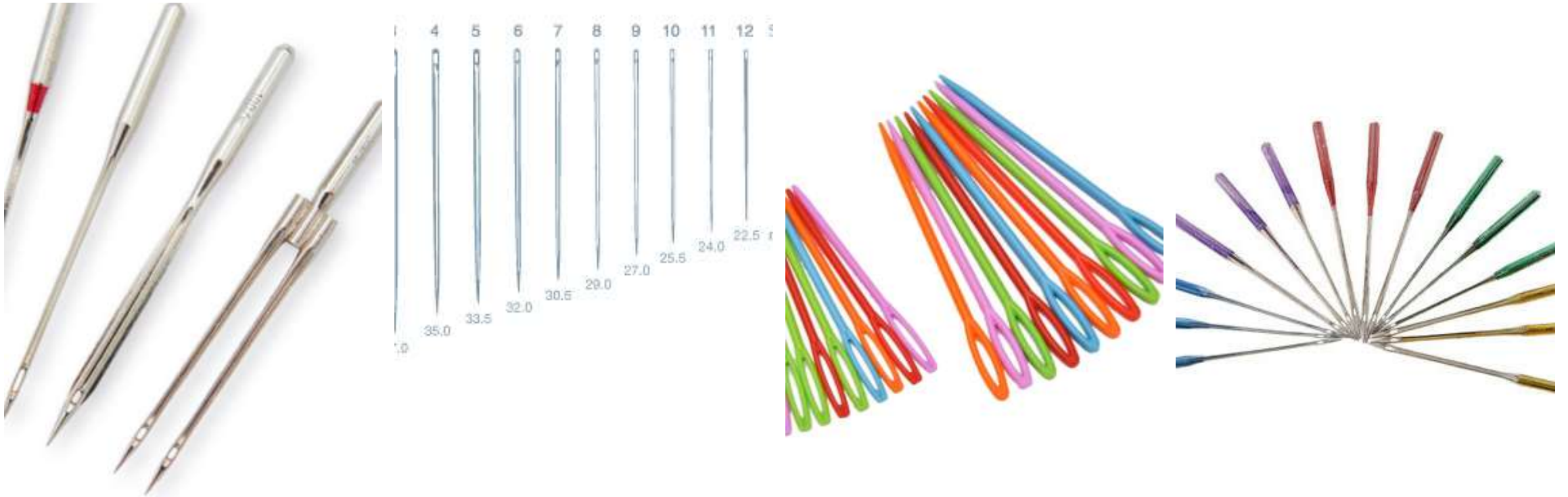
What was first used as needles?



The first needles -- Bones & Antlers

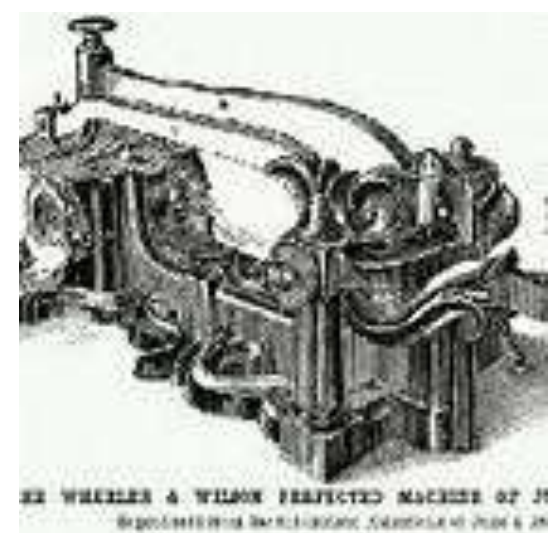


What else was used for sewing? Porcupine Quills, Agave leaf and Agave leaf fiber.



Needles – Now & The Future!

What is the story behind the sewing machine?



Sewing Machines



In the first industrial revolution 1760 -1840

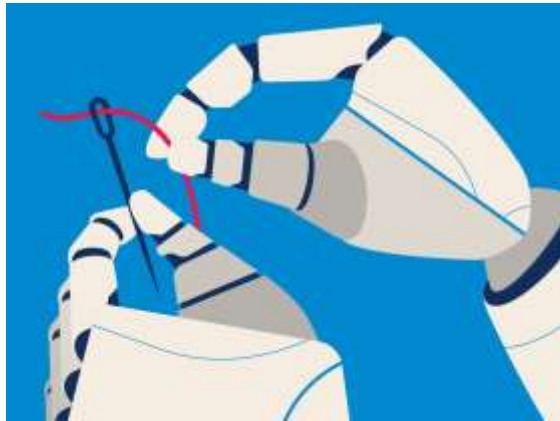
Charles Frederick Wiesenthal (1755) – double needle with one eye at the end.

Elias Howe and Thomas Saint (a cabinet maker) (1790) –English inventors. Machine was invented to sew leather and canvas.

Barthelemy Thimonnier (a French tailor) 1824 – invented the most practical and widely used sewing machine.

Singer Sewing Co. 1889 – 1st electric machine for home use. It was not portable. 1920 portable electric sewing machine was invented.

Now we have a variety of modern, programmable, portable and easy-to-use sewing machines.



The future of sewing!

Let's Do Some Needlework!

Important questions you should ask yourself before carrying out any project are:



What am I making? For whom am I making the project and why? How will it be used?



What do I need to start my project?
What do I have available?



How much time do I have to complete the project?



Do I need some support?





Threading a Needle & Knotting the Thread

YOU NEED:

An adult or an older person (15 years and over) to guide

Thread

Needle threader



A hand sewing needle

A pincushion

A pair of scissors https://youtu.be/xM5n_gmplrY





Threading a Needle & Knotting the Thread

STEPS: THREADING

1. Determine the length of your thread (usually from your finger to your elbow)
2. Double the length and cut with a scissors
3. Patiently pass your thread through the eye of your needle, alternatively, you could use the needle threader.
4. Pull the thread through about halfway.
5. Put the ends of the thread equally together

KNOTTING THE THREAD:

1. Hold your needle in between your thumb and the index finger of your left hand and the thread in between your thumb and index finger of your right-hand
2. Place your thread over your needle and hold both in between your thumb and index finger of your left-hand.
3. With your thumb and index finger of your right-hand, wrap the thread around the needle about three times while still holding the tip and needle. Now you are holding the wrapped thread and needle with your both fingers on your left hand.
4. With your thumb and index finger on your right pull the needle and thread through to make a knot at the end of the thread.
5. Well Done!!!



Button

Button is a small disc or knob sewn onto a garment to either keep it fastened or for decoration. To fasten a button, one would have a sizeable hole sewn and cut on the overlay of the fabric that holds the button or it could be fastened through a fabric or thread loop. Buttons are mostly made of plastic, some are made of metals, woods, or seashells. Buttons are attached after you have made your garment and sewn your button-hole (if needed)

Buttons can be sewn on bags, shirts, wallets, jackets, caps etc. it fun to use buttons in your arts and craft. Some buttons have two holes, some three and four. Some have only one hole and these are called shank buttons. However, for this exercise, we will focus on four-holes button.





Sewing a button

YOU WILL NEED:

- An adult or an over 15-year old for safety
- Double threaded needle and pin-cushion
- Two pieces of finished fabric (one piece for button, the other with already sewn and cut button-hole – if necessary).
- A pair of Scissors ✂

<https://www.youtube.com/watch?v=Du6gg3ks0SQ>



How to sew on a button:



1. Use a pencil or pen to make a mark through your sewn button-hole or fabric loop, this will indicate where you will sew your button for good and appropriate fastening.
2. Secure your thread by sewing one stitch through the mark.
3. Pass your needle through one of the holes your button with the right-side facing up and the wrong-side resting on the fabric.
4. Pass the needle in through one of the three other holes, sew 3 or 4 times through 2 hole and same on the other two holes.
5. You can choose to sew diagonal stitches (making X) or adjacent stitches (=) or both.
6. When you are done passing the needle as you desire, pass the needle through the fabric but not through the button, then rotate the thread 3 times beneath the button (this will provide some allowance for your button). Then make a stitch on the fabric under the button and knot twice.
7. That's you done!! Well Done!



Snaps (Press Stud)



Sew-on snaps are little metal piece that would lock together like a closure in your fabric. Snaps are made up of a ball and a socket.

A pair of sew-on snaps have four sewing-holes around each of the pair. Snaps are usually attached when the garment is made. Snaps are used on the crotch of a bodysuit or mostly children's clothing, sleeves, bow ties, shirts, dresses etc.

You can attach a sew-on snap using a sewing machine or by hand. If you have to sew with a sewing machine, you will refer to you sewing machine manual and follow the instruction on how to use the button sewing foot. However, we will focus on how to attach the sew-on snaps by hand.



How to attach sew-on snaps (Press stud):

WHAT YOU NEED:

Double threaded needle and pin cushion

Scissors

A pair of snaps

Two finished fabrics

[https://www.youtube.com/watch?v=WONMP
TS6YGo](https://www.youtube.com/watch?v=WONMP
TS6YGo)

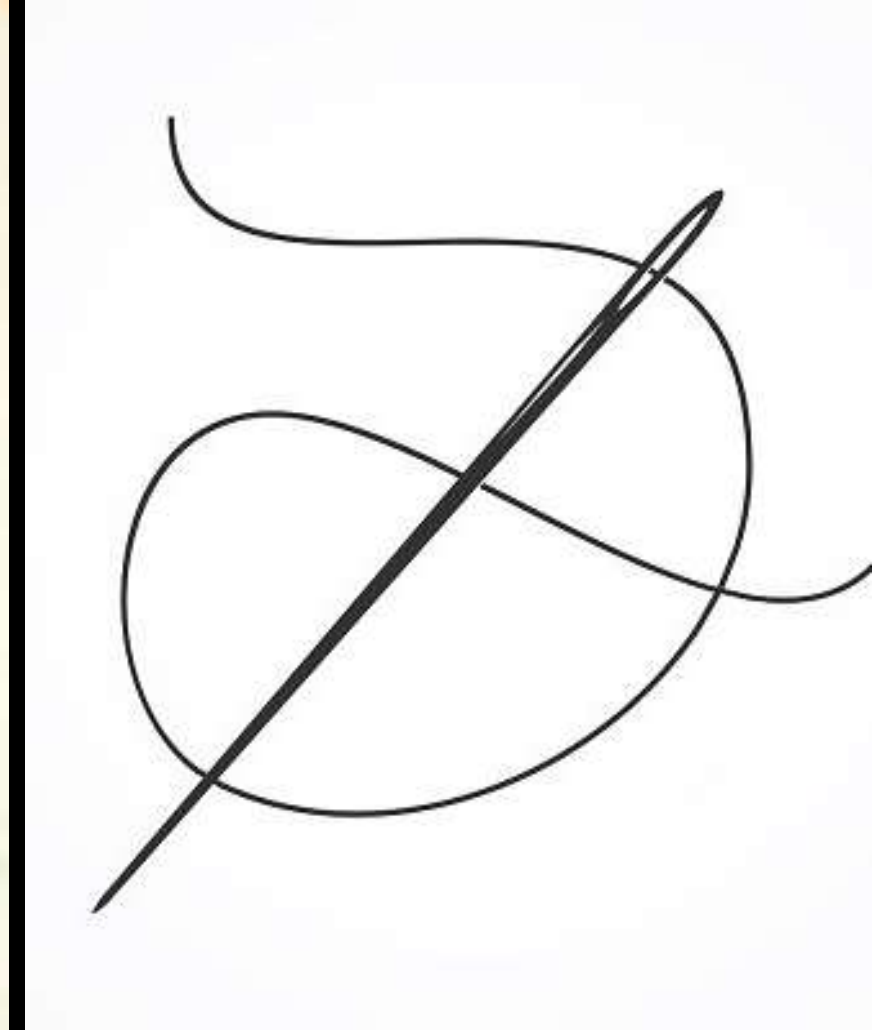


Attaching snaps:




- Put your finished garment/fabric together, that is to say, put the position where you want to sew the snaps together. The socket will be sewn on the wrong-side of the top fabric and the ball will be sewn on the right-side of the under fabric.
- You sew the ball first, mark the point where you want to attach the snap (ball) with a pen, pencil or chalk on the right-side of the fabric under
- Secure your thread with one stitch at the point, carefully making sure your thread is not seen on the right-side of your top fabric
- Sew three times through each hole (only sew through top layer)
- Pass your needle in between the fabric to get to move from one hole to another. Knot at the end of the fourth hole and cut the thread.
- Next, mark the tip of the sewn ball with your chalk and press the tip on to the position where you want to sew the socket.
- Secure your thread with one stitch at the point, carefully making sure your thread is not seen on the right-side of your top fabric
- Sew three times through each hole (only sew through top layer)
- Pass your needle in between the fabric to get to move from one hole to another. Knot at the end of the fourth hole and cut the thread.
- Well Done!! You have been Amazing!!





Let's learn some stitches!

SEWING MACHINE STITCHES



Straight Stitch



Triple Stretch
Stitch



Zigzag Stitch



Triple Zigzag
Stitch



Elastic Stitch



Stretch Zigzag
Stitch



Blind Hem
Stitch



Stretch Blind
Hem Stitch




Shell Tuck
Stitch



Elastic Shell
Tuck Stitch



Blanket Stitch



Ladder Stitch



Elastic
Overlock Stitch



Double
Overlock Stitch



Double Action
Stitch



Slant Pin Stitch



Slant Overlock
Stitch



Feather Stitch



Tree Stitch



Bridging Stitch



Fagoting Stitch



Honeycomb



Scalloped
Stitch

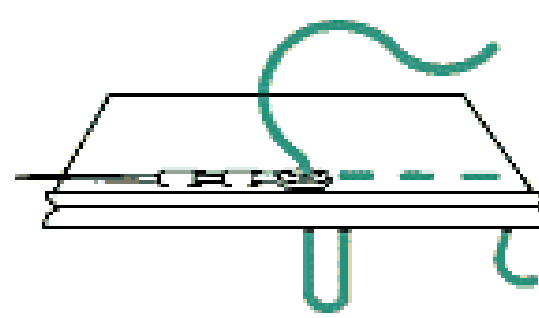


Buttonhole

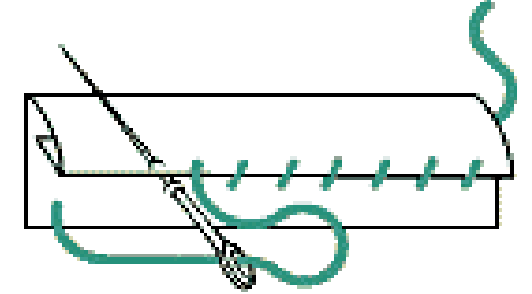


Keyhole

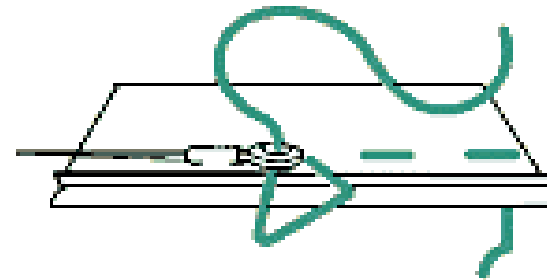
Types of Hand stitches



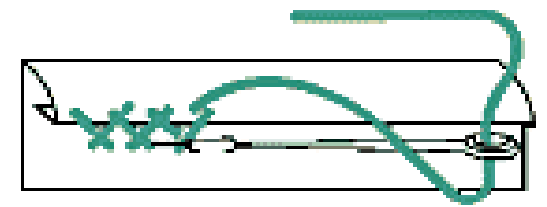
running stitch



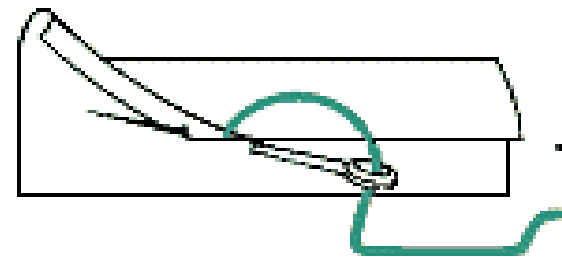
hemming stitch



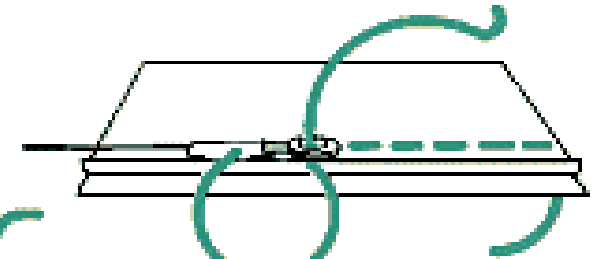
basting stitch



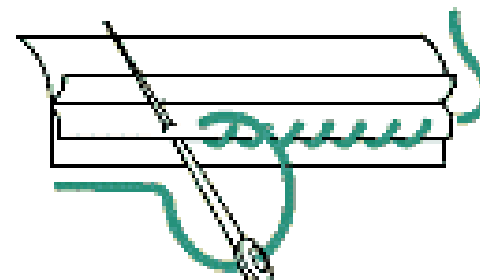
catch stitch



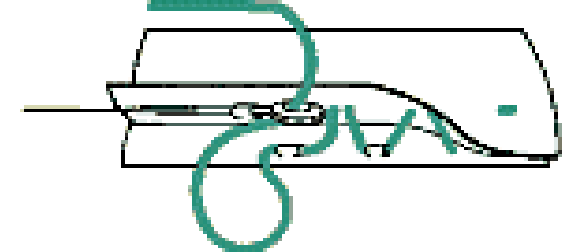
slip stitch



backstitch



overcast stitch



invisible stitch

Back stitch:

A back stitch also called a back tack, strong stitch or reverse stitch. A back stitch simply means going backwards over previously stitched stitches. It is usually at the start of your seam and at the finish of your seam. It is used to lock or firmly keep your seam in place.



Sewing backstitch

YOU NEED:

An adult or over 15-year old

Two piece of fabrics

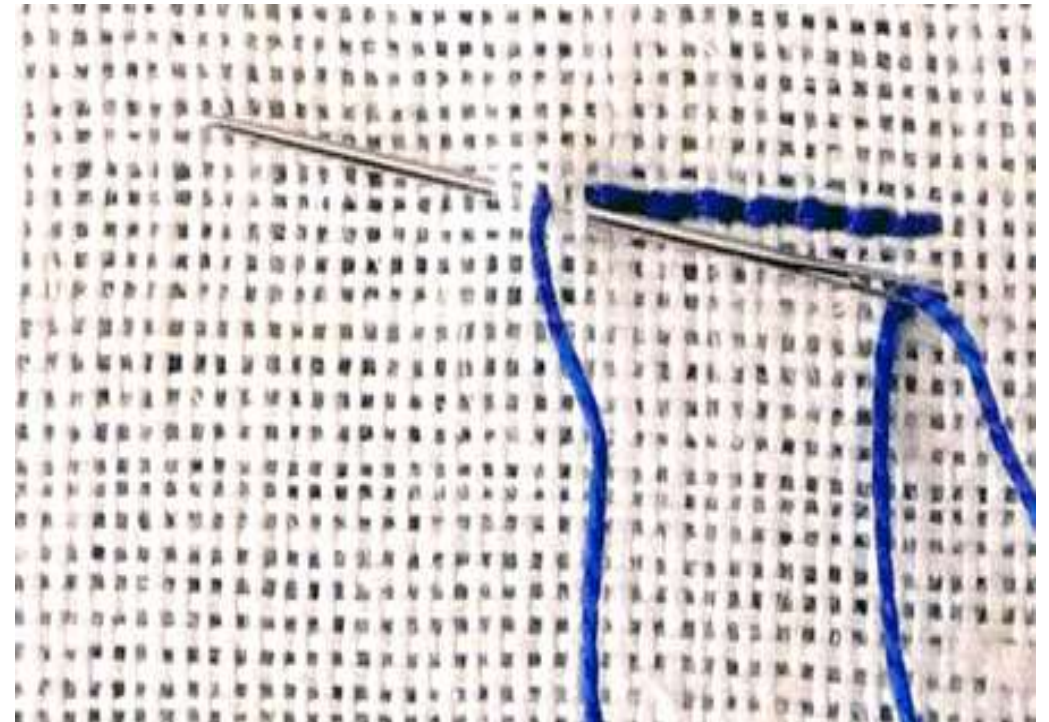
A sew machine or needle

Thread

A pair of scissors ✂

<https://www.youtube.com/watch?v=sjHm8CL9>

[WDA](#)



Let's use what we've learned in a typical
project!

Pin Cushion

Pin cushion is a small, sewn stuffed cushion used for holding pin and needles with their heads protruding for easy collection and use. Pin cushion can be made by sewing your choice fabric in a desired shape and size and stuffing it with either sand, soft cotton wool or any other grain (especially small grains).

Sand filled pin cushions are said to help sharpen the tip of your needles and pins. Some are made to seat on the table and others can be worn around your wrist while you sew, this can be called wrist-held pincushion.

Pincushion helps you organise and manage your pins and needles properly thereby promoting a bit of safety.



How to make a pincushion:



YOU NEED:

- The support of an adult or over 15-year old.
- A big round mug
- Fabric of your choice (I will use orange coloured cotton material)
- Scissors ✂
- Sewing machine or double threaded needle
- Already-made Pincushion
- Embroidery thread with matching colour.
- Button (if needed)
- Pencil, pen or marker
- Cotton wool, sand, rice or any grain (I will be using cotton wool). You will need a small funnel if you are using sand or grain.
- <https://www.youtube.com/watch?v=znyZ8jr0JtQ>





Steps to making a pincushion

Spread your ironed fabric on your worktable, wrong side up

Place the widest part of your mug on the fabric to make a sizeable circle. With your pencil or marker make a round circle on the fabric.

Pin both pieces of fabrics together.

Mark off $\frac{1}{4}$ inch (6mm) seam allowance, mark and sew all round leaving one-inch gap between start of seam and finish of seam. You can sew with your needle and thread or machine.

With your scissors cut some cutlines around the seam allowance (do not cut through the gap).

Remove the fastening pins and turn the fabric inwards through the 1" gap.

Through the gap, stuff the sewn fabric with the cottonwool to your desire filling. Close the gap with needle and thread.

Using your embroidery thread and needle, sew some ring stitches from the centre of the cushion, round the edge and back to the centre (8 ring stitches should be fine. Knot twice at the top of the centre of your cushion.

Sew on your button and you are done!!

Thanks for studying with Anty Ifeoma!!

Please download the worksheet and complete the questions.

Remember to practise what you've learned, always refer to the video on the BUC Adventurer & Pathfinder website if you need a reminder.
(www.adventistyouth.org.uk)

Keep Smiling 😊!!