

Lesson One

I. Parts of a Sewing Machine:

- 1) **Bobbin winder:** winds thread onto the bobbin for use as the lower thread
- 2) **Spool pin:** holds the spool of thread (upper thread)
- 3) **Thread guide:** can be used with bobbin winder or to thread the machine
- 4) **Thread take-up lever:** follow guides to get to the needle
- 5) **Stitch width dial**
- 6) **Upper tension-control dial**
- 7) **Thread cutter**
- 8) **Needle threader**
- 9) **Reverse sewing lever:** used to stitch backwards, usually used for backstitching
- 10) **Pattern selection dial:** chooses stitch type
- 11) **Stitch Length Dial:** controls stitch length
- 12) **Handwheel/Balance wheel:** used to manually raise and lower the needle
- 13) **Presser foot lever**
- 14) **Foot controller pedal**

Manual for Brother model XI2600i:

<http://download.brother.com/welcome/doch000266/bm35002600ug01en.pdf>

Sewing machine manuals are actually really useful; they're basically sewing books.

II. Hand Sewing Stitches:

- A. **Straight Stitch** aka. **running stitch**; most basic stitch, tie a knot and pass needle in and out of the fabric
 1. https://www.youtube.com/watch?v=1TRyD_NgqYo
- B. **Whip Stitch:** <https://www.youtube.com/watch?v=INcjxkx66o>

III. Machine Sewing Stitches:

- A. **#2 Straight Stitch:** used for almost everything
- B. **#14 Triple Stretch Stitch:** straight stitch but much stronger because it goes over each stitch three times
- C. **#3 Zigzag Stitch:** used when straight stitch doesn't suffice; good for stretch fabrics
- D. **Basting/Tacking:** large, temporary stitches; can be used to make gathers and ruffles; can be done by hand but on machine done by increasing the stitch length
- E. **Backstitching:** done with reverse sewing lever; stops seams from coming apart, the sewing machine substitute for knots

IV. Types of Fabric Fibers -what the raw material the fabric is made from

- A. **Plant-based (cellulose):** cotton, linen, hemp, bamboo, soy, rayon

- B. **Animal-based (protein):** silk, wool, yak down, angora
 - C. **Synthetic:** polyester, nylon, spandex, lycra
- V. Types of Fabric Structures -how the fabric itself is made
- A. **Woven:** stiff, not a lot of stretch, unravels when cut unless countered by something like hemming or pinking shears ex. muslin, twill, shantung, chiffon
 - B. **Knit:** one continuous thread looped around itself in a pattern; very stretchy, does not unravel; favored by stores because the stretchiness allows for a wider range for each size ex. jersey knit, interlock knit, sweatshirt knit, french terry (type of double knit)
 - C. **Feltd:** formed when fibers are meshed together with heat and agitation; does not stretch or fray; ex. washing and shrinking a wool sweater