



# **SEW TEACH ME™**

**MENTOR MANUAL**

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# Sew Teach Me™

## Introduction to Mentor Teaching

Thank you for your interest and commitment to be a mentor in the **SEW TEACH ME™ (STM)** program created by QuiltWorks in Bend, Oregon. **SEW TEACH ME™** wants this to be a program that both the mentor and student enjoy.

Because sewing is not currently being taught in most schools, youth are not getting the opportunity to learn to sew. The idea of **SEW TEACH ME™** is to provide free sewing lessons to any student, in a safe, comfortable environment, with a competent adult sewer.

**SEW TEACH ME™** was created in Bend, Oregon by Marilyn Forestell, the owner of *QuiltWorks*, with the help of a dedicated board. We wanted to create a program that could be duplicated in quilt and sewing machine shops, churches, schools, etc., in any country, to teach the next generation of sewers in a safe environment such as a shop classroom.

A mentor can be any adult with sewing skills who is interested in reaching out to students between the ages of 8 and 18. Supplies are provided and mentors will be able to pick out appropriate kits for their students before each session.

Potential mentors would:

1. Be a competent sewer
2. Fill out a mentor application
3. Pay a fee for a background check so parents and guardians of the students will feel secure in the match
4. Complete **SEW TEACH ME™** mentor training
5. Complete a Mentor Release and Waiver of Liability
6. Be matched with students who fit the mentor's available dates and times
7. Be matched with students who are of the age with which the mentor is comfortable working
8. Determine mutually agreed-upon dates and times for sessions, that work for the mentor, students, and host organization
9. Complete at least four sessions with students with each session lasting approximately two hours
10. Arrive at least 15 minutes before each scheduled session, to set up sewing machines and materials for that session

Ideally, we would like each mentor to work with two students at a time. We believe that each student will be more comfortable with another student of similar age. This could be a friend or sibling. However, there may be times when working with just one student is easier.

We would like the mentor, parents, and students to plan their sessions so the basic lessons are completed within two months. Each session will last for approximately two hours, less depending on the students' schedules.

## Procedure

A **SEW TEACH ME™** coordinator will set up the match between a mentor and two students and schedule the first sewing session. At the first session and during each additional session, the mentor and the parent will set up dates for the next sewing session. Sessions will occur at the *host organization*.

The four projects that will be completed during the sessions are:

- Get to Know Your Sewing Machine and Making a Nametag (nametags will remain at *host organization* until the basic sessions are complete)
- Making a Pillowcase
- Making a Sewing-Tool Caddy
- Making a Pillow Pal

All of the projects have precut kits so the students can focus on sewing and not on rotary cutting.

Each sewing machine will have the tools listed on the Tool Kit list and the machine manual, available for each machine and located on the **SEW TEACH ME™** shelf.

The main goal of **SEW TEACH ME™** is to introduce our youth to the joy of sewing, by creating a positive atmosphere in which to learn, at no cost to the student. We want the students to enjoy the process and know that mistakes can be fixed (by embracing the seam ripper).

A second goal is to support our wonderful sewers and quilters. We believe they will find great satisfaction in sharing their joy of sewing with the next generation.

## Mentor Preparation

When you arrive for each sewing session, there will be a mentor checklist to use for the beginning and ending of each session.

All tool caddies are color-coded with a dot of nail polish. Please help your students put everything away where it belongs.

# SEW TEACH ME™

## First Sewing Session

### Getting to Know Your Sewing Machine

Goals:

1. To help students become independent sewers
2. To have each student make a nametag

If you have more than one student and they show up at different times, get started at the beginning time for your session.

### Teaching the student(s) about the machine

#### Step 1

1. This session will contain the most information to share with your student(s). Younger students will not be able to absorb as much information as older students, so keep this in mind.
2. If you have two students, they should each have their own machine and each machine will be slightly different. Showing the students the similarities and the differences between the machines is valuable.
3. Find out what the student(s) know about a sewing machine, then review the following:
  - a. The parts of the machine that are detachable:
    - i. Machine cord, foot pedal, accessories—pull out all the parts, look at everything, and attach everything (describe the accessories later)
    - ii. Set up the machine
  - b. On/off switch
  - c. Light switch if different than on/off
  - d. Bobbins—what they are and which ones go with which machines (color code each sewing machine, bobbin case and bobbin for each machine)
  - e. Bobbin case
  - f. Storage within the machine
  - g. Thread holder for the spool
  - h. Needle
  - i. Thread cutter
  - j. Thread guides
  - k. Extra feet and their uses
  - l. Tension disk
  - m. Dials for stitches, lengths, widths

- n. Reverse lever
  - o. Hand wheel
  - p. Needle positions, if applicable
  - q. Presser foot
  - r. Feed dogs
  - s. Tools (brushes for cleaning machine, tighteners or screwdrivers, etc.)
  - t. Machine Manual
4. Wind a bobbin describing what you are doing, but with no expectations from the student(s)
  5. Thread the machine and describe what you are doing
  6. Pull out a scrap of fabric and demonstrate sewing
    - a. At this point, you are using many parts of the machine: the foot pedal, needle, bobbin thread, top thread, stitch widths and lengths, reverse stitching, etc. Do as many things as possible.
    - b. Be sure to check the tension on the fabric scrap
    - c. Sew for two or three minutes, starting and stopping, cutting the thread (using scissors or the machine's thread cutter), taking the fabric scrap out, and checking the tension. Demonstrate raising and lowering the presser foot, using the reverse stitching option, speeding up or slowing down the machine and cutting the thread.
  7. At this point, let the student(s) sew. The student(s) will not know how to wind a bobbin, thread the machine or check the tension. Coach them through what you just demonstrated.
  8. Skills to practice are starting, stopping, cutting thread and the needle down position.
  9. Take a break. The students have been given a lot of information; they have worked the machine, heard about feet, dials, widths, bobbins, etc.

This is a good time to take a “mind break” and ask the students some questions. Some options are:

- Ask what they are working on in school
- Did they bring a snack? (Now is a good time to take a break)
- If you are in a shop, walk around with them, showing them books, patterns, threads, notions, fabrics, etc.

## **Teaching the student(s) about the manuals that go with the sewing machines**

### **Step 2**

1. Open the manuals. Talk to the student(s) about the parts of the machine and the pages that show how to wind the bobbins, thread the machine, change feet and the needles. Show them how to find information in the manual about zippers, buttons and stitch tension. Certain pages in the manual might be flagged so the mentor will know to show that page to the students.
2. Pull out the accessories that came with the machine and find them in the manual. The accessories might be a ¼" foot, walking foot, zipper foot, button foot, or screwdrivers.

## **Winding the bobbin and threading the machine**

### **Step 3**

At this point, because there are multiple machines being used, even the mentor will have to think about how to wind a bobbin and thread a particular machine. There will usually be two students, so they will each need to learn these skills on any machine used.

- Open the manual to the winding the bobbin section and show the students the steps both on the machine and in the manual.
- Begin to wind the bobbin, but just enough so the student can see how it is done.
- Remove the bobbin, remove the thread you used and hand the bobbin to the student to practice filling the bobbin. Repeat this step if necessary. Students do not need to fill the bobbin. Do this for each machine being used by a student.
- Open the manual to the threading the machine section. Demonstrate this for the students and have the students thread the machine. Repeat this step 3–4 times for each machine being used.
- Show the students how to set the bobbin into its casing properly, and how to pick the bobbin thread up with the top thread. Let the students do this and repeat as many times as needed.

## **Learning How to Sew**

### **Step 4**

It sounds easy, but students need to be taught about self-feeding the fabric, the pressor foot, cutting threads and unsewing.

1. Explain and demonstrate how to: start and stop sewing, where to place fabric, how to lower the presser foot, how to use the foot pedal, backstitch, and how to cut the threads.
2. Have the student(s) explain the process to you while you repeat step 1.

3. Have the student(s) practice winding a bobbin and threading the machine again.
4. Let the student(s) sew on a fabric scrap. They can practice straight lines, stopping with the needle down, changing speed, widths, stitch length or stitches.

## **Making a Nametag**

### **Step 5**

1. The nametag will remain at the *host organization* until the student completes the initial four sewing projects.
2. Students will be given a choice of felt rectangles for the nametag background. They will sew their name rectangle to the background; they can use a decorative stitch or a straight stitch. A ribbon will need to be added that can fit around their head and hang so the student's name is visible while seated at the sewing machine. This will give them the opportunity to thread the machine, wind the bobbins and set the bobbins in the casing properly. They may get frustrated at this point so you should be prepared to show them a completed pillowcase to remind them of what they will make in the next session.

This is the completion of the first sewing session. It is the most detailed and challenging of all the sessions.

- Ask your students to tidy up their space.
- Collect your students' nametags.

Remind the student to thank the host organization and their parent for giving them the opportunity to sew. You might also suggest they thank you, the mentor, as well.

# SEW TEACH ME™

## Lesson Two

### Making a Rolled or “Sausage” Pillowcase and Practice Stitching

#### Goals:

1. Review how to set up the sewing machine
2. Practice following an accurate sewing line by stitching on paper
3. Recognizing the right side and wrong side of fabric
4. Practice pinning techniques
5. Maintain an accurate seam allowance
6. Set the stitch length both for basting and for sewing
7. Following pattern directions
8. Making enclosed or French Seams
9. Observing ironing techniques

#### Supplies:

1. Mentors will want to pre-select 2–3 pillowcase kits from which each student will choose. Volunteers will check the pillowcase kits to make sure the three fabrics are squared up and all the same WOF. Each kit will contain:
  - a.  $\frac{3}{4}$  yard of focus fabric for the pillowcase body
  - b.  $\frac{1}{4}$  yard of coordinating fabric for the cuff
  - c. 3” accent strip for decorative piping/trim
2. Thread to match each of the pillowcase kits.
3. Scraps of fabric for practice.
4. Student Handout #2 for sewing practice.
5. Student Handout #3 Pillowcase Pattern.

### Practice Sewing Accurately and Preparing to Make a Pillowcase

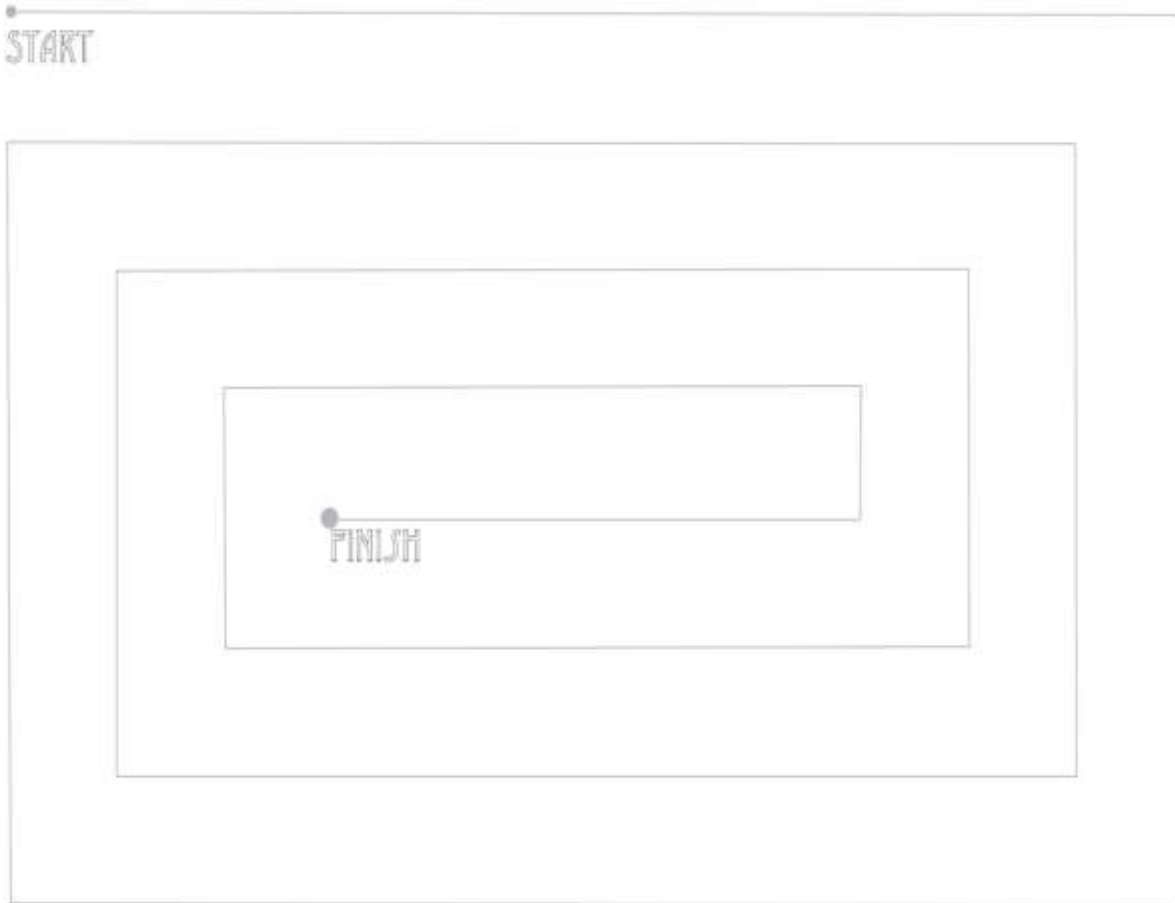
#### Step 1

- Select a pillowcase kit
- Select thread to match the pillowcase kit
- Review the lessons from Session 1—using the notes from the first session on Getting to Know Your Sewing Machine, ask the students to point out and explain when necessary, the different parts of the machine.
- Let the student set up the machine, plug it in, etc.

#### Step 2

- Remove the thread and the bobbin. Practice sewing without thread.
- Using the Practice Sewing form, have students practice sewing on paper without any thread in the machine.

- Students need to practice using ½” seam allowance or whichever allowance the mentor wants them to use. Practice on a scrap of fabric using a seam guide.
- Have the student wind the bobbin with the chosen thread and thread the machine. The bobbin only needs to be partially full.
- Have the student check the tension on a fabric scrap.
- Once the mentor and the student are comfortable with the student’s ability to maintain an even seam allowance, they can start on the pillowcase.



## Pillowcase Pattern

Read all of the directions before beginning.

### Sewing Directions

1. Place the cuff fabric **Right Side Up** on the ironing board or cutting surface
2. Fold the accent fabric in half **Wrong Sides** together, press
3. Place the accent fabric on top of the cuff fabric, matching raw edges with those at the top of the cuff
4. Place the focus fabric on top of the accent fabric **Right side down**

5. Align raw edge
6. Pin all the layers together
7. Baste all the layers using a scant  $\frac{1}{4}$ " seam
8. Starting with the bottom edge, roll up the focus fabric within an inch or two of the basted edge
9. Pull the bottom edge of the cuff to the basted edge, making a "sausage" of the focus fabric
10. Re-pin and carefully sew all the edges together. Remember to change your stitch length from basting to 2.5. Make this a  $\frac{1}{2}$ " seam
11. Now pull out the inside sausage of the pillowcase from the roll
12. Lay the pillowcase flat and press the cuff. Check all of the layers to see that they are even, trim if necessary
13. Fold the pillowcase in half, WRONG sides together
14. Pin. Sew the sides and bottom together with a  $\frac{1}{4}$ " seam
15. Turn inside out RIGHT sides together. Press. Sew the sides and bottom again, this time with a  $\frac{1}{2}$ " seam.
16. Turn right side out. Press. Admire your beautiful pillowcase.

This completes project two.

- Ask your students to tidy up their space.
- Give students Handout #3
- Collect your students' nametags and remind students to thank parents(s) for giving them the opportunity to learn to sew.

If you would like see a visual lesson on making a pillowcase using this method, check out [sewhooked.com](http://sewhooked.com) by Jennifer Ofenstein.

# SEW TEACH ME™

## Lesson Three

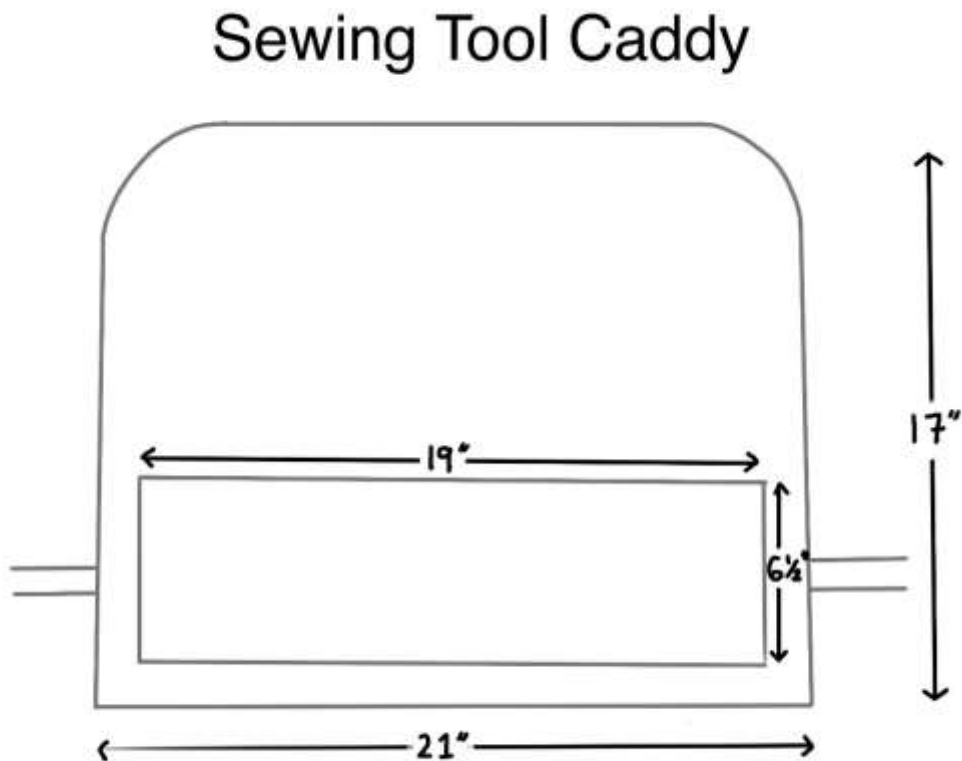
### Making a Sewing-Tool Caddy

#### Lesson Preparation

Gather sewing machines, sewing machine kits, sewing machine manuals, sewing-tool caddy kits, thread to match the kits, and your students' nametags.

#### Lesson Goal

To teach students to read a pattern before starting to sew.



#### Techniques for the Sewing-Tool Caddy

- Using fusible interfacing
- Clipping corners
- Sewing an accurate seam allowance
- Being creative with corners (rounded)
- Clipping rounded corners
- Using a point turner

- Top stitching
- Using ribbon for ties

### Supplies

- Three fat quarters, two that are identical and one coordinating fat quarter
- 6" x 19" piece of fusible interfacing
- Coordinating thread
- Seam ripper
- Pins
- Point turner
- Iron
- Scissors
- Seam guide
- Paper plate to use as a guide to round the corners

### Cutting Directions

1. Cut and square up the two identical fat quarters to measure 17 ½" x 21 ½".
2. Cut the contrasting fat quarter into two pieces measuring 6 ½" x 19 ½". This is the pocket.
3. Cut one 6" x 19" piece of fusible interfacing.

### Sewing Directions—Pocket

1. Fuse the interfacing to the **WRONG** side of one of the pocket pieces. Try to center the interfacing.
2. Put both pieces of the pocket right sides together.
3. Pin, leaving an 8" opening at the bottom.
4. At each end of the opening, use two pins to mark the opening.
5. Using a fabric marker, mark ½" from the corner on both sides of each corner. You will want to shorten your stitch length at the corners to reinforce them.
6. Using a seam guide, mark for a ½" seam allowance.
7. Sew the ½" seam allowance, backstitching at the beginning and end of the 8" opening.
8. Trim the corners to reduce bulk. Be careful not to clip into the stitching.
9. Turn right side out.
10. Using the point turner, gently push out each corner.
11. Press the pocket flat, turning the 8" opening under ½".
12. Topstitch the top of the pocket about ¼" from the edge to reinforce the pocket (the side without the opening).

### Sewing Directions—Attaching the Pocket

1. If focus fabric is directional, decide how you want it on the inside and the outside of the caddy.
2. Draw a line 1¼" above the bottom of the inside focus fabric. Place the bottom of the pocket on the marked line.
3. Center the pocket from each edge and place on the line.

4. Pin all three sides, (but not the top of the pocket) to the focus fabric, using more pins than fewer pins.
5. Sew the pocket to the focus fabric, backstitching at the beginning and ending to reinforce the pocket.
6. Again, shorten your stitch length a little before and after each corner.

### **Sewing Directions—Making the Caddy Body**

1. Place the focus fabric pieces wrong sides together to confirm they are the same size.
2. If they are not the same size, trim them up.
3. Find a paper plate, a plate or a bowl and use it to mark the top of both pieces to round the corners.
4. Cut out the rounded corners.
5. Put the focus fabrics **RIGHT SIDES** together and pin leaving a 5" opening on the right side near the pocket. (You will be putting your ties in there after you sew it.)
6. Mark both sides of the opening so that you can backstitch at the beginning and end of it.
7. Sew with a ½" seam allowance all the way around.
8. Clip the curved corners.
9. Turn right sides out, using the point turner in the corners.
10. Press it flat, including pressing under ½" of both fabrics at the opening.

### **Sewing Directions—Adding the Ribbon Ties and Finishing the Caddy**

1. Fold the ribbon in half. Insert the folded part into the opening and pin.
2. Topstitch completely around the caddy.
3. You can make individual decisions on how far apart your stitching lines are on the pocket depending on the use of the pocket. You can also consider making some of the slots shorter by sewing a line 1" above the bottom of the pocket.

This completes the third project.

- Collect your students' nametags.
- Have your students clean up their area.

# SEW TEACH ME™

## Lesson Four

### Making a Pillow Pal

#### Techniques Learned with the Pillow Pal

- Using a pattern
- Sewing an accurate ¼" inch seam allowance
- Back stitching to secure the beginning and ending of sewing
- Using a small fabric piece to begin feeding fabric under the presser foot
- Clipping curves
- Sewing on buttons by hand
- Using a point turner
- Zigzag stitching around an appliqué
- Cutting and sewing right sides together
- Practicing threading the machine (changing thread color often on the face)

#### Supplies

- Pillow Pal Pattern kit for body, legs, face and ears
- Pillow Pal fabric kit or:
  - 1 fat quarter
  - Two 8" x 10" fabric rectangles for the main body
  - One 5" x 5" fabric square for the face
  - One 4 ½" x 4 ½" piece of Heat'n Bond fusible paper for the face
  - 1" x 1" black square of fabric backed with Heat'n Bond for the nose
  - 2" x 4" white fabric rectangle backed with Heat'n Bond for the eyes
  - 2 buttons for eyes
- Fiberfill for stuffing
- Variety of thread colors
- Hand sewing needle, pins, scissors, seam ripper, Sharpie pen and a chop stick to use as a point turner
- Sewing machine (with needle, ¼" seam guide, zigzag stitch option and presser foot)

#### Cutting Directions

1. Carefully cut out all pattern pieces. When ironing, use a dry iron, NO STEAM!
2. **FRONT BODY:** Pin the pattern on one of the 8" x 10" rectangles, with fabric and pattern both right sides up. Note where the marks are for the lower and upper legs and ears. Cut out the front and use a non-permanent fabric marker to mark the fabric so you will know where to attach the legs and ears.

3. **BACK BODY:** Fold the other 8" x 10" rectangle in half so you have a 4" x 10" piece. Pin the pattern on the rectangle and note the space that should be left open for turning. Cut out the back, mark the center seam where the opening needs to be.
4. **FACE:** Center the textured side of the Heat'n Bond sheet on the wrong side of the 5" x 5" square of fabric. Place a hot, dry iron on the square for 10 seconds.
  - a. Center the round face pattern on the square, right side up and pin it to the fabric and Heat'n Bond.
  - b. Cut out the circle through all the layers. Peel the paper from the Heat'n Bond. Set the piece aside.
5. **EYES:** Use the white rectangle backed with Heat'n Bond for the whites of the eyes. Trace two circles on the rectangle using a medium or large spool of thread. Cut out the circles and set aside.
6. **NOSE:** For a dog/bear nose, use the oval pattern. For a cat, use the triangle pattern. Cut the pattern from the black fabric that has been backed with Heat'n Bond.
7. **LEGS and EARS:** You need two sets of front legs, back legs and ears (choose cat or dog/bear shape). To make these, you will need to cut each pattern twice, to get the four pieces needed to make the legs and ears. Open the fat quarter and fold it in half, right sides together, wrong side to the outside. The piece should measure 11" x 18". Pin the pattern on the fabric and make sure you have enough room to cut each pattern again. Cut out the shapes, keeping the pieces right sides together. Mark the areas of the front and back legs that will be left open for stuffing. *(TIP: you can also fold the fat quarter in half again, so you have a layer of four pieces of fabric. Pin the pattern pieces on the square and cut once, to get both sets of legs and ears, with one cutting.)*

### **Sewing Directions**

Unless otherwise noted, all seams are ¼". If needed, use a press cloth or piece of muslin when working with the Heat'n Bond.

#### **BACK BODY PIECE**

Pin the back, right sides together. Sew the seam as noted on the pattern, leaving the marked area open for turning and stuffing.

#### **FACE ON FRONT OF BODY**

1. **FACE:** Place the circle face on top of the body front and center it about 1½" from the top. Press the face in place by holding a hot, dry iron on it for 10 seconds.
2. **WHITES OF THE EYES:** Peel off the paper from the fabric and carefully place the circles on the face. Press in place by holding a hot, dry iron on them for 10 seconds.
3. **NOSE:** Carefully center the nose on the face just below the eyes. Using a hot, dry iron, press for 10 seconds.

4. Using a zigzag stitch, sew carefully around the face circle, using matching thread if possible. Set the stitch so that one side catches the edge of the circle. Stitch slowly!
5. For the eyes, straight stitch around each white circle, using white thread. If this technique is too hard for the student, zigzag forward and backward across the circle to secure it. (Try not to sew outside of the circle.)
6. For the nose, use black thread and a zigzag stitch or sew forward and backward across to secure it.
7. To finish the eyes, hand sew buttons in the center of each white circle.
8. Using the model, draw a mouth using a Sharpie pen. You can add whiskers for cats or dots for dogs. Set the body aside.

### ***LEGS AND EARS:***

1. Stitch around each lower leg, upper leg and ear, leaving the ends open for turning and the other marked areas open for stuffing. Back stitch to secure the beginning and end of each seam.
2. Slightly snip the inner curve of each leg. If using a dog/bear ear, snip the inner curve of each ear. If using a cat ear, trim the point of each ear. Turn the legs and ears right side out. Gently use a point turner to make sure all the fabric is completely turned, and then iron each piece flat.
3. Make a small pleat in each ear and baste in place.

### ***ATTACHING LEGS AND EARS TO MAIN BODY:***

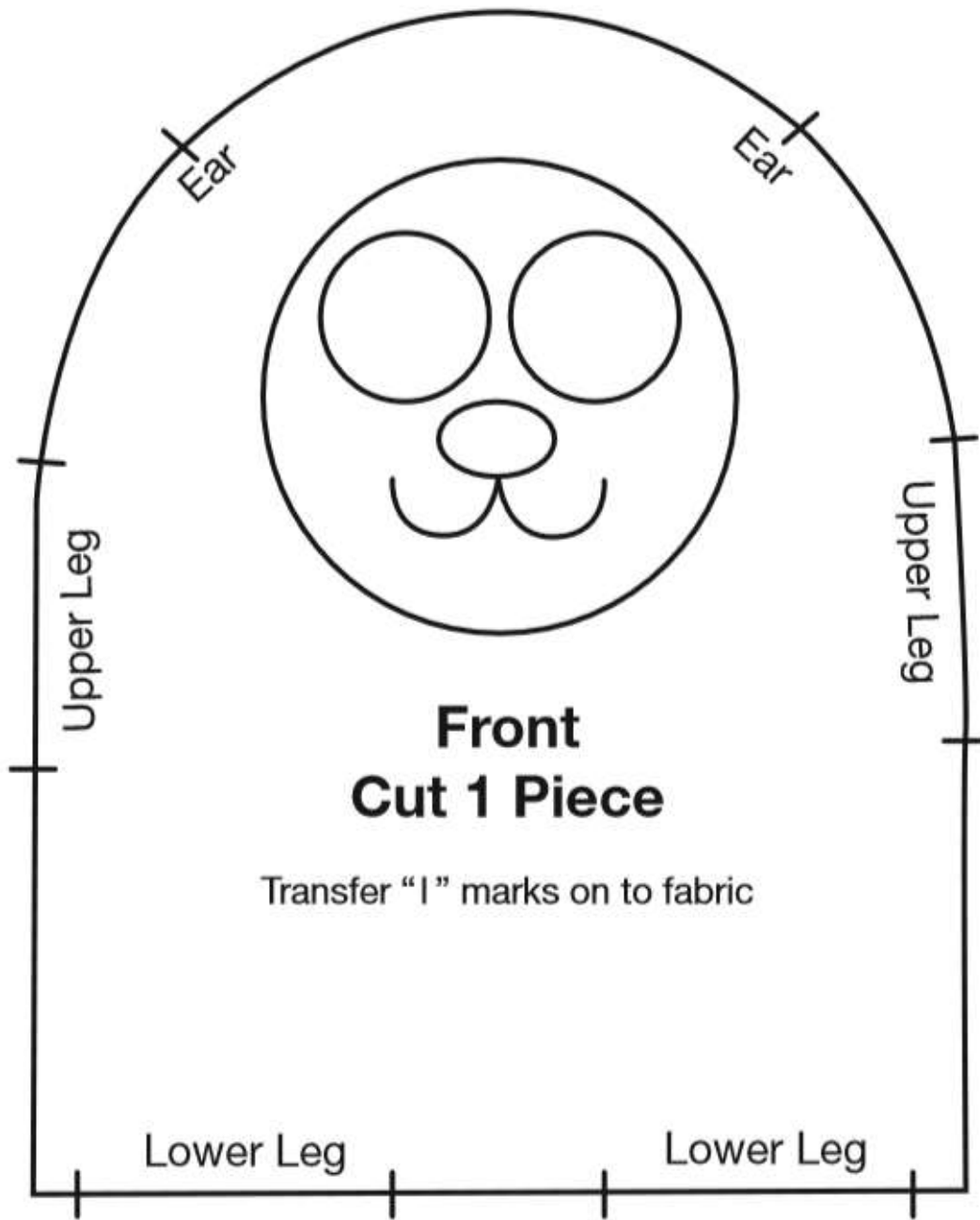
1. Use a scant  $\frac{1}{4}$ " seam to attach the legs and ears. The legs will be stuffed after the pillow has been turned right side out.
2. The curves of the lower legs and ears should face inward. The curves of the upper legs should face up. The pleats in the ears should run opposite each other.
3. Using the marks at the bottom of the body front, pin the lower legs between the marks, raw edges together, and sew in place. Do the same thing for the upper legs. Pin the ears on, making sure the pleat folds are opposite from each other, then sew in place.

### ***SEWING THE FRONT AND BACK TOGETHER:***

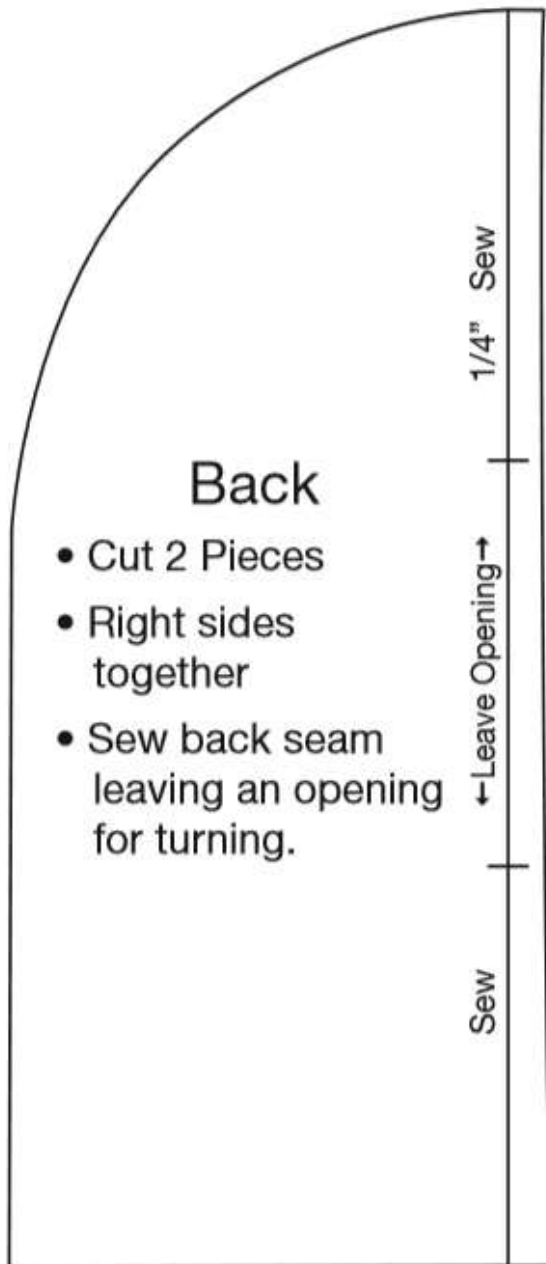
1. Pin the front body to the back body, right sides together, making sure the pieces are centered on each other. **Tuck the upper and lower legs and ears inside toward the center and make sure they are out of the way.**
2. Sew completely around the body. Try to cover the stitches that attached the legs and ears and make sure you do not catch the legs and ears in the stitching.
3. Turn the pillow right side out through the back seam opening. Stuff the body and legs with fiberfill. Whip stitch the back seam and leg openings to close them.

Hug your Pillow Pal - you are finished!

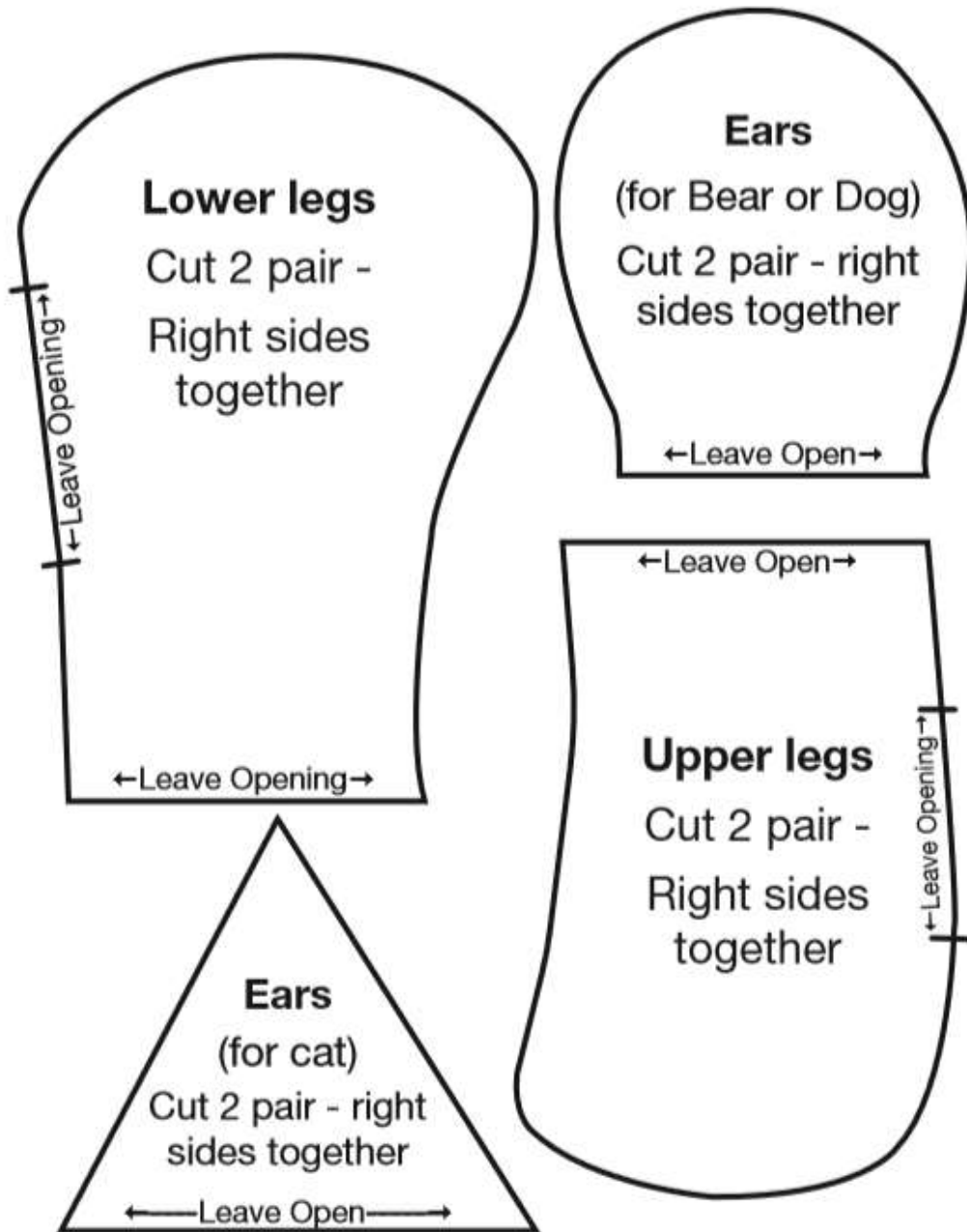
# Fabric 1



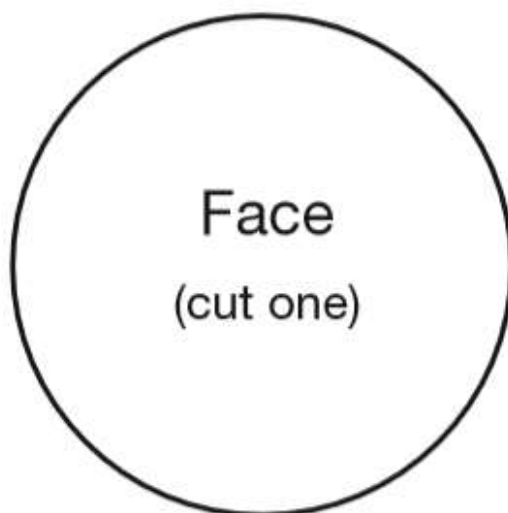
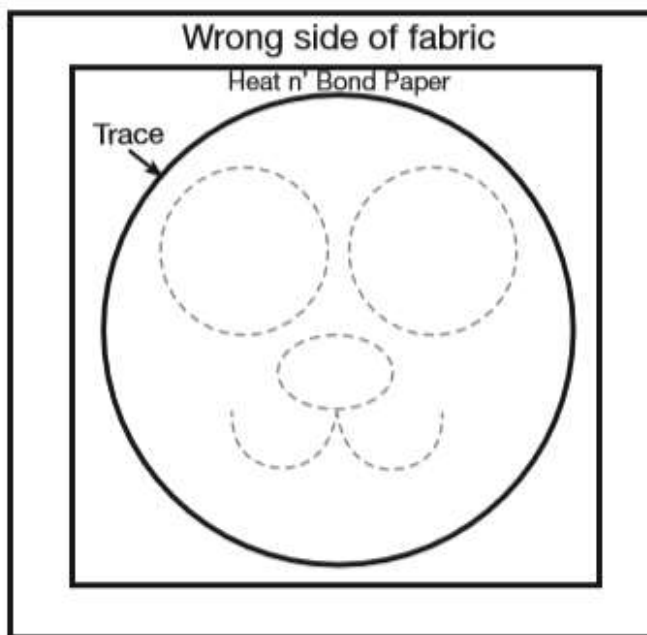
## Fabric 1



Pillow Pal Pattern—page 3 of 4 (Actual Size on the Website)



# Fabric 1 Face



# SEW TEACH ME™

## Appendix

Student Handout #1—Pillowcase Pattern

Student Handout #2—Practice Sewing

Student Handout #3—Sewing-Tool Caddy Pattern

Student Handout #4—Making a Pillow Pal

Student Handout #5—Basic Sewing Supply List

## Student Handout #1—Pillowcase Pattern

# SEW TEACH ME™

## Lesson Two

### Pillowcase Pattern

Read all of the directions before beginning.

Fabric in the pillowcase kit:

- $\frac{3}{4}$  yard of focus fabric for the pillowcase body—cut this so it measures 27" x WOF (WOF stands for Width of Fabric)
- $\frac{1}{4}$  yard coordinating fabric for cuff—cut cuff fabric 9" by same WOF as body fabric
- 3" strip accent fabric for decorative piping/trim—cut trim by the same WOF as the body

### Sewing Directions

1. Place the cuff fabric **Right Side Up** on the ironing board or cutting surface
2. Fold the accent fabric in half **Wrong Sides** together, press
3. Place the accent fabric on top of the cuff fabric, matching raw edges with those at the top of the cuff
4. Place the focus fabric on top of the accent fabric **Right side down**
5. Align raw edge
6. Pin all the layers together
7. Baste all the layers using a scant  $\frac{1}{4}$ " seam
8. Starting with the bottom edge, roll up the focus fabric within an inch or two of the basted edge
9. Pull the bottom edge of the cuff to the basted edge, making a "sausage" of the focus fabric
10. Re-pin and carefully sew all the edges together. Remember to change your stitch length from basting to 2.5. Make this a  $\frac{1}{2}$ " seam
11. Now pull out the inside sausage of the pillowcase from the roll
12. Lay the pillowcase flat and press the cuff. Check all of the layers to see that they are even, trim if necessary
13. Fold the pillowcase in half, **WRONG** sides together
14. Pin. Sew the sides and bottom together with a  $\frac{1}{4}$ " seam
15. Turn inside out **RIGHT** sides together. Press. Sew the sides and bottom again, this time with a  $\frac{1}{2}$ " seam.
16. Turn right side out. Press. Admire your beautiful pillowcase.

If you would like see a visual lesson on making a pillowcase using this method, check out [sewhooked.com](http://sewhooked.com) by Jennifer Ofenstein.

## Student Handout #2—Practice Stitching

# SEW TEACH ME™

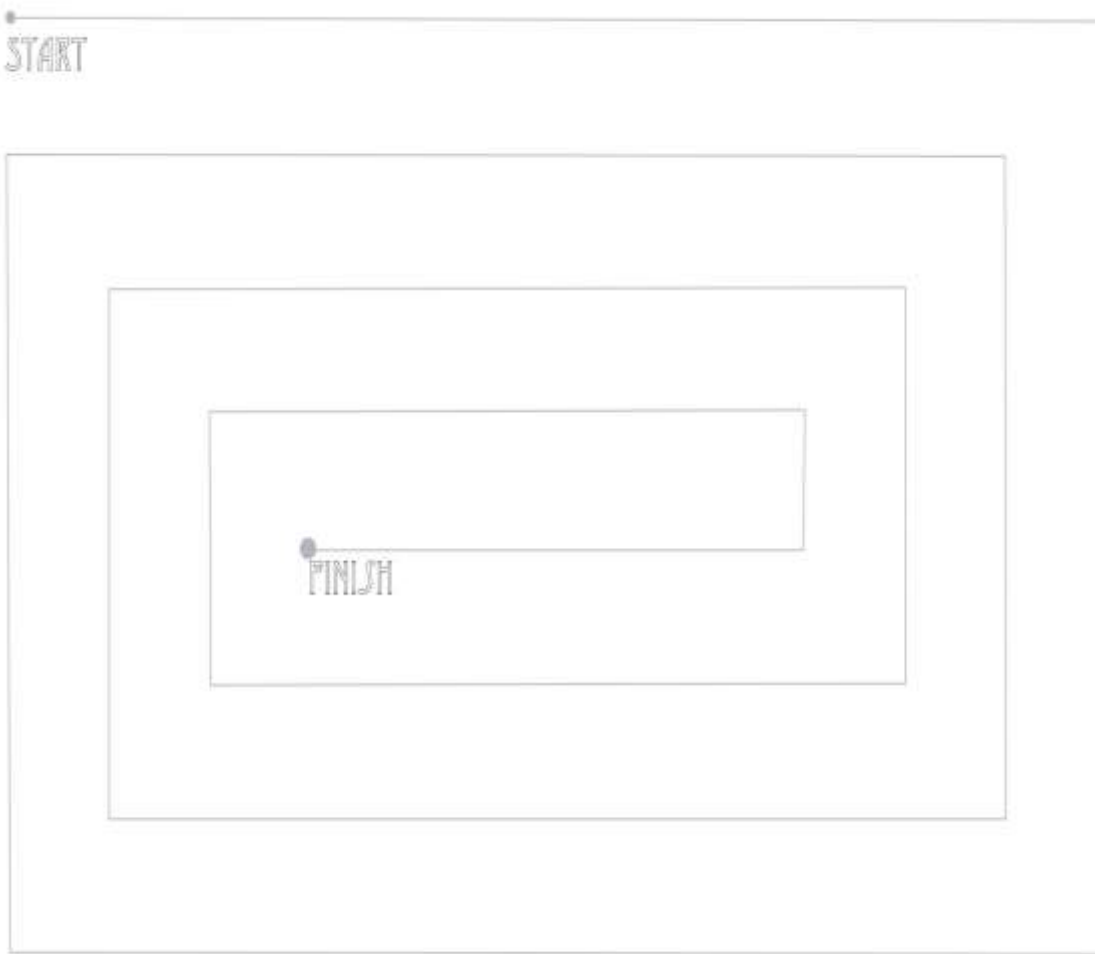
## Lesson Two

### Goal

Work on controlling your stitching without thread.

### Sewing Directions

1. Unthread your sewing machine.
2. Remove your bobbin.
3. Starting on the outside try to sew on the line.
4. Practice again using a guide, such as your machine foot, and stitch  $\frac{1}{4}$ " away from the first stitching line.

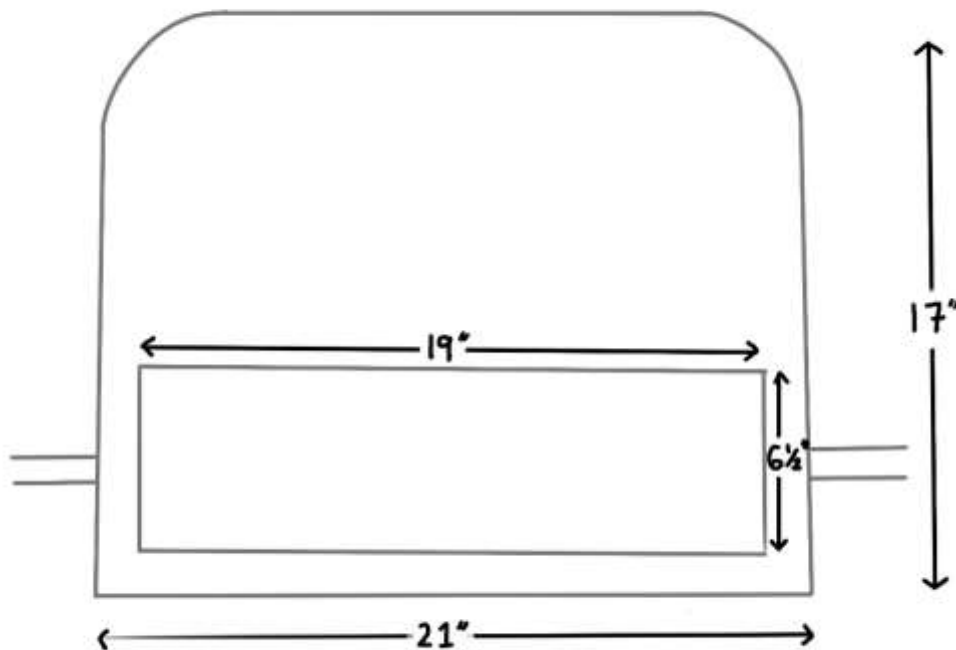


## Student Handout #3—Sewing-Tool Caddy Pattern

### SEW TEACH ME™ Lesson Three

#### Making a Sewing-Tool Caddy

#### Sewing Tool Caddy



#### Techniques for the Sewing-Tool Caddy

- Using fusible interfacing
- Clipping corners
- Sewing an accurate seam allowance
- Being creative with corners (rounded)
- Clipping rounded corners
- Using a point turner
- Top stitching
- Using ribbon for ties

#### Supplies

- Three fat quarters, two that are identical and one coordinating fat quarter

- 6" x 19" piece of fusible interfacing
- Coordinating thread
- Seam ripper
- Pins
- Point turner
- Iron
- Scissors
- Seam guide
- Paper plate to use as a guide to round the corners

### Cutting Directions

1. Cut and square up the two identical fat quarters to measure 17 ½" x 21 ½".
2. Cut the contrasting fat quarter into two pieces measuring 6 ½" x 19 ½". This is the pocket.
3. Cut one 6" x 19" piece of fusible interfacing.

### Sewing Directions—Pocket

1. Fuse the interfacing to the **WRONG** side of one of the pocket pieces. Try to center the interfacing.
2. Put both pieces of the pocket right sides together.
3. Pin, leaving an 8" opening at the bottom.
4. At each end of the opening, use two pins to mark the opening.
5. Using a fabric marker, mark ½" from the corner on both sides of each corner. You will want to shorten your stitch length at the corners to reinforce them.
6. Using a seam guide, mark for a ½" seam allowance.
7. Sew the ½" seam allowance, backstitching at the beginning and end of the 8" opening.
8. Trim the corners to reduce bulk. Be careful not to clip into the stitching.
9. Turn right side out.
10. Using the point turner, gently push out each corner.
11. Press the pocket flat, turning the 8" opening under ½".
12. Topstitch the top of the pocket about ¼" from the edge to reinforce the pocket (the side without the opening).

### Sewing Directions—Attaching the Pocket

1. If focus fabric is directional, decide how you want it on the inside and the outside of the caddy.
2. Draw a line 1¼" above the bottom of the inside focus fabric. Place the bottom of the pocket on the marked line.
3. Center the pocket from each edge and place on the line.
4. Pin all three sides, (but not the top of the pocket) to the focus fabric, using more pins than fewer pins.
5. Sew the pocket to the focus fabric, backstitching at the beginning and ending to reinforce the pocket.
6. Again, shorten your stitch length a little before and after each corner.

### **Sewing Directions—Making the Caddy Body**

1. Place the focus fabric pieces wrong sides together to confirm they are the same size.
2. If they are not the same size, trim them up.
3. Find a paper plate, a plate or a bowl and use it to mark the top of both pieces to round the corners.
4. Cut out the rounded corners.
5. Put the focus fabrics **RIGHT SIDES** together and pin leaving a 5" opening on the right side near the pocket. (You will be putting your ties in there after you sew it.)
6. Mark both sides of the opening so that you can backstitch at the beginning and end of it.
7. Sew with a  $\frac{1}{2}$ " seam allowance all the way around.
8. Clip the curved corners.
9. Turn right sides out, using the point turner in the corners.
10. Press it flat, including pressing under  $\frac{1}{2}$ " of both fabrics at the opening.

### **Sewing Directions—Adding the Ribbon Ties and Finishing the Caddy**

1. Fold the ribbon in half. Insert the folded part into the opening and pin.
2. Topstitch completely around the caddy.
3. You can make individual decisions on how far apart your stitching lines are on the pocket depending on the use of the pocket. You can also consider making some of the slots shorter by sewing a line 1" above the bottom of the pocket.

This completes the third project.

- Collect your students' nametags.
- Have your students clean up their area.

## Student Handout #4—Making a Pillow Pal

# SEW TEACH ME™

## Lesson Four

### Making a Pillow Pal

#### Techniques Learned with the Pillow Pal

- Using a pattern
- Sewing an accurate ¼" inch seam allowance
- Back stitching to secure the beginning and ending of sewing
- Using a small fabric piece to begin feeding fabric under the presser foot
- Clipping curves
- Sewing on buttons by hand
- Using a point turner
- Zigzag stitching around an appliqué
- Cutting and sewing right sides together
- Practicing threading the machine (changing thread color often on the face)

#### Supplies

- Pillow Pal Pattern kit for body, legs, face and ears
- Pillow Pal fabric kit or:
  - 1 fat quarter
  - Two 8" x 10" fabric rectangles for the main body
  - One 5" x 5" fabric square for the face
  - One 4 ½" x 4 ½" piece of Heat'n Bond fusible paper for the face
  - 1" x 1" black square of fabric backed with Heat'n Bond for the nose
  - 2" x 4" white fabric rectangle backed with Heat'n Bond for the eyes
  - 2 buttons for eyes
- Fiberfill for stuffing
- Variety of thread colors
- Hand sewing needle, pins, scissors, seam ripper, Sharpie pen and a chop stick to use as a point turner
- Sewing machine (with needle, ¼" seam guide, zigzag stitch option and presser foot)

#### Cutting Directions

1. Carefully cut out all pattern pieces. When ironing, use a dry iron, NO STEAM!
2. **FRONT BODY:** Pin the pattern on one of the 8" x 10" rectangles, with fabric and pattern both right sides up. Note where the marks are for the lower and upper legs

- and ears. Cut out the front and use a non-permanent fabric marker to mark the fabric so you will know where to attach the legs and ears.
3. **BACK BODY:** Fold the other 8" x 10" rectangle in half so you have a 4" x 10" piece. Pin the pattern on the rectangle and note the space that should be left open for turning. Cut out the back, mark the center seam where the opening needs to be.
  4. **FACE:** Center the textured side of the Heat'n Bond sheet on the wrong side of the 5" x 5" square of fabric. Place a hot, dry iron on the square for 10 seconds.
    - a. Center the round face pattern on the square, right side up and pin it to the fabric and Heat'n Bond.
    - b. Cut out the circle through all the layers. Peel the paper from the Heat'n Bond. Set the piece aside.
  5. **EYES:** Use the white rectangle backed with Heat'n Bond for the whites of the eyes. Trace two circles on the rectangle using a medium or large spool of thread. Cut out the circles and set aside.
  6. **NOSE:** For a dog/bear nose, use the oval pattern. For a cat, use the triangle pattern. Cut the pattern from the black fabric that has been backed with Heat'n Bond.
  7. **LEGS and EARS:** You need two sets of front legs, back legs and ears (choose cat or dog/bear shape). To make these, you will need to cut each pattern twice, to get the four pieces needed to make the legs and ears. Open the fat quarter and fold it in half, right sides together, wrong side to the outside. The piece should measure 11" x 18". Pin the pattern on the fabric and make sure you have enough room to cut each pattern again. Cut out the shapes, keeping the pieces right sides together. Mark the areas of the front and back legs that will be left open for stuffing. *(TIP: you can also fold the fat quarter in half again, so you have a layer of four pieces of fabric. Pin the pattern pieces on the square and cut once, to get both sets of legs and ears, with one cutting.)*

## **Sewing Directions**

Unless otherwise noted, all seams are ¼". If needed, use a press cloth or piece of muslin when working with the Heat'n Bond.

### **BACK BODY PIECE**

Pin the back, right sides together. Sew the seam as noted on the pattern, leaving the marked area open for turning and stuffing.

### **FACE ON FRONT OF BODY**

1. **FACE:** Place the circle face on top of the body front and center it about 1½" from the top. Press the face in place by holding a hot, dry iron on it for 10 seconds.
2. **WHITES OF THE EYES:** Peel off the paper from the fabric and carefully place the circles on the face. Press in place by holding a hot, dry iron on them for 10 seconds.

3. **NOSE:** Carefully center the nose on the face just below the eyes. Using a hot, dry iron, press for 10 seconds.
4. Using a zigzag stitch, sew carefully around the face circle, using matching thread if possible. Set the stitch so that one side catches the edge of the circle. Stitch slowly!
5. For the eyes, straight stitch around each white circle, using white thread. If this technique is too hard for the student, zigzag forward and backward across the circle to secure it. (Try not to sew outside of the circle.)
6. For the nose, use black thread and a zigzag stitch or sew forward and backward across to secure it.
7. To finish the eyes, hand sew buttons in the center of each white circle.
8. Using the model, draw a mouth using a Sharpie pen. You can add whiskers for cats or dots for dogs. Set the body aside.

### **LEGS AND EARS:**

1. Stitch around each lower leg, upper leg and ear, leaving the ends open for turning and the other marked areas open for stuffing. Back stitch to secure the beginning and end of each seam.
2. Slightly snip the inner curve of each leg. If using a dog/bear ear, snip the inner curve of each ear. If using a cat ear, trim the point of each ear. Turn the legs and ears right side out. Gently use a point turner to make sure all the fabric is completely turned, and then iron each piece flat.
3. Make a small pleat in each ear and baste in place.

### **ATTACHING LEGS AND EARS TO MAIN BODY:**

1. Use a scant  $\frac{1}{4}$ " seam to attach the legs and ears. The legs will be stuffed after the pillow has been turned right side out.
2. The curves of the lower legs and ears should face inward. The curves of the upper legs should face up. The pleats in the ears should run opposite each other.
3. Using the marks at the bottom of the body front, pin the lower legs between the marks, raw edges together, and sew in place. Do the same thing for the upper legs. Pin the ears on, making sure the pleat folds are opposite from each other, then sew in place.

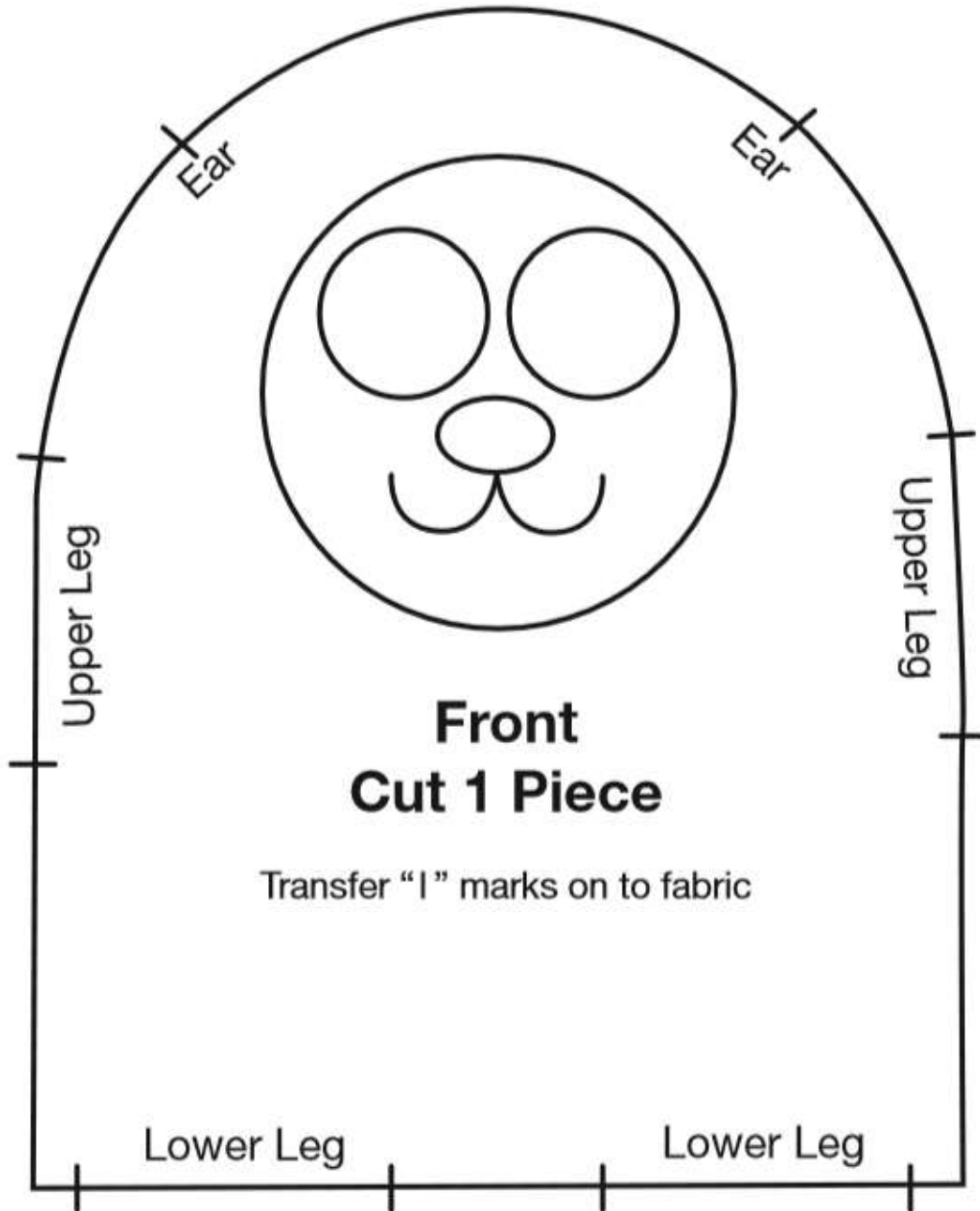
### **SEWING THE FRONT AND BACK TOGETHER:**

1. Pin the front body to the back body, right sides together, making sure the pieces are centered on each other. **Tuck the upper and lower legs and ears inside toward the center and make sure they are out of the way.**
2. Sew completely around the body. Try to cover the stitches that attached the legs and ears and make sure you do not catch the legs and ears in the stitching.
3. Turn the pillow right side out through the back seam opening. Stuff the body and legs with fiberfill. Whip stitch the back seam and leg openings to close them.

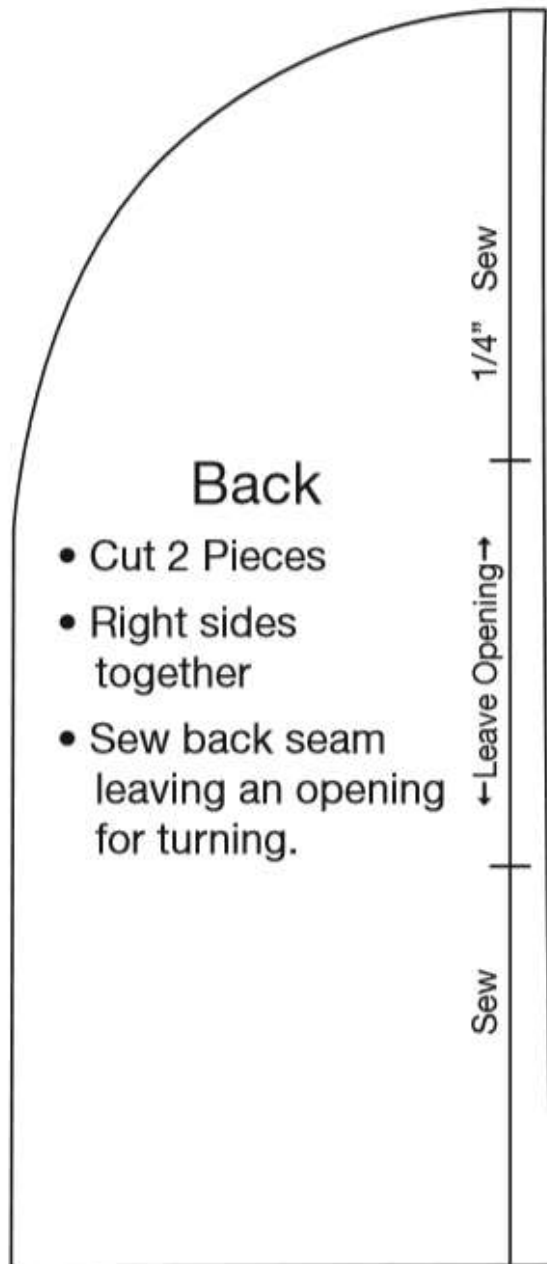
Hug your Pillow Pal - you are finished

**Pillow Pal Pattern—page 1 of 4 (when copying, set the copier to 125%)**

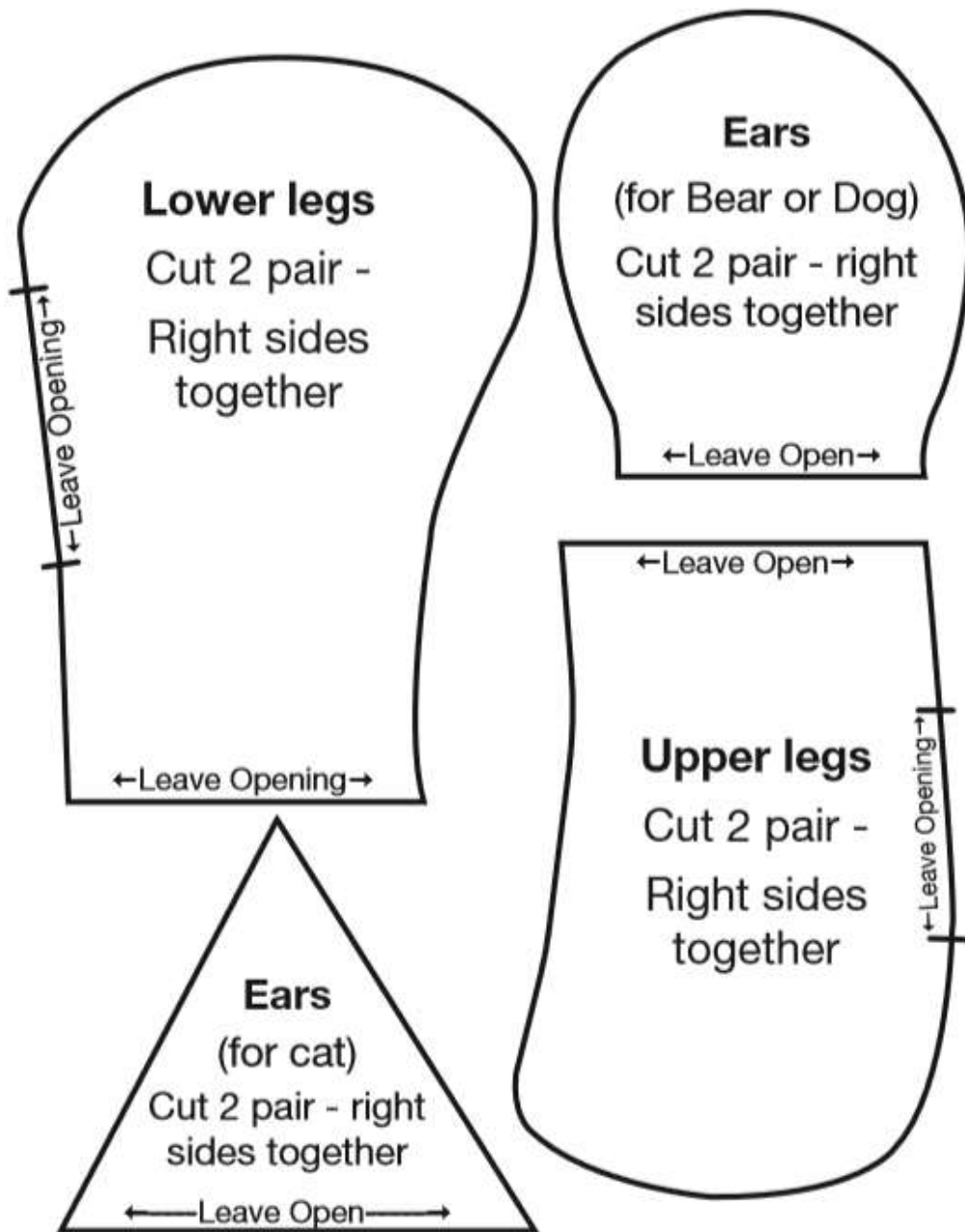
## Fabric 1



## Fabric 1

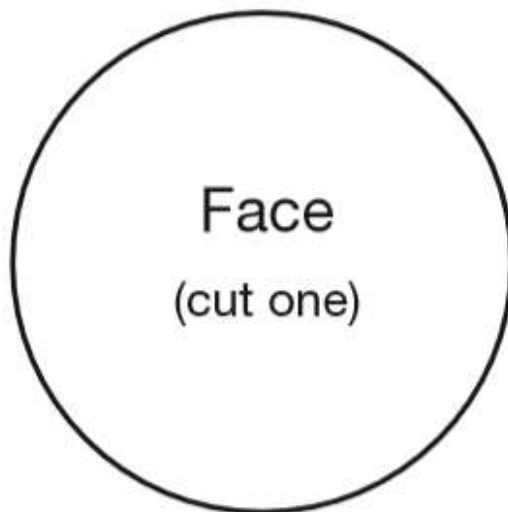
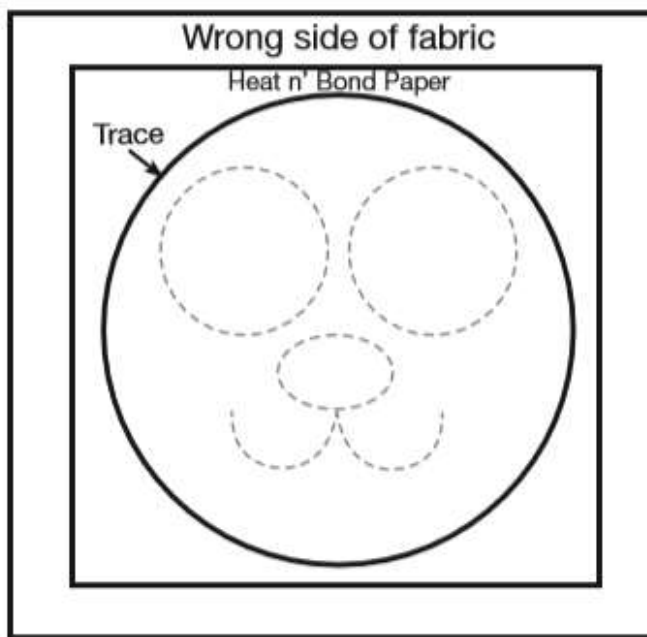


Pillow Pal Pattern—page 3 of 4 (when copying, set the copier to 125%)



# Fabric 1

## Face



# SEW TEACH ME™

## Student Handout #5—Basic Sewing Supply List

Whether you are new to sewing and quilting or you have been at it for a while, there are Basic Sewing Supplies (BSS) you should have. When taking a class, it is important that you bring every item that is marked with an asterisk. Also, label every item you bring to a class with your name and remember to label your book or pattern.

Classes often have a Class Supply List. Before class, gather any additional supplies.

\* Sewing Machine—this means your machine, all the feet, bobbins and equipment it comes with, including the owner’s manual, the power cord and the foot pedal. Not every machine comes with a “walking foot,” but for quilting or if you make bags or purses, it is worth the investment in a walking foot for your machine. These are available at machine dealerships.

### Basic Tools

- \*Pins—fine pins and strong pins
- \*Pin cushion or a magnetic pin holder
- \*Seam Ripper
- \*Bobbin holder for extra bobbins and thread color options.
- \*Scissors—reserve these for fabric, do not use them to cut paper
- \*Seam guide
- \*Mini ruler—a 2 ½” or 4 ½” ruler to check your seams for accuracy
- \*Threads—white, medium beige, medium grey and black
- \*Extra machine needles
- \*Fabric marker—air erasable, chalk, heat removable or water erasable (yellow, blue or pink contrast with most fabrics)
- Hand sewing needle
- Iron
- Iron cleaner
- Machine Oil (check your manual for when and where to oil your machine)
- \*Safety pins
- Tape measure
- \*Thread catcher

This list is comprehensive but there will be other tools you will acquire over time. Buy good quality basics and your toolbox will grow with your skills and stash.