



3055 BA SANGAM COLLEGE

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WORKSHEET 19

School: Ba Sangam College

Name: _____

Subject: Home Economics

Year:10

Strand	HEC 10.3 CLOTHING AND TEXTILES
Sub strand	HEC 10.3.6 Processes and Techniques
Content Learning Outcome	HEC 10.3.6.1 Show competency in applying advanced sewing techniques in constructing an article

ADVANCED TECHNIQUES AND PROCESSES

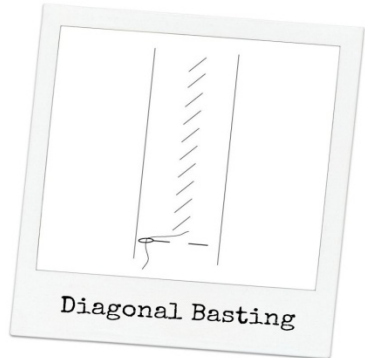
Most garments require a certain amount of hand sewing both during construction and in the finishing processes.

STITCHES

Two basic types of stitches:


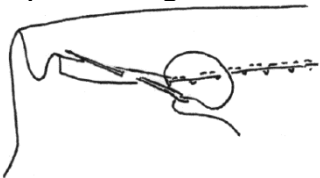

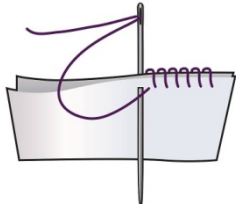
- A. **Temporary stitches** - act as a guide to permanent stitches and are removed once permanent stitches are completed.
- B. **Permanent stitches** remains on the sewn garment.

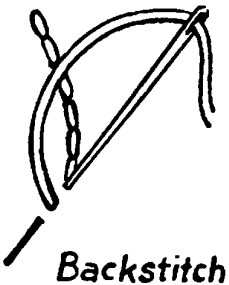
a. TEMPORARY STITCHES

STITCHES	USES	STEPS TO FOLLOW:
Basting  Diagonal Basting	a. To hold two pieces of fabric together before final sewing example, collar, facing, hem, etc. b. To allow the garment to be tried on for correct fit	i. Make a knot on one end of a thread. ii. Work from right to left. iii. Keep stitches 3.5 cm long and slanting with equal spaces in between each stitch. iv. Finish with back stitch.

b. PERMANENT STITCHES

STITCHES	USES	STEPS TO FOLLOW
Hemming		i. Work from right to left. ii. Use single thread. iii. Begin with a double back stitch on the first fold of the hem.

		<p>iv. Take the needle out through the fold.</p> <p>v. Insert the needle at A and draw it through the fold at B.</p> <p>vi. Repeat hemming to the end.</p> <p>vii. End with a double backstitch.</p>
<p>Slip Hemming</p> 	<p>a. To hold narrow hems in position.</p> <p>b. is used on waistbands, cuffs and bindings.</p>	<p>i. Work from the right to left.</p> <p>ii. Use single thread.</p> <p>iii. Begin with a double backstitch on the out about 1- 1.5 cm away. first fold of the hem.</p> <p>iv. Take the needle out from the fold.</p> <p>v. Pick up one or two threads of the fabric.</p> <p>vi. Insert the needle into the fold and bring it</p> <p>vii. Repeat slip-hemming to the end</p> <p>viii. End with a double back stitch</p>
<p>Herringbone</p> 	<ul style="list-style-type: none"> • Hold shaped facings and single hems in position • Decorative stitch. 	<p>i. Work from left to right.</p> <p>ii. Use single thread and draw it out at D, about 0.1 cm away</p> <p>iii. Begin with a double backstitch</p> <p>iv. Insert the needle into the fabric</p> <p>v. Insert the needle into the fold at C</p> <p>vi. Repeat herringbone stitch to the end</p> <p>vii. End with a double backstitch. at A and draw it out at B about 1 cm away.</p>
<p>Loop stitch</p> 	<p>To keep hems in place.</p>	<p>i. Work from left to right.</p> <p>ii. Use single thread through, so that a loop is formed over the raw edge</p> <p>iii. Begin with a double backstitch.</p> <p>v. Place the thread under the needle and pull the thread</p> <p>vi. Insert the needle at B.</p> <p>iv. Insert the needle into fabric at A</p> <p>vii. Repeat loop stitching to the end.</p> <p>viii. To end, turn to the wrong side and sew a double backstitch.</p>
<p>Back stitch</p>	<p>To stitch seams when a sewing machine is not available.</p>	<p>i. Work from right to left.</p> <p>ii. Use either single or double thread. (depending on the thickness of the fabric).</p> <p>iii. Insert the needle in the fabric at A and draw it out at B, about 0.2 cm</p>

	<p>away.</p> <p>iv. Work a second stitch close to the first stitch, bringing the needle out at B.</p> <p>v. Insert the needle at A again and draw it out at C, about 0.4 cm away from A.</p> <p>vi. Repeat backstitching to the end.</p> <p>vii. End with a double backstitch.</p>
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ACTIVITY

1. State 2 uses of the following stitches: **(2 marks)**
 - a. Herrinbone stitch –
 - i. _____
 - ii. _____
 - b. Slip hemming –
 - i. _____
 - ii. _____
2. Differentiate between temporary and permanent stitches with an example. **(3 marks)**

3. Identify a permanent stitch that can be used when a sewing machine is not available. **(1 mark)**
