

SEW EZ PROGRAM PACK



Program Age Levels: BR, JR, Cadette and older
Purpose: To learn the skill of sewing.



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Program Age Levels: BR, JR, Cadette and Older

Purpose: To learn the skill of sewing.

Requirements: Follow the age specific requirements below.

Brownie Girl Scouts

Discuss safety with girls before working on this patch. Girl Scouts should learn how to pass scissors and how to handle sewing equipment. As a troop or group, make a list of what goes into a sewing kit. Complete the following:

Learn these skills:

1. Thread a needle and tie a knot
2. Make these stitches: basting, running and blanket (whip)
3. Sew a button on
4. Repair a seam

After learning the above skills, complete one of these projects or a comparable project:

1. Sit-upon
2. Hair tie
3. Bean bag

Junior Girl Scouts

Discuss safety with girls before working on this patch. As a troop or group, make a list of what you would find in a sewing kit. Also, discuss careers that require sewing skills. Complete the following activities.

Learn these skills:

1. Thread a needle and make a knot
2. Make these stitches: basting, running and blanket (whip)
3. Sew a button on
4. Repair a seam and make a hem
5. Use a sewing machine, without thread, to trace the patterns included in this kit
6. Use a clothes iron

After learning the above skills, complete one of these projects or a comparable project:

1. Hair tie with embellishments
2. Set of at least two bean bags
3. Ditty bag
4. Small pillow

Girl Scouts 11-18

Learn about different careers in the sewing and fashion industries. Complete the following activities. When you receive your patch, make sure you sew it on yourself!

Learn these skills:

1. Thread a needle and tie a knot
2. Make these stitches: basting, running and blanket (whip)
3. Sew a button on
4. Repair a seam and make a hem by hand
5. Learn what colors look best on you and the differences in fabrics.
6. Use an iron
7. Use a sewing machine to make straight, forward stitching, zig zag stitching and turns
8. How to take body measurements

Select two projects to complete. The comfort bear is required for this patch. Choose another project from this list, or a comparable project:

1. Comfort bears, the pattern and instructions are included in this packet. Give the bears to a police or fire station in your area.
2. Set of bean bags
3. Small pillow
4. Ditty bag
5. Hair tie with embellishments

Leader's Guide

Patterns, instructions, suggestions, and supply lists

General Supplies

These supplies will be needed to learn sewing skills and complete projects. In addition to these supplies, you will need the supplies for the projects your troop will be making.

Brownie Girl Scouts:

- Medium to large sized needles
- Thread of any color
- Scissors
- Large buttons
- Practice fabric scraps
- Old article of clothing
- Straight pins

Junior Girl Scouts:

- Medium Sized needles
- Thread
- Various sizes of buttons
- Scissors
- Clothes iron
- Practice fabric scraps
- Old article of clothing
- Straight pins

Cadette and Senior Girl Scouts:

- Small and medium sized needles
- Thread
- Various sized buttons
- Scissors
- Practice fabric scraps
- Old article of clothing
- Skirt, dress, pants or shorts that can be used to practice hems
- Clothes iron
- Fabrics of different types and colors
- Measuring tapes
- Straight pins

Project Supplies

In addition to this supply list, please review the pattern for fabric amounts or other options on projects.

Sit Upon Supplies:

- Large pieces of waterproof material (old shower curtains, tablecloths, heavy-duty garbage bags)
- Newspapers or other stuffing
- Yarn needles
- Yarn or string

Hair Tie Supplies:

- Long strips of 6 to 7 inch wide fabric. Since the tie bunches up, the longer it is, the fuller it will be. Eighteen to 24 inches is recommended. Fabric type does not matter, however, you might want to stay away from heavy or very thin fabrics.
- Thread to match fabric
- 6 inch strips of ¼ inch elastic

Bean Bag Supplies:

- Fabric shapes. Fabric type does not matter, however, you might want to stay away from heavy or very thin fabrics.
- Thread to match fabric
- Dried beans

Small Pillow Supplies:

- Fabric squares that follow the instructions included. Fabric can be of any type, although you may want to avoid fabrics that are really heavy or very thin.
- Thread to match the fabric
- Stuffing or pillow forms

Ditty Bag Supplies:

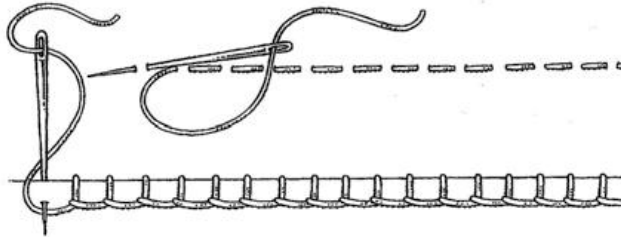
- Fabric squares that follow the instructions included. Fabric should be durable.
- Thread to match fabric
- Twine or sturdy cord

Comfort Bear Supplies:

- 2-8 ½ by 11 inch pieces of fabric per girl. Fabric should be soft (try fleece or very soft blends)
- Thread to match fabric
- Stuffing

Instructions and Suggestions

All age levels must learn some basic skills before beginning their projects. The project they create will be a place for them to practice what they have learned. The first skill, threading a needle and tying a knot should be done first. It will be easier for younger girls to learn how to handle a needle and thread if you use larger needles (not yarn needles) with larger holes. Older girls should use smaller needles. Use a small amount of thread for girls to practice with. If time permits, allow girls to try a few times to thread a needle and knot the end.



Basting, running, and blanket (whip) stitches are three common stitches. On a practice piece of fabric help girls make these stitches. The stitches should look like this: Also on the fabric piece, have girls try to sew a button on. Start from underneath the fabric and pull the needle and thread through the fabric and into the buttonhole. Next, go down through the opposite hole and through the fabric. Repeat the process six to eight times and knot the thread on the underneath side. The button stitches for two-holed and four-holed buttons should look like this:



To repair a seam, have girls put two pieces of fabric together. On one edge, sew the fabric together using a running stitch. Show the girls an old article of clothing so they can see what seams look like and demonstrate how to repair one.

Girl Scouts 11-18 should make a repair on clothing, not just with practice fabric. For more tips and ideas on new projects, try the American Home Sewing Guild's web page (<http://www.sewing.org>). Also, you may, as a troop, want to make a small sewing kit for each girl. Use a pencil bag, film canister or other small container to hold thread, a needle, some pins, buttons and various supplies. Girls can keep it with their camping gear, in a backpack or just at home.

Brownie Girl Scouts

To begin this project, talk with your troop or group about sewing equipment. Make a list together of items you would find in a sewing kit. Some supplies you would find are: scissors, seam ripper, measuring tape, thimble, straight pins, safety pins, thread, yarn, marking pencils, buttons, elastic, hooks and eyes, ruler, tracing paper, extra fabric, lace/ribbon, fabric glue, permanent marker, pin cushion, etc. If you can, show the girls examples of some (or all) supplies or of an entire sewing kit.

As you talk about sewing items, discuss safety when using these types of materials. For example, teach girls to pass scissors by handing the handle to the next person, not the shears. Also, set some guidelines on using pins and needles. You might want to have containers or cushions for girls to put their needles and pins in as they work.

Choose from the projects listed to complete. You may choose another project, however, it must require the skills presented in this patch. Please see the patterns for instructions on completing the projects.

Junior Girl Scouts

To begin this project, make a list of what you would find in a sewing kit. There is a sample list of equipment in the above section on Brownie Girl Scouts. Remind Girl Scouts of safety techniques when handling scissors, pins, and needles. As a group, discuss some careers that require sewing skills. This may include: a seamstress, costume designer, fashion designer, quilter, interior decorator, craft/fabric store manager/owner/worker, etc.

To introduce girls to sewing machines, make arrangements to visit a sewing machine store, school, fabric or craft store, or home that will allow girls access to a sewing machine. Allow girls to trace the patterns included in this packet, without thread, on the sewing machine. This will help girls understand how a sewing machine works and what it feels like to sew on a machine. If the troop or group does not have access for all girls to try their hand on a sewing machine, have an adult demonstrate how the machine works to the troop.

Girl Scouts should also learn how to use a clothes iron. If possible use ironing boards, either ones that stand on their own or table top versions, to practice on. Explain safety guidelines when using an iron. Demonstrate how to iron clothes and seams, the steam option, selecting temperature for different fabrics and ironing pleats. Let girls practice using an iron with adult supervision.

Complete one of the projects listed. You may select your own project, but it must include the skills acquired while earning this patch. Please see the patterns for instructions on completing the projects.

Girl Scouts 11-18

As a group, discuss some careers that require sewing skills. This may include: a seamstress, costume designer, fashion designer, quilter, interior decorator, craft/fabric store manager/owner/worker, etc.

To learn about colors and fabrics, either purchase squares of various fabrics and colors or ask girls to bring in clothing of different fabrics and colors. Girl Scouts should examine wool, rayon, cotton and various blends of fabric to find the differences. Decide which type of fabric is best for shirts, skirts, dresses, pants, shorts, curtains, furniture, stuffed animals, pillows, etc. To look at colors, have girls hold various shades to their face, and have a partner or small group evaluate how the color looks on her. Determine each girl's "best" colors.

If girls need practice or a demonstration on using a clothes iron, review it before working on the projects. If possible use ironing boards, either ones that stand on their own or table top versions, to practice on. Explain safety guidelines when using an iron. Demonstrate how to iron clothes and seams, the steam option, selecting temperature for different fabrics and ironing pleats. Let girls practice using an iron with adult supervision.

To introduce girls to sewing machines, make arrangements to visit a sewing machine store, school, fabric or craft store or home that will allow girls access to a sewing machine. Allow girls practice making forward stitches, reverse stitches, zigzag stitches and buttonholes, on the sewing machine using scrap fabric. If the troop or group does not have access for all girls to try their hand on a sewing machine, have an adult demonstrate how the machine works and the stitches to the troop.

Girls should also learn to hem clothing. To make a hem, fold up the bottom of the clothing $\frac{1}{4}$ inch. Then fold the hem to the length you want, usually one or two inches. A heavy fabric should have a smaller hem. Pin the hem and try the clothing on to make sure the hem is where you want it. Measure the hem to make sure it is the same across the bottom of the fabric. Sew the hem on with a running stitch. Be sure to keep the stitches as small as possible. Body measurements are necessary to buy clothes from catalogs or stores and to monitor body size. By using measuring tapes, have girls measure the following areas:

- Length from neck to waist
- Neck circumference
- Arm circumference
- Arm length
- Bust
- Waist
- Hips
- Thighs
- Legs

Record each girl's measurements for future use.

To complete this patch, Girl Scouts 11-18 must make a Comfort Bear. Follow the pattern and instructions included in this packet. The bear is best when made on a machine. However, if your troop does not have access to machines, troops and groups may complete the bear by hand. You should not put ribbons or buttons on the bear, because small children could swallow them.

Donate the bears to your local fire or police station. They will use them to give to children who are in difficult situations (like fire and domestic violence victims). You must also complete a second project from the list provided. You may select your own project, but it must include the skills acquired while earning this patch. Please see the patterns for instructions on completing the projects. Projects may be donated to younger troops, day care centers, etc., if the girls do not want to keep them for themselves.

Comfort Bear

After completing this project, donate it to a police station or fire station. They will use it to give to children who have been found in difficult situations. Please do not add ribbons or buttons to the bear; small children could swallow them. You may want to mark on the bear that it was made by a Girl Scout troop.

1. Trace the included pattern onto fabric and cut the pattern out. You may want to add a bit more fabric around the edges for a seam.
2. Pin the pattern together. If at all possible, use a sewing machine to sew the bear together. It will hold up better, and look nicer. However, if a sewing machine is not possible, sew it by hand using a very small running stitch that is as small and accurate as possible.
3. Leave a small gap in an arm or a leg for stuffing. Stuff the bear to the desired fullness.
4. By hand sew up the gap. Turn the edges under and make very small running stitches. This will be on the outside of the fabric.
5. Donate your bears and let the GSHCC know you have completed this project! Please call the Girl Scouts of Hoosier Capital Council Program Development Manager, at (317) 924-3450 with news on your project.

Patterns and Instructions

Sit Upons

These instructions are found in the *Brownie Girl Scout Handbook*, page 204 in the Girl Scout Ways Try-It. Illustrations are also shown in the handbook.

1. You will need:

Large piece of waterproof material (tablecloth, shower curtain, garbage bag) Newspaper or other stuffing

A yarn needle and Yarn or string

2. Cut the waterproof material into two large squares big enough for you to sit on.

3. Put the newspapers or old rags between the two squares to form a cushion.

4. Sew the two squares together with yarn or string, using the yarn needle. Have an adult show you how to use the needle safely. Be sure to sew completely around the edges of the sit upon.

Tips:

If you want a decorated sit upon, use waterproof material that is decorated. Markers, even permanent ones, tend to rub off onto clothing.

If your waterproof material is very heavy or thick, use a hole-punch to make holes for the yarn needle.

Old plastic tablecloths and shower curtains work best. You will be able to get at least three sit upons out of a whole shower curtain. If you choose to use trash bags, use duct tape to put over the sewn edges to prevent ripping.

When using newspapers to stuff with, leave the newspaper flat instead of crumpling it up. This will help the sit upon last longer and be easier to carry.

Hair Tie (“Scrunchie”)

1. Cut fabric strips that are six to seven inches wide and 18 to 24 inches long. Fabric type does not matter. These measurements are only recommended. Wider or longer measurements will only make the hair tie fuller.

2. Fold fabric in half-length wise with the side you want showing on the inside. (The side you do not want showing should be on the outside.) Make the edges match. Pin to stay in place if you wish.

3. Sew the edges together with a running stitch. Keep the stitches $\frac{1}{8}$ to $\frac{1}{4}$ of an inch away from the edges. Be sure to finish with a strong knot.

4. Turn the “tube” inside out so the side you want to show is facing outward, and the seam is in the inside.

5. Run a six-inch piece of $\frac{1}{4}$ of an inch wide elastic through the tube and gather the fabric as you go. To make the elastic easier to push through the tube, put a safety pin on the end of the elastic you are pushing through.

6. Hold or pin the ends of the elastic together and sew them together. Be sure you stitch the ends up well.

7. Sew the ends of the tube together. Tuck the edges under and place one end inside the other. Make very small stitches around the outside of the tube to hold it together. These stitches will show.

8. *For Junior Girl Scouts and Girl Scouts 11-18:* Add ribbons, lace, sequins, beads, or other items to your hair tie.

Small Pillow

A pillow can be made by any size of fabric. Circles, rectangles and squares are recommended for a first time project. The smallest pillow should be approximately 4-¼ inches by 5-½ inches, or the size of a regular sheet of paper folded in half. Pillows may be larger, but for Brownie Girl Scouts, should not be larger than 8 ½ inches by 11 inches.

If you are making a circle pillow, cut two identical circles. A fabric store will be able to help you measure out enough fabric for your troop.

1. Figure out how large you want the pillow to be when it is completed. Double the amount so the fabric can be folded and sew, eliminating one side to sew. For example, if you want a pillow that is 4 ¼ inches by 5 ½ inches, cut a rectangle of fabric that is 8 ½ inches by 11 inches.
2. Turn the side you want showing to the inside. (The side you want on the inside should be showing on the outside.)
3. Pin the edges together so they match up.
4. Sew the edges together with a running stitch. Be sure the end knot is strong. Leave a three-inch gap that is not sewn up. This will be used to put the stuffing in.
5. Turn the pillow inside out, so the side you want on the outside is facing outward, and the side with the seams is on the inside.
6. Stuff the pillow carefully to the desired fullness. You may want to use an unsharpened pencil to push the corners out.
7. Tuck the edge of the hole under and use small stitches on the outside of the fabric to close up the gap. These stitches will show.
8. Decorate if desired.

If you use a pillow form: Find small pillow forms. Usually, they will be square. Sew up all of the sides except one. An entire side should be left open to slide the form in. Once the form is in place, fold the edges of the open side under and use small stitches to close.

Bean Bags

The size of beanbags can vary. A six-inch by six-inch square is typical, but you can make your own size. Try using large cookie cutters as a pattern (you will have to leave room for a seam, though). Circles and squares are easiest, but many different shapes can be used as well.

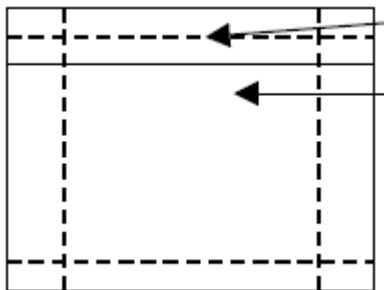
1. Cut the fabric in the desired shape and size.
2. Put the sides together that you want facing out. The inside of the fabric should face out.
3. Pin or hold the edges together.
4. Sew all sides together, but leave a gap on one side of about two inches. Be sure the finishing knots are strong. This will be where you put the beans into.
5. Turn the bag inside out, making the side of the fabric you want to see on the outside. Use an unsharpened pencil to push the corners outward.
6. Fill the bag with dried beans to the desired fullness.
7. Tuck the edges of the fabric at the gap under and use small stitches to stitch it up. These stitches will show.

If your troop already has bean bags or is not interested in keeping them, donate them to a church, day care, school or younger Girl Scout troop.

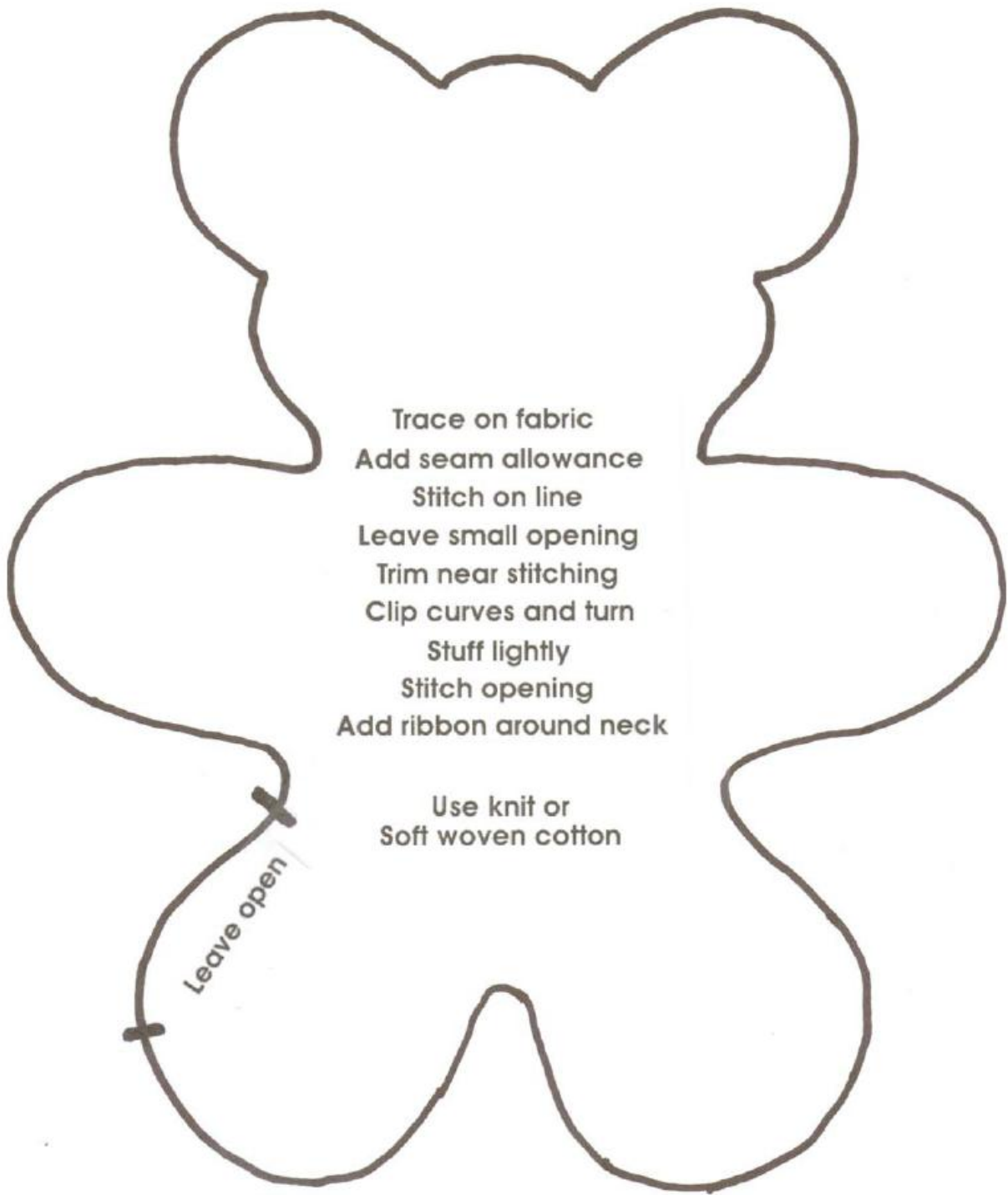
Ditty Bag

The size of bag may vary; depending on what girls would like to carry in their bag. The amount of fabric will depend on the purpose of the bag. In general, 8 ½ inches by 11 inches is a good size to carry things in. If you use fabric, make sure it is a durable fabric, like heavy cotton. You might try this by sewing two washcloths for dip bags and to carry shower gear in. Two bandannas sewn together or one folded in half is nice for small personal items.

1. Cut fabric into desired size (or use bandannas or washcloths).
2. Put the side you want showing together on the inside. The side of the fabric you do not want showing should be on the outside.
3. Pin or hold together the edges so they match up.
4. Sew up three sides of the fabric using a running stitch. If you have used a folded piece of fabric, sew up the two sides. Be sure the use strong knots.
5. Fold the top of the side that has not been sewn down one to one and a half inches all the way around to the outside. The side of the fabric you want to have on the outside of the finished project should be showing around the top where you have folded it.
6. Making small running stitches, sew the folded edge at the bottom of the edge, leaving a ½ inch gap that is not sewn.
7. Turn the fabric so the seams are in the inside.
8. Push twine or strong cord through the top. You may want to put a safety pin on one end of the cord to make it easier to feel. Finish by tying a knot in the cord.



Outside of Fabric
Inside of Fabric
All Dotted Lines
Represent Sewn Seams



Trace on fabric
Add seam allowance
Stitch on line
Leave small opening
Trim near stitching
Clip curves and turn
Stuff lightly
Stitch opening
Add ribbon around neck

Use knit or
Soft woven cotton

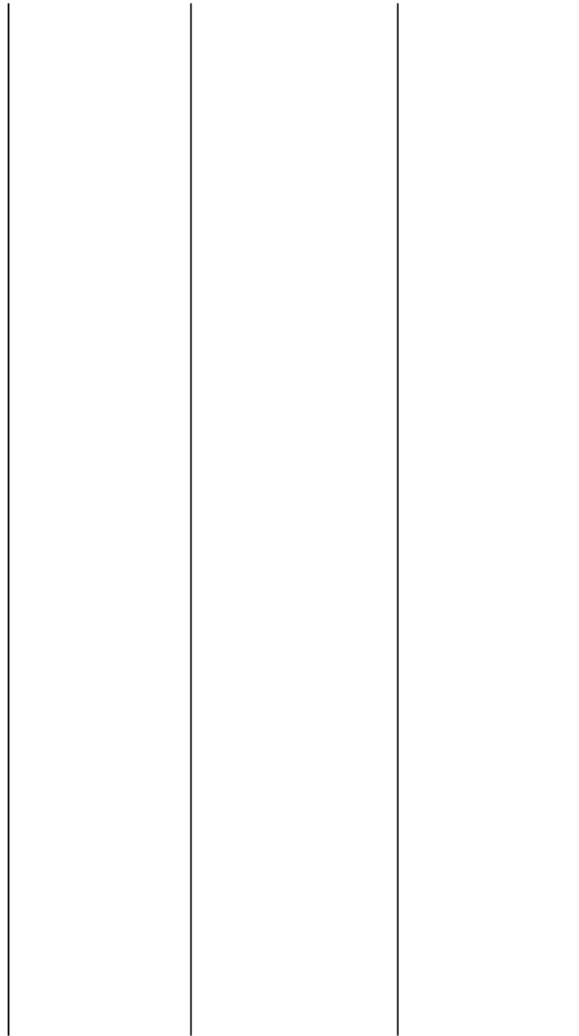
Leave open

<http://www.sewing.org/enthusiast/bear.gif>

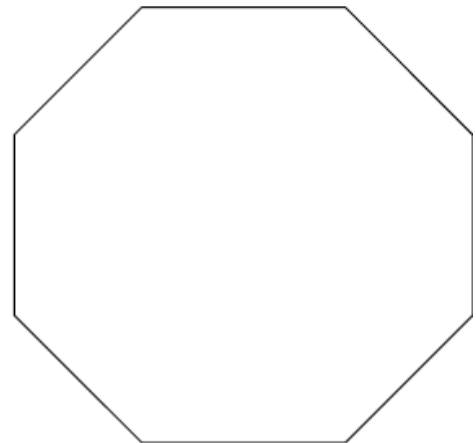
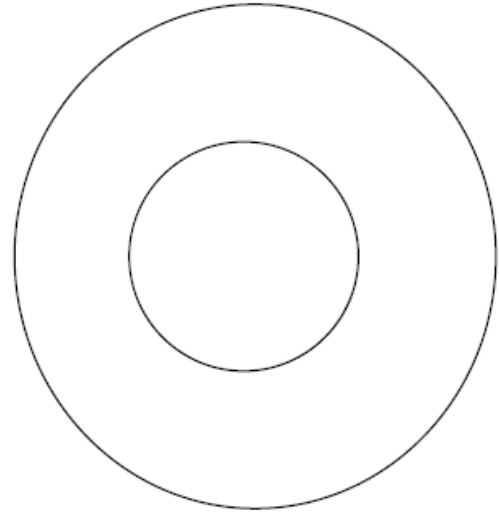
Junior Girl Scout Sewing Machine Pattern

Please make copies for all girls and extra copies, as this activity may tear in the sewing machine. Do not use thread!

Trace two lines forward, then two lines in reverse.



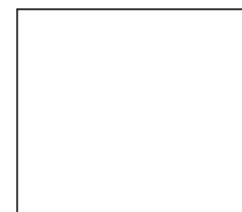
Try these turns.



Try the zigzag setting on these lines.



If your machine has a button hole setting, try it here.



Fleece Hat and Scarf

Warm their heads and hearts with this fuzzy fleece hat and scarf!

Materials

- 1 yard fleece
- Thread
- Scissors
- Punch

Directions for Hat

1. Cut rectangle of fleece 14" for length x the circumference of head, having the long dimension parallel to the selvage.
2. Fold rectangle in half along the width, matching short ends. Sew long edge. Sew one short edge. Turn right side out.
3. Roll back opposite short end as desired to form brim of hat.
4. Punch hole in both of the top corners of hat. Attach pom poms (see instructions below).



Directions for Scarf

1. Cut 9" x 50" rectangle of fleece, with long dimension running from selvage to selvage.
2. Punch holes as desired on each end of scarf. Attach pom poms (see instructions below).

Directions for Pom Poms

1. Cut three rectangles of fleece, each 3" x entire width of fleece.
2. Fold each rectangle into thirds. Stitch lengthwise down center of rectangles. Trim long edges to create 2-1/4"-wide strip. Save trimmings to be used as ties in Step 4.
3. On long edges, cut every 1/4" to within 1/4" of line of stitching.
4. Cut strip into 6" lengths. Roll each length tightly along stitching line. Using narrow strips from Step 2 as ties, wrap tightly around center of pom pom and knot; leave ends of ties long in order to secure pom poms to hat or scarf. Fluff up pom pom by rolling between palms of your hands.

TIP: Use very sharp scissors or sharp rotary cutter to cut fleece.

Denim Organizer

This fun organizer, made from the legs of cut-off jeans, is a great recycling project. The finished hem of the jeans creates the top of the organizer's pockets, so there is no need to bind the edges.

This project can be embellished in many ways. We used machine embroidery and decorative stitches. Other options include hand embroidery, rickrack or other trim, or appliqué. It could also be personalized and the pockets labeled.

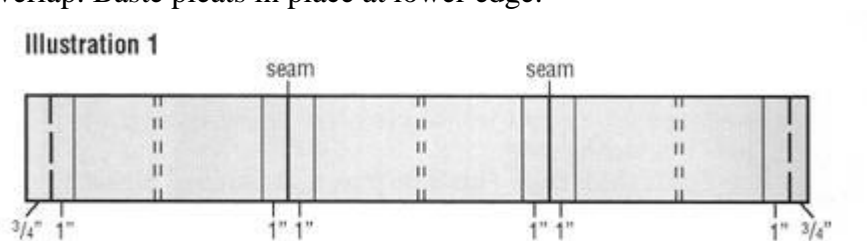


Supplies

- Jeans Legs: 3 pairs of legs
- Denim fabric: 1 yard (91.4cm)
- Cord for hanging: 1 yard (91.4cm)
- Dowel: 24 inches (61.0cm)
- Coats Dual Duty Plus® Extra Strong Jeans Thread (N574) or
- Coats Dual Duty Plus® All-purpose Thread (Art 200): color 5 Copenhagen or to match denim
- Coats Rayon Thread-30 wt. (Art D93): color 182 Spark Gold and Coats Rayon Thread-40 wt. (Art. D63): Color 51 Chona Brown were used in this project
- Stabilizer for embroidery.

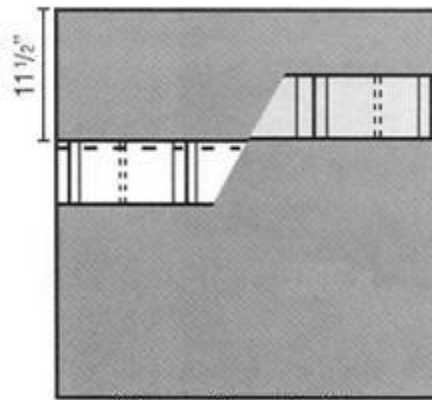
Steps

1. Organizer fabric: Cut 2 pieces of fabric 22 inches x 25 inches (55.9cm x 63.5cm).
2. Pockets: Cut the pant leg sections apart at the outer seam, trimming away the seam. 1st row: Trim 3 leg pieces 5 inches (12.7cm) high by 10 inches (25.4cm) wide. 2nd row: trim 3 leg pieces 9 1/2 inches (24.1cm) high by 10 inches wide. (25.4cm).
3. Embellish pockets as desired with decorative stitching, appliqué, machine or hand embroidery, or trims.
4. To form each pocket row, sew the three same-size leg sections together.
5. Mark the pockets as shown for folding pleats (Illustration 1). At the two ends, fold solid line to dotted line. At seams, fold solid lines to seam line; do not overlap. Baste pleats in place at lower edge.



6. Attaching top row: Mark a line on organizer fabric 11 1/2 inches (29.2cm) from top edge. Place pocket row on fabric, right sides together, with the lower raw edge of pockets against the line (Illustration 2). Stitch, 1/2 inch (1.3cm) from edge. Press seam allowance toward pocket. Fold pocket section right-side-up; press. Baste side seams. Using Jeans thread or all-purpose thread, stitch in the ditch along seams in pocket row to form individual pockets.

Illustration 2



7. Bottom row: Fold pleats as above and baste. Place pocket section on organizer fabric, right side facing you, aligning raw edges. Baste sides and bottom edge of pocket. Stitch in the ditch along seams in pocket row to form individual pockets.

8. Place backing fabric on top of organizer, right sides together. Stitch together, using a 1/2-inch (1.3cm) seam allowance. At the top corners, leave a 1-inch (2.5cm) opening in the side seams for inserting a dowel or curtain rod. At the lower edge, leave a 6-inch (15.2cm) opening for turning.

9. Trim corners diagonally. Grade lower edge to reduce bulk. Press the seams open before turning. Pay particular attention to places that are thick due to jeans seams. Turn to right side. Press. Hand sew opening in lower edge closed.

10. Insert dowel, and attach a cord for hanging. For better stability, use a curtain rod and brackets for hanging.

Essential Glossary of Sewing and Related Words for Quilters

APPLIQUE is the process of sewing shapes to a background fabric using a satin stitch or by hand..

BASIC WEAVE of a fabric is the way the yarns are interlocked. The weave gives the fabric its characteristics and strength. The three basic weaves are plain, twill and satin.

BASTE refers to long, temporary stitches that hold layers of fabric together. You can machine or hand baste.

BATTING is made of polyester, or combinations of polyester/ cotton, wool or silk and is used in the middle layer of quilts and home décor projects such as pillows, placemats or bed coverings to give loft or fullness.

BIAS is the diagonal direction of fabric. True bias is at a 45° angle to grainlines.

BINDING is the fabric used to cover the edges of a quilt when it is finished.

BLOCK refers to the pieces of fabric that are sew together to form one design element.

BOLT is the typical unit of fabric that is packaged and sold by manufacturers. A bolt usually consists of 12-20 yards.

BORDER refers to the pieces of fabric sewn around a finished quilt top to make it larger, frame it or add design elements.

CLIP is to make small cuts in fabric to allow ease on curves or corners.

CUT LENGTH is the total length measurement that includes all seam allowances.

DECORATIVE STITCHES are available on some sewing machines and are used to embellish projects.

DRESSMAKER SHEARS are scissors that are 8"-10" in length with bent handles. These shears are used only for cutting fabric.

EDGESTITCHING is topstitching placed very close to a finished edge.

FABRIC GRAINLINES are the lengthwise threads in a fabric.

FABRIC WIDTH is the width of a specific bolt of fabric. There are basically three width categories for garment fabric – 36", 45" and 54/60". Most quilting cottons are 45" wide. Copyright © 2005 Hip Line Media www.hiplinemedi.com 2

FABRICS WITH NAP are fabrics that have a texture or a definite “one-way” pattern to them, like suede, corduroy, velvets and velours. When using these fabrics, the pattern should always be placed on the fabric using the “with nap” layout.

FAT QUARTER is a quarter yard of fabric that is cut in a particular way: first a ½ yard piece is cut and then cut across the length so it ends up 18” by 22”. This is a convenient size for appliqué projects or for incorporating many different fabric pieces in your quilt project. Or heck, just adding to your stash!

FIBER CONTENT is the type of natural or man-made material that makes up the fabric. The fiber content gives you a key to how comfortable the garment will be and what kind of care it needs.

FIBERFILL is a loose material, usually polyester, used for stuffing home décor projects such as pillows. This is not a good choice for your quilt interior.

FINGER PRESS is utilizing your thumb and forefinger to flatten or press small fabric sections without an iron.

FINISH refers to any means of completing the raw edge of the garment.

FINISHED SIZE refers to the measurement of a completed block or quilt.

FRAY CHECK™ is a colorless liquid plastic solution made by Dritz® that prevents fabric from fraying. Common uses include strengthening buttonholes and securing thread ends. It is washable and dry cleanable.

FUSIBLE WEB is a special fabric used to bind two pieces of fabric together. The fusible web is placed between the two fabrics and ironed to adhere the fabrics together.

FUSSY CUT is when you cut a piece of fabric for a quilt so that a feature of the print is on the center of the piece.

GRAIN is the lengthwise and crosswise yarns in fabric, woven at right angles to each other (making up the grainlines of the fabric).

GRAINLINE is the lengthwise thread in the fabric parallel to the selvage and the lengthwise arrow on the pattern.

HANGING SLEEVE is a tube of fabric sewn to the wrong side of a finished quilt so a dowel can be slipped inside the sleeve and the quilt can be hung easily onto a wall.

INTERFACING provides support and shape in key areas of your sewing projects. Choose from a variety of interfacings such as fusible or non fusible depending on your need.

LAYOUT is the cutting chart on the pattern instruction sheet that shows placement of the pattern pieces on the fabric.

MARKING is the transfer of various pattern symbols from the pattern to the fabric. Copyright © 2005 Hip Line Media www.hiplinemediacom.com 3

MITER is a diagonal seaming at a corner. This is done at the corners of quilt borders to make them look like the corner of a picture frame.

NEEDLES are used both for hand sewing and machine sewing. Needle size is determined by the weight of the fabric and the type of thread. Generally, thicker fabrics require a heavier, larger size needle. Always start a new project with a new needle.

NOTIONS are items other than fabric or a pattern that are used to complete sewing projects. Common items include quilting pins, needles, thread and chalk.

PATCHWORK is fabric that is cut up and sewn together in various ways to form the top of a quilt.

PAPER PIECING is fabric sewn onto a paper pattern specially made for this technique. The pieces will come out sharp every time and there is no matching of corners. Also called Foundation Paper Piecing.

PIECING is the act of sewing patchwork pieces together.

POINT TURNER is used to push out points on collars, pockets, pillows etc. It is usually made of plastic or wood and one end is pointed and the other rounded to open seams as you get ready to press.

PRESSING CLOTH helps protect the fabric from the shine that can be associated with ironing. It is also used to fuse interfacing.

QUILTING refers to the small running stitches that hold the quilt top, batting and bottom fabric together.

RAW EDGE is the unfinished edge of the fabric.

RIGHT SIDE also called the public side, is the finished side of the fabric.

ROTARY CUTTER is a round, very sharp blade attached to a handle and is used to cut out fabric. It should always be used with a rotary cutting mat.

SASHING refers to strips of fabric that are sometimes put between blocks of a quilt to form a pattern or make the quilt larger. They are often made of patchwork.

SEAM ALLOWANCE is the width of fabric beyond the seamline. For quilting, the typical seam allowance is $\frac{1}{4}$ ".

SEAM RIPPER has a curved blade with a sharp point on one end and a small plastic ball on the other end that prevents it from slipping. It is used to remove stitches and to open up machine stitched buttonholes.

SELVAGE is the bound edge in a length of material. It secures the threads and keeps them from raveling. The selvage is always on the straight of the grain.

SEWING GAUGE is a small metal or plastic ruler with a sliding marker used for marking and measuring. Copyright © 2005 Hip Line Media www.hiplinmedia.com 4

STASH is your fabric collection. We hope you have lots of it! The more the merrier!

STITCH IN THE DITCH is a technique for quilting the quilt top, batting and fabric back together by stitching very close to a seam or appliquéd edge on the top of the quilt.

STRAIGHT STITCH is a utility stitch on a sewing machine which creates a nonstretch seam.

TENSION refers to the amount of pull on the thread or fabric during the sewing and construction.

TRIM is to cut away excess fabric.

UTILITY STITCHES are the basic stitches found on a sewing machine that are used to sew seams, hem, insert zippers and elastic. Examples of utility stitches are the straight stitch and zig zag stitch.

WALKING FOOT is a special foot that insures uniform material feed when sewing multiple layers of fabric. This is the best foot to use when quilting and sewing on your binding.

WARP YARNS are the lengthwise threads in a fabric.

WONDER TAPE is a double faced transparent tape that eliminates pinning and thread basting. It is especially helpful for positioning your quilt binding to the back, zippers, pockets and trims. Wonder Tape disappears after washing and won't gum up your needle when you sew.

WRONG SIDE is the side of the fabric that is unfinished and on the inside of the project.

ZIG ZAG STITCH is a utility stitch on a sewing machine which allows seams to stretch. It may also be used on the raw edge of fabric to prevent fraying.

PROGRAM PACK EVALUATION

Troop _____ Service Unit _____ Age Level _____
Leader's Name _____
Address _____
Street City Zip _____
Phone (h) _____ (w) _____
Our troop of _____ girls worked on and completed the _____
_____ Patch Program.

Please complete the following evaluation with responses from the girls.

1. Why did you choose this program? _____

2. How much time did you spend on it? _____
3. What outside resources did you use? (people, facilities, equipment, etc.) _____

4. What part did you like best? _____

5. What would you do differently another time? _____

6. What are some things you learned to do for the first time or better? _____

7. How did the adults feel about the program?

Patches can be purchased at the council.

Other Program Packs Available

PROG001	SAFE AND SOUND AT HOME ALONE	
PROG013	SIGN LANGUAGE	
PROG015	RIDE THE OREGON TRAIL	(THIS IS A COUNCIL OWN BADGE)
PROG016	VALUING DIFFERENCES	
PROG018	GOOD TURN PROJECT	
PROG029	ONE WARM COAT	
PROG035	LEWIS AND CLARK	
PROG036	HAND IN HAND	
PROG060	MILK: IT DOES A BODY GOOD	
PROG063	BROWNIE SMILES	
PROG064	INTERNATIONAL FRIENDSHIP: COUNTDOWN TO THINKING DAY	
PROG065	DIMES FOR DAISY	
PROG066	HEALTHY LIVING	
PROG067	BULLYING STOPS HERE	
PROG068	BREAST CANCER AWARENESS	
PROG075	TREASURED MEMORIES	
PROG086	CHICAS	
PROG140	IDAHO POTATO	(THIS IS A COUNCIL OWN BADGE)
PROG149	SEW EZ	

